



*The Eleventh Annual*

## McBride Alumni Picnic

ALUMS

SPOUSES & FAMILY

September 10, 1995

*Jacobus Park*

FRIENDS

SIGNIFICANT OTHERS

Reservation Deadline: September 5, 1995

Name \_\_\_\_\_

Address \_\_\_\_\_

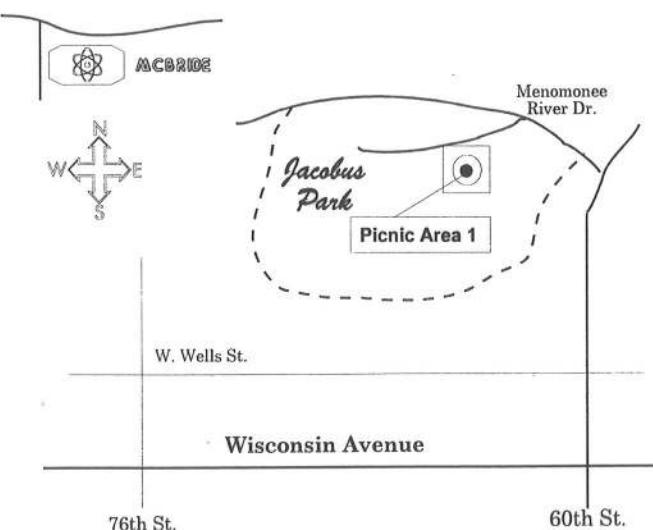
City/ST/ZIP \_\_\_\_\_

Phone \_\_\_\_\_

Persons @ \$9.50: \$ \_\_\_\_\_

Make Check Payable to The McBride Foundation

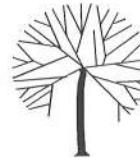
Mail To: Phil Atinsky  
500 West Bender Rd. #97  
Glendale, WI 53217  
(414) 962-4160



[In case of rain, an alternate site will be announced at the Renewal Program; or you can call the Milwaukee Psych switchboard.]

# THE MOVING FINGER

*The McBride Alumni Association and Foundation*



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Annual Renewal, Picnic Beckon

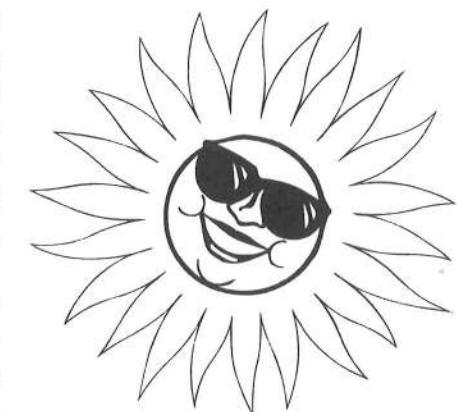
## Stop To Smell The Bratwurst

Fast-track treatment and shorter stays have reshaped the route many take to recovery, but one thing remains unchanged: To savor the rewards, you still have to "stop to smell the roses" once in awhile.

And for Alums, the aroma is never sweeter than what can be found every year at the Renewal Program and annual picnic — McBride Day — this year set for September 10.

It's a homecoming, a chance to reminisce, of course, but more importantly, it's an opportunity to recharge and to gather necessary spirit and strength for continuing the journey of recovery. And in both respects, it's fun.

Activity will get underway with the informal coffee-and-rolls reception at 9:30 in the Auditorium at Milwaukee Psych, a time for greetings and hugs and for meeting fellow Alums from different eras. Then, at 10:00,



there's the Association's annual business meeting, highlighted by the Board of Directors' election and a review of the year's activities (see story on Page 2).

Though there's nothing elaborate about it, the Renewal Program, to follow at 10:30, has always managed to present a lasting message of inspiration, recollection and motivation, collectively delivered by three speakers — two Alums and one spouse or partner. A spokesperson from the Treatment Team will add wisdom from that perspective.

"You can't really describe these programs and do them justice," said Karen Reider, who is organizing the program. "There's always a feeling in the air that makes everything so powerful and so meaningful."

"Everyone, in his or her own individual way, has so much to be reminded of, to be thankful

*(Continued On Page 3)*



## COMMENTARY *Save McBride's Grand Old Name*

Much to the dismay of this organization, "McBride" has been dropped from the official name of the treatment program at Milwaukee Psych as part of a restructuring by the corporate parent, Aurora Health Care. It's now called "Unit 4," or some such nondescript designation.

Is it any wonder that patients of more recent vintage see little attraction for something called the McBride Alumni Association, and thus overlook the benefits of fellowship we so often extoll?

Someone seems to have forgotten that you don't treat addiction with aspirin. There may be protocols, accepted methodologies and other trappings of structured health care involved, but the instillation of a personal program of recovery goes much deeper than that. Ours is an ongoing battle that needs the symbolism of a flag around which we all can rally; something to "move the spirit," so to speak.

There's also the premise that the chances for lasting recovery are greatly enhanced if there is a sense of reliance upon others, of drawing strength from sharing the effort to get well. The value of attaining and retaining sobriety as a cooperative venture has

been well demonstrated, but in this era of over-emphasized outpatient treatment, and ridiculously short inpatient stays, the opportunity for building those close personal ties can be hard to find.

