

Upcoming/Ongoing Activities & Events

- WINTER RETREAT
January 7-9, 2011
Redemptorist Retreat Center
Info and registration in winter newsletter
- 25TH REUNION/PICNIC
(Celebrating 25th Anniversary of HMAA)
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 & September 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
West Allis Campus
Sunday-6PM
Saturday-9AM

Message from the President

Hello everybody. I hope this note finds everyone well and enjoying life one day at a time. I would also like to wish everyone a "Happy New Year".

I am writing this note two days after the February 9th snow storm, My backyard snow stick measured about 12 inches and then of course the wind played havoc and caused drifting through out the area. A big mess to say the least.

The HMAA had a board meeting planed that evening and I was forced to wrestle with making the decision to cancel or hope most board members would push through the storm and make the meeting. There is never a 100% consensus in these situations, somebody is always disappointed ethier way. Life on life's terms.

I made the call to cancel with some good counsel from our vice-president and sent out the e-mail and made the 16 phone calls. I felt my obsessive compulsions taking over as I could not get a hold of everyone and was forced to rely on the hope they all would get my cancellation messages before traveling to Roger's West Allis for the meeting.

I kept thinking that somebody on the board or some people would be very disappointed and maybe they didn't even get my message!
Obsession.....

Well we all know what comes next....."The Pity Potty". Why me? Why did it have to snow on a board meeting day? Why weren't members calling me to learn what was going on? Why did I put myself in a position to potentially disappoint?

My grip on the potty became even more firm when I began to think of other responsibilities that I faced. Why can life be so hard?

It was just at that point when I recalled the story about a young man named Nick who completed the Herrington program a while back. He is now incarcerated and will not be released until 2014. I have learned that he is in the honors program of the prison. He speaks to young people about the dangers of not following our laws and most important is using our 12 steps as his guiding light while in prison.

Nick is living "Life on life's terms" to its strictest extent and seems to be ok with it.

After thinking of Nick, my problems did not seem even remotely relevant. I was ashamed to be putting so much emphasis on "Me" !!!! King Baby? Absolutely!!!!

Hopefully anybody who reads this note can take this lesson with them.

Be well and don't take yourself so seriously, its all about "we' not "me".

Warmest regards,
Bob Olson
President-HMAA

PS – Nick would love to hear from our Alumni. If you are interested in writing to Nick you can contact me and I will provide you with the necessary information.

The Moving Finger

The Herrington McBride Alumni Association

Spring 2010

HMAA--- 1996-2010

(Continuation of an article in the last issue of this newsletter)

1996

- This year was the object of challenges and events. Despite the death of the editor of the newsletter, the organization continued to host Awareness Night, picnic, golf outing and a spring retreat as well as a Christmas social and a Renewal Sunday.
- A spring edition was the only issue published. That issue indicated challenges would be faced by the organization in the next year due to changing relationships and treatment modalities.

1997-2000

- During these years a newsletter was not published. However, the board continued to meet and to sponsor all of the events of past years which had been successful. In addition, raps were done by alums and friends at both(RMH) Rogers Memorial Hospital and (MPH) Milwaukee Psychiatric Hospital.
- May of 1998 found the board unanimously approving the affiliation of Herrington Recovery House alums with McBride alums. Approval and ratification of the amended constitution and bylaws occurred in August thereby forming the (HMAA) Herrington McBride Alumni Association. Mailing lists were merged.
- Mugs are now being given by the organization to residents who complete the inpatient program.
- In 1997 a publication entirely devoted to chemical dependency treatment, the alumni association and Herrington House was compiled by RMH marketing department and sent to all alums.

1999

- The legal aspects of the new organization were finalized.
- The board met with a facilitator to explore the mission, function and direction of the organization for the future. It was decided that it should continue to focus on those activities

that have been successful in the past years: raps, retreats, picnic/ reunion and Awareness Night.

- The only addition was to explore the possibility of a web site.

2000

- The newsletter is again published. The first issue served to apprise alums of what has happened since the last newsletter.
- HMAA was one of six supporters of a luncheon meeting focusing on alcohol and drug abuse in the workplace. Guest speaker was Wm. Cope Moyers.
- Two benches were donated for the English Garden which is adjacent to the Recovery Center. They were dedicated to the first president of HMAA.
- Pizza nights with residents was added to the list of activities.

2001

- Residents were invited to attend the morning sessions of the annual winter retreat.
- HMAA donated to the West Allis Police Department's "Second Chance Program" for adolescents who have been arrested for alcohol related activities.
- "Recovery Happens" was the subject for Awareness Night held at the Medical College of Wisconsin.
- All discharged residents are contacted to invite them to participate in the alumni association and to welcome them as alums.

2002

- One thousand dollars is donated to a program featuring Wm L. White speaking in regard to "The New Recovery Movement."
- A logo is adopted and will be used on all items related to the organization.
- Run-Walk takes place on the hospital grounds.

2003

- A memorial brick is purchased for the Wall of Gratitude at the Redemptorist Retreat Center where most of the alumni retreats have been held.

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

- A donation is made toward an AODA scholarship which will assist a deserving person to attend an AODA program
- Continuing Care groups begin at the Oconomowoc and West Allis facilities of Rogers Memorial Hospital. Both are facilitated by an alum.

2004

- A get-together is held with Green Bay alums. Another is in the planning stage for Iowa.
- A request was made to and accepted by HMAA to contribute towards a goal of \$100,000.00 for a meeting room in the west addition to the hospital. The room will be named to indicate alumni donations towards its completion.

