

The Moving Finger

McBRIDE ALUMNI ASSOCIATION & FOUNDATION

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SUMMER RETREAT TO FOCUS ON PREVENTING RELAPSE

Whether it lurks as a nightmare from the past or stands as a threat that can't be ignored, relapse holds an ominous place in the minds of all recovering alcoholics and other victims of chemical dependency. It is the most vivid example of the insidiousness of our disease. No matter what your stage of recovery, it is a subject worth talking about and, for that reason, it is an excellent subject for the upcoming Second Annual McBride Alumni Summer Retreat, set for June 3-5, 1988.

Once again, alumni will have the opportunity to spend a quiet weekend at the idyllic Perpetual Help Retreat House on the shores of Crooked Lake (near Oconomowoc, about half an hour from Milwaukee). The setting couldn't be better! From the evening meal Friday through the closing ceremony Sunday noon, all expenses are covered by the \$80 reservation fee. Those who have attended previous McBride retreats know the value of these "escapes," the chance to get away and recharge the spirit. Whether an "old hand" or a "recent grad," it's time well spent. Everyone should have received a flyer, and Retreat Chairman John Curtis (414-782-1478) or any Board member can be contacted if you have any questions. Reservation deadline is May 31. (And if you REALLY want to project, mark December 2, 3 and 4 on your calendar and reserve it for the Second Annual Winter Retreat, this year to be held in suburban Madison.)

AND THE GROWTH GOES ON

As might have been expected, the opening of McBride II as a second inpatient unit (reported in the last "Moving Finger") meant it was only a matter of time before the need for a second recovery house would be evident. RECOVERY II is the result. Situated at the edge of the woods just south of McBride II (which is located within Dewey Center), the refurbished and redecorated home opened to a full house on March 1. With the new facility, about 30 Phase II residents now have the opportunity to prepare themselves for eventual return to the "real world" while retaining the close camaraderie of McBride living. Drop by if you haven't seen it. Alumni visits are always welcome.

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+ + + + +	<u>COMING ALUMNI EVENTS</u>	+ + + + +
+ + + + +	Summer Retreat.....	June 3-5 +
+ + + + +	Softball vs. Dewey..	June 18 +
+ + + + +	Annual Mtng/Picnic..	Aug. 14 +
+ + + + +	Winter Retreat.....	Dec. 2-4 +
+ + + + +	Annual Game Nite....	Feb., '89 +
+ + + + +	Brunch With The	1st Sun. +
+ + + + +	McBride Bunch.....	of Month +
+ + + + +		+ + + + +

**IT'S OFFICIAL!
WE'RE INCORPORATED!**

Thanks to the diligent work of barrister-to-be Peggy H., who shepherded the project through all the necessary legal channels, and thanks to the volunteer efforts of a local law firm, The McBride Alumni Association and Foundation, Inc., has been recognized as a Federal, and Wisconsin, not-for-profit corporation. In the past, we had to serve as something of a funnel for donations which were, technically, made to Milwaukee Psychiatric Hospital (even though they were earmarked for McBride purposes). Now, we are a philanthropic organization in our own right, with our own purpose and mission. It gives us much greater freedom and, for those who were uncertain of the deduction status, it clarifies our qualifications as a bona fide charity. Perhaps that should be repeated: The McBride Foundation, an organization that is completely independent from the hospital and the physician group, is now eligible to receive donations that are fully tax-deductible. That is, you can now send your contributions to the McBride Foundation, 17935 Country Lane, Brookfield, WI 53005, and they will be fully deductible. Get the message?

MCBRIDE NETWORK SPREADING

In response to interest from the hinterlands, at least one Alumni satellite organization is taking shape. Tentatively centered in Green Bay, a group of grads from the northeast part of Wisconsin is looking at a regional get-together, with an eye toward regularly scheduled luncheon or dinner meetings. A similar format is being talked about in the Madison area. With that in mind, the Board of Directors, at its April meeting, voted to extend board representation to those two regions. Temporary directors are being named, with permanent spots to be filled at the Association's annual meeting in August. In the meantime, any alums in those areas who would like further information, or who would like assistance in getting things started, should contact a Board member. Any news or announcements should be forwarded to Ken Zimmerman for use in "The Moving Finger."

**PICNIC, ANNUAL MEETING
SLATED FOR AUGUST 14**

Planning is well underway for the big Fourth Annual McBride Alumni Picnic, and you can now reserve the date -- August 14, 1988. This year we'll be at a site not far from McBride, Wisconsin Avenue Park (north side of Wisconsin Ave., just east of Mayfair Road). As in the past, the day will begin with the Association's annual meeting and a Renewal Program. Still under consideration is an early-bird event, such as a golf outing, on Saturday, August 13, an idea suggested last year by several out-of-town grads. If you have any thoughts along this line, please call or send a note to the Board of Directors.

Several Board positions will be vacated this year, and a nominating committee will soon be assembling a slate of candidates for submission to the membership at (if not prior to) the annual meeting, when the election will be held. Any McBride alum of at least a year's standing is eligible; those interested should submit their names to a present board member (list may be found on the bulletin board in the McBride lounge). Several other important items are on the agenda for the

August 14 meeting, including formal adoption of the Association and Foundation bylaws. (A copy can be inspected at any Board meeting, 8 p.m., second Sunday of each month in Room E-3 at McBride.) Even if you cannot make it for the picnic, your attendance and participation at the annual meeting and Renewal is strongly encouraged.