The point is, there must be a recognized emblem in which there is imbedded an anchor of personal, emotional involvement. Something symbolic, something that can be woven through a sizeable group of otherwise dissimilar individuals who have joined in a common pursuit of a life-saving goal; who need an identity that will endure beyond those short days of hospitalization.

McBride, thanks to the Alumni Association, has been that figurehead — a unifying bond that has drawn a lot of us together for a lot of "24 hours." It has represented and provided that thread of camaraderie and fellowship, and as such, it deserves to be preserved. And defended against those who feel there is something outmoded, or self-aggrandizing, about attaching a name to a treatment program.

To paraphrase Barbara Frietchie, "Shoot, if you must, this old gray head, but spare our recovery's flag."

## 5 Director Spots Up For Grabs

Five seats on the McBride Alumni Association Board of Directors will be filled at the 1995 Annual Business Meeting if they wish, and a nominating committee is reviewing

Expiring are the terms of applications for inclusion on a Marian (Catania) Yoder and David slate to be proposed at the Franczyk, as well as those of Cary meeting. Nominations from the Manske, Kevin Wiedman and Ron Gudinskas, who are interim Board members are elected to appointees completing terms two-year terms; five in odd-numbered years and four in the

even-numbered. Current hold-over directors include Phil Atinsky, Bob Hanning, Ron Bloomquist and Karen Rieder. Ken Zimmerman, as a past-president, continues as an ex-officio member. Officers for 1995-1996 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 agenda are the president's summary of Association activities, the treasurer's fiscal year report and special committee reports. Questions or issues may also be brought to the floor by any member in good standing. The meeting begins at 10:00 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

McBride Day .....	Sept 10
Annual Meeting .....	Sept. 10
Board Meeting* .....	Sept. 12
Board Meeting .....	October 10
Awareness Program .....	Mid-November
Winter Retreat .....	January 5-7, 1996

\* Second Tuesday Each Month; 6 p.m., Room E-7. All Alums Welcome.

## Alumni Reunion 'More Than A Picnic'

(Continued From Page 1)

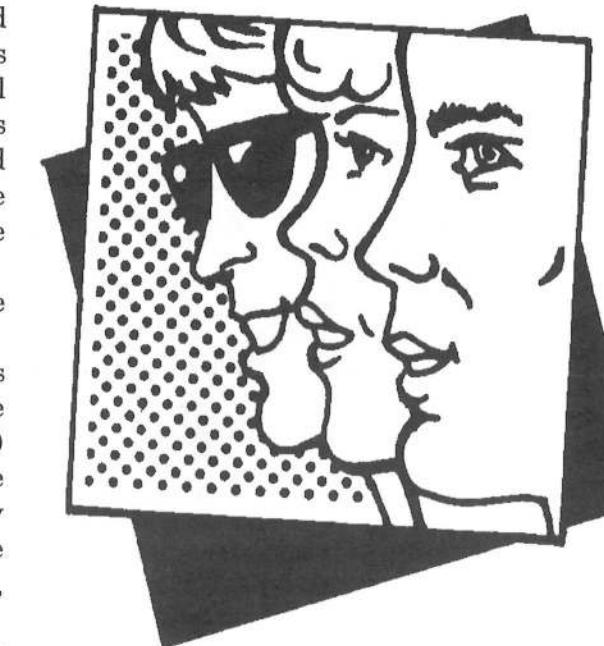
for, and to look forward to," she said. "It's obviously an emotional hour, but the real value is in the strength and inspiration that fills the room for everyone to share and to take with them."

Then it's off to the picnic!

Once again, Jacobus Park (not far from the hospital; map on Page 4) will be the setting and the fun should get underway shortly after noon at the same spot as last year, Picnic Site #1.

It's a homecoming for Alums but even more, it's an event for the whole family, as well as friends and the ever-popular "significant others."

At no increase from last year, the fee for an all-you-can-eat menu of hot dogs, brats, hamburgers, potatoe salad, baked beans, relish and fruit plus unlimited soda is a nominal



\$9.50 per person. Small children (let your conscience be your guide) are free.

Chairman Phil Atinsky is rounding up the customary games and equipment, like softball and volley ball, but said everyone is welcome to bring their own, as well. He also suggests lawn chairs to supplement the ample but cumbersome picnic tables.

"Like any homecoming, this is

a great opportunity to renew old acquaintances, trade 'How-ya-been?' stories and to relive some of those thrilling days of yester-year — like group," Phil said. "It's a time for lots of hugs and lots of good old-fashioned fellowship."

For the special guests, the Herrington House residents, it is an opportunity to meet some of the "old-timers" and to discover some of the positive spirit that comes with recovery.

Understandably, the caterer must have an advance head count, so reservations must be received by September 5. Send your check, with the coupon found on Page 4, to Phil at the address shown.

Remember, it's more than a picnic. It's the sort of thing that shores up your program like nothing else can; by providing that necessary balance of retrospect on one hand, and reason for confidence in the future on the other, all in one fun-filled package.

### Rap Program Revamped

Because of the dramatic reduction in the average length of stay for inpatients, the Alumni "raps" for that group have been discontinued. "It no longer seemed an appropriate adjunct to the treatment format," explained Board President David Franczyk. He said the move does, however, place an even greater emphasis on the rap sessions with Herrington House residents. Volunteers are always needed for these one-hour visits on Monday evenings. Anyone interested should 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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*The Moving Finger writes; and, having writ, moves on.*  
- The Rubaiyat of Omar Khayyam