

Celebrating 25 years!

AFTERwords

A Newsletter from SIERRA TUCSON®

Spring/Summer 2009

Reducing Resistance

By Phillip S. Mitchell, M.A., MFT, MAC

“If resistance is not happening (in some form with the client in therapy), then nothing is happening.”

~ Mary Merrill, Ph.D., Santa Rosa, CA, 1977

“Resistance is futile.” ~ The Borg (from ‘Star Trek’)

“What we resist, persists.” ~

Dealing with resistance in the course of psychotherapy, counseling, recovery, and personal or spiritual growth is a topic which tends to attract ongoing attention. These endeavors are all about change. Resistance is a product of fear; specifically fear of change. The ego or child self does not differentiate good change from bad and is likely to regard any change as a threat to one’s known existence. It will tend to do anything in its power to thwart or stop change or forward movement, regardless of how much positive change in one’s life is wanted or needed. Our known set of circumstances, regardless of how dysfunctional or unpleasant they may be, are familiar and, therefore, afford us the illusion of safety. We tend to gravitate toward the familiar, the habitual, that which is within our comfort zone. We seek to preserve our definition of personal safety and well-being.

Upon closer inspection, however, it often becomes clear that what we believed was safe is actually anything but safe. For example, if an alcoholic taught himself in his teens that if he drank with his peers, that would assure him of social acceptance. Indeed, it may appear to ‘work’ for a time. However, the progressive cost of this behavior, including increasing social, medical, legal, financial and other problems, will show that the believed safety is no more. It is replaced by mounting cost and danger to one’s whole being as well as to others.

Resistance is based upon fear; often unprocessed, repressed, or unconscious fear. Fear and its related core feelings of anger, guilt, and shame have tended to receive bad press or are referred to as the ‘negative’ emotions. This shallow view requires our forgetting that the Creator gave us the circuitry for these feelings on purpose, not by mistake. One might say that there are no negative feelings (although there are certainly negative behaviors), as every emotion carries instantaneous information that we’d do well to listen to and honor. The purpose of fear seems to be to protect our physical being while we are associated with physical form. As with any emotion, we benefit from embracing and honoring it, literally breathing with it, listening to its message, and then moving on, more informed and aware.

It is important that we refrain from judgment about having fear, as it is a natural feeling at times when our physical vehicle is threatened in some way. The effect of negative judgment about having fear or any feeling is the slowing or blocking of our gaining the information contained within that feeling. Dealing with the fear that brings forth the resistance allows for forward movement in our lives.

Sometimes fear manifests in the form of resistance to change, which can take myriad forms. To resist the resistance that may arise will only compound the inertia or sense of stagnation. It is beneficial to address the resistance and identify the fears that drive it.

Similarly, in the process of change, recovery, and growth, we may take three steps forward and two steps back. We move toward a desired goal, which may be movement out of our comfort zone, and the ego may want to pull us back into the perceived comfort zone, regardless of how unsatisfactory, limiting, or miserable it may be. This is similar to simultaneously having one foot on the gas pedal in your car, and one foot on the brake.

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S.T.A.R. 22



"Setting the Intention"

July 31 - August 2, 2009

at the Westward Look Resort, Tucson, Arizona

We hope you will join us for workshops, entertainment, and fellowship!

Visit our website at www.SierraTucson.com (click Alumni Events) for more details and registration!

Schedule

Friday, July 31, 2009

- 9:00 a.m. Begin Sign-in/Select Workshops; Lunch on own
- 3:00 p.m. Yoga
- 6:00 p.m. Dinner, Speaker Tim McLeod
- 9:00 p.m. Alumni Support Group Meeting

Saturday, August 1, 2009

- 5:00 a.m. Hiking in the Catalinas
- 7:30 a.m. Continental Breakfast
- 8:30 a.m. Workshops
- 11:45 a.m. Lunch
- 1:00 p.m. Free Time
- 5:30 p.m. Dinner, Recovery Comedian Mark Lundholm
Kid's Pizza Party
- 9:00 p.m. Alumni Support Group Meeting

Sunday, August 2, 2009

- 7:30 a.m. Bus to Sierra Tucson
- 8:15 a.m. Brunch at Sierra Tucson
- 9:30 a.m. Alumni Speakers Conrad and Hilary M.,
Music by Robby C., Closing
- 11:30 a.m. Buses leave for Tucson Airport/Westward Look

Saturday Workshops

Please visit our website for up-to-date information on educational and inspirational Reunion Workshops for adults and children.

