

The Fourth Annual

# McBride Alumni WINTER RETREAT

January 4 - 6, 1991  
Friday Evening - Sunday Noon

PERPETUAL HELP RETREAT CENTER  
Oconomowoc, Wisconsin

Our Theme:

*Honesty  
Openness  
Willingness*

*McBride Retreats defy description... But you never stop talking about them.*

Lead speakers. Small groups. Free time. Recreational activities. Time for contemplation and meditation. Be part of this inspirational weekend in the woods along Crooked Lake for only \$80.00. Most rooms are singles, but if you prefer a roommate, please indicate on the registration form. Sign-in begins at 5:30 p.m. with dinner an hour later. Speakers from among those attending will sustain the theme, but you'll be free to set your own schedule. Colleen's keynote talk will be Saturday morning, and a closing program will tie it all together at noon Sunday. Mail the registration form below by DECEMBER 28.

SPACE IS LIMITED. Register early. Map and other details will be mailed to all participants.

Please check here if you will miss the Friday evening dinner.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Sharing Room With: \_\_\_\_\_  
(Optional)

Registration ..... \$ 80.00  
Donation to Foundation ..... \$ \_\_\_\_\_  
Amount of Check ..... \$ \_\_\_\_\_

Make Check Payable To:  
**The McBride Foundation**

Mail To:  
Diane Weber  
9318 N. Lake Drive  
Milwaukee, WI 53217  
(414) 352-4625

Deadline:  
December 28, 1990

# The Moving Finger

McBRIDE ALUMNI ASSOCIATION & FOUNDATION

Vol. VI, No. 4

Milwaukee, Wisconsin

Fall, 1990

*Wooded Setting Beckons*

## Retreat Sure Cure For Winter Blahs

Wisconsin weather may be unpredictable, but not so McBride retreats.

Just as sure as January means post-holiday blues and winter blahs, you can count on a sure cure with fellow Alums at these semi-annual get-togethers alongside Crooked Lake.

"HOW," an acronym for "Honesty, Openness and Willingness," is the theme for the Fourth Annual Winter Retreat, the kickoff of 1991 Alumni Association events, and once again, the timing and setting are just what the doctor ordered.

The period from Thanksgiving through New Year's can be especially challenging to recovery, and the season's weather simply compounds the problem. It's a time that begs for a fresh supply of inner strength.

"How?" can be a big question, and the "H-O-W" retreat theme can be the answer. Recovery never works in a vacuum. Feelings and emotions cannot

be shared alone, and what better company can be found than fellow Alums who have shared the McBride experience?

Honesty, openness and willingness are always stressed in treatment, and the message always bears repeating. It's the stuff that sobriety is made of.

Set aside **January 4-6, 1991**, at Perpetual Help Retreat Center near Oconomowoc if you, like so many, have that periodic need to recharge your spiritual batteries and to get things generally back on track.

Following the successful format of the past, sign-in and coffee begin at 5:30 p.m. on Friday and the curtain comes down at about noon on Sunday. What happens in between is up to individual participants, but one thing is certain: Something DOES happen.

"I don't know of anyone who has attended a

*(Continued on Page 3)*

## Alumni Board Names Giese New President

Kris Giese is the new president of the McBride Alumni Board of Directors.

Named to a second term on the Board at the Alumni Association's annual meeting September 9, Kris was elected President at the directors' first meeting September 11. She replaces John Hanson, who stepped down after two years in the top spot.

Tom Boliaris was elected vice president, new Board member Beth Formoe is the new secretary, and Ken Zimmerman

*(Continued on Page 2)*

## *Awareness Program Has Twin Bill*

Witty. Inspirational. Insightful. Thought-provoking.

All of the above and more have been applied to the two speakers who will help McBride celebrate its sixth birthday at the annual **Awareness Program Tuesday, November 13.**

Dr. Lynn Hankis and his wife, Mary Lou, of Miami, FL, represent both sides of the recovery process and love to talk about it. The program, at 7:30 p.m. at the Medical College of Wisconsin, 9200 Watertown Plank Rd., is co-sponsored by the Alumni, ADMC, Milwaukee Psychiatric Hospital, and the Medical College. Admission is free and the public is invited. Refreshments will be served following the program.

Dr. Hankis has attained national fame speaking about his recovery, especially before physician groups, and Mary Lou has gained a reputation in her own right by providing a view from the spouse's perspective.

Awareness Programs, held each year to mark the founding of the McBride Center in 1984, are offered as a community service to help educate and enlighten the public about alcoholism and chemical dependency.

### Remember Patients As Holidays Near; Visits Can Help

Treatment for alcoholism and chemical dependency is always stressful and generally involves lengthy periods away from friends and loved ones. It is even more difficult during the holiday season.

McBride patients are no exception, and most could use a little moral support such as that provided by a visit from a friendly, understanding Alum who can relate to the situation.

Take some time during the coming weeks and drop in for coffee, and to brighten a patient's day. The effort involved, in fact, often proves as beneficial for the visitor as for the patient. It's 12th Step work and, as such, can strengthen your own recovery program, as well.

Not all times are appropriate for a visit, of course, so it's best to call the McBride Unit (258-2600) ahead of time to check on the schedule.

If you live outside the Milwaukee area, don't forget the mail. An encouraging letter from "someone who's been there" need not be addressed to anyone in particular; simply put some thoughts on paper and send it to the McBride Unit. It just might help a patient through a tough situation.

### Gratitude Keeps Spirit Alive

Thanks to the generosity of those who responded to the "in-lieu-of-dues" appeal during the past year, your association is alive and well.

