

Another McBride Alumni Hit!

# PICNIC 94!

SEPT. 11TH

JACOBUS PARK



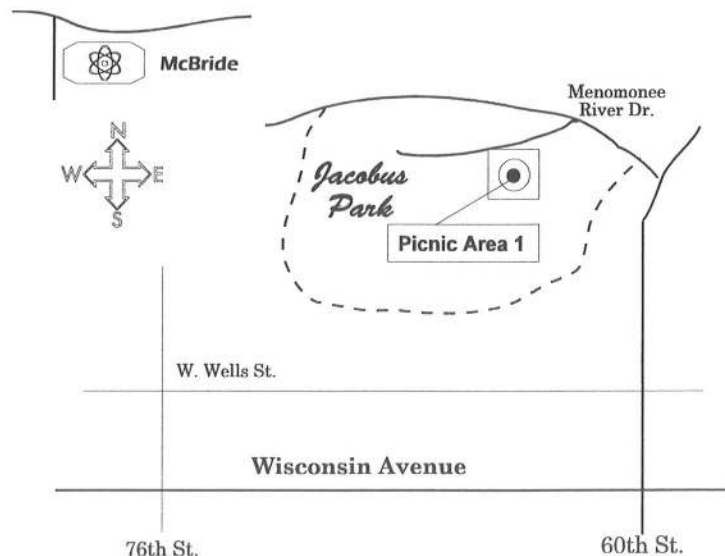
ALL FOR ONLY  
**\$9.50**  
PER PERSON

*Hamburgers,  
Brats & Hot Dogs*

*Potato Salad,  
Baked Beans*

*Relish & Fruit,  
Unlimited Soda*

*Fun and Games For  
The Whole Family*



*In the event of rain, an alternate site will be announced at the Renewal Program; or call the Milwaukee Psych switchboard after 11 a.m.*

Clip, Enclose Check and Mail To:

Phil Atinsky  
500 West Bender Road # 97  
Glendale, WI 53217  
(414) 962-4160

Registration Deadline: September 6

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City/ST/ZIP \_\_\_\_\_

Phone \_\_\_\_\_

\_\_\_\_\_ @ \$9.50 Per Person

\_\_\_\_\_ Children (Free)

\$ \_\_\_\_\_ Donation To

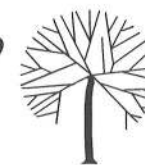
The McBride Foundation

**Check Amount:**

\$ \_\_\_\_\_

THE

# MOVING FINGER



The McBride Alumni Association and Foundation

Vol X, No. 3

Milwaukee, Wisconsin

Summer, 1994

## McBride's Big Day Set Sept. 11

### Renewal Puts Spirit In Recharge Mode

Despite the way it seems to grow stronger with age, recovery can never be taken for granted. And there's no better way to remind yourself where you've been and how far you've come than the McBride Alumni's annual Renewal Program.

Set for Sunday morning, September 11, this year's spiritual highlight of the Association's traditional homecoming activities will focus on HOW — a familiar acronym for honesty, openness and willingness.

"We used this theme for one of our retreats and discovered how meaningful it can be," explained John Hopkins, chairman for the event. "There are so many different ways those words can be used to interpret the power and strength of a good program for recovery."

Renewal has never failed to provide deeper inspiration and motivation than expected, he said. "It's an opportunity to take stock; to reaffirm and rededicate oneself to a better life. It can be a spiritual re-awakening.

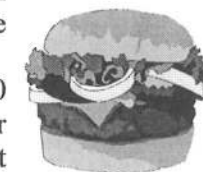
"All you have to do is walk in the room and you see what recovery is all about," Hopkins said. "The looks you

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### We're Getting Old! Picnic is 10th Annual

Just another picnic? Not on your life!

When McBride Alums gather at Jacobus Park September 11 it will be — Can it really be? — the TENTH ANNUAL such get-together, and hopes are high that McBride grads of longer standing will make a special effort to mark the occasion.



Back in 1985, there were nearly 50 alums, family and friends on hand for that first gathering. The number isn't impressive until you realize that more than half of the total Alumni Association membership at that time was in attendance. A similar turnout this year (in percentage terms and assuming one spouse or friend with each alum) would produce a crowd of something like 2,000.

"I don't think we've got enough brats," confessed a smiling Phil Atinsky, chairman of this year's event. "Maybe we'll have to split 'em."

