



HERRINGTON-MCBRIDE ALUMNI  
AT  
ROGERS MEMORIAL HOSPITAL

# ANNUAL RUN/WALK

## FOR RECOVERY

SATURDAY, SEPTEMBER 24, 2005

JOIN US AND WALK OR RUN TO SUPPORT RECOVERY

RACE BEGINS AT 9:A.M.  
AT ROGERS MEMORIAL HOSPITAL  
IN OCONOMOWOC  
REGISTRATION BEGINS AT 8:00 A.M.

REGISTER BY MAIL BY  
SUBMITTING THE ATTACHED REGISTRATION FORM.  
COST IS \$15.00 PER PERSON.  
CHILDREN UNDER 12 PARTICIPATE FOR FREE

THE WALK/RUN IS HMAA'S ONLY FUND RAISING EVENT  
ALL PROCEEDS WILL GO TOWARD  
THE SUPPORT OF HMAA RECOVERY PROGRAMS  
YOU NEED NOT BE AN ALUM TO PARTICIPATE

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE # \_\_\_\_\_ E-MAIL \_\_\_\_\_

WALK \_\_\_\_\_ 5K RUN \_\_\_\_\_ 10K RUN \_\_\_\_\_

MAIL TO : BOB REMME 1045 CIRCLE DR. ELM GROVE, WI. 53122

# The Moving Finger

The Herrington McBride Alumni Association

Fall 2005

## CHANGE IS GOOD

I can remember getting all geared up for an upcoming party, spending hours wondering what I would wear, who would be there, etc. The day would come and I would be off, allowing my self-will to dictate the outcome of the event only later to learn that once again, the alcohol I drank kicked in at the most inappropriate time, ending the evening with words I said out of character, and an embarrassed spouse, etc. Then only to wake the next day fearing my behavior the day before with no one willing to commend me for adding to a spectacular evening.

I guess it's true what they say in the rooms I choose to hang out in now. The phrase meant nothing to me when I first heard it..."If nothing changes, nothing changes."

As I write this article, I laugh at the irony of it all. While driving out to the HMAA 20th reunion, I was filled with so much uncertainty. With my self-will somewhat diffused, I tried to redirect my fears by physical work.

You can appreciate the kind of fears I am speaking of...wondering if it will rain and we will all be stuck inside the recreation center, worried I won't know how to do all the jobs assigned and worse yet, fearful my words during the AA/Alanon session in the afternoon will sound like more of a "family drunk-a-log" rather than examples of a healing family.

This year's reunion was a remarkable event. When Dan Murphy, our keynote speaker shared his story, it was clear he touched something in everyone sitting in the room. When the guests parted for the gourmet picnic laid out so beautifully by members of the HMAA board, you witnessed a true sense of comfort and ease among their peers.

As with anything new, the afternoon AA/Alanon session provided an educational component to the day. Feedback received was positive from those who attended and even more remarkable were the couples that shared similar situations only reinforcing the miracle of this program.

A real blessing for many of the parents with children in attendance was the opportunity to visit with old friends and staff members while a very nice young recreational therapist spent time playing games with the children. Watching our children interact with other families dealing with this disease gave many a real feeling of hope.

For a good week after the reunion was over I periodically thought about all the crazy items acquired by those participating in the scavenger hunt, and where did Mickey store all of those hay bales. When I think of a "hunt" I don't come up with anything close to what people in the event or even an observer witnessed. Watching over the shoulders of a group of current residents combined with alumni, family and friends, you were quickly convinced that there is some fun out there without numbing yourself prior to participating.

Once again, the bonfire brought us all back together for the last event of the day, Witnessing the circle of sincerity, safety and strength brought tears to more eyes than mine.

When we put our last cart of food and supplies away it began to rain and I mean, "really rain." Driving home soaking wet, I couldn't help but laugh at the fears I had dealt myself at the beginning of the day. I had to admit I was still, "all geared up" really had no idea what kind of turnout we would have or if the new activities would be welcomed. In other words, I had no control over anything that happened that day. It's true. Sobriety has dealt a whole new list of fears, but nothing

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"The Moving Finger writes, and having writ, moves on." - The Rubaiyat of Omar Khayyam

## CHANGE IS GOOD cont.

compared to the overwhelming gratitude I felt at the irony of it all!

Today I am truly grateful for the opportunity to be an active member of HMAA, to be comfortable just to follow instead of lead, be a "part of" rather than to stand out, to share both the good and the bad with my family and to wake the next morning with no fears, knowing I did the best that I could using the tools that were given so freely to me right here.

Sincerely,

Monica Murphy-Bredin

## UPDATE ON BUILDING

### FUND

by Mickey Gabbert

Less than 6 months ago, I attended an HMAA board meeting and discussed the possibility of the alumni setting a goal of \$100,000.00 toward the building fund for the addition to the main hospital on the Oconomowoc campus. The board unanimously approved this fund-raising effort.

