

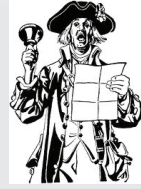
Mark Your Calendars:

Alumni Events for 2012 into 2013:
2012

October 2 Board Meeting
December 4 Board Meeting
Dec. 31 New Year's Eve Celebration at
Herrington-6PM

2013

January 4-6 26th Annual Alumni Retreat
June 22 Annual Reunion
(Other functions announced in the Holiday Issue)



For the Weekly Calendar:

AA Meetings - Rogers Hospital - Oconomowoc

Monday - 7:00 Evening

Wednesday - 7:00 Evening

Thursday - 7:00 Evening

Saturday - 7:04 Morning (Nobody makes it by 7:00!)

Sunday - 8:30 Morning

Rogers Hospital - West Allis

Sunday - 6:00 Evening

Wednesday - 7:30 Evening (NA Meeting)

Saturday - 9:00 Morning

Al-Anon Meeting - Rogers Hospital - Oconomowoc

Tuesday - 7:00 Evening

Herrington McBride Board Members

Serving our Recovering Alumni & Their Friends:

Rob McCreadie - President
Phil Grabski - Vice-President
Secretary - Mary Lee Grady
Treasurer - Johnny King
Scott Elston
Michael H.
Michael Ingrilli
Jeff Radtke
Kristin Simons
John Hopkins - Past President
Bill Martens, M. D. - Past President & Archivist
Bob Olson - Past President
John Ashenbrenner - Past President

Advisors:

Matthias Scheuth - Director of the Rogers Foundation
Cindy Suszek - Manager of Herrington Recovery Center
Cori Smith - Therapist and Herrington's Clinical
Liaisons to the Board
James Dropik



The Herrington Recovery is published by The Herrington McBride Association - a not-for-profit organization, with the generous help of Rogers Memorial Hospital

Layout and Printing - Village Graphics, Inc., Hartland, WI

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The Herrington McBride Alumni Association
Winter Edition, 2012

The Herrington Recovery

Alumni Association Quarterly



From the Desk of our President

By: Rob McCreadie

As the holiday issue of the newsletter goes to print, I have the opportunity to introduce myself as your newly elected president of the Herrington McBride Alumni Association. I'm an addict named Rob and I have been a board member for a little over nine years. I went through the old Herrington House that was torn down as part of the most recent expansion project in Oconomowoc. When I was in treatment, one of my counselors told me that graduates who remain connected to the facilities where they completed treatment stand an exponentially higher likelihood of success in recovery. The board and my close proximity to Herrington have allowed me to remain connected. I see the HMAA Board as being a wonderful resource for Alums and their families. Not only because of its 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. I have been the coordinator responsible for scheduling the RAP speakers for the last couple of years. I plan to continue in that capacity in addition to my new responsibilities. If you have at least one year of uninterrupted clean time and/or sobriety, are actively working a personal program of recovery and would like an opportunity to carry your experience, strength and hope to current residents, you may contact me by email at clean@wi.rr.com and I will include you in the email to sign up. We have had a shortage of women willing to speak with residents and potentially become temporary sponsors. There are several exciting events and new developments coming up in 2013. We have our 2nd Annual New Years Eve Celebration with residents quickly approaching followed by the 26th Annual Alumni Retreat from January 4th - 6th, 2013. Our next Pizza Night with board members and Herrington residents will be March 5, 2012. Our website is in development and will provide a green option for sending and receiving communications between the association and its membership. In closing I would like to say that this is our alumni association and I welcome any and all questions, comments and suggestions. If I don't know the answer to a question, I will do my best to find out.



The Gavel is passed

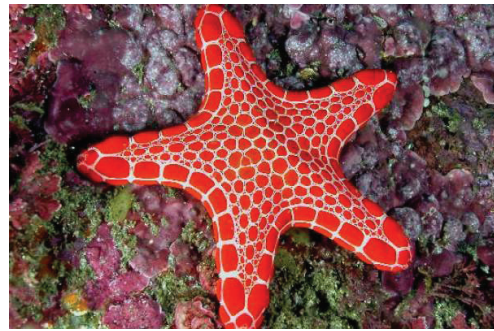
I have chosen not to seek a second term as president of our Alumni Association, though will continue on the board with my charge in hosting the Alumni Winter Retreat, and in promoting the Brian Kenevan Scholarship Fund for those needing support in paying for Retreats. Thank you all for your support during my term as president. The gavel has been passed to Rob McCreadie (former Vice-President,) and Phil Grabski, Editor of our Newsletter who has been seated as Vice-President.

