

The Fifth Annual

MCBRIDE ALUMNI WINTER RETREAT

January 3-5, 1992

Perpetual Help Retreat Center
Oconomowoc, Wisconsin

This Year's Theme:

The Bonus of Recovery: Revisiting The Promises

McBride Retreats Defy Description... But you never stop talking about them.

Lead speakers. Small groups. Reflection and meditation. Recreation. Be part of this inspirational weekend in the woods along Crooked Lake for only \$80.00. Sign-in at 5:30 p.m. Friday with dinner an hour later. Speakers from among those attending will carry the theme, but you'll be free to set your own schedule. The retreat will close at about noon on Sunday. Mail your check and the registration form below before December 28. Directions, including a map, will be sent to all participants.

SPACE IS LIMITED. REGISTER EARLY.

DEADLINE IS DECEMBER 28.

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:

Beth Formoe
1741 North 51st Street
Milwaukee, WI 53208
(414) 453-6046

The Moving Finger

The McBride Alumni Association and Foundation

Vol. VII, No. 4

Milwaukee, Wisconsin

Fall, 1991

Retreat Offers Winter Bonus

Winter doldrums. Post-holiday letdown. Cabin fever. The time of year when recovery is most severely challenged.

Unless you're a deer that survived hunting season, it is a time of depression, discontent and general uneasiness. It's the time of year that the Wisconsin Tourist Bureau doesn't like to talk about.

But, like a port in a storm, there is a place to turn. It's the annual McBride Alumni Winter Retreat. And reservations are going fast.

Appropriately scheduled each

year for the weekend following New Year's, this break for renewal and rejuvenation has proven to be the most talked-about event on the Alumni calendar. The dates are **January 3-5, 1992**, and the place is Perpetual Help Retreat Center near Oconomowoc.

The Bonus of Recovery: Revisiting the Promises is the theme this year and, as always, the objective is a recharging of our personal batteries of inner strength.

Untainted by inflation, the fee remains at \$80 per person for the

entire package -- two nights' lodging, meals and snacks and plenty of inspiration, fellowship and introspection. And there's a heavy dose of fun to keep spirits high and energy levels at a peak.

The weekend begins with registration at 5:30 p.m. on Friday and winds up about noon on Sunday. What takes place in between is a loosely structured series of talks, informal meetings, reflection, sharing and, in general, an escape from all that makes winter so depressing.

(Turn To Page 2)

Inside

- * Board Election
- * He's Back!
- * ADMC Busy
- * Awareness Program

Give Gratitude A Place Under Holiday Tree

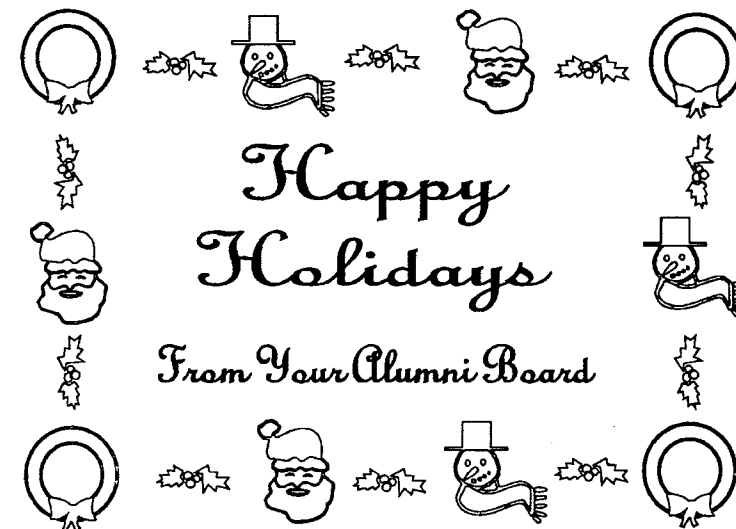
We don't have bells to ring and there are no holiday "seals" for your greeting cards. Unlike many other fund-raising efforts, there are no celebrities serving as honorary chairmen or as hosts of gala benefit events. We do no telephone solicitation.

