



## Greater McBride Open



May 16, 1993

Lake Park Golf Course  
17300 West Mequon Road  
Germantown

First Tee Time: 10 A.M.

18 Holes - \$32.55    9 Holes: - \$19.95  
Includes Motor Cart (Required)

Cookout To Follow: \$3.00

### For Golf

Clip, Enclose Check and Mail To:  
Beth Dancy  
W169 N9790 Nigbor Drive  
Germantown, WI 53022  
(414) 251-7237

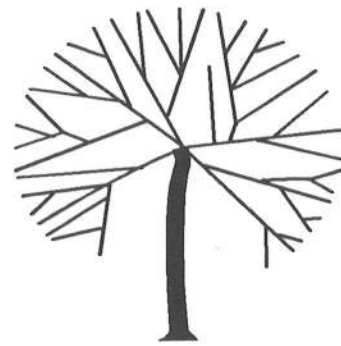
Registration Deadline: May 10, 1993

#### Make Check Payable To: Beth Dancy

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/ST/ZIP \_\_\_\_\_  
Phone \_\_\_\_\_

18 Holes (\$32.55)     Cookout (\$3.00)  
 9 Holes (\$19.95)

Check Amount: \$ \_\_\_\_\_



## SEVENTH ANNUAL MCBRIDE ALUMNI SPRING RETREAT

McBride Retreats... They're hard to describe,  
But you can't stop talking about them.

May 28 - 30, 1993

Perpetual Help Retreat Center  
Oconomowoc, Wisconsin

\$80.00 Per Person

### For The Retreat

Clip, Enclose Check and Mail To:  
Ann Gerlach  
1570 N. Prospect Ave. # 510  
Milwaukee, WI 53202  
(414) 271-3542

Registration Deadline: May 22, 1993

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

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/ST/ZIP: \_\_\_\_\_  
Phone: \_\_\_\_\_

Retreat..... \$ 80.00  
Foundation Donation.....  
Amount of Check..... \$ \_\_\_\_\_

# The Moving Finger

The McBride Alumni Association and Foundation



Vol IX, No. 2

Milwaukee, Wisconsin

Spring, 1993

## Spring Retreat '93

# Time To Check Your Balance

Recovery. For some, it walks the thin ice of complacency. For a few, it's all work and no play. In either case, the problem is a lack of balance.

Even if we are not extremists, however, there are usually times when a pause for reflection is in order; a time to take stock and make adjustments, if necessary. And what better occasion for that self-evaluation than a McBride Alumni Retreat!

Opportunity knocks once again. It's the Seventh Annual McBride Spring Retreat set for May 28-30 at Perpetual Help Center near Oconomowoc. Appropriately, the theme this year is *Balance and Harmony In Recovery*.

McBride retreats, of course, need no introduction for Alums who have been around for awhile, but for newcomers, start by marking your calendars now and getting your checks in the mail. You can't make a better investment in personal strength, growth,

fellowship and a solid grasp of what the "good life" is all about.

Once again, the fee for this energetic weekend is a modest \$80.00, including two nights' lodging, five sumptuous meals, plus all the intangible extras that have kept these events in the "gotta-be-there" category. And the setting on the beautiful wooded shore of Crooked Lake couldn't be more inspirational.

From the sign-in Friday evening, to the closing program at noon on Sunday, it's a memorable escape

(Continued On Page 2)



## Duffers Have Eyes On The GMO



Stow the skis and grab the tees!

The GMO — the Greater McBride Open — is just around the corner and all signs are pointing to a record turnout. Golf is more popular than ever, and Alumni enthusiasm, as always, is running high.

This year's trek to the links is set for Sunday, May 16, at Lake Park Golf Course in Germantown, the same site as the highly successful 1992 outing. Registration has already begun, so the "limited space" warning should be respected; immediate response is strongly advised.

"You don't need to be an accomplished golfer," emphasized Beth Dancy, who is again serving as event chairman and coordinator. "In fact, if you're still having trouble telling a driver from a putter, this is really the place to be."

Rather than be embarrassed by whiffing a swing in front of scowling strangers, as would be the case when

(Continued On Page 2)



## Retreat: Balance Your Recovery Budget

(Continued From Page 1)

from tedium, with a focus on sharing; exchanging thoughts and feelings with others who have followed our path and found strength in the process.

And don't forget the fun that is a vital part of a balanced recovery. Retreats are often characterized as pretty somber events, but not so when McBride Alums get together. After all, we've got a lot to smile about when it comes to recovery. And that, too, deserves some attention.

So far as structure is concerned, McBride Retreats can best be described as self-directed. There's a keynote speaker — this year we'll hear from Tom Winslow of ADMC fame — and there will be discussion leaders — volunteers from among the participants — to provide motivational leads for break-out sessions, but the schedule is really your own. The site and the season are great for inspiring walks in the woods or other meditative pursuits. The choice is yours.

This is especially true for Saturday afternoon, which is always left open for rest and/or recreation. There's a golf course nearby, and a foursome or two generally head in that direction. Others use the time for exploring the rustic shops of Oconomowoc, or an extended stroll along the lake. And some, who may not have done so for years, indulge themselves with refreshing nap. As they say... "Whatever floats your boat."

In whatever way you see fit, the entire weekend is a time to get away, to leave behind worries and stress, pressures and threats (or bring them with you for tossing in the lake), and to focus on the positive side of sober living.

