

2006 Alive and Free 'was the best one ever'

INSIDE THIS ISSUE

- Storytime: Treatment was her discovery, AA is her recovery 2
- MAILBOX: 'You helped us get our father back' 2
- Pete Piper: HCYF's sober fun guy for 25 years 4
- HCYF hosts alumni reunion Aug. 12 4
- Road workshops to give alums a taste of Renewal 6

Hold the date

- Springbrook Reunion
NEWBERG, ORE.
July 21-23
...
- Recovery Cup Golf Tourney
SOMERSET, WIS.
July 24
...
- Recovery Community
Outreach with Chicago Bob
ST. PAUL
Aug. 15
...
- Chicago Alumni Picnic
CHICAGO
Aug. 26
...
- A Night to Remember
MULTIPLE CITIES
Oct. 6
...
- Women Healing
Conferences 2006
White Plains, NY, Sept. 15-16
Seattle, Oct. 13-14
Chicago, Dec. 1-2



Basil Brave Heart shared his gratitude for receiving Hazelden's 20th-annual CARE Award at Alive and Free.



The talented John McAndrew shared his music and his experience, strength and hope. (Photos by Geoff George)

"Alive and Free was off the charts—above the 10. Thank you for making it so meaningful," said Jon O.

"It was the best one ever," said Jody K.

These were just a couple of the reactions recorded shortly after the 2006 Alive and Free celebration of recovery concluded on May 7 at Hazelden in Center City. Nearly 250 people took part in the 27th-annual weekend event that was filled with great fellowship, entertainment and food.

Jody K. said a great mix of presenters and workshops, combined with a Saturday night filled with heartfelt gratitude and fellowship, made for a spiritually charged weekend that was unequaled by past events. A highlight for her was meeting Basil Brave Heart, the Lakota elder and spiritual leader who received the 20th CARE Award from

Hazelden on Saturday night, and the keynote address by singer/songwriter John McAndrew, which capped Saturday evening's activities. Brave Heart, who has touched the lives of many fellow Native Americans and others in recovery, earned the award for his Consistent Activity in Recovery and Education in the field of addiction and recovery.

"I had heard so much about Basil," said Jody K. "Not only was he gracious in receiving the CARE Award, but he was a very active participant throughout the whole weekend—he made time for everybody. He truly is a special spiritual man with a gift for reaching out to people."

Brave Heart conducted a workshop on Sunday morning called "Applying Native

ALIVE AND FREE—CONTINUED ON PAGE 3

Rollin' on the River sober cruise is Aug. 10 in St. Paul

Alumni and friends are invited to celebrate the fellowship of recovery and those lazy, hazy, crazy days of summer on Aug. 10 from 6:30 to 9 p.m. for a cruise on the Mississippi River in St. Paul. Guests are invited aboard the Betsey Northrup for an evening of live entertainment from John Sagner and friends, light fare, and, as always, fellowship and fun. Boarding begins at 6:30 p.m. at the Padelford Landing on Harriet Island in St. Paul, with the boat embarking at 7 p.m. sharp.

Last year's event was a huge success, with more than 150 people attending. Cost for this year's event is \$25 per person. RSVP required; please call Sara Connolly at 888-257-7800, ext. 4588 by Aug. 3.



'You helped us get our father back'

My dad is an alumnus of Hazelden. He was there in 1971 and has maintained his sobriety for 35 years. Hazelden made and continues to make a big difference in our family. We are so very proud and amazed at his steadfast commitment to remain sober. I shudder to think of what the outcome would have been if he had not made the choice to reclaim his life.

It occurs to me that Hazelden should be proud too. This summer my dad will be 85 years old. I would hate to miss

the opportunity for you to know of such a great model of success. In addition, most remarkably, my dad also quit smoking after my mother had done the same. He just decided to quit and that was it—no real struggle. It has been so much more enjoyable these past 30 years to be around him. Your help made the difference in our family of six kids. You helped us get our father back. Thank you.

