



HERRINGTON-MCBRIDE ALUMNI
AT
ROGERS MEMORIAL HOSPITAL

7TH ANNUAL RUN/WALK FOR RECOVERY

SATURDAY, SEPTEMBER 18, 2004

10 KILOMETER RUN • 5 KILOMETER RUN • 5 KILOMETER WALK
CERTIFIED RUN

COURSE

Run/walk through the beautiful lake country terrain near Oconomowoc. You will begin and end on the Rogers Memorial Hospital grounds. We're on 80 picturesque acres, overlooking upper Nashotah Lake, in Waukesha County. Baby joggers, strollers, and wagons are welcome! Please leave pets at home.

ENTRY FEES

Individual or Family \$10.00
Patron \$50 Recognition for patron donors.

CHECK-IN/
PACKET PICKUP

Rogers Memorial Hospital on Race Day from 8:00 - 9:00 a.m. T-shirts will be ready for pick up at the check-in table. Race starts at 9:30 a.m.

RUNNER AWARDS

Awards will be mailed to the first overall male and female runner, as well as the first male and female in each of the following age divisions: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+ in each run.

DIRECTIONS

Rogers Memorial Hospital is located in Waukesha County between Milwaukee and Madison, east of Oconomowoc, just north of Interstate 94. Traveling west on I-94, exit at Hwy 67 North to Hwy B (Valley Road) East.

WHERE DOES MY MONEY GO? Proceeds from the Run/Walk for Recovery support Herrington-McBride Recovery Programs.

QUESTIONS?

Please call Tim at (262) 363-3246.

ENTRY FORMS

Mail official entry forms to:
Run/Walk for Recovery
Mary Krall
P.O. Box 265
Rochester, WI 53167

Refreshments available after race.



Sponsored in
part by:

OFFICIAL ENTRY FORM (Please copy as necessary.)

Completed form must be signed and accompanied by applicable fees.
Please make checks payable to **Herrington-McBride Alumni Association**.

Last Name: _____ First Name: _____ Middle Initial: _____

Male Female

Address: _____

City: _____ State: _____ Zip: _____ Course: 10K Run 5K Run Walk

Day phone: _____ Age on 9/18/04: _____ Date of Birth (mm/dd/yy): _____

Amount Paid: \$ _____ T-shirt Size: (circle one) S M L XL XXL

I am unable to attend this year's run/walk; however, I would like to make this contribution of \$ _____

All participants please read and sign this **WAIVER**: I know that participating in a run / walk is a potentially hazardous activity. I should not enter and run / walk unless medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to compete in the run / walk. I assume all risks associated with participating in the event including, but not limited to: falls, contact with other participants, spectators, the effects of the weather, including extreme heat, rain, traffic, and the condition of the road and/or course. All such things being known and appreciated by me, having read this waiver and knowing these facts, and in consideration of your acceptance of my entry, I, for myself and acting on my behalf, waive and release Rogers Memorial Hospital, Rogers Memorial Hospital race personnel and volunteers, and all sponsors and contributors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in the event even though that liability may arise out of negligence or carelessness on the part of the persons or entities named in the waiver. I grant permission to all the foregoing to use any photographs, motion pictures, videotapes or any other record of this event for legitimate purposes. I also agree to uphold patient confidentiality while on the hospital grounds, I will not discuss patient names or info. with any outside person.

DATE: _____ SIGNATURE OF ENTRANT: _____

SIGNATURE OF PARENT IF ENTRANT IS UNDER 18 YEARS OF AGE: _____

The Moving Finger

The Herrington McBride Alumni Association

Fall 2004

New Board Members

At the annual meeting on June 26, 2004, five alums were elected to the Board of Directors and will commence their terms at the August 2nd board meeting. Elected were Rob Mc Creadie, Walter Baranowski, Richard Pearson and Monica Murphy-Bredin. Bob Remme and Bob Olson were nominated for second terms. Election of officers was held at the August board meeting and is published on page 3 of this newsletter.

Upcoming/Ongoing Events

WALK/RUN FOR RECOVERY

SEPTEMBER 18, 2004
ROGERS MEMORIAL HOSPITAL -
OCONOMOWOC
(see back page for more information)

WINTER RETREAT

JANUARY 7-9 2005
REDEMPTORIST RETREAT CENTER-
OCONOMOWOC
(information will be in the winter newsletter)

HMAA MEETINGS WITH ALUMS

OCTOBER 2004
DES MOINES AND IOWA CITY, IOWA
(letters will be sent to alums in those areas
announcing date, time and location)

20th REUNION/PICNIC

JUNE 25, 2005
(information in future newsletters)

RAP WITH HERRINGTON RECOVERY CENTER RESIDENTS

TUESDAYS AT 6PM
(must be prearranged through rap co-ordinator)
Call 1-800-767-4411 ext. 516 if interested
Women are needed

AA MEETINGS

MONDAY—7:30 PM
WEDNESDAY—8:00 PM
SATURDAY—7:04 AM
ROGERS MEORIAL HOSPITAL—
OCONOMOWOC

Meetings With Alums

HMAA has launched a project which involves some of the board members traveling to sites that have a number of alums living within a radius of an area.

The purpose of these meetings is to elicit ideas from alums in regard to ways to make HMAA more viable and supportive to them in their ongoing recovery. It is not an effort to solicit donations/funds.