Returning to the real world, Phil said that there will be

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## Alums Eye On-Campus 'Home'

There may be a genuine Alumni Center in McBride's future.

Though it's still more talk than certainty, the recently refurbished lower level of the old Dewey Center is already being described as the answer to what many Alums have been talking about for years — a place to call their own; a gathering spot for meetings and informal get-togethers.

The remodeling, including new carpeting and other amenities for the large basement and several smaller rooms, was completed this summer and many



functions, such as several of the Milwaukee Psych AA meetings, were promptly shifted to the new location.

In addition, the comfortable and spacious main room is being kept open from 6 p.m. to 10 p.m. each evening as a lounge and special purpose center.

"I think there is a golden opportunity for the McBride Alumni to take the initiative and turn it into something more, to give it a genuine Alumni House atmosphere," said Tom Winslow, the ADMC representative who serves as staff and hospital liaison with the McBride Alumni Board of Directors. "I think the potential is tremendous."

He said the idea has been favorably received by

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**PICNIC...**

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plenty of food and good times for everyone, and everyone — spouses, children, significant others, good friends and even bad friends — is invited and welcome for the festivities that get underway shortly after the wrap-up of the Renewal Program at about noon.

Like any homecoming event, this is the big opportunity to renew old acquaintances, swap “howya doin’ stories” and relive some of the brighter times of treatment (yes, in the glow of retrospect, there are such things). It’s a time for a lot of hugs and a lot of genuine, heart-tugging fellowship.

For our special guests, the Herrington House residents, it is an opportunity to meet some of the “old-timers” and to discover some of the healthy fun that recovery has to offer.

The menu is the same as last year, Phil said. That means hamburgers, brats and hot dogs, potato salad and baked beans, relish and fruit. And all the soda you can drink.

All this plus family games and a big prize raffle is yours for \$9.50 per person. Small kids (let your conscience be your guide as to what constitutes “small”) are free.

“We do ask that people indicate on their registration coupon how many youngsters they will bring,” Phil added. “We have to let the caterer know how much food to prepare.”

Though there are ample picnic tables at Jacobus Park (Picnic Area #1; see map on back page), you might want to stick a lawn chair or two in the car; they’re usually more comfortable and more conducive to chatting with friends (or in case anyone wants to get *really* nostalgic and circle the chairs for a “group” session).

If you have any favorite yard games, feel free to bring them to supplement the soft ball, volley ball and other equipment that will be provided.

In the meantime, get your registration and check in the mail as soon as possible. **The deadline is September 6.**

**RENEWAL...**

*(Continued From Page 1)*

see on people’s faces, especially those who haven’t been at McBride in awhile, reveal what they’re feeling; the recognition of friends who were with them during some pretty tough times; the gratitude and relief that they’ve come through another year — or even another day.

“You gather so much strength from each other by just being there,” he said.

As is customary, three speakers will be featured: two McBride Alums plus an Al-Anon member to present the “other side of the picture.” A representative of the treatment center staff will also be on the program.

McBride Day will begin with a coffee-and-rolls reception at 9:30 a.m. in the Milwaukee Psych auditorium, followed by the Alumni Association and Foundation annual business meeting and election of directors at 10:00. The Renewal program is set for 10:30. Then it’s off to Jacobus Park for the big picnic.

## Board Elections; Year-In-Review On Agenda

Four seats on the McBride Alumni Association Board of Directors will be up for grabs at the 1994 Business Meeting September 11.

Expiring will be the two-year terms of Phil Atinsky, John Hopkins and Bob Hanning as well as that of Ron Bloomquist, who was appointed earlier this year to complete the term of Ann Gerlach, who stepped down

because of employment commitments.

Directors may seek re-election if they wish, and a nominating committee is reviewing applications for inclusion on a slate to be proposed at the meeting. Nominations from the floor will also be taken.

Board members are elected to two-year terms; five in odd-numbered years and four in the even-numbered.

Current holdover directors include Marian Catania, Peggy Haggerty, Jeff Newburg, Paul Pushkash and David Franczyk. Ken Zimmerman, as a past-president, continues as an ex-officio member. Officers for the 1994-1995 term will be selected by the Board at its first meeting of the fiscal year, which runs from September 1 through August 31.

