

# The Steam Podcast - Episode Two - Transcript

## Theme Song

Gather around, the kettle's steaming. Come on in, it's warm inside. Informing, hearts and minds. Insighting, positivity. Including, us all.

## Intro

A CAFE community of people on the journey of recovery, cultivating compassion and encouraging growth, inviting listeners to embark on a voyage of discovery as together we explore the many paths to recovery. All aboard, full steam ahead.

## Land Acknowledgement

The steam team acknowledges that we are living, working and recording on the unceded ancestral traditional territory of the Musqueam, Squamish and Tsleil-Waututh peoples, now commonly known as Vancouver. The Steam Team is committed to reframing our responsibilities to land and community and walking the road of reconciliation together.

## Editorial – Dry January

Hi folks, Damien here. Well, another January has come to an end, and for many people it was “Dry January”, a month when those who drink alcohol often try giving it a break and not drink. The first recorded use of the term Dry January was by a fellow named Frank Posolico in New York way back in 2008. More recently, Dry January has gained in popularity as an opportunity for those contemplating sobriety or just needing a break from the booze after all the overconsumption typical of the holiday season at the end of the year. Many benefits are associated with stopping drinking, from improved health and weight loss, to better sleeps and more money in your bank account. For some, with a riskier dependence on alcohol, it could be a chance to experiment with sobriety and a good excuse to start changing your alcohol consumption habits. There's even stories of folks just trying it out for a change and then keeping that recovery going even after the month has ended. In 2023, the Canadian Medical Association announced new recommended guidelines for alcohol consumption, which were quite different from previously held beliefs about how much was too much. The new guidelines recommended limiting alcohol consumption to two standard drinks a week in order to reduce the health risks, including reducing the risk of developing nine different types of cancer over time. According to the Canadian Cancer Society, over 40% of Canadians are unaware that alcohol consumption increases the risk of cancer. This is serious and sobering stuff, folks! This year, the Canadian Cancer Society has launched an awareness and fundraising campaign to help support those living with cancer. Dry February. That's right, it's not just a January thing anymore. Among the many benefits of not drinking are a general sense of wellbeing, better quality of sleep, a clearer head, more energy, more money in your pocket, reduced risks of health harms, and for those who may be engaging in risky drinking habits, an amazing sense of personal achievement. If you're thinking about giving up alcohol for February, or any month, here's a few tips that might help. Cut your normal drinking habits in half during the month before your dry month. Plan your drink substitutions, whether it be mocktails, non-alcoholic beer or other beverages, ginger ale, soda water with lime, or just plain old water. Remove alcohol from your house. Limit grocery shopping trips and plan your meals in advance. Keep yourself busy and maybe try some physical exercise like walking or biking. Practice mindfulness if you start feeling anxious, and congratulate yourself on your determination regularly. Keep in touch with sober friends. The Canadian Cancer Society is hosting a fundraiser during Dry February, so check out their website at [dryfeb.ca](http://dryfeb.ca) and see how you can sign up to get some sponsors to support your fundraising efforts as you challenge yourself to a new routine. Remember, it can take your brain up to 30 days to break old habits and develop new ones, so stick to it, be patient, and enjoy all the benefits that can come with a break from drinking.

## Interview

Today is October 24th, 2023. We're at the Recovery Cafe. My name is Nigel Harvey, and I'm joined today by my friend and member in the Recovery Cafe, Paul. And today, Paul and I are just going to have a little talk, a little chat about things related to recovery. So how are you today, Paul?

Paul

I'm feeling quite well. Thank you very much for asking.

Nigel

Good, good. And it's kind of rainy and miserable out there, but we're safe and warm in the cafe with our coffees and our things that make us feel comfortable. So how did you get to come to the cafe, and what brought you to this special place?