My choosing not to seek a second term is based on commitments I've made to my family, and to focus on yet another writing project I've begun. Regarding my family, I've promised to be the best Grandfather I can be for my unborn Grandson, due in early March.

You all remain an inspiration to my continuing recovery! - John Aschenbrenner



*"Be not afraid of growing slowly; be afraid only of standing still."
-Chinese Proverb*



The starfish

Once a man was walking along a beach. The sun was shining and it was a beautiful day. Off in the distance he could see a person going back and forth between the surf's edge and the beach. Back and forth this person went. As the man approached, he could see that there were hundreds of starfish stranded on the sand as the result of the natural action of the tide.

The man was stuck by the the apparent futility of the task. There were far too many starfish. Many of them were sure to perish. As he approached, the person continued the task of picking up starfish one by one and throwing them into the surf.

As he came up to the person, he said: "You must be crazy. There are thousands of miles of beach covered with starfish. You can't possibly make a difference." The person looked at the man. He then stooped down and pick up one more starfish and threw it back into the ocean. He turned back to the man and said: "It sure made a difference to that one!"



"A Young Man's Struggle into Recovery"

Ask a younger person in early Recovery who he looks to for inspiration, and he'll talk about the older person with long term Recovery. Ask an older person in Recovery the same question, and he'll often state he looks to the younger person, adding, "If he can do it at his age, I certainly can keep doing it at my age!"

NEW YEARS EVE CELEBRATION



Monday December 31st 2012, starting at 6pm.

Herrington McBride Alumni Associations 2nd Annual New Year's Eve Celebration. A gourmet meal followed by games and fellowship.

If you are planning to attend please contact Jeff Radtke or John Aschenbrenner.

The Brian Kenevan Scholarship Fund

Brian was a young man and alumnus of our Association. He was known as a wonderful athlete who had a very kind heart – helping others less capable. When in treatment you'd find him helping an elderly gentleman in and out of the elevator or van. Everyone he touched came to love him. He accidentally died of his addiction in 2010, and many memorials at his funeral were given to our Association and earmarked for our Annual Retreat – for those younger individuals who could not the entire cost of our Retreat. Those of you attending the retreat and able to make a donation to the fund are able to do so on the registration form (rear cover.) Those of you who are not attending the retreat and wishing to make a donation to the less fortunate who wish to attend, can send your donation to John Aschenbrenner, using the address on the registration form. Every penny of your donation goes to a worthy participant.



Strength Through Surrender in Recovery

Herrington McBride

26th Annual Winter Retreat

January 4 - 6, 2013

Friday Evening at 5:00 pm – Sunday 1:00 Afternoon

(Attendees must be recovering from their Addictions)

ALL APPLICATIONS MUST BE RECEIVED BY:

FRIDAY, DECEMBER 21ST.

(Late People will be encouraged to attend the AA Springtime Retreat at the Redemptorist Center)

Dedicated to the Memory of Tom Winslow

Redemptorist Retreat Center

1800 Timber Trail Lane - Oconomowoc, Wisconsin

"Changes & Choices"

Keynote Speaker: **Andy Olin**

Cost is \$225.00 which includes all meals & 2 night's lodging.

A very limited amount of scholarships are available for those who require some financial assistance to total the cost of registration. Those requesting help are required to contribute what they honestly are able to, and the individual applying to our scholarship committee must do so in writing giving your reasons. Send your requests to:

John Aschenbrenner

505 South Fourth Street, Watertown, Wisconsin 53094.

Requests are confidential. Please state how long you have been on your recovery journey – including the amount you're able to contribute. Scholarships, when given, are given one time. We set our rate to just cover our cost.

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REGISTRATION FORM

Name: _____

Address: _____

City/State/Zip: _____

Phone: () _____ Email: _____

Need a 1st floor room? Yes _____

Roommate? Yes _____ Roommate's Name: _____

Willing to share a room? Yes _____ No _____

Registration Fee: \$225.00

Donation to Brian Kenevan Scholarship Fund : _____

*Donations will help those needing scholarships

Total Amount of Check \$ _____

(Remember folks, we charge just enough to cover expenses)

CHECK MUST ACCOMPANY REGISTRATION

MAKE CHECK PAYABLE TO HMAA.

Send directly to:
John Aschenbrenner
505 South Fourth Street
Watertown, WI 53094