

Upcoming/Ongoing Activities & Events

- WINTER RETREAT
January 8-10, 2010
Redemptorist Retreat Center
Info and registration in winter newsletter
- 25TH REUNION/PICNIC
June 26, 2010
Information in the Spring issue
- RAP WITH PERSONS JUST ENTERING RECOVERY
Oconomowoc campus on Tuesdays at 6:00PM
West Allis campus at various days/times
Individuals must be pre-approved for doing rap session
- PIZZA WITH HERRINGTON RESIDENTS
March 2010
If you are interested in attending, call a board member

- 12 STEP MEETINGS
AA
Oconomowoc Campus
Monday-7PM
Wednesday-7PM
Saturday-7:04AM
Sunday-8:30AM
- 12 STEP MEETINGS
NA
West Allis Campus
Thursday-7:15PM
- 12 STEP MEETINGS
West Allis Campus
Sunday-6PM
Tuesday-7:30PM
Saturday-9AM

The Moving Finger

The Herrington McBride Alumni Association

Winter 2009

HMAA---

From the Past to the Present

1984

November

- The McBride unit opened at Milwaukee Psychiatric Hospital in Wauwatosa.

1985

March

- The Recovery House opened.

June

- Persons who had been in the McBride unit at Milwaukee Psychiatric Hospital were invited by Dr. Richard Hauser to attend a meeting to determine their interest in forming an alumni group. We were in business!!!
- A donation of \$100 was given to the newly formed group by ADMC (Addictive Disease Physicians.) Dr. Roland Herrington was a member along with Drs. Hauser, Benzer and Engel.

August

- The first alumni picnic was held at Scout Lake Park.
- The first issue of The Moving Finger was sent to all members.

Fall

- Rap sessions were held each Saturday afternoon. Alumni provided transportation for new patients. An educational sessions for alums was presented by Drs. Benzer and Hauser on the process and guidelines for this effort.
- The McBride Unit celebrated its 1st birthday with an open meeting in which Dr. and Mrs. Roland Herrington were guest speakers.

1986

February

- Casino night was held which bolstered the treasury of the alumni assoc.
- Tuesday evening rap sessions begin.

August

- Alumni picnic held at Klettsch Park which was preceded by a Renewal get-together in the morning.
- Thursday raps were added.

November

- Open meeting was held at the Medical College with over 400 attending.
- Alumni group donates a VCR to the McBride Unit.

1987

May

- First alumni retreat was held at what is now The Redemptorist Retreat Center.
- Specially designed bookmarks were made available to all past, present and future McBride patients.
- Monthly informal breakfast get-together began.

December

- Retreat was held at Cedar Valley Retreat Campus near West Bend.

1988

- Summer retreat focuses on preventing relapse.
- Official recognition by federal and state government becomes a reality
- Picnic, retreats, rap sessions, casino nite and "brunch with the bunch" continue with much success.
- Spring 1988 issue contains an article regarding the name of the newsletter. In brief, it relates the Rubiyat of Omar Khayyam as containing many references to wine and throughout there is a thematic thread relating to the mysteries of alcohol and even, perhaps, addiction ("I drowned my glory in a shallow cup, and sold my reputation for a song.") He concludes with a request that, in his memory, the reader "turn down an empty glass." Also, the term "moving on" was often heard by patients when it was time for them to be dismissed, get on with their life, move to the recovery house etc.
- Membership has grown to over 500 and 16 states are represented.
- 1st annual golf outing was held at Silver Spring Country Club.
- Game night replaces Casino nite in deference to those with gambling addiction. Trivial Pursuit was one of the games included.
- Retreat was held at the Yahara Center near Madison.

1989

June

- Retreat theme was, "Serenity---Beyond the Prayer." Cost of retreat weekend was \$70.
- Awareness Program was held at the Medical College of Wisconsin with speaker Dr. Max Schneider.
- A trust fund was established to provide financial hardship assistance for Recovery House residency.
- Game night complete with a buffet dinner was held at Dretzka Park Pavilion.