Paul

Well, I was referred to it by someone who was already coming, and I think that's probably typical for many of us that come here. It's word of mouth referral. And I was sitting in another program, and I heard another individual reference the Recovery Cafe, and then I said, well, that sounds really good because there is so much offered here, and really for every taste, right? There's the music program, which is huge. There's a beautiful musician here who will take you through it. There's also a choir that gives us that framework to sing with others. And then the art program. The art program is absolutely stellar as well. We have an art therapist that will do one-on-one, and there's also a complete room filled with artistic supplies. You can do anything, pottery, painting, really pastels, everything. There's every bit of equipment you could ask for in the supply room there, and it's really quite remarkable that they've got all these resources. And of course, the thing that drew me in and really kept me coming was the Writer's Circle, and that's where Nigel and I have met and formed a friendship. And again, that's another one of the incredible benefits of the Recovery Cafe, is that prior to this, I was fairly agoraphobic. I was basically staying at home. I'm retired now and didn't have to go out to work, so I pretty much stayed home for the last two and a half years, three years. And I was becoming quite reclusive in my habits, and it was really playing on me. It was affecting me mentally. And I was just grasping when I heard about the Recovery Cafe, and subsequently, the Recovery Cafe has fulfilled so many of the needs for social interaction, for intellectual stimulation, which I get bags of here, and just the great coffee and a place to hang out on cold, rainy days. Again, I'm retired, so finances are a problem, right? It's fixed income, and I'm trying to make it all happen on \$1,500 a month, and it is fricking hard. So, having a place like this where I can come, they'll feed me for goodness sake.

Nigel

Every day.

Paul

Every day, yes. Fresh food.

Nigel

Fresh food. Well prepared.

Paul

From 11.45 to 12.45. And as much coffee as you could drink, so how could you not like that? So, I'm immensely grateful for the Recovery Cafe.

Nigel

Yeah, I really like what you're saying, and the way you articulated it, it's so true. The community that I found here, you included, obviously have just made such a difference in my life. Yeah. Sense of community and support.

Nigel

So, you were talking about your sense of agoraphobia?

Paul

Yes. And a virtual shut-in.

Nigel

Yeah. So, and I mean, so feeling that isolation, so who said, hey, go check this place out? Do you remember who it was?

Paul

I do, yeah. I was in another program called Daytox, which is run by our Coastal Health service here, and it was for people who were just coming back into recovery. And for me, I've been an addict pretty well most of my life and have had huge periods of sobriety and contrasting that, huge periods of being deeply in addiction. So, when I decided this time that I was going to get on top of things again, I got into Daytox. And while I was in Daytox, there was a session, and one of the other people was talking about the Recovery Cafe and all the things they were doing here. They were talking about their art experiences here at the Recovery Cafe, and my mouth kind of fell open because I had the opportunity to do art therapy once before, and it was so fulfilling. It was so, you know, it ticked so many of the boxes that I needed, you know, the artistic ... creative. There's the deep, you know, intellectual aspect of looking at your art and finding out where some of those influences may have come from. And that's really what drew me first to the Recovery Cafe, and then I just made the phone call. I thought they're easy to find in the phone book or, you know, Google or whatever, and made the connection, was invited down, did my intake, which they do, I believe, twice a month on Wednesdays. So really an interesting and easy process to become involved and a really low barrier. The one thing that they ask is that you have one day sobriety, and every day I can manage that. Every day I can manage one day of sobriety. So I'm really pleased. They ask you every day whether you've had that day of sobriety, and I can truthfully say yes, and it just feels great being here.

Nigel

I love the way you say that. I mean, by definition, this is a clean and sober space, and that is one of the conditions. And something we haven't noted, which has been helpful, you know, life changing, is the Recovery Circles that we do. It's led by the people who work here, which I'm sure you'll get to meet later on.

Paul

Who are skilled counselors.

Nigel

Who are skilled counselors and empathetic, and they're gold. I'm going to mention their names, Ruth, Damien, and Chad, primarily.

Paul

Absolutely gold.

