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C
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A
SALUTE
TO
FOOD SERVICE

This issue of the CUE will be devoted primarily to informing the patients of Winnebago State Hospital of the functions of the Food Service Department and to the personnel responsible for the various departments within the Food Service Department.

Mr. Oberts, the Food Service Managers' career began as an officer at the State Prison at Waupun in 1952, where he also worked with the forestry camp system. From 1956 to 1958 he worked as a chef in the prison - then until 1962 he managed the prison cannery, which produced upwards of 200,000 no. 10 cans of all varieties of foods for use in state institutions.

In July of 1962 Mr. Oberts was appointed Food Service Director for the Fox Lake Correctional Institution at Fox Lake, where he stayed until July of 1967.

Since 1967 Mr. Oberts has been the Food Service Manager for Winnebago State Hospital which has been a tremendous undertaking as you will find when you read through the articles in this issue.

A married man of almost 20 years, Mr. Oberts has four children ranging in age from 10 to 18 years of age. The old adage of "a shoe-makers' children running barefoot" does not apply to Mr. Oberts, as one of his outside interests is cooking. Now that he has completed the building of a new home in Winneconne he hopes to spend more time with his two boys fishing and hunting, which are his favorite hobbies.

Mr. Oberts is a very vivacious man, completely dedicated to his work. We want to commend him for his devotion in administrating one of the most important departments within the hospital.

The Food Service Department at Winnebago State Hospital is responsible for providing a basic service to all patients and to employees desiring that service.

In order to carry out the primary function of providing a level of dietary service consistent with assurance of nutritional adequacy and financial support, a Department of Health and Social Services approved Standard Meal Pattern and series of Modified Diet Patterns were instituted at Winnebago State Hospital in July, 1969.

Performance of various activities by individual and professional groups, technically trained specialists, and skilled and unskilled workers contribute significantly toward realization of goals, functions and primary purposes of the Food Service Department.

The Food Service Sections can be divided into two categories; Production Section and Service Section. The Production Section can be broken down further by saying it has the main job of preparing and providing all foods for the general menu and also all diet requirements. This also means the Production Section is to provide all party refreshments, picnic, and other off-unit food requests besides the regular menu each day.

The Service Section is responsible for both regular and diet trays for all patients on each ward in the entire hospital. This means the Service Section are the people who run the cafeterias in Sherman, Gordon, Kempster, Hughes, and the Main Dining room which is open for employees and guests. It is also the Service Section employees that are responsible for instructing and supervising patient helpers as part of the hospital work therapy programs.

In this article it is hoped will give and answer or explanation of the Food Service Department stand on some of the numerous complaints by patients in the hospital. To begin I stated the main functions of the Food Service and now would like to dwell on how and what they go by in planning, ordering, and preparing the food for over 550 patients and the work that was involved in preparing 674,069 meals from July 1, 1970 until June 30, 1971.

To begin our article on the Food Service Department it is necessary to state that a computer in Madison is used to aid in maintaining a nutri-

tionally balanced meal. This computer aids all the State institutions, not just Winnebago. This Meal Pattern tells how much they can buy and also how much they can serve to the patient. The Pattern is divided into 6 groups, ranging from children under 6 to adult over the age of 19. It is the job of the supervisors to check and review the success of the meals during weekly and quarterly meetings. One of the problems Food Service faces in planning nutritionally balanced meals is the high cost of meat. The meat itself costs 1/3 of the meal, This makes 2nd servings of meat impossible. The cost of meat alone for the fiscal year (July, 1970 until June 30, 1971) was \$24,867.23.

Along with these regular meals the Food Service had to prepare food for 483 ward parties; 8,240 bag lunches; plus additional food for 1,990 patients that participated in off-grounds activities. Many of us just don't realize the amount of work involved to provide adequate food to the hospital. The Food Service employees also make up 151,489 trays for geriatrics and bed patients in 1970 or 28% of the total number of patients fed in that year. Another staggering amount of food served were the special diet which was 132,114 or 21.35% of the total amount of patients fed in that time.

In answer to a complaint made by the patients on 2 East in the issue of August 13, 1971; variety of foods was a major gripe. However, Mr. Oberts showed us a list of foods which were prepared for a 13 week period. During this time they served 22 varieties of potatoes, 55 meat dishes, 7 different breads, 16 kinds of vegetables, and breakfast rolls 35 times in 13 weeks.

