

afterwords



A Newsletter from Sierra Tucson
Winter 2001 - 2002



S.T.A.R. 14 A Journey Inward... Finding Our Center

S.T.A.R. 14 did bring all of us that much closer to our center... the alumni who attended can attest to that! The weekend was kicked off by our alumni friend, Lee McCormick, who broke out his guitar for us. His songs never cease to remind us of our recovery journey. We could not have a reunion without Michal Gorman's yearly countdown. It was nice to see alumni from the 80s still coming back! That is a huge testimony that recovery works. Then Don Bartlette, the keynote speaker, shared his very moving story of what it was like for him growing up as an American Indian. Don brought us to tears and then lifted us up with a story filled with love and compassion.

On Saturday the alumni took part in workshops to enhance their recovery. The alumni's feedback was great. New workshops, like the Serenity Hike and Equine Experience, really added something different from the past reunions. Some alumni just liked Tim McLeod's —should we say—non-driving skills to the Serenity Hike the most. Saturday night we gathered in the Westward Look's banquet room for some good food and fun. After dinner, comedian Mark Lundholm shared his recovery story with us in the only way he can. One minute we would be shedding a tear, the next our sides were hurting from the laughter. (Wheeeeeee!) The patients that were here at Sierra Tucson would like to thank Mark for taking the time to come up and perform for them. After Mark's entertainment, some alumni turned to dancing the night away, others headed off to the 12-Step meeting, and some looked to the pool to cool off and play

a game of water basketball. (We won't share how the basketball game ended! ☺)

The alumni headed to Sierra Tucson on Sunday for brunch and to hear alumni share their stories. We all agreed that John Hall outdid himself with the food this year. It is always exciting to listen to the alumni share their feelings about coming back to the place where their recovery journey began. After brunch we walked down to the activities building, where the patients joined us for a performance by alumni, Laurie Daily. Laurie shared of her struggles with an eating disorder by using her wonderful voice and music to take us on her recovery journey. Laurie tours all around the country sharing at schools and events about what happens to your life when you let go and let God take over. We wrapped up the day with several alumni who were willing to share the awesome changes in their life since being at Sierra Tucson. From Laurie to the alumni speakers, all their stories had one thing in common. They all had the willingness to take action. They had gone from the survival part of recovery to the thriving part of recovery.

Sierra Tucson would like to thank all the alumni who came to S.T.A.R. 14. You will never know how much your presence means to the staff and the patients.

If you are looking for information about Laurie Daily, Mark Lundholm, or Lee McCormick, take a look at these websites:

- Laurie Daily - www.bulimia.com
- Mark Lundholm - www.marklundholm.com
- Lee McCormick - www.recoveryranch.com

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Afterwords *Alumni Newsletter*

· Address correspondence to:

· Alumni Coordinator
· Sierra Tucson
· 39580 S. Lago del Oro Parkway
· Tucson, AZ 85739

· Or call 800-624-5858

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- March 18-22 ♦ Couples - Creating Intimacy
- April 8-12 ♦ Positive Potential
- April 22-26 ♦ Relationship-Building Through Equine
- May 6-10 ♦ Mothers & Daughters
- June 3-7 ♦ Positive Potential
- July 15-19 ♦ Retreat for Men
- August 5-9 ♦ Couples - Creating Intimacy
- September 9-13 ♦ Positive Potential
- September 23-27 ♦ Relationship-Building Through Equine
- October 7-11 ♦ Renewal - Deepening Your Recovery
- October 14-18 ♦ Renewal - Deepening Your Recovery
- October 21-25 ♦ Healing the Healer
- November 4-8 ♦ Retreat for Women
- December 9-13 ♦ Couples - Creating Intimacy

*"This was SO, SO, SO powerful!
I can't imagine anything more,
and I am TREMENDOUSLY
grateful!"*



**"KEEP THE
WRITINGS COMING!"**

Hey, All You Writers & Poets!

We at Sierra Tucson would like to put together a book of recovery stories and poetry from you, the alumni! You have seen what an inspiration it is to read of others' experiences and victories in this newsletter. By sharing your own words of encouragement through stories, poetry, or letters, you will be offering courage, strength, and hope to other alumni!

If you are willing to share your writings, please send them to:

Alumni Coordinator
Sierra Tucson
39580 S. Lago del Oro Parkway
Tucson, AZ 85739

Please include your name and telephone number so I can contact you to confirm authorization to use your writing(s). We hope these books will be available in our Bookstore in the near future!

Hooray, Hooray!

Sierra Tucson's new website is up and running!

The **Alumni Resources** section is full of information for you. It contains the long-awaited

Chat Room and a **Message Board**

to help you keep in touch with your friends!

