

The Sixth Annual McBride Alumni

Summer Retreat

Perpetual Help
Retreat Center

Oconomowoc, Wisconsin

This Year's Theme:

Enjoying Life In Recovery

Lead speakers. Small groups. Reflection and meditation. Recreation. Be part of this inspirational weekend in the woods along Crooked Lake for only \$80.00. Sign-in at 5:30 p.m. Friday with dinner an hour later. Speakers from among those attending will carry the theme, but you'll be free to set your own schedule. The retreat will close at about noon on Sunday. Mail your check and the registration form below by May 23. Directions, including a map, and further information will be sent to all participants. It's your Recovery... Learn to enjoy it!

McBride Retreats Defy Description... But you never stop talking about them.

SPACE IS LIMITED. REGISTER EARLY.

Name: _____

Address: _____

City/State/ZIP: _____

Phone: _____

Registration _____ \$ 80.00

Donation To Foundation _____ \$ _____

Amount of Check _____ \$ _____



Retreat

The Moving Finger

The McBride Alumni Association and Foundation

Vol VIII, No. 2

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Spring, 1992

Retreat Tops Summer Calendar

Enjoy The Trees;
Play In The Sand

It's Duffer Time!

Once again, the call is out to all golfers and others who seek to get in touch with their feelings on great expanses of green along with excursions into forested hideaways. It's the annual GMO -- The Greater McBride Open -- Sunday, June 14, at Lake Park Golf Course in Germantown, with a cookout to follow.

Tee times will begin at about 11:30 a.m., with foursomes arranged to assure compatibility and similar levels of experience on the links. All Alums, spouses, partners and friends are invited to participate; the only requirement is a desire to stop thinking that golf is only for the pro's.

There's room for players of every caliber, as attested by past McBride golfing events, where scores have ranged from near par to something resembling a respectable bowling average. For this event, fun is par and no one should feel intimidated.

Fee for the big afternoon, including power carts (required), is \$18.90 for nine holes and \$31.50 for 18 holes. Fun-oriented prizes will be awarded at the post-play get-together and cookout at Beth Dancy's home just minutes from the course.

Lake Park is easily reached at N112 W17300 Mequon Road. For further information and to register (Deadline: June 8), call Beth at 251-7237.

Time To Recharge
Recovery Batteries

It's been said that recovery is a bore if it goes no further than "clean and sober." It's empty and fragile.

Life must have meaning, of course, but it should also be savored and enjoyed; there should be growth and enrichment. A brighter side.

That fundamental principle is the focal point of this year's McBride Alumni Sum-

mer Retreat and once again, it's a golden opportunity to share a rewarding experience with old and new friends with a common bond of fellowship.

Those who have been there before know how supercharging these popular events can be, how the inspirational setting on the pristine shores of Crooked Lake lends itself to the theme.

May 29-31 -- the weekend following Memorial Day -- should already be circled on your calendar, and reservations are already coming in for this sixth annual Summer Retreat. The fee remains at \$80.00 per person for the entire weekend, including five meals and private room with bath (a few doubles are available).

The coffee pot is always on and there are soda machines on hand. In addition, the "sharing atmosphere" generally extends to an ample supply of snacks and other goodies.

This year's keynote speaker will be Dr. Barry
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A Rally Down The Road?

See Page 2

Can You Get From Point A To Point B?

Take one vehicle, a driver and navigator, a packet of challenging directions (riddles?); mix with large doses of the Third and Tenth Steps, bake at rising temperatures for about two hours and -- Voila! -- You have the recipe for the first (and hopefully annual) "Take Your Own Inventory Road Rally."

Often suggested as a great way to meet new friends while spending a fun-filled, if not interesting, afternoon, this new summer event is the latest addition to the yearly calendar of activities sponsored by the Alumni Association.

These drives through the beautiful Southeastern Wisconsin countryside will offer opportunities for Alums to re-examine their inner peace, intestinal fortitude, patience and the basic strength of marriages and relationships, all while marveling at the apparent inability of partners to follow simple directions.



Importantly, time and speed are not factors in road rallies. In fact, they can result in deducted points if destinations are reached in unusually short times. The challenge is in deciphering clues and following the cryptic directions. (For those who find themselves disappearing into the sunset, or perhaps venturing

where no man has gone before, there will be a "rescue" phone number to restore you to sanity.)

Typically, the end of the road is a park or similar spot for a cookout or other "refueling" and the awarding of prizes, comparing of experiences and the reconciliation of relationships.

