

HAZELDEN

P.O. BOX 11

ALUMNI NEWS & VIEWS

Established 1949

MAY 2004

7B: Is it odd or is it God?

DOUG S. SAYS 7B IS WHERE it all started, and it's where it came to an end.

7B was the name of the bar where Doug's life became unmanageable. "I did my drinking there, I got my drugs there," he said. "It's where I drank. It's where I went every day after work."

And 7B was the bed assigned to Doug on the Silkworth Unit in Center City in January 2002. It's where his life started to turn around.

Was the 7B coincidence odd, or was it divine intervention?

"It was a sign," said Doug. "It told me I was in the right place. I told myself 7B is where it all began, and this is where it all ends."

7B at Hazelden gave Doug the taste of sobriety he needed. And although he relapsed about six months after his 28-day stay in primary treatment, he checked himself into the Hazelden New York halfway house in early summer 2002 and he's been sober for nearly two years since then.

"My whole thinking shifted from a guy

who felt he was worthless and didn't deserve anything, to someone who has dignity in his life again," he said. "It's an amazing feeling to have all these good things happen to you after getting sober."

Doug is grateful for so many wonderful things: a new job, his girlfriend, supportive

parents, a brother and sister, and a new apartment.

ALUMNI CONTACT WAS KEY

"But the greatest thing Hazelden did for me after my treatment stay in Center City was provide me a contact person back home," he said. "That person got me to go to AA the first day I was back from treatment. I'm not sure where I would be now without him. He saved my life."

Doug said that contact person, John V., became his sponsor and has provided tremendous guidance in his recovery journey ever since.

The brief bump in the road he faced before he entered Hazelden New York had a purpose. It got him back on track and

CONTINUED ON BACK PAGE

Story time

INSIDE THIS ISSUE

- 'Working with Others'—
A call to action 2
- '62 alum: Recovering people
need to reach out 3
- Fellowship Club 50th 4
- Alumni chapter update 4
- A Night to Remember 5
- Calendar of Alumni Events 6

Hold the date

Renewal Center
20th Anniversary
June 10-13

Fellowship Club 50th
Weekend Reunion
July 16-18

Recovery Cup '04
Golf Tournament
July 18

A Night to Remember
Sept. 30

A new look for P.O. Box 11

WELCOME TO THE FIRST ISSUE OF THE NEWLY REDESIGNED P.O. Box 11, a newsletter for all Hazelden alumni. This publication will come to you twice a year from Alumni Relations in Center City.

We invited alumni to help us rename this publication, and we got several excellent suggestions. However, the most popular response we received was to stay with *P.O. Box 11*, the longtime post office box for our campus in Center City. Among those who offered new names, a drawing was held for a weekend stay for two at the Dan Anderson Renewal Center. Oscar B. of Eau Claire, Wis., was the winner of that drawing.

This newsletter is intended to help fulfill the mission of Alumni Relations: to enhance recovery in the lives of alumni and families by providing opportunities for fellowship, education and service. We hope it recharges your connection with Hazelden and contributes to your health and happiness. Our goal is to inform you of news, events and people that will enhance recovery. We will include stories about alumni and the people who helped us get sober and stay sober. We welcome your input and letters. Send us your feedback at reynolds@hazelden.org or call 888-257-7800, ext. 4105. — Lisa Reynolds, manager of Alumni Relations

‘Working with Others’

“Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.”

— Alcoholics Anonymous, page 89

THIS PASSAGE FROM the chapter “Working with Others” in AA’s Big Book captures the passion that the fellowship has for sharing the experience, strength and hope of recovery from addiction to alcohol and other drugs. It reveals the precious paradox: “To keep the program, we must give it away.”

Once we receive the gift of recovery, it’s natural to want to share it. Giving back is a hallmark of our mutual-help program. It’s something we do without any expectation of getting something in return. But without a doubt, we are rewarded.

Day after day, since 1989, I am grateful for the collective wisdom of the mentors who have helped to steer me along the twisting and sometimes challenging road of recovery. Paul L., Bob B., Mike C. and Eric L. walk the walk, and are helping me to do the same. Indeed, there is strength in numbers. We can’t do it alone.