—Cheryl

Call to action inspires alumna to share her recovery story

I read your Call to Action (in the May 2006 PO Box 11), and I am willing to share my journey. I have a lot of respect and gratitude for the place that started me on my journey. I never imagined I could have such peace inside of me. Last week I traveled to Cincinnati on business and I was able to spend a few nights with one of my roommates. We spent 25 days together on Dia Linn in 2004, and we're both still

clean and sober. I met her husband and three sons. It is so awesome to have this friendship. I would love to tell others my story—a recovering meth addict with addictions to other chemicals. My ADHD is still treated with the help of Hazelden. Thanks!

—Rita

Treatment was her discovery, AA her recovery—for 20 years

I remember May 1986, my month of incomprehensible demoralization, like it was yesterday. After my third DUI, I had a counselor, in recovery herself, who told me I needed to go to treatment. I was ready to get out of town, with shame engulfing me as a mother, wife and woman. I could not look my three sons in their eyes and knew they too were suffering, as we lived in a very small farming community. This counselor had a magazine article she showed me about Hazelden, where there were walking paths and a lake. I was sold—not on treatment but on leaving the state. *I had no real clue I was an alcoholic and addict* nor what I was in for.

While in treatment my first awakening was that this was not just about me! People from around the world were there and had similar stories and experiences. I started my addiction at age 15, suffered immediate blackouts, dropped out of school, and in less than a year everything I cared about was gone. Despite a DUI and pressure from the courts and my family, I never stopped using chemicals. At age 31,

I started attending AA while waiting to get into Hazelden. It was the only place left for me to go. I admitted to my alcoholism in the first week, but nothing else. I did not understand the consequences of my long-term use on benzodiazepenes, and I certainly did not consider marijuana or free-basing cocaine a problem. I was an addict and clearly in denial.

Story time

When I left Hazelden, I was told that treatment was my discovery and AA would be my recovery. This has been true. I had to have a sponsor before I left treatment, so I got one. She has grown into a spiritual advisor and close friend. My return to a small community meant there was no room to hide, so I didn't attempt to. I began sponsoring women and started volunteering in my community. I worked to help prevent substance abuse.

At age 33, I received my high school diploma from the school I dropped out of at 17. I began taking community college courses, and after three years of sobriety

I earned a Certificate in Addiction Counseling. That was the beginning of my career and commitment to the addiction field. Amazing opportunities have been presented to me since then. I have worked in the treatment field in various capacities for the last 15 years. After many years of classes I graduated with a bachelor's degree in social work, and I am now a candidate for a master's degree in social work. I'll be the first person in my family to complete graduate school.

Staying sober today relies on the basic foundation I built when I left Hazelden. I belong to a community of recovery, and most of my friends have solid, double-digit years of sobriety. I go to meetings so I can hear the newcomer—so I can remember why I stay sober. It has taken many years of uninterrupted sobriety, thousands of AA meetings, outside therapy, service work, and now a life based on the framework of the Twelve Steps and Twelve Traditions to turn my life around. I do this one day at a time and trust in a Higher Power. Rigorous honesty was slow to come, but through

STORYTIME—CONTINUED ON PAGE 4



Above, Caroline Schmidt (left) accepted the Ree Lasker Award for her dedicated service to the recovering community; Lisa Reynolds (center) and Sara Connolly (right) presented the honor. At right, Craig Nakken was one of the outstanding presenters at the annual recovery celebration. Top right, Hazelden dietary staff served up a wonderful barbecue on Saturday afternoon.