CASINO NIGHT ANOTHER WINNER

With about 100 alums and guests attending, the third annual Alumni Game Night (the changed name is intentional) had virtually everyone in the chips. Greg L., wagering with reckless abandon, emerged as the evening's most successful gambler and headed the parade of lucky alums who selected from the table loaded with prizes. The food again was great and, thanks to a long list of contributors, there were prizes for more than 30 attendees. A tip of the Association hat to John Hanson (and his helpful wife, Carol) and Joe Piscione, who headed the organizing committee. And special thanks to those who sweetened the Foundation kitty with a cash donation along with their reservations.

'BRUNCH WITH THE BUNCH' SMACKS OF GOOD TIMES

On the first Sunday of each month, McBride alums and good friends have yet another opportunity to get together on a purely social -- and tasty -- basis. It's the "Brunch With The McBride Bunch" all-you-can-eat buffet at the 76 Club, 304 North 76th Street (just south of Blue Mound Road). For \$7.95, there's a sumptuous spread of both breakfast and luncheon entrees (egg dishes are cooked to order), appetizers, soup and salads, side dishes and a table loaded with diet-shattering desserts. We're not the only ones there, of course, but there's plenty of room for staking out a corner for the McBride crew. The crowd starts gathering about 10:30 a.m. and lingers on until past noon. It's not a meeting; just a chance to gab a bit and keep the alumni fires burning. Sample the food and fellowship at the next one, Sunday June 5th. (Retreat attendees are looking at the possibility of a second brunch the following Sunday.) Spouses, significant others and friends are always welcome, and reservations are not necessary.

AND ON TUESDAYS...

McBride alums still make up the majority at the Tuesday night meetings of Milwaukee Professionals in AA (7:30 p.m. in the Hospital Auditorium), and for many, the get-together continues afterwards at any of several nearby eateries. In case you're in the mood for a late dinner, snack or dessert, or just coffee with the group, stop in at The Chancery, on State Street, or Baker's Square on Blue Mound, just east of Brookfield Square. There are other popular spots, too, but these two are always sure to have at least a few familiar faces on hand. Ask around at the meeting, or make up your own group.

**TEMPORARY SPONSORSHIP:
A NEED NEEDS FILLING**

For the past several months, those attending the Tuesday night meetings have probably noticed the practice of inpatients identifying themselves before the group with a request for temporary sponsors. This is an effective way of making those wishes known, but often there is no response. In other cases, patients are understandably shy about raising their hands before such a large group of perceived strangers; the unexpressed need goes unfilled. The subject arose at a recent Alumni Board meeting and it was decided the process could use a boost, that the alumni should use this as yet another opportunity to do some collective 12th Step work. The exact mechanism has not been worked out, but Joe Piscione has agreed to set the wheels in motion to put patients in touch with alums (who have at least a year of sobriety) willing to lend a hand as temporary sponsors. As a start, anyone wishing to join a panel of potential temporary sponsors should give his or her name to Joe, or the Tuesday AA group secretary. The list will, in turn, be made available to patients. If you're not a Tuesday night regular, but would still like to participate in this worthwhile and rewarding volunteer activity, simply forward your name to Joe or any Board member. It should be emphasized that the freedom to select a sponsor will remain with the patient; there is no intent to "assign" or in any way put pressure on this important recovery decision.

**CLYDE TURNING 80;
HELP HIM MARK IT!**

Though we don't really keep track of such things, chances are that Clyde Bachman is (in "real years") the senior alum amongst us, and certainly one of the most beloved. He's celebrating the first 80 years of a kind and generous life next month and, to mark the occasion, a festive brunch is being held in his honor. Clyde spread his treatment days between both McBride and Dewey, and he serves as treasurer of the Dewey Alumni. Many of you have shared his salty humor and that ever-present smile since meeting him during his McBride days in 1985. Help Clyde celebrate this big day by shaking his hand at the brunch -- 10 a.m. until noon, Sunday, June 12, at the Sheraton-Mayfair, 2303 N. Mayfair Road. It's being organized by Dewey Alumni President Kay Mann (another member of both alumni groups) and you can make your reservations through her at 774-7796. Kay is also arranging for a suitable birthday gift; contributions can be mailed to her at 1341 North 54th Street, Milwaukee, WI 53208.

**HEY, HEARTY SPORTS NUTS!!!
THIS YEAR IT'S SOFTBALL!!!**

Considering the outcome of last year's fiasco, it was only natural that football be abandoned as a competitive event pitting the McBride Jocks against their counterparts from Dewey Center. This year, inflated with overconfidence, the Dewey folks have challenged us to a softball game to be played as part of the annual Dewey Alumni Picnic June 18 at Wisconsin Avenue Park (Wisconsin Ave. and Mayfair Road). C'mon, guys and gals (yes, it's a co-ed event, and besides, we need cheerleaders and loyal fans, too), let's get behind this thing for the honor and tradition of McBride! Let it be convincingly shown that we

are made of tougher stuff than was demonstrated at last year's rain-soaked "Sobriety Bowl." Get in touch with Tom Boliaris (784-9220), who has volunteered to coach, manage and counsel our team, or call Roger at the Recovery House if your athletic prowess can be counted on. Practice, though probably sorely needed, is not mandatory. Picnic starts at noon; game at 1 p.m.