But feeling alone is something that many women and men face as they prepare to leave treatment at Hazelden and start living life on life’s terms. That’s why it is so important that they get a chance to connect with those of us who have



CALL TO ACTION
WILLIAM C. MOYERS

already been there and done that, in more ways than one. Sustainable recovery starts with the building blocks of relationships outside of treatment.

To help achieve this, Hazelden invites our alumni to serve as contacts in the community where you live. Hundreds of patients leave Hazelden programs and return to their homes clean and sober. To stay that way, they need your help. Inserted with this newsletter is a Confidential Alumni Recovery Contact Release

Form. If you want to serve as a contact person, please fill it out and return it in the enclosed postage-paid reply envelope. Before giving your name (first name and last initial) and phone number to a new alum, Hazelden will contact you to let you

know the person’s name (first name, last initial). At any time you can revoke your agreement to serve as an alumni contact.

We welcome your participation. Call Sharon Johnson at 888-257-7800, ext. 4309 if you have questions.

Hazelden provides many tools in the continuing care journey—books, tapes, aftercare groups, retreats, workshops, alumni reunions and more. But it’s the connection with people in recovery back home—connecting with peers who have indeed been there and done that—where fellowship and sustainable recovery are forged.

William C. Moyers is vice president of External Affairs at Hazelden and an alumnus of the Tiebout Unit in Center City, Minn. He oversees Alumni Relations. He can be reached at externalaffairs@hazelden.org.



Renewal Center celebrates 20 years June 10–13

FITTINGLY, THE DAN ANDERSON RENEWAL CENTER will celebrate its 20th anniversary on June 10, which is the 69th anniversary of Dr. Bob’s sobriety date and the birth date of Alcoholics Anonymous. A special retreat called “A Walk Through the Twelve Steps” will be hosted by the Renewal Center on June 10-13. “The retreat will look at the steps, explore how we have taken them, and what meaning they have in our lives,” said Elene Loecher, Renewal Program and Spiritual Care coordinator.

Special speakers and events will highlight the weekend celebration. A dinner will be held the evening of June 10, with Gordy Grimm as a special guest speaker. Join Renewal Center staff and friends to honor 20 years of adding meaning, purpose and power to the lives of more than 25,000 guests. For more information on the celebration and retreat, call 800-262-4882.

For a full list of Renewal Center retreats, see the Renewal Center calendar insert with this newsletter or visit www.hazelden.org/renewalcenter.

'62 alum says let's put a face on recovery

ARCHIE WALKER, 84, IS OUTSPOKEN ABOUT his disease of alcoholism. He's been sober since 1962, when he went through treatment at the Old Lodge in Center City. He *wants* people to know that he got sober at Hazelden and that he's been a proud member of a Twelve Step fellowship for over 40 years.

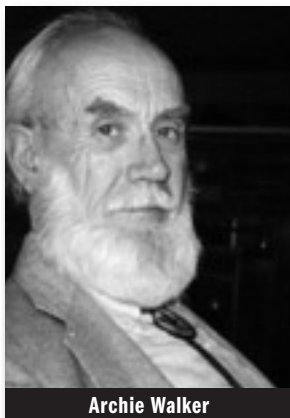
What troubles Archie greatly is the fact that the overwhelming majority of people in recovery are silent—they don't share their wellness and they don't advocate for the millions who need help, especially our young people.

"We need more people reaching out to fight our country's No. 1 health problem—alcoholism and drug addiction," he says. "And it needs to start with the people in recovery. We need to speak out about alcoholism and the successes of recovery. . . . Alcoholism is a shame-based illness, with a strong stigma. We need to put a face on recovery, get away from the shame-based approach to the disease, and treat it as it should be treated—as joyful recovery.

"I'm not ashamed of being an alcoholic," he continues, "and when you consider the power of the drug and my terminal ignorance of it when I began drinking, it makes me more determined to do something about it."

Archie marvels at "our country's denial" of the problem. "We've lost 585 lives in Iraq, and God knows how many thousands of young people each year toss their lives away because of alcohol and drugs. We'll probably drive [President] Bush out because of Iraq, but we do nothing for our young people."