Featured Entertainment



Tim McLeod, Senior Alumni Coordinator at Sierra Tucson

"Setting the Intention" is *not* the same as "Setting the Hook!" Setting the hook and focusing your strength on the outcome of your intention can be a lonely path filled with many pitfalls. But, if you choose to create an intention like reading a map, your vision widens to the many possibilities that can take place along the way. We will talk about the several necessary travel tools needed so we don't end up with tunnel vision and miss the joys of the journey.



Mark Lundholm, Recovery Comedian

Funny man Mark Lundholm is a professional mistake-maker. His resume includes positions such as criminal, street addict, closet wino, mental patient, Catholic altar boy, and divorced father of three. Mark knows about pain and gain in life. His insight into the inherent irony of it all forms a unique foundation for his theatre show, stand-up comedy show, and inspirational speaking engagements. Visit Mark's website at www.MarkLundholm.com.

Hotel & Travel Arrangements

Please refer to our website for complete information about hotels and travel. If you need assistance with travel arrangements or have questions about hotels, call Linda, of Sierra Tucson's Travel Department, at 800-522-1292.

Cost & Registration

The Reunion cost is \$175 per adult or \$150 per child (7-17 years of age). This includes workshops, presentations, entertainment, meals from Friday dinner through Sunday brunch, transportation Sunday to and from Sierra Tucson, and gift bags to take home. Registration will be accepted through July 27, 2009; no refunds will be given after this date. Space is limited, so don't delay!

Register online at www.SierraTucson.com!



"Beyond the Miracle"



Have you signed up to receive Sierra Tucson's Alumni eNews, "Beyond the Miracle"? Don't miss the great encouragement and biweekly event updates from our Alumni Coordinators.

To subscribe, visit www.SierraTucson.com and click on "Sign up - Alumni eNews."

Spotlight on Alumni ~ Jamie R.



December 3, 2006. I remember that day like it was yesterday. As I walked from my lodge to the dining room for the last time that early crisp Tucson morning, I remember thinking, “Wow, I can’t believe that I did it, I made it. I can’t believe that I am going home!!! Wait a second, I’m going home.” Of course,

I was beyond thrilled to be going home to celebrate Christmas with my husband and doggies that I had missed so much. But the last time I was in my home, I was in my disease. Am I going to be able to continue my recovery living in the “real” world? Then I took a deep breath and entered the dining room for the last time. I ate my starch, pros, milk, fats, and fruits. I hugged my new friends goodbye and headed to the airport. The three-hour drive to the Phoenix Airport gave me ample time to read my meditation books, chew gum, and talk on my cell phone! I entered the airport and wanted to go directly back to Sierra Tucson. I was able to take a step back and remember what I had been doing over the last 6 weeks in treatment. I did what I needed to do to take care of myself. To this day, I still live by that mantra.

After struggling with anorexia and compulsive over-exercise for nearly eight years, I surrendered to my disease and entered Sierra Tucson, willing to do whatever I needed to do to get better. I’m not saying that it was easy; I left behind the love of my life—my husband Austin, our two doggies, and the life that I had known. I knew if I didn’t do something, I was going to die. There was part of me that did want to die, but there was a much larger part of me that wanted to live. After making the decision to enter treatment, I felt like a huge weight was lifted off my shoulders. With the help of the staff and patients at Sierra Tucson, I was able to begin the process of learning about myself and my disease. It’s where I found my smile again.

I was extremely honored and excited when Tim asked me to share my journey of recovery. I thought to myself, it is so important for all of us in recovery, or those of us struggling to stay in recovery, to remember that we are never alone. Sometimes I don’t always do what I should, but it’s so comforting to know that I can pick up the phone to call someone who “get’s it.”