PHOTOS BY GEOFF GEORGE

Alive and Free was spiritually charged weekend

ALIVE AND FREE—FROM PAGE 1

American Spirituality to Your Recovery Program.” He joins an esteemed group of past CARE award winners that includes Pat Butler, Ed Juergens, Dan Anderson, Joan Kroc, Charles Dubois, Lawrence Barnett, Ed Yahle, Ree and Betty Lasker, Gordy Grimm, George Weller, Bill Pittman, Jon D. Olson, Karen Casey Elliott, Gay Parker, Damian McElrath, Carl Anderson, Wally Arntzen, Louis Hill, and Warren Adam. Carolyn Bordeaux, a member of the Hazelden Board of Trustees, presented the award to Brave Heart.

Caroline Schmidt received the Ree Lasker Award for her dedicated volunteer service to Hazelden and the recovery community. Schmidt has provided

faithful assistance to the Silkworth Unit and Alumni Relations.

McAndrew told his story to music, mixing recovery music with talk about what was going on in his life when he composed certain songs.

Hazelden’s Fred Holmquist and John MacDougall were the featured speakers on Friday evening and got the weekend off to a great start, while Patricia Dorsey Nanoff and Craig Nakken presented on Saturday. Tremendous food, including a special Saturday evening dinner in the Cork Center atrium, was provided by the Hazelden dietary staff. A special thanks to chef Joe Zahner’s crew and all the staff and volunteers who made Alive and Free a big success.

Save the date for Alive and Free 2007—May 4–6.

The weather cooperated and made Saturday’s barbecue a pleasant outdoor event.



The Alive and Free audience got a preview of the modified baby-block style quilt that is being created by Lavonne Horner. The quilt offers a 3D look and a step motif to symbolize the progress and transformation of recovery. It will hang on a recessed, lighted wall in the new Women’s Recovery Center. Horner is putting the finishing touches on the quilt and has more than 400 hours into the project.

A Night to Remember tradition continues Oct. 6

The wonderful tradition of Hazelden’s A Night to Remember celebration of recovery will take place on Oct. 6 “wherever two or more people can gather” at cities across the country. Alumni and friends are invited to come together on this special Friday evening for fine fellowship, food and fun.

The common feature of this year’s 14th-annual event will be the collective moment of silence at 8 p.m. CDT to reflect on the gift of recovery. Events are being planned at several cities throughout the nation. Pianist, singer, songwriter and storyteller John McAndrew will be featured at the Hazelden New York event at 322 8th Ave.

Hazelden Springbrook in Newberg, Ore., will host an event, with the moment of silence at 6 p.m. followed by dinner and guest speaker Doug Lyons, clinical services manager at Springbrook. Details of events in Minneapolis/St. Paul, Chicago, and other cities will be announced soon.

Comedy was the theme for last year’s Night to Remember, and this year promises a similar dose of great camaraderie. For more information, contact Sara Connolly at 888-257-7800, ext. 4588 or sconnolly@hazelden.org or visit www.hazelden.org/alumni.

Pete Piper: HCYF's sober fun guy for 25 years

PIERRE (PETE) PIPER DOESN'T FANCY HIMSELF A PIED PIPER.

Nonetheless, the young patients at Hazelden Center for Youth and Families (HCYF) have been following his lead for 25 years and discovering how to have fun—sober fun.

Piper has been a recreation specialist at HCYF in Plymouth, Minn., since the center opened in 1981. He along with maintenance man Hugo Lindner are the only two original staff at the center. Nearly every patient during the past 25 years at HCYF—about 17,000 young people—has met Pete. Virtually every patient has attended a field trip under his tutelage, and he estimates that he's done activity assessments on about 80 percent of the HCYF population and worked with them to develop their interests and activities.

"By the time young people get here, chemical use has taken over," says Piper. "They have some interests, but alcohol and other drugs have taken over their social and recreational lives."

Piper's charge is to help young people realize there are many ways to have fun without mood-altering chemicals. "We try to channel their energies in a positive way and show them that sobriety can be fun," he says.

Many of the patients "lose their adolescence" to drugs at an early age—in the pre and early teens—and need to discover new activities, hobbies, and interests. And some who abused drugs later in their teens may have experienced some solid interests, but need to rediscover those activities or develop new interests.