He's adamant that we need to provide more resistance to the alcohol industry and its powerful lobby in this country.



Archie Walker

"We need to speak out about alcoholism and the successes of recovery."

Archie has contributed immensely to alcoholism's solution. In 1974, after selling his car business in Minneapolis and moving to Idaho, he and a group established a treatment facility in Gooding, Idaho. The center was renamed the Walker Center in the early 1980s. After it changed ownership several times, Archie's group bought it back in 1992.

A year ago, a new \$5.3 million Walker Center was dedicated. The private, nonprofit center more than doubled its number of treatment beds to 48, and includes a 16-bed unit for adolescents. The facility sits on 16 acres and fills a need for young people and adults. Archie and his wife, Amy, donated \$1 million to the new center and helped raise the rest. He also works to bring prevention efforts to his community.

"I grew up in an alcoholic family," he said. "I became cognizant of what I had missed and what I would have continued to miss had I not gotten sober. The center provides services that are sorely needed in our area."

Hazelden's William C. Moyers spoke at the Walker Center in 1999, when plans to launch the expansion were announced. "I was struck by Archie's humility, generosity, commitment to helping addicts and alcoholics and their families, and his tenacity," Moyers said. "He's a great example of how the seeds of recovery can grow."

As a member of the Walker Center's board, Archie says the success of the facility has been very rewarding. He visits the center a couple days a week and often participates in the Family Program. "Right now, I simply try to fire people up and keep them interested."

A one-year sober thanks

It was one year today (March 7) that I arrived at your doorstep hopeless, full of fear, and my life in tatters. I thought it would be yet another expensive detox for me. I never thought I could get this simple program.

I believe today that God sent me to Hazelden and that he was looking out for me all along. With the help and kindness of all you people, I have started a journey that always goes forward, never back. And I now have a life beyond my wildest dreams. I am reunited with my children and have purpose back in my life. I have more friends than I have ever had. I have a God in my life. I am blessed and I am so grateful for the help you all gave me. Without your kindness and help, I would surely be dead by now. God bless you all.

— Charlie

MAILBOX



P.O. Box 11 welcomes letters. To share a story, testimonial, or offer an opinion, please send your letters to Lisa Reynolds, Hazelden RC 1, P.O. Box 11, Center City, MN 55012-0011.

Fellowship Club 50th Reunion Weekend set for July 16-18

A CELEBRATION OF FELLOWSHIP CLUB'S 50 YEARS of providing hope and healing to nearly 10,000 alcoholics and addicts will be highlighted by a Reunion Weekend on July 16-18 in St. Paul. The goal is to provide Fellowship Club alumni an opportunity to reconnect with friends, rediscover the power of fellowship, and celebrate 50 years of recovery.



Fellowship Club

The weekend will kick off with the traditional open AA meeting on Friday at 7 p.m. The meeting will be held in an outdoor tent at Fellowship Club to accommodate a large crowd. A social hour will precede the meeting and an ice cream and pie social will follow.

Saturday will be Alumni Day, with events scheduled from 2 to 9 p.m. that will feature a rotating schedule of speakers in the afternoon, an outdoor pig roast from 6 to 8 p.m., and a call-up meeting at 8:00. Alumni speakers will be highlighted along with Hazelden presenters, such as William C. Moyers, Bill Pittman and Will Hudson. Current staff and several past Fellowship Club staff, including former clinical manager Dick Feldman, will be attending. There's no charge for the Friday and Saturday events; call 763-509-3900 or visit www.hazelden.org/fellowshipclub for more information.

THE FOURTH-ANNUAL RECOVERY CUP '04 GOLF TOURNAMENT will cap the weekend on Sunday at the St. Croix National Golf Course in Somerset, Wis. The event is a sociable four-person scramble, with a morning shotgun start and awards luncheon to follow. Cost of the event is \$100. Proceeds benefit the patient aid fund at Fellowship Club. To participate, contact Will Hudson at 888-257-7800, ext. 4786.

