

The 22nd Annual



WINTER RETREAT January 2-4, 2009

Friday evening 5:00PM–Sunday noon

Redemptorist Retreat Center
1800 N Timber Trail Lane
Oconomowoc, Wisconsin

“The Promises: They Will Always Materialize”

Keynote speaker

Br. Gerry Patin, C.Ss.R

Br. Gerry is a member of the Redemptorist Order and will share his experience of working the 12 Step Program and the rewards of doing so

Cost: \$195.00 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 195.00

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 18, 2008**

The Moving Finger

The Herrington McBride Alumni Association

Winter 2008

Message From the President

Hello Everybody. I'd like to wish everyone a Happy Thanksgiving and Merry Christmas!

The season is upon us and while still a tough time of year for some, hopefully the true holiday spirit will touch us all.

Back in the spring of 2007 I reported on the new Herrington by the lake project. This project is the construction of a new building on the shores of Upper Nashotah Lake that will house the Herrington program.

On Sept. 22 ground was broken. The projected time frame for completion is eleven months.

The new Herrington building will be about 18,000 sq. feet with 19/20 beds with a private bathroom/shower for each bedroom. Each bedroom will have views of the lake.

This building will be a "green" environmentally designed building, the first of its kind in Waukesha County. It will take full advantage of the area's beauty and serenity.

Some of the unique features include a rooftop garden and 12 step meditation path, quiet and private gathering spaces for study and reflection for the residents, attractive meeting areas for family sessions and a very warm fireplace in the main room.

There will be a commercial grade kitchen with a chef. Dining areas, recreation and art therapy rooms and more will have views overlooking the lake.

The new HRC will physically embody the hope, help and healing services that we all have come to know as the best available.

The time has come where the HRC's physical plant will equal the talents and expertise of its staff.

I am particularly humbled to say that I am on the committee that is in charge of fund raising for the new HRC. If any of you would like to know how you can help please contact me personally for details.

In closing, it is with great humility and gratefulness that I wish all of you a joyous holiday season. It is because of the HRC and the fellowship that I am able to do so.

God bless us all (One day at a time)

Warmest regards,
Bob Olson
President-HMAA

GET TO KNOW HMAA BOARD MEMBERS

“Why would someone want to give time to being on the Herrington-McBride Alumni Board?

Perhaps a better way to phrase that questions is, “ If given the opportunity, Why would someone NOT want to give time to being on the Herrington-McBride Alumni board?”

I had the privilege of being on the first McBride Alumni Board when the board first started and I served for several years. What a wonderful way to continue the association with fellow alums who were also in recovery. That tells you that I was one of the early graduates of the then McBride program, back in 1985 when the HRC was located in the village of Wauwatosa, WI. I am able to say that I have been in recovery since that time. At the time I was in treatment, I was a teacher, counselor and administrator in a high school. I left high school work in 1987 and attained a counseling degree and worked at Kettle Moraine Hospital in Oconomowoc, WI helping others to find the gift of recovery. After working at Kettle for three years, I was hired to work as a therapist at McBride in Wauwatosa, WI. A real return to the place that gave me new life. I have continued to work as a therapist since that time and work at Rogers Hospital in West Allis, WI. I was invited to be a board member on the Herrington-McBride Alumni Board again and was happy to be able to continue to serve in this way and be connected again with some of those persons who have become a part of my life in recovery. *Mary Lee Grady*

My name is Mickey Gabbert, and I am a grateful alcoholic/addict. I entered into sobriety on August 1, 1978. (Yes, over thirty years ago.) I have continued in sobriety since that date; and have had the opportunity to carry the message throughout the United States. Approximately two years after first getting sober, I entered into a counselor training program in Minneapolis, Minnesota. In addition, I had the opportunity to work at the original Minnesota Medical Model treatment center while going to school. That is where I met Sandy, who eventually became my wife. (She trained me in as a technician at St. Mary's Rehab Center in Minneapolis). I have directed and managed inpatient, outpatient, and residential programs in Iowa, California, and Wisconsin; and have been able to observe the significant changes in the provision of care since 1978. (I am truly grateful I was able to enter inpatient treatment as I don't think I would have made it in an outpatient program.) I have three children and six grandchildren. My oldest child (Kevin) is an employee of the State of Iowa, working in the AODA field. My second oldest child, (Jennifer) is currently in nurses training. My youngest is currently following her dream in musical theatre at Drake University in Des Moines, Iowa. I continue in my educational endeavors and am currently enrolled in an Organizational