You can also talk privately online with a member of the Intake team! How cool is that!

Be sure to check out the **Events** section, which will keep you updated on **Alumni Events** around the country!

So, come check out the new site at
www.sierratucson.com.

I look forward to chatting with you
in the Chat Room!

~Tim McLeod, Alumni Coordinator

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From the Editor

Hello, Recovery Friends!

It was nice to see all of you who showed up for S.T.A.R. 14. I want to thank you for your feedback on making next year's Reunion even better. We all know that will be a tough task. S.T.A.R. 14 was AWESOME! For all who attended the Reunion, I'm still working on my reflection paper around my behavior at the pool (Ha! Ha!).



looked the other way when the community she lived in condemned her for helping him. She never stopped teaching, comforting, and nurturing this boy into the man he is today.

I'm sure all of us can remember the people in our lives that would continue to believe in us no matter what we did. They are the same people that would not allow us to talk down about ourselves and would continually keep reminding us of how they liked spending time with us. These people chose to set themselves apart from the rest. They would take the time to sit down with us and listen. A tap from them on the shoulder gave us a peace that would remove us from whatever negative feelings we were having. This person might have been a school teacher, sponsor, parent, coworker, neighbor, or a recovery friend. No matter the circumstance, they were always willing and ready to help.

My travels have already taken me to several cities. In **Los Angeles** I met the alumni at Universal Studios City Walk for dinner. The evening was filled with fun and laughter. Jeffrey Yates, facilitator of the Los Angeles aftercare group, joined us. I met the **New York City** alumni at Ruby Foo's in Times Square. What an experience for me, being my first time in NYC. We had a great time. It was a pleasure for me to get to meet John and Nancy, who are our alumni contacts. I also want to thank the several alumni who took me on a tour of the city. The **Phoenix/Scottsdale** alumni gathered at Old Town Scottsdale for dinner at Buca di Beppo. The evening started at the alumni aftercare group that meets on Thursday evenings. We all had a good time at dinner, sharing about our recovery journeys. My travels continued when I headed to **Houston** in November. I was able to sit in the aftercare group facilitated by Ginny Hoops and after that, we all headed down the street for dinner. Also in November, while I was on vacation in beautiful Colorado, I gathered up all the alumni in **Denver** who wanted to join me for dinner. I highly recommend checking out one of the aftercare groups. I promise it will be a boost to your recovery. If you need more information, please give me a call at 800-624-5858, Ext. 2013. It has been a pleasure for me to get out and meet you, the alumni. Look on Page 5 for future cities I will be visiting. The North American Alumni World Tour has begun!

We have all witnessed recently just how precious life is. I want to challenge all of you to let someone know every day that you believe in them. That could be encouraging someone at a 12-Step meeting or helping a child with homework. It could be as simple as complimenting someone. In the book, Becoming A Person of Influence, John C. Maxwell and Jim Dornan wrote, "Take time to express your love and appreciation for the people close to you. Tell them how much they mean to you. Write them notes telling how much you care. Give them a pat on the back and, when appropriate, a hug. Don't ever assume that people know how you feel about them. Tell them. Nobody can be told too often that he or she is loved." AA's Twelve Steps and Twelve Traditions says, "When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it." William A. Ward said, "Flatter me, and I may not believe you. Criticize me, and I may not like you. Ignore me, and I may not forgive you. Encourage me, and I will not forget you."

Well, the world has changed, as we know it. We have lost some friends. We also have seen the birth of true heroes... from the firefighters and policemen to individuals stepping out to the aid of others. These men and women did not become heroes because they died. They became heroes for what they did. By working your own recovery, you are also a hero. You have stepped out of the past, walked through fear, and have taken action for a new way of living. You are able to be present to continuously work the 12th Step.

So, my friends, I want to close with a reminder to all of you. During these trying times, reach out and talk with someone. We all know what isolating will lead to. If you haven't heard from a friend lately, give them a call.

S.T.A.R. 14's keynote speaker, Don Bartlette, is a Native American who spoke about a woman who took him under her wing. This woman, who Don referred to as the "white woman," set an example of what the word love means. She believed in him and never let him forget it. This woman

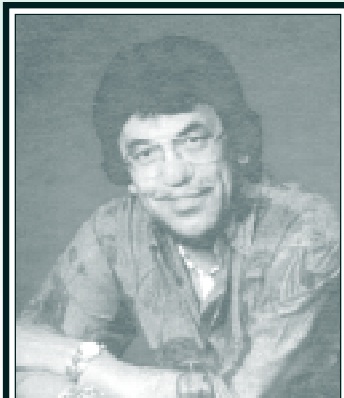
I hope and pray that you all enjoy your time with family and friends over the holidays.