Nigel

And then you have members who are stepping in and are learning to facilitate these circles, which, again, these are people in recovery. They've walked the walk. They've talked the talk. They're sensitive to the needs of the people who come here. So, you mentioned something about, I've never been to Daytox, as it were. I've never experienced that. My addiction was alcohol, and I sort of went through different, you know, AA, NA, private counseling, but I've never done that methodology. But when you were saying how there was someone who just said, oh, try this out, and one of your initial responses to the art was that it was helping you. I just wanted to, like, is it, is part of the trick or the methodology of recovery, you know, replacing something with something else? Like, I know you're an artistic person by nature. You're a great writer. You're an intellectual. You have a degree of historical virtue to those elements. Could it be also that because you've had those in your life, you're redrawn to them? No pun intended, but, you know, and that makes those experiences more enriched?

Paul

I think for me, I've largely subverted all of those inclinations, and especially when I was in addiction, I feel like the smoke that was created by my addiction never allowed me to access those deeper

feelings. And I think that's probably why I did it, because some of the deeper feelings were painful and troubling, so I tend to, you know, smoke them out. And did that for a long time, but ultimately felt that I wasn't getting anywhere. I was always coming back to the same point. And I think that in sobriety this time, the difference is that I'm being given the opportunity to let some of these creative inputs out. And in the past, I didn't have any framework to put that on. You know, I can sit in my office and, you know, turn my computer on and spend the entire day, you know, getting high and looking at the computer. But at the end of that day, I don't feel like I've really expanded my sense of myself any further. And in my dotage, I'm getting on now in years, I'm finding that that is something that I really need to express. And this, the Recovery Cafe, gives me that opportunity, the framework, to bring those things out.

Nigel

Yeah, and the validation, that's a great point, Paul. And I think that's something that we're reconnecting with, which a lot of us, I feel, are. And I mean, like, what I did want to talk about, we discussed this earlier, but was the process of writing. Yes. And not, well, let's talk about that, because I know I was in the writer's circle for a while. That's where we met. And I love that. It was so helpful to me. I've journaled for many years, religiously, obsessively, but to be in this kind of environment where the validation is immediate, the support is visceral. And the ability to take risks is encouraged and supported. So, you know, there's no failure. We can't, you know, oh, we didn't write this properly.

Paul

There's no risk. There's no risk whatsoever.

Nigel

Yeah, exactly. You know, so further to that, you have brought in a little piece or some words that, let's see if I get this right. The title is called:

### **“The Corner of Hastings and Nowhere”**

Paul

*I was at the bus stop waiting for the very last bus home. The rodents were rustling around out of sight, but not out of earshot. It was oddly comforting. I stepped out into the street as if by doing so my impatience would hasten its arrival. It was then that a strange apparition wavered along, and I had to blink a few times to bring him into focus, and I was still unsure as to what I was seeing. He rolled up on me with all the staccato mean of an emu in a dis-associative state, which was more of a norm hereabouts than anything else. Well, he was pushing a contraption that had all the clang and bash of a tinker's trailer. He looked at me as I looked at him, and with the perfect scorn of an unfriendly server, he interrogated me with a, “hey, buddy, do you want to buy this transfer?” It wasn't an entirely strange request, as unused transfers were coin of the realm hereabouts. So I told him “no worries” and dealt him the nine of spades as I had already spent the queen. Things got a little strange then as he became angry and snarled at me that the price I had to pay for this transfer would be blood, and he was going to collect. “Buddy”, he said, “you're about to become the lead story on this evening's news. If you don't give me payment in full, I'm going to have to collect your soul, and I know by feel that you have very little left. It's no coincidence you being here at this stop, because everything you've done in your life has brought you here to this very place.” He tilted his head slightly and raised his grizzled muzzle as if to taste the very air and said, “you have the scent of an elected official flavored with mendacity, deceit, and tinged with the sour smell of a cop who has too much ego and too little restraint.” He paused for a moment and corrected himself by saying, “no, it's more complex than that. Your soul reeks of someone who was stood by and remained silent. You've been silent and watched as the forest was cut clear and silent about all who have gone missing, the disappeared on the Trail of Tears and all the organized erasures of Pinochet. I have been listening to what the small dogs say*

