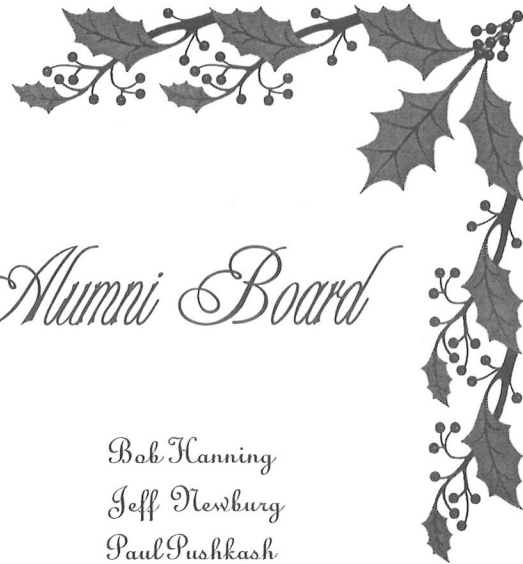


Holiday Greetings



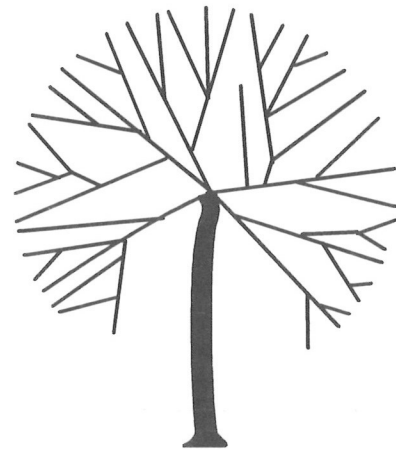
From The Alumni Board

Phil Atinsky
Ron Bloomquist
Marian Catania
David Franczyk
Peggy Haggerty

Bob Hanning
Jeff Newburg
Paul Pushkash
Karen Rieder
Ken Zimmerman

EIGHTH ANNUAL MCBRIDE ALUMNI WINTER RETREAT

*McBride Retreats... They're hard to describe,
But you can't stop talking about them.*



January 13 - 15, 1995

*Perpetual Help Retreat Center
Oconomowoc, Wisconsin
\$120.00 Per Person*

Clip, Enclose Check and Mail To:
Ron Bloomquist
8581 North Pelham Parkway
Milwaukee, WI 53217
(414) 352-5788

Registrants will receive a map and further information by mail.

Registration Deadline: January 10, 1995

Make Check Payable To: The McBride Foundation

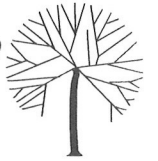
Name _____
Address _____
City/ST/ZIP _____
Phone _____

Retreat: \$120.00 Per Person

Amount of Check: \$ _____

Donations to the McBride Foundation Can Be Added To Your Check

THE MOVING FINGER



The McBride Alumni Association and Foundation

Vol X, No. 4

Milwaukee, Wisconsin

Fall, 1994

McBride Marks 10th Anniversary

Has it really been ten years? In a setting where 24 hours is the standard reference for major hurdles of time, and where ten days can make you an over-the-hump veteran, ten years can take on eternity-like proportions.

On the other hand, for those who were among the first of the McBride Treatment Center patients, there is that nostalgic cliché of "seems like only yesterday. Has it really been that long?"

The founding folks were busy back there in November of 1984. So busy, in fact, that no one bothered to mark an official opening day for the transplanted chemical dependency program that had been hastily moved —

much like a contemporary professional sports team — from another treatment facility on the other side of town to brand new quarters and a new name at Milwaukee Psychiatric Hospital (which happened to have been founded by a doctor named McBride).

The opening-day oversight wasn't noticed until a year later when, in 1985, it was decided to observe the first anniversary — and no one had the slightest

idea when to light the candle. "Mid-November" was selected as an appropriate, even though only symbolic, birthday for McBride.

(Continued On Page 2)



Couple To Put New Spin On Annual Program

For the third year in a row, an Alum has been selected as the speaker for the Community Awareness Program, the annual event commemorating the founding of McBride in 1984.

And for this year, the program's tenth anniversary event set for **Tuesday, November 15**, something new has been added — a family approach. Jim A., long a familiar face and voice at the Tuesday night McBride AA meetings, will be joined by his wife, Dolores, an Alanon member, as speakers for the program at 7:30 p.m. in the Medical College of Wisconsin Auditorium.

Free and open to the public, the *(Continued On Page 3)*

Flex Those Recovery Muscles

Addiction never sleeps, but it can be held at bay if you keep your personal defenses up.

