

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)



Alumni interested in doing Tuesday Evening RAPs with current Herrington Residents or if you're interested in having Pizza with Residents every first Tuesday of March & September, contact John at 920-988-2044 for information on how to proceed. Alumni seeking to be sponsors and who are working a strong Recovery Program and living near Herrington are welcome to inquire by calling John (We always need temporary sponsors.)

Donations to the Alumni Association can be earmarked as to your wishes, i.e. to our working fund, as scholarships to the Brian Kenevan Memorial Fund. Any question regarding donations should be directed to our president:

John Aschenbrenner
Phone: 920-988-2044

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



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Herrington McBride Board Members

Serving our Recovering Alumni & Their Friends:

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



The Herrington McBride Alumni Association
Autumn Edition, 2012

The Herrington Recovery

Alumni Association Quarterly



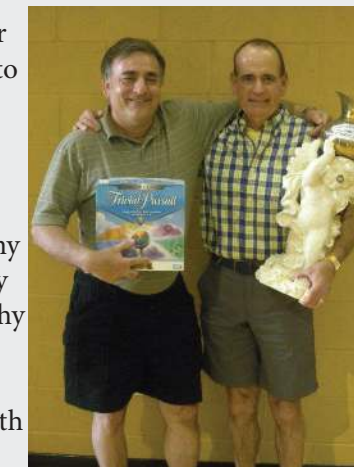
From the Desk of our President

By: John Aschenbrenner

Remembering our June Reunion and Preparing for our Winter Retreat January 4th to 6th, 2012

Living within our Recoveries, all of us agree that The Promises do, indeed, come true - as promised! If spring defines our early steps into Recovery, the autumn certainly speaks to the harvest of The Promises.

How quickly the summer has slipped away from us, and remembering June's Reunion has always been the high point of the year for many of us in the Alumni Association, and among the friends we've always welcomed to join us. Ron Ragotzy, our Keynote Speaker, moved us all with his "Tears of Gratitude" address, opening day. It was a beautiful June day and as before we were happy to share it with the residents at Herrington House, showing them again that we certainly are able to enjoy our lives in recovery - something they have a difficult time realizing early in their treatment. Our auction produced a generous \$1,500, again helping support our Brian Kenevan Memorial Scholarship Fund, affording individuals who have a difficult time affording our January Retreat the opportunity to attend. The hospital generously, as always, supported a gourmet picnic, with board members manning the grill. The Trivial Pursuit Tournament found Johnny the Greek's Team winning, just by a hair. The less than coveted trophy was taken home by Johnny the German's losing Team - the true "spoils" of battle! Charlie Schrauth hosted our evening "Gratitue" Campfire AA Meeting, which went on until well after dark - always a cherished conclusion to our annual reunion.



Johnny the Greek triumphant over Johnny the German (Loser reluctantly takes trophy home!)



Harvesting The Promises



If we are painstaking about this phase of our development, we will be amazed before we are half-way through: We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity. We will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Winter Retreat

Now we look forward to our New Year's Eve Celebration at Herrington House, as well as our always well-attended Annual Winter Retreat at the Redemptorist Retreat Center, located very close to Herrington House. We will again gather on Friday, January 4th at 5PM at the Center and will close at 1:00 in the Afternoon on Sunday, January 6th. The cost will be \$225. Please look for our registration form and guidelines for those needing scholarship assistance, in our Holiday Issue of the Newsletter, coming to you near Thanksgiving. Please consider attending. It's a great way of beginning yet another new year in or Recovery – setting the stage for a rewarding year.



Securing our Recovery in the New Year Alumni Winter Retreat Redemptorist Retreat Center - Oconomowoc, Wisconsin January 4th – 6th

(Registration Form in next issue of our Newsletter)



Brian Kenevan Memorial Scholarship Fund

For those of you who would like to help sponsor an individual who would like to attend the Winter Retreat, but who is financially unable to do so, please send your donations to the Alumni Association and ear-mark it for "Brian's Scholarship Fund."

Meet Dr. Jay Kasner, M.D. – Addictionologist

Herrington Recovery Center's Jay Kasner, MD, is the medical director of Chemical Dependency Services at Rogers Memorial Hospital–Milwaukee and Attending Physician at the Herrington Recovery Center. Dr. Kasner is board certified as an addictionologist by the American Society of Addiction Medicine (ASAM). He is respected throughout the medical community for his clinical expertise with inpatient, residential and outpatient treatment programs.



