

NEW & IMPROVED !!!

DON'T MISS IT !!!



Fourth Annual
McBride Alumni
GAME NIGHT '89

Saturday, February 18
Dretzka Park Pavillion
12020 W. Bradley Road
(8 Blocks north of Good Hope; west of Highway 100)

Ice Breaking 6:00 P.M.
Sumptuous Buffet 6:30 P.M.
Fun & Games 7:30 P.M.
Prizes! Prizes! 10:30 P.M.
Fireside Chats Continuous

All Alums and Their Guests Invited

Donation.....\$12.50 Per Person

DOOR PRIZES!

DOOR PRIZES!

Cards and Games Provided

(But feel free to bring you own favorite)

Donation covers everything: Buffet dinner, soda, coffee, snacks and DOOR PRIZES! TV set raffle tickets (available in advance; you needn't be there to win) are \$1.00, six for \$5.00. Games, including Pictionary, will be provided, but if you've got a favorite, bring it along. Form a group in advance or plan on mingling. Dress is casual; it's a PARTY! Spread the word. Talk it up. BE THERE!!!

DEADLINE FOR RESERVATIONS: FEBRUARY 15

Make Checks Payable To: THE McBRIDE FOUNDATION

Mail To: Tom Dutton, 3365 Town Trail, Brookfield, WI 53005

NAME PHONE.....

ADDRESS

CITY STATE.....ZIP.....

No.in Party: _____ @ \$12.50 = \$ _____ Added Donation: \$ _____

I can't make it, but enclosed is a donation of \$ _____ for the Foundation.

The Moving Finger

McBRIDE ALUMNI ASSOCIATION & FOUNDATION

Vol. V, No. 1

Milwaukee, Wisconsin

Winter, 1989

TV Set Tops Prize List

Raffle Highlights Game Night

"Because YOU asked for it..."

More games with more variety means more fun, and that's the whole idea! In response to many requests and suggestions, this year's annual McBride Game Night Feb. 18 is all new in format and, in addition, a television set raffle will highlight the evening.

Donations for the TV drawing are \$1.00 each, six for \$5.00, and may be obtained from any Alumni Board member. You need not be present to win, but you must be a McBride alum (or a family member).

Other prizes, large and small, will go to lucky holders of door prize numbers that will be distributed free to all attending. Advance

registration (\$12.50 per person) is required and a blank, along with more information, is provided on the back page of this Moving Finger. Spouses and/or significant others are, of course, welcome and invited.

For those unfamiliar with the McBride Alumni Association and its activities, Game Night, and the great buffet dinner that goes with it, is currently the biggest social function of the year. It's also the Foundation's main fund-raising event. It's a good night to get together with good friends for a good time.

Deadline for reservations is Wednesday, February 15, but don't delay; the mails can't be trusted. It helps planning, too.

Annual Meeting, Picnic Date Set

To avoid many of the conflicts with vacations and other mid-summer plans encountered in the past, the Board of Directors has moved the Alumni picnic and annual meeting to September 18.

"There's State Fair, the ethnic Fests and several conventions that take place in August," explained John Hanson, Alumni president. "We felt the change would make it easier for more people to attend."

Tentative plans call for the same program, with the business meeting and "Renewal" at McBride in the morning followed by the picnic, tentatively scheduled for Wisconsin Avenue Park (site of last year's picnic) just east of Mayfair Road.

Retreats Now 'Tradition'

As the Winter Retreat was drawing to a close last month, Joe P. made an observation. "I think," he said, "that we can safely say that a tradition has been established."

Though the locations and, to a minor degree, the formats, have varied, McBride Alumni Retreats have indeed gained that status. Each of the four have been successful, have sparked enthusiasm for the next and have been roundly praised as having had profound meaning for those participating.

A permanent "home" may also have been found. Because it has almost unanimously been praised as "ideal," the Perpetual Help Retreat Center near Oconomowoc will be the site of the next winter event, as well as the Summer Retreat set for next June 2. Evidence of the spot's popularity can be seen in the fact that there are now no available weekends (other than a couple of holidays) there for the next TWO YEARS!

Though details may vary, summer retreats generally focus on the Twelve Steps of AA while the winter events are inspired by the the Twelve Promises. While contemplative, the setting is casual and relaxed, and the only emphasis is on recovery, sharing and fellowship.

Registration and other information for retreats is mailed to all alumni about six weeks in advance, so look for your next opportunity late in April. But mark your calendars now!

Winter Retreat Set, Page 3

'We Get Letters...' Old Friends Continue To Keep Fires Burning

Even if it's just a simple note extending "best wishes to all the fellow alums," McBride folks like to keep in touch.

Whether it's during a periodic visit at the hospital or communicated through a mutual friend, the word is spread: "He's doing great; said to tell you hello" or "she's back home again and will be starting a new job next week; feelin' terrific!"

It's part of the McBride spirit, that feeling of true friendship that is retained and passed along well after discharge and a return to the "real world." It's part of recovery.

For those in Milwaukee, it can be as casual as a chance meeting at the supermarket, but for those who have resumed their life in another city, that valuable contact is not so easy or frequent. It needn't be lost, however.

That's perhaps one of the greatest benefits of the Alumni Association; there's an ongoing opportunity to stay in touch and to "keep the fires burning." Events, such as Game Night and the retreats, are obvious, but letters and even notes can also fill the bill.