The McBride Alumni Endowment Fund relies only on your gratitude, your personal appreciation for what recovery has done for you and upon your desire to assist others in following a similar path.

The intent here is not to beg but to provide you with an opportunity to express that gratitude in a relevant, rewarding way; to strengthen your own program of recovery by reminding you of promises kept and yet to be fulfilled.

The needs of the McBride Alumni Endowment Fund are not seasonal, but once a year, when the holidays engender a spirit of sharing and fellowship, we make a special appeal. That time is now.

(Turn To Page 3)



Retreat Deadline Nears

(Continued From Page 1)

As is customary, the theme will be keyed by an invited speaker. This year's guest will be Sr. Mary Lee Grady, a McBride Alum more recently known for the wisdom she shares as a member of the treatment center staff.

Participants then take over, serving as discussion leaders for breakout groups and chat sessions. Meetings are not mandatory, so if personal needs dictate meditation, a Fifth Step with Father Bill C., or a walk through the wooded campus along Crooked Lake, so be it.

Saturday afternoon is open and can be used as quiet time or for recreation. The setting is ideal for cross-country skiing or skating on the lake (weather permitting), for example.

Empty stomachs are never a problem; the buffet dinners, breakfasts and Saturday's lunch allow no one to go hungry. Popcorn in the cozy library, the ever-filled coffee pots, one regular attendee's insatiable appetite for ice cream and other dieters' nightmares seem inescapable.

Perpetual Help Center is no more than half an hour's drive from Milwaukee (depending upon what part of town you're coming from) but the distance from the daily grind is tremendous (depending upon how badly you need a break).

Space is limited, so a prompt reservation is strongly recommended. Most rooms are private but a few doubles are available for those who want to share.

Reserve your spot by mailing

Familiar Face Is Back

The return of a "missing face" at the Tuesday Night AA meetings is always a welcome sight, a source of warm, good feelings. Often, it signals a "return to the fold."

But the return this fall of an especially endearing face had more than the usual effect. It had nothing to do with the restoration of someone's program, but rather of his physical health. Virtually every one of the Tuesday night regulars whose treatment dates back more than two years got that "warm, good feeling" at the discovery that "Len is back."

Depending upon whether you are one of those who shared the McBride inpatient and recovery house experience with Len, or whether you later came under his care during his tenure as an ADMC staff physician, you know him either as Len or Dr. Worman. But you know him.

It was a little over two years ago that Len was diagnosed with throat cancer (carcinoma of the larynx), and the disease was persistent. Radiation therapy and finally surgery -- a laryngectomy -- were required. There were several periods of hospitalization.

Like any recovery process, there were ups and downs and times of challenge. There was frequent pain and a need for support from others. There was a need for hugs.

But Len is back. His voice is altered by the esophageal speech he now must use, but his presence is unmistakable. The sheepish grin and the twinkle in his eye as he greets an old friend are as reassuring as ever.

"I want to thank everyone for the notes and cards," he said in a recent note, while unnecessarily adding an apology for not acknowledging them all individually.

The best news came at the close. "I'm feeling better," he said. And so are we. Gosh, Len, it's sure good to see ya!

the form on the back page, along with your check for \$80.00 per person (made out to The McBride Foundation), to Beth Formoe, 1741 North 51st Street, Milwaukee, WI 53208. McBride Alums will be given preference, but others are welcome. (The format, however, does not permit attendance by non-recovering persons.)

Further details and directions will be sent to all registrants. If you have any questions, check with an Alumni Board member or give Beth a call at (414) 453-6046. The only requirement for attendance is a sincere desire to strengthen your recovery. The reservation deadline is December 28; don't miss it.

Directors Elected At Annual Meeting

David Franczyk and Beth Dancy were named to the McBride Alumni Board of Directors at the Association's annual business meeting September 8.

They replaced Diane Weber and Charles Brandenburg, whose terms expired at the close of the fiscal year August 31. Dick Barta, Tom Boliaris and Marian Catania were re-elected to their second two-year terms.

Holdover Board members include Phil Atinsky, Beth Formoe, Kris Giese, John Hopkins and Ken Zimmerman. Tom Winslow continues as staff liaison.

All Board officers were re-elected at the directors' first meeting of the new year, September 10. They include Giese, president; Boliaris, vice president; Formoe, secretary, and Zimmerman, treasurer.

Board members serve staggered two-year terms, with past presidents invited to remain as ex-officio directors. Meetings, open to all Alums, are held at 6 p.m. the second Tuesday each month at McBride.

Annual Fund Appeal

(Continued From Page 1)

No amount is too small and, on the other hand, this is one time when grandiosity is welcome.

Alcoholism and chemical dependency are killer diseases just as others that can be fought with your support. Unfortunately, the effects are rarely understood by those who have not experienced the devastation; who have not felt the despair of personal defeat and surrender.

Thanks to motivation such as that found in the 12th Step of AA, there is hope. There is a spiritual drive to help others as a way of helping ourselves.

As most of you know, the Endowment Fund was established several years ago to provide financial assistance to those who would otherwise be unable to find recovery at Herrington House. In keeping with a philosophy of lending a helping hand rather than doling out a "free ride," the funds are allocated as loans, not grants.

There is a rigid screen for sincerity and willingness to sacrifice to assure repayment. It is available only when all other resources have been exhausted.

On the giving side, there are several approaches. In addition to your regular contributions, there are bequests and memorials. There have been corporate donations. The important thing is that an often

neglected and unmet need is being filled.

If you find it in your heart to share recovery in a material way, to help others as a way of helping yourself, do it now. Send your check to The McBride Foundation, 17935 Country Lane, Brookfield, WI 53045. It's fully tax-deductible and it's in keeping with the holiday spirit.

Someone's life may be the gift beneath your own tree of recovery.

Sorkin Moves To Sheboygan

Reflecting the professional respect enjoyed by the McBride Program, Sheboygan Memorial Hospital has entered into an affiliation with Addictive Disease Medical Consultants to provide medical direction of the hospital's chemical addiction unit.

Dr. Sheila Sorkin, a McBride Alum and former staff member at McBride, is in charge of the program and has moved to Sheboygan.

The operation at Memorial, which opens officially December 1, is similar to one at Bellin Psychiatric Center in Green Bay, where Dr. Michael Goldstone, another former McBride staff member, is medical director.

Program Draws Rave Reviews

If you missed it, you missed a good one!

The Annual McBride Alumni Awareness Program, featuring Dr. Burns Brady, was acclaimed as perhaps the best ever and was certainly one of the most emotional.

Whether it was due to the inspiration of his gripping story, or to the delightful southern humor that punctuated his presentation, the Louisville, KY, physician saw few dry eyes during his talk before more than 100 "new friends" at the Medical College Auditorium.

The event November 19 marked the seventh anniversary of the opening of the McBride Center and was co-sponsored by ADMC, Milwaukee Psychiatric Hospital and the Medical College of Wisconsin.

Audio tapes of the 90-minute program are available at the Milwaukee AA Central Office.

The McBride Alumni Association does not assess dues, but an annual donation of \$10.00 or more is suggested to help defray expenses and to further its goals in combating alcoholism and chemical dependency. It is an autonomous, self-supporting, Wisconsin not-for-profit corporation (401-C3) and all contributions are tax deductible.

Addiction Workshop Slated

"Addiction Treatment: State Of The Art" is the title of an extensive two-day seminar to be conducted December 6-7 by ADMC.

One of the most comprehensive programs of its kind ever presented in this area, the conference will feature in-depth workshops conducted by ADMC and Milwaukee Psychiatric Hospital staff members as well as several professionals from elsewhere in the nation.

Chemical dependency, pathological gambling, sexual addiction and nicotine dependency will all be explored during the seminar, to be held at the Midway Motor Lodge - Airport from 8:30 a.m. to 4 p.m. each day.

Intended for physicians, nurses, counselors and all other healthcare professionals, the program is sponsored by the State Medical Society of Wisconsin and continuing education credits will be awarded.

The fee is \$195 in advance and \$275 at the door. Further information may be obtained by calling ADMC at (414) 259-5000.

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 53045

Ken Zimmerman
Editor