



WINTER RETREAT January 4-6, 2008

Friday evening 5:00PM–Sunday noon

Redemptorist Retreat Center
1800 N Timber Trail Lane
Oconomowoc, Wisconsin

“Progress Not Perfection: A New Way of Living”

Keynote speaker

Dr. Barry Spiegel

An expert in the field of addiction medicine who will deliver a powerful message regarding living with our addiction.

Cost: \$165.00 which includes meals & lodging

A limited number of scholarships are available to those in need of financial assistance.

Contact Mary Krall @1-262-534-5411 for information/process.

Attendees must be recovering from addiction to drugs/alcohol

Sign in begins at 5:00pm with dinner an hour later.

If you prefer or are willing to have a roommate so indicate on the registration form.

Indicate if you need a 1st floor room.

Name _____

Address _____

City/State/Zip _____

Phone () _____ E-Mail _____

Need a 1st floor room? Yes ___ Roommate? Yes ___

Name _____

Willing to share your room? Yes ___ No ___

Registration fee 165.00

Donation to HMAA _____

Total amt of check _____

(Check must accompany registration)

Make check payable
to HMAA

Mail to:

Mary Krall
Box 265
Rochester, Wi 53167

Registration Deadline
December 20, 2007

The Moving Finger

The Herrington McBride Alumni Association

Fall 2007

Message From the President

Hello friends,

The ride into work this morning was wet, cold and grey. It is almost as if Mother Nature is giving us a warning of what is to come as we slide into the winter months.

There was a day when this type of weather would trigger moods of sluggishness, pity party thinking and a general feeling of despair with me. While I still get these thoughts they are only momentary as I now intuitively know how to handle this in no man's land, i.e. my head.

I quickly turn to thoughts of gratefulness and humility. Tools I learned and have honed at Herrington and regularly attended AA meetings. I am so grateful for my life in recovery.

This year a lot of grateful people in recovery are celebrating the 100th year of Rogers Memorial Hospital's existence.

In fact HMAA is sponsoring a table at the Roger's Centennial luncheon being held at the Milwaukee Athletic Club on Oct. 3rd. This luncheon will recognize Roger's 100th year of work in southeastern Wisconsin.

The Green Bay Packers own Bart Starr is going to be the key note speaker. Mr. Starr will be speaking to how addictions have impacted his own life as well as well as society as a whole.

The opportunity to have the HMAA at this event as a recognized organization will bode well for us in the future as well as continuing our mission promoting recovery.

I will report back in the next Moving Finger to let you all know how the event unfolded.

As usual if any of you have questions or concerns regarding the HMAA please feel welcomed to contact me personally.

Warmest regards,

Bob Olson
President-HMAA

SPONSORSHIP WORKSHOP

by Ron Ragotsky

My name is Ron and I'm an alcoholic. My stay at Herrington Recovery Center in the fall of '04 certainly got me back on my feet. After a year in recovery I wanted to give back to HRC by acting as a temporary sponsor. The problem was that I felt totally unprepared to sponsor anybody. What did I have to offer? I needed to learn so much more before sponsoring. What I wanted was a "Mini Herrington Experience" on sponsorship. I shared this with my friends and they quickly agreed. So together we organized an overnight Sponsorship Workshop scheduled for this December.

The Workshop starts Friday Dec 7th with registration at 5:00 followed by dinner and an overview of sponsorship. Friday night ends in front of the fireplace with hot chocolate, home made cookies, and a game of "Recovery Catch Phrase" which is just like the popular game Catch Phrase only using recovery terms and phrases. Saturday there will be speakers discussing sponsor/sponsee issues. After each speaker there will be an interactive session with the entire panel of speakers. The speaker panel will include a veteran sponsor, a young sponsor, a woman sponsor, a therapist sponsor and a couple both of who sponsor. Each will bring their particular experience, strength and hope to the discussion. The workshop will end around 4:00 PM.

If you are looking for a sponsor, want to work on your sponsorship skills or just "hang out" with fellow recovering folks please join me at the Redemptorist Retreat Center in Oconomowoc on December 7th and 8th 2007. Call me, Ronald Ragotzy at 608-314-7180 for information. Special thanks to the HMAA for financial support so that the attendees total cost of the workshop including an overnight stay, meals, and sponsorship materials is only \$65.00.

