

My Dear Ones Event – Program/script Outline

(6:30 pm) Hello. This is David Wiesner. While people are coming on the call, instead of elevator music, I will read a short excerpt from the Detroit Free Press about someone who came to Treasure Rice's Brighton, MI meeting.

ALONG WITH more than 300 others from as far away as Yuma, Ariz., Mrs. X wrote for details on how to join.

All letters were answered by Brighton members, headed by their leader, Mrs. Treasure Rice.

At the first meeting, Mrs. X learned such self-help fundamentals as:

1—There's no need to be ashamed of unnatural nervous fears—thousands of persons are afflicted the same way.

2—Most persons so afflicted can learn to train their will power to overcome self-created roadblocks (by following such rules as "move your muscles and act when fear arises").

3—Tensions can be relieved by talking about "symptoms" with other Recovery members.

AFTER TWO meetings, Mrs. X decided to try out what she had learned by attempting to go to church.

She was warned that one victory wouldn't assure an end of problems.

To prepare for "setbacks"—certain to come—she was advised to keep attending the weekly meetings.

There her "victory" will encourage newer members.

1. **(6:31) Welcome: Good evening** – my name is Linda Stanton, I'm a Board member and Chair of the Fund Development Committee for Recovery International.
 - a. **Linda S.** - (15 secs) Thank you for coming tonight. Before we get started, I want to acknowledge our generous sponsors who made this program possible: Phyllis Berning, Sandra Wilcoxon, Sheila Rabel and Lisa Garcia
 - b. **I'd also like to thank the Fund Development committee and RI staff for their help and support** – it's appreciated very much.

Now, I'm pleased to introduce Board President, Joanne Lampey, to say a few words.

- c. **Joanne L** (BOARD President) (30 secs) – I'm excited to welcome you to this 80th Anniversary celebration which honors our founding period as documented in the book: My Dear Ones. We sincerely hope you find it inspirational.
2. **Linda**: Thank you Joanne. Next I'll **introduce our panel by reading a short bio for each.**
3. Phyllis Berning: The older of Dr. Low's daughters, Phyllis Berning has a B.S. degree in Business from the University of Colorado. As President of the Abraham Low Institute from 1989 to 2008, she played a major role in developing the Power to Change program and delivered it to the under-served school and the post-incarcerated community in Chicago. She has been active in community endeavors and is a lifetime board member of Recovery International.
4. Marilyn Schmitt: Dr. Low's younger daughter, Marilyn Schmitt has a PhD in the History of Art from Yale University. She taught in colleges and spent 16 years at the J Paul Getty Trust's Information Institute. She was a Board member of SHARE – Self Help and Recovery Exchange of Los Angeles for 15 years. She has served as an RI board member since 1970, on the Executive Committee since 2010. She was a board member of the Abraham Low Institute from 1989 – 2008. She helped originate the Power to Change program, and trained and led the program with Celinda Jungheim and the late Bob Dey in the Los Angeles County Jail and in the LA community.
5. Treasure Ann Sachnoff: Treasure Ann Sachnoff is the daughter of Treasure Rice, a founding volunteer member and former President of Recovery International. Treasure Ann has also been intimately involved with RI as she and the organization grew side by side from the early 1950's when Recovery meetings were still held in the home, to helping get a web site for Recovery. After having a "breakdown" Treasure Ann made a real business of getting well and was helped by her mother and her mother's experience. Treasure Ann was also a founding board member of the Abraham Low Institute and served on Recovery's board.
6. **Read short Free Press post (2 mins) below:**

I'd like to read just a couple of paragraphs from a notice Treasure Rice had sent to The DETROIT FREE PRESS Sunday Magazine in June of 1953 –

The title is: “Recovery Lives up to Its Name – Hundreds talk away nerve ills

Have you ever been “scared to death” – so frightened you were certain you couldn't carry on? Like the time you were called on suddenly to make a speech.

If so, you can begin to understand the feelings of a Detroit woman who parked outside a church recently.

She wanted to attend the service...but didn't dare.

Finally in desperation, she muttered: “Move you muscles, move your muscles.”

With that she got out and walked shakily into the church, dropping into a rear pew in near panic.

Suddenly a strange thing happened. She began to smile. Into her eyes came a look of contentment, then rapture. Visibly, her tension ended.

