



## Greater McBride Open

Saturday, May 21, 1994

10 a.m. Tee-Off

Kettle Hills Golf Course

3375 W Hwy 167

(Near Holy Hill)

\$40 Per Person

Includes 18 Holes & Cart

Cookout

(Cookout Only: \$6.00)

Clip, Enclose Check and Mail To:

Pat Pendergast  
1080 Lone Tree Road  
Elm Grove, WI 53122  
(414) 789-7701

Registration Deadline: May 17

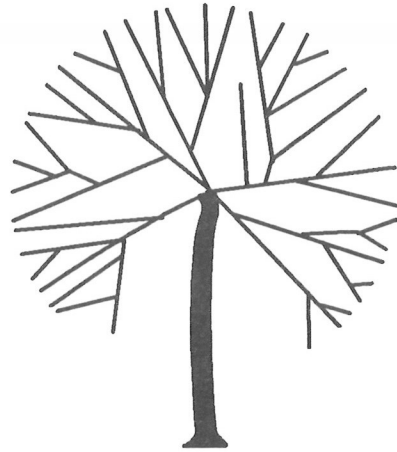
Make Check Payable To: Pat Pendergast

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/ST/ZIP \_\_\_\_\_  
Phone \_\_\_\_\_

Golf (Includes Cookout) \$40.00

Cookout Only \$6.00

Amount of Check: \$ \_\_\_\_\_



## SEVENTH ANNUAL MCBRIDE ALUMNI SPRING RETREAT

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

May 27 - 29, 1994

Perpetual Help Retreat Center

Oconomowoc, Wisconsin

\$85.00 Per Person

Registrants will receive further information and map by mail.

Clip, Enclose Check and Mail To:

Jeff Newburg  
21725 Ann Louise Court  
New Berlin, WI 53146  
(414) 542-0798

Registration Deadline: May 24

Make Check Payable To: The McBride Foundation

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/ST/ZIP \_\_\_\_\_  
Phone \_\_\_\_\_

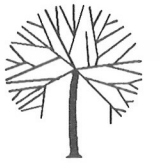
Retreat: \$85.00 Per Person

Amount of Check: \$ \_\_\_\_\_

Donations to McBride Foundation Can Be Added To Your Check

# THE MOVING FINGER

The McBride Alumni Association and Foundation



Vol X, No. 2

Milwaukee, Wisconsin

Spring, 1994

## Retreat! Golf! It Must Be Spring!

### Explore The Woods; Frolic In The Sand

### Words-To-Live-By On Agenda For Retreat

It's like a triple-option vacation! Where else can you combine the high points of a trip to the beach, a walk in the woods and the fun of water sports?

What is it? It's spring, and that means the GMO — the eighth annual Greater McBride Open, the golf outing where par is a good time and a "long drive" could mean you're coming from the South Side.

Whether you're a once-a-year duffer or a budding Greg Norman, you'll be among friends Saturday, May 21 at Kettle Hills Golf Course. It's one of the area's most scenic, and if you've never played it, you're in for a treat. It's got sand, trees and ample opportunity to test the water. In the parlance of the sport, it's an "interesting and challenging" course.

As is the custom, there will be a variety of prizes, with the categories designed to give everyone a chance, regardless of skill or experience. And, also in keeping with tradition, the event includes a post-play cookout, where holes-in-one and other highlights of the day can be rehashed with the brats and burgers.

The fee for this big package of fun is \$40 per person, including 18 holes of golf, half a motor cart (required)

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Slogans and acronyms are the corn in the starch of recovery.

From "Easy Does It" to KISS ("Keep It Simple, Stupid"), they are the familiar, well-worn fiber that has been woven into a blanket covering just about all you need to know to make recovery work.



Ironically, they're often belittled by those who need them most. (And many of us who now see them as words-to-live-by took that same stance during our "earlier days.") Once grasped, however, phrases like "One Day At A Time" lose their triteness and become more meaningful every time they're used. And, since meaningful reflection is the core of a good retreat, what better place to look when selecting a theme for the next such get-together for McBride Alums?