Other information that was made known is the fact that shortage of food is held to a minimum in all the cafeterias. Planning for hot foods in winter and cold foods in summer, does not mean you will get a hot meal on a cold summer day. They also have trouble with preparing certain seasonal foods such as custard which cannot be served in summer because of the great danger of spoilage in warm weather.

The amount of help needed each day in Food Service itself plus the cafeterias is also something to be concerned about. Patients as well as employees are needed to provide the necessary tasks in order to produce a meal. Women work in the paring room
(continued on page 3)

FROM OUR GRAVEYARD

(This is a repeat of an article from the October 7, 1966, issue of the CUE)

CUR BAKERY

Ladies, how would you like a kitchen with a mixmaster 6 feet tall and be able to bake 75 cakes at one time? Or, how would you like to get up in the morning and whip up 1600 doughnuts for breakfast? Milt Parker one of our bakers who has worked at Winnebago State Hospital for the past 26 years, gave me a tour of the bakery and the size of equipment and proportions of ingredients used was very fascinating, to say the least.

Milt and Harold Salzer are the bakers with a crew of 3 to 5 patients. They start work at 4:30 a.m. and put in an 8 hour day 5 days a week.

All of the cakes, breads and pies are made from "scratch". No box mixes are used. We consume 200 pounds of bread daily and 135 pounds of flour goes into one batch. Our Saturday morning doughnuts total 1400 to 1600 and all coffee cakes, muffins and sweet rolls are baked in the morning so they're fresh for breakfast.

To bake bread, there is a floor hopper which holds 500 lbs. of flour and a hugh mixer, which weighs the amount of dough to be used. Before any baked goods go into the oven it is set in a proof box where the temperature is 98° and the humidity 93°. The purpose of this is to make the dough raise faster and to keep it from getting crusty. Then it is placed in a revolving oven, which holds exactly 100 loaves, and bakes them evenly.

Other equipment which is timesaving for our bakers is the buncutter and doughnut maching -- the kind you've probably seen in stores. The buncutter turns out 36 perfectly rounded hamburger buns at one time and the doughnut machine can produce 1400 to 1600 doughnuts in a few hours, requiring one man to operate it.

There is also a hugh mixmaster called the Hobart Vertical Mixer, 4-speed, with a 140 quart capacity for mixing cakes, plus a deep fat fryer for raised doughnuts.

Mr. Parker remarked that the state is very cooperative in any requests he makes and all ingredients placed in the baked goods are of high quality and fresh.

I think both Mr. Parker and Mr. Salzer should be complimented for their fine work and delicious baked goods.

* * * * *

(Continued from Page 2)

from 9 until 11, 5 days a week just taking care of the vegetables for the three meals that are served each day. There are an average of 5 helpers in the bakery and approximately 15 patients in each of the dining areas. To provide enough supervision there are 4 unit supervisors in each of the cafeterias: Mrs. Moore in Sherman Hall; Mrs. McKellips in Kempster Hall; Mrs. Miner in Gordon Hall; and Mrs. Williams in Hughes Hall. There is also a service supervisor, Mrs. Meitzen and a dietician Mrs. D. Foute. Mr. Frue is the food production manager and has a crew of cooks under him. A note of commendation should be given to Mr. L. Keller who retired on the 31st. of August after being a meat cutter here for 31 years. His successor, Mr. Ed Bechlem is well experienced and there should be no change in the quality of meat cutting that has been done by Mr. Keller, over the years.

In summary this writer would like to say Thank You to all the Food Service personnel that have and are contributing to the food production here at Winnobago State Hospital.

* * * * *

FROM THE CANTEEN SUGGESTION BOX

Please do something about the flies in the Canteen. They are a health hazard. (Note; There were many suggestions to do something about the fly situation.)

The new policy of checking patients every half-hour during the night (particularly with a light in the face) is very disturbing for the people who have to get up early in the morning to go to a job or school. I would imagine it is also very difficult for staff to carry out considering the time involved in a half hour bed check routine. Is there any way this could be changed?

I suggest that you sell normal flashlights for \$1.50 without batteries in the Canteen.

FOOD OBTAINED LOCALLY

In order to alleviate the high cost of purchasing food through a retail dealer, Winnebago Hospital has opted to buy its fresh vegetables, fruit, and milk products from its source or as near to that source as financially feasible. This insures fresh, high-quality foods at a reasonable cost.