Also on the business meeting agenda are the president’s annual summary of Association activities, the treasurer’s report for the fiscal year and other special committee reports. Questions or issues may also be brought to the floor by any member in good standing. The meeting begins at 10 a.m., following the coffee-and-rolls reception and preceding the annual Renewal Program, set for 10:30. All Alumni are invited to attend and participate.

### Mark Your Calendars

- Picnic Signup Deadline ..... Sept. 6
- Annual Meeting ..... Sept. 11
- Renewal; Alumni Picnic ..... Sept. 11
- Board Meeting\* ..... Sept. 13
- Board Meeting ..... October 11
- Awareness Program ..... November 15
- Winter Retreat ..... January 13-15, 1995

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

## ‘Recovery Library’ Seen As Project For Alum Center

Ever wished you had ready access to all the good books and literature on recovery, or video and audio tapes in that category? Perhaps you wanted to take some notes for a lead talk at an AA meeting, or to prepare for some heavy-duty 12th Step work. Maybe you’d simply like to revisit something you read in the past.

Surprised that the idea had not come up before, several Board members have set the wheels in motion to establish such a collection for use by Association members.

“We’ve had items like that available at retreats, but never carried it any further,” said Ken Zimmerman, past Association president and now a director. “When we started talking about the possibility of having an Alumni Center (see separate story) and what all could be included, the concept just fell into place. It would be a natural feature to develop and house at the center.”

If arrangements can be made to handle operation and maintenance, he said, work could begin immediately to solicit donations of books and tapes to be offered for on-site use and for checking out on a short-term basis. Contributions to the Alumni Foundation could also be earmarked for this purpose, he added.

Alumni interested in contributing materials or funds for the library should contact a Board member. You will then be notified if and when the project is actually launched.

*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

## Changes Needed?

### Gratitude Budget Strained

*I seriously doubt that I would have found that key step on the road to recovery without it... My sincerest thanks for your assistance in getting me over the hump.*

The words came from one of the recipients of Alumni Endowment Fund help in paying for residency at Herrington House, the post-inpatient treatment facility operated by The McBride Center. The check he had received was part of more than 10 thousand dollars that has been distributed thus far, thanks to the generosity of Association members.

More than the money, “you are telling me that I am worth it, and that makes me feel very, very good,” wrote another grateful recipient. “It is a vote of confidence that means so very much.”

The Endowment Fund was launched in 1989 as a response to Alumni who had gotten back on their feet and requested a way to express their gratitude in a truly meaningful way. It is used chiefly to provide financial assistance to Herrington Recovery House residents who have exhausted all other resources but who have been recommended for additional treatment. Donations, however, have fallen short of expectations, and, because loans or grants must be of such significant size to be meaningful in defraying the cost of treatment, the Alumni Board is now studying other possible ways of providing assistance.

“We want to help as many patients and residents as possible,” explained Board President David Franczyk. “But since most requests we get are for \$1,000 or more, it means we have to be pretty selective. I think our donors would like to see a broader base of recipients.”

He said that the Alumni Center now under study (see story, Page 1) may provide that broader mechanism for helping patients and residents. If the facility becomes a reality, he said that Alumni donations could help defray expenses and could, in that way, be of benefit and assistance to far more members of the McBride community.

The Endowment Fund is supported solely by contributions and special appeals, such as the raffles held in conjunction with some activities. Donations can be sent in the special envelopes that generally accompany mailings of *The Moving Finger*, or can be sent to: The McBride Foundation, 17935 Country Lane, Brookfield, WI 53045.

**ALUMNI CENTER...**

*(Continued From Page 1)*

hospital officials but that several details and questions concerning administration, maintenance and responsibilities would have to be worked out before more definitive action could be taken.

For several years, suggestions have been made that Alums should have a place for social and business meetings, for activities such as Rap Sessions and Board meetings and for simply getting together, both with other alums and with patients or Herrington House residents.

If additional furnishings, such as a television set, VCR and other

conveniences are needed, the Alumni Board has offered to assure the necessary funding.

“Alums have shown their gratitude and generosity through contributions in the past,” noted Board President David Franczyk. “I think a social and business center, such as we’re talking about here, would generate even greater interest and support.”

A feasibility study covering all aspects of the proposal is being prepared for submission to the Milwaukee Psych administration and further word may be available as early as the Alumni Association’s annual meeting September 11.