(Editor note: As of this printing, spaces are filling quickly.)

ROGERS RECOLLECTIONS

by Beau Stafford

First of all I would like to thank all those who afforded me the opportunity and the honor to speak at this year's reunion. It is hard to believe that four years ago I was

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

listening to the reunion speaker dreaming of my opportunity to do likewise. Now I am writing a piece for the newsletter and all I can think is, "Wow! I have come a long way."

My stay at the Herrington House was an eye opening experience for someone who many people had already written off as a hopeless fall down drug-addicted lush. My sponsor always helps me to look at my perception of events and situations and how it often times does not line up with reality. One of those moments of an altered reality was my arrival to Roger's Memorial. Sure I was willing to do something for my disease, but at the same time reluctant to do anything for my recovery. I went to detox in Janesville, Wisconsin and was diagnosed as an alcoholic with a drug dependency – go figure. They told me that I would go to two-weeks of outpatient treatment. My response was in the form of a question, "So I go to treatment during the day and drink at night? What if I am too hung-over to come in, do I get sick days?" At that point they got on the phone to Rogers and did not let me out of their sight.

During intake at Rogers Memorial I was again diagnosed as an alcoholic and I thought, "Tell me something new!" They said I would be a good candidate for the Herrington House. I said, "Sure that sounds great, show me my room and let me get to playing playstation by myself." First of all there were no video games allowed, secondly I got stuck with a roommate, and lastly I actually needed to work on my alcoholism. There went all of my plans. When my father left me at the house I felt really alone and worried about shacking up with a bunch of crazy drunks. After the dust settled I was left with a Bible, some clothes, and a terrible cold. I was in such poor shape physically that it took nearly a month to kick a cough that kept me and my roommate up throughout the night. During my stay at the Herrington House I learned that showering every day and brushing my teeth was a good idea, I'm sure good hygiene helped me beat that wretched cold. It is amazing how a little sobriety helps one to realize how badly they smell.

I mentioned my willingness plagued with stubbornness to do anything; well it seemed to always crop up when we all met downstairs to talk about our feelings. My feelings were always glad, because I was so grateful to be away from drugs and alcohol, but apparently there were other feelings and it was alright to talk about how I really felt. I had been so ingrained with the idea that being mad or sad was not acceptable. It may have been weird to tell how I actually felt, but the strangest part was that people listened to what I had to say.

I remember that when I talked to people on the phone, I would tell them that we did treatment work from 7:00 in the morning until 11:00 at night and then they would ask what we did all day and I could never muster an acceptable answer to my friends to justify to the amount of time spent working on recovery. Every day I was exhausted and I could never figure out why, but as I reflect upon that phenomenon I realize that I would either never wake up from my hangover each morning until noon or I just never showed up to work at all.

Today, my perception does not always match my reality, but at least I know when there is a discrepancy between the two. I am pleased to mention that I have showered today, I work hard day in and day out, and I enjoy a life worth while thanks to my experience with Rogers Memorial and Alcoholics Anonymous.

READY TO HELP?

We are looking for people of all ages and walks of life to sponsor patients at (HRC) The Herrington Recovery Center. If you are well into your recovery, grateful for what you have now, with a year or more clean time, a working knowledge of the 12 steps and a profound commitment to your own recovery journey, then we hope you are ready to step up and carry the message. We need men and women who are willing to take those daily calls, meet with them where they are in recovery, encourage them to continue, holding them accountable and willing and go with them to 12 Step meetings and let them know that it is possible to live with an addiction and recover," One Day at a Time."

If you are ready to join in and do your part to carry the message of Hope, then let us know. We are looking for volunteers to be temporary or ongoing sponsors for our patients and want to invite you to join the commitment to assist others.

We want to create a list of volunteers so if you are interested contact Charlie, Wendy or Debbie at Herrington Recovery Center 1-800-767-4411.