Regular visits to the local YMCA for fun and fitness, walking, bowling, museums, arcades, theaters, and professional sporting events are just a sample of the HCYF outings. "Going to local theaters like the Brave New Workshop and The Mixed Blood Theater are especially popular," says Piper. "And YMCA Camp Ihduhapi's outdoor adventures and group problem-solving activities are very therapeutic.

"It can be a struggle at times to get the young people excited about activities, because they think they don't want to be involved," adds Piper. "But once they're there and engaged, they're usually very grateful for the opportunity. You can see they enjoy the experience and camaraderie of the group, and that's the most satisfying part of this job."

HCYF hosts alumni reunion Aug. 12 in Plymouth

Alumni from Hazelden Center for Youth and Families (HCYF) are invited for a day of great fellowship, education and reflection from 9 a.m. to 3 p.m. on Aug. 12 for the annual alumni reunion at HCYF in Plymouth. Alums are invited to come back to "where it all began," reconnect, and help celebrate HCYF's 25 years of serving young people.

The reunion will feature a day of sharing experience, strength and hope with fellow alums, current patients and staff. A social hour with a greeting and continental breakfast will begin the day. The reunion will feature Twelve Step meetings with patients; activities such as bingo with a sober theme, softball, volleyball, and horseshoes; an outdoor barbecue; a dunking tank with staff dunkees; a guest speaker to share his or her recovery; and a medallion ceremony.

The event is free, but pre-registration is required. Participants must have at least 30 days of continuous sobriety and commit to attend the entire event. Please call Jessica at 763-509-3837 to register or for more information.

It's especially gratifying, Piper adds, to run into alums years later and see that they're doing well, staying sober, and having fun.

"Pete embodies all the qualities HCYF needs to succeed in its mission—commitment, passion, integrity, and expertise," said Jim Steinhagen, executive director of HCYF. "He is a key link for our patients in learning that life can be fun and worthwhile without using chemicals, which is critical to their motivation and lasting change. He helps them bridge the gap from surviving in addiction to living again."

Piper grew up in Blue Earth, Minn., and earned a business degree at Mankato State University. He first worked with mentally challenged patients at Hastings State Hospital and later with the Chemical Dependency Program there. He transferred to Pioneer House in Plymouth, the present site of HCYF, to become the lead CD technician for Pioneer House treatment center. In 1978 he took over as recreational specialist there. He remained in that position when Hazelden bought Pioneer House in 1981 and made it into a center specifically for youth.

Piper's enthusiasm hasn't waned over 25 years. In addition to his duties with patients, he's been the race director of the Easy Does It 8K, a community distance-running race hosted and sponsored by HCYF. The Easy Does It race concluded a 25-year run in June. Piper will also be at the Aug. 12 HCYF alumni reunion and will help coordinate several activities (see accompanying article).

"Very rewarding" is the way Piper describes his last 25 years. "I hope I've connected with these young people and contributed to their development in some way. We point them to activities they can enjoy individually or with other recovering young people. These may be activities to enjoy for a lifetime or ones that may inspire careers or avocations in the future. . . . I must have one of the best jobs at Hazelden. These kids help keep me young."



Pete Piper

STORYTIME—FROM PAGE 2

abstinence and hearing the stories from others, I gained the willingness and courage to tell the truth about myself. The group, AA, was my God (Good Orderly Direction) for many years until I found a Higher Power of my own understanding. I have a home group, a sponsor, and other support groups as needed. I am working the steps of Al-Anon with a sponsor.

My three sons now have a mom who has been sober in their lives longer than she was a drunk. One of my greatest joys is an 11-year-old grandson who knows a sober grandma who still goes to AA meetings.

—Jody E.

