

how much higher the tab would run with a few cocktails and a bottle of wine. Dash off a check for that amount and add it to the McBride Foundation hope chest. Better yet, take a look at your next paycheck and ponder where you would be if you didn't have it...along with your sobriety. Remember where it all began, folks.

Make the check out to: McBride Alumni Foundation and forward it to the unofficial headquarters c/o Ken Zimmerman at 17935 Country Lane, Brookfield, WI 53005. Or send it to Milwaukee Psychiatric Hospital, 1220 Dewey Avenue, Wauwatosa, WI 53213, but be sure the envelope is clearly marked McBride Alumni (lest it get misplaced in the business office).

VITAL STATS....such as names and phones numbers of Alumni Board members and Rap coordinators, as well as news or announcements of upcoming Association events and activities can now be found on the right-hand side of the new bulletin board in the McBride (smoking) lounge. This is an "official" hospital communications board, and only authorized material may be posted; please do not abuse it by tacking up personal messages or other materials that have not been submitted to hospital staff for clearance.

IMPORTANT!!! KEEP IN TOUCH...by touching base. Let us know when you move or obtain a new telephone number. Because increasing membership has meant increasing postage costs, this will be the last edition of The Moving Finger to be mailed first class. That means, while gaining the economy of bulk rates, we will lose the forwarding of out-dated labels. It also means that copies will no longer be returned, a service that has given us a signal to track down a new address. In addition, the Post Office will make no attempt to decipher an error on the label, such as an incorrect ZIP code or a missing digit on the street address. So please check the mailing label on the envelope in which you received this newsletter and note any necessary corrections. Either call ((414) 781-2091) or mail (address listed earlier) the changes to Ken Z. (The Alumni roster is naturally kept on a strictly confidential basis and is used solely for Alumni purposes. For appropriate cause, you may request an individual address or phone number, but please do not ask to see the entire list.)

CURRENT ALUMNI BOARD MEMBERS: Ken Z. (President), Len W. (Vice President/Secretary), Mary Lee G. (Treasurer), Molly S., Dennis D., Natalie Z., Michael K., Chris Z. and John C. Rap session coordinators are Joe P. and Bob S. Addresses and phone numbers are available on the unit or in the ADMC office, and are posted in the Alumni section of the bulletin board on the unit. Or call Ken Z. at (414) 781-2091. And don't forget that four Board positions will be filled by election at the annual Alumni business meeting just before the Renewal program August 16. A nominating committee is at work.

-- KZ

=====
"The moving finger writes; and having writ...MOVES ON."
=====
-- Omar Khayyam
=====

The Moving Finger

MCBRIDE ALUMNI ASSOCIATION & FOUNDATION

Vol. III, No. 2

Milwaukee, Wisconsin

SUMMER, 1987

IT'S THAT TIME AGAIN...And the times will be good at the Third Annual McBride Alumni Renewal Day and PICNIC. All but the most recent arrivals on the McBride scene should have received the flyer with all the details (and even they should have at least HEARD about it), so let this serve as a reminder that the big day is fast arriving. Like last year, the Renewal will be held in the hospital auditorium, followed by the picnic at Site #5 in Kletzsch Park on the far northeast side of town.

SOME CHANGES THIS YEAR....(a reflection of our growing numbers) include a reception for family and friends at the Recovery House during the alumni proceedings at McBride, and the availability of a "do-it-yourself" picnic basket to avoid the hassle of preparing your vittles in advance and carting them to the park. For \$4.25 you get a hot dog, a hamburger and a brat, plus baked beans, potato salad, cole slaw, relishes, watermelon and all utensils. There will be a large charcoal grill, soda and coffee provided at no charge, so, at \$4.25 per picnicker, it's a real bargain -- and nothing to prepare or clean up. Those who wish (and those who procrastinate beyond the **August 10 food reservation deadline**) may, of course, bring their own basket. If HP has rain on His agenda, the afternoon event will be moved to Divine Savior/Holy Angels Community Hall at 4257 N. 100th Street (maps for both locations are on the flyer). There will be volley ball and some other activities on hand, and if you have any outdoor game equipment to add, bring it along. Extra flyers, with all the details and food reservation coupons, are available at McBride. This is a real family -- your own and the McBride variety -- affair, so get in the spirit, talk it up and, whatever you do, **...DON'T MISS IT!**

"SO MUCH FOR FOOTBALL"...remarked Coach Bob S. after the June 21 taste of humility at the hands of the Dewey Alumni semi-pro gridgers. The McBride stalwarts, who steadfastly maintained that they were seeking progress, not perfection, vividly demonstrated what the word "impaired" really means as they were outscored 28 to 0 that rainy Sunday at Wisconsin Avenue Park. Nevertheless, half measures were worth something; a good time was reportedly had by all. (Perhaps next year, the Dewey folks will consider softball for their annual-picnic challenge.)