because they're the ones my boss created to see and hear the essence of a human soul. They're the ones who can see the full prism rainbow of your true nature or the voids of what should be there. And if you don't believe what these small dogs see, then go to the temples and get a second opinion. All those broken tailed and mange toot cats are the repository of the souls of monks whose drawer of bad karma outweighed their good. They've all become expert on the weight of karma, and I'm here to punch your ticket. And the proof of you standing here at this place and time is all my boss needs. All that clamoring and clanking you heard when I pulled up isn't the junk in my trunk. It's the lament of all those who have simply stood by and turned their eyes blind and let it all happen. You let Francis Xavier's black robed inquisitors have their way and said nothing to all those who were to the pulling of the trigger." I said, now hold up. I'm the one who gave my fellows humans a leg up. I helped. I served and I spoke up. You're not being fair. He snorted a laugh of derision and said, "you should have done more because you are able. You chose self-defeat and to wreath yourself in clouds of smoke. You numbed yourself instead of standing tall." And that cut me to the bone. It suddenly became clear that I wasn't slated to end up with the broken tailed temple cats with their unbalanced burdens of karma. My destiny was to have my soul siphoned off to that very gray pool of energy that would re-form as lower life forms. Snakes that crawl in their bellies and in the dirt or a worm that burrows deep in the dark earth. Off in the distance, I began hearing something else and a strange calm overtook me. If I were a salvationist, I would describe it as the sounds of glory. But it wasn't the strains of a big old sally brass band. It was softer, subtler, more the sounds of DeLibes' Flower Duet or something like that. Subtle but strong and deeply resonant in the heart as if a flower of gossamer wing had been given voice. And sure enough, it was growing stronger every moment. My poor old tired heart starts to be beat again a little stronger as if the rapture sounds had nourished me. And I realized then that what I was hearing was the sound of my own redemption. The bully transfer selling Tinker's trailer man had also heard it and was visibly shaking. I goaded him with, hey, "sounds like Gabriel is coming and he's about to stick his horn where the sun don't shine." He glared at me and cowered as all cowards do when stood up to. I invited him to take a hike, get on his bike and jog on. I was feeling pretty cocky with the beautiful harmony of strains ever louder and more distinct. Bully transfer Tinker man was now looking seriously worried and he hastily spanked some order momentarily into the clamor in his cart and poof, like that, he disappeared and I was left to wonder if that had happened only in my mind's eye. I was taken aback as there had been so many things happening only in my mind's eye and I had to disbelieve myself again. I was left unsure and filled with self-doubt. I came to myself standing at the same lonely bus stop corner of Hastings and nowhere and I felt my feet planted on terra firma. I did hear the intoxicating strains of celestial melody as if Gaia herself was breathing sweet zephyrs of air into Aeolian instruments. The music grew louder and as it did, I was overcome by elation and felt almost euphoric after the alarming apparition of my previous experience. I heard the jubilant chorus of a small pack of dogs and tethering all that was a vision. Yes, another one. I wasn't sure if my vision was impaired or if this was a vision of different realms. It seemed to come in and out of phase and radiated in to focus and then out again. The energy I felt was of such soft sweetness, of the feminine bathing me in a serene flow and it relaxed me completely. Gone was my apprehension and fear. I felt a sense of darshan as if in the presence of a mahatma. Soon the dogs were upon me and their immediate acceptance of me melted any remaining apprehension. I knew that they had sensed my most innermost, and they saw me whole and well and for who I truly was. I bathed in their acceptance and let go my pain and allowed the many small pink tongues to heal me with their many soft benedictions. I closed my eyes for a moment and woke to find myself lying on the faintly wet pavement, still on the corner of Hastings and nowhere, and again wondering if the experience was real. Had I just bathed in my own self-delusion and was that

*emaciated mutt staring at me, one of the pack of heavenly hounds, or just a lost soul waiting for the last bus home?*

- Recovery Cafe, August 1st.

