

Time for getting in touch With what we're all about

Four years ago, at about this time, a troubled physician was told about McBride.

He was told to place his confidence in something that wasn't there. The door was yet to open.

He had tried to do it alone, and failed. Many times. But he had hope, hope that somehow, some way, someone would help. He came to McBride.

First a few, then many, followed his path; troubled but clinging to a hope that something could be done and that this was the place to do it.

There is no plaque to honor that first struggling alcoholic who, if there was such a number, would be 001 on the McBride Alumni roster. He is simply one among many. That's how recovery works and that's how this organization works. There are no stars.

We are not AA, but we strive to live by its principles, and we are explicitly not a part of the hospital, though we support its efforts.

We are no longer patients, but we have been there. We found the strength that was being sought so desperately by that troubled physician, and we know how much we must rely upon others to keep it.

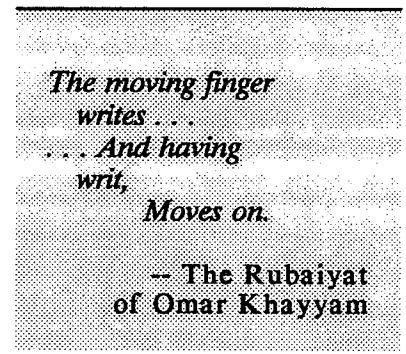
The McBride Alumni Association is a tool for our recovery. More than 500 "graduates" now have access to what we, collectively, have to offer. Gratefully, we share.

As with any alumni group, there are pockets of both strength and indifference. There are those who take part and those who do not. That is a personal choice.

The Association is here for those who want it. Who count on it. To succeed, however, it

needs participation. It needs people to head committees and people to work on them. It needs volunteers to work with each other and with patients, those still seeking what we have. And it needs financial support, so that it may serve visibly, with unity.

The holiday season is approaching. It's a good time to express gratitude in whichever of those ways we can. Be generous.



Mark Your Calendar

- AA Open Meeting Nov. 15
- Winter Retreat Dec. 2
- Sunday Brunch Dec. 4
- Christmas, New Year's Visit Inpatients
- Sunday Brunch Jan. 1
- Annual Game Night Feb. 18
- '89 Summer Retreat June 2

REGISTRATION FORM Winter Retreat -- December 2-4, 1988

Mr. _____
 Ms. _____ PHONE _____

ADDRESS _____

CITY/STATE/ZIP _____

Shared Room (\$80.00/person) Sharing with: _____
(Two Beds) (If no roommate is indicated, one will be assigned.)

Alumni Fund Donation:\$ _____

Private Room (\$100.00)

AMOUNT OF CHECK: \$ _____

Check-in begins at 6 p.m. Friday, December 2. Dinner at 7:30 p.m.

Deadline for registration is Saturday, November 26, 1988. Make Check payable to THE McBRIDE FOUNDATION and mail to:
The McBride Foundation, 17935 Country Lane, Brookfield, WI 53005

The Moving Finger

McBRIDE ALUMNI ASSOCIATION & FOUNDATION

Vol. IV, No. 3

Milwaukee, Wisconsin

Fall, 1988

Winter Retreat Looks Like Best Yet

Like sobriety, McBride Alumni Retreats seem to improve with the years.

This year's Winter version, with the addition of recreational facilities and somewhat posher surroundings, continues in that tradition and offers the most attractive package yet.

But time to assure yourself a spot for the **December 2nd** weekend is running out! Deadline for reservations is **Saturday, November 26.**

(In case you misplaced the October mailing, another registration form appears on the back page of this newsletter.)

As always, a return to the basics – good AA, fellowship and plenty of time for renewal and reflection – will underpin the weekend in Madison . . . but the amenities can't be overlooked. The comfortable, modern Yahara Conference Center offers a large heated indoor pool, an exercise room and much more.

The \$80.00 rate for a two-bed shared room (\$100.00 for private) covers the total three-day package of lodging, meals, round-the-clock refreshments and snacks.