I know that I will continue to grow and experience many more things. As I approach my second year in recovery, it is an amazing feeling. I have had my own slip-ups now and then over the last two years, but I have been able to use the tools that I learned at Sierra Tucson. They have helped pick me up and continue moving forward. I knew that I had to continue my own program in order to maintain my recovery. That means seeing my therapist and dietitian, but, most importantly, doing the next right thing for me and my recovery. The last two years I can honestly say have been the best years of my new life. I finally understand what it means to truly live from your authentic self. The fact that I love being in my own skin and body is something that I thought I would NEVER feel again. Being able to look back and see how far I’ve come, I decided that I needed to do something to inform people about eating disorders, especially pre-teen and teenage girls. I am a graduate of Certified Training Alliance and now a Personal Life Coach and Workshop Facilitator. Please check out my website at www.InnerSerenityLifeCoaching.com.

My recovery has NOT been perfect, especially since there is no such thing as perfection. ☺ However, it has been an incredible journey of learning, laughing, crying, growing, and accepting myself just as I am. Perfectly Imperfect.

Best Wishes, Jamie R. ★

Progressions Program

Sierra Tucson’s Progressions Program is now available to alumni of Sierra Tucson and other individuals who are seeking to further their recovery skills! This program was developed from feedback received from staff, professionals in the field, and alumni to more fully prepare individuals for the challenges of living in recovery.

In this intensive 2- to 4-week program, specialized treatment planning gives greater exposure to people, places, and situations that may trigger reactions and cravings. Balanced with expert therapeutic guidance, participants gain advanced recovery tools and are equipped for the many challenges to be faced in their journey.

The program’s “experiential workshop” format teaches individuals to evaluate choices, become aware of self-sabotaging behaviors, and take responsibility for behavioral changes. This is an exceptional opportunity to focus on personal relapse prevention needs and work on deeper issues to enjoy a full and meaningful life.

Components of the Progressions Program may include:

- Develop specific, personal recovery plans
- Intensify participation in a Twelve-Step fellowship
- Expand intuitive skills to help individuals make healthy choices
- Individual Life Coaching
- Address vocational/career change issues
- Opportunities for outings (12-Step meetings, dinners, hikes, etc.) within a safe setting to practice and process coping skills
- Specialized therapies such as EMDR, Pain Management services, and Integrative Therapies
- Two-Day Couple’s Workshop
- Parenting Skills Group

Those who need help with an active addiction or disorder typically require a minimum of 30 days for effective treatment. Each person is assessed on a case-by-case basis to determine if the Progressions Program will meet his/her needs.

For more information, please call Sierra Tucson’s Intake Department at **800-842-4487**. ★

Spotlight on Alumni ~ Sandy N.



SUCCESS. Our society worships success. I certainly have. I'm from Silicon Valley; it's what we do. The last few years have shaken our faith in success. Major businesses and financial institutions have folded, taking people's life savings with them. New revelations of wrongdoing in high places come out each day. More jobs are lost.

How can we navigate this breakdown? I liken what's happening to the nation to what happened to me in 1993. Looking back, I can see the signs were there long before the collapse. When it happened, I was clueless.

I went to Sierra Tucson to participate in a family week and ended up staying five weeks. That stay was a turning point. The years immediately afterward were hard. I struggled to heal and set out roots in my new reality. I did everything I could to master my situation—and I found out what steps in when I've given it my all.

Does Something hear our prayers? Yep. In 1995, I went on a meditation retreat. I worked the retreat as hard as I could, praying, meditating, and following my inner guidance. By the retreat's end, I felt totally renewed. When I got home, the reward came. The plot of a book appeared in my brain in about a second. It was the first book of a series.

Fast-forward 16 years from my stay in ST, 14 years from the miraculous emergence of the book in my head. Where am I now? I'm here, contemplating success with you. I've found out what I want to do when I grow up—write books—and I'm doing it. My two published books have won eight national awards; I hope to win more. I'm 63 years old. I've worked harder since 1993 than I did as a 24-year-old. I have no plans to retire.

What is success? Some people say, "You're a success when you feel successful inside." Others say, "You're a success when you own a Lamborghini and the mansion to go with it." Both of these fall short: We need to feel inner success and pay our bills. I feel successful in the inner way and I'm working on the outer. I know my words move people, and I know my books hit the targets they're aimed at. Now it's a matter of matching words with readers.