OTHER ANNIVERSARY FESTIVITIES PLANNED FOR THE YEAR INCLUDE:

- A community dinner on May 19 to acknowledge the cooperation and support of key donors, referents, community leaders, board members, and others who have contributed to Fellowship Club's success.
- A neighborhood picnic on the evening of July 15 to show appreciation to the West Seventh/Fort Road neighborhood for its contributions to Fellowship Club.
- A day-long training for professionals working in the addiction and mental health fields in September.
- The Dec. 5 annual Holiday Open House at Fellowship Club.

Alumni chapters help bridge the gap in early recovery

ALUMNI CHAPTERS IN SEVERAL CITIES continue to serve as valuable peer-group fellowships for hundreds of Hazelden alumni. The chapters help link new alumni to the recovering community, connecting them with people and groups that can

Chapter update

make for a sober, safe and enjoyable network. Bridging

the gap for alums in early recovery is the main goal for most chapters. It complements the work of alumni contacts who help newcomers integrate into the recovering community.

The chapters develop a range of activities and service work. For instance, the group in New York recently began a peer-led Big Book study group based on *A Program for You: A Guide to the Big Book's Design for Living*.

A Minneapolis-St. Paul chapter will start up soon; details to come. To get involved, contact Lisa Reynolds at 651-213-4105

Several chapters currently meeting include:

Portland—Meets third Thursday of each month at 6:30 p.m. at the Hazelden Springbrook campus (1901 Esther St., Newberg, Ore.). Call Claudette Wallace at 503-537-7000, ext. 352.

Los Angeles—Meets first Thursday of the month at 7 p.m. at Village Lutheran Church (343 Church Lane). One-hour meeting, alternates between discussion and speaker meetings. Family and friends welcome. Contact Mitch C. at 310-394-3111.

Washington, D.C.—Meets first Wednesday of each month at 6 p.m. at Chadwick's (5247 Wisconsin Ave. NW). Call Chuck H. at 301-498-1989 or Randy S. at 301-652-5989. Casual discussion format, followed by optional dinner at 7 p.m.

Phoenix—Meets second Wednesday of each month at 6:30 p.m. at Gifts Anon Book Store (4524 N. 7th St.). Casual one-hour meeting. Contact Sharon E. at 602-486-7331.

New York—Meets Tuesdays at 7:30 p.m. as a Big Book study group at Hazelden New York. Alumni association meets the third Friday of each month at 8 p.m.

Chicago—Alumni speaker meeting held Fridays at 7 p.m. at Hazelden Chicago. Call 312-943-3534.

Florida—Chapters are active in West Palm Beach, Orlando, Naples and St. Petersburg. For dates, times and meeting places, call Dan Zondervan at 561-841-1116.

For more information on alumni chapters, contact Lisa Reynolds at 888-257-7800, ext. 4105.

Hold the date: A Night to Remember, Thursday, Sept. 30

A NIGHT TO REMEMBER, Hazelden's annual evening of fellowship and gratitude for Hazelden alumni and others in recovery, will be held Thursday, Sept. 30 at several cities nationwide. The celebration features a collective moment of silence for people to reflect on their gift of recovery.

The 12th annual event will be held in St. Paul, West Palm Beach, Fla., Chicago, New York, Portland, Ore., and at other cities where two or more alums can gather for fellowship. Alumni interested in organizing a gathering in their city are encouraged to do so.

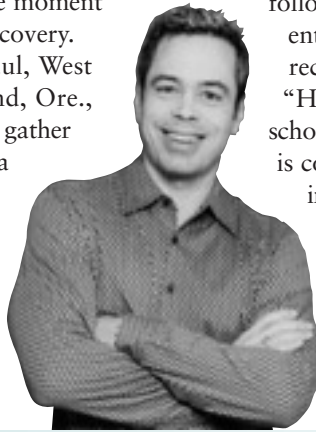
For some guidance on this, call Tammy Dorn at 888-257-7800, ext. 4588.

Details for the celebrations in most cities are still being worked out. Twin Cities-area alumni will be treated to Bernie McGrenahan,

a nationally known comedian, at the Musictech College in downtown St. Paul. McGrenahan will regale the crowd with his recovery humor. He has developed a strong following as a regular in Las Vegas and for entertaining American soldiers overseas. More recently, he has been making an impact with a "Happy Hour" tour that he takes to high schools and colleges across the nation. His routine is comedy, but with a prevention message that inspires young people to drink responsibly or not at all.