"HOW," which stands for "Honesty, Openness and Willingness," will be the focus of the Eighth Annual McBride Spring Retreat, May 27-29 at Perpetual Help Center near Oconomowoc.

As has been the case for the past several years, interest

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### Board Taps Blomquist

Ron Blomquist, who has been active in a number of Alumni service activities, has been named to the McBride Alumni Board of Directors.

He will serve the remainder of a term left open when the demands of a new career forced Ann Gerlach to give up the position she has held since September, 1992. If he chooses to do so, Ron may seek election to a full two-year term at the Association's annual meeting September 11.

## Rap Sessions Offer Great Opportunity To Share Ongoing Gift Of Recovery

Of all of the volunteer service activities performed by McBride Alums, participation in the Rap Program is probably the most rewarding. And the benefits reaped on the other side of the table — by the patients — is equally beneficial.

Twice a week (6 p.m. Tuesdays and 1:15 p.m. Saturdays) with inpatients, and at 6 p.m. Mondays with recovery house residents, individual Alums sit down on an informal basis and share their thoughts and experiences. Patients benefit from these contacts with the real world just as the "rappers" benefit from the catharsis of ongoing reflection and expression.

Since this is, in a sense, a part of the treatment regimen, however, there are qualifications and restrictions that must be followed; participation is limited to those Alums who meet certain criteria (e.g., appropriate length of sobriety, a solid program of recovery, demonstrated commitment to the 12 Steps, and others).

The Alumni Board is currently seeking additional volunteers for this valuable program, including a sign-up campaign at the Tuesday night AA meetings. If you are interested, please get your name to a Board member so that the staff approval process can be completed.

### RETREAT

## A Weekend To Reflect, Relax, Have Fun

(Continued From Page 1)

is running high and early registration is recommended, according to Jeff Newburg, this year's chairman. "People, especially those who have been there before, don't need to be asked twice."

He added that Roger Glazer, affectionately known as the "Warden of Herrington House," has agreed to deliver the key-note talk on Friday evening.

"Honesty, openness and willingness are always stressed during treatment," Roger acknowledged, "but a retreat provides an opportunity for new perspectives, a chance to talk more about real-world experiences."

For the benefit of those who are unfamiliar with these popular weekend adventures in fellowship, here's a quick look at the format:

Dress is casual. Sign-in and getting acquainted on Friday runs from 5 p.m. until dinner at 6:30. Roger's talk will be at 7:30, followed by break-out sessions for small groups. As in the past, all other lead speakers Saturday and Sunday will be selected from among the participants, with each following the HOW theme. The closing comes at about noon on Sunday, so you're en route home by 1 p.m. (A Catholic Mass is available in the chapel Sunday morning for those wishing to attend.)

### Mark Your Calendars

- Board Meeting\* ..... May 10
- GMO Golf Outing ..... May 21
- Spring Retreat ..... May 27-29
- Board Meeting ..... June 14
- Renewal; Annual Picnic ..... September 11
- Awareness Program ..... November 15

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

### GOLF OUTING

(Continued From Page 1)

and all you can eat at the cookout. (If you can't make it to the links but would like to attend the picnic, you can do so for \$6.00.)

Event Chairman Pat Pendergast will be assigning the foursomes and tee times (first is at 10:12 a.m.). If you have questions in that regard, give him a call at 789-7701.

All Alums, spouses, partners and friends are welcome, but space is limited, so get your registration and check in early. To make the scene, your payment must be received no later than May 17.

A map with directions to both the course and to Pat's place will be sent to all who sign up. See the back page for registration and other information.

To provide balance, there's ample time for relaxation and fun, as well as the option to take serenity strolls into the woods or along scenic Crooked Lake. And the group games (some call them "verbal combat") in the evening have become McBride Retreat trademarks.

The modest fee of only \$85.00 covers all expenses, including five meals, lodging and other incidentals. Attendance is open to all McBride Center alumni, as well as others who share our disease of addiction and who are familiar with the McBride spirit of camaraderie.