At the reunion in June, it was announced that several donations had been received and that over \$85,000.00 in pledges and cash donations have already been received toward the goal.

HMAA never ceases to amaze me with their enthusiasm in supporting the Herrington program and its commitment to quality patient care, This \$100,000.00 pledge will be matched by other funds, and this will allow the third floor of the new addition to be fully completed and used for the family programs and the 12-step meetings that occur at the facility several times per week.

Thanks again for all of your support.

## WINTER RETREAT THEME CHOSEN

by Mary Krall

"Acceptance: The Key to Serenity" has been selected as the theme for the annual winter retreat. The 19th annual retreat will be held January 6th, 7th and 8th 2006 at the Redemptorist Retreat Center. Further details and registration form will appear in the winter issue of the newsletter. Mark your calendars now!!! This is an experience not to be missed.

## ANNUAL MEETING

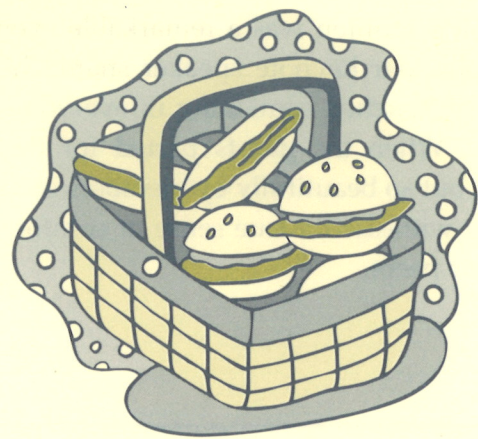
### HIGHLIGHTS

At the annual meeting of HMAA held in conjunction with the reunion and picnic proposed changes in the constitution and bylaws were ratified by the membership present. The proposed changes were presented in detail in the last issue of this newsletter.

Mary Lee Grady was nominated to a 2 year term on the board of HMAA.

A financial report was given by treasurer Mary Krall. At that time a check was presented by HMAA to Rogers Memorial Hospital Foundation for the building fund.

Details of the annual meeting are available from any board member or by contacting HMAA at the mailing address included in this newsletter.



## Upcoming/Ongoing Activities & Events

### WALK/RUN

September 24, 2005

(See back page for information and registration)

### WINTER RETREAT

January 6, 7 & 8 2006

(Information & registration form will be in winter issue)

### REUNION/PICNIC

June 2006

(Date to be determined)

### RAP WITH RESIDENTS

Herrington House - Oconomowoc

Tuesdays at 6 P.M.

(Must be prearranged with rap co-ordinator)

Call 1-800-767-4411 Ext. 516 if interested

Rogers - West Allis

Dates and times vary

Call 1-262-781-2091 if interested

### PIZZA WITH RESIDENTS

(Contact a board member if interested in attending)

Scheduled for Sept 2005

### 12 STEP MEETINGS

Rogers Memorial Hospital

Oconomowoc campus

### AA MEETINGS

Monday - 7:30 P.M.

Wednesday - 8:00 P.M.

Saturday - 7:04 A.M.

West Allis Campus

### AA MEETINGS

Sunday - 6 P.M.

Tuesday 7:30 P.M.

Saturday - 9 A.M.

Caduceus Group 7 P.M. on Thursday

(Drs in recovery)

Narcotics Anonymous

Thursday - 7 P.M.

## HMAA Board of Directors

At its August meeting the following individuals were elected as officers and / or accepted membership to the board.

President - Bob Remme

Vice-President - John Aschenbrenner

Secretary - Monica Murphy-Bredin

Treasurer - Mary Krall

Archivist - Bill Martens, M.D.

Mary Lee Grady

Bob Olson

Rob McCreadie

Natalie Zimmerman

John Hopkins

Rob McCreadie

Walter Baranowski, M.D.

Richard Pearson, O.D.

Mickey Gabbert - Advisor

David Franczyk - Liaison to the Rogers

Memorial Foundation

## SPECIAL THANKS!!!!

1. To Dan Murphy for coming from Pennsylvania to be the keynote speaker for the 20th reunion
2. To Bob Olson and T-Lon Products for contributing the prizes for the scavenger hunt at the reunion
3. To Mickey Gabbert for being "chief cook and bottle washer" at the picnic and for his assistance/support of HMAA
4. To Monica and Greg for sharing at the afternoon session of the reunion.
5. To everyone who has volunteered to do "raps" at the Oconomowoc and the West Allis campus of Rogers Memorial Hospital
6. Everyone who has and will contribute to the building fund that will provide meeting space for recovery activities in the new addition of Rogers Memorial Hospital at the Oconomowoc campus
7. Rogers Memorial Hospital for its support of all of the activities of HMAA throughout the year

The Moving Finger is published by and for the Herrington  
McBride Alumni Association.

Please send story ideas and feedback to:  
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