

The Fifth Annual

# McBride Alumni

## Spring Retreat

May 31 - June 2, 1991

Friday Evening - Sunday Noon

### Perpetual Help Retreat Center

Oconomowoc, Wisconsin

This Year's Theme:

## 'How It Works - The Program'

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

*Lead speakers. Small Groups. Free time. Social activities. Meditation and contemplation. Be part of this inspirational weekend in the woods along Crooked Lake for only \$80.00. Sign-in begins about 5 p.m., dinner at 6:30.*

**Registration Deadline: May 28**

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

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

City, State, ZIP: \_\_\_\_\_

Registration.....\$ 80.00

Donation to Foundation.....\$ \_\_\_\_\_

Amount of Check.....\$ \_\_\_\_\_

Shared Room Desired (With: \_\_\_\_\_)

Reserve a spot with the golfers on Saturday.

Make Check Payable To:

**The McBride Foundation**

Mail To:

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

A map and directions to Perpetual Help Center will be mailed to all registrants.

*Don't Miss It!*

# The Moving Finger

THE McBRIDE ALUMNI ASSOCIATION & FOUNDATION

Vol. VII, No. 2

Milwaukee, Wisconsin

Spring, 1991

*Is Your Program Working?*

## Retreat Offers Time To Reflect

It's spring! And though they're hardly fancy, thoughts of the Alumni Retreat naturally come to mind. Registration has begun and once again a theme that is certain to provide plenty to talk about has been selected.

"How It Works," also known as Chapter 5 of the Big Book, is familiar to all of us. It is the

### Golf Outing Set

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backbone of AA and, as such, is an unofficial "credo" for the McBride Alumni. As the repository of the Twelve Steps, it contains "everything you need to know -- and then some" about the simple program that has brought and preserved recovery for alcoholics and other addicts worldwide.

We discovered it early, and continue to read or hear it on a

regular basis. Though past McBride Retreats have often focused on the 12 Steps, the theme for this year's Spring event May 31-June 2 draws upon the slightly broader topic, and should provide a bit more flexibility.

"It's a little different, but still in keeping with our general format," explained Retreat Chairperson Diane Weber, noting that the weekend programs have traditionally focused on the Steps in the spring and the Promises for the winter gathering. "I think everyone will have something to think about and to share with others," she said.

Set for the weekend following Memorial Day, the schedule remains the same as for previous retreats, with sign-in starting at about 5 p.m. on Friday, and dinner at 6:30. Closing generally has

participants heading home at about noon on Sunday.

Our beautiful lakeside location at Perpetual Help Retreat Center near Oconomowoc is a short 20 to 30-minute drive from Milwaukee and, no matter what the weather, has proven to be ideal for both renewal and relaxation.

Informality is the only thing mandatory for these events, and those who have attended

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### Outpatient Alum Named to Board

For the first time, a "graduate" of the McBride outpatient program has been named to the Alumni Board of Directors.

Marian Catania, who began treatment in the summer of 1988, was appointed to fill the vacancy created when John Hanson asked to step down because of increasing job demands.

Marian has been an enthusiastic participant in Alumni functions and said she was anxious to share that spirit and interest with others, especially former outpatients who may be unfamiliar with the many opportunities for ongoing fellowship.

"I think, sometimes, that people feel left out because they weren't inpatients," she said. "That's unfortunate. There's so much to be gained by socializing and volunteering and all of the other Alumni activities that strengthen recovery."

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### Alumni Fund Goes To Work

An Alumni dream has come true. Gratitude and generosity can now bear fruit in a meaningful way.

In the works for over a year, the McBride Alumni Endowment Fund has become operational and, effective May 1, financial assistance will be available to help open the doors to Herrington House post-primary treatment for those who might otherwise miss the opportunity.

Though still limited in scope, and with a few details still to be worked out, the low-interest loan program is open to qualifying patients whose own resources fall short of the significant fees for residency in what were formerly known as "Recovery Houses" on the Milwaukee Psychiatric Hospital campus. (The two facilities were renamed in honor of Dr. Roland Herrington following his retirement early this year.)

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### Attention McBride Duffers: 4th Annual 'GMO' Set May 19

To some folks, golf means intensity and frustration. To others, it means a chance to get outside with a bunch of friends to see who can have the most fun.

If you're in the latter category, and you sometimes need your toes to count all your strokes, you'll find that the GMO -- The Greater McBride Open -- is just for you!



Circle Sunday, May 19, on your events calendar, get your name on the list, then dust off the clubs and get set for what has become another Alumni tradition in the spirit of good times.

Tee-off is set for 11:15 a.m. for the Association's fourth annual golf outing, open to Alums, spouses and friends, at Paganaca Golf Club near Oconomowoc. It will conclude with a cook-out and awarding of prizes beginning at about 3:30. (Yes, you scoffers, the same day!)

The committee is still looking at prize possibilities, but you can figure on recognition for such things as most and least putts, longest drive, highest and lowest

scores, first lost ball and other customary points of competition.

Tom Dutton has again agreed to oversee the planning and will make sure the charcoal is lit, the hamburgers, hot dogs and brats are ready and whatever else needs to be done to maintain order.