"Having relocated to the Chicago area this past spring, I decided to build my own 'recovery home.' I call it that

for if it weren't for the miracle of recovery, I would not have been able to undertake such a feat," wrote Dan M. after moving from New Jersey to his new address in Antioch, Illinois. "After living like a nomad for almost a year, it's great to settle in. I'll be up to visit the old gang in the near future."

This newsletter, itself, is part of that network.

Alice H., who noted "McBride, 2/2/87 to 3/14/87" below her address in Black River Falls, Wisconsin, misses her many Alumni friends but added that "I enjoy receiving the Moving Finger -- it keeps me in contact with a program which really changed my life. I wish I were geographically closer so that I could take an active part in the McBride Alumni group. Please extend my thanks to the Board of Directors for the time and contributions they make to the program."

One of McBride's first "graduates," Bob A. in Ann Arbor, Michigan, continues to express gratitude and find strength in the roots of his recovery. The Moving Finger, he said in his most recent letter, "has helped me enjoy vicariously all benefits of our growing alumni association. I am grateful to be one of its members."

"It had been over a year since I'd been discharged. Aftercare groups were a thing of the past. Everything was going fine and it was time I got on with my life. I wanted to put McBride, and all that went with it, far behind me. I didn't need those people anymore. I was back on my own at last."

-- Diary of a Relapse, 1988

Alumni Policy On Confidentiality

The McBride Alumni mailing list is held in strictest confidence. An individual address or phone number (when available) may be obtained, however, by a fellow alum with proper cause. Contact a Board member.

Anyone wishing to exclude his/her name from even that limited and restricted access should contact the editor.

Sobriety, he wrote, "improves day by day, week by week, month by month. You can be assured that I would without fail plan my next visit to Milwaukee around one of your events, since you have been so kind to keep me on your mailing list and thereby informed, even though I reside so many miles away.

"God's blessing to all. Special regards to Drs. Herrington, Benzer, the McBride staff and especially to the alums of those early days in January, February and March of 1985."

(From all of us, Bob, "Happy Fourth Birthday!")

The Alumni Association, and the Moving Finger in particular, can be a clearing house for messages to and from members. Use it; drop a line to the editor, even if it's just a simple "hello, doing fine, say Hi to everyone." We'll do it.

Got an idea for a new Association activity or a suggestion for improving an existing one? Pass it along for others to think about.

As many do, you can also add an expression of Alumni gratitude by enclosing a check for the Foundation at the same time.

Holidays Wrapped in McBride Ties

From Thanksgiving to pre-Christmas and Hanukkah through New Year's Eve, the holiday season was a time of McBride fellowship at its best.

Large and small, there were gatherings across Milwaukee that had one thing common -- a few months or years earlier, the individuals involved were unknown to one another and, in many cases, had no more in common than an insidious disease.

Yet, in homes and restaurants, they came together with a warmth that rivaled what many similar gatherings had taken generations to build. And it was classic holiday spirit -- thankfulness, celebration and a sharing of optimism for a

promising new year.

We have no way of knowing just how many holiday "reunions," "get-togethers," or whatever they might have been called, were held, but there were many. Some were as spontaneous as a lunch date, others were parties of a dozen or more and there were several open houses. At each, the name "McBride" was usually heard with a touch reverie.

And inevitably, conversations harkened back to previous occasions, often sad, often clouded by something less than vivid recollections. "Who, back then, would have dreamed..." was a frequent refrain.

Even if the thought

brought a momentary wistfulness, it was quickly dispelled by the glow of the present.

The holiday season holds traditional meaning and memories for virtually everyone. For many of us, a new tradition has joined the list.

New Ideas Keep Alumni Fires Lit

Sharing, beyond the familiar Alumni "fellowship" sense, can take many forms.

You can, for example, donate to the Foundation; you can give of your time and energy in any one of many volunteer efforts, or you can contribute funds or merchandise for use as door prizes at Game Night.

Often overlooked, however, is the sharing of your ideas. It is, after all, our association, and it is constantly in need of fresh input on ways to assure its continuing success as a dynamic organization.

Next time you wonder why they don't do this or that, take a minute to jot your thoughts or suggestions down and pass them along to the address in the lower left corner of this page. "Keep the fires burning!"

Brunch With the McBride Bunch
10:30 a.m., Sunday, February 5
76 Club, 76th and Bluemound Road

Retreat Moved to January

In order to provide the best possible date, facilities and location, the next Winter Retreat will be held in January.

The decision, made at the January meeting of the Board of Directors, was in response to a number of complaints that December was simply too crowded with holiday activities.

"This is actually better in another way," said Jean Vila, Retreat Chairperson. "It just happened that we were able to

get Perpetual Help Retreat Center on January 7. Earlier, they had said they were booked solid for the season."

It was also noted that the 1988 Retreat was passed over by some who felt the distance was too great. The weekend event was held at the Yahara Center north of Madison. Perpetual Help, site of the upcoming Summer Retreat June 2 as well as the past two summer gatherings, is located near Oconomowoc, only about 15 minutes west of Milwaukee.

The Board also voted to reserve the site for all future retreats, if possible.

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 53005

Ken Zimmerman
Editor

Mark Your Calendar

- Sunday Brunch Feb. 5
- Annual Game Night Feb. 18
- Sunday Brunch Mar. 5
- Summer Retreat June 2
- Picnic; Annual Meeting Sept. 18
- Winter Retreat 1990 Jan. 7