The first such meeting was held in May in Green Bay. While response and attendance was disappointing, the afternoon was rich in ideas from those attending. And the snacks were sensational!!!!

At the time of this writing, HMAA is anticipating holding meetings in Iowa in October as we have many alums living within a radius of Iowa City and Des Moines. Letters will be sent to alums in that area informing them of date, time and place of the meetings.

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

Giving Back to Recovery

By Bob Olson

I can remember my first AA meetings held in the Florida Room at Rogers Memorial Hospital as if it were yesterday. It is a large room with windows that begin at floor level and rise to the top of the walls. Those windows were covered with slatted shades and if the shades were open you could see that the windows were in desperate need of washing! The chairs were not the most comfortable and the lighting could have been better. In the end, however, the Florida room that I felt was in dire need of cosmetic attention would present me one of the most beautiful and powerful components of my personal recovery.

The Florida room would be circled with chairs at its edges in order to accommodate the 30 or so people who would attend the AA meetings. In the center of the room a large space or void allowed all attendees to have a clear view of each other. A key component of a "we" program. No rows but rather an unbroken chain or circle of support.

I remember my first meeting there and the seemingly long and impatient angst that I felt as the meeting was about to begin. The one meeting I will never forget with its usual tardy start was the meeting when I realized that most of the people came from the "outside" and were not presently residents of the hospital or involved with the treatment at Herrington. "Wow!" This program must really work if people who are not even required to attend are here and are here of their own free will! That thought was the beginning of hope for me. To actually see and hear "outside" people tell their personal stories and how they did it was huge for me. I found myself "hanging my hat" on the success stories and the hope they afforded me with their experiences in a life without alcohol and drugs. It was even a greater miracle for me to witness repeat attendance by these people. It was my first experience with people "working" the program. These people "Kept coming back." "It worked if they worked it!"

It is no surprise that attending meetings is the cornerstone of my recovery. As a matter of fact, I facilitate the 7:04 Earlybird meeting at Rogers in the Florida room to this day. The seed that was planted early in my recovery in regard to attending meetings and giving back of personal experiences to others, especially those who are new to the program, has bloomed into a strong component in my life of recovery. And, don't think for a second that I don't "take" from

others as well at the meetings. I do. MY LIFE DEPENDS ON IT!!

The message I hope you take from this story is that we all need each other at meetings. Your absence takes away from others and God knows we hurt ourselves as well when we are not there to take what WE need. Don't weaken our precious circle. Attend the AA meeting of your choice. "IT WORKS IF YOU WORK IT!"

HMAA—A Good Future

By John Hopkins

In August 2004 a new person will take over the reins as president of HMAA. I have been blessed to have served as president the past four years. I am a firm believer that new blood does an organization good and it is time for someone else to have their turn.

The HMAA has been fortunate in having people who agree to serve on its board and to help out in doing things such as giving Raps. At the same time it needs more people so it can continue to grow and serve the members. Are you one of those people? Please give it some thought. I don't know how I have helped others but I do know that my service to others has helped me in my sobriety.

Another way that all of you can help is through donations to HMAA. An envelope is provided with each mailing of The Moving Finger to help in this endeavor. For an organization to keep up with the costs of doing business, it needs the financial support of its members. Remember, every little bit helps! If every member would make it a point to contribute \$25 per year, it would make the job of the board members easier. To those of you who can contribute more, please do so. To those of you who have been contributing, I thank you.

I wish to thank all of the board members who have served over the past few years. Without your efforts this organization would cease to exist. I also want to welcome the new members. Thank you for volunteering your time and talents.

Although I bid your farewell as president of HMAA, I stay committed to its success and will stay active in many of its events.

Reunion/Picnic

By John Ashenbrenner

Our Higher Power must have a warm and caring regard not only for people in recovery, but also for those with a western flair! It was the most gorgeous Saturday so far in this Wisconsin summer. June 26th will be remembered as one of the finest reunions that HMAA has had so far.



In cowboy hats, faded Levis and cowboy/girl boots we arrived....some of us arriving on cycles from as far away as Michigan or with families from central Iowa and Minnesota.

When Bob Remme, our keynote speaker afforded us his insights on recovery, we already had 100 people assembled and before the day would end we would see 200 alums returning to share with each other. The present residents in the Herrington Recovery Center shared in the festivities during the entire day and many of them, for the first time in such a long time, truly enjoyed themselves.

Mickey Gabbert fired up a great barbecue of burgers and brats and all of the accompaniments.

"Slippery John" released the much guarded scavenger hunt list and hours were spent searching far and wide for items on the list. Two of the participants arrived back as Matt Dillon and Miss Kitty. Perfect costumes—feather boa, string tie, six shooters and holsters.

The day ended with the traditional campfire open AA meeting on a perfect summer evening with a bright half-moon shining upon us.



HMAA Board of Directors

President—Bob Remme

Vice-President—John Aschenbrenner

Secretary—Wm. Martens, MD

Treasurer—Mary Krall

Jeanne Blommel

Richard Pearson, O.D.

Tim Fenner

David Franczyk—Liaison to the Rogers Memorial Foundation

Dave Hathaway, MD

Bob Olson

Natalie Zimmerman

Mickey Gabbert—Advisor

John Hopkins

Rob McCreadie

Monica Murphy-Bredin

Walter Baranowski, M.D.