Prior to joining Rogers, Dr. Kasner served as director of chemical dependency services at Charter Behavioral Health in Milwaukee and as medical director of Kettle Moraine Hospital in Oconomowoc. For more than 25 years, Dr. Kasner has limited his medical practice to treating people who are chemically dependent. This focus gives him a unique understanding of the pressures many of his patients face as they learn how to overcome the disease of addiction and live more productive lives. He's also a huge Wisconsin Badger's Fan! How do we know that? Just ask him!

Supporting your Alumni Association

Every penny donated to our Alumni Association goes directly into offering our support and encouragement to the Residents at Herrington House, and in affording them and our alumni opportunities to come together and share with each other over the course of the year. Board Members are not paid for their efforts – their time, expenses, and efforts are given freely. Many of our board members work directly in sponsoring residents at Herrington during their stay there. The therapists look to us for that support, and often residents have said that members of our association were very instrumental in helping them save their lives. We understand that most of you don't feel you can directly help residents and alumni in their beginning and continuing recoveries. This is absolutely not the case. Your financial support is as direct as any of our personal efforts. During these days of financial difficulty, our board has not been able to maintain a working fund at a level we have in the past. Before you dismiss the envelope provided in this mailing, remember that we maintain and are enriched in our continuing recoveries by supporting those less secure in their own recoveries. Rarely have we directly canvassed for support in the past, but perhaps it's time, for those of us who can afford it, to dig just a bit deeper.

Who Am I? By: Chuck C.

I entered the Herrington Recovery Center on June 8th, 2012 shortly after I was arrested for driving while intoxicated and a family intervention. I decided I was sick and tired of being sick and tired. When I got to HRC I made a pledge to myself that I would work hard to understand what alcoholism is and what it had done to me. I began my step work in earnest and while working on a written assignment related to the Second Step I found myself answering the questions in two forms; I answered the questions as it pertained to my job and as it pertained to my alcoholism. When I finished the assignment I began reviewing the work and was shocked to my core. I discovered through my writings I had no idea who I was anymore. As I read, I realized my disease had polarized me into two separate people. There was the professional me and the alcoholic me. It was clear my disease had progressed so far that I, as a person, had been nearly erased. This is when I began to realize how sick I had become and more importantly my loss of identity motivated me to do all I could to be whole again.

As I worked through my issues with my peers, counselors and doctors I finally started to find myself and my old perceptions of me began to be exposed; the insanity was melting away. I listened to what my peers and the professionals were saying about me and it was comforting knowing that none of them had ever seen my alcoholic personality; so they never knew the person I had become. My peers were seeing the real me and vice versa, this bonded us together immediately.

I began to have hope again and hope is something I had lost a long time ago. Hope is what motivated me to work hard and fully embrace the program and never forget the pledge I made to myself. That pledge was to never go back to two separate identities again. My old way of thinking is changing. I like myself again and as long as I choose to embrace this program I will never have to ask "Who am I?" again.



About Sponsors and New Sponsees

A man in a hot air balloon realized he was lost. He saw a person on the ground and yelled down to him, "Can you help me? I don't know where I am." The man replied, "Sure, I'll help you. You are in a hot air balloon hovering 30 feet above the ground...between 40 and 41 degrees North latitude and between 59 & 60 degrees West longitude."

"Wow, you must be an AA sponsor", said the man in the balloon. "I am", said the man, "but what gave me away?"

"Well", answered the balloonist, "everything you told me is technically right but I am still lost. Frankly you're not much help at all and you might even have delayed my trip."

"You must be an AA sponsee", replied the man. The man in the balloon was amazed and said, "I am, but how did you know?"

The man on the ground said, "Well, you don't know where you are or where you're going. You have risen to where you are due to a lot of hot air. You are expecting other people to solve your problems and the fact is that you are in exactly the same position you were in before we met, but, somehow now IT'S MY FAULT!"



Annual Mental Health & Substance Abuse Services Training Conference

Herrington Recovery Center's medical director Michael M. Miller, MD, FASAM, FAPA, will be a featured speaker at this statewide conference.

Location: Wisconsin Dells, WI

October 23-24, 2012