McBride Retreats were started with that thought in mind, and the next one is just around the corner — the Eighth Annual McBride Alumni Winter Retreat, set for **January 13-15, 1995**.

"Coming right after the holidays, it's always a big attraction," said Ron Bloomquist, co-chairman along with Phil Atinsky for this year's event. "Christmas and New Year's, in particular, are always kind of rough for recovering people — especially those new on the program. Winter retreats seem to arrive at just the right time."

For old hands, he said the date should be noted; it is a week later than those of past years. And, after years without an increase, the cost has also been changed.

"The good folks at Perpetual Help Retreat Center put it off as long as possible," Atinsky explained. "But inflation won't stay in denial. Everything costs more these days, and the food and upkeep at retreat centers is no exception."

However, the new rate of \$120 is still a bargain, it was noted. The single fee covers great buffet meals Friday evening, three on Saturday and the big Sunday breakfast, plus a private room with bath on Friday and Saturday nights. There's also a fitting memento of the occasion to take home.

(Continued On Page 3)

McBride Celebrates 10th Birthday

(Continued From Page 1)

And who was the first patient? Several persons were in aftercare, and a few outpatients had begun their treatment at the previous site and made the move to Milwaukee Psych along with the program, with no specific date recorded for their transfer. The unit itself "just kind of opened up one day," according to one who was there but who neglected to glance at the calendar. "It was very unceremonious. There were transfers and a couple of people from other divisions of the hospital. I don't think anyone really knows who the first truly McBride inpatient was."

Some say that's as it should be. Anonymous all the way.

On the staffing side, Drs. Roland Herrington (the group president), Rick Hauser and David Benzer (and Dr. Charles Engel, who managed a satellite program located at St. Michael Hospital) were in charge, and were joined by Dean Grunewald and Ralph DeLeone, the first counselors.

And Mike Johnson, an institution unto himself, has been around since before Day One.

Like its predecessor, McBride was designed primarily to accommodate doctors and other impaired professionals with alcohol and drug problems. Though non-professionals (amateurs?) are admitted as well, it is the specialization in treating physicians, nurses, pharmacists, attorneys and others with licensing concerns that has increasingly, over its ten years, given McBride regional and even national stature.

During the first month of full

operations, there were patients ranging from A to Z — Bob A. and Chris Z., to be exact. According to our Alumni Association records, the first inpatient was Judy N., but then again, nobody is certain.

In March, 1985, the first recovery house opened and, several months later, Roger Glazer arrived as its first counselor. Residency "down the hill" became so popular(?) that the small Cape Cod cottage was pressed into service almost immediately to handle the overflow. The renaming to Herrington House was done to honor Dr. Herrington when he retired in the fall of 1990. (No one is quite sure of that date, either.)

The first Alumni Picnic was held in August, 1985, right after the first issue of *The Moving Finger* had been published to announce it. And it was at about that time that the Alumni formally organized, with a board of directors and officers. Ken Zimmerman was elected president; Michael Kushnaryov, vice president; Marleen Strachota, secretary, and Dennis Defenbaugh, Chris Zillig and Natalie Zimmerman, directors. Dr. Hauser was the medical staff liaison (Tom Winslow, who now holds that position, didn't join ADMC until two years later.)

Like McBride itself, the Alumni Association has grown and changed over the years. We had our first summer retreat in May, 1987, and added a winter version, plus the February "Fun Party" (the first was a "casino night") the following year. An official charter as a non-profit, charitable corporation came in 1988

and the Alumni Endowment Fund, providing financial assistance for patients in need, was established in the fall of 1989.

There are now ten members on the Board, and activities have been expanded to include golf outings, rap sessions with patients, and other volunteer activities. As a further step toward a tangible presence for the Alumni, work is progressing on meeting and lounge facilities in the lower level of the old Dewey Center — a genuine Alumni Center.

Yes, it *has* been ten years. They've been emotional, rewarding, fun and exciting. Nearly 2,000 names have been added to the Alumni roster, and a gratifyingly high percentage of them are still on recovery's path.

For those just now beginning to follow in the footsteps of the McBride "pioneers," there is now tradition and a heritage to add inspiration and motivation.

Rieder Elected To Alumni Board; Officers Picked

Karen Rieder was elected to the Alumni Board of Directors at the McBride Alumni Association's annual meeting September 11.

