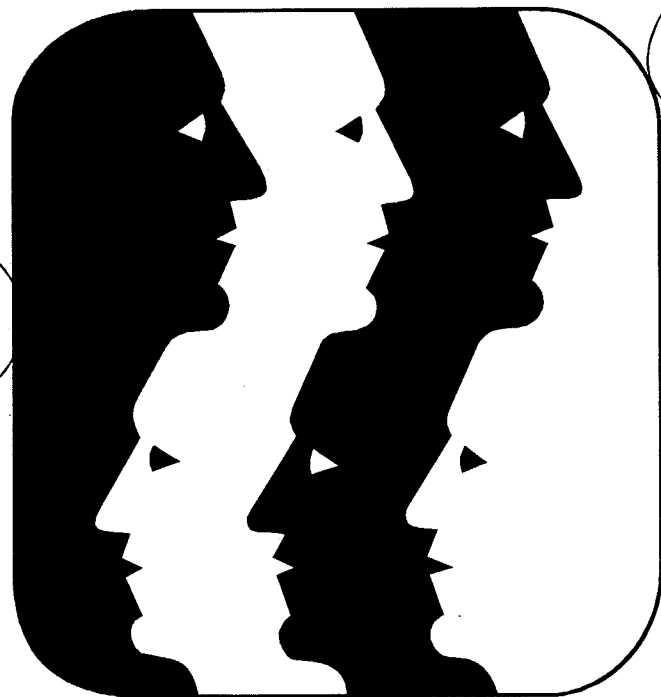


One Day At A Time

McBride Alumni RETREAT

Let Go; Let God

June 1-3



Register Now

Easy Does It!

Keep It Simple

Turn It Over

Get Out Of The Driver's Seat!

AA SLOGANS: *Words?* *Or... Words To Live By?*

Think about it. Talk about it. With fellow Alums. For a weekend.

Fourth Annual McBride Alumni Summer Retreat

Deadline May 29

Registration Form

Space is Limited

Two nights' lodging, five sumptuous meals, snacks and everything else you'll need are included in the low registration fee of \$80.00. Further details and a map will be mailed with your reservation confirmation. There is no rate differential, but double rooms (twin beds) are available for those wishing to share a room; simply indicate below. Sign-in Friday (June 1) begins at 5 p.m., dinner at 6:30 followed by the opening program.

Make Check (\$80./Person)
Payable To:
The McBride Foundation
Mail To:

Diane Weber
9318 N. Lake Drive
Milwaukee, WI 53217
(414) 352-4625
Deadline: May 29

Name: _____ Phone: _____

Address: _____

City/State/ZIP: _____

Sharing Room _____

With: _____

(Optional)

The Moving Finger

MCBRIDE ALUMNI ASSOCIATION & FOUNDATION

Vol. VI, No. 2

Milwaukee, Wisconsin

Spring, 1990

Space Limited; Register Early Summer Retreat Has Familiar Theme

Like old shoes or a pair of scruffy bedroom slippers, the familiar slogans of AA are time-worn, often taken for granted and sometimes ridiculed.

But they sure are comfortable.

Sayings like "Easy Does It. Let Go; Let God." And, of course, "One Day At A Time."

Contrary to most slogans, however, they seem to gain meaning and strength with frequent usage. For some, they even become powerful mottos to be proudly displayed as plaques or bumper stickers.

At the very least, they provide food for thought and stimulus for meditation and discussion -- and that's the stuff that retreats are made of.

"The Slogans of AA: Words? Or Words To Live By?"

That's the theme for the Fourth Annual McBride Alumni Summer Retreat set for June 1-3, and reservations are already coming in.

"It's a little different twist; one we can really think and talk about," said Diane Weber, chairperson of this year's event.

McBride Alumni retreats, held twice each year at the scenic Perpetual Help Retreat Center on the shore of Crooked Lake near Oconomowoc, have a reputation for excellence.

"Each one seems to be better than the previous one," Diane said. "It's always a tough act to follow. But then I guess it's like recovery -- it keeps getting better."

Past retreats have focused on the 12 Steps and on the promises and on subjects such as the Serenity Prayer. No matter what the theme, however, the weekends have proved inspirational and have never failed to draw unanimous praise from those attending.

The registration this year remains at \$80.00, which includes all costs: Two nights' lodging at the idyllic lakeside center, five delicious meals plus snacks and other incidentals. Round-the-clock coffee is provided and a soda machine is available. Program details and a map will be mailed as part of your reservation confirmation.

Open to all alumni, a registration form is found on

(Continued On Page 3)

Annual Tee-Off May 20

Spring is in the air and the hills will soon be alive with shouts of "Fore!"

For Alumni duffers, that means it's time for the annual GMO -- The Great McBride Open. This year's event is set for **Sunday, May 20**, at Paganica Golf Club south of Oconomowoc, the site of last year's fun-filled outing.

First tee-off is slated for 11 a.m.

Spouses and friends are also invited, so it's a great chance to meet new friends. With that in mind, foursomes will be drawn at random.

As in the past, the focus is more on good times than good scores, so don't let a three-figure handicap hold you back. Anyone breaking par must submit to a lie-detector test.

Green fees at this excellent course are only \$18.00 and another five dollars covers hamburgers, hot dogs, soda and the usual accompaniments, plus prizes in several categories

(Continued On Page 2)

Game Night '90 Again A Winner

With door prizes for nearly everyone who attended, and keen interest and lively bidding in the silent auction -- not to mention the buffet dinner and spirited social activities, Game Night 90 was another rousing success on the Alumni fun calendar.