The first step toward reaping the rewards of this energizing escape is to complete the registration coupon on Page 4 and get it, along with your check, to Jeff Newburg, 21725 Ann Louise Court, New Berlin, WI 53146. If you have any questions, ask any Alumni Board member, or seek out someone who has attended a past retreat. Or give Jeff a call at (414) 542-0798.

The absolute deadline for registration is Tuesday, May 24.

### What Are Retreats, Anyway?

## Report Of First One Tells It All

The following account appeared in the Summer, 1987, Moving Finger, shortly after the first-ever McBride Retreat.

There was a glow south of Oconomowoc over the Memorial Day weekend. Nestled on the shore of Crooked Lake, tucked deep in a piney grove of backwoods wilderness, there was a warmth of fellowship that, for many, was unlike anything they had ever experienced. For most, the first annual McBride Alumni Retreat was far too short, much more needed than realized, and far too inspirational to try and describe.

It was good. It was so very much more than simply a "success." It was recovery personified; it was fellowship in action and sobriety as reality. It was awesome and it was fun.

Though the world around us was without sunshine, it was as if the sun itself had, for this occasion, shed its grandiosity, declared its anonymity, and joined the group.

And that was okay.

It was not "like treatment," for there was no inner pain, no uncertainty and mental torment to mar the beginning. There was no "coming down," only a spiritual and even a physical uplifting as friends — old and new — sat down together as one. And truly communicated. Fears, for the most part, were banded about in the past tense. The anxieties that *did* arrive were brought for discussing, not stuffing.

True, Dr. Benzer was there to get things moving with an opening talk on the medical aspects of our disease. His effect, however, was not a setting of tone or pace for the weekend, but rather a clearing of the air; establishing that, regardless of whatever

status we may have left outside in the car, we were at once united in a common condition. Some of us needed that reminder that ours is not a social hangup but is, indeed, an insidious, though treatable, disease.

But lecture was not the stuff of which this retreat was made of. With the comfort of spacious quarters, a setting bathed in serenity and an energy level that grew by the hour, this was a time for mutual reflection and growth. And the effect couldn't have been greater, or the rewards more enriching. In a word... it was *Great*.

In groups and in two's and three's, we talked about the Steps, about problems, about joys and newfound understanding and happiness. Over meals and over coffee, we shared. We put old things in new perspective and found how, at the same time, we can be so unique yet so similar. We laughed about many of the things that had once made us cry. And, at times, we cried. We spoke of hopes that had materialized, and new hopes that only now are taking shape. We talked and talked and talked. And then... it was over.

There were hugs, a few more tears, promises to keep the retreat fires burning; unanimous agreement as to how tremendous it had been. There were sincere expressions of old friendships made deeper, and new ones just beginning.

And there was a pledge to share with others the new dimension of recovery that was discovered during those two short 24-hours. If you were within earshot during the days that followed, you probably heard first-hand about this experience. You didn't have to look hard to spot those who were there. They were the ones with a glow on.

### Spirit Needs Help to Keep It Moving

Alumni activities are yours for the partaking, but there's also a vital motivational and charitable side to the Association that should never be

overlooked. And, unfortunately, it is not, per se, self-supporting.

Tax-deductible contributions to the Alumni Foundation are the life blood of our good works, whether they are tangible, like providing periodic social occasions for patients and Herrington House residents, or are seen and felt in the subtle reminders of our fellowship, such as those provided by the quarterly publication of our newsletter.

It all costs money.

Remember, we are not affiliated with the hospital nor any other organization. We receive no outside support. There are no Alumni

Association dues, but an annual contribution of \$10.00 or more has been suggested as an appropriate expression of both gratitude and in the interest of helping others who follow our path. It is, after all, no more than the price of a few drinks or other former drains on our resources that we have now escaped as a result of our McBride experience. It's a small but appreciated gesture that could help others to find that same freedom.

Use the handy donation envelope that generally accompanies your *Moving Finger*, or simply send a check to the McBride Foundation, 17935 Country Lane, Brookfield, WI 53045. You'll feel good about it. And so will countless others.

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