The vegetables are put on bid for the local distributors, one of which includes the Wisconsin Food Distributing Company of Neenah. For an example of how great a quantity of vegetables is used; we use over three cases of lettuce a meal.

There is an apple orchard, which belongs to the Hospital, where we get all those delicious apples at meals. The orchard is however in danger of dying out. A few new trees were planted but the expense is becoming such a factor where as it will soon be less expensive to buy from a distributor. There is the fact that these apples must be sprayed and tended for; and in man hours and money this procedure is very expensive. This also is a factor in other products that the Hospital purchases. For example: When some fruits are in season it is less expensive to buy fresh fruit than canned fruit; and when that fruit is out of season it is cheaper to buy canned fruit.

How would you like to receive this milk bill for a couple of months, \$1,020.14 for June and \$2,194.40 for July? WOW! That is quite a bit of milk: 29,928 pounds of milk in June and 32,035 pounds in July. These above figures are only for milk; what about other milk products? Well, take into consideration ice-cream. Do you realize how much ice-cream we use? 195 pounds of ice-cream, at a cost of a mere \$263.25 for the month of June, and 160 pounds of ice-cream at a small sum of \$216.00 for the month of July. That could mean quite a few upset stomachs for some people in both paying the bill and eating a little to much.

Other milk products include: skim milk, 4,730 pounds at a cost of \$286. for June and 4,644 pounds at a cost of \$280.96 for July; half and half milk we consumed at a rate of 301 pounds for June and 516 pounds for July for a grand total of \$147.69; Cottage Cheese consumption equalled 307 pounds at a cost of \$67.54 for June and July. The total cost of milk and milk products for June and July was \$5,477.13!

The Hospital obtains its milk and milk products from the Waupun State Farm Creamery at considerable less expense than if it were purchased from a privately owned creamery. Winnebago State Hospital, at one time owned the creamery but in July of 1967 they sold it to Waupun. The products are then transported from Waupun to the Food Service where it is rationed-out to the individual buildings.

Paul Felhofer

NEW CANTEEN ITEMS

Colored Postcards of the following:

Administration Building
Gordon Hall
Kempster Hall
Sherman Hall
Hughes Hall
Student Nurses Home
Chapel

(5¢ each)

Belts and Ties made by Work Adjustment.
(\$1.00 and \$2.50)

Cosmetic Bags from \$.61 to \$1.04

Tote Bags ----- \$1.86

New Fall Jewelry ---- \$1.04 and \$2.08

Colorful Tablets and Boxed Stationary
 (\$.82 - \$2.08)

Head Scarfs ----- \$.61 - \$1.04

ISSUES & ANSWERS

A LAUGH OF A HALF

WHAT IS YOUR ONE FAVORITE DISH SERVED IN THE RESIDENTIAL CAPSULES?

- Pork Chops
- Grapes
- Hamburgers
- Fish
- Raquel Welsh?
- Pizza
- Ice Cream
- Ham
- Chop Suey
- Hamburgers
- Turkey
- Hot Dogs
- Chile
- Prime Rib
- Pork
- Pizza
- Spaghetti
- Chicken
- Meat Balls
- Skim Milk
- Swiss Steak
- Hamburgers
- Barbecues
- Chicken
- Pizza
- Chicken
- Hamburgers
- Bacon, Tomato and Lettuce
Sandwiches

A photographer went to a haunted castle determined to get a picture of a ghost which was said to appear only once in a hundred years. Not wanting to frighten off the spook, the photographer sat in the dark until midnight when the apparition became visible. The ghost turned out to be friendly and consented to pose for a snapshot. The happy photographer popped a bulb into his camera and took the picture. Then he dashed to his studio, developed the negative-- and groaned. It was underexposed and completely blank!

MORAL: The spirit was willing but the flash was weak.

* * * * *

"Why do you want to enter the U.S.?" asked the immigration official. "I want to lead a peaceful life and make an honest living," replied the immigrant. "Okay," said the official. "I guess that's not one of the overcrowded professions."

* * * * *

A man of Scottish descent was attracting much attention in the hotel lobby with his tales of accomplishments. "Well, now," said an Englishman at last, "suppose you tell us something you cannot do and I will undertake to do it." "Thank ye," replied the Scot. "I canna pay my bill here."

