

The Moving Finger Writes

Partying is a team sport.

Like the sound of one hand clapping, a get-together is flatter than last night's punch if there isn't a sense of teamwork, of widespread — if not total — involvement. There's got to be a convivial spirit to make it work.

Successful parties take some effort, but the reward comes in multiples of fun, good times and, especially when McBride Alums get together, fellowship and camaraderie. There's that feeling of, "Hey! These are my kind of people. Let the good times roll!"

Too often, however, some of those amongst us get the impression that Alumni Association events are some kind of performance put on by others. Or worse, by the hospital.

Not so, good friends. Not so. Sure, we have committees and chairpersons to keep things on track, but the real key to success is the extent that everyone puts themselves into the action. Forget the hospital. Forget the treatment team and all the other trappings of a "patient" orientation. That part is behind us now; we are *Alumni*.

And we're having a party. March 11. At the Pettit Center. Be there.

The Alumni's Easier, Softer Way of Giving

Every year at this time, Alumni fund-raising efforts take on a lighter touch. One example is the silent auction held in conjunction with the farewell-to-winter party. Events Chairperson Peggy Haggerty is seeking donations of items to be sold to the highest bidder and virtually anything is appropriate. Do try and make them new, or nearly so, and worth taking home, however. Typical would be small appliances, board games, CD records and video tapes, gift certificates for restaurants or services, and tickets to sporting or other events. You get the picture. Give Peggy a call at 774-1824. It helps a lot if she knows in advance what's going to be available.

Secondly, there's the annual giveaway — this year a VCR — for special contributions to the Endowment Fund. Tickets (call it a raffle if you like) are now on sale at a dollar each or six for five dollars, and you need not be present at the party to win. Pick them up at the Tuesday night AA meetings or, again, give Peggy a call.

Party At The Pettit Center Registration

Make checks payable to: **The McBride Foundation**. (Deadline March 8, 1995)

Name _____

Address _____

City/ST/ZIP _____

Phone _____

\$11.50 Per Person Amount of Check: \$ _____

Mail To: **Peggy Haggerty**
6937 Wellauer Drive
Wauwatosa, WI 53213
(414) 774-1824

Contributions to the Foundation may be included in your check.

We are Alumni. McBride Alumni.

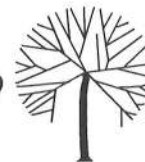
As such, we have a couple of things in common: addiction, and the fact that we turned to McBride to help us find the road to recovery. Those are the things that draw us together and put us on the same playing field. Those are attributes we share as 1) a mutual need for ongoing awareness and recognition of our problem and 2) a bond that ties us together in a way that can make No. 1 not only easier but even enjoyable.

Look around a Tuesday night AA meeting at McBride. The biggest smiles belong to those who are surrounded by familiar faces; who greet and hug the folks they met *maybe* in treatment. More likely, however, the truly warm friendships began in more social settings — like retreats, picnics, golf outings, and parties like the one that's coming up March 11.

Having fun together is the real way to know and enjoy other people. Laughing about the things that once made us cry is the way we learn that acceptance is not an affliction, and that recovery is the greatest gift in the world.

Get with it, folks. This life's for you, and it's a good life. Don't be just an observer, participate.

THE MOVING FINGER



The McBride Alumni Association and Foundation

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Look Out, Dan Jansen!

Alums To Skate Their Stuff

It's new. It's different. Most importantly, **you asked for it!**

It's the McBride Alumni Winter Get-Together — this year a fun-packed skating fest at the Pettit National Ice Center. And more.

There's pizza and refreshments, games in a spacious party room, the annual silent auction and a great chance for some rousing good times and fellowship to thaw the winter doldrums. Skating, in fact, is optional; only the fun is mandatory.



If you haven't skated since childhood, here's your chance to feel like a kid again. No matter

what your agility level, you'll enjoy the finest ice in the country as you test your prowess and, perhaps, tap some skills for future development. If you've never skated, discover what you've been missing. And even if participation isn't your cup of tea, you can enjoy the spectator sport of watching your fellow Alums in action.

For some, the real attraction may be the opportunity to get a first-hand look at the Pettit Center, after having heard so much about it, seeing it on

television and simply driving past and wondering what it's like inside. It's "home base" for the likes of Dan Jansen and Bonnie Blair and all those other Olympic speed skaters who carried the U.S. flag at last year's Winter Games. It's a genuine tourist attraction that many in Milwaukee often take for granted.

It's all coming up **Saturday afternoon, March 11**, and it's definitely the place to shed the shackles of cabin fever and whatever else ails you after months of less than balmy weather.

"We wanted something new and different," said Peggy

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And Then There's Golf

Days are getting longer and there's that feeling that it's all down hill from here, so far as winter is concerned. In other words, spring is on the way and that means only one thing — the annual GMO. The **Greater McBride Open** golf outing!



Though planning is well underway for the mid-to-late May event, some major details (like the date and place) are still up in the air, according to John Hopkins, chairman for this year's event.

"We're trying real hard to keep the price down, as well as a few other things to encourage a big

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Party To Thaw Winter Blahs



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Haggerty, Activities Chairperson for the Alumni Board. "We've had bowling, a mystery party and before that, the casino games. This year, we decided to take a survey. We talked to a lot of folks and asked for fresh, exciting ideas. Ice skating and the Pettit Center shot right to the top. And this is something that is as much fun for whole families as it is for singles or couples."