Nigel

Oh my. Yeah. Thank you. Thank you, Paul. Wow. I just went on a little journey with you there, buddy. Wow. That's amazing. That was amazing.

Paul

And really just one of the amazing places that Recovery Cafe takes you. And for what I contribute here, there are 10 other people contributing excellent pieces, you know, in the same vein.

Nigel

Well, I'm going to drill you down on this first though before we get to the 10 others. Okay. I'm just going to mention out two writers that I, favorites of mine, Hemingway and Yates. And what, you're a writer, buddy. I'm just telling you that right now. And I want to just read back to you what I could scrawl down if you don't mind. You don't mind? Okay, good.

Paul

Yeah, go for it.

Nigel

Okay, staccato meme.

Paul

Yeah.

Nigel

I love that term. Flavored with audacity.

Paul

Yes.

Nigel

Okay, now, flowers of gossamer wing given voice ... That metaphor.

Paul

Have you, do you know DeLibes' Flowered Duet?

Nigel

No, I was going to ask you about the reference, but you sprinkle in all these different multi, that's why I say Yates, because, you know, one of my favorite writers, he just, his anthology of euphemisms. And his pedigree for exact, okay.

Paul

Powerful prose.

Nigel

First of all, I just love the allegory, the way you set it up. The devil, the dog, the whole thing. The way you brought the viewer, you kept us there and you took us away. And that's, to me, is what a good author should do, should transport us. Can I add, so that was what, how many, you know, two pages you read from.

Paul

Yeah, two pages.

Nigel

But, and I know from the Recovery Cafe, we, maximum, we get 12 to 15 minutes.

Paul

Exactly.

Nigel

So that was not a 12 to 15 minute piece.

Paul

No, that was something that I took home and polished.

Nigel

Right, okay.

Paul

Actually finished. Quite remarkable, from those short segments, I have the genesis of so many other great stories that I want to flesh out and I'm in the process of fleshing out. And this is the first time, and I have sobriety to thank for that too, that I'm being able to flesh out the story. Yeah. It's not just the 12 minutes, but it's able, I'm able to take it, reflect on it, and actually put it together as well.

Nigel

And you said that to me once too, you said, oh, you should flesh that out. I think it was that Picasso, Mona Lisa piece. When he was, she was, yeah, yeah, that interaction.

Paul

That was a beautiful piece too.

Nigel

And you said, you should really flesh that out. And I, my genre is more playwriting. Like, the verse, you know, it's not.

Paul

Yeah, it's very theatrical, right? It's almost given as a script. Which I really appreciate as well.

Nigel

Right. But what you just said there is super important about going back now, now that you have the energy and the sustenance and the will to go, you know, I can put this into a shorter novella or a novel or a short piece. And that's the progression of it. And that's something that, you know, is so vital, right? I mean, it's, we're recovering from ourselves from how we used to be. I mean, the courage and the strength now to push forward when we know we can. I mean, like, you know, I mean, that's university level. You know, you could go into a class and start teaching on theme and metaphor and context. I mean, and your grammar was, it was perfect. I couldn't, I was watching, listening for the danglers. It was okay. Anyway, anyway, thank you. Thank you so much for that.

Paul

I'm so pleased to be able to bring that to you. You know, and I cannot begin to tell you how the experience of doing that gives me so much strength to stay sober. And because I want to do more of that, I want to draw more of that out. And that's simply something I can't do when I'm high. So, I'm so grateful to this space for providing that place.

Nigel

It's so true, Paul. I mean, when I was drinking, I could, you know, after the fourth beer, I'm put my pen down. It's not going anywhere.

Paul

That's right. Yeah.

Nigel

Not making fun of it, but it's the reality.

Paul

It is. Yeah. For many of us, too.

Nigel

The Darsha Bharavahamata, the Gaia herself was breathing. I mean, you're bringing in all these things, man. So, thank you for sharing that.