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

Leadership program at Aurora University , George Williams Campus, Williams Bay, Wisconsin. I truly love school; and my ultimate dream is to be an educator during my retirement years-educating individuals on the disease of addiction and the treatment of this illness. I have been employed by Rogers Hospital for almost ten years and have been identified as the AODA Services Manager, for all levels of care, for the past several years. This includes the Herrington Recovery Center . I am a true advocate for our Alumni Association and invite anyone interested in enjoying recovery to become an active member of our Alumni Association. *Mickey Gabbert*

I have been serving on the Herrington McBride Alumni Association Board of Directors since early in 1999. I have continued in recovery from alcoholism since February of 1998 when I entered treatment at the Herrington Treatment Center. For most of that time I have been responsible for chairing the committee for and hosting our annual Alumni Reunion in June. I have been married for over three decades and am the father of three children. I was Director of Guidance & Counseling at Eisenhower High School in New Berlin for 31 years until I retired to work as residential counselor at Herrington and to pursue my passion in writing. I am the author of three novels. The first two, "Reflections in I Erik's Gym" and "Reclaiming Buck" have been well received within the recovering community. The first being very autobiographical, and the latter from my perspective of working in a treatment center. Most recently I have published "The Fallen Gods of Mt. Olympus" - a bittersweet look at aging, mortality, one's need for a viable spirituality and finding ones meaning in existence. My novels can be viewed and acquired at www.Lulu.com Presently, I am working on a comprehensive family history. I suggest that the only recovery quote I'll ever hang my name on is "I came into recovery to save my ass, and found my soul connected to it!" *John Ashenbrenner*

My name is Scott Elston and I was a resident at Herrington for seven challenging but rewarding weeks during the fall of 2006. Just this year I was elected as a member of the Herrington Alumni Association. Service work and giving back is such a vital part of recovery. It is both an honor and privilege for me to be a member of the board. To me the work done by the HMAA is critical for two reasons. First it helps bring experience, strength and hope to the current residents of Herrington. Through programs like the RAP speakers and the annual picnic the board helps to show the current residents of Herrington that past residents are now leading happy, productive, fulfilling lives in sobriety and recovery. Secondly, the board serves to keep the Herrington experience and sense of fellowship alive with ALL alumni - whether they have been out of Herrington for 5 years or 5 weeks. Herrington truly gave me a second chance at life and it is a gift that I have the opportunity to help share that with others through the HMAA. *Scott Elston*

My name is Bob Olson and I am 2001 alum of the Herrington program. In 2002 I was invited and then elected to become a member of the HMAA. I was humbled to be included in the group that in essence keeps the fire burning for all Herrington/Mcbride alumni.

The most important contribution the HMAA makes is that it bridges the gap of new and older sobriety within the HMAA. It facilitates learning and laughing and keeps us all abreast of what's going on within each other's lives in this way of living called sobriety.

Let's face it the people that we shared our experience with at Herrington or McBride became some of our closest friends and confidants. To be part of the group that helps keep us all together is a remarkably rewarding experience. *Bob Olson*

I see the HMAA Board as being a wonderful resource for Alums and their families. Not only because of it's involvement with current and future Herrington residents, but because it provides opportunities throughout the year to maintain contact with other alumni and to broaden one's base of recovering support. The HMAA has become a model for other treatment centers to emulate when seeking to provide follow-up resources and support for their clients. I would personally like to see the HMAA website developed into a more interactive and well monitored site to help meet the needs of past, present and future Herrington clients, as well as others who have successfully completed an AODA treatment program. *Rob McCreadie*

I am honored to have been one of the members of the first board of HMAA back in 1985. At that time the organization was known as the McBride Alumni Association. I have been an active member all of these years and feel the organization which affords me the opportunity to maintain friendships with fellow alums has been an asset in my continuing recovery.

My husband was also an alum and was the first president of the association and served as editor of this newsletter until he died in 1996. HMAA generously donated two benches in his memory which are in the English Garden at Rogers Memorial Hospital.

I assumed the role of editor of the newsletter and continue to do so. Through this effort I continue to be an active board member and deeply appreciate the opportunity to make alums aware of what is happening with the organization and its members. *Natalie Zimmerman*

I went through the McBride program in 1987. I became a Board member about a year later and have been active in the HMAA since then, serving two terms as President. I consider this service a big part of my recovery program. It is part of paying back!

