

McBride Alumni

WINTER RETREAT

January 5 - 7, 1990
Friday Evening - Sunday Noon

PERPETUAL HELP RETREAT CENTER
Oconomowoc, Wisconsin

Our Theme:

RECOVERY...

A Promise To Keep

YOU'VE FOUND THE PATH, but do you know where you're going? Take this scenic route to find out how far you've come and how far you can go on the road to recovery.

Be part of this inspirational weekend in the woods along Crooked Lake for the low fee of \$80.00. Most rooms are singles, but if you prefer a roommate, please indicate on the registration form.

Reservation Deadline: DECEMBER 28

SPACE IS LIMITED. Register early. Map and other details will be mailed to all participants.

Name: _____

Address: _____

City/State/ZIP: _____

Phone: _____ Sharing Room With: _____ (Optional)

Registration \$ 80.00

Donation to Foundation \$ _____

Amount of Check \$ _____

Make Check Payable To:
The McBride Foundation

Mail To:
Jean Vila
4165 N. Farwell Ave.
Shorewood, WI 53211
(414) 964-1697

Deadline:
December 28, 1989

The Moving Finger

McBRIDE ALUMNI ASSOCIATION & FOUNDATION

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Milwaukee, Wisconsin

Fall, 1989

Endowment Fund Proposed
Need Spurs Major Alumni Project

In its most significant action since incorporation, the McBride Alumni Association and Foundation is establishing a trust fund to provide financial hardship assistance for Recovery House residency.

"It's ambitious and it won't be easy," said Alumni President John Hanson. "At this point, it's only a goal, but we have taken the first step. We have made a decision to pursue it."

Gratitude, he said, is an integral part of recovery and "we want to provide an appropriate, rewarding channel for expressing it."

At its first meeting of the new fiscal year, the Alumni Board voted to take whatever steps are necessary to get the project off the ground and to enlist member support.

Details of the plan are yet to be worked out, but the intent is to make funds available for use by individuals who have completed their inpatient

treatment and for whom Recovery House residency is recommended. In many cases, that vital transitional phase of post-treatment is not implemented because of financial difficulties.

"We are looking at, perhaps, interest-free or low-interest loans, or perhaps outright grants," Hanson explained. "Need and commitment will have to be established, and other qualifying criteria will be necessary. That's what now must be investigated."

In its discussion, the Board acknowledged that contributions to the McBride Foundation have not been adequate to support such a program, but it was felt that an endowment fund would provide a new motivation and incentive to donate.

[The McBride Alumni Association & Foundation is a state and federally incorporated charitable (Continued on Page 3)]

McBride Marks
Birthday With
Noted Speaker

Dr. Max Schneider, a nationally known speaker and writer in the field of alcoholism and chemical dependency, will be the featured speaker when The McBride Center celebrates its Fifth Anniversary Nov. 28.

The Awareness Program, which replaces the former annual open meeting held with the Milwaukee Professionals in AA (Tuesday Night) AA Group, will, as in the past, be held at 7:30 p.m. in the Medical College of Wisconsin Alumni Center.

Dr. Schneider's talk, entitled "An Excess of Excesses," is a witty, yet thought-provoking, look at the excesses to which recovering people turn in their recovery. It was first presented at the Betty Ford Center.

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Early Registration Urged
Retreat Interest Runs High

With interest and enthusiasm running higher than ever before, plans are nearly complete for the Alumni's annual Winter Retreat, set for January 5, 1990.

Sticking with the format that has proved so successful in the past, the program will feature an opening keynote speaker -- this year Dr. David Benzer of ADMC -- with participant discussion leaders picking up the theme for the weekend of talks, small-group meetings and quiet time for personal reflection.

Perpetual Help Retreat Center on Crooked Lake near Oconomowoc is again the site, and the \$80.00 fee covers meals and lodging from Friday evening through Sunday noon. Coffee and snacks are also included (as well as wood for those big, inviting fireplaces).