Vondrachek named to lead Springbrook; alumni reunion weekend is July 21-23

Newberg, Ore.—Jan Vondrachek was named the new executive director of Hazelden Springbrook in May. She replaces Shane Haydon, PhD, who has retired. Vondrachek has worked at Springbrook for 10 years and most recently served as director of marketing, alumni relations and volunteers.

“Jan brings great energy, passion, commitment, and skillful external relations to her new position,” said Jill Wiedemann-West, senior vice president of adult services at Hazelden. “She worked tirelessly to increase the visibility of Hazelden in the western region of the United States.”

Vondrachek has a master’s degree in business administration and a bachelor’s degree in human resources management from George Fox University.

The annual Hazelden Springbrook alumni reunion will be held July 21-23 in Newberg, Ore. Alumni and friends can attend all or just a portion of the weekend activities. The weekend begins with an Ice Cream Social and Barbecue on Friday evening at 6:30 p.m. at Hazelden Springbrook, with Marvin Seppala as guest speaker. This event is free, but preregistration is required. The traditional Candelight Twelve Step Meeting follows at 9 p.m. to officially kick off the reunion.

Saturday will feature morning and afternoon workshops led by Fred Holmquist, director of The Lodge Program at Hazelden in Center City. An evening banquet highlighting guest speaker Shane Haydon will conclude the evening. A day rate of \$60 will cover the cost of continental breakfast, lunch, dinner and workshops. Sunday will feature the first “Rigorous Honesty Golf Tournament,” held at the new Chehalem Glenn Golf Course in Newberg. Registration is required for the Saturday and Sunday events. Please call Debbie Voorhees at 503-554-4353 to register.

Chicago alumni Picnic in the Park is Aug. 26

Chicago—The second-annual Alumni Picnic in the Park will be held on Saturday, Aug. 26 from noon to 3 p.m. at the south end of Lincoln Park in Chicago. Hazelden alumni and family and friends are invited for a day of great fellowship, food and fun.

Food and beverages are free, but participants are asked to register to help plan for the event. Please call 888-257-7800, ext. 4588 by Aug. 21.

Iliff is new Women’s Recovery Center director

Center City, Minn.—Brenda Iliff, executive director of Fellowship Club in St. Paul for the past six years, was named director of clinical services for the new Women’s Recovery Center in Center City. Iliff will oversee the new center, which will open this fall with two 22-bed primary residential units in the new building. Renovation of the present Lilly Unit will result in another 22-bed primary unit (on the upper level) and a 22-bed extended care unit for women on the lower level by fall 2007. Hazelden’s capacity to serve women will increase by nearly 40 percent.

Rick Statsick is the new Alumni Relations liaison. He is responsible for a range of recovery-based volunteer programs at Hazelden in Center City, including coordinating speakers for the evening lectures, linking patients with local AA groups, and hosting Medallion Night on the third Thursday of each month. Statsick replaces Justin Diehl, who enrolled this spring as a full-time student in the Hazelden Graduate School of Addiction Studies.



Rick Statsick

Alumni chapters: A great way to connect, be of service to others

HAZELDEN ALUMNI CHAPTERS throughout the country serve as valuable peer group fellowships for hundreds of Hazelden alumni. The chapters can focus on activities of their choice, but one of the core objectives is to link new alumni to the recovering community. Each chapter develops its own meeting format, activities and service work. If you have an interest in being involved and connecting with other alumni for fun, fellowship and service, check out a chapter meeting in your area.

Hazelden Alumni Chapter Mission Statement: To enrich the lives of Hazelden alumni and their families by providing local activities that promote fellowship and service opportunities, connect us to other alumni, and welcome new alumni.

Alumni chapters are meeting regularly in several locations, including the following:

Bermuda—Meets quarterly at Fairhavens, 61 Vermont Rd., Smiths. Next meeting is an alumni dinner on July 31 from 6:30-8:30 p.m. with guest speaker Fred Holmquist at Belhaven (49 South Rd., Devonshire). Contact Rich S. at 441-735-6800 to RSVP.