NEW FACES ON THE MCBRIDE SCENE...include Russell Sandberg, M.D., who serves as an attending physician on the McBride Unit and at Dewey and is medical director of the outpatient unit. Dr. Sandberg came to

Milwaukee from the University of Illinois at Champaign-Urbana....**Tom Winslow**, who has been something of an informal "head scout and chief recruiter" in the past, has been appointed an official member of the team. His State Fair Police chief's badge has been exchanged for one that reads: "**Impaired Professions Coordinator.**" He will serve as a program referral liaison with various groups throughout the Milwaukee-Chicago area....And though we're a little late in acknowledging it, that familiar face that came up through the ranks, so to speak, belongs to **Len Worman, M.D.**, who is now into his second year in the Milwaukee Psychiatric Hospital Addictive Disease Fellowship Program. Len's duties-in-training take him to all phases of the programs at both Dewey and McBride....Those of you continuing on the weekly monitoring program are aware of the new voice making those friendly "You're On The List" calls. **Tami Harris** has replaced **Diane Kahle**, who has moved on to a new career after serving as staff secretary for the physicians' group since its inception....One familiar face is not so evident anymore. **Ralph DeLeon**, who, as a staff counselor left an indelible mark on so many of us, has "moved on," himself. Though still serving as a facilitator for aftercare group sessions, he is now devoting full time to his private practice at the Multi-Cultural Counseling Services Center on Mitchell Street.

NON-SMOKERS ARE BREATHING...a little easier at the Tuesday and Sunday night AA meetings at McBride. Because of routine hospital regulations, the "No Smoking" light has been turned on in meeting rooms E-7, E-3 and in the cafeteria. This leaves only the smoking lounge in the unit for those who choose to practice their nicotine addiction at the meetings.

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 adequately describe.

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

From as far away as Colorado and from "up north" in Wisconsin, McBride came home.

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

something like this to take shape, it will require some initiative on the part of those living in those areas, but the Board of Directors is ready to assist in any way it can. Anyone interested in exploring this idea should contact a Board member.

RAP SESSIONS CONTINUE...as probably the most visible example of ongoing Alumni participatory activity. These get-togethers for sharing life-after-treatment with the inpatients are held on a regular basis Tuesday evenings at 6 p.m. and Saturdays at 1:15 p.m. Because of their popularity with the alums and patients alike, the staff is trying to fit a Thursday session into the program, but there are still some problems to be worked out. Find out how rewarding these opportunities can be; sign up with Bob Schober (for Tuesdays) or Joe Piscione (for Saturdays), or call one of the Alumni Board members.

ALUMNI INVOLVEMENT...can mean many things, and one of the most important is interactive self-help through group contact. It's not AA and it's certainly not a substitute for AA. But continued sharing, socializing and growth with those who have followed the same path adds another dimension to the challenge of making certain adjustments in habits and even lifestyles. Regardless of our various walks of life, we got on track at the same place, and that gives us a lot in common. Too many times, a vital part of recovery is misplaced and left behind at McBride's doorstep. Especially among those who were in treatment at the same time, there is a genuine spirit of camaraderie that is too valuable to be left untapped in the critical months and even years following inpatient days. Like it or not, there are some changes that must be made, and who better to help make them than those who are experiencing those same feelings and, yes, problems? We have much to offer each other. Sobriety is a great life, but to really live and enjoy it, you've got to share it with those who speak the same language. The McBride Alumni is one of the strongest, closest and friendliest groups of its kind, and is often described as such by those in charge of other centers. You've already paid your dues; it's now time to reap the benefits. Talk to a Board member, or someone you know who is visibly active in Alumni service.