With an informal schedule of meetings, speakers and quiet time, participants can structure the weekend to fit their own needs, mingling or meditating as desired. The only requirement for attendance is a desire to strengthen one's personal program for recovery.

Yahara is located on the north side of Madison, about 90 minutes from downtown Milwaukee. Check-in precedes dinner at 7:30 p.m. Friday and the retreat will close at about noon Sunday. Directions and a map, along with further Retreat information, will be sent to all registrants about a week in advance.

Car-pooling is being arranged and anyone seeking either a ride or a rider should call Jean V. (352-6023) or Natalie Z. (781-2091).

Hanson Elected By Alumni Board

John Hanson is the new president of the McBride Alumni Board of Directors.

Succeeding Ken Zimmerman, who stepped down after three years at the helm, John was elected at the first Board meeting of the new fiscal year in September. Joe Piscione was named vice president and Janet Cobbett will serve another year as secretary. Ken Z. was elected treasurer.

The election was the first order of business for the new Board, elected at the Alumni annual meeting August 14. New directors include Tom Dutton, Sherm Johnson, Elizabeth Mason and Jean

Vila. Holdover members are Len Worman, John H., Joe P., Janet C. and Bill Anderson. Ken, as past-president, continues on the Board and Sheila Sorkin is the Madison-area representative. Tom Winslow will continue to serve

as hospital/staff liaison. Directors meet at 8 p.m. the second Sunday of each month. A photo of the new board is posted on the McBride-I bulletin board; phone numbers are available at the nurses' station.

Travino's they were not!

Does Sobriety improve your golf score?
Does honesty mean counting all five swings it took to get out of that horrendous sand trap?

The first annual Greater McBride Open (at least that's what they called it) tested those and other probing questions October 2 at Silver Spring Country Club.

A nip in the air and an early shutdown failed to dim enthusiasm for the four foursomes, which included several spouses, and just about everyone won a prize.

Organized informally on the spur of the moment, it was such a success that the duffers agreed to make it an annual event. Any volunteers to help plan the 1989 GMO?

Alumni Gift Fine Tunes Patient Video Program

Thanks to your "gratitude dollars," McBride inpatients now have use of a new color television monitor, plus a sturdy cart to give it mobility.

Contributions to the McBride Alumni Foundation, in addition to covering costs like printing and postage for this newsletter, make these annual expressions of gratitude possible.

This year's Alumni gift to the unit was presented at the conclusion of the annual business meeting August 14. President Ken Z. noted that the equipment complements the VCR donated to the inpatients in 1986. (A computerized electric typewriter for use by Recovery House residents was the 1987 gift.)

The use of educational and documentary video tapes is a rapidly growing component of treatment and McBride had been hampered by a lack of portable equipment. The new 25-inch monitor can be easily moved from the unit to classrooms or the auditorium.

In accepting the gift on behalf of the patients, Dr. Herrington thanked the Alumni and praised its work, especially the many volunteer projects that the Association

has contributed during the past year.

He said that he knew of no similar group anywhere that "demonstrates so well what recovering people can do to help those who follow in their paths."

Fellowship found Wherever you go

AA, and recovery, is everywhere.

And when travelling, whether it be business or pleasure, there's no need to leave your program behind. In fact, an out-of-town meeting can be such a rewarding experience that many folks put a top priority on locating an AA meeting first thing when arriving at a destination.

If you don't have a national directory, you can call the Milwaukee Central Office and get meeting times, locations and phone numbers in any part of the country (or world).

Just as easy, check the local telephone directory in the city you are visiting; there's usually an AA listing for that area and the locals are always happy to steer you to a convenient gathering of recovering friends.

'Finger' editor Gets new toy; Upgrades paper

Unless this is your first look at a copy of The Moving Finger, you must have noticed the fancy new appearance.

Though we were never really ashamed of the old format, it lacked professionalism.

(Dr. Benzer would undoubtedly call that grandiosity.)

At any rate, the Editor, always striving for progress, has upgraded his computer capabilities (For those of you "hackers," it's a WordPerfect 5.0 program with an HP Laserjet II printer.) and he's just like a kid with a new electric train.