2005

- The reunion/picnic has an experiential therapist to lead games for children while their parents attend presentations. Speaker was an alum celebrating 20 years of sobriety at this 20th celebration.
- Iowa alumni get-together is held in Des Moines, Iowa.

2006

- HMAA receives \$1000.00 from IBM to purchase media items that are related to recovery.
- Discussions begin regarding sending the newsletter via e-mail in the not to distant future.
- A plaque is hung outside the meeting room in the west addition of the hospital which indicates the name of the room to be The Herrington McBride Room and that the room is a gift from members of HMAA. The phrase, "Recovery is a Journey" is included on the plaque. Pizza parties with Herrington House residents as well as all AA meetings are held in the room.

2007

- Plans for the building of a new Herrington Recovery Center are announced.
- A decision was made to ask one of the counselors to attend board meetings.

2008

- Board members attend a Centennial Event of Rogers Memorial Hospital at which Bart Starr was the guest speaker. He talked about their son who died as the result of chemical dependency. This event gave HMAA visibility to the community.
- HMAA underwrote a portion of a program organized by an alum on the subject of, "Sponsorship."

- Picnic tables were purchased for the Recovery Center.
- In September ground breaking for the new Recovery Center occurred.

2009

- Spring newsletter expanded to 6 pages.
- A relationship began with RMH to launch a new website which would contain HMAA events etc.
- An alum is a featured speaker at "The Women's Gathering" relating her story of addiction and recovery.
- September brought the ribbon cutting and dedication of the new Herrington Recovery Center. Three alums were speakers at the ceremony.
- HMAA gifted the new facility with framed 12 Step posters for each of the group rooms and a gas grill for the patio.

2010

- The year began with another successful retreat.
- Plans are underway for a special celebration of the 25th anniversary of the alumni association.

Hear Ye - Hear Ye

Here I am again....sending out a message of Hope and Good Wishes to all who have been choosing the recovery journey since their experience at HRC!

I miss the phone calls, visits and letters that would keep us connected. I would love to hear from any of you who would like to share how your journey is going..... through the ups and downs we all know to be recovery!

Here's my e-mail address: schrauthco@aol.com

One day at a time,

Charlie

Sponsorship - The Responsibility of Recovery

(A Personal Perspective)

by John Ashenbrenner

As I find myself in yet another year of recovery, I think back to my early moments and those times that are so very memorable to me and how I view them now.

I spent seven weeks at Herrington, and was nervous (as many of us remember being) upon discharge and continuing the journey I was so grateful to have been

guided onto. I had become a very structured functional alcoholic and was described as "wearing a sport coat and tie" even when I wasn't. Trust me...it was a long time before I became comfortable in T-Shirts, Jeans and Dockers! The world opened up to me and I described the difference as having fallen into seeing my reality in black & white and in two dimensions. Now I was beginning to view the world in Technicolor and in the three dimensions it was meant to be viewed in. Certainly it was a gift given me, and with that gift comes a responsibility.

How often in my early days did I hear that addiction finds the vast majority of us in cemeteries, asylums and institutions...and those of us who find ourselves in recovery are "The Chosen People." With that awesome blessing comes the responsibility to "give back" and lessen the numbers of us facing the dire consequences the percentages say most of us do.

The 12 Steps brings us full circle. With the help of treatment, a sponsor, the AA and NA meetings, we regain our ability to stand tall in our continuing recovery and humble in our deepening spirituality. As we circle into the 12th Step, the focus is on Our Fellows: "Having had a spiritual awakening as the result to these Steps, we tried to carry this message to others and to practice these principles in all our affairs." It is an awesome responsibility, but even inside that Step, though the focus is on our fellows, it's the step that in the end keeps me sober. How so?

At this point in my recovery, I credit the men I've been blessed to sponsor over the years as the individuals who are helping me to remain sober! They keep it fresh for me as they remind me again and again what it was like in my early days struggling from one hour to the next. As they become steeped in The Steps and the ground becomes more solid under their feet, I revel in the wonder of their recoveries remembering what it was like for me to finally be able to see again in three dimensions and Technicolor. We need to give back for us to keep recovery alive in our spirits.

For all of you who have worked the Twelve Steps and who are steeped and grounded in your recoveries-begin to sponsor another. It's a responsibility you have for having been blessed as one of our fellow "Chosen Ones!" It's a responsibility you have to yourself. For all of you who I've been so blessed to sponsor, for those Fifth Steps you've humbled yourselves to share with me in the presence of Our Higher Power - committing yourselves so deeply into your journeys-Thank you for helping me continue to save my life and for keeping recovery new in my life! I can't be doing this without you!

23rd Annual Retreat

by Mary Krall

Another spiritually uplifting retreat was held at the Redemptorist Retreat Center with 32 people in attendance.

The Friday evening speaker, Tom Winslow, who recently underwent lung transplant surgery, got the retreat off to a great start sharing his story and how he lives life on life's terms.

Make plans now to attend the 24th annual winter retreat January 7-9, 2011. Look for information in the winter issue of this newsletter.

News from Rogers Memorial Hospital

Dr. Michael Miller will be the Medical Director of the Herrington Recovery Center and will be joining Dr. Kasner as a full time physician in that program beginning September 2010.

Dr. Miller will be participating in marketing and other meetings in a limited capacity beginning in the very near future. Further information including contact information is forthcoming.

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