



Annual Herrington/McBride 19th Annual Alumni Reunion

A "Bit of Western in Our Recovery"

June 26, 2004

Rogers Memorial Hospital
Herrington Recovery Center
Oconomowoc, Wisconsin



- 9:30 CONTINENTAL WELCOME COWPOKE COFFEE
 - 10:00 OPENING HOWDY—SHERIFF JOHN ASCHENBRENNER
 - 10:15 KEYNOTE ADDRESS—BOB REMME
"PERSONAL TRAILS IN EARLY RECOVERY"
 - 11:30 ANNUAL MEETIN'—HANGIN' JUDGE JOHN HOPKINS
 - 12:00 MICKEY'S CHUCK WAGON LUNCH
(Mickey dishes up a mean rattlesnake stew and 'venom free' throat quenchers)
 - 2:00 SLIPPERY JOHN'S RESTLESS BULL HUNT
(Wild west scavenger hunt)
- Dinner will be on you own.
- 6:30 DRAGGIN' THE STALLIONS & MARES BACK TO THE RANCH
(Judgin' the scavenged loot and awardin' the prizes)
 - 7:30 -? GABBERT'S HOWLING WOLF FIRE
"FEEDING THE GOOD WOLF IN US"
(Open AA campfire meeting. Family and friends of Herrington/McBride welcome)

Who's Invited: All McBride & Herrington alums and their families
Guests: Current Herrington Residents
Cost: Free
Registration: Call 1-800-767-4411 Ext. 240 by June 21st

Event will be held in the Multi-Purpose Center adjacent to the Herrington Recovery Center if weather is inclement.

Western attire is optional

If you are in need of overnight accommodations, check the local information section at www.rogershospital.org for a listing of hotels in the area or call 1-800-767-4411 ext. 285.

Call folks you were with in recovery and encourage them to attend this celebration.

The Moving Finger

The Herrington McBride Alumni Association

Spring 2004

Oldest Alum



At the age of 95, Clyde Bachmann is probably our oldest alum. Clyde celebrated 18 years of sobriety in November of 2003. Clyde's road to sobriety took many turns and was one that encountered many attempts that were not successful until fall of 1985.

During a recent visit with Clyde at his current residence at Divine Savior Health Center in Portage, Wisconsin, he related to two fellow HMAA alums some of the curves in his journey. He related being in treatment facilities many times. Those facilities were in various locations and states.

Those of us who are in recovery are aware that our stories have humor to them. Humor that can only be appreciated by a fellow recovering person. Clyde told about being taken to an out of state treatment facility. After a few hours, he decided he was not staying there so he got a taxi to go to the nearest airport and flew home. He arrived home before the folks who took him there got back to Milwaukee.

Another time he drove to a far away facility and left before entering the door.

During one of his stints in a treatment facility he walked to the nearby shopping mall and proceeded to enter a liquor store in the mall to examine the labels on bottles of liquor. He was later confronted by the staff regarding his being in the liquor store. He could not convince them that he was examining the labels as his company had made the machine used for placing labels on the bottles!!!! They had probably never heard that excuse before but sure weren't going to buy it from Clyde.

When asked about what had changed in his treatment in 1985, Clyde simply replied that he had gotten "sick and tired" of the life he was living. He lived in a recovery house for a few months and recalled the good times he had there with Tom, Kay and Andy. "If someone would have told me I'd be sober for 18 plus years, I'd say they were nuts. I am happy because

drinking is not part of my life anymore."

Clyde misses his Milwaukee connections to sobriety very much—especially his Sat. AM group. He would be delighted to have visitors and/or cards or letters from folks who do or do not know him but are fellow recovering people. They can be addressed to Clyde at:

Divine Savior Health
P.O. Box 387
Portage, Wisconsin 53901

20th Anniversary

All HMAA alums need to start making plans now to celebrate the 20 year anniversary of our organization in the summer of 2005. Exactly what that celebration will entail is just in the early planning stages. The board of HMAA would like to have ideas as to what we should do to make it the best ever. Send your ideas to our mailing address contained in this newsletter or call one of the board members.

Annual Meeting
&
Reunion Picnic

June 26, 2004

Register today!

See back page for details.



www.hmrecovery.org

where friends in recovery come together

sponsored by the Herrington/McBride
Alumni Association

A "Bit of Western in Our Recovery"

Saddle up your horses, Pardner! Dig up that cowboy hat and bandanna and pull on your jeans and cowboy boots! We're headin' down the trail and back to Herrington for an old fashioned SUMMER HODOWN! We've gathered up that hombre of a Cattle Rustler, bossman Bob Remme, who's gonna tell us about his "Personal Trails in Early Recovery."

Yup, ya heard right! Summer's a comin' and it's time we gather and sit a spell and share some of Mickey's Chuck Wagon Grub before we're sent out for an afternoon of rustlin' up some of Slippery John's Scavenger Bull. (And yu were thinking the past two scavenger hunts were something to write Aunt Nellie about! Well, dar ain't no limits to the obsessive limits that Slippery John's imagination takes him!

As always there is an open AA meeting for alumni of HMAA, their family and friends. This always proves to be a very spiritual time to share our recovery blessings.

So--what are ye waitin' for? Get that saddle out o' the barn and bridle up Old Betsy! We're hankerin' to have a meetin' you ain't gonna forget.

We're asking that you give Herrington House a call at 1-800-767-4411 ext 240 to give'm a number of how many will be coming on your wagon train. And bring them little buckaroos!!! Now git goin' and patch them jeans and spit shine them boots. See you on June 26, 2004.