Writing is a strange discipline. It's extremely difficult and requires an enormous commitment of time and energy, with no guarantees. If I wanted to be a dentist, I could go to dental school, apply myself diligently, and end up a dentist. If I did my dentistry well, I'd be a success, most likely. Not so with writing. When my beautiful second book came out to rave reviews and prestigious awards, its sales languished in the subbasement. I was appalled. Everything I'd learned about writing and producing beautiful books seemed fruitless. I became obsessed with book sales.

The truth dawned: I needed to learn marketing. That's how life is, isn't it? You master one problem and the next thing shows up. Last December, I tried my personal equivalent of the federal stimulus package—an Amazon Bestseller Day. This is a way of becoming a bestseller on Amazon by bribing people into buying your book on a certain day by offering downloadable "gifts" that day only. I almost killed myself doing it, and my day flopped really badly. (I hope the governmental stimulus package does better.)

But! Something inside me refused to lose. I know you can change loss into a win by changing the game. I blogged about my loss, writing an eight-part series on my new blog for writers: www.yourshelflife.com. The idea for the blog came to me out of nowhere in the throes of my Amazon flop. A blog focused on success and sanity for writers? I needed that; so would others.

If you Google Amazon Bestseller Day, you will see my name all over the search pages. I am now an authority. And writers are gobbling up my blog! That's a flip, loss to win. The idea of doing what I did came to me from my loss.

I discovered that an automatic success generator exists deep inside me, in the true core values area. Call it a Higher Power or the Salvation of Struggling Writers; it's there, waiting to be called forth. I realized that my need to master marketing was manifestation of the healing that began at ST.

I still have a hard time reaching out and connecting. I can be afraid of people. Yet I had to do that hardest thing, because I wanted my books to succeed. When I started connecting with people, I liked it. I'm now doing the hardest thing for me, reaching out

authentically and saying what I need to say.

I hope we as a nation can reach into our cores and discover our automatic success generators. What I'm talking about involves being ourselves. We need to dig down and commit. It's not a one-time stimulation package; it's 16 years in the trenches, doing what we need to do a day at a time. We need to pluck success from the jaws of disaster, recognizing that a breakdown may be the vehicle for success.

It's not over until it's over, but that doesn't mean it's easy.

~Sandy N.

Sandy Nathan holds two master's degrees and has been an economist, negotiation coach, teacher, and businesswoman. She lives with her husband on their California horse ranch. Her books, [Stepping Off the Edge: Learning & Living Spiritual Practice](#) and [Numenon: A Tale of Mysticism & Money](#), have won eight national awards. For a great deal and better read, download [Numenon](#) for 99 cents on the Amazon Kindle store.

www.sandynathan.com, www.yourshelflife.com ★



Reducing Resistance *(Continued from page 1)*

Another useful metaphor for this process is imagining one's foot nailed into the floor. In such a predicament, all one can do is walk around in the same circle. The territory of the prescribed circle becomes quite familiar after a time; one's comfort zone, however unpleasant or limiting it may be. To remove the nail might be uncomfortable, painful, and scary. When it is removed, one has the option of exploring new territory in life, learning, and growing. The options of (1) remaining trapped in that circle for another few years of one's gift of life, or (2) removing the nail and walking differently may both be scary, but the key question is which option is more scary.

Transformation is another key term for change. Some of us fear that term, as well. It is interesting to note, however, that as found in the wisdom of American Indian teachings, transformation is the most natural phenomenon in all of creation. If we're willing to embrace it as such, not fight it, we may even learn to 'enjoy the ride' as we move on in our lives.

'Allowing' and 'Acceptance' are other important terms to understand. If we remember and are willing to allow or accept the next challenge that presents itself to us, without judging it or ourselves for attracting it, we are in a more favorable position to deal with it, learn from it, and proceed with life. Imposing judgment—usually rooted in fear—on the other hand, has the effect of keeping us locked within that dilemma. We might believe that there's no way out and assume the posture of victimhood. From a common spiritual perspective, this might require forgetting that on a deeper level of being, we 'signed up' for this life, including its full curriculum. Our issues and challenges in life constitute our soul's curricular contract as we sojourn within this planetary schoolhouse of Earth. We are designed to face and deal with the challenges that we meet or attract. ('Challatunities,' I like to call them.)

