

## For the Weekly Calendar:

\*\*For a current list of online AA meetings visit: <http://aa-intergroup.org/directory.php>

\*\*For more information on COVID-19 options from the AA Milwaukee central office visit: <https://www.aamilwaukee.com/>

### AA Meetings – Rogers Hospital – Oconomowoc

Monday – 7:00 Evening (Currently **NOT MEETING** due to COVID Outbreak)  
Wednesday – 7:00 Evening (Currently **NOT MEETING** due to COVID Outbreak)  
Thursday – 6:00 Evening (Currently **NOT MEETING** due to COVID Outbreak)  
Saturday – 7:04 Morning (Currently **NOT MEETING** due to COVID Outbreak)  
Sunday – 8:30 Morning (Currently **NOT MEETING** due to COVID Outbreak)

### NA Meeting-Rogers Hospital-Oconomowoc

Saturday – 7:00 Evening (Currently **NOT MEETING** due to COVID Outbreak)

### AA Meetings – Rogers Hospital - West Allis

Monday Night – Closed Meeting (Currently **NOT MEETING** due to COVID Outbreak)  
Tuesday Night – Closed Meeting (Currently **NOT MEETING** due to COVID Outbreak)

### Al-Anon Meeting-Rogers Hospital Oconomowoc

Tuesday – 7:00 Evening (Currently **NOT MEETING** due to COVID Outbreak)

Alumni interested in doing Tuesday Evening RAPs with current Herrington Residents,  
please contact **Kenny Blaine: [kennyblaine0@gmail.com](mailto:kennyblaine0@gmail.com) or 414-559-5529**

If you're interested in having PIZZA with current residents,  
please contact **Glen Taylor: [fglentaylor@gmail.com](mailto:fglentaylor@gmail.com)**

Pizza nights are every second Tuesday of March, June, September, and December



## Herrington McBride Board Members

Serving our Recovering Alumni & Their Friends:

### Elected Board Members:

**Kristin Simons** – President  
**Jeff Radtke** – Vice President  
**Laurie Schammel** – Secretary  
**Phil Grabski** – Treasurer  
**John Aschenbrenner** – Past President  
**William Aspley**  
**Dylan Bass**  
**Kenny Blaine**  
**Sue Caliendo**  
**Jim Doyle**  
**James Dropik**  
**Scott Elston**  
**Jennifer Evancy**  
**Jerrett Fernandez**  
**Mary Lee Grady**  
**John Hopkins** – Past President  
**Michael Ingrilli**  
**Adrienne Koclanis**  
**Bill Martens, M. D.** – Past President & Archivist  
**Rob McCreadie**-Past President

**John Movroydis**  
**Bob Olson** – Past President  
**Glen Taylor**  
**Kate Thornton**  
**Rick Siewert**  
**Cindy Wadd**

### Advisors:

**Matthias Scheuth** – Director of the Rogers Foundation

*The Herrington Recovery is published by The Herrington McBride Association – a not-for-profit organization, with the generous help of Rogers Behavioral Health*

Layout and Printing - Village Graphics Printing, Hartland, WI

Please send feedback and Newsletter ideas and name, telephone, address & email changes to:

**Rick Siewert, Editor**  
[Richard.siewert@allergan.com](mailto:Richard.siewert@allergan.com)  
262-617-1573

\*\*Automatic Donations- For anyone with automatic Bank Donations –

please change address with your bank to: H.M.A.A – PO Box 456, Oconomowoc, WI 53066



The Herrington McBride Alumni Association  
Spring, 2020 Edition

# The Herrington Recovery

## Alumni Association Quarterly



### From the Desk of our President

By: **Kristin**

Hello to all of our alumni and friends. How are you doing? Really. How are you? In this past month many of us have been thrown back into situations that are reminiscent of our drinking and/or using days. The isolation,

unpredictable schedules, irritability, agitation, anxiety, I could go on and on.