Taking the chair left vacant by the expiration of John Hopkins' term, Karen was joined by Phil Atinsky, Ron Bloomquist and Bob Hanning, whose terms expired but who agreed to seek re-election, on the nominating committee's slate. After no further nominations were offered, the voice-vote election was unanimous.

Holdover directors, with two-year terms expiring in 1995, include Marian Catania, Peggy Haggerty, Jeff Newburg, Paul Pushkash and David Franczyk. Ken Zimmerman, as a past-president, continues as an ex-officio member.

Franczyk was re-elected president at the 1994-1995 Board's first meeting, September 13, and Hanning was named vice president, succeeding Hopkins. Newburg and Zimmerman were re-elected secretary and treasurer, respectively.

Mark Your Calendars

- Board Meeting*November 8
- Awareness Program.....November 15
- Board MeetingDecember 13
- Winter Retreat January 13-15, 1995
- Skating/Fun Party February, 1995
- Summer Retreat May 25-27, 1995

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

AWARENESS PROGRAM

(Continued From Page 1)

Awareness Programs are co-sponsored by the McBride Alumni Association, Milwaukee Psychiatric Hospital and the Medical College. There will be no charge for parking in the lot adjacent to the college at 87th Street and Watertown Plank Road (not far from McBride), and refreshments will be served following the program.

"The emphasis on family and family values is something you see all around us these days," said Alumni Board President David Franczyk. "Relationships have become extremely important, and that is so very, very true in recovery. Relationships with family and loved ones is what it's all about."

Jim and Dolores, he said, "are vivid examples of what we preach. They, and their family, have been through the pain and agony together and they have tasted the joy of recovery together. They have a great story to tell."

As noted in its constitution, part of the Alumni Association's mission is to assist in educating the community about alcoholism and its treatment. The Awareness Programs were begun toward that end, and a collection will be taken for donations to the McBride Alumni Foundation to aid in meeting that objective.

(For several years, Awareness Nights were held as open meetings

of the Tuesday night AA group that meets at McBride. The involvement of co-sponsors presented a conflict with AA

traditions, however, and the present format was adopted in 1988. For those who prefer to attend one, a closed AA meeting will be available at the regular time and place.)

Skating Eyed For Winter Outing

A skating party, and a look at the still-new Pettit National Olympic Ice Center, is on the planning board for next year.

"It may replace the bowling get-together, or it may be in addition to that," explained Peggy Haggerty, the Alumni Board member in charge of social events. "We're looking at something in February; something new and different and that a lot of people have been asking for."

Each year, the Alumni Association has staged a "get-rid-of-the-winter-blahs" event in February as both a fun occasion and as a fundraiser, usually with a raffle and silent

auction to spur interest in donating to the Foundation.

"The Pettit Center has only been open for a year or so, and a lot of people have never been inside to see what a wonderful facility it is," Haggerty said. "They have an excellent party room and, even if you don't skate, it should be a great spot for getting together and having a good time."

She said that possible dates and other arrangements are still being explored, and that volunteers to assist in the planning are being recruited. Give her a call at (414) 774-1824 if you're interested.

WINTER RETREAT SET

(Continued From Page 1)

"And that doesn't count the terrific facilities that make for a great weekend of renewal, inspiration, recharging of spiritual batteries and, of course, a whole lot of fun," Bloomquist pointed out.

Still *unchanged* is the location. For all but two of the past eight years, the twice-a-year McBride Retreats have been held at Perpetual Help Center near Oconomowoc, a truly idyllic setting that is known for the inspiration it generates, no matter what the season. Nestled in the woods along Crooked Lake, it is the perfect locale for "getting away from it all; for an escape from the doldrums and hassles of everyday life."

Following a motivating keynote talk, this year by a representative from the McBride Center, the retreat participants take over. There will be leads followed by break-out groups for discussions, but the schedule is really up to your individual needs and wishes. Meditation, walks in the woods — even ice skating, if the weather is appropriate — can be added to your weekend agenda. And Saturday afternoon is kept open for recreation or further reflection; however the spirit moves you.

A selection of addiction/recovery videotapes will be available and, as is the tradition, Saturday evening is given over to the lighter side, often with spirited group games to liven the atmosphere. Then, after what always seems like a far-too-short weekend, the closing comes at about noon on Sunday.

Sign-in begins around 5 p.m. on Friday, but advance registration is required. Fill in the form on Page 4 and mail it, along with your check, to Ron Bloomquist, 8581 North Pelham Parkway, Milwaukee, WI 53217. The absolute deadline for registration is Tuesday, January 10, 1995. A map, along with further information, will be mailed to all participants.

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

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