The 23rd Annual WINTER RETREAT January 8-10, 2010

Friday evening 5:00PM-Sunday noon
Redemptorist Retreat Center
1800 Timber Trail Lane • Oconomowoc, Wisconsin

"LIVING LIFE ON LIFE'S TERMS" Keynote Speaker—Tom Winslow

Attendees must be recovering from addiction to alcohol/drugs

Cost: \$205.00 which includes meals & lodging

A limited number of scholarships are available to those in need of financial assistance. Scholarships are given on a one-time basis. Applicants are expected to contribute toward the total registration fee. Submit applications in writing to Scholarship Committee c/o Mary Krall, PO Box 265, Rochester, WI 53167. Include the reason for your request, how long you have been on your recovery journey and the amount you are able to contribute.
(See Retreat Guidelines included in this issue.)

REGISTRATION DEADLINE IS DECEMBER 24, 2009

Name _____

Address _____

City/State/Zip _____

Phone () _____ E-Mail _____

Need a 1st floor room? Yes _____

Roommate? Yes _____

Name _____

Willing to share a room? Yes _____ No _____

Registration fee \$205.00

Donation to HMAA _____

Total amt of check _____

**CHECK MUST
ACCOMPANY
REGISTRATION.**

**MAKE PAYABLE TO
HMAA.**

Mail to:
Mary Krall
PO Box 265
Rochester, WI 53167

1990

- Alums provide an explanatory brochure regarding the alumni organization. A copy was sent to all old and new alums as well as support groups in the area.
- Dr. Herrington retires. He was an avid fan of the alumni organization. He was affectionately called, "The Iron Marshmallow."
- Alums honored Dr. Herrington at the annual Awareness Program by awarding him "The Golden Hug" award.

1991

- Roast of Dr. Herrington was held.
- The winter retreat formerly held in Dec. was moved to January with 40 in attendance.
- All other alum activities continued as in the past years with growing numbers in attendance.

1992

- A mentor program was established for those in the Recovery House. Very simply, it consisted of one female and one male alum dropping in on Thursday for the evening meal and conversation with residents. For residents, it was another opportunity to interact with recovering alums.

1993

- McBride alum begins a call-in radio show about addictions.
- Organization continues to rely on donations for financial support rather than impose a membership fee.
- A "job bank" or referral service in the process of being organized to assist residents find temporary or even permanent employment.
- Alum writes column titled, "Howya Doin" which related goings on of other alums from around the area. The column was in regard to "The Class of 1990."

1994

- Bowling party was added to list of alumni events.
- A very very cold weekend weather greeted attendees at the retreat. Problems with the heating system required coats to be worn for the guest speakers presentation. However, fellowship warmed the rest of the weekend.
- A feasibility study is in progress towards the possibility of an Alumni House.

1995

- Dramatic changes in addiction treatment programs with short stays and restrictive reimbursement policies prompted the need for professional research in regard to the future of the alumni organization.
- Spring retreat in May. Theme was "Rejuvenate Your Recovery." Cost has risen to \$120/person.
- The McBride unit at Milwaukee Psychiatric Hospital no longer exists. The hospital is taken over by Aurora Health Care.
- Annual picnic/reunion had as guests the residents

of Herrington House from Rogers Memorial Hospital in Oconomowoc.

- Raps by alums are now being done at Herrington House.
- As of December 1995, no decision has been reached in regard to the future of the Alumni Association. However, changes are in the works and will be announced soon.

The Spring issue of The Moving Finger will contain the continuation of highlighting important changes/events that occurred from 1996 to 2010.

The Spring issue will include all of the details regarding the celebration of HMAA's 25th anniversary. At this writing, we have an agreement from Dr. Richard Hauser that he will speak at the reunion program. As you have read, he was the impetus for the formation of what is now HMAA.

President's Message

Hello Everybody,

While reviewing past Presidents Reports stored in my computers memory I glanced at the Fall 2008 report. I was stunned to realize that I was about to write the Fall 2009! How could this be? It seemed like just yesterday that I wrote the Fall 2008 report.

Yes, time flies when you're having fun, as they say. My point is that I have found that time really does fly when you're having fun and enjoying life as best you can. This leads me to my next point that this would certainly not be true if I were not sober.

This exercise gave me reason to reflect on how truly grateful, humbled and awed I am in my recovery. I'm sure there are many of you would lay claim to the same statement concerning your own personal recoveries.