To isolate is to “cause a person to be or remain alone or apart from others”. This is exactly what those of us in recovery do not want to do. We need each other! I know that most of us are unable to physically attend meetings or recovery support groups right now, so let this be a new opportunity to try some different things in your recovery! Online meetings are plentiful (see link in this newsletter, or just google). Try some new styles of meetings you haven’t done before. Find a women’s or men’s group, try a faith or meditation based meeting, or try recovery yoga. Use your phone list! Call someone you haven’t seen or spoken to in a while. Stay connected!

I will admit to times of frustration and irritability these

past few weeks. When those hit, let’s all go back to our recovery basics and focus on what we can do, what we are thankful for, a gratitude list.

I hope that you and your families are well. Take care of yourself, your family, and your neighbors. Please reach out if you are struggling in your recovery! We are an enormous network of alumni ready and willing to talk with you.

Stay safe and wash your hands!

Blessings,

**Kristin Simons, HMAA President**

[drkjsimons1@gmail.com](mailto:drkjsimons1@gmail.com)

Once this is all over  
with, I'm hugging  
everybody. Get ready  
for long, awkward  
hugs. I'm gonna make it  
weird.

### Looking for an Opportunity to Give Back? Consider Our Alumni Partner Program!

The Alumni Partners program is a list of past Herrington graduates who are willing to connect with a recent Herrington graduate in their hometown and assist them in finding meetings. Many new graduates have difficulty and some anxiety finding and attending a new meeting for the first time. This is especially true for new graduates who live outside the immediate Rogers area. Please consider adding your name to this list, especially if you live far from the Oconomowoc area! This is not a commitment to sponsor. It is a willingness to meet up with a new alumni member in your area and help them find a few meetings. Remember what it felt like to go to those first few meetings where you didn’t know anyone? Let’s partner with the new alumni and help them get a good start after they graduate from Herrington. If you have at least a year of continuous sobriety/clean time and are willing to be an Alumni Partner, please contact Jeff Radtke from our board of directors [jeff.radtke@yahoo.com](mailto:jeff.radtke@yahoo.com)





***Grateful, Blessed and always Hopeful***

How ironic that I am able to write for the Herrington Alumni newsletter on this date of all dates.

Today I celebrate 6 years of sobriety and am amazed at how different my life is, how much I have grown and how my once broken spirit is flourishing.

I was reflecting last night and thinking - 6 years ago on March 7, 2014, I decided it would be best and everyone would be better off, if I was no longer alive.

I had tried to stop drinking so many times through willpower (which never works or is an even an option), through attending an IOP - where I decided to reward myself on graduation day with a drink, through attending meetings - where I would show up late, leave early and stop at the liquor store on the way home, and by making deals with God that would only benefit myself.

I received the first ticket of my life, at age 46 where I blew a .19 at 10am, just around the corner from house and got an OWI. That didn't stop me from drinking either.

I wanted to stop drinking, but I PHYSICALLY could not stop. Therefore, I figured the only way to end this battle with the bottle was to take my own life.

Thankfully, it did not work and I stand here today as a grateful alcoholic. I would not be where I am today if it were not for Herrington, AA, my Mom, my Dad's guardian angel looking over me on March 7th, my tribe, my sponsor and the fellowship this wonderful program can offer.