Paul

Oh, I truly appreciate it. I love doing it.

Nigel

We're going to get more of this, right?

Paul

Excellent. Yes. Yeah, I've got more stuff on board.

Nigel

Okay. Well, I guess we should be wrapping it up soon. I just wanted to thank you for coming and sharing some of your stories with us today.

Paul

Well, you're going to have a hard time getting rid of me because I found a place, you know, and I must say that I have my entire life been struggling to find a place. And what I find here is a bunch of like-minded spirits, incredibly diverse personalities, and each one of those personalities gives me something that I value. So super, super, and that this place is such a safe place to get all of that as well.

Nigel

And I did want to ask you about your co-op radio and folk story, only because, you know, this is an intro for the future. I'd love for you to be able to participate more as a vocal participant.

Paul

Oh, perfect, yeah.

Nigel

You have a great voice.

Paul

Yeah. Well, I started in broadcasting in 2000. I went to BCIT and I did the broadcasting program there. It was a two-year program then. I think it's actually a university level now, but at the time it was a two-year. So I did that. I finished up in 2000. I did my practicum at the CBC and was invited back to the CBC, ended up getting sick, you know, almost the second week I was there. I was hospitalized for a long time and it took a long time to recover from that. And unfortunately, when I came back, the CBC had just gone through a massive restructuring because they had had \$800 million chopped from their budget. So the job I had was no longer there. So, I kind of just drifted off into other things and where I landed was doing "What the Folk" on Co-op Radio and I did that actually for 20 years. That was pretty good.

Nigel

What kind of things did you cover? Just curious about the program.

Paul

Mostly folk music. And I really specialized in Canadian folk music. I really try to push Canadian content. A lot of the programmers there were not happy with the Canadian content rules, but I found that there was such a wealth, and especially in roots and folk, of Canadian talent that there was never a dearth of music to play. There was always more than enough. And in fact, they used my programs to cover for the fact that a lot of them couldn't find the Canadian content to meet the CRTC requirements.

Nigel

What do you think of the Rogue Folk Club?

Paul

Oh, I love the Rogue. We did partnerships with the Rogue.

Nigel

10th and they do shows all the time and they produce.

Paul

And Steve has his own show on CITR Saturdays from 8 to 12. So yeah, great roots music, a lot of Celtic, super. Steve Edge is just one of the pillars of folk music here in Vancouver. Yeah, for sure.

Nigel

Yeah, I met him years ago at the Wise Hall. I was on the board there and was doing some stuff there. That is so cool. Hey, thank you very much.

Paul

Yeah, and welcome, folks, if this is your first time listening. And please come back. We're going to do this. We're going to be in your ear. We'll be the earworm that you cannot unhear. So, thank you.



Nigel

Okay. Yeah, we'll talk to you next time on the Recovery Cafe, The Steam. Thank you very much for listening. Bye for now, Be good to yourselves.

### Recovery Radio Call-in Show

*-Thanks so much, Al. I'm really glad I called in today. You've been a big help from all your fans out in Radioland. You're so supportive. Thanks so much.*

And thank you, Gordon. Thank you for sharing that. Very personal acquisitions of what's challenging you right now. When I say acquisitions, because we all gain and gather, you know, stuff, our lives. And that's the beauty of this show, is just to phone in, share your girth. Let us talk with you about what it is that's going on with your mind. And hopefully we can provide some healing for you. Okay, thank you very much, Gordon.

We're going to go to line two. Line two, we have Gary from line two.

Hello, Larry. How are you today?

*-Yeah. Hi, Al. How's it going?*

Good. Is this Larry? Is that right?

*-That's Gary.*

Oh, I'm sorry, Gary. I'm sorry. I haven't written it. So how are you today, Gary?

*-I'm doing fine.*

I mean, Larry.

*-Gary.*

Gary. Okay.

*-You can call me Larry, though, if you want. Just don't call me late for dinner.*

That's funny. Good. Comedy always works here on this story show. So, what's on your mind today?

