Hi everyone,

Hello to all of our alumni and friends. How are you doing? Really. How are you? In this past month many of us have been thrown back into situations that are reminiscent of our drinking and/or using days. The isolation, unpredictable schedules, irritability, agitation, anxiety, I could go on and on.

To isolate is to “cause a person to be or remain alone or apart from others”. This is exactly what those of us in recovery do not want to do. We need each other! I know that most of us are unable to physically attend meetings or recovery support groups right now, so let this be a new opportunity to try some different things in your recovery! Online meetings are plentiful (see link in this newsletter, or just google). Try some new styles of meetings you haven’t done before. Find a women’s or men’s group, try a faith or meditation based meeting, or try recovery yoga. Use your phone list! Call someone you haven’t seen or spoken to in a while. Stay connected!

I will admit to times of frustration and irritability these past few weeks. When those hits, let’s all go back to our recovery basics and focus on what we can do, what we are thankful for, a gratitude list.

I hope that you and your families are well. Take care of yourself, your family, and your neighbors. Please reach out if you are struggling in your recovery! We are an enormous network of alumni ready and willing to talk with you. Stay safe and wash your hands!

Blessings,
Kristin Simons, HMAA President

Looking for an Opportunity to Give Back? Consider Our Alumni Partner Program!

The Alumni Partners program is a list of past Herrington graduates who are willing to connect with a recent Herrington graduate in their hometown and assist them in finding meetings. Many new graduates have difficulty and some anxiety finding and attending a new meeting for the first time. This is especially true for new graduates who live outside the immediate Rogers area. Please consider adding your name to this list, especially if you live far from the Oconomowoc area! This is not a commitment to sponsor. It is a willingness to meet up with a new alumni member in your area and help them find a few meetings. Remember what it felt like to go to those first few meetings where you didn’t know anyone? Let’s partner with the new alumni and help them get a good start after they graduate from Herrington. If you have at least a year of continuous sobriety/clean time and are willing to be an Alumni Partner, please contact Jeff Radtke from our board of directors jeff.radtke@yahoo.com

Stay connected!

The Herrington McBride Alumni Association
Spring, 2020 Edition

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**Herrington McBride Board Members**
Serving our Recovering Alumni & Their Friends:

**Elected Board Members:**
- Kristin Simons – President
- Jeff Radtke – Vice President
- Laurie Schammel – Secretary
- Phil Grabski – Treasurer
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- Bill Martens, M. D. – Past President & Archivist
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- Dylan Bass
- William Aspley
- John Hopkins – Past President
- Michael Ingrilli
- Adrienne Koclanis
- Bill Martens, M. D. – Past President & Archivist
- Rob McCready-Past President

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**Automatic Donations- For anyone with automatic Bank Donations – please change address with your bank to: H.M.A.A – PO Box 456, Oconomowoc, WI 53066**
How ironic that I am able to write for the Herrington Alumni newsletter on this date of all dates.

Today I celebrate 6 years of sobriety and am amazed at how different my life is, how much I have grown and how my once broken spirit is flourishing.

I was reflecting last night and thinking - 6 years ago on March 7, 2014, I decided it would be best and everyone would be better off, if I was no longer alive. I had tried to stop drinking so many times through willpower (which never works or is an even an option), through attending an IOP - where I decided to reward myself on graduation day with a drink, through attending meetings - where I would show up late, leave early and stop at the liquor store on the way home, and by making deals with God that would only benefit myself. I received the first ticket of my life, at age 46 where I blew a .19 at 10am, just around the corner from house and got an OWI. That didn't stop me from drinking either.

I wanted to stop drinking, but I PHYSICALLY could not stop. Therefore, I figured the only way to end this battle with the bottle was to take my own life. Thankfully, it did not work and I stand here today as a grateful alcoholic. I would not be where I am today if it were not for Herrington, AA, my Mom, my Dad's guardian angel looking over me on March 7th, my tribe, my sponsor and the fellowship this wonderful program can offer.

Working the 12 steps I am able to live a life that has love, happiness and success in it. Not all days are perfect, but I learned while in treatment that it was perfectionism that almost killed me.

Through attending meetings at Rogers, for it is where I am filled with peace and serenity. This is a simple program; one that is not always easy, but if you are willing to put your sobriety first at all costs and do the work, I can guarantee the promises will come true.

Grateful, blessed and always hopeful for what this amazing life has to offer.

Adrienne K.

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**35th Annual Herrington McBride Alumni Association Summer Picnic**

*DATE - TBD - We are trying to reschedule!*

Check Next Newsletter or contact Rick Siewert, 2626171573 or richard.siewert@allergan

9:30 Continental Breakfast
10:30 Welcome from Glen T, Board Member
    Opening thoughts and prayer from John A
10:45 Keynote address by Renee K
11:30 Annual Alumni Meeting chaired by HMAA President Kristin S
12:00 Gourmet Picnic Lunch (Provided by Rogers Memorial Hospital)
1:00 NA Speaker – Rob M
    Kids games and activities on the grounds with rec therapist till 2:30
1:45 Al-Anon Speaker – Jim D Sr.
2:30 Recovery Olympics for present Herrington residents and any interested others till
    See Olympics Activity Coordinators Jenny V and Jimmy D
    Other activities available at this time:
    Trivial Pursuit (Team Johnny the German vs. Team Johnny the Greek)
    Corn Hole Giant Jenga Bocce ball Ping Pong Kiddie Pool
3:00 Bring your own grilling items (grill will be provided and grilling will be done for you)
4:30 Recovery Olympic participants return for results and awarding of prizes
    (Prizes provided by T-Lon Products Inc.)
6:30* Fireside Open Gratitude Meeting hosted by Rob M. *approximate time

We welcome not only recovering alums but family and friends of Herrington/McBride.

*ALL EVENTS WILL BE HELD INSIDE THE MPC IF THE WEATHER IS INCLEMENT*

“One Day at a Time”
Welcome to Rogers of Oconomowoc

The Rogers Oconomowoc campus welcomes all forms of addiction to any of the support groups held at this location. Whatever form your addiction may take we are grateful to have you contribute to discussions around our tables!

Life has no remote. Get up and change it yourself.

TO: The Brian Kenevan Scholarship Fund

Thank you scholarship fund benefactors for giving me the opportunity to attend the Herrington McBride winter retreat. I was discharged from the Herrington Center for Addiction Recovery on November 26, 2019 after a six week stay. I learned more about myself and my addiction during that six weeks than I could have ever imagined. When I entered Herrington, I had no idea that AA would become this integral part of my life. I had a misunderstanding of what AA is all about, thinking it is merely about resisting alcohol.

Now I see it is about finding the best person within yourself and helping others do the same. Being at this retreat wouldn’t have been possible for me without this scholarship because I have had no income for several months. I hope the kindness & generosity of this fund will inspire me and all recipients to “pay it forward” when it becomes possible for us to do so.

Thank you so much. I look forward to making the most I can out of the retreat.

Tim M.