The retreat is open to all Alumni, as well as others familiar with our format and friendship and who share our addiction to alcohol or drugs. Check-in begins at about 5 p.m. Friday, with the buffet dinner at 6:30. The closing should have you on your way home shortly after noon on Sunday. (Yes, it is Memorial Day weekend, but you'll still have Sunday afternoon and Monday for holiday activities.)

## Alums Teeing Up For GMO

(Continued From Page 1)

venturing onto the course independently, she said, "you can come to the GMO and embarrass yourself in front of a whole bunch of grinning friends."

On the other hand, the low handicappers will find some peers, as well. In short, no matter how well you play the game, this day's for you. Fun is par, and a short, dribbling drive will get you there just as well as a long one. No one should feel intimidated.

First tee-off will be at 10 a.m., with foursomes arranged to assure compatibility and similar levels of experience on the links. All Alums,

Reservations must be received by Saturday, May 22, and space is limited, so act promptly. Mail your check for \$80.00 per person, along with the coupon on the back page, to Ann Gerlach, 1570 North Prospect Ave., #510, Milwaukee, WI 53202.

Questions? Ask an Alumni Board or Directors member, or simply check with one of the enthusiastic Alums who have attended past McBride retreats.

Perpetual Help Center is located just south of I-94 in Waukesha County, about 20 miles west of Milwaukee. Directions and a map, along with other pertinent information will be mailed to all registrants. Rides or car pooling can be arranged.

spouses, partners and friends are invited to the outing, as well as to the cookout afterward at Beth's home, just a long four-iron shot from the course. (Well... Maybe a three-iron; with the wind.)

Green fees, including motor carts (required), are \$32.55 for 18 holes, or \$19.95 for nine. If you can make the cookout, add three bucks for the burgers, brats, chips, soda, etc. The GMO is strictly an at-cost, not-for-profit affair. (Beth is busy begging for merchandise donations for prizes to be awarded at the post-tourney get-together; contributions warmly appreciated. Call her at 251-7237.)

Lake Park Golf Course is easily reached at N112 W17300 Mequon Road, but plan on arriving a few minutes early for assigning foursomes and tee-times, checking out carts and other details.

Send your check, made out to Beth Dancy, plus the coupon found on the back page, to Beth at W169 N9790 Nigbor Drive, Germantown, WI 53022. Because of problems in the past, no reservations can be accepted without accompanying payment.

## Got Time For A Friend?

Fellowship is often equated with *friendship*. And though we hear a lot of lip service about its importance as a mainstay of recovery, there's a growing concern among Alumni Board members that not enough is being done to build and sustain it.

"It used to be a given, but things have changed," observed President David Franczyk. "We don't see the broad-based camaraderie we used to. We don't see nearly as many lasting friendships develop; the kind that continue long after leaving the hospital."

No one can tell people to "make friends" and expect compliance. True friendships happen. Not by design, not by mandate. They happen over time — and therein lies the problem.

In the "old days," before managed care became the final word in diagnosing patients and their needs, primary care routinely equated to a month as an inpatient then, in many cases, two or three more in a recovery house setting. There was usually time to first get one's head on straight, and then to sift through the many emotional, if not traumatic, interactions that take place during the first two weeks of treatment. And then... lasting relationships would form.

No more. So-called experts, most of them far-removed from patient care, have determined that if anyone is going to be "cured," the miracle can most certainly take place in the allotted 15 days or less. If there has been an erosion of the natural tendency toward friendship among McBride Alumni, "short stays" — the Holy Grail of HMOs — must certainly take most of the blame.

With the exception of those fortunate enough to spend time at Herrington House, McBride patients are given little opportunity to fill the void created when old habits, and the cronies associated with them, are hopefully abandoned. New friends go hand in hand

with a new life, but that can be a difficult prescription to fill, given the accelerated pace of contemporary treatment. There is so little time.

When the McBride Alumni Association was established back in 1985, the objective was to provide a link between the circles of friends that had formed during inpatient days; to preserve and amplify the common bond that all of us share. As David observed, friendship itself was a given.

The situation today, as recognized by the Board, calls for a new organizational thrust on the part of the Alumni, a new responsibility for the Association — the extending of a warmer, more friendly hand to the sometimes

skeptical newcomer.

Many, it has been noted, do not realize that the Alumni is not an extension of the hospital or of treatment. They do not realize that we are peers, offering a welcome to the "outer world," and are not part of the authoritarian structure often associated with inpatient discipline.

The real Alumni spirit and purpose have not been adequately communicated.

Several programs and projects — "rap sessions" and the "Mentor Program," for example — have been initiated to provide more direct exposure and involvement between inpatients and the Alumni as a group, but there is a feeling that even more is needed.

"Every Alum should play a role," David said. "And it's just like with AA — we benefit as much, personally, as do those we're reaching out to touch." He urged the entire Association — old-timers and newcomers alike — to give some thought to this issue, and to pass comments or suggestions on to an Alumni Board member.



### Mark Your Calendars

Board Meeting* .....	May 11
GMO Golf Outing .....	May 16
Spring Retreat .....	May 28-30
Board Meeting .....	June 8
Board Meeting .....	July 13
Annual Meeting; Picnic .....	September 12

\* Second Tuesday Each Month; 6 p.m. at McBride

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

### OFFICIAL NOTICE

According to the bylaws of the McBride Alumni Association and Foundation, Board members serve two-year terms and are selected from and by the full membership. Five vacancies will be created by term expirations this year and will be filled at the Annual Meeting September 12, 1992. Anyone wishing to be considered by the Nominating Committee should submit his/her name to any current Board member no later than August 13, 1992. At least one year of sobriety is required. Current Directors may seek re-election.