AND SPEAKING OF DUES....No, we don't have any, but you didn't think you would escape without a friendly reminder that our foundation never rests, did you? We will be making the second annual presentation of a gratitude gift to the McBride Unit at this year's Renewal Program and, to be truly meaningful, it should represent the gratitude of as many alums as possible. The VCR for use by inpatients was donated last year as our first demonstration of what a foundation is and can do. Many other suggestions for worthwhile contributions to the enhancement of our alma mater have been discussed, but they don't get very far when there are no funds to make them possible. We sometimes think such ideas are exercises in grandiosity, but then when you look at the generosity of alums at, for instance, Cumberland Heights in Tennessee (currently wrapping up a \$6 million fund drive) and, of course, Hazeldon in Minnesota, whose current newsletter describes the optimism connected with a \$12.5 million-effort, ours looks a bit paltry. (We don't even HAVE a goal -- yet.) Why not share the warmth of being a contributor when this year's gift is presented? Next time you enjoy dinner at a fine restaurant, think about

together as one and truly communicated. Fears, for the most part, were bandied 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 presentation on the scientific realities of our disease. His effect, however, was not a setting of tone or a pace for the weekend, but rather a clearing of the air, establishing at the outset 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 that reeked of serenity and an energy that grew by the hour, this was a time for mutual reflection and growth. And the supply 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 were taking shape. We talked and talked and talked.

AND THEN, following a closing session that was one of the most vivid and moving demonstrations of alumni interdependence and solidarity anyone could imagine, it was over.

There were hugs, a few more tears, promises to keep these 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 almost as a given, there was a commitment 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 far to spot those who were there...they were the ones with a glow on.

AND IT WON'T BE THE LAST... McBride Alumni Retreat. At the unanimous request of those attending, Committee Chairman John C. reserved the same facilities for next year's repeat performance. As an indication of how valued such weekend endeavors have become, we discovered that only five dates remained open during all of 1988 -- and four of those

were holiday weekends. Our Higher Power must have put in a word for us in advance, in that one "regular" date was still available. So right now, you can mark your calendars for the **June 5th weekend** next year. The 1987 retreat is going to be a tough act to follow, but somehow, we feel there is always room for growth.

And because of the enthusiasm and overwhelming excitement resulting from this one, there is also talk of scheduling a fall retreat later this year at a different site, and then continuing the twice-a-year format in the future. Any thoughts on this idea?

CAN IT BE THREE YEARS...since that first gathering on a Tuesday night at Milwaukee Psych launched the Milwaukee Professionals In AA Group? Time flies. To mark the occasion with an event of interest to all, the Annual Anniversary Open Meeting will be held **Tuesday, Nov. 3**. Tell your friends and set the date aside now. As was done last year, the meeting will be shifted to the Conference Center at The Medical College of Wisconsin to accommodate the anticipated large crowd. This year's speaker will be William D. McLean, rector of St. Boniface Church in Sarasota, Florida, an AA speaker with national credentials as well as local ties. This combined meeting with the Tuesday night **ALANON** group will be begin at the customary 7:30 p.m. and refreshments will be served. Watch for further details as they become available.

WHAT'S IN A NAME?...Ever think, while hearing the introductions around the meeting rooms, that some names are heard more often than others. A check of the Alumni roster shows that we conform pretty much to national averages in that category. William (or Bill) heads the list, with no less than 15 having passed our way. They are followed closely by John (14) and Robert (12). We have ten Michaels, with David and Thomas tied at nine. On the distaff side, eight Marys and six Margarets have come to McBride, with Barbara, Joan and Karen tied for third with four each. Just in case you wondered.

WHATTA YA THINK OF A MONTHLY BREAKFAST?...As a further opportunity to strengthen the McBride spirit, there has been discussion of holding a Sunday breakfast get-together on a monthly basis. The intent would be to have the occasion available on a spontaneous, "if you're in the neighborhood" type of schedule -- not like an annual picnic or casino night, where we strive for see something like 100 percent attendance, but more as an added convenience or service to alums. Either with or without a speaker, it would be a chance to socialize and keep the fires burning. Perhaps with a phone-call reservation by the Wednesday prior to the date, we could make arrangements to have it at the same location every month. Your comments or suggestions on this concept would be appreciated. As with any alumni thoughts, simply pass them along to a Board member.

THERE'S TALK UP NORTH...of organizing a chapter of some sort to accommodate alumni in Green Bay and the surrounding area. The same as been mentioned by "grads" in the western part of the state, as well. The sentiment as been expressed by those who have had the opportunity to see and experience the benefits of regular contact with fellow alumni while visiting in the "home territory." Monthly or quarterly breakfast meetings have been suggested. In order for