The result is this new and improved graphic look for your "periodic" newsletter.

We'd also like to improve the content.

Let us know if there are things you would like to see or hear about. Your comments and suggestions are always appreciated.

Alumni 'Welcome Wagon' needs drivers

As many of you are well aware, The Alumni is often called upon to provide transportation from the airport or Amtrak station to McBride when new patients arrive for treatment. It's a short drive, but it can go a long way toward starting the newcomer off on the right foot.

A warm welcome, not only to Milwaukee and McBride but also to sobriety, can mean a great deal to someone possibly having second thoughts about seeking help. It is a big step and there are often countless questions or

doubts that an understanding alum can quickly resolve.

For the volunteer, the experience is equally beneficial. It is an opportunity to share and to provide valuable assistance at the same time. If you would like the opportunity to take part in this program, send your name, address, phone number and times you would be available to the McBride Alumni Association, 17935 Country Lane, Brookfield, WI 53005. The greatest need is for daytime hours during the week.

Game Night '89 to sport new look

With a new name and a new format, Game Night is starting with a fresh deck.

In response to many requests, the "casino" designation is gone and the emphasis will be on a full gamut of games for the third annual event **February 18**.

The Dretzka Park pavilion, site of the two previous fun nights that have proved so popular, has again been reserved.

Specific details are still being worked out. Committee Chairmen Sherm J. and Tom D. said they are looking for suggestions, especially with regard to which games to include.

Early candidates include sheephead, bridge and even Monopoly. That old McBride

mainstay, Trivial Pursuit, has also been mentioned.

For those who missed the '87 and '88 versions, the evening begins with a get-acquainted hour then a sumptuous buffet dinner (based on past experience, a spread that in itself makes the trip worthwhile). Coffee, soda and snacks will be available throughout the evening.

In the past, gaming has centered on the casino variety, primarily blackjack. "Fun money" was wagered, with winnings used to bid in an auction of donated prizes.

The gambling format, however, was limiting. Some opposed it on principle, others simply prefer other pastimes.

Hence the change. (Those visions of Vegas

may persist, however. Present plans call for at least a table or two of blackjack.)

Anyone with suggestions or wishing to serve on the Game Night Committee is invited to call either Sherm (797-9841) or Tom (781-5156), or contact any Alumni Board member.

Door prizes are also needed and will be greatly appreciated.

Good friends Get together

Alumni gatherings need not be large to be good, or to play a valuable role in strengthening recovery.

More than 15 members of the informal "October-November 1986 McBride Group," for example, got together last month for their second annual reunion and pot-luck dinner.

Alums attending reported a great evening of fellowship, renewal of meaningful friendships and an all-around good time.

The event was held at the home of Bill F. in Whitefish Bay.

Think of McBride During holidays

Alumni visitors are always welcome at the McBride Center, but especially so during the often stressful holiday season.

Despite the cheerful decorations, the units and recovery houses have a way of being lonely when separated from loved ones. Shared conversation over a cup of coffee can lighten that burden. With hardly any effort, you can make someone's day.

McBride adds Madison Unit

As the need grows, so grows McBride's capability to fill it.

That philosophy prompted the establishment of McBride Center Madison, which opened officially in October.

The new outpatient and counseling unit is under the direction of Mary Beth Manning, M.S., assisted by Staff Counselor Bette Myron. Patrick McNamara, M.D., of the Milwaukee office, serves

as medical director on a regularly scheduled part-time basis.

In addition to primary outpatient care, services provided include intervention and evaluations, support groups, family therapy and back-to-work advocacy.

Inpatient referrals are made to the center in Milwaukee Alumni, especially in the Madison area, should keep this new center in mind when friends and relatives ask about program availability. For further information, call (608) 255-1116 (24-hour service) or 255-1208. The center is located at 1050 Regent Street, Madison, WI 53715.

"With an increasing number of alumni returning to their homes in the Madison area, we saw a clear need for a program to serve them," said Dr. David Benzer, McBride medical director.

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

The McBride Foundation
17935 Country Lane
Brookfield, WI 53005

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