"The First Annual Great McBride Car Rally" is still in the planning stages, so look for additional information and a date in July or August. Anyone wishing to join in putting the event together, or for an update on the plans, should call Beth Formoe at 453-6046.

Employers Enhance Foundation Gifts

Want to double your gratitude and generosity? At no added cost? A number of McBride Alums have done so and the opportunity may be available to you, as well.

Many thoughtful firms have incentive programs whereby employee donations to qualified chari-

table organizations are matched, often on a dollar-for-dollar basis, by the company.

The McBride Alumni Foundation, by virtue of its federal and state nonprofit incorporation, is fully qualified to receive these tax-deductible contributions.

Mark Your Calendars

Board Meeting*	May 12
Summer Retreat	May 29-31
Board Meeting	June 9
Greater McBride Golf Outing	June 14
Board Meeting	July 14
Road Rally	July or August
Annual Meeting	September 20
Renewal and Picnic	September 20
Awareness Program	November 17
Winter Retreat	January 8-10, 1993

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

OFFICIAL NOTICE

According to the bylaws of the McBride Alumni Association & Foundation, Board members serve two-year terms and are selected from and by the full membership. Four vacancies will be created by term expirations this year and will be filled at the Annual Meeting September 20, 1992. Anyone wishing to be considered by the Nominating Committee should submit his/her name to any current Board member by August 21, 1992. At least one year of sobriety is required. Directors may seek re-election.

RETREAT

Relaxed Format Sets The Pace

(Continued From Page 1)

Spiegel from McBride. Other than his talk Friday evening, however, the entire weekend is conducted by retreat participants, with speakers to guide the informal discussion groups focusing on this year's theme: *"Enjoying Life In Recovery."*

There is no mandatory schedule at McBride Retreats, so participants are free to set their own pace; there is plenty of time for reading, reflection or other quiet time activity.

It's a time to get away, to leave behind worries and stress, pressures and threats, and to focus on the positive side of sober living.

Saturday afternoon is left open for recreation, and the inviting surroundings lend themselves to meditative walks through the woods, boating or golf at nearby Kettle Moraine Golf Course. It's a time for relaxation.

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. Sign-in begins at about 5 p.m. Friday afternoon, with the buffet dinner at 6:30. The closing should have you on the way home shortly after noon on Sunday.

Reservations must be received by Saturday, May 23, and space is limited, so don't delay. Mail your

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Ken Zimmerman
Editor

check for \$80.00 per person, along with the form on the back page, to David Franczyk, 633 East Mason Street, Milwaukee, WI 53202. If you have any questions, give David a call at (414) 224-5000.

Or ask one of the enthusiastic Alums who have attended past retreats. You're sure to get a description of an unforgettable weekend that has given new meaning to recovery.

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

McBride Moves Back To Original Quarters

What goes around comes around, so they say, and McBride has come home.

Once again, inpatients are housed in the unit's original quarters in the northwest wing of Milwaukee Psych.

Oldtimers may recall that McBride patients were shifted to a consolidated unit (the old Slyster) when the Dewey Center patients moved "up the hill" as part of a hospital downsizing in 1989. The original McBride wing, opened in January, 1985, was closed, then later converted to other use.

Now, because of the reduced census due primarily to the trend toward much shorter inpatient stays, the original facilities are adequate and have been restored.

For Alums from the pre-1989 days who continue to attend the Tuesday Night AA meetings, the return has prompted a wave of nostalgia and memories of the "the good old days."

Ways Sought To Put Alumni Hands Together

First and foremost, the Alumni Association exists as a route to lasting, stronger and more meaningful recovery for all who have followed the McBride path.

As a group, it represents a vast resource of life experiences, professions and relationships that could and should be helpful to those just beginning -- our friends in the McBride Unit, the Herrington Houses, the Alumni House and the Village Center outpatient programs.

Especially because of the shorter inpatient stays that have become the norm over the past few years, the close camaraderie typical of the Association's earlier days has waned and the Alumni Board of Directors would like to "recharge" that vital mission by encouraging greater interaction. And every Alum is invited to participate.

A special committee chaired by David Franczyk has been formed to explore new ways and means of strengthening this dynamic network and fellowship; to further extend our collective helping hand.

Temporary sponsorship is but one avenue for this effort. Specialized self-help or mutual-interest groups might be another. If you have some ideas, or would like to learn more about this endeavor, give David a call (during the day) at 224-5000. It could be a real "win-win" proposition.

Success is not how high and fast you reach the top, but how high and fast you bounce back when you hit bottom.

-- Anonymous