MORE INFO ON BACK PAGE OF NEWSLETTER

Name of Newsletter

Board members keep getting questions as to the origin, meaning and significance of the name of this newsletter. The following is from the first issue of our newsletter in the summer of 1985.

"Omar Khayyam was one of us, some insist, and it was his legendary, if not mystical, 'RUBIAYAT' that provided the inspiration for naming this newsletter. One of the often-quoted verses begins: 'The moving finger writes, and, having writ, moves on.' Rare is the McBride patient who, at some point during treatment, did not hear that he or she was ready to 'move on.' It seemed like an appropriate, and catchy title."

Spring 2004 • 2

Notes From and About Alums

From Bob A. in Ann Arbor, Michigan. "I thought the last issue one of the best ever with the several fine columns it carried. Wish you had a retreat-like the winter one-in April sometime."

From Theresa & Burton C. "Next year we will come in the morning (to the reunion) so we can visit longer."

Bob Remme, HMAA alum and board member was recently featured in an article in the Milwaukee Journal/Sentinel about his photography hobby.

From Sr. Olga who formerly coordinated the retreats for us at the Redemptorist Retreat Center and who is now living in Little Falls, Minnesota. "My prayers and love are with all of you."

From wife of a deceased alum living in Florida. "I am so proud of what your association did for us."

Thank You

A special thanks to all of you who made monetary donations to HMAA since our last mailing. Your contributions keeps HMAA in existence which is so vital to current and future recovering people. Contributions are used to pay for printing and mailing of the newsletter as well as to subsidize the cost of the retreat. In addition, funds are often appropriated for financial support of various efforts that educate the public regarding addiction.

Upcoming/Ongoing Events

June 26, 2004

Annual reunion/picnic

Tuesdays @ 6PM

Rap with residents

(Must be prearranged)

September 2004

Run/Walk for Recovery

January 7-9 2005

Retreat

Remembering Treatment

By John Aschenbrenner

It's mid-February as I write this while collecting my thoughts for my rap this evening at Herrington House. You'll remember those Tuesday evenings when an alumnus returns to tell his or her story. I check the calendar hanging above my desk. It is exactly six years to the day since I entered Herrington in 1998 after spending the first hours on the detox unit. Where has the time gone? Let me try to take all of us back there! Sometimes it's good to remember! Food for the soul some would say.

Regarding self-esteem, I had none remaining. When my well-crafted system of denial came crashing in on me two days before, I could not comprehend what had happened. Remembering my first night, it was miserably cold and there wasn't a blanket on my bed. Just an oversight that would have quickly been corrected by the compassionate staff. I didn't have enough semblance of self-respect to ask for that blanket and froze through that night. It took staff the first three days to coax me from my room. God bless Charlie! He had the skill to slowly draw me out in group—to bring me out of my desperate attempt to remain hidden. Slowly, I was able to take my first steps into feeling grounded. Then on to getting honest and dealing with this disastrous disease, which I work to keep from gathering me into its unrelenting clutches once again.

Yesterday I received my solid brass six year token. I accepted for my family and friends who deserve my recovery. Then I paused and asked for the simple aluminum 24 hour token. It is all I ever want. All I ever need. It is what I hope my recovery will always be about. Just another twenty four hours of not looking too far into the past or ahead into the future. It was a big deal to receive that first year token but after that it was just another day. No more and no less. Like me, most of lived in the guilt and shame of our past and in the fear and anxiety of tomorrow attempting desperately to avoid this day at all cost—dulling and numbing our senses to it.

In recovery we learn to live in this day, forgiving our yesterdays and not approaching our tomorrow's until they are upon us. Certainly, we continue to make our amends with yesterday and plan for tomorrow. **BUT** our focus remains in today. A miracle begins to gradually open. This day takes on a fullness unimaginable and yet is not too difficult to handle during times of adversity. Living in the present and this day afford us a life we would otherwise have missed. We begin to experience and feel life in ways we otherwise would have avoided in our past and future opening to it as it opens to us. We begin to feel comfortable in our own skin and for the first time in such a long time we begin to come home to ourselves.

It's going to be a cold February night here in Wisconsin. I'll check into the office as I enter Herrington and we'll gather in the basement group room. Newcomers and those who have been in residence for sometime will wonder what this guy will have to afford them. It's always difficult for me to begin. I think I'll start by asking if they have warm blankets on their beds for the night!

Another Successful Retreat

It is not possible to capture all of the poignant moments of the weekend but there were many. And many come to us well after the retreat has ended and we are home. The tone for the retreat was set by guest speaker and fellow alum David Franczyk who shared his story of ongoing recovery offering to the audience the hope of a life that is joyous, happy and free. The rest of the weekend talks centered around the theme with a closing just before noon on Sunday. A total of 47 recovering people attended which may be the largest number ever. Herrington Recovery Center residents attended the presentations on Saturday morning.

As is the custom, the group enjoyed frozen custard with multiple toppings on Saturday evening.

The retreat dates for 2005 are January 7-9 at the Redemptorist Retreat Center. Details will be in the fall issue of this newsletter

HMAA Board of Directors

President—John Hopkins

Vice-President—John Aschenbrenner

Secretary—Wm. Martens, MD

Treasurer—Mary Krall

Jeanne Blommel

Robert Cline, MD

Tim Fenner

David Franczyk—Liaison to the Rogers
Memorial Foundation

Dave Hathaway, MD

Robert Reme

Bob Olson

Natalie Zimmerman

Mickey Gabbert—Advisor

Ruth Muller—Advisor

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

Please send story ideas and feedback to:
P.O. Box 13581, Wauwatosa, WI 53213.

Newsletter Editor: Natalie Zimmerman

3 • Spring 2004