Are we willing to trust in our Creator and trust in the essential design of our being enough to welcome and embrace that which seems to put us to the test? We have choice here; we can fight our experience from the position of fear and victimhood, or we can assume ownership of the experiences that present themselves to us and trust in our ability

to engage with them. It's often said, "If God brings us to it, He will bring us through it." Or to paraphrase Dr. Jung, "Implicit in any dilemma which presents itself to us is our ability to deal with it."

Trust is another term worth exploring a bit further. Many of us often feel that trusting is quite difficult. One of my teachers, Bashar, points out that trusting is another very natural phenomenon and that we're always trusting in something. He adds, "The question is, do we choose to trust in a positive reality or a negative one?" Our choices and beliefs are magnets that attract like experience. We are the creators and co-creators that the Creator created. We have our part in attracting our experiences.

When we are awake, more conscious of our inner processes, tendencies, and fears, we're poised to catch them and make healthier, new decisions. As we 'catch' ourselves in this way, it is important to refrain from self-condemnation, e.g., "Darn!! There I go again!" Rather, "Oops. There I go again (you may want to insert a chuckle at self here). I choose to forgive myself for my human imperfections, including this error. What would I prefer to do differently this time in order to feel better about myself and learn something new?" Deep and slow breathing at this juncture has the effect of inserting a 'crowbar' into the machinery of old habits. Deep breathing makes it easier to catch oneself and effectively establish healthy change. Readily forgive yourself if the new behavior doesn't seem to immediately work well in your estimation. Give your self a reasonable time frame to establish fresh ways of operating.

With practice, we can teach ourselves that we needn't necessarily fear or resist healthy, natural change that wants to occur and enrich our lives. We learn that it's safe to go forward at a pace that we can assimilate. We learn that it's safe to have a life outside of the confines or prisons of belief with which we have, heretofore, bound ourselves.



Phillip S. Mitchell is a psychotherapist and lecturer at Sierra Tucson. Copyright 2008, Phillip S. Mitchell ★

Giving Back - The Twelve-Step Path

Sierra Tucson's "Twelve-Step Path" is a new place for our community to use for contemplation and meditation. The path is being lined with personalized pave stones and 12 benches honoring and remembering the special people who have already begun the recovery journey. Alumni and family members may reserve a pave stone or bench with your own personal engraved message, e.g., your name, year of graduation, words of encouragement, things you left behind, etc. Your gift will help support the cost of the path and bless all who walk the path with courage, strength, and hope!

The cost of each pave stone is \$150, and one Twelve-Step bench may be purchased for \$2,500. Many pave stones are available, but only four benches are remaining for purchase.

For more information and ordering instructions, please visit www.SierraTucsonBricks.com or call 800-537-5579.





Alumni Support Groups

Atlanta, GA

When: 3rd Monday each month
Time: 7:00 - 8:00 p.m.
(Optional dinner at 6:30 p.m.)
Place: La Madeleine Restaurant
1165 Perimeter Center West, Suite 330
(Center West & Perimeter Center)
Atlanta, GA 30346
Contact: Richard R. 404-518-1220
(rule62@rossboy.com)

New York, NY

When: 1st Thursday each month
Time: 7:00 p.m.
Place: Caron Foundation
New York City Recovery Building
244 East 58th Street
(between 2nd and 3rd Avenues)
New York, NY 10022
Contact: Frank R. 516-857-7106
(first@optonline.net)

Scottsdale, AZ

When: 2nd & 4th Tuesday each month
Time: 6:00 - 7:00 p.m.
Place: Valley Presbyterian Church
6947 E. McDonald Drive
Paradise Valley, AZ 85253
Contact: Robby C. 602-799-8732
(robert@orchidsound.com)

Syracuse, NY

When: 1st Monday each month
Time: 6:30 - 7:30 p.m.
Place: Manlius Pebble Hill School
Amons Building (Library)
5300 Jamesville Road
Dewitt, NY 13214
Contact: David C. 315-278-5293
(david.cortese@hotmail.com)

Chicago, IL

When: Once each month
(Please inquire about dates, location,
and time.)
Contact: Jeff B. 312-656-7431
(jeffbelmonti@yahoo.com)