Chicago—Alumni speaker meeting and anniversary night held Fridays at 7 p.m. at Hazelden Chicago. Alumni and friends welcome. Call 312-943-3534.

Dallas—Contact Jim T. at 214-507-8397.

Denver—Meets the third Tuesday of each month at 6:30 p.m. at Calvary Church in Cherry Creek. Contact Dave N. at 303-884-4808 or Teresa N. at 720-200-9136.

Detroit—Contact John J. at 248-790-9480.

Gig Harbor WA—Weekly group for couples (for one or both partners in recovery); Mondays at 7 p.m. at United Methodist Church, 7400 Pioneer Way. Contact B.B. or Judy B. at 253-549-7389.

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

Maui, Hawaii—Contact Kathleen S. at 808-205-2600.

New York—Call Gary R. at 914-962-8194 to get involved in chapter activities. Meets periodically at Hazelden New York, 322 Eighth Ave, Floor 12.

Omaha, Neb.—Meets second Sunday of each month at Venice Inn, 6920 Pacific St. Speaker followed by casual dinner. Contact Jon J., 402-393-7663.

Portland, Ore.—Meets the third Friday of the month at 5:30 p.m. for chapter meeting followed by “alumni supper” at 6:30 p.m. at Hazelden Springbrook, 1901 Esther St., Newberg, Ore. Call Debbie Voorhees at 503-554-4353.

St. Paul—Meets the third Tuesday of the month at 6 p.m. at Central Park Recovery Church. Recovery community outreach event—speaker meeting follows every other month at 7 p.m. in August, October and December. Contact Mike M. at 651-214-4335 or Kathryn L. at 651-269-9048.

San Francisco—Meets monthly on the second Wednesday at 7 p.m. Contact Craig H. at 415-217-9196 for each month’s meeting location.

Seattle—Meets the second Friday of the month, July 14 and August 11, at St. Paul’s United Methodist Church, 6512 12th Avenue NW. Contact Marcus C. at 206-910-6355.

Toronto, Canada—Contact Bob D. at 416-418-4729 for meeting schedule.

Washington, D.C.—Meets the first Wednesday of the month at 6:30 p.m. at The Pines of Rome, 4709 Hampden Lane, Bethesda, Md. Call Callie W., 202-462-1821.

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

Become an alumni contact, help newcomers

Help other Hazelden patients make the transition from treatment to home by becoming an alumni contact. Hazelden alumni contacts provide those new to recovery with strength, support, and knowledge about their local recovering community. To volunteer, please go to www.hazelden.org/alumni and complete and mail the alumni recovery contact form to the Alumni Relations Department or call Sharon Johnson at 888-257-7800, ext. 4309.

Road workshops to give alums a taste of Renewal

Hazelden alumni and others in recovery can get a taste of the programming from Hazelden's Dan Anderson Renewal Center by attending workshops in seven different cities from July through December. Presenters from the Renewal Center in Center City, which includes The Lodge Program, will be featured.

- **July 22, San Francisco**, "Spirituality and Recovery: Let the Journey Continue," Betty Davis-Reynolds.
- **Aug. 19, Indianapolis**, "Spirituality and Recovery: Let the Journey Continue," Betty-Davis Reynolds.
- **Sept. 16, Toronto**, "Persevering in the Good Times: Our Biggest Challenge in Ongoing Recovery," Fred Holmquist.
- **Oct. 7, Westport, Conn.**, "The Power of Belief," Fred Holmquist.
- **Nov. 4, Houston**, "Entering Silence: Eleventh Step Meditation," Elene Loecher and Bill Alexander.
- **Nov. 11, Austin, Texas**, "Entering Silence: Eleventh Step Meditation," Elene Loecher and Bill Alexander.
- **Dec. 9, Sante Fe, NM**, "The Power of Belief," Fred Holmquist.

For more information or to register for the road workshops, please call 1-800-262-4882.

