

RETREAT

(Continued From Page 3)

vation deadline **June 18** but after that, because of the contractual commitment, there can be no refunds. For first-timers, further information, along with travel directions and a map, will be mailed upon request (check the box on the registration form).

This is, for the most part, a smoke-free event. Some of the private rooms, however, have been designated as "smoking allowed," and requests for these should be made upon arrival on Friday. There is also a designated smoking area in the center itself (as well as the great outdoors).

Redemptorist Center is located just off Interstate 94, about 20 miles west of Milwaukee. Rides or car-pooling can be arranged by calling Bob Hanning at (414) 964-6566.

ROPES COURSE

(Continued From Page 2)

his or her normal capabilities, and there's as much fun as there is benefit.

Family members 16 and over are invited to participate as well.

The outing will get underway at 9 a.m. and everyone should be completed by noon or shortly after, when the picnic on the scenic grounds will begin. Tours of the Rogers center will also be available. Registration is required (see coupon below) and a nominal fee of \$10.00 is being assessed to cover the catered picnic costs.

Registration and payment must be received by Tuesday, July 23. For further information, give Cary a call at (414) 571-8810. And if you need directions on getting to Rogers, check the box on the registration form.

Rogers Hospital 'Ropes Course' and Picnic

Clip, Enclose Check And Mail To: Cary Manske
460 West Lagoon Lane #2505
Oak Creek, WI 53154
(414) 571-8810

Deadline: July 23, 1996



Make Check Payable To: The McBride Foundation

Name _____
Address _____
City/ST/ZIP _____
Phone _____ Number in Party: _____

Check Here If You Need Map/Directions To Rogers Hospital
Picnic: \$10.00 Per Person
Amount of Check: _____

Donations to The McBride Foundation Can Be Added to Your Check

10TH ANNUAL MCBRIDE SPRING RETREAT

Clip, Enclose Check And Mail To: Bob Hanning
2737 East Beverly Road
Shorewood, WI 53211
(414) 964-6566

Deadline: June 18, 1996

Make Check Payable To: The McBride Foundation

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

Check Here If You Need Map/Directions To Retreat Center
Retreat: \$120.00 Per Person
Amount of Check: _____

Donations to The McBride Foundation Can Be Added to Your Check



Maintaining The Bridge To Sobriety

June 21 - 23

THE MOVING FINGER

The McBride Alumni Association and Foundation



Vol. XII, No. 1

Milwaukee, Wisconsin

Spring, 1996

Spring... We Missed Ya

Retreat Can Boot The Blahs

Last year, we had no Spring Retreat. This year, we had no Spring!

Because of that latter absence, there's all the more need and demand for a reversal of the first — a return of the blah-chasing, battery-charging ever-popular McBride Alumni Spring Retreat. It's a little later this year, and should more correctly be called a "summer" retreat, but since we missed the normal rejuvenation of spring weather, the weekend of **June 21-23** can fill that void. And lots more.

"Everyone's been talking about the effect of the weather; what a downer it's been and how depressing that long winter became," said Bob Hanning, Retreat Co-chairman. "There's been a lot of talk about the real need for a getaway; for a chance

to revitalize."

Unlike more traditional retreats, the McBride version is not a somber or religiously oriented event. Rather, it is an opportunity to both utilize and energize the program of recovery we have personally adopted. "It's a chance to get back on track," Hanning explained. "We focus on fellowship and camaraderie. And there's plenty of fun to balance things out."

He pointed out that, when you look at the total package, the \$120 fee is a real bargain. Covered is two nights lodging (private rooms) at the rustic lakeside Redemptorist Retreat Center (formerly Perpetual Help Center), five meals, plus all the motivation and inspiration to be absorbed in the activities and personal time provided in this truly idyllic setting.

Space is limited, however, and your reservation and check must be received by June 18 (see back page).

Sign-in and room assignment begins at about 5 p.m. on Friday, followed by the buffet dinner at 6.