* * * * *

A visiting bishop delivered a speech at a banquet on the night of his arrival in a large city. Because he wanted to repeat some of his stories at meetings the next day, He requested reporters to omit them from their accounts of his speech. A rookie reporter, commenting on the speech, finished with the line: "And he told a number of stories that cannot be published."

* * * * *

During a spelling bee at a Long Island public school every child in the third grade went down on the word: does. They spelled it D-U-Z.

POETIC EXPRESSIONS

WINNEBAGO STATE HOSPITAL

When people get out of this place they
 feel good.
 And when they are in here they feel
 like they have been trapped like
 animals.
 This place makes you wonder sometimes.
 But it isn't a bad place to visit
 But it sure is a bad place to stay.
 When we sit down and think about
 Winnebago State Hospital we should
 Be thankful that we have a place such
 as this; it isn't all bad.
 We should thank our fellow man for
 this place where people can get
 help when they need it.
 What would we do if we didn't have a
 place like this?
 I'll admit that everything isn't the
 greatest around here but we have to
 learn to accept it.
 If we weren't here we would be in the
 streets or someplace like jail.

By:

WINNEBAGO (in a nutshell)

Waiting and waiting for the Star
 Spangled Banner
 To wave me out of this place---
 This place---a rut in the gutter of
 human ambition,
 Lacking recognition.
 Wanting to go home where the heart
 leads;
 And to stay for awhile, until another
 day gives me another answer to the
 Final question:
 Is there faith (or not) in the human
 existance, or will it all of a
 sudden appear and still
 It may just disappear like a lighting
 flash.

By Anonymous

PURPOSE

Mine eyes have seen the glory
 of the coming of the story
 that explains to you and I
 The one big question: Why?
 Love and respect lacking neglect
 your fellow man, do not suspect,
 A willingness to give
 Will give a reason to live.

By: I.T.

DON'T QUIT

When things go wrong as they sometimes
 will.
 When the road your trudging seems all
 up hill.
 When the funds are low and the debts
 are high,
 And you want to smile, but you have to
 sigh.
 When care is pressing you down a bit,
 Rest, if you must, but don't you quit.
 Life is queer with its twists and turns
 And many a failure turns about
 When he might have won had he but stuck
 it out.
 Don't give up though the pace seems
 slow---
 You may succeed with another blow.
 Success is failure turned inside out--
 The silver tint of the clouds of doubt.
 And you never can tell how close you
 are,
 It may be near when it seems so far.
 So stick to the fight when your hardest
 hit.
 IT's when things seem worst when you
 Must not Quit!

Love Mom

Submitted by:

REMEMBERING YOU

Skiing the mountain alone
 On a day of difficult moods
 with snowflakes of rottenstone
 at the liverish altitudes
 And the bones of the birches pale
 As milk and the humpbacked spine
 Of an untouched downhill trail
 Turned suddenly serpentine
 A day comes into my head
 When we rose by aerial tram,
 Bubbles strung on the thread
 Of a mobile diagram,
 Rose to the mountain's crest
 on a day of electric blue
 and how, my enthusiast,
 I made the descent with you,
 The beautiful greed of our run
 taken on edge, on tiptoe
 With a generous spill of sun
 on the toy-town roofs below
 As on powder side by side
 running lightly and well
 We lipped and came down the
 untried
 easily parallel.

By:

BIG FALLS PICNIC

Sunday, July 5, a co-educational group of patients from 2 West and 2 East went to Waupaca County for a picnic. There was a good three hour bus trip to arrive at our destination of Big Falls Park. The expedition left at 8:30 A.M. and returned back to the Hospital at 3:45 P.M. This also included two badly needed comfort stops.

At Big Falls Park they ate delicious ham sandwiches, chocolate doughnuts, oranges, and all the orange drink they could hold.

Three bears and a bear cub, along with a cute little monkey, birds, and deer made up the small menagerie. All had great fun in feeding the animals with the apples that were provided.

One brave explorer then found the local pub. After a brief stay there it was decided that they try to cross the two rather rickety bridges across a small stream. All that tried succeeded in the crossing except for one poor gentlemen who decided on the spur of the moment to go for a quick swim. Then it was back to the pub for another short visitation. One of the females then decided to see what the other side of the bathroom looked like. She was embarrassed one must admit.