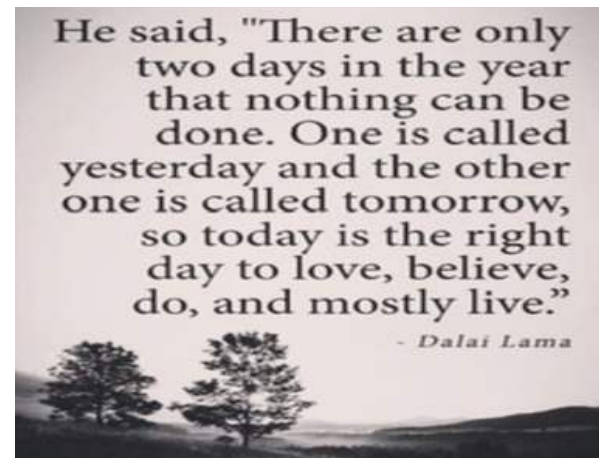
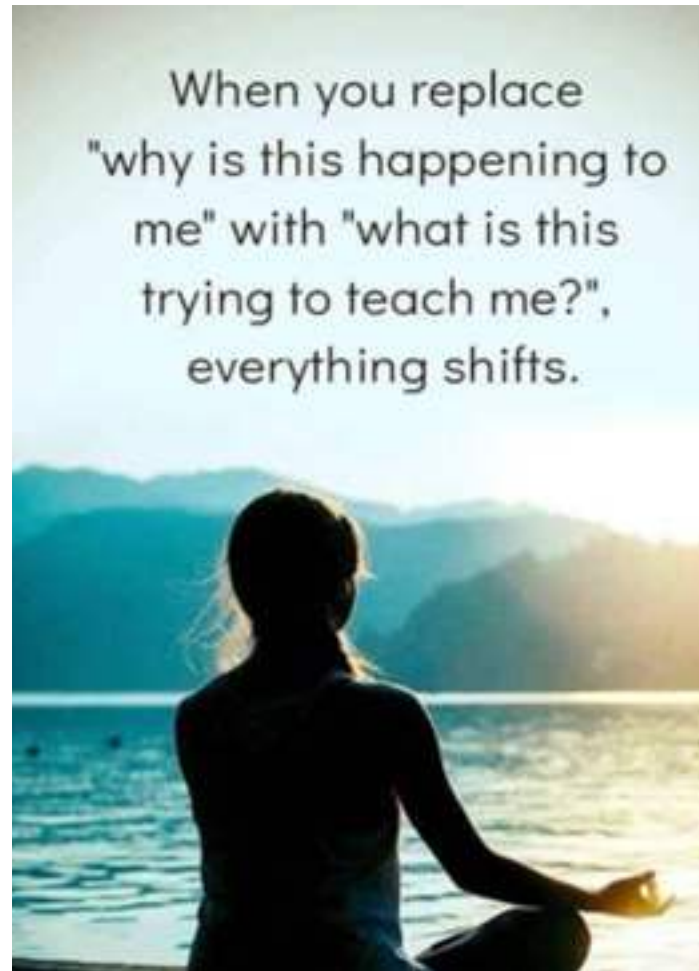
Through working the 12 steps I am able to live a life that has love, happiness and success in it. Not all days are perfect, but I learned while in treatment that it was perfectionism that almost killed me.

I continue to attend meetings at Rogers, for it is where I am filled with peace and serenity.

This is a simple program; one that is not always easy, but if you are willing to put your sobriety first at all costs and do the work, I can guarantee the promises will come true.

Grateful, blessed and always hopeful for what this amazing life has to offer.

Adrienne K.



**35th Annual Herrington McBride Alumni Association**

**Summer Picnic**

**\*DATE - TBD - We are trying to reschedule!**

**Check Next Newsletter or contact Rick Siewert, 2626171573 or richard.siewert@allergan**

- 9:30 Continental Breakfast
- 10:30 Welcome from Glen T, Board Member  
Opening thoughts and prayer from John A
- 10:45 Keynote address by Renee K
- 11:30 Annual Alumni Meeting chaired by HMAA President Kristin S
- 12:00 Gourmet Picnic Lunch (Provided by Rogers Memorial Hospital)
- 1:00 NA Speaker - Rob M  
Kids games and activities on the grounds with rec therapist till 2:30
- 1:45 Al-Anon Speaker - Jim D Sr.
- 2:30 Recovery Olympics for present Herrington residents and any interested others till  
See Olympics Activity Coordinators Jenny V and Jimmy D  
Other activities available at this time:  
Trivial Pursuit (Team Johnny the German vs. Team Johnny the Greek)  
Corn Hole Giant Jenga Bocce ball Ping Pong Kiddie Pool
- 4:30 Bring your own grilling items (grill will be provided and grilling will be done for you)
- 6:00 Recovery Olympic participants return for results and awarding of prizes  
(Prizes provided by T-Lon Products Inc.)
- 6:30\* Fireside Open Gratitude Meeting hosted by Rob M. \*approximate time

We welcome not only recovering alums but family and friends of Herrington/McBride  
**\*ALL EVENTS WILL BE HELD INSIDE THE MPC IF THE WEATHER IS INCLEMENT\***

**"One Day at a Time"**



## Thanks from the Winter Retreat



My name is Teresa and I am an alcoholic. My sobriety date is August 6th 2018. I went to Herrington for six weeks in August and September of 2018. It was a life-changing and life-saving experience for me. I was told about the Winter retreat and attended for my first time January of 2019. Since I had just gotten out of Herrington and was catching up on bills

and expenses, I received a scholarship to attend. It was an amazing experience. I remember that I had really struggled the weeks before the retreat. It was my first holiday season in recovery and it was hard.

The retreat in 2019 gave me the energy, motivation, and inspiration at exactly the right time to get me through my first year sober. I credit it as an experience that helped me stay sober that first year. The experiences that people shared and the fellowship was something that I really looked forward to the following year.

As I'm writing this now I have almost a year-and-a-half of sobriety. I have a sponsor. I go to meetings. I'm working the

steps. But I still spend a lot of time getting in my own way. People talk about the squirrel cage, but I imagine my mind more like those trick motorcycles in the spheres oddly enough called the sphere of death. My thoughts just going around and around and around waiting to crash. I could feel myself trying to take my will back and trying to tell myself I knew better than what this program was teaching me. That is where my mind was when I got to the retreat on Friday of this year.

The difference in my mind and my spirit between Friday and Sunday was awe-inspiring. I was exactly where I needed to be for 3 days. I heard exactly what I needed to hear for 3 days. All of the speakers had amazing stories to share. The food was delicious. There was coffee around the clock! And the games, conversations, and laughter were abundant. Since this was my second year, there were people there that I remembered from the previous year. There are also people who were there last year and not there this year. Some of those people were missing because they have gone back out and I miss them. I pray for them, hope they find what they need and that they come back.

This "weekend retreat" may sound like a weekend-

long AA meeting, but it is so much more than that. To watch people that I can proudly call my friends, people I love, share their deepest secrets and fears and to feel the entire group rally around them...it's something I've never experienced before. We celebrated our successes and setbacks all without judgment and with open arms and kind words. If you're a newcomer or have been around for a while and just never attended, I encourage you to consider coming. You won't regret it. For me I consider it a regular part of my recovery.

And to those that contribute to the scholarship fund, I'd like to give a huge thank you. I needed to be there last year and I think even more than last year, I needed to be there this year. I could not have attended without the scholarship. Thank you and I plan to also contribute to the scholarship fund when I'm able to.

Thank you for taking the time to read this. I'm grateful to be here! And with that I will pass!

Teresa



## Welcome to Rogers of Oconomowoc

The Rogers Oconomowoc campus welcomes all forms of addiction to any of the support groups held at this location. Whatever form your addiction may take we are grateful to have you contribute to discussions around our tables!



## TO: The Brian Kenevan Scholarship Fund

Thank you scholarship fund benefactors for giving me the opportunity to attend the Herrington McBride winter retreat. I was discharged from the Herrington Center for Addiction Recovery on November 26, 2019 after a six week stay. I learned more about myself and my addiction during that six weeks than I could have ever imagined. When I entered Herrington, I had no idea that AA would become this integral part of my life. I had a misunderstanding of what AA is all about, thinking it is merely about resisting alcohol.

Now I see it is about finding the best person within yourself and helping others do the same. Being at this retreat wouldn't have been possible for me without this scholarship because I have had no income for several months. I hope the kindness & generosity of this fund will inspire me and all recipients to "pay it forward" when it becomes possible for us to do so.

Thank you so much. I look forward to making the most I can out of the retreat.

Tim M.