For more on McGrenahan, visit www.happyhourcomedy.com.

Comedian Bernie McGrenahan will perform Sept. 30 at A Night to Remember in St. Paul.



Lodge, Renewal Center workshops hit the road

ALUMNI FROM ACROSS THE COUNTRY will get a taste of The Lodge at Hazelden and retreats from the Dan Anderson Renewal Center when workshops are hosted at several cities this year.

Fred Holmquist, director of The Lodge program in Center City, will bring "Is it Odd, or Is it God: Coincidence and the Spiritual Path" to Washington, D.C., on May 15. The workshop focuses on the apparent "magic" that often accompanies our efforts to live more spiritually fit lives.

This summer and fall, Holmquist will present in Los Angeles, Milwaukee, Boulder, Colo., Little Rock, Ark., New Orleans, Dallas, and San Francisco. Dates and places will be announced soon.

Elene Loecher, Renewal Program and Spiritual Care coordinator of the Dan Anderson Renewal Center, will present a workshop on Oct. 2 in New York.

To register or for more information on these workshops, call the Renewal Center at 800-262-4882.

Women Healing set for West Palm Beach, Portland

A TWO-DAY WOMEN HEALING CONFERENCE will be held in West Palm Beach, Fla., May 21-22 at the Marriott West Palm Beach, while the Portland area will host a one-day Women Healing event for professionals only on June 24 at the Crowne Plaza Hotel in Lake Oswego, Ore.

"Restoring Connection" is the theme for the West Palm Beach conference. Day one, tailored for professionals who work with women

suffering from addictions, will be led by keynote speakers Stephanie Brown, PhD, and Sue Hoisington, PsyD, executive director of the Hazelden Mental Health Centers. Brown will present on how family relationships change when the alcoholic quits drinking. Hoisington will present on "Co-Occurring Disorders and Integrated Treatment Strategies."

Day two is a celebration for women from all walks of recovery. It will feature a variety of speakers and topics. Karen Casey Elliott, PhD, will be the moderator for both days.

The Portland conference features

presenters Stephanie Covington, PhD, and Fran Williams, PsyD. Covington is a clinician, author and consultant with more than 25 years of experience in the treatment field, and Williams is a psychologist with Hazelden Mental Health Centers.

This fall, Women Healing will come to San Francisco on Sept. 17-18, New York City on Oct. 6 (for professionals), Mobile, Ala., on Oct. 29-30, and Chicago on Dec. 3-4.

CEUs are available. To register or for more information, call 888-257-7800, ext. 4429 or 4280.



Is it odd or is it God?

CONTINUED FROM PAGE ONE

allowed him to benefit from two special counselors—Yvon Nives and Wendy Walker (who died just a couple months after his stay)—who were especially influential in his recovery.

“Meetings, meetings, meetings” have made the greatest impact in his recovering life, he said. “Basically, I took every suggestion my sponsor offered and went with it. Now I’m a sponsor and a sponsee.”

He chairs an AA meeting, is active in the Hazelden New York alumni association, and does service work.

His life before recovery: The 7B bar dominated his life. He stopped doing fun things, he stopped hanging out with friends. He got to work on time, but drinking and using was his social life.

His life today: He’s active in recovery, plays in a sober softball league, enjoys sports, goes to concerts. Life is good.

“I encourage people fresh out of rehab to come to the alumni group (which meets the third Friday of each month in New York),” he said. “Get connected. Go to meetings, keep an open mind, and use your alumni contact person—that saved my life.”

Second Sunday Retreats

- June 13** John Mac Dougall
- July 11** Karen Casey Elliott
- Aug. 8** Mary Hayes-Grieco
- Sept. 12** Don Elverd, “Anger”
- Oct. 10** Barbara Crist, “Couples and Recovery”
- Nov. 14** Mic Hunter, “Ritualism and the Use of Twelve Step Prayer”
- Dec. 12** Paul Hilton, “Dickens Christmas Carol: Scrooge Recovery of an Addict”

The Second Sunday Retreats are held from 9 a.m. to 3:30 p.m. on the Center City campus and include lectures, relaxation, and group discussions. They are open to anyone involved in a Twelve Step program. Cost is \$10, which includes noon buffet. No preregistration necessary. For more information, call 800-257-7800.