Los Angeles, CA

*This meeting is open to anyone who
has gone through treatment!*
When: 2nd & 4th Wednesday each month
Time: 6:00 - 7:30 p.m.
Place: Sha'arei Am: The Santa Monica
Synagogue
1448 18th Street
Santa Monica, CA 90404
Contact: Bryan F. 310-201-0005
Stefani U. 310-458-3768

Indianapolis, IN

When: 1st Wednesday each month
Time: 7:00 p.m.
Place: Bethlehem Lutheran Church
526 E. 52nd Street (& Central Ave.)
Indianapolis, IN 46205
Contact: Ellen R. 317-709-6135
(roberts0647@sbcglobal.net)

Columbus, OH

When: 1st Wednesday each month
(Please inquire about location and time.)
Contact: Janet S. 614-519-7989
(janetsch@mac.com)

Northern CA

When: 3rd Saturday each month
(Please inquire about location and time.)
Contact: Tiffany S. 415-342-8285
(t.spilove@gmail.com)

Kansas City, KS

When: 3rd Wednesday each month
Time: 6:30 - 7:30 p.m.
Place: Life Dynamics Building
(on Shawnee Mission Medical Center Campus)
9120 West 75th Street, Room 8
Shawnee Mission, KS 6624
Contact: Lana E. 816-561-4346
(qponnie@sbcglobal.net)

Philadelphia, PA

When: 2nd Thursday each month
Time: 6:30 - 8:00 p.m.
Place: Vito's Pizza and Sandwiches
(Private room in back)
580 Shoemaker Road
King of Prussia, PA 19406
Contact: Debbie R. 610-945-4837
(debra.beth@yahoo.com)
Bob R. 610-513-6090
(brbball@aol.com)

Washington, DC

When: 1st Sunday each month
Time: 6:30 p.m.
(Please inquire about location.)
Contact: Jenny K. 301-793-3777
(crewster@aol.com)

Detroit, MI

When: 1st Thursday each month
Time: 6:00 - 7:00 p.m.
Place: Farmington Hills Community
Library, Conference Room B
32737 West 12 Mile Road
Farmington Hills, MI 48334
Contact: Gail P. 248-891-3304

Dallas, TX

When: 1st Wednesday each month
Time: 7:00 p.m.
Place: St. Andrews United Methodist
Church, Room 131
5801 West Plano Parkway
Plano, TX 75093
Contact: Donna C. 817-368-6424
(donna.coach@yahoo.com)


Southeastern FL

When: Once each month
(Please inquire about dates, location,
and time.)
Contact: Jane B. 561-215-2233
(janeebutler@yahoo.com)
Stephanie B. 561-301-6111
(sbarimo@mac.com)

Charlotte, NC

When: 2nd Monday each month
Time: 6:30 p.m.
(Optional dinner after meeting)
Place: St. John's Episcopal Church
1623 Carmel Road
Charlotte, NC 28226
Contact: Scott G. 704-560-2130
(scottgnc@yahoo.com)

London, ENGLAND

When: 1st & 3rd Tuesday each month
Time: 6:30 - 7:30 p.m.
Place: 17 Wimpole Street 
London W1G 8GB
Facilitated by Max Cohen, BACP, UKRC, FDAP.
Contact: Max Cohen 07973 167245
(max.cohen@btinternet.com)



From the Editor By Tim McLeod, Senior Alumni Coordinator

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Hello, my Friend,

I hope you are doing well and the Promises of working a program of recovery are coming to pass in your life. I have many things to share with you, so I will get right to it.

First and foremost, I want to thank alumni Sandy N. and Jamie R. for the hard work they have done on their paths of recovery. Due to their diligence and perseverance, they are now able to bring the love to others on their journey of well-being.

S.T.A.R. 22 is just around the corner; if you have not already registered, it is time to do so! For those of you who have attended in the past, you will notice a few new things... and for those who have never attended, you are in for a real boost in your recovery. If you are a family member alum, we want to see you also! We have all kinds of things planned for kids 7 years of age and older, so bring the whole family. If you have any questions, please do not hesitate to call or check out www.SierraTucson.com.

