

Herrington McBride Alumni Association

Summer 2013 Picnic

Saturday, June 22nd, 2013

Agenda of Events



- 9:30 Continental Breakfast
- 10:00 Welcome from Bob Olson, Past President and Advisor to HMAA
- 10:15 Keynote address by Anne H. W. "Keep it Simple"
- 11:30 Annual Meeting Chaired by HMAA President Rob McCreadie
- 12:00 Gourmet Picnic Lunch (Provided by Rogers Memorial Hospital)
- 1:00 AA Speakers - "The Dream Team" Wendy, Charlie and Debbie
(Afternoon Games and Activities for children with Rec. Therapist)
- 2:30 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 items. Prizes provided by "T-Lon Products Inc."
Trivial Pursuit Johnny the German's Team vs. Johnny the Greek's Team (the only place on earth where Trivial Pursuit get's bloody!)
*Dinner will be on your own. If you need suggestions for restaurants, ask one of the locals.
- 6:30 Scavengers are due back with their "LOOT" for judging and the awarding of prizes.
- 7:30 "Miracles", Fireside Open AA Meeting hosted by, "Charlie".
(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 ENCLEMENT.

Reunion Co-Chairs: Kristin Simons and Bob Olson



Herrington McBride

The Herrington McBride Alumni Association
Summer Issue 2013

The Herrington Recovery

Alumni Association Quarterly



From the Desk of our President

By: Rob McCreadie

Hello Friends, spring has finally made it to Wisconsin! We had a great turnout for our postponed pizza night that took place on May 7th. Cindy Suszek, Clinical

Services Manager, was on hand to welcome board members, alumni, guests and Dr. Michael Miller, Medical Director of the Herrington Recovery Center to share pizza and fellowship with residents currently in treatment. We join residents twice a year and the next pizza night is scheduled for September 3.

Final planning for the Herrington McBride Alumni Association Summer 2013 Picnic is nearing fruition. I'm hoping we will set a new attendance record this year as 2013 is shaping up to be a brilliant celebration of recovery in our immediate and extended communities. This is always an event that fills us with gratitude and humility as miracles old and new gather to share this wonderful gift of recovery. Charlie Schrauth, Wendy Kohlhaas and Debbie Adamus will be the afternoon speakers following the gourmet picnic and, as always, the scavenger hunt directions are safely locked away under the strictest security until the afternoon of June 22 at 2:30 when the pursuits begin. Come on out, bring the kids, renew old friendships and lay the foundations for new ones too!

The RAP's continue to go well. I have received information from a few former speakers who were somehow left off of the roster that I inherited when I took over the job of coordinating the speakers. This was an oversight and in no way means that former speakers were no longer wanted or needed. Please feel free to contact me if you have a willingness to share your experience strength and hope with newcomers in treatment. The easiest way to reach me is via email as I often find myself with an increasing number of plates in the air and can be difficult to reach by telephone. My email is: clean@wi.rr.com. I also 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!

Rob M

The important things in life

A philosophy professor stood before his class with some items on the table in front of him. When the class began, wordlessly he picked up a very large and empty mayonnaise jar and proceeded to fill it with rocks, about 2 inches in diameter.

He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks.

He then asked the students again if the jar was full. They agreed it was.

The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else.

He then asked once more if the jar was full. The students responded with a unanimous "Yes."

"Now," said the professor, "I want you to recognize that this jar represents your life. The rocks are the important things – your family, your partner, your health, and your children – things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter – like your job, your house, your car.

The sand is everything else, the small stuff."

"If you put the sand into the jar first," he continued "there is no room for the pebbles or the rocks. The same goes for your life.

If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take your partner out dancing. There will always be time to go to work, clean the house, give a dinner party and fix the disposal.

Take care of the rocks first – the things that really matter. Set your priorities. The rest is just sand."



A Note from Kay M



On October 5, 1985 I entered treatment full of shame and anger after spending over twenty years on the roller coaster ride of active alcoholism. While AA and the steps were unknown to me I quickly heard talk of steps, program, meetings, Higher Power, and sponsorship. This all sounded foreign and made me uncomfortable but since I did not want to go home or back to my old way of life I decided to stick it out.