21st ANNUAL WINTER RETREAT JANUARY 4-6, 2008

by Mary Krall
Retreat Organizer

The New Year is fast approaching and with it another awesome retreat! Our theme this year is "Progress not Perfection: A New Way of Living." The keynote speaker is Dr. Barry Spiegel who is an acquaintance/friend of many HMAA alums. Because attendance has been growing the past few years and we have a limited number of rooms, you are encouraged to register early. For those who delay, note that the registration deadline is December 20th. The retreat center requires that we give them a final attendance count two weeks prior to our arrival. No payment will be accepted at the door the day the retreat begins.

The cost remains the same (\$165). If you are in need of financial assistance, contact me at 1-262-534-5541 for scholarship application details. Both partial and full scholarships are available.

Don't miss out on the very best way to start the New Year. (Registration form on back page.)

Upcoming/Ongoing Activities & Events

SPONSORSHIP WORKSHOP

December 7-8 2007
Redemptorist Retreat Center
(see story for further details)

WINTER RETREAT

January 4-6 2008
Redemptorist Retreat Center
Oconomowoc, WI
(Registration form on back page)

RAP WITH PERSONS JUST ENTERING RECOVERY

Oconomowoc campus on Tuesdays at 6PM
West Allis campus at various times.
Contact us at address in this newsletter or call 1-800-767-4411 ext 516
(Individuals must be pre-approved)

PIZZA WITH HERRINGTON HOUSE RESIDENTS

March 2008
(If interested in attending, contact a board member)

12 STEP MEETING AA

Oconomowoc campus
Monday-7PM
Wednesday-7PM
Friday--3PM
(Separate male& female meetings)
Saturday-7:04AM
Sunday-8:30AM
(All meetings are in the HMAA meeting room.
Check at registration desk)
West Allis campus
Sunday-6PM
Tuesday-7:30PM
Saturday-9AM

NA

West Allis campus
Thursday-7PM

ANNUAL REUNION/PICNIC

June 28, 2008
(Information in Spring newsletter)

The Moving Finger is published by and for the Herrington McBride Alumni Association. Please send story ideas and feedback to: HMAA Box 13581, Wauwatosa, WI 53213 Newsletter Editor: Natalie Zimmerman

NEXT ISSUE OF NEWSLETTER

by Natalie Zimmerman

Plans for the next issue of the newsletter include a review/comments by HMAA president Bob Olson in regard to the talk given by Bart Starr at the Rogers Memorial Hospital Foundation luncheon. Mr. Starr delivered a very powerful message which all who are in recovery will find interesting.

Many of you have questioned us about HMAA. How and when did it begin? What significance does the name of the this newsletter have in regard to recovery? Where did it come from? Who is "Herrington?" Who is "McBride?" How are monies donated used?

If you have questions you would like answered in upcoming issues, send them to me at znatzim@sbcglobal.net and I will research them for you.

"Loud Pipes for Quiet Care"

by John Hopkins

Rogers Memorial Hospital is a rarity in today's world where cost shifting and doing the minimum is the norm. Rogers has found a way to make it all about people first. In addition Rogers does many wonderful things quietly behind the scenes in our community.

Kirk Topel, the owner of Hal's Harley Davidson in New Berlin and Wisconsin HD in Oconomowoc, WI. was instrumental in helping Rogers celebrate 100 years of providing behavioral health services to so many people. He lent his help and expertise in putting together a mystery motorcycle ride covering some 75 miles starting in New Berlin and ending with a party at the Oconomowoc dealership on Saturday, July 21, 2007. In between there were stops, including one at Rogers Hospital where the staff passed out refreshments and told the riders facts about Rogers.

Since there was no pre registration for the ride the committee had no idea how many riders would show up. This was not the ordinary bike ride in that there were no stops at bars or the like. The committee, including people connected to the Herrington McBride Alumni Association and Rogers Hospital were overjoyed when just over 200 people turned out for the event. Many of these people had not even heard of Rogers Hospital prior to this time.

All the comments about the ride and Rogers Hospital were very complimentary. Some said that this was the finest ride they had ever been on! Because of the success of this event we will be a bigger and better event next summer.