There will be an outside keynote speaker to kick things off and set the *(Continued on Page 3)*

John Wilson Joins Alumni Board

John Wilson, long active in Alumni as well as Tuesday Night AA activities, has been named to the Alumni Board of Directors to fill a vacancy left by the resignation of Ron Gudinkas.

Increased business demands on his time forced Ron to give up the two-year term he began last September.

Alums Invited To Learn The Ropes

Don't let the name fool you. The "Ropes and Challenge Course" at Rogers Memorial Hospital is not a macho test of physical stamina or a daunting exercise reserved for the young and rugged.

To the contrary, the facility frequently featured on television and in newspaper articles teaches a convincing lesson that may sound familiar: *When it comes to life's major challenges, you can't go it alone.*

And now, thanks to the

folks at Rogers, Alums will have a chance to experience this valuable therapy free of charge as part of a get-acquainted day at the hospital near

Oconomoc. As part of the occasion, set for **Saturday, July 27**, we're having an Association picnic, as well.

Problem-solving, developing and improving communication skills, the building of confidence in both self and friends and, most of all, an eye-opening demonstration of the importance of seeking and relying upon help are all part of the lesson to be learned.

The course is used most *(Continued on Page 2)*



Now At Two Sites

Call Goes Out for 'Rappers'

"Rap is back," and the demand for "rappers" has never been greater.

Rap sessions have always been a cornerstone of McBride Alumni volunteer activity and, after a period of lagging interest, the effort is being stepped up and expanded to better serve today's addiction treatment needs.

We will soon be providing "speakers" to Rogers Memorial Hospital as well as Milwaukee Psych, and, in another change, the visits will be with residential program patients rather than inpatients in the early stages of treatment.

"Because inpatient stays are now pretty much limited to the detox period, and those folks are not really receptive to, or even ready for, raps, we were running into some discouraging situations — lack of interest and that sort of thing," explained John Wilson, new Alumni Rap Coordinator for the Milwaukee Psych effort. "Our once-a-week sessions will now be at the Recovery House."

In essence, a rap session is an informal hospital visit in a group setting by an individual who has put together a solid period of sobriety and who shares his or her thoughts, experiences and motivation with the patients or residents just beginning

their recovery.

And since the volunteering fits the description of AA "12th Step work," participation in the Alum-sponsored program is being opened to anyone with an established program of sobriety who attends AA meetings regularly, he said. "The Tuesday night meeting at the hospital is a good place to sign up for this really satisfying opportunity to help others."

The Milwaukee Psych rap sessions are held each Tuesday evening at 6:30 p.m. and last about 45 minutes, "making it real convenient to make the AA meeting afterwards and see all your old friends," Wilson said.

Those interested should give John a call at (414) 545-8636, or drop him a note at P.O. Box 27185, Milwaukee, WI 53227. Or send him a FAX at (414) 545-8894.

Since Rogers Hospital is located at a rural site near Oconomowoc, which could make participation inconvenient for many McBride Alums in the Milwaukee area, Coordinator David Franczyk is using a slightly different structure.

"We're recruiting a small cadre of volunteers who will commit to one session every six or eight weeks," he said. "That way, we can establish a set weekly schedule for maybe an entire year at a time."

There will also be a closer focus on the impaired professional nature of the Rogers program.

Both Wilson and Franczyk emphasized that rap sessions are just as beneficial and rewarding for the volunteers as for the patients — perhaps more so. "The personal satisfaction you get from 'giving away what you have' is tremendous," Wilson said. "You really feel good about yourself and how helpful you have been."

ROPES COURSE

(Continued From Page 1)

often by corporations and companies who send employees at every level — executives and workers alike. Even the Milwaukee Brewers used it last year. It's also part of the treatment regimen offered at the hospital.

"Regardless of age or physical condition, it's something that can change your life; something you will never forget," said Paul Mueller, director of product development at Rogers. "You end up with a new respect for trust and support."