CALENDAR OF ALUMNI EVENTS

JUNE 10-13 Renewal Center 20th Anniversary Celebration, Center City
17-20 Lilly Unit Reunion, Center City
24-27 Lodge Reunion, Center City

JULY 15-18 Dia Linn Unit Reunion, Center City
16-18 Fellowship Club 50th Reunion Weekend, St. Paul
18 Recovery Cup '04 Golf Tournament, Somerset, Wis.
22-25 Family Center Reunion, Center City
31 Women and Children's Recovery Community picnic, New Brighton, Minn.

AUGUST 13-14 Hazelden Center for Youth and Families Reunion, Plymouth, Minn.
19-22 Cronin Unit Reunion, Center City

SEPTEMBER 4-7 Promises Unit Reunion, Center City
14 William C. Moyers presents “Unmasking the Stigma,” Richmond, Va.
16-19 Jellinek Unit Reunion, Center City
17-18 Hazelden Springbrook Alumni Reunion, Newberg, Ore.
30 A Night to Remember, multiple sites (comedian Bernie McGrenahan performs in St. Paul)

OCTOBER 14-17 Silkworth Unit Reunion, Center City

HAZELDEN IN CENTER CITY hosts Anniversary Night the third Thursday of the month at 7 p.m. in Bigelow Auditorium to celebrate sobriety dates of alumni (contact Will Hudson at 888-257-7800, ext. 4786 for information) and an open AA meeting each Wednesday at 8 p.m. at the Dan Anderson Renewal Center.

HANLEY-HAZELDEN in West Palm Beach holds Anniversary Night at 7 p.m. on the third Thursday of each month to celebrate sobriety dates of alumni; call Dan Zondervan at 561-841-1116 for information. It also offers the following Twelve Step meetings each week: Open Narcotics Anonymous meeting, Monday, 7:30 p.m.; Sober Seniors Open AA meeting, Wednesday, noon; AA Beginners-Open Discussion, Thursday, 8:30 p.m.; and AA Open Discussion, Friday, 8:30 p.m.

HAZELDEN NEW YORK hosts a range of weekly Twelve Step meetings, including, to name a few, open AA on Friday at 7 p.m., open Narcotics Anonymous on Sunday at 6:30 p.m., open Al-Anon on Wednesday at 12:15 p.m., Marijuana Anonymous on Friday at 6:15 p.m., and Nicotine Anonymous on Monday at 6:15 p.m.

HAZELDEN CHICAGO offers weekly AA meetings Wednesday through Sunday, an open Al-Anon meeting Mondays at 6 p.m., Families Anonymous Tuesdays at 6 p.m., Overeaters Anonymous Tuesdays at 6:30 p.m., Nicotine Anonymous Mondays at 6 p.m., and an alumni Speaker Meeting each Friday at 7 p.m.

HAZELDEN SPRINGBROOK hosts weekly Twelve Step meetings, including AA Monday at 7:30 p.m. and Wednesday (for women) at 7:15 p.m., Al-Anon Monday at 7:30 p.m., Sex Addicts Anonymous and Sex Addicts-Anon Monday at 7:30 p.m., Gamblers Anonymous Wednesday at 7:30 p.m., and Narcotics Anonymous Thursday at 7:15 p.m.

HAZELDEN FELLOWSHIP CLUB IN ST. PAUL hosts an open speaker AA meeting on Fridays at 7 p.m. and a closed Narcotics Anonymous meeting Sundays at 1:30 p.m.



HAZELDEN®
Alumni Relations

P.O. Box 11: Alumni News & Views is a semi-annual newsletter intended to inform readers of news, events and people who can help build recovery. The mission of Alumni Relations is “to enhance recovery in the lives of our alumni and their families by providing opportunities for education, fellowship and service.”

HAZELDEN ALUMNI RELATIONS

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