If you have not already noticed, Sierra Tucson's website is redesigned and looking good! Patty and I have big plans for the "Alumni" area of the site. This is where you will also find our current Alumni World Tour dates. Just to give you a hint, we will be traveling to these states in the coming months: Arizona, California, Illinois, Michigan, New York, Ohio, and Texas. To find out more, just visit www.SierraTucson.com and click on the "Alumni" page. If you have any suggestions or comments regarding how we can make the site even better, please let us know.

It has been a while since you have received an issue of the "Afterwords Newsletter." This is due to our continued direction to become a green facility. We will now be mailing the newsletter only twice a year, so the next one you receive will be in October 2009. With that said, this issue is also your S.T.A.R. 22 brochure! We will not be mailing out a separate reminder. Remember, the best way to stay connected to Sierra Tucson is by receiving the Alumni eNews, "Beyond the Miracle." If you are not receiving this, please visit www.SierraTucson.com and click the link in the center column that says, "Sign up - Alumni eNews."

Patty and I are now hosting a weekly "Welcome to the Family" conference call every Thursday. This is for new patient and family

member alumni—to help explain all that is available to you as a Sierra Tucson alum. If you would like to join us in this call, please contact Patty or me for more information.

I want to thank all of you who submitted a comment about staff who made a difference in your treatment experience. The top two vote-getters were John Carruthers and Phil Mitchell. We had three runners-up: Michelle Madsen, Jeannette Rojas, and Pat Williamson. Each of these staff members were recognized at our annual holiday party.

In this age of technology, it is amazing how you can stay connected with other alumni. We will soon be starting online Alumni Support Group meetings! To participate, you will need to get a webcam if you do not already have one. This means you could be living anywhere in the world and still be able to connect with other alumni—and hear their voice and see their face in real time! More information will be shared in the Alumni eNews.

Evening/Weekend therapist Wayne Zespy would love to hear from you if you would like to come to Sierra Tucson on a Saturday evening and share your experience, strength, and hope with the patient community. You can reach Wayne by email at LZespy@SierraTucson.com.

I am excited about the Fall/Winter issue of the "Afterwords" newsletter. We will have a writing by our Medical Director Dr. Johnson, and he will describe to you the way Sierra Tucson can scan a brain and see just how it has been affected by a disorder. The best thing, he will show us photos of the brain before treatment and then one year in recovery. Believe me, you want to work a program of recovery—your brain will love you for it.

Last but not least, Patty and I are here, and "We Support You!" If you're looking for someone to share with or need resources in your area, we're here to help.

See you at the Reunion!

Huge blessings,

Tim McLeod ★

■ *"Our mission is simple: encourage the struggling, celebrate the miracles, and always bring the love."* ■



University of Sierra Tucson
39580 S. Lago del Oro Parkway
Tucson, AZ 85739

Address Service Requested

Celebrating 25 years!



**See inside - this is your
S.T.A.R. 22 Brochure!**

Recipe by
Chef Kevin A. Luft

*"This dish is very popular in my food demonstrations. To add color contrast, I recommend serving this dish with purple Thai rice!"
~ Chef "K"*



Halibut Poached in Curried Coconut Milk

- 1 can (14 oz.) coconut milk
- 1 tsp. peeled and grated fresh ginger
- 1 tsp. brown sugar
- ½ tsp. curry paste or powder
- 1 clove minced garlic
- 4 pieces skinless halibut (about 6 oz. each)
- 2 chopped scallions (green onions)
- ¼ cup chopped fresh cilantro
- 1 lime, cut into wedges

Yield 4 servings

1 serving = 2 protein, 1 fat

Whisk coconut milk, ginger, brown sugar, curry, and garlic together over high heat and bring to boil. Reduce heat to medium low and cook for 5 minutes. (I prefer to use curry paste instead of curry powder because it blends much better with the coconut milk. If you are a big fan of curry, which I am not, you can double the amount.)

Add halibut and cook 4 to 6 minutes on each side. Transfer fish to warm platter. Remove saute pan from heat. Stir the scallions and cilantro into the sauce and pour over the fish.

This is a very pale-looking dish, especially if served on white china. I like my food presentations to have color contrast, so I recommend serving this dish with purple Thai rice.