For the Weekly Calendar:

**AA Meetings** - Rogers Hospital – Oconomowoc
   - Monday – 7:00 Evening
   - Wednesday – 7:00 Evening
   - Thursday – 7:00 Evening
   - Saturday – 7:04 Morning (Nobody makes it by 7:00)
   - Sunday – 8:30 Morning

**NA Meeting** – Rogers Hospital – Oconomowoc
   - Saturday – 7:00 Evening

**Rogers Hospital – West Allis**
   - Sunday – 6:00 Evening
   - Wednesday – 7:30 Evening (NA Meeting)
   - Saturday – 9:00 Morning

**Al-Anon Meeting – Rogers Hospital Oconomowoc**
   - Tuesday – 7:00 Evening

Alumni interested in doing Tuesday Evening RAPs with current Herrington Residents or if you’re interested in having Pizza with Residents every first Tuesday of March & September, contact Rob at: clean@wi.rr.com for information on how to proceed.

### Herrington McBride Board Members

Serving our Recovering Alumni & Their Friends:

- **Rob McCreadie** – President
- **Phil Grabski** – Vice President
- **Secretary** – Mary Lee Grady
- **Treasurer** – Johnny King
- **Jennifer Evancy**
- **Jamie Walker**
- **Scott Elston**
- **Michael Ingrilli**
- **Jeff Radtke**
- **Kristin Simons**
- **John Hopkins** – Past President
- **Bill Martens, M. D.** – Past President & Archivist
- **Bob Olson** – Past President
- **John Aschenbrenner** – Past President

**Advisors:**
- **James Dropik**
- **Laurie Schammel**
- **Matthias Scheuth** – Director of the Rogers Foundation
- **Cindy Suszek** – Manager of Herrington Recovery Center
- **Cori Smith** – Therapist and Herrington’s Clinical Liaisons to the Board

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- HMAA Box 13581
  Wauwatosa, Wisconsin 53213
or by email to Wemart@aol.com

#### From the Desk of our President

**By: Rob McCreadie**

Hello Friends!

I hope that by the time you’re reading this that it is much warmer outside than it was on the cold February evening when I wrote it. Of course this weather never would have kept most of us home when in active addiction and we wanted to get loaded.

2015 has already been a busy year for the Herrington McBride Alumni Association. Board members, their guests and the residents of Herrington Recovery Center rang in the New Year with another successful New Year’s Eve event. Mike Ingrilli prepared a fabulous dinner and Jeff Radtke did an outstanding job coordinating the event. This has become an annual event with great food, a pool tournament, karaoke and fellowship with residents and staff at the house.

The 28th Annual Herrington McBride Retreat was a smashing success under the reigns of Jim Dropik. Jim coordinated a remarkable lineup of speakers who shared their experience strength and hope over the course of the weekend in the beautiful and serene setting of the Redemptorist Retreat Center in Oconomowoc. I can’t say enough about what a great job Jim and the staff at the Redemptorist did to make this year’s retreat an exceptional affair.

On February 11th a meet and greet was held in the Herrington McBride Room on the third floor of the main Roger’s Memorial Hospital building on campus in Oconomowoc. In attendance were Herrington’s Medical Director, Dr. Michael Miller, Cindy Suszek, Clinical Services Manager, all of the therapists and staff and more than 20 vetted board members, alumni and friends who remain active in the AA and NA communities. This was an opportunity for members of the Herrington treatment team to meet several of us who are qualified and willing to sponsor residents in treatment and for us to meet established therapists, new Herrington team members and the new behavioral specialists who took time to explain what they do in treating residents with co-occurring disorders. An ongoing challenge is the shortage of qualified women available to sponsor women residents. The get together was a very productive opportunity for staff, board members and volunteers to get to know one another better, ask questions and discuss how best to support each other. Our common goal is to help residents establish a stable foundation in recovery while in treatment and to utilize both professional and alumni support as they transition out of the primary treatment setting.

RAPs are now being identified as Alumni Speaker Meetings at HRC. There continues to be strong support and interest in speaking for residents and slots are currently filled through July. RAPs provide an opportunity for alumni and members of the recovering community to come in and share what their life was like, what happened and what life in recovery is like with current residents at Herrington Recovery Center. If you’ve got at least one year of solid recovery and are willing to share your experience strength and hope, please feel free to email me at clean@wi.rr.com in order to begin the process of being approved to speak at the house. There are only a handful of spots left in the second half of this year, but there is always a need for stable, recovering members of our community to keep what we have by giving it away.

Herrington’s Friends and Family Program now meets every week and is creating a need for more AA/NA and Al-Anon/Families Anonymous speakers. If you are available to speak on Saturday mornings and meet the above criteria, please contact me and I will forward your information to Jean Pruscha of the HRC staff for scheduling. Please specify if you are willing to speak for the Friends and Family Program, do a RAP or both. If you are able, I would like you all to consider making a donation small or large to the HMAA. We Continued...
are supported through donations from members of the recovering community, family and friends. If you received this newsletter in the mail, you’ll find an enclosed envelope that you can use to support our continued work. Our address is also on the back page of the newsletter. The Herrington McBride Alumni Association is a not for profit 501(c)(3) organization and any and all contributions are fully tax deductible.

As always, I welcome feedback and suggestions as to how we can improve our alumni association in order to continue our mission and to support residents in treatment and throughout their transitions into the recovering community. Thanks to all for your continued kindness and support!

That Last 10%
-Matthew E.