As is the case most everywhere, green fees are up this year, so the day will cost \$25.00 per person, which covers 18 holes of golf, food, soda and prizes. If you're long on spirit but short on stamina, motor carts are \$10.00 per person, "double occupancy." And if you want to stop at nine holes and still enjoy the cookout, the rate is only \$16.00 (plus cart if you ride). Or if gluttony is your major sport, you can come for just the food for \$5.00 (the prize fund leaves no one out). Paganaca has rental clubs available for \$3.00, but the supply is limited.

Get your reservation checks to Tom at 3365 Town Trail, Brookfield, WI 53045, (414) 781-5156, by May 17. You can also sign up at the Alumni table located (usually) outside the Tuesday night AA meetings at McBride. Please ask if you need a map and directions to the course.

#### Mark Your Calendars

- Sunday Brunch\* ..... May 5
- Board Meeting ..... May 14
- Alumni Golf Outing ..... May 19
- Summer Retreat ..... May 31-June 2
- Sunday Brunch\* ..... June 2
- Board Meeting ..... June 11
- Dewey Softball Game ..... June 22
- Annual Meeting/Picnic ..... September 8
- Winter '92 Retreat ..... January 3, 1992

\* 10:30 a.m., Holiday Inn; Highway 100, S. of Bluemound Rd.

### Alum No. 1,000 Marks Milestone For Association

A major milestone has been reached by the Alumni Association: The 1,000th member has joined our ranks.

At some point since the Winter issue of *The Moving Finger* was distributed, a certain patient completed his or her treatment and, along with others from that three-month period, the name was added to our mailing list.

Because they are added in a group, names are numbered in random fashion without respect to admission dates. Our number 1,000, therefore, was actually a matter of chance.

Nevertheless, one Alum carries that roster distinction and, accurate or not, symbolic recognition is in order. To mark the event, an appropriate certificate has been prepared and will be presented at the annual meeting and Renewal Program preceding the picnic September 8.

Some of us know who you are, No. 1,000, but we're not telling.

#### Dewey Issues Challenge; Softball Crown at Stake

Okay, gang, the gauntlet has been dropped again and this time, there's a title to defend.

Our fellow recoverees ("recoverees?") at the Dewey Center have issued their annual softball challenge and, coming off a decisive victory last year, the McBride sluggers are invited to prove it wasn't a fluke.

A McBride captain is needed for the big game, the highlight of the Dewey Alumni picnic June 22 at Wisconsin Avenue Park. The picnic is at noon, game at 1 p.m. Anyone interested in organizing our team should call Kay M. at 774-7796 for details.

### Retreat Adds Depth to Steps

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previously can attest to the laid-back atmosphere and the opportunity to set your own pace. Meetings and discussion groups are scheduled, but even these are optional if meditation and quiet time are more suited to your needs of the moment.

With the exception of the opening "keynote" talk -- this year featuring Phil Lloyd, an Alum now on the McBride treatment team -- all programs are conducted by the participants themselves.

The later hours of Friday and Saturday evenings are social times, with everything from group games to popcorn and chatting available. Fifth Steps with Fr. Bill Cronin, a fellow Alum, will be available throughout the weekend.

Also in keeping with tradition, there will be one talk and discussion period following lunch on Saturday, with the rest of the afternoon free for either personal time (walks on the wooded grounds along scenic Crooked Lake are always popular) or, weather-permitting, even nine holes of golf at a nearby public course.

Rooms (with bathrooms) are private, but for those wishing to share (sorry, no discounts), a few doubles are available; they can be requested on the registration form.

All expenses (except golf), including buffet meals Friday

evening, three on Saturday and brunch on Sunday, are covered by the low fee of \$80.00. Full details, a map and directions to Perpetual Help Center, will be mailed to all participants.

Send your check, made out to The McBride Foundation, with the form found on the back of this newsletter, before May 28 to Diane Weber at 9318 North Lake Drive, Milwaukee, WI 53217. If you have any questions, give Diane a call at (414) 352-4625.

#### New Board Member

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Since the term will expire at the close of the fiscal year, Marian said she plans to seek election to a full term on the Board at the annual Alumni business meeting in September.

Hanson, who served as Board president from 1988 through 1990, was completing his second two-year term as a director.

### Endowment Funds Now Available

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Criteria, such as need and sincere commitment along with stipulated repayment ability, have been developed in cooperation with the ADMC professional staff. Applications must be submitted to Roger Glazer at Herrington House and, following an ADMC screening, recommendations will be acted upon by a special committee of the Alumni Board of Directors. Application forms and other materials are currently being produced.

Since it was established in November, 1989, the Endowment Fund has attracted contributions totalling nearly \$13,000, which have been placed in trust to underwrite the project. At present, the funds are available only in the form of loans, with outright grants under consideration for the future, if and when the fund is large enough.

Donations, of course, are still urgently needed. Fully tax deductible, checks should be made out to The McBride Foundation and designated for the Endowment Fund, as opposed to regular Alumni donations (a suggestion of at least \$10.00 per year, also tax-deductible, in lieu of traditional dues). At the discretion of the Board, operating fund surpluses are transferred to the Endowment at the close of the fiscal year.

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

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