Thirty days inpatient was followed by five months in a recovery house on the grounds. During that time I went to an AA meeting every day, had support group, talked to my sponsor, filed for divorce from my active alcoholic husband, met with my therapist and addictionologist, Dr. Herrington. I heard over and over again that alcoholism is a disease of relapse but that if you work your program you never have to relapse. Finally I was released.

One month later I found myself at work hysterically crying at my desk and believe me that was definitely out of character. I called Dr. Herrington and he asked me what was wrong. As I sobbed I told him that everything was fine; I was going to AA meetings every day, my divorce was moving along, my job was good and money was no problem. After listening to me, Dr Herrington said that I needed to come back to inpatient today and that he would have a room for me by 4PM. I was ashamed to return to inpatient treatment. Wasn't I working all of the steps as prescribed, didn't I have a sponsor and wasn't I sober? Dr Herrington said that based on the emotional pain that I was feeling that I might not use today but that I would be using very soon unless I came in.

Cold stone sober I checked into McBride at 4PM that day. While I didn't have a clue what was wrong with me it didn't take the staff long to get to the bottom of my despair. I had been going to AA meetings and therapy alright but I had been mouthing what I thought was the "right" words not the real. I was playing Pollyanna program and talking about the steps

while squishing down my real feelings. Inside I was angry and enraged that I was not able to drink anymore, that I had to grow up, had to pay my own bills and that using men was not OK. I was ashamed of all the bad things that I had done and I hated myself. I was afraid to find out who I was as a sober woman. I didn't know it than but I was in a dry drunk and it felt horrible.

McBride was the safe and right place for me to be. The staff asked, "What are you willing to do for sobriety? To move past this you must be willing to do everything it takes." With staff's help my real feelings started pouring out. I did another 4th and 5th step and I started feeling like real recovery was taking hold. I made some concrete changes in my personal life. Released after three weeks of inpatient I went back to the on-grounds recovery house for six weeks. When I left recovery house that second time I left on firm recovery footing. The frightened, angry little girl was diminished and I was on the road to becoming a mature, sober woman.

Continuous sobriety has been my blessing these 27 years later. I still attend three meeting each week, I sponsor, I have a sponsor, I speak at rap and I daily attempt to incorporate the steps into every aspect of my life. Is my life perfect, no? Am I perfect, no? But yes, all of the promises have come true for me and every day I am filled with gratitude.

Kay M

Dr. Miller attends the 44th Annual Medical-Scientific Conference



Left to right: Dr. Mike Miller and award recipients Dr. H. Westley Clark and Dr. Carlton Erickson.

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

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 John at 920-988-2044 for information on how to proceed.

Herrington McBride

Herrington McBride Board Members

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or by email to Wemart@aol.com



Join us for the:

18th Annual Rogers Golf Classic
Monday, July 15, 2013
The Legend at Brandybrook, Wales
Price: \$500 individual / \$2,000 foursome

Guest speaker and Herrington alumna, Lauren, will share her story of recovery.



All HMAA Alumni are encouraged to join us for a day of exquisite golf, exciting games, and exceptional prizes as we tee off at one of Wisconsin's finest private golf resorts in support of mental health. Following golf, relax in the clubhouse with a chair massage before sitting down for the dinner and program featuring fellow Herrington alumna, Lauren. Lauren recently celebrated 8 months of sobriety, and is excited to share her story of recovery with us.

You may also show your support of Lauren, and all the patients that have yet to experience treatment at Herrington, by becoming a \$300 Hole Sponsor. All sponsors will receive recognition on our website, as well as on the course and in the program book. One hundred percent of the proceeds will go toward Patient Care Grants, providing free treatment to those in need.

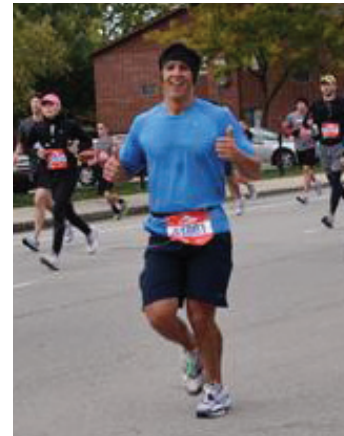
Visit rogersmemorialfoundation.org for details and registration.