June H. was the night's big winner, taking home the color television set that was this year's big raffle prize.

The good fortune was especially thrilling for June, who picked up her five-year AA medallion at the Tuesday McBride meeting earlier in the week.

The yearly Game Night, scheduled as a break in the winter doldrums, and as a get-acquainted welcome to the "world of recovery" for recently discharged patients, was held February 17 at the Brown Deer Park Pavilion.

Special thanks are due Tom B., John W., Pat P. and Spencer K., who rounded up the eye-catching assortment of prizes and auction merchandise.

An Emmy For Herrington?

McBride's outstanding reputation as a treatment program for professionals and others with special needs is due to be showcased nationally on cable television.

A crew from The Lifetime Network was at Milwaukee Psych in early April doing interviews and obtaining footage for use in the special telecast, tentatively scheduled for Sunday, June 3.

To emphasize the importance of ongoing fellowship, and the large number of former patients involved, one scene was taped at the Tuesday Night AA meeting in the Auditorium (the camera was discreetly placed to assure anonymity).

The program will be one of the weekly "Internal Medicine Update" segments shown as part of The Lifetime Network's special medical programming. It is especially popular among physicians.

GOLF...

(Continued From Page 1)
(including non-skill achievements such as "most putts" and "first lost ball"). Motor carts are available but not required.

In order to assure an on-time start, players should plan on being at the course no later than 10:30 a.m. Paganica is at the south edge of Oconomowoc (adjacent to Olympia Resort), about half an hour from Milwaukee.

To get your name on the leader board, make out your check for \$23.00 (per player) payable to Tom Dutton and mail it to him at 3365 Town Trail,

Brookfield, WI 53005. The absolute deadline for reservations is Tuesday, May 15. Please indicate if you need a map or directions to the course.

Calling All Doctors

Physicians -- the principal focus when the McBride program began -- continue as special flag bearers when recovering professionals get together nationally.

With that in mind, the ADMC staff is strongly urging all physician alums of the McBride Program to not only become active members of IDAA but also to attend the organization's 41st annual meeting August 1-5 in Boca Raton, Florida.

This summer's get-together will mark the 5th year that our physician "grads" will attend as a group and, as in the past, there will be a special dinner for the McBride entourage. All alums planning to attend should contact Dr. Sheila Sorkin at ADMC, (414) 259-5000. She also has full particulars on IDAA and its many other activities.

Flanagan To Open Retreat

(Continued From Page 1)
the back page of this newsletter. It should be mailed, along with a check for \$80. per person, to Diane Weber, 9318 North Lake Drive, Milwaukee, WI 53217.

Reservations should be made by Saturday, May 26, and the absolute deadline for payment is Tuesday, May 29. (Since space is limited, early registration is encouraged to assure a spot.)

Sign-in and a welcoming coffee hour at the retreat center will begin at 5 p.m. Friday, June 1. A buffet dinner will be served at 6:30 and the opening program, with McBride Counselor Jerry Flanagan delivering the keynote talk, will follow.

As with past retreats, the weekend program will feature discussion leaders from among those attending, followed by small group meetings. The time is your own, however, and there is ample opportunity for reading, reflection or other quiet time activity.

Saturday afternoon is traditionally left open for recreation and, in years past,

some have used the time for nine holes of golf at a nearby course.

The closing ceremony, following brunch on Sunday, is generally concluded by noon or shortly after.

Perpetual Help Center is located just south of I-94 in Waukesha County, about 20 miles west of Milwaukee.

Endowment Fund Nears Viability

Though it is still far from its potential, the Alumni Fund to aid needy patients is nearing the point where at least short-term loans will be available.

Please keep this worthy charity in mind as those tax refund checks and lottery winnings burn holes in your pockets.

Program Offered Just For Children

When alcoholism or chemical dependency strikes a family, it is often the children who have the greatest difficulty understanding, and -- importantly -- coping.

The "Children's Discovery Group," a special division of the Outpatient Child and Adolescent Program of Milwaukee Psychiatric Hospital is designed with this problem in mind.

Covering eight weeks, the sessions are for children between the ages of 5 and 12 who have a significant person in their lives who suffers from alcohol or chemical dependency. Anyone interested should contact Michael Savage at 258-2600, Ex-262.

Brochure Tells Story

Identity Crisis Resolved

Your Alumni Association has finally taken a step toward solving its identity problems.

In response to many requests from those who, for one reason or another, never received an introduction to the Association & Foundation, and what it is all about, an explanatory pamphlet is now available.

Enclosed with the mailing of this issue of The Moving Finger, the pocket-size brochure seeks to answer many of the questions that have cropped up from time to time, and to serve as a welcome to recent "graduates" of the McBride Program.

"We've needed something like this for a long time," said Dr. David Benzer, one of the Association's greatest boosters. "We realize how important this fellowship can be, and we want to encourage -- as enthusiastically as we can -- everyone to be a part of it."

Through this mailing, and through distribution at support groups, it is hoped that every current Alumni Association member will receive a copy of the brochure. In the future, copies will be presented upon completion of any McBride inpatient or outpatient treatment program.

Mark Your Calendars

- Monthly Sunday Brunch* May 6
- Board Meeting May 8
- Fourth Annual McBride Summer Retreat June 1-3
- Monthly Sunday Brunch June 3
- McBride on Cable TV June 3
- Annual Meeting, Renewal Program and Picnic Sept. 9

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

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