I am married with two children and five grandchildren. I am currently an Alderman in the City of New Berlin Wisconsin and am Chairman of the Board of the Addiction Resource Council of Waukesha County. *John Hopkins*

I will be 21 years sober God willing on November 8th, 2008. My higher power has an incredible sense of humor and adventure. I was so afraid my life would be boring,(actually I thought my life was over). My life as I knew it was over and I am so incredibly grateful. I continue to experience spiritual awakenings. I have been with Herrington Recovery Center for 12 years as of July 22nd. I feel so very blessed to have the opportunity to interact with so many human beings, to watch as they awaken and realize new choices in their lives. Prior to Herrington Recovery Center I was with Milwaukee Psychiatric Hospital for 5+ years. I had opportunities there to work with adolescents, adults, family members. I was even working as a nurse on the McBride Unit for awhile. Prior to that I did my training at Kettle Moraine Hospital in Oconomowoc, where I got my first experiences working as a counselor and a nurse on the detox unit. I want to say a GREAT BIG THANK YOU to all of you who work so hard to continue to carry the message of HOPE!! Isn't life grande?!!!!!! *Wendy Kohlhaas*

I was born in Milwaukee in 1937. My father was a physician and my mother had been a private duty nurse. I have a younger brother. We moved to Wauwatosa in 1946. I attended the University of Wisconsin in Madison for undergraduate and medical school. During my internship year in a Milwaukee hospital, I met and married my wife who was

Upcoming/Ongoing Activities & Events

WINTER RETREAT

January 2-4, 2009
Redemptorist Retreat Center
(Info and registration in this issue)

ANNUAL REUNION/PICNIC

June 27, 2009
(Information in spring issue)

RAP WITH PERSONS JUST ENTERING RECOVERY

Oconomowoc campus on Tuesdays at 6PM
West Allis campus at various days/times
Contact us at address in this newsletter or call
1-800-767-4411 ext. 1616
(Individuals must be pre-approved for doing rap session)

PIZZA WITH HERRINGTON RESIDENTS

March and September 2009
(If you are attending, call a board member)

12 STEP MEETING AA

Oconomowoc campus
Monday-7PM
Wednesday-7PM

Saturday-7:04AM
Sunday-8:30AM
Check at registration desk for location

West Allis campus
Sunday-6PM
Tuesday-7:30PM
Saturday-9AM

NA
West Allis campus
Thursday-7PM

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

a medical technologist. We lived in France for two years while I was a military physician and then moved back to Milwaukee for my specialty training.

We moved to our current home in Wauwatosa in 1968. I have been in a private Ob-Gyn practice in Wauwatosa and Brookfield since 1968. We have three children, a physician, a skilled machinist and a lawyer. We also have three grandsons. My alcoholism started gradually in my 20's and 30's and progressed until an intervention in 1990. I entered formal therapy in January 1991 and have enjoyed continued sobriety since then. I have been involved with the alumni association since 1996. *Bill Martens (Bill is responsible for maintaining the HMAA membership/ mailing list)*

Following treatment on the McBride unit of Milwaukee Psychiatric Hospital in July of 1988, it soon became clear to me that this was one disease I was not going to be able to "fix" by myself. I needed meetings, a sponsor, and loving and supportive friends in the program—not just for a year or two, but for my lifetime. Sharing my experience, strength and hope through RAPS to in- and out-patients at RMH West Allis, and serving on the HMAA Board as Treasurer and coordinator of the annual Winter Retreat have given me wonderful opportunities not only to give back, but also to strengthen my own program and to continue to move forward with my life. *Mary Krall*

I have been sober since July 08, 2006. I was in Herrington approximately 2.5 months. When I left Herrington and began my sobriety journey, I made a commitment to myself that I was going to give back to AA and Herrington as much as possible. Since leaving Herrington I have sponsored Herrington residents, been a RAP Speaker and talked at the Family Program. I continue to work with sponsees and remain very active in all of the Rogers AA meetings. I made a decision that I would like to become a HRC board member about a year into my sobriety. I feel that it is important to give back to a program that has given me so much. I believe that the relationships that I form with the Herrington residents along with my own experiences, makes it beneficial to know what they are going through and what they are dealing with. This allows me to make recommendations to the board from a hands on approach when needed. I feel that being a board member will further enhance my sobriety while being a part of something that gives so much back to a cause that I feel very strongly about. *Becky Heins*

Born 09/19/53, raised in an a very dysfunctional alcoholic home, drinking and using at an early age and hitting my bottom at age 25, I was taken to Detox and Rehab at Kettle Moraine Hospital Inpatient Treatment where I was introduced to the 12 steps and learned about staying clean and sober, becoming responsible for all my actions and all the wonderful things about Life.

I entered the Kettle Moraine Counselor Training Program in Fall of 1980, entering the field of Alcoholism & Substance Abuse in which I remain. It's a Labor of Love for me; being blessed with the years of Life in recovery, having the privilege to assist others who suffer with this disease and have been given a another chance to live sober and clean, joining the efforts of the many who have come to know the promises and believe in Recovery for anyone and everyone who needs or wants it. *Charles Schrauth*