The deadline for reservations is December 28, 1989. Checks should be made out to The McBride Alumni Foundation and mailed to the Retreat Coordinator, Jean Vila. Space is limited, so early response is suggested. (Further information and a registration form are found on the back page of this newsletter.)

"The number of inquiries has been fantastic," Jean noted. "I think the word has really gotten around. Alums who have attended past retreats are talking about how great they are."

Some, she said, have even asked about an extra day, arriving on Thursday evening instead of Friday, and such arrangements can be made if there is sufficient interest. Anyone desiring to do so should call Jean at 964-1697.

New Members Join Board; Hanson Remains At Helm

Three new members have been elected to the McBride Alumni Board of Directors and John Hanson has been named to a second one-year term as president.

As the main order of business at the Association's annual business meeting September 10, Diane Weber, Tom Boliaris and Charles Brandenburg were given unanimous approval for the two-year terms as directors and Hanson and Len Worman were re-elected to second terms.

(Vacancies were created with the expiration of the terms of Joe Piscione, Janet Cobbett and Bill Anderson, who chose not to seek re-election.)

Later that day, as its first official action, the new 1989-1990 Board re-elected Hanson president and named Jean Vila vice-president and Dick Barta, secretary. Ken Zimmerman will serve another year as treasurer. Board officers serve one-year terms.

Staff liaison representative Tom Winslow was also re-appointed for another year.

Holdover Board members include Barta, Vila, Kris Giese and Tom Dutton. Zimmerman remains on the Board as a past-president.

Committee assignments and chairpersons are to be designated at the November meeting.

"One of our goals is to see more direct involvement from throughout the full Association,"

Hanson declared. "Alumni activity should reflect as wide a spectrum of interests as possible. The only way that can happen is to have greater member participation."

The Board of Directors meets the second Sunday of each month at 8 p.m. in Room E-3 at McBride. Alums are always welcome to attend.

House Gets TV View Of Alumni Gratitude

Thanks to Alumni generosity, residents of Recovery House I have a brand new 26" TV and a VCR to help pass the time as they "move on" to the real world of recovery.

"The old set was gasping," said Roger Glaser, house counselor. "We have a new one at Recovery II but over at I, they were still using an old hospital set. It was one dating back to before the house opened in 1985."

The gift was presented at the Alumni's annual meeting September 10 and was accepted by Dr. Herrington on behalf of the residents. He described the Association's traditional expression of gratitude as "certainly useful and, at the same time, inspirational to all those who follow you."

Previous gifts have included a TV, VCR and utility cart for inpatients and a computerized typewriter for recovery house residents.

Sorkin, Anderson 'Coming Home' As New Fellows

Two familiar Alumni faces are going to become even more familiar to future McBride patients.

Sheila Sorkin and Bill Anderson have been selected as the new "fellows" in the hospital's addictionology education program. Both physicians will spend the next two years as staff members-in-training and will be part of the Addictive Disease Medical Consultants (ADMC) team.

Sheila is leaving her general medical practice in Evansville, WI, to accept the position and Bill, who lives in Brookfield, leaves a practice in Milwaukee.

Past fellowship recipients include Drs. Len Worman, Pat McNamara, Luke Schoeniger, Mike Goldstone and John Stuhler.

ANNIVERSARY...

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The recipient of more than 20 major awards for his work in addictionology, Dr. Schneider is on the faculty at the University of California - Irvine. He has served in a variety of national advisory and consulting roles and he is a frequent television show guest.

The program is sponsored jointly by the McBride Alumni Association, Addictive Disease Medical Consultants, Milwaukee Psychiatric Hospital and the Medical College.

In keeping with AA traditions, the designation as an "official" open meeting of the Tuesday night group has been dropped, and a regular meeting will be available at McBride for any persons desiring one.

The MCW Alumni Center is located on the first floor of the college's main building, south of 87th St. and Watertown Plank Rd. Parking will be available in the structure on the north side of the building. Admission is free and open to the public and refreshments will be served.