But it's budget month again. Just in time to qualify as a 1990 tax deduction, you're being asked for a donation to keep the group going, to keep the fellowship working through the many activities and events that are announced, promoted and explained via this newsletter. And don't forget the Endowment Fund.

For those new to the Alumni, this voluntary effort was adopted by the Board of Directors when it seemed apparent that annual dues would be necessary to sustain the organization. The problem, however, was obvious: If mailings were to go only to dues-paying members, they would miss many of those who need them most; those whose sobriety might be threatened by forgetting where it all began. And why treatment was necessary in the first place.

The concept is simple, much like "passing the hat." By making at least one donation a year (a minimum of \$10.00 is suggested), you help keep the Foundation in the black and make its mission a success.

The primary beneficiaries are those new to recovery who

may not at first appreciate the value of ongoing contact with fellow Alums. It helps dispell the uncertainty often felt when rejoining the "real world."

But just as important is the warm sense of gratitude on the part of donors. Especially during the holidays, there's a genuine reward in knowing that you have extended a helping hand to those who have followed your path.

### New Faces On Alumni Board

(Continued From Page 1)

will serve another term as treasurer.

In addition to Beth, John Hopkins and Phil Atinsky have joined the 1990-'91 Board, filling vacancies left when Tom Dutton, Len Worman and Jean Vila completed two-year terms.

Giese and Richard Barta, who stepped down as secretary, were elected to second terms as directors, and Charles Brandenburg, Diane Weber, Boliaris and Hanson are holdovers. Zimmerman, as a past-president, is an ongoing ex-officio member and Tom Winslow continues as the Alumni's liaison with the McBride staff.

Among the key committee assignments made at the Board's meeting were Hopkins and Formoe to direct the Alumni "Rap" program and Brandenburg, Hanson and Formoe will be in charge of special events. Barta and Hopkins will plan next year's Renewal Program and Boliaris and Atinsky are in charge of the 1991 picnic.

#### Mark Your Calendars

- Sixth Annual Awareness Program . . . . . November 13
- Board Meeting . . . . . November 13
- Sunday Brunch . . . . . December 2
- Board Meeting . . . . . December 11
- Winter Retreat . . . . . January 4-6
- Sunday Brunch . . . . . January 6
- Board Meeting . . . . . January 8
- Game Night . . . . . February 16
- Summer Retreat . . . . . May 31-June 2

### Setting Perfect For Retreat

(Continued From Page 1)

McBride Retreat who hasn't found the experience both meaningful and fun," said Chairperson Diane Weber. "The whole thing sounds so simple when you talk about it, but the way you feel, the way you get a sense of discovery about yourself, is really fantastic."

Colleen Mangen, whom many already know as a motivational member of the McBride treatment team, will be this year's keynote speaker. Her talk Saturday morning will help set the tone to be carried further by the participant speakers who will precede each of the small group meetings.

With its large fireplaces and homelike atmosphere, nestled in a wooded campus on the shore of Crooked Lake in Waukesha County, Perpetual Help Center is the perfect spot to set aside the cares of the world and focus on the moment. There's plenty of time for meditation and lots of opportunity for sharing and fellowship.

If further recommendation is necessary, one need only ask someone who has attended any of the past McBride retreats; an enthusiastic endorsement is

sure to be provided.

Deadline for registration is Saturday, December 29, and the fee remains at \$80.00, which covers two nights' lodging, all meals plus coffee, snacks and other incidentals. Full details and a map will be sent to all participants.

Since space is limited, early

#### Roast No Problem

Retreat participants who wish to attend the "Roast" for Dr. Herrington Friday evening (see story below) can easily do both.

Perpetual Help Center is only about 20-30 minutes from the Sheraton Mayfair, which will allow for an arrival by about 10 p.m., or shortly after. Only the Friday evening meal and the first group meeting will be missed.

registration is strongly urged. Complete the form found on the back page of this newsletter and mail it with your check to Diane Weber, 9318 North Lake Drive, Milwaukee, WI 53217.

Questions? Call Diane at (414) 352-4625.

### 'Marshmallow Roast' Set January 4

Dr. Roland Herrington may have retired but he is neither gone nor forgotten.

And he's going to have a night he won't forget next January 4 when some of his many friends, including a grateful group of McBride Alums, gather to "roast him; to poke a little fun while expressing their affection and appreciation for a man often known as "Mr. McBride" and, sometimes, "The Iron Marshmallow."

Tickets for this memorable dinner event at the Sheraton Mayfair Hotel in Wauwatosa are \$25.00 per person, with \$10.00 of that earmarked for the McBride Alumni Foundation Endowment Fund, the low-interest loan plan for Recovery House patients in need of financial assistance.

Full details are included in a letter going out soon to McBride Alumni and other friends of Dr. Herrington, or may be obtained by calling Tom Winslow or Shiela Sorkin at McBride, 259-5000.

### Never Too Early To Think Fun

It's fun. It's prizes. It's fellowship and a good time for all.

Coming February 16, it's the Annual McBride Alumni Game Night.

Returning to the scene of last year's spirited success, the evening of buffet dinner, games, a bargain-filled silent auction, and tables full of door prizes will be held at the Brown Deer Park Pavilion, on Milwaukee's far north side, beginning at 6 p.m.

Registration information and other details will be published as plans are completed, but mark your calendars now and start thinking FUN!

Board games, suitable for group participation, are most popular, and recommendations are always welcome.

Charlie Brandenburg and Tom Boliaris are busy putting things together, so if you have suggestions or would like to lend a hand or donate a prize, contact either one of them, or any other member of your Alumni Board of Directors or *The Moving Finger* editor.

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

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Ken Zimmerman  
Editor