Get alumni news via email

You can now receive alumni news via email. If you are not already receiving email information from us, then please contact us at mailinglist@hazelden.org. Include your full name and mailing address so we can locate you in our database and add your email address. We will send you news about the latest alumni activities coming to your city, reminders about your alumni reunion, and our new Alumni E-News that comes out about every 6-8 weeks.

Second Sunday Retreats

- July 9** Karen Casey Elliott
- Aug. 13** Chris Ringer, "Intimacy in Recovery"
- Sept. 10** Mary Hayes-Grieco, "Forgiveness in Recovery"
- Oct. 8** William C. Moyers, "The Death and Birth of My Faith"
- Nov. 12** Sue Hoisington, "Chicken and Egg: Understanding Mental Health Issues in Recovery"
- Dec. 10** Jo Campe

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

JULY	13-16	Chicago Alumni Retreat, Center City
	20-23	Dia Linn Unit Reunion, Center City
	21	Springbrook Ice Cream Social, Newberg, Ore.
	21-23	Springbrook Alumni Reunion, Newberg, Ore.
	23	Rigorous Honesty Golf Tournament, Newberg, Ore.
	24	Recovery Cup Golf Tournament, St. Croix National, Somerset, Wis.
	31	Alumni dinner, guest speaker Fred Holmquist, Bermuda
AUGUST	3-6	Family Center Reunion, Center City
	10	Rollin' on the River Cruise, St. Paul
	12	Hazelden Center for Youth and Families Reunion, Plymouth, Minn.
	15	Recovery Community Outreach, Speaker Meeting, Chicago Bob, St. Paul*
	17-20	Cronin Unit Reunion, Center City
	26	Chicago Alumni Picnic, Lincoln Park, Chicago
SEPTEMBER	7-10	Promises Unit Reunion, Center City
	21-24	Jellinek Unit Reunion, Center City
OCTOBER	5-8	North Texas Retreat, Center City
	6	A Night to Remember, multiple cities
	17	Recovery Community Outreach, Speaker Meeting, Fred Holmquist, St. Paul*
	19-22	Silkworth Unit Reunion, Center City
	28	Outpatient Reunion, Center City
DECEMBER	3	Fellowship Club Open House/Reunion

* The Recovery Community Outreach events are held at 7 p.m. at the Central Park Church, 639 Jackson St.

Call 651-213-4588 or 888-257-7800, ext. 4588

HAZELDEN IN CENTER CITY hosts Medallion Night the third Thursday of the month at 7 p.m. in Bigelow Auditorium (call 651-213-4786 to schedule medallion presentations) and an open AA meeting each Wednesday at 8 p.m. at the Dan Anderson Renewal Center.

HAZELDEN CHICAGO offers weekly AA meetings Wednesday through Sunday, a Teen AA meeting from 8:30-10:30 p.m. each Saturday, an open Al-Anon meeting Mondays at 6 p.m., Families Anonymous Tuesdays 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., Narcotics Anonymous Thursday at 7:15 p.m., and an 11th Step Meditation AA meeting for men on Sunday at 6 p.m.

HAZELDEN FELLOWSHIP CLUB IN ST. PAUL hosts an open speaker AA meeting on Fridays at 7 p.m.

HAZELDEN CENTER FOR YOUTH AND FAMILIES in Plymouth, Minn., hosts Alumni Night the last Saturday of each month at 7:30 p.m. with a guest speaker.



HAZELDEN®
Alumni Relations

P.O. Box 11: Alumni News & Views is a newsletter published four times a year and is 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, RC 1
P.O. Box 11
Center City, MN 55012-0011
888-257-7800, ext. 4588
www.hazelden.org

If your address needs to be updated or if you wish to be removed from the *P.O. Box 11* newsletter mailing list, please call 1-800-257-7800 or email mailinglist@hazelden.org.

The personal stories of recovery included in this newsletter are published with the written consent of those individuals.