



“Now Showing at the Fourth D Club”

Quarterly Newsletter June 2024

Message from our director Cara:

I am so excited to be sending out the Fourth D Club’s very first quarterly newsletter! I enjoy getting them so much from other nonprofits and it has inspired me to let my community in on a little of what’s going on around here. I stepped into the previously empty shoes of the Executive Director in January and I’m so glad I did! I have a lot of creative ideas that I can not wait to bring to this very cool place, where miracles happen every day! Stories of healing, growth and transformation magically unfold right before my eyes here at the Fourth D Club, as people recover from addiction one day at a time. This position gives me the ability to make meaningful changes in my community that can be carried into the future. Please enjoy...

Cara Nikolaisen
Executive Director



Seasonal Recap:

This year, for Missoula Gives, we had a record number of donors, so thank you so much to everyone who contributed! We also received the highest amount of donations ever. What an incredible year. Thank you to the community of Missoula for your generous donations!

The Fourth D now has a full board, which is very exciting, as we are sure to get even more done. Be sure to follow us on Facebook for our featured Meet the Board segments, to get to know who we are.

We hope you saw us in this year’s St Patrick’s Day Parade! It was a blast, and we can’t wait to continue participating in community events so that Missoulians who might not know about the Fourth D recovery community and the crucial recovery work we do, learn more about us.

On that note, the Fourth D Club is looking to nurture relationships with other like-minded nonprofits in our community. We have joined the Chamber of Commerce and the Missoula Nonprofit Association. We joyfully participated in the St. Patrick’s Day Parade, had a table at this year’s Queer Prom, and will continue to attend various luncheons and networking events around Missoula. We look forward to seeing you around and hope you will come say hi and ask more about what we do.

Main Event: The Serenity Scramble

The Fourth D Club is excited to be hosting the third annual fundraising Serenity Scramble golf tournament on June 21st at the King Ranch Golf Course in Frenchtown! Funds raised at this event will go directly to The Fourth D Club which helps us to provide a safe, alcohol and drug free environment, for people whose lives have been impacted by the disease of alcoholism and/or drug addiction.

We currently need more teams! \$450 is the cost for a team of four players, and includes a golf cart, breakfast, and lunch. If you don’t have a whole team let us know so we can pair you up. Be sure to bring cash to buy raffle tickets for all the amazing prizes that have been generously donated to help us raise money. Tee time is at 9 AM and we will be playing all 18 holes.

Please contact Henriette Vickhammer at fourthdclub@gmail.com with any questions or to sign up for sponsorship. Can’t wait to see you there!



Just for laughs

Q: Why aren’t people in recovery good dancers?

A: They lose interest after 12 steps.

Coming Soon:

The Fourth D Club logo is officially under construction! While we loved our iconic rocketship, we feel it is time for a new look. While many people working a 12 step program

understand the reference to Fourth D, as in “rocketing into the fourth dimension,” it is our hope that our new logo will better embody this idea. The club will soon be offering a meeting for teens in recovery! Check out our facebook page or look for posted flyers announcing in the coming weeks when this meeting will be available.

Spotlight Story:

Irish C. on September 04

I sobered up on April 20th, 2018. I relapsed several times and it took several years of relapses before I finally got some time. There are a wide range of things where the Fourth D Club has helped my sobriety. The club has been a safe space for me many times in my life when I had nowhere to go, where I could work on stepwork and be around like minded people and remain safe. It was a place for me to grow up in the eyes of NA and society. The Fourth D Club has been so much to me in so many areas. I was a volunteer there and did service for the community in different ways. The people in the meetings allowed me to be a mess for awhile until I was actually able to get this. I don’t know if I would have stuck around without that consistent compassion.



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Thank you for your support.



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