God bless you and God bless America,

A handwritten signature in black ink that reads "Tim McLeod". The signature is stylized and cursive.

Tim McLeod, Alumni Coordinator ■

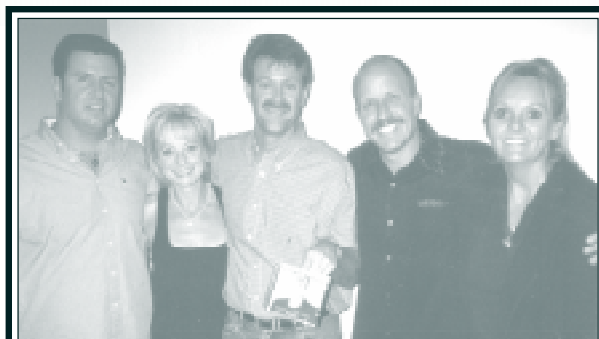
S.T.A.R. 14



Don Bartlette



Lee McCormick



Mark Lundholm & Alumni



Serenity Hike



Laurie Daily

S.T.A.R. 15

Sierra Tucson's 15th Annual Alumni Reunion
will be held October 11-13, 2002,
at the Westward Look Resort... mark your calendars!
Look for more information in the next "Afterwords" newsletter
or at www.sierratucson.com.

The North American Alumni World Tour!

Listed below are cities we will be visiting in the coming year. Look on the website (www.sierracucson.com) for dates and times! We will also list more cities in the next "Afterwords" newsletter.

Looking forward to seeing you!

- Austin
- Boston
- Chicago
- Dallas
- Kansas City
- Lafayette
- Milwaukee
- Nashville
- New Orleans
- St. Louis
- San Diego
- San Francisco



Los Angeles Alumni Dinner
September 2001



New York City Alumni Dinner
October 2001



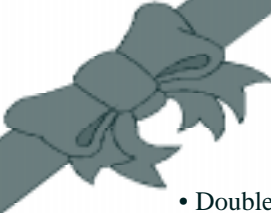
Phoenix/Scottsdale Alumni Dinner
October 2001



Denver Alumni Dinner
November 2001



Houston Alumni Dinner
November 2001



Recovery Tools for the Holidays

- Double up on your 12-Step meetings • Call your sponsor 2 times a day • Journal morning and night
- Exercise or walk to help clear your thoughts • Meet a recovery friend for coffee • Have set plans for your day; idle time will just let your mind wander • Sign up to chair a meeting • Do not let yourself get worn out; get plenty of sleep • Stay focused on living in the moment • Approach relationships and food with balance • Carry a favorite daily meditation in your pocket and read it several times a day • Practice living in gratitude • Remember, there will always be drama going on around you, but you have the choice whether to attach yourself to it •

Best Wishes to John Hall

On Saturday night of S.T.A.R. 14, we said goodbye to a dear friend. John Hall, the Director of Food Services at Sierra Tucson has decided to return home to the Northwest. S.T.A.R. 14 was John Hall's 7th Alumni Reunion! The alumni presented John with a plaque with words to express our appreciation for all his hard work. John, thanks again for all your support. Your smiling face we will never forget!

~Sierra Tucson Alumni 🍀



Meet Chef Todd Krauss

Sierra Tucson would like to introduce our new Director of Food Services, Todd Krauss. Todd started with us on September 28, 2001, and immediately liked it here. Todd moved to Tucson from Milwaukee, Wisconsin, where he was the Executive Chef at The Milwaukee Athletic Club. Todd takes pride in the food he prepares. The sea bass recipe he provided for this newsletter has already received rave reviews from both the staff and patients. He looks forward to meeting you next year at the Reunion! 🍀

Winter Recipe

CHILEAN SEA BASS with Fresh Tomato Arugula Relish

- 4 6-OZ. FILLETS OF CHILEAN SEA BASS,
SKINNED & BONED
- 1 CUP SEASONED FLOUR
- 6 MEDIUM ROMA TOMATOES, DICED LARGE
- 6 WHOLE LARGE BLACK OLIVES, SLICED
- 6 WHOLE MEDIUM GREEN OLIVES, SLICED
- 1 TBL. CAPERS
- 1/8 TSP. FRESH CHOPPED GARLIC
- 1 SHALLOT (OR RED ONION), MINCED
- 1/4 LB. CHOPPED ARUGULA
- 1 TBL. OLIVE OIL
- 3 TBL. BALSAMIC VINEGAR

Lightly dredge sea bass in flour and saute 4 to 5 minutes per side in medium heated pan with olive oil. Remove from pan and place on baking sheet in preheated oven at 350 degrees for 8 minutes. Meanwhile, combine all remaining fresh ingredients in mixing bowl and let sit at room temperature. Plate bass and top with appropriate amount of relish. Enjoy with favorite starch and fresh steamed vegetable.