At 1:00 it was time to go back to the Hospital. On the trip back there was attempted a sing-a-long only every one was too tired to even utter a note.

The 15 women and 13 guys wish to thank Mr. Scruby (the renowned bus driver), Mrs. Carpenter and Mrs. Krings for the great time that they had. A special thanks to Food Service for the great meal.

Paul

THE BOWLING EXPEDITION

Hats off to Chuck Radtke for a day's outing in Milwaukee. Chauffers included Ralph Hoppe, Dave Daggett and Don O'Neil. Departure was at 9:15 a.m. and arrival was at 11:50 a.m. We went to the Arena after having lunch and Kool-aid on the bus at 12:30 p.m. The hours were spent watching the world bowlers perform at the peak of their talents. There were 15 of us along and not one of us was disappointed at the performance of the bowlers.

The action took place on the 24th of August for Sherman Hall in the Milwaukee Arena, viewing the bowlers from all over the world. Bowlers from Argentina to bowlers from the Netherlands spent their time hitting many strikes and quite a few spares. The Japanese were tremendous. At one time they scored as many as seven strikes in a row!

At 2:30 p.m. we left again for Winnebago and Ralph, Don and Dave all had equal opportunities to drive our trusty bus.

P.S. The U.S.A. received 1st. place.

TO WHOM IT MAY CONCERN:

Did you ever look around the Canteen lately, especially around late afternoon and evening? Rather messy isn't it? What can be done about this situation? Who's responsibility is it to see that something is done about the sloven condition existing in the Canteen?

Wake up people! The responsibility rests on each and every one of us who use the Canteen facilities. The Social Chairman assigned to the Canteen is not like your mother in cleaning up your mess. Do you throw food around your home, snuff your cigarets out on the floor, use disgustingly, vulgar language there? In all probability the answer is no. Why is that answer no? It is because you respect that home, you wish to live in a clean environment, not a "Pig-sty." So why don't we all try and make it a point to clean our own garbage and remind those who forget, to clean up after themselves.

* * * * *

CUE'S EDITORIAL DEPARTMENT

Advisor:
Chuck Lemieux

Mrs. Julaine Farrow, R.N.
Nursing

THE WEEK AHEAD

HOSPITAL ACTIVITIES FOR THE WEEK OF SEPT. 13 - SEPT. 19, 1971

Sept. 13 Monday	9:00 am - 4:15 pm	CANTEEN OPEN
2:30 - 4:00 pm	HH Music Rm.	RECORD LISTENING
1:15 pm	SH 5-6	Menasha Red Cross
6:30 pm	Barracks	Woodworking-HH Boys
7:00 pm	1-W	Algebra Club
7:00 pm	SH 7-8	Menasha Red Cross
7:00 pm	GH-AT Area	CANTENAS
Sept. 14 Tuesday	9:00 am - 4:15 pm	CANTEEN OPEN
2:30 - 4:00 pm	HH Music Rm.	RECORD LISTENING
3:45 pm	SH 5-6-8	Book Cart
4:30 pm	GH-AT Area	Canteen Social Chairmen
7:30pm	1-W	Dinner Meeting
		Jaycettes of Oshkosh
Sept. 15 Wednesday	9:00 am - 8:00 pm	CANTEEN OPEN
1:15 pm	SH 7-8	Appleton Red Cross
1:30 pm	GHS	Lutheran Ward Service
2:30 - 4:00 pm	HH Music Rm.	Rev. Winter
3:45 pm	SH 1-3-4	RECORD LISTENING
		Book Cart
Sept. 16 Thursday	9:00 am - 8:00 pm	CANTEEN OPEN
10:00 am	GHS	Protestant Ward Service
2:30 - 4:00 pm	HH Music Rm.	Rev. Windle
7:00 pm	Canteen	RECORD LISTENING
		SING-A-LONG
Sept. 17 Friday	9:00 am - 8:00 pm	CANTEEN OPEN
2:30 - 4:00 pm	HH Music Rm.	RECORD LISTENING
3:45 pm	2-E	Book Cart
6:45 pm	Chapel	LUTHERAN COMMUNION
		REV. Winter
Sept. 18 Saturday	10:00 am	GHS
11:45 am - 8:00 pm		Favorite Hymn Recital
		Mr. Korn
		CANTEEN OPEