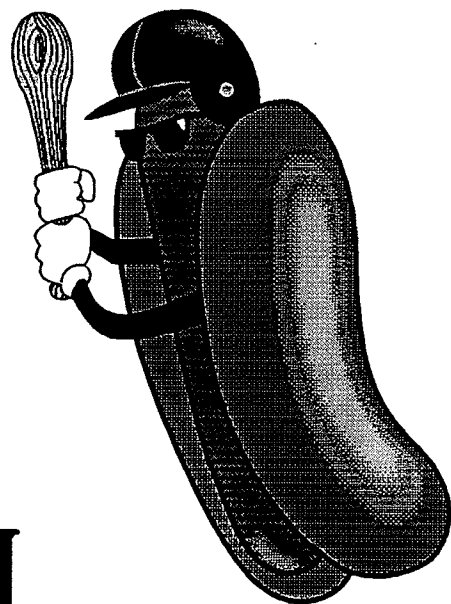


The Year's Big Hit!!!



The Sixth Annual

McBRIDE ALUMNI

Picnic

Sunday

September 9

Jacobus Park

Registration Deadline: September 4

- * Alumni
- * Family
- * Friends
- * Chicken Dinner
- * Unlimited Soda
- * Fun And Games

McBRIDE DAY activities will open with coffee and rolls in the Auditorium at 9:30 a.m. and the annual Alumni Association business meeting begins at 10 a.m. The traditional RENEWAL Program will be at 10:30 a.m. and the PICNIC should get underway at about 12:30. Please mail the registration form below, and your check (\$6.00 Per Person) made out to The McBride Foundation, to:

THE McBRIDE FOUNDATION, 17935 Country Lane, Brookfield, WI 53045, (Deadline: September 4)

Name: _____

Number Attending:

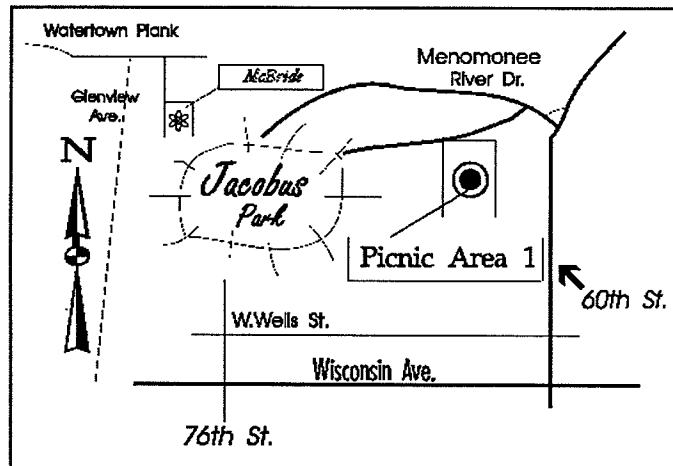
Renewal _____ Picnic _____

Children (Picnic) _____

Picnic Reservations @ \$6.00 \$ _____

Tax-Deductable Contribution .. \$ _____

Amount of Check: \$ _____



The Moving Finger

McBRIDE ALUMNI ASSOCIATION & FOUNDATION

Vol. VI, No. 3

Milwaukee, Wisconsin

Summer, 1990

'McBride Day' Is Double Feature

Renewal To Focus On 'Courage' Theme

Every day is special in recovery, but for McBride Alumni, there is one day every year that has taken on added significance.

"Renewal" is just what the name implies, a time to take stock; to reflect on the past, to appreciate the present and to feel a little better about the future.

This year's program, scheduled for Sunday morning, **September 9**, will have "Courage" as its theme, and will, once again, provide an opportunity to discover new strength by gathering with fellow Alums in a symbolic return to McBride.

Since recovery, like addiction, involves friends and loved ones as well, the program is open to spouses and others so that they, too, may share in

(Continued On Page 3)

Picnic Menu Includes Fun For Entire Family

There's nothing like a picnic to refresh old friendships, and McBride Alums have a lot of those!

With a summer of recovery under their belts -- for many their first one -- the afternoon's menu of food and fun is a great occasion to relive good times and cement ties for the months ahead.