SHE HAD WON THE biggest battle of her life.

For the first time in 10 years, she had been able to mingle with other people.

Until that moment she was as alarmed with the prospect of joining a crowd as most would be if forced to play the lead in a Broadway play.

Like thousands of others in Michigan, Mrs. X is a victim of nerves.”

The article goes on to say how Mrs. X, like many others, had seen the notice in the Free Press and began to attend meeting and practice the Recovery method and the difference it made in their lives.

7. **Next, I'd like to INTRODUCE** Dave Wiesner, Fund Development Committee member and Editor of the Recovery Reporter, who will help lead the interview with the panel tonight. Thanks Dave!

(6:37pm) Dave: Good evening. It's my honor to ask the first question of our distinguished panelists.

Questions for panel (Dave will do odd numbered; Linda even #'s):

1. (6:40) The book My Dear Ones is a detailed history of Dr. Low and Recovery International – can you say a little about how the book came about?
We'll start with Treasure
Phyllis - Is there anything you would like to add?
2. (6:44) Why did the author refer to Recovery as the Low's 3rd child?
This question is for Phyllis
3. (6:47) What is your earliest memory of being aware of Recovery, and of your parents' role in the organization?
This question is for Marilyn
4. (6:50) What brought your mother, Treasure Rice, to see Dr. Low in Chicago?
This question is for Treasure
5. (6:53) Did you ever—perhaps during those awkward teenage years—feel like your parents were too focused on RI?
Next question is for Phyllis
6. (6:56) As children or young women, did you have roles at meetings or events—did your parents expect you to help?
This is for Marilyn
7. (6:59) Tell us a little more about how Dr. Low challenged people to get well and how this helped Treasure Rice by her exerting effort to start several groups in Michigan...
Next question is for **Treasure**
8. (7:02) Do you have a particular memory of Dr. Low at an RI meeting or gathering that you might share with us?
This is for Phyllis
9. (7:05) How did RI change after Dr. Low's death in 1954?
This is for Marilyn

10. (7:08) Treasure Rice served as president of Recovery for many years in the 1960s, what can you share about those years?

This is for Treasure

- 11.(7:11) You must have each have many personal stories throughout the years—are there any that particularly stand out in your memory?

We'll start with Treasure

Phyllis Is there anything you would like to add; Marilyn – would you like to add anything?

- 12.(7:15) How did Dr. Low envision that Recovery would be able to sustain itself into the future?

This is for Treasure

Phyllis Is there anything you would like to add; Marilyn – would you like to add anything?

- 13.(7:19) Through the growth of Recovery as described in the book, we see the importance of patients and members who stepped up at key junctures in time. Can each of you share a brief example which shows the importance of group mindedness?

Next is for Treasure

Phyllis Is there anything you would like to add; Marilyn – would you like to add anything?

- 14.(7:23) If time allows – Are there other observations from panel that may have popped into your minds? We'll start with Phyllis; Marilyn? Treasure?

(7:27) Linda: Thank you so much to our panel – we appreciate your time, support and dedication to RI very much.

Testimonial (if needed and time allows) – I'd also like to say that personally I'm very thankful for the Recovery method and spotting technique which have helped me to manage my nervous condition. To describe myself, I would say that before joining RI I was discouraged, difficult and lonely. **Now** I'm content, restrained and connected. Of course, I still have symptoms and get worked up and when this happens I use the RI tools to work down the symptoms. Being more involved with RI has made me think more seriously that making a bequest to Recovery might be another way of showing my appreciation.

Now I would like to introduce Sandra Wilcoxon, our Interim Exec Dir to close the evening.

8. (7:28) Sandra -Thank you and Good night

- a. Thank you all for attending and we hope you found it as inspirational as we did. Thank you, too, for being a Member of Recovery International—you help this important work continue. If you would like to make an additional contribution to support this and other RI activities you can pop a check in the mail, or use the on-line donation form.
- b. Later this year there will also be an opportunity to purchase leaves on the Tree of Life to show your support or honor loved ones!
- c. And last but not least, bequests of all sizes have sustained Recovery over the decades—so please remember RI in your will or estate plans.
- d. Thanks again and enjoy the rest of your evening! Good night, everyone.