

An Open Letter.....

Dear Fellow Alum,

As the year draws to a close, and the holidays are upon us, it's a good time to think about the gift of recovery; how much it has meant and the promise it holds. For each of us, it is uniquely individual, yet for all of us, there is a common ground where our thoughts come together. For each of us, the road to recovery included a stop at McBride.

For most of us, that was a milestone; a turning-point that changed the direction of our lives, and the lives of countless friends and loved ones. It meant preserving all that we cherish.

The McBride Alumni Association & Foundation is symbolic of that significant experience. It can be a source of strength for those who look to it as an ongoing relationship with other Alums, and it can serve as an inspiration for those just setting out on the path we have followed. It can be active -- as both a motivating and social organization -- or it can be passive -- simply providing periodic, but sometimes vital, reminders of those days when recovery was yet to be discovered.

In either case, its survival depends solely on its members; on you and the more than one thousand McBride Alumni just like you. It is autonomous and is no way affiliated with, or financially supported by, the

hospital or treatment center. It is not part of United Way or any other fund-raising agency. There are no dues, but an annual donation of at least \$10 is suggested as a way of endorsing and supporting the group and its efforts on behalf of patients and those still uncertain in their new way of life. Mailings, for example, are expensive and become more so as our numbers increase. But if just one Alum, by receiving a newsletter, is subtly reminded and nudged back onto the path, the expense is well worth it.

In addition, there is the Endowment Fund, which offers you an opportunity to make a truly meaningful gift -- access to treatment for someone who might otherwise be unable to afford it. As most of you know, this fund is used to underwrite loans to Herrington House residents in need of temporary assistance.

During this holiday season of giving and sharing, of reflection and gratitude, remember where it all began. Remember the McBride tradition. Be generous. Send your tax-deductible contribution to: The McBride Foundation, 17935 Country Lane, Brookfield, WI 53045. And may you have a rewarding and sober New Year.

Best holiday wishes,

Your Board of Directors

The Sixth Annual McBride Alumni Winter Retreat January 8-10, 1993 Perpetual Help Retreat Center Oconomowoc, Wisconsin

McBride Retreats Defy Description ... But You Never Stop Talking About Them

Registration: \$80.00 Per Person

Name: _____
Address: _____
City/State/ZIP: _____
Phone: _____

Registration \$ _____
Donation To Foundation \$ _____
Amount Of Check \$ _____

Make Check Payable To:
The McBride Foundation
Mail To:
John Hopkins
13221 W. Meadow Lane
New Berlin, WI 53151
(414) 786-1213

Deadline:
December 30, 1992

The Moving Finger

The McBride Alumni Association and Foundation

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Awareness Night To Feature Kuhn; Public Invited

Dr. Ken Kuhn, who "spent a significant part of my life" at McBride in 1986, is this year's Community Awareness Program speaker.

Set for 7:30 p.m. Tuesday evening, November 17, at the Medical College of Wisconsin, this event is the McBride Alumni Association's annual contribution to the community, and this year there's a new twist: For the first time, our speaker is an Alum, rather than an "outsider."

As both an inpatient and as a Recovery House resident, Ken made many friends here, and he is looking forward to seeing as many of them as possible during his visit.

When he came to McBride from Colorado, his career as a family physician-- and indeed even his life -- was seriously threatened. But "McBride and the people I met

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Pack Up Doldrums; Renew The Spirit

Pack all your cares and woes into the old kit bag and get ready to dump them. It's McBride Retreat time!

Winter blahs and doldrums, seasonal depression and post-holiday letdown are all fair game as Alums are again setting their sights on this annual excursion to serenity January 8-10 at Perpetual Help Retreat Center.

"Interest has been especially high this year," said Chairman John Hopkins. "It looks like a full house, so reservations will be on a first-come, first-serve basis."

No explanation is necessary for those who have attended past McBride retreats, but for those who haven't, here are the basics:

The weekend gets underway with sign-in and room assignment beginning at 5:30 p.m. Friday, January 8. Dinner is served at 6:30

and the keynote talk is an hour later. From then until the close at about noon on Sunday, the weekend is filled with inspiration, talks and discussion, meditation if you wish, a lot of fun and a much deeper appreciation for all that recovery has to offer.