“…..the result was nil until we let go absolutely”. I didn’t fully understand the extent of these words until I hit my bottom. How cunning, baffling and powerful is this disease. I was living in such a fantasy world, a complete state of illusion. I thought I had given my all and “let go absolutely” but God used a set of circumstances where the only choice I had was to let go completely or die.

In August 2014 I had been aggressively working the steps with a sponsor for about a year and a half. I did a very thorough step four that took me nine months to complete. I made the columns, recorded my resentments, fears and harms. I made three phone calls every night plus calling my sponsor and giving him an update on how things went for the day. I was going to four meetings a week, being nice and taking 30 minute walks in the morning. I was saying the third and seventh step prayer every morning before I got out of bed. Despite a few minor slips here and there in the course of a year and a half I was the “textbook” AA student. What I have come to realize now is that was all external but yet on the inside there was this part of me…..seemingly small part of me that was still clinging, holding onto something.

I met with my sponsor and let him know about a small slip I had had. It was a few months and things had been going well. We talked for a bit and I will never forget what he shared with me next. He let me know that I was giving it 90% but there was this 10% that I would not let go of. He said that unfortunately I can’t do anything with you because you won’t let go absolutely. He said that sometimes there are those people who have to put on the lab coat, go back into the laboratory and do some more experiments before they realize what they are doing is not working for them. He said, “I hope that is not the case for you”. He proceeded to tell me that he felt that he was doing more harm than good by continuing the sponsor/sponsee relationship and that he was going to have to let me go.

This was a huge blow because of the time and energy that I had put into my recovery. It was also devastating because it has always been really difficult to take rejection and abandonment because of family life growing up. I left that night and the resentment began to build and before long I was dipping in and out of bars slowing sinking backwards. My drug of choice is crack cocaine but I hadn't yet given in.

My pastor began to pick up on the fact that things seemed off. He pressed, the more I lied and the further I distanced myself from anyone that wanted to help me. It wasn’t long after I left the church, which I had been at for eight years that I stepped back into that deep, dark, moral less world of drug addiction and street life. I soon began spending incredible amounts of time and money in “the hood”. Towards the end after being up for five days straight and not responding to any of my friends and families pleas, I decided to go back to my apartment in an attempt to not lose my job. After some convincing I temporarily moved in with my parents and reluctantly surrendered my car

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MARK YOUR CALENDERS:
The HMAA Annual Summer Picnic will be June 20th 2015.
Temporary Agenda of Events for Picnic / Reunion

9:30 Continental Breakfast
10:00 Welcome from Mike I., Board Member
10:15 Keynote address by Tom S.
11:30 Annual Meeting chaired by HMAA President Rob M.
12:00 Gourmet Picnic Lunch (Provided by Rogers Memorial Hospital)
1:00 AA & Al-AnonSpeakers – TBA
1:30 Annual Scavenger Hunt for present Herrington residents and any interested others
- As in years past, the scavenger hunt list is kept under lock and key until just before the groups are sent out to collect the items.
- Bocce ball
- Trivial Pursuit
- Stay for fellowship
- Live music
- Bring your own grilling items (grill will be provided and grilling will be done by Mike L.)

6:30 Scavengers are due back with their “loot” for judging and awarding of prizes (Prizes provided by T-Lon Products Inc.)

7:30 New Fireside theme Open AA Meeting hosted by Rob M.
(We welcome not only recovering alums but family and friends of Herrington / McBride. Our new theme will afford us a spiritual culmination to our days’ activities. It affirms the goodness of our recovery and allows us to remember those struggles that leave us so grateful for the present.)

ALL EVENTS WILL BE HELD INSIDE THE MPC IF THE WEATHER IS INCLIMENT
Reunion Co-Chairs: Kristin Simons, Jeff Radtke, Mike Ingrilli

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HARDSHIPS OFTEN PREPARE ORDINARY PEOPLE FOR AN EXTRAORDINARY DESTINY...
-C.S. LEWIS
After Three Wins, Johnny & the Germans falter to Johnny & The Greeks

By: Johnny the German

Now, when Johnny the German opens his garage door and parks his car he stares at the loser's trophy on the shelf in front of him, and hisserenity is, for the moment, lost to rage. How could he and his German Team lose the Trivial Pursuit Playoff game at the Winter Retreat, after three glorious wins?

The question given to the Greeks was: What happened to dental fillings was the 10th century Persian named Rhazas the first physician to recommend? And the winning answer was: "Filling them!"

Now, doesn't that just put Wiener in your Schnitzel? “Filling them!” Why not ask a potato to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face.

"Father, what does this mean?" she asked. He then explained that the potatoes, the eggs and coffee beans had each faced the same adversity—boiling water.

However, each one reacted differently. The potato went in strong, hard, and unrelenting, but in boiling water, it became soft and weak. The egg was fragile, with the thin outer shell fighting and struggling all the time. It seemed just as one problem was solved, another one followed. Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire. Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot, and ground coffee beans in the third pot.

He then let them sit and boil, without saying a word to his daughter. The mother, moisened and impatiently waited, wondering what he was doing. After twenty minutes he turned off the burners. He took the potatoes out of the pot and placed them in a bowl. He pulled the eggs out and placed them in a bowl.

He then ladled the coffee out and placed it in a cup. Turning to her he asked: “Daughter, what do you see?”

"Potatoes, eggs, and coffee," she hastily replied. "Look closer," he said, "and touch the potatoes." She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face.

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However, each one reacted differently. The potato went in strong, hard, and unrelenting, but in boiling water, it became soft and weak. The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard.

However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.

“Which are you,” he asked his daughter. “When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean?”

Moral:

In life, things happen around us, things happen to us, but the only thing that truly matters is what happens within us.

Which one are you?