YIELD 4 SERVINGS

1 oz. Fish = 1 protein & 1/2 a fat
3 oz. Relish = 1 vegetable & 1/2 a fat 🍀

Aftercare Groups & Alumni Support / S.T.A.R.R.T.

(Sierra Tucson Alumni Recovery Response Team)

Recovery is a gift that grows and expands when shared with others—think of the many ways in which you can help others begin their recovery journey, just as you have begun your own. . . pass it on!

AFTERCARE GROUPS

Scottsdale, AZ

Dorothy Barnes
Psychological Counseling Services
7530 E. Angus Drive
Scottsdale, AZ 85251
480-947-5739
Thursdays, 5 - 6:30 p.m.
\$5 cost

Los Angeles, CA

Drs. Eagan, Einbund, Bienstock & Chaisson
9911 W. Pico Boulevard, #1480
Los Angeles, CA 90035
310-659-3823 (4# for ST Aftercare Group)
Jeffrey Yates, Group Facilitator
Tuesdays, 7 p.m.
\$10 cost

Houston, TX

Virginia Hoops
3131 W. Alabama, #304
Houston, TX 11098
713-524-6252
Thursdays, 6 - 7:30 p.m.
\$10 cost

Atlanta, GA

Kathleen McKinney
2900 Chamblee Tucker Road, Building 8
Atlanta, GA 30341
770-936-8851
Every other Thursday, 7 - 8:30 p.m.
(Please call for schedule)
\$15 cost

ALUMNI SUPPORT / S.T.A.R.R.T. MEMBERS

The S.T.A.R.R.T. (Sierra Tucson Alumni Recovery Response Team) members below are your contacts in the metropolitan areas listed. Alumni activities vary around the country—please call to find out what events are happening in your area.

Scottsdale, AZ

Susanne N. 480-215-8008

Acton, CA

David S. 661-269-9420

Los Angeles, CA

Brian F. 323-653-4900

Newport Beach, CA

Susanna J. 949-706-3311

Orange County, CA

Faith M. 949-489-8116

San Francisco, CA

Liz G. 415-898-9997
Phil S. 650-324-2883

Boulder, CO

Nancy S. 303-527-1830

St. Petersburg, FL

Maureen W. 727-322-0597

Atlanta, GA

Mary C. 770-988-0083

Chicago, IL

Kathy W. 847-446-0026

Lafayette, LA

Tammy M. 337-984-9885

Portland, ME

John M. 207-879-0344

Las Vegas, NV

Marianne M. 702-646-0749

New York, NY

Nancy L. 212-213-9169

Portland, OR

Marggi M. 503-332-4153

Pittsburgh, PA

Jill F. 412-855-8976

Nashville, TN

Lee M. 931-729-9223
Sheilah M. 615-377-3716

Austin, TX

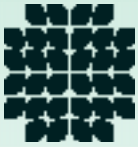
Mark F. 512-301-4192

Dallas, TX

Walton G. 214-357-2936

Gillette, WY

Sally B. 307-685-3335



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Winter 2001-2002

Alumni Events

Sierra Tucson offers and supports many events throughout the year for alumni and healthcare professionals. You may call **800-624-5858, Ext. 2303**, or visit our website at www.sierratucson.com for additional information.

Following is Sierra Tucson's schedule of events through April 2002:

Monthly 2001 - 2002

Tucson, AZ 2nd & 4th Wednesday
 Alumni 12-Step Meeting
 at Sierra Tucson

December 2001

11 Kansas City, KS
 Alumni Dinner

January 2002

14-18 Tucson, AZ
"Positive Potential"
 Quality of Life Workshop™

19 Los Angeles, CA
 Alumni Workshop

February 2002

9 Phoenix, AZ
 Alumni Workshop

March 2002

4-8 Tucson, AZ
"Healing Yesterday Today"
 Quality of Life Workshop™

March 2002 (continued)

9 Los Angeles, CA
 Alumni Workshop

18-22 Tucson, AZ
"Couples - Creating Intimacy"
 Quality of Life Workshop™

April 2002

8-12 Tucson, AZ
"Positive Potential"
 Quality of Life Workshop™

13 Phoenix, AZ
 Alumni Workshop

22-26 Tucson, AZ
*"Relationship-Building
 Through Equine"*
 Quality of Life Workshop™