Perpetual Help Retreat Center is located on the beautiful wooded shores of Crooked Lake near Oconomowoc, about half an hour west of Milwaukee. Registration

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Alums Launch New Program At Rec Houses

One of the biggest steps on the path to recovery is the return to the "outside world" following weeks or months within the relative security of McBride.

Confidence is built at Herrington House, but as the day of discharge grows near, doubts and questions begin to surface; anxiety sets in.

"We found a real need," said David Franczyk, chairman of the Mentor Program, the Alumni Association's newest effort on behalf of patients. "And the reception has been great, both from the patients and from the alumni taking part."

The project was organized by
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'McBride Weekend' Keeps Alums Busy

Picnic Hailed As Best Ever

Volley balls and fellowship -- and a hint of autumn -- filled the air September 20 for what was acclaimed as one of the best McBride Annual Picnics ever.

More than 75 Alums, family and friends -- many from out of town -- gathered at Jacobus Park for hamburgers and hot dogs plus all the trimmings. The opportunity to renew old friendships, to make some new ones, and to generally rekindle the McBride spirit kept things moving throughout the afternoon.

The festivities capped a memorable day that began with the Alumni Association's annual reception and business meeting at McBride, then the inspirational Renewal Program, where three tremendous speakers shared their thoughts and feelings as part of our fellowship.

Beth D. and Marian C. each had different perspectives on their recovery, while Marleen D. provided a view through the eyes of a spouse -- her life before and after her husband Tom's treatment at McBride.

Dr. David Benzer, president of ADMC, spoke on behalf of the professional staff to conclude the morning program.

New Directors, Officers Elected

Two new members -- Ann Gerlach and Bob Hanning -- were elected to the McBride Alumni Association Board of Directors at the Annual Meeting September 20. Phil Atinsky and John Hopkins sought and won re-election to their second two-year terms.

Ann and Bob fill vacancies left by the "retirement" of outgoing President Kris Giese and Secretary Beth Formoe.

Then, at its first meeting of the new term October 13, the Board elected David Franczyk as its '92-'93 president, Hopkins as vice president, Jeff Newburg, secretary, and Ken Zimmerman to another term as treasurer.

Board members serve two-year terms, four expiring in even-numbered years and five in odd-numbered years. Other current directors are Marian Catania, Beth Dancy and Dick Barta.

Committee assignments are now being made and planning is under way on this year's calendar. One of Franczyk's goals as new president is higher awareness for Alumni activities and more participation throughout the organization.

Alums are welcome at all Board meetings, held the second Tuesday of each month at 6 p.m. at McBride.

Day For Duffers Added To Agenda

From the first tee to the murky bottom of the lagoon; from the scenic sand traps to the elusive flags, it was "golf at its funnest" September 19.

Alums took to the links in record numbers for the Fall Golf Outing held, for the first time, as part of "McBride Weekend." And the success spurred a call for a repeat again next year.

With prizes for everyone, the scores at Lake Park in Germantown were incidental. Par was a good time and the only slice that mattered was from the brownie cake served by Beth D. at the post-play cookout.

McBride duffers can now turn to living room putting in preparation for the annual GMO (Greater McBride Open), already in the planning stage for next spring.

Visits Can Make Holidays Brighter

Many people in recovery regard the holiday season as their biggest challenge, just as it was typically a time of crisis during "using days."

That's also the case for inpatients and residents; it takes more than decorations to brighten spirits during treatment and transition.

Alums and patients alike, then, can benefit from the true holiday tradition of visiting and spreading the spirit. Personal rewards run deep when hugs are exchanged within the glow of new-found recovery.

There's an open invitation to the Alumni Association to drop in at McBride during the holiday season; to visit and to share with those following our path. The coffee pot will be hot and the cookies fresh. (An advance call to the unit to check on the treatment schedule is recommended.)