This year's event, the group's sixth annual, will be **Sunday, September 9**, at Jacobus Park (the same locale as last year). Come any time after the Renewal Program at McBride. (See accompanying story at left.) Serving will begin about 2 p.m.

It's not far from McBride, which Alums ought to be able to find, and the map on the back page should get you the rest of the way. Parking is on the street, but should be no problem.

(Continued On Page 3)

Dr. H Calls It A Day

The "Iron Marshmallow" has retired.

The man behind McBride, "The Big Guy," -- "Dr. H." -- has hung it up. And things (or at least *some* things) will probably never be the same.

Whether it was as "Dr. Herrington" or "Roland H.," his name has long been synonymous with recovery throughout the Milwaukee area -- and even the nation. And if you were his patient, or have simply been seated beside him at an AA meeting, you probably know why.

The story of Roland Herrington, M.D., has been told many times over the past couple of decades, usually beginning

with, "My name is Roland. I'm an alcoholic and a drug addict."

Sometimes booming, sometimes barely above a whisper, the message was always clear. Steaming with intensity or grumbling with impatience, that unmistakable gravelly voice always seemed to say, "If I can do it, you sure as hell can, too!"

As an addictionologist, he spoke the same way: With conviction, insight and wisdom. But his credibility was always rooted in that fundamental admission: "I'm no better than anyone else. I'm an alcoholic."

Countless men and women have heard his words, and in

(Continued On Page 2)



"The Iron Marshmallow"

HERRINGTON...

(Continued From Page 1)

them, often in agonizing desperation, found the strength to echo them. It was never easy, but then Roland H. never said it would be.

But you listened, and even if it was just to spite him, you made the words come out.

Sugar was never an ingredient of Dr. Herrington's treatment style, and anyone who found him endearing when they met was either not a patient or was still very, very sick.

A facade, perhaps, but that's the way he is.

Recovery is a gift, he would always say, but there was never any doubt that it had to be earned. The old fashioned way. If you sought the "easier, softer way," McBride was not for you.

The compassion, the heart, the depth of understanding were all there, of course, but carefully guarded and hidden from view.

Some Missed Out

Unfortunately, some McBride patients have come and gone without ever setting eyes on Dr. Herrington; much less, meeting him. For them, he was no more than a presence, but an influence, just the same. Some have even

described him as some sort of "mystery man," lurking in the shadows. But they knew he was there, someplace.

For them, Dr. H must be an enigma; a fearsome man who's "rough and tough and hard to bluff" but who, at the same time, is described as having a heart as big as his considerable girth.

Lasting Lesson

There is no question but what Dr. Herrington carried a big stick; for many of us, smaller ones wouldn't have worked. Like that from a concerned parent, however, the discipline is forgotten while the lesson lives on.

It usually takes awhile, but the "rough and tough" shell can be penetrated. The heart is there, all right, and it is big.

When Dr. Herrington brought the Impaired Professional program to Milwaukee Psychiatric Hospital and opened the McBride Unit in November or December of 1984 (no one seems to be certain of the exact date), he launched a tradition and established a heritage that few treatment centers can match.

The McBride Alumni Association is the embodiment of that spirit and continues to grow as an ongoing legacy.

Last fall, as part of the center's Fifth Anniversary observance, the Alumni presented Dr. Herrington with its first "Golden Hug Award," and the inscription, taken from The Big Book of Alcoholics Anonymous, bears reprinting at this time:

"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."

Though the torch has now been passed to Dr. David Benzer, Dr. Charles Engel and the others at ADMC and Milwaukee Psych, Dr. Herrington's unrelenting drive and determination will always be felt. And missed.

'Roast' Planned

Though it is still in the early stages, an Alumni "roast" for Dr. Herrington is tentatively set for next January 4.

Alums with ideas or wishing to participate should contact a Board member or Tom Winslow at McBride. Any humorous recollections, anecdotes or other program suggestions are welcome. Those who cannot attend are invited to send messages to be incorporated in the script or included in a scrapbook.