"This is really a great and appropriate opportunity for the Association," added Cary Manske, Alumni Board member and coordinator for the event. "Considering our mutual need to maintain a program of strengthening recovery and relying upon others, it's perfect for a group like ours."

According to a descriptive brochure, the course "explores communications, cooperation and compromise, constructive brainstorming and awareness of how positive relationships can impact the individual, group and society."

The setting is several wooded acres on the hospital grounds and casual "outdoorsy" clothing and footwear is recommended. No one is subjected to physical demands beyond (Continued On Page 4)

In Memoriam Paul Pushkash. Gone... But his energy, spirit, inspiration and motivation will never be forgotten.

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

Times Are Changing Alumni Name May No Longer Be Appropriate

Now that ADMC (Addictive Disease Medical Consultants) has changed its name to PRN (Professional Recovery Network), and moved its impaired professional residential treatment program to Rogers Hospital near Oconomowoc, the role and function of the McBride Alumni Association and Foundation is also being revised.

"We still have a long ways to go; a lot of things to look at and consider," said Alumni President Bob Hanning. "But when the dust finally settles, I think we're going to have a much stronger, much more meaningful organization."

The Alumni group has always been autonomous, with no official ties or affiliation with anyone, he pointed out, "but it was always kind of taken for granted we were concerned only with the McBride program at Milwaukee Psychiatric Hospital. That's where we got started and that's where our focus has been."

Today, the Milwaukee Psych addiction program has been revamped and there is no McBride Center, per se. Treatment concepts and methodologies themselves have been undergoing radical changes, he said, "and our alumni interests have taken on more of a total-recovering-community direction," he said.

As a result, the Board of Directors has been discussing various new approaches for the organization to take in maintaining its identity while assisting recovering individuals through the provision of social interaction and fellowship.

"We don't want to be aligned with anyone in particular, but — on the other hand — we don't want to be some sort of global organization with no common bonds or sense of unity," Hanning explained. "We want to have some kind of thread that ties us all together in a special way."

He said the name itself is being reviewed, especially dropping the word "Alumni." The name "McBride," however, could be retained to memorialize the original treatment center itself, with no reference to the individual for whom it was named.

RETREAT

(Continued From Page 1)

tone for this year's theme: *Maintaining The Bridge to Sobriety*. From there on, everything is in the hands of the participants. You'll be on the road home by about noon on Sunday.

Along with lead talks and small discussion groups, there's ample time for rest and relaxation, walks through the woods and along the lake for

For the present, the Board is working with representatives of both Milwaukee Psych and Rogers on an equal basis, so far as coordinating activities and offering volunteer assistance is concerned, and other avenues are being explored. It has also been proposed that former members of the old Dewey Alumni Association, which has been disbanded, be invited to join the McBride group.

Hanning emphasized that member suggestions, opinions and recommendations are always welcome and should be submitted to any Board member.

Coming Soon: The GMB Greater McBride Open Golf Outing August 23, 1996

peaceful meditation. Saturday afternoon is left free for anything from shopping in the nearby rural communities to golf just a few miles down the road. Nothing is mandatory.

As always, group games and relevant video movies will be available for the night owls.

All is not light-hearted, of course, and the levels of spirituality and introspection engendered by the talks and discussions have always been the real take-aways from McBride Retreats. The only complaint has been that the time passes so quickly.

Attendance is open to all alums as well as others familiar with our tradition and friendship and who share our addiction to alcohol or drugs.

Hanning said that cancellations can be accepted up until the reser- (Continued On Page 4)

Mark Your Calendars Board Meeting* June 11 Spring Retreat June 21-23 Board Meeting July 9 Rogers Ropes Course/Picnic July 27 Board Meeting August 13 Golf Outing August 23 Renewal Program/Annual Picnic September 15 * Second Tuesday each month; 6 p.m. at Milwaukee Psych. All Alums welcome.