WHO'S A MEMBER?...AND WHY?

Hopefully, by the time a patient leaves McBride, he or she has learned about the Alumni Association and Foundation; what it is and what it is trying to accomplish. Through the "rap sessions" and other activities, he or she has met a few members. But the mind is busy during those bewildering and often-stressful days, and it is not unusual that some are never aware of the organization until something arrives in the mail carrying a message that presumes the recipient knows what is being talked about. For those in that quandary, here's a brief look at how, where and why it all began.

The McBride Alumni Association and Foundation was established in the summer of 1985 as a response to widespread interest in "staying together so that we all might benefit from each other's ongoing recovery." In the beginning, it wasn't much more than that -- an informal agreement to join hands and spirits, to share fellowship and, most of all, to enjoy our new lives in a social and convivial fashion.

There weren't many alums in those days; McBride had been open less than a year. Our first picnic required only half a dozen tables. But as our numbers increased, and we discovered opportunities for extending ourselves to those who were following in our footsteps, we became more structured and more intent on fulfilling what we have now adopted as a mission. We are not part of AA, and we are IN NO WAY an arm of Milwaukee Psychiatric Hospital or even of the McBride Center, itself. We are completely independent, self-supporting and self-sustaining. Those distinctions must always be understood. We are primarily a social, and now philanthropic, group with a common bond in that we all found sobriety with the help of the program and fellow patients at McBride.

We are grateful. As a group, we have agreed to demonstrate that gratitude by supporting, in whatever voluntary way we can, the efforts of the Center and, more importantly, the patients under treatment there. We serve as temporary sponsors, conduct "rap sessions," greet and provide transportation for new patients and provide moral support whenever a warm hug or firm handshake can mean so much. Like other alumni groups, we have pride and spirit. We try to show it.

Our mission, then, is twofold. We strive to (1) help ourselves retain and maintain our own sobriety through ongoing fellowship and (2) we seek to assist, support and encourage those in the McBride program who are now accepting the challenge of treatment and recovery, one that WE cannot afford to forget.

There is no application for membership; everyone who completes a program (inpatient or outpatient) at McBride automatically becomes an alumnus upon completion of the program. His or her name is placed on the Association mailing list and every attempt is made to maintain contact as recovery progresses.

Alumni event announcements, news and other information, such as avenues of participation in volunteer work, are published in our quarterly newsletter, "The Moving Finger." Other notices of group activities,

and a list of Association/Foundation directors, can be found on the bulletin board located in the McBride patient lounge. Comments and suggestions are always welcome and encouraged.

There are no dues. With our membership now approaching 500 and growing rapidly, however, and with the recent increase in postal rates, printing and mailing expenses alone are becoming significant. In addition, our desire to make at least one major gift to McBride Center patients and residents each year has become more ambitious. In short, we must have financial contributions if we are to survive. Some have responded to this opportunity to share, but we must have dramatic growth in the number and level of those contributions if we are to serve as a foundation in the true sense of the word. This is not an obligation but a sharing, a material expression of gratitude for the material rewards of recovery; recovery that was made possible through the spiritual sharing that is so evident in our common bond. This is not a nameless, faceless charity but is one with which each of us can intimately identify. (Donation checks, fully tax-deductible, should be made out to: The McBride Alumni Foundation and mailed to Ken Zimmerman, President; 17935 Country Lane, Brookfield, WI 53005.)

**AND ABOUT THAT
"MOVING FINGER"**

One of literature's most often-quoted poems is the "Rubaiyat of Omar Khayyam." And one of the most often-heard phrases in the McBride lit-tany has something to do with "moving on;" moving on to the Recovery House or moving on to another phase of treatment or recovery.

Omar, for those unfamiliar with the Persian Poet, wrote about many things in his abstract, almost eerie masterpiece. There are many references to wine ("A jug of wine, a loaf of bread...") and throughout it, according to some aficionados, there is a thematic thread relating to the mysteries of alcohol and even, perhaps, addiction ("I drowned my glory in a shallow cup, and sold my reputation for a song."). He even concludes with a request that, in his memory, the reader "turn down an empty glass."

While pondering possible names for our newsletter, it was agreed that it should be catchy and "a little different; thought-provoking." Even abstract. Omar Khayyam came to mind and someone then quoted that familiar line: "The moving finger writes; and having writ, moves on."

That's how newsletters are named.

ADDRESS OKAY?

Keep us current. Please check your mailing label and make sure it is correct in every respect. And don't forget the Alumni Association when moving or changing phone numbers. The listing is confidential and is used only for Alumni news and announcements.

-- KZ

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"The MOVING FINGER writes; and having writ...MOVES ON."
-- Omar Khayyam
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