*-I saw the lines were open, so I figured I'd give you a call. Yeah. Yeah.*

First time caller for you, I see.

*-First time listener, first time caller. First time, first time.*

First time for everything, right?

*-That's right.*

So, you got any challenges or obstacles you wanted to share with our audience today?

*-Well, one of the big challenges was I called into Rock 101 there earlier today. Couldn't get through. Lines were full. Couldn't get in. So, I called CBC. Couldn't get through. I guess it wasn't a call-in show, so the phone lines were closed. Yeah, called a couple other places and just couldn't get through. So luckily, your lines are open, and I got through.*

Well, thanks. Yes, you did.

So, is this something you do often? It sounds like you call a lot of shows.

*-Yeah, I'm a caller. I'm a caller, and I call. If people are taking calls, I'm calling.*

And we're listening.

*-Great. Glad to be here.*

We are here for you, Gary. Well, what's on your mind? What did you want to talk to us about today?

*-I hadn't thought that far. Usually, I just can't get through. So, it doesn't often get to this point. I just call. I call, and it's pretty rare that I get through.*

Okay, well, this is a phone-in show. Sorry to cut you off, Gary. But this is a phone-in show for our audience, for people who are challenged and going through maybe some darker times. So it... Well...

*-That's great. How's the show going?*

It's going well. We have a steady. In fact, we have about six people waiting right now on our phone board. My producer is giving me one of these. Yeah, okay.

*-If they get through, though, that's pretty lucky if they get through, too. That's great.*

I would hope they do. Gary, so where are you calling from? What area of the province are you in today?

*-Well, you know, they call it Vancouver, but it's the unceded territory of the Musqueam, Squamish, and Tsleil-Waututh people.*

Very good. Very good. And just let me ask you a question. What does unceded mean? Can I throw that out?

*-No treaty was signed. It was all colonialists said, hey, we're living here now, and that was about it.*

That's fair. So, you've done some...

*-No paperwork.*

Exactly. A lot of people don't know that, it seems to me, when we toss that word out, that there's actually been no treaty signed this entire time. And that's... Well, what do you think about that?

*-Well, I don't think it's right.*

Okay, so we're on the same page with that.

*-I still have a lot more learning to do. I mean, you know, that's about the extent of what I know. But what happened back then, it wasn't right. I know that much. It wasn't right, and things got to be put right.*

Right. Right. Okay.

*-I don't know. I need more education on that. Anyways, just...*

Just, okay. Just hanging out. Hey, listen, we got to cut this short, this conversation.

*-All right.*

Well, we don't have to.

*-You got other guys calling in, too. Guys and gals, people.*

Can I ask you, are you okay? Are you having any issues or any, you know...

*-I'm just calling in. You know, it's... That's what I do. I call. You know, I just have this urge to call places, and I call in.*

Do you call every day? It's a daily?

*-Yeah, it's pretty... It's kind of taken over my life a bit. You know, I had to quit the job. I'm calling, you know. You know, the cell was cut off, you know.*

Right, too many... Okay.

*-You know, I've gone through a few phone numbers, keep getting blocked, you know. I just get a new phone and start calling again.*

There's a bit of separation anxiety going on there. Is that... Is this... Have you heard of this before?

*-I guess. I don't know. You know, just calling in. See how things are going, and I'll call a few more places when we're done.*

Can I ask you what happens if you don't get through? Is there any kind of, you know, self-retribution?

*-Certainly doesn't feel good. I just, you know, go to the next number.*

Okay.

*-Call the next one.*

Keep the dial.

*-Keep calling.*

Keep calling is your mantra. Okay.

*-Keep on calling.*

Okay.

*-Because eventually you get through.*

Okay. Well, we're on the air seven days a week, so feel free to call back, Gary. But I'm going to...

*-Oh, you know, I will.*

You will?

*-I'll be calling.*

Okay. Well, I hope this has been helpful for you. I mean...