Of course none of this would have been possible without the Herrington Recovery Center: which is now housed in the new building that was built on the shore of Upper Nashotah Lake. Yes that's right the residents have finally moved into the new state of the art facility. A beauty it is!

Those of us that were able to attend "The Sneak Peek Retreat" held in the new building lavished in the retreats weekend splendor of good fellowship, good food and the inspiring serenity of this new building and the location afford. We renewed old friendships and continued exploring our own personal recoveries while sharing with the group.

This weekend also provided me with the first hand experience to say that this has got to be one of the finest recovery buildings in the world!

A quick report on the HMAA: We are going forward as strong as ever with our continued mantra of helping spread and support recovery where ever we can. Please don't forget that we are here for you, the alumni of Herrington/McBride. If concerns arise, please contact any board member with questions or concerns.

Lastly I would like to say that the HMAA is for the most part, self supporting. We need your contributions to continue on as we have for all these

years. The contribution envelopes we receive with donations are our life breath. Please contribute; it is in all of our best interests. Be well and enjoy life.

Warmest regards,
Bob Olson
President - HMAA

Recovery Center Opening and Ribbon Cutting

On September 15, 2009, the formal opening and ribbon cutting was held outside the entrance to the facility. The large number of people in attendance included many HMAA alums.

The program included talks by three alums, Kristin Simons M.D., John Hopkins and Bob Olson. Each of them shared their involvement with the facility and delight in seeing it come to fruition. HMAA gifted the Herrington Recovery Center with 12 Step posters and a gas grill.

The framed posters are hung in each of the group rooms. A plaque will indicate they have been donated by the alums.

Flashback - Warmed

by Charlie L

"What in the heck am I doing here?" That's what came to mind almost three years ago when I first arrived at Herrington Recovery Center. It was the same thought I had as I returned on a much different note for the "New" Herrington Recovery Center Sneak Peak Retreat. I was filled with anxiety and perhaps even regret as I turned up the long driveway. Emotions and memories came flooding back as I looked at the big house where my recovery began. Further down the road, I came to the new facility where that same recovery would begin for so many other people.

My concerns were soon put to rest as I was welcomed by some familiar faces as well as equally friendly new faces. What a treat to visit with old friends whom I had experienced early recovery with and to catch up on the news of fellow HRC residents. We enjoyed a wonderful cook out, courtesy of Chef Mickey, who was to lead us throughout most of the weekend. A grand tour of the new facility followed. What a beautiful, warm and inviting building, right up to the rooftop 12 Step Garden. Kudos to those involved in all stages of development, from conception to completion.

Friday night ended with the first ever AA meeting in the new HRC. We all had so much to share and be thankful for while remembering to take things one day at a time. It was certainly an appropriate christening.

Many activities were scheduled for Saturday, but we also had plenty of free-time to enjoy the peace and serenity of a sunny, autumn day on the shore of the lake. A Goals Group was even the beginning to our day. Remember: Personal Goal, Recovery Goal, Family Goal, and of course the three feelings we were

experiencing (mad, glad, sad, scared, ashamed, lonely.) All of these were to be reviewed at the end of the day in the Reflections Group. Talk about memories coming back! Activities included Group Therapy, a lecture on "Whole Person Illness," a 12 Step meeting and even Art Therapy. Experiential Therapy throughout the day never gets old. An even more wonderful dinner followed with the requisite Trivial Pursuit game capping off the night.

As anxious as I had been to arrive, on Sunday I was equally sad to leave. The retreat was exactly what I had needed to get my program back into first gear. We met one last time as a group before our departure. All weekend, Mickey had encouraged us to touch the walls of the new building and leave it with a sense of recovery for all of the future residents. I believe we accomplished that.

Retreat Guidelines

- Anyone who arrives at the retreat under the influence of any mood-altering chemical or who uses one during the retreat, will be asked of leave immediately. No refund will be given.
- Anyone wishing to attend the Saturday and/or Sunday speakers and breakout sessions will pay the day rate as set by the Retreat Center.
- "Friends" of the presenter wishing to attend a particular presentation may do so without charge but are expected to leave following the presentation.
- Registration fee refunds will be made up to two weeks prior to the retreat.

The Moving Finger is published by and for the Herrington McBride Alumni Association.
Please send story ideas and feedback to:
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