

The Moving Finger

MCBRIDE ALUMNI FOUNDATION

Vol. I, No. 1

Milwaukee, Wisconsin

SUMMER, 1985

THE PICNIC IS MOVING along at full speed. Hopefully, all members received a flyer, then marked the day on their calendars and cancelled all previous engagements. The real measure of success, of course, lies not in the preparation but in **YOUR BEING THERE**; we're all counting on everybody else to make this first official alum function a real milestone in what we hope will be a long and eventful history. Remember that date, **SUNDAY, AUGUST 11**, at Scout Lake Park, Loomis Road at 60th Street; 12 Noon 'til ??? . And it's free! If you have any questions, give Ken or Nat Zimmerman a call at (414) 781-2091.

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THANKS TO THE DOCS, we're in business for real. A generous donation of \$100 from Addictive Disease Physicians, S.C., enabled us to open a bank account and set the wheels in motion for establishment of an official organization. The Executive Board (a re-christening of the original "steering committee") is listed as the "governing body," but that's primarily for legal purposes -- we're trying to keep things as simple as possible. For the official record, though, your officers include: Ken Zimmerman, President; Michael Kushnaryov, Vice President; Marleen Strachota, Secretary, with Dennis Defenbaugh, Chris Zillig and Natalie Zimmerman as Members of the Board. Dr. Hauser was invited to serve as an advisor and ex-officio member. Also for the record, we must draft a constitution, bylaws, and all that sort of thing but this, too, will be kept as simple as possible. You will be kept informed as these momentous steps are taken.

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OUR INTENT AND PURPOSE, for the benefit of those who could not attend the first meeting, is to act as a social entity, nurturing our valued friendships, and to serve, in whatever ways we can, the needs and growth of the McBride programs as we seek to aid those who still suffer. For those of us in the Milwaukee area, this could involve visiting patients, conducting or sitting-in on "rap sessions" at the treatment center on a regular basis, picking up or dropping off out-of-town patients at the airport, serving as temporary sponsors during treatment and early after-care, informal or supportive counseling when deemed appropriate and other such "helping hand" activities. And there's always the need for spreading the word and promoting our "alma mater." Similar or additional duties will undoubtedly crop up from time to time and, especially for you out-of-town alums, we're looking for suggestions. You are no less important when it comes to our mutual reliance upon each other for ongoing strength and support, and the bolstering of these ties while they are still fresh is vital. Written and telephone contacts can be helpful, and a membership roster access policy is being developed. Please keep in touch. No one is under

obligation, of course, but it is hoped that the spirit of the Twelfth Step will be a factor in sustaining this worthwhile camaraderie and fellowship.

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THE WORD "FOUNDATION" is part of our name at the suggestion of the bank officer who assisted in opening the account; he felt it would get us the most economical "consideration," so far as bank fees are concerned. It has added significance, however, in light of a discussion of future activities that took place during our first Board meeting. We ruled out mandatory dues for membership, opting instead for voluntary donations dictated by conscience and gratitude. But nothing comes for nothing, we all know, and even the simplest of organizations, such as ours, must meet some basic expenses -- supplies, printing and postage, for example. We were thinking of something like \$5. ("and up") per member to help defray those costs. Down the road, however, we are looking at a more ambitious posture, with a true "foundation" role. Certainly most of us have much to be thankful for as a result of our McBride experience. When the occasion for charitable giving arises, what better conduit for our generosity than this association. Your Board is studying possibilities along this line and is most anxious to structure something in keeping with your wishes. Please feel free to offer comments or suggestions. Again, this is most emphatically a voluntary function and there will be no badgering (well, maybe a hint or two ... but nothing coercive). At this point, though, please keep in mind our immediate financial needs and contribute accordingly; send checks, made out to "The McBride Foundation," to Ken at the address below. The bank account identifies us as a nonprofit organization and all donations are tax-deductible; receipts will be provided. (And -- not to worry -- meticulous financial records are being kept and are always open for inspection.)

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OMAR KHAYYAM WAS ONE OF US, some insist, and it was his legendary, if not mystical, "RUBIAYAT" that provided the inspiration for naming this newsletter. One of the often-quoted verses begins: "The moving finger writes, and, having writ, moves on." Rare is the McBride patient who, at some point during treatment, did not hear that he or she was ready to "move on" (hopefully to better things). It seemed like an appropriate, and catchy, title. Any objections? Comments on the format? Items for the next issue? Something slightly more professional in appearance is planned for future editions but the editor felt that Vol. I, No. 1, should get off the press in time to serve as a reminder for the picnic. It will also provide a test run for our mailing list. Please send any corrections to Ken Zimmerman, 17935 Country Lane, Brookfield, WI 53005. Or call, if you wish, (414) 781-2091.

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RANDOM NOTES ... The Recovery House opened in March and has been at near-capacity (13) most of the summer, with the "Cape Cod Cottage" being used for overflow (2) on a couple of occasions ... New chairs and an additional table have made House meals more comfortable; a (pay) phone has been installed for resident use -- (414) 257-9591 ... Becky Montgomery, former PMs nurse on the Unit, has "moved on" and is now brightening spirits in southern Illinois ... Jay Long has joined the treatment team as full-time counselor for the House. More about that, and other developments, in a future issue ...

-- KZ

" . . . Turn down an empty glass."
-- Omar K.