Endowment Proposed Fund Would Put Gratitude To Work

(Continued From Page 1)

organization (501(c)(3)) and all donations are fully tax deductible.]

Since it was formed in 1985, the Alumni Association has solicited contributions to pay for publication of this quarterly newsletter, to organize and underwrite retreats and social events, and to pay for an annual gift to the McBride Center. Through these fund-raising efforts, it has managed to break even.

Even though it has grown to more than 800 members, however, its potential role as a truly philanthropic foundation has never been pursued.

Membership dues have often been suggested but with little support.

"We've talked about that ever since Day One," explained Ken Zimmerman, the group's first president and now treasurer. "In the final analysis, dues could be counterproductive. Our primary purpose is best served by demonstrating the value of this ongoing fellowship and encouraging involvement. For those who need it the most, dues might simply provide a convenient excuse to cut, rather than strengthen, this important connection with fellow alums."

[As a compromise, "voluntary dues" are now being encouraged. As discussed on the floor of the annual meeting, every alum will be asked to rely on his or her conscience in responding to the association's suggested annual

donation of at least \$10.00 to cover membership mailings.

"No one will be pressured, and no one will be dropped from the mailing list or left out of activities," noted Len W. "It's just a way of passing the hat."

In keeping with this philosophy, fund-raising beyond covering expenses has never been undertaken as an alumni function. Comments have been heard, however, indicating a desire and willingness to make truly significant donations if a more meaningful goal or purpose were established.

Several possibilities have been proposed, including a chapel building fund or similar long-term project. Consensus, though, seems to rest with something offering more immediate impact. Financial assistance for needy patients meets this guideline.

Many former residents of the recovery houses have insisted that the personal growth experienced there was equal to, or greater than, inpatient treatment in terms of working toward lasting sobriety.

"It's tragic when a sincere patient cannot comply with a staff (recovery house) recommendation for purely financial reasons," said one Board member. "When you stop and think about it, having a

loan or grant available could make the difference. It could actually save someone's life."

At this stage, the Board is gathering information regarding the mechanics of setting up and administering the fund. Suggestions or assistance from alums with experience in this field are welcome.

Game Night '90 Waiting In Wings

Winter doldrums and cabin fever are much like the common cold in these parts, but McBride Alums have found a surefire remedy.

It's called the annual GAME NIGHT, and the recommended dosage is one eveningful, taken with good friends at mid-February every year.

Events Director Tom Dutton is in charge again this year and he's looking for help in putting together the annual fun-and-games set for February 17 at the Brown Deer Park Pavilion.

Suggestions for group activities, along with volunteers to make sure everything falls into place, are needed. Tom can usually be found at the Tuesday night AA meetings at McBride, or give him a call at 781-5156. It's a great way to get involved in Alumni activities.

Mark Your Calendars

Monthly Sunday Brunch*	November 5
Board Meeting	November 12
McBride 5th Anniversary Awareness Program	November 28
Sunday Brunch*	December 3
Board Meeting	December 10
Winter Retreat	January 5, 1990
Sunday Brunch*	January 7
Annual Game Night	February 17

* Brunch First Sunday Every Month at 76 Club

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 53006

Ken Zimmerman
Editor

Picture Perfect Picnic

Take beautiful weather, mountains of food and plenty of fun, fellowship and good times and what do you get?

The Fifth Annual McBride Alumni Picnic!

Gathered at a delightful site in Jacobus Park, nearly 100 alums, friends and family took advantage of that recipe for a great afternoon September 10. And only one bee sting was reported.

The fun-in-the-sun followed a truly meaningful Renewal Program at McBride that, for the first time, included family members as well as alums. Speakers Anne N., Maggie K. and Ann C. provided insights and inspiration that earned praise as the most memorable program ever presented at McBride.

Special thanks and kudos to Elizabeth M., who organized the Renewal and served as emcee. Picnic volunteers were headed by Tom D., Dick B., Jim A., John H., Ken Z., John L., Wayne F. and John W. ... and an all-star supporting cast.