The festivities will get underway with two hours of skating beginning at 1 p.m. And in the Center's Hall of Fame Room, until about 5 p.m., there will be lots of Edwardo's Pizza, with a variety of toppings and crusts, coffee and soda and other treats. That's where you'll also have the opportunity to bid on the many items available at the Alumni's annual silent auction fund-raiser. There will also be the drawing for a VCR, the prize

in this year's Endowment Fund campaign raffle. Admission will be only \$11.50 per person. (Skating will be an additional \$3.50 for adults, \$2.50 for children. Rental skates are available for \$2.00.) The deadline for registration (see back page) is March 8.

Like the annual summer picnic, the winter "ice-breaker" is not only a homecoming of sorts for Alums of long standing, it is also designed to acquaint those



new to recovery with their fellow travellers on the McBride path.

"With all of their emphasis on treatment and meetings, newcomers sometimes lose sight of the real fun and social benefits of recovery," Peggy explained. "This event focuses on those good-times aspects. And it's a

wonderful opportunity to meet people with similar experiences that can be shared; to mingle with those who have already made that transition to the good life."

And for everyone, she added, "it's a Saturday afternoon that combines a farewell to winter with the warming prospects of approaching spring. Face it - Saturday afternoons in March can be pretty blah. This is a good way to get the old adrenaline flowing and start looking at the sunshine at the end of the tunnel."

Activities and camaraderie are the lifeblood of the Alumni Association, Peggy pointed out. "Get-togethers like this are what we're all about. It's where we can all take strength from where we've been and how things have changed. Everyone comes away with a renewed sense of both accomplishment and gratitude. It's hard to describe, but it's sure a good feeling."

Recovery can be fragile, she said. "This is the place to be if you want to shore it up."

For those unfamiliar with it, the Pettit Center is located along I-94 in West Allis, just west of downtown Milwaukee.



Mark Your Calendars

- Skating Party March 11
- Board Meeting* March 14
- Board Meeting April 11
- Board Meeting May 9
- Summer Retreat May 26-28
- Annual Meeting and Picnic September

* Second Tuesday Each Month; 6 p.m. at McBride. All Alums Welcome.

Saturday Raps Shifted To Thursday Time Slot

Though they are still regarded as "extremely valuable; perhaps more so than ever," the Saturday afternoon Alumni "rap sessions" with McBride patients have been shifted to 6 p.m. Thursdays.

The move, ending a tradition of more than nine years standing, was made the first week in February because patients are now permitted to have regular family visitations and passes on Saturdays, explained Staff Liaison Tom Winslow. "It's just another of the many changes that have accompanied the trend toward shorter stays and other compressions of the treatment format, due primarily to insurance - particularly managed care (HMOs) - requirements and limitations."

Raps, which are also held at 6 p.m. Tuesdays, give McBride patients a chance hear about personal experiences and to chat candidly with volunteer Alums with at least a year of sobriety and whose programs of recovery have been reviewed and ap-

proved by the treatment team.

"There are benefits on both sides of the table," said Paul Pushkash, Alumni Board member and chairman of the Rap Program. "For those of us who have been out in the real world for awhile, the sessions serve as vivid reminders of where our recoveries began. And often, there are reminders just as vivid that relapses can happen to anyone."

For the patients, he said, "there is that credibility that comes with hearing things firsthand, right from the proverbial horse's mouth."

The visits are strictly informal, he said, usually consisting of a brief personal introduction and then a "recapping of where we've been and where we are now. Once you get started, it

seems to just flow naturally. And then patients generally have a few questions about what they can expect when transitioning into their own recoveries."

Raps are also held on Monday evenings with residents at Herrington (Recovery) House, Pushkash pointed out, and that means there are three opportunities every week for Alums to share in this rewarding activity.

"It also means there is a big demand," he added, issuing a recruitment plea to eligible Alums who have not been taking part. "I know there are many who would like to volunteer but didn't know how, or they just haven't gotten around to it."

Interested Alums should give Paul a call at 535-0527, or contact any Board member. (Since the visits are, in effect, part of the treatment regimen, names must be submitted for approval by the ADMC medical staff prior to participation.)

Golf Plans In Full Swing

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turnout," he said. "This is always a lot of fun, and we want to make it as attractive as possible and still be available to everyone. It's for players at every level, and there are prizes that have nothing to do with skill or shooting anything close to par. It's a fun thing, not a contest." As in the past, he said, a cook-out, open to non-golfers, will be included as well.

"We're also looking at a nine-hole option for those who don't want to play a full 18," he said. "And we think we can find a course that will offer some kind of reduced rate."

A year ago, the price tag was blamed by many for the poor turnout despite ideal weather, he said. "And for some of the duffers, 18 holes can be a bit much."

Volunteers are needed to help with the planning as well as to round up prizes. Anyone interested in pitching in (no pun intended) to help organize this year's GMO should give John a call at (414) 786-1213, or contact an Alumni Board member.



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

The Moving Finger writes; and, having writ,
moves on.

- The Rubaiyat of Omar Khayyam