*-Well, it's good talking. Good talking with you.*

Yeah, yeah. It's been about three and a half minutes of good air for us. Huh? My producer's given me the...

*-It may not be good, but it's a lot of hot air. I tell you that.*

Okay. I appreciate that.

*-Okay I'll call you again. Okay.*

Okay, Gary. Good. Excellent. Thank you very much.

That was Gary from someplace on Turtle Island. Nice gentleman. And maybe he'll call us back. Who knows? We'll see. Great. Let's go to caller number nine. Caller number nine. We have Josie from Penticton.

### Recovery Calendar

Hello, everyone, out there in recovery land. Here are some upcoming events for February happening at Recovery Cafe and other sober spaces in Vancouver. At the **Recovery Cafe**, we are having a Valentine's Day party for members in the afternoon on Wednesday, February 14th from 12 to 4. Come out and enjoy some food and karaoke and join us in saying farewell to Natalia, our art therapy practicum student who is graduating and moving on to begin her career doing art therapy. Also in February, an open to the public, our monthly open mic afternoon is happening Friday, February 23rd from 2 to 4. Come and show off your talent, whatever it may be. Guitar, piano, spoken word, stand-up comedy, or just be in the audience and enjoy the show. It's a fun and sober Friday afternoon held on the last Friday of every month. Recovery Cafe is located at 620 Clark Drive in East Van.

Nearby, at the **Junction**, February events include Happy Hour on Fridays all month from 5 to 7 p.m., Friday the 9th, there is a theme in celebrating love, February 16th is karaoke, and on February from 4 to 6, bowling at Grandview Lanes. There is also 2SLGBTQ plus meetups every Thursday at 4.30. And smudge and feather passing every Wednesday morning at 11. Call 604-812-3139 for more information about the Junction and all the great things going on there every month. The Junction is located on the second floor at the Robert and Lily Lee Community Health Centre at Broadway and Commercial in East Van.

The **Recovery College YVR** is holding weekly workshops on Thursdays with a spotlight on mental health and recovery every Thursday morning from 2 to 4 p.m. Check it out and work developing your individual recovery goals. Recovery College YVR is located at 520 West 6th Avenue. See [recoverycollegeyvr.ca](http://recoverycollegeyvr.ca) for more info.

And if you're looking for a fun and sober night out, a new alcohol-free comedy club has opened and is featuring local comics by the hour. Comedy Night every Wednesday at 8 p.m. This event takes place at the Wells Studios at 211 Main Street. Tickets are \$18 at the door and \$15 in advance. Use promo code B2BTW2 for \$2 off your ticket.

*That's all for now. That's all for now, but if you have a future event you'd like us to add,  
please get in touch at [rcpodcastatthekettle.ca](http://rcpodcastatthekettle.ca).*

## **Credits**

This episode of the STEAM Podcast was brought to you by the STEAM team at the Recovery Cafe with original creative content by Nigel, Mark, Sonja, Damien, Paul and Kay. Original theme song created by James, audio and technical support Paul and Kay, and the rest of the support team Chad, Jen, Duncan and Matt with a big shout out to the Kettle Society for providing the space and support to produce this show.

## **About US**

The Recovery Cafe is the newest program under the Community Services Department of the Kettle Society in Vancouver. We provide support, resources and a community of care along the entire continuum of a person's need for recovery assistance. The Cafe community allows our members to feel grounded and secure in a warm, welcoming environment that builds stability, strong relationships and a sense of belonging. The Recovery Cafe supports people in managing their mental health and substance use along the many pathways of recovery. We help each individual reclaim life as a person worthy of giving and receiving love. Everyone is in recovery from something at the Recovery Cafe. Whether you're recovering from addiction, a mental health transition or homelessness, the Cafe is a place of refuge and support, care and community. The Recovery Cafe is located at 620 Clark Drive and we are open Monday through Friday, 930 to 430. The Recovery Cafe is not religiously affiliated and is inclusive to all seeking recovery and a healing community.