Helping Younger People Further Secure Their Recoveries

by: John Aschenbrenner

Many of us look to the older of us in recovery for our inspiration – those who have years of sobriety or clean time, accepting their 10 year or 20 year tokens at meetings. My life's work has always focused on the younger of us, and my own continuing recovery is inspired day-by-day with the young people who have entered recovery and do whatever they can to secure their recovery - learning to enjoy living their lives without the use of the drug or alcohol day-by-day.

Brian Kenevan, an alumnus of Herrington Treatment Center, was such a young man. He inspired me, helping me further secure my own recovery. He was 24 years old, a marathon runner with an intoxicating smile. Everyone who knew Brian loved him. I remember him taking an elderly gentleman “under his wing,”



Brian Kenevan

helping him in and out of the elevator or van when in treatment—he was always there for him. When Brian left treatment I felt he was truly on his way. Brian relapsed on heroine during a Chicago Snowstorm that February. There wasn't anyone there to help him. Prior to his funeral Brian's father called me, asking what might be a good way to use memorial money to help others facing the difficult issues young people face. I suggested we began a scholarship fund, helping younger people who could not afford it, attend the Alumni Winter Retreat which I host. An individual retreat costs \$225 for the 3 day, including all meals and board.

If you'd care to donate to the Scholarship Fund, please send your donation to: Herrington McBride Alumni Association, Box 13581, Wauwatosa, Wisconsin 53213, and earmark your donation to be for Brian's Scholarship Fund. Make your check payable to HMAA. I will also be available at our Alumni Reunion in June to answer any questions, or to accept donations at that time. Please help keep Brian's memory and smile with us. It's all too easy, at times, to forget what a struggle it is for younger people. And please, consider joining us for the Winter Retreat, January 3-5. The Registration Form will be found in our Autumn issue of the newsletter.



A Note from Bill G

During the last couple of weeks, I have had a couple of drunken dreams. This may not seem like much, but it has been a long time now since I have had any drunk-dreams. They have been really frightening. In one of them I “remembered” that I had been secretly drinking and that I really had only been sober for about a week. The other one involved me actively making the decision to drink. Both times, when I woke up, I had a moment of uncertainty — not sure if it was a dream. Very scary stuff for me. Of course, I know that having a drunk dream doesn't necessarily mean that you want to take a drink, but recently my dreams have been communicating to me pretty well, and I was sure they must mean something.

Then, the other night at a meeting, I figured it out. I remembered something I said at a meeting a couple of weeks earlier (right before the dreams began). The topic had been “the importance of going to meetings.” I've never too much liked this topic as I figure that the people who really need to hear it aren't at the meeting. So I was being somewhat snotty, as I listened. Everyone was talking about how much they needed meetings and how meetings were the thing that kept them sober.

When it came my turn, I explained that I had been sober quite a while now, and I didn't really know if I needed meetings anymore. I figured that I might be able to stay sober without them. I then went on to say though that meetings were very important to me because they were part of my spiritual program. I explained that I am a miserable SOB without a spiritual program even if I am not drinking, so meetings were important to me. I was trying to make the point that meetings were important and were spiritual and so on.

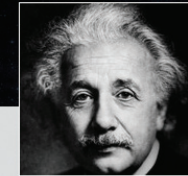
When I looked back on it, I saw that what I had actually done was to make myself different (and superior) to the other people in the room who still “needed” meetings, and I put myself in the position

of somehow not needing AA for alcoholism but only for spiritual growth. Total arrogant bullshit! And apparently I scared my subconscious enough that it began screaming back at me while I was asleep.

The fact is that I don't really know how long I could go without meetings and not take a drink. I do know that there have been long periods of time, when I have been overseas, when I have attended very few meetings.

What I really know, however, is that although I tried hard, I was unable to stop drinking on my own, and that I have not had a drink since I first began attending Alcoholics Anonymous meetings. I got sober when I attended meetings and I have stayed sober as I have continued to attend them to the best of my ability. I also know that, in profound ways, they have become a home for me. Of course, I get frustrated or annoyed with meetings at times, but they are a place where I fundamentally connect with something that I need to sustain myself. They are not a good place for me to go and display how special I am.

Bill G



There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.

Albert Einstein



Our Celebrated Herrington Reunion
Saturday, June 22nd