Mark Your Calendars

- Monthly Sunday Brunch* Aug. 5; Sept. 2
- Annual Meeting, Renewal Program and Picnic Sept. 9
- Board Meeting Sept. 11
- Monthly Sunday Brunch Oct. 7
- McBride 6th Anniversary Speaker Program Mid-November
- Winter 1990 Retreat Jan. 4-6

* Brunch First Sunday every Month at the Tyrolean Restaurant, 1657 S. 108th St. (Mayfair Road)

The Moving Finger is published quarterly by and for the McBride Alumni Association. Please send address and telephone corrections to:

The McBride Foundation
17935 Country Lane
Brookfield, WI 53045

Ken Zimmerman
Editor

RENEWAL...

(Continued From Page 1)

this renewal of our gratitude for, and commitment to, a better life.

Highlighting the morning will be three speakers, two Alums plus a representative from AlAnon, who will share their thoughts on spiritual courage and how it has affected their lives.

"Renewal programs are like mini-retreats," explained Kris Geise, Renewal Chairperson. "It's hard to explain, but there is something about them that can only be described as an 'experience.' You come away feeling really good about having been there."

Since complimentary coffee and rolls will be provided by the hospital, please help planners by sending in the registration blank on the back of this newsletter.

The program will open at 10:30 a.m., following the Alumni Association's Annual Meeting, and will be over by noon, when "McBride Day" moves to Jacobus Park and the big picnic.

Nurses' Group Shifts Meetings To McBride

NRN, one of the newest special-interest support groups for recovering persons, is now holding its weekly meetings on the McBride Campus.

"Nurses Reaching Nurses" was organized early this year as a self-help group for those in one of today's most stressful professions. Open to RNs, LPNs and student nurses, it is an unstructured program based on a discussion and sharing format much like AA.

Meetings were first held at Alverno College, but the location was difficult to find. The shift to Milwaukee Psych, 1220 Dewey Avenue, was made when space became available in the old Dewey Center on the south side of the hospital grounds.

All recovering and "would-like-to-be-recovering" nurses are invited. NRN meetings are at 7 p.m. Wednesdays. For further information, call Dennis B., 529-7318, or Nancy C., 425-6358.

PICNIC...

(Continued From Page 1)

Simply getting together for a leisurely afternoon is often activity enough, but for the more energetic, volley ball gear will be provided. Beyond that, please feel free to bring your own outdoor game favorites -- horse shoes or softball are always good ideas.

For the low, low price of \$6.00, you'll get a fried chicken dinner, including veggies, potato salad, fresh fruit, rolls and butter, and all the soda you can drink. With the kids (of all ages) in mind, our chef has promised to toss in some brats and hamburgers, as well. Utensils, napkins and basic condiments will be supplied.

Children are free but please add them to your registration so the caterer will know how many to expect (and if their appetites trouble your conscience, you can always add a few dollars to your check to help defray expenses).

There are lots of picnic tables, but past experience has shown that lawn chairs make for better socializing. If you have them, throw a couple in the trunk (right next to the mosquito repellent, which we won't talk about).

Your reservation and check must be received no later than **Tuesday, September 4**. Please use the registration form found on Page 4.

Plans for a rain site are still pending and, if necessary, will be announced at the Renewal. Or you may call the hospital switchboard after noon on the day of the picnic.

McBRIDE DAY TIMETABLE

- Coffee/Rolls 9:30 a.m.
- Annual Meeting 10:00 a.m.
- Renewal 10:30 a.m.
- Picnic 12:30 p.m.

Official Notice

In keeping with the bylaws of the McBride Alumni Association & Foundation, the annual meeting will be conducted at 10 a.m., September 9, 1990, at McBride.

Heading the agenda is the Board of Directors election, with four seats at stake. Directors serve two-year terms, five expiring in odd-numbered years and four in the even-numbered. (Past-presidents may remain on the Board as ex-officio members.)

Directors whose terms expire this year include Tom Dutton, Kris Giese, Jean Vila and Len Worman. If they desire, they may seek re-election.

Anyone interested in serving should notify a board member. Diane Weber, chairman of the nominating committee, said that several names have already been submitted, and nominations will also be accepted from the floor.

Membership is open to any McBride Alum who has at least one year of sobriety. The Board meets at 6 p.m. on the second Tuesday of each month, usually in room E-7.

Routine housekeeping items, such as the annual activities review, the treasurer's report and the opening of the bylaws to amendment, are also on the Annual Meeting agenda, and there is an opportunity for comments and suggestions from the floor. All Alums are encouraged to attend and participate.