Mark Your Calendars

- Community Awareness Program November 17
- Board Meeting* December 8
- Winter Retreat January 8-10
- Board Meeting January 12
- Board Meeting February 9
- Game Night February 21
- Golf Outing Spring
- Summer Retreat May 28-30

* Second Tuesday Each Month; 6 p.m. at McBride

Mentor Program Well Received

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Alumni working with Gail Robison, Addiction Medicine Services Coordinator at Milwaukee Psych; Roger Glazer, Manager of the Herrington House Program, and Tom Winslow, ADMC team member and Staff Liaison with the Alumni Association.

The format is simple: Dinner and conversation. An Alumni team, a man and a woman, drops in each Thursday for the evening meal at each Recovery House. It's strictly informal and unstructured.

"There's no specific agenda," David explained. "It gives the residents and Alumni an opportunity to get to know each other better. For the residents, it's a chance to meet successfully recovering alumni; for the Alums, it's a chance to renew their ties to McBride."

Mentor participants, he said, are "sitting down together in a truly social, friendly setting. In essence, it's friends dropping in for dinner. It's really a lot of fun."

As with all volunteer programs, the critical need is participation. "We need help," David said.

Alums with the time and willing to make a commitment for the 5 p.m. visits each Thursday for a month (or persons seeking further information), should give David a call at 224-5000 (weekdays, daytime hours).

The Moving Finger is published quarterly by and for the McBride Alumni Association. Please send address and telephone corrections to:

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Brookfield, WI 53045

Ken Zimmerman
Editor

RETREAT

Early Registration Recommended

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fee for the entire experience, including all meals and private rooms with shower, remains at \$80.00. Attendance is open to Alums and to friends who are recovering and are familiar with the McBride program.

The is the sixth annual Winter Retreat (the seventh annual Summer Retreat is set for May 28-30) and the theme this time is "The Road To Recovery: How We View And Work The Steps."

Speakers selected from among those attending will provide the leads for small discussion groups, but the schedule is your own. If personal quiet and meditation, or a winter walk through the scenic grounds surrounding the center, seems more suited to your individual needs, so be it.

Rev. Peter Thomson, a McBride Alum from Illinois, will be on hand to hear Fifth Steps for those who wish to add that dimension to their retreat.

For Saturday afternoon, the focus is on recreation or rest, and no meetings are scheduled. Skating

AWARENESS NIGHT SET NOVEMBER 17

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there turned things around so much, it's unbelievable," he said.

Shortly after being discharged, Ken entered a psychiatry residency at the University of Minnesota in Minneapolis. Upon completion earlier this year, he accepted a position there as director of the University hospital's chemical addiction program.

In his new field, "Things are changing pretty dramatically," he said. "Psychiatry and what many of us think about recovery used to be at odds. Now we're all coming together."

Ken's experiences have provided tremendous insights into both sides of the treatment-and-

on the lake (weather permitting), walks or a shopping trip "in the village" are always popular.

Appropriate video movies will be available for viewing during free times, and you really don't know what group fun is like until you've seen a spirited session of "Outburst," or similar combat simulation, at a McBride Retreat.

Throughout the weekend, the emphasis is on introspection, appreciation for recovery and unforgettable fellowship and camaraderie. It's spiritual, serious -- and fun. All in one package. As our slogan so accurately declares, "McBride Retreats defy description ... But you can't stop talking about them."

Space is limited, so early reservations are recommended. The form found on Page 4, along with your check for \$80.00, should be mailed to: John Hopkins, 13221 West Meadow Lane, New Berlin, WI 53151. The deadline is December 30. Directions and a map, as well as other pertinent information, will be mailed to all registrants.

recovery picture as it is evolving for the 1990s and beyond. His talk at the MCW auditorium, 87th Street and Watertown Plank Road -- not far from McBride -- is free (including parking) and open to the public. Refreshments will be served following the program.

Awareness Night is co-sponsored by the Alumni, The McBride Center, Milwaukee Psychiatric Hospital and the Medical College. For several years, the programs were held as "open meetings" of the Tuesday Night AA Group. The involvement of co-sponsors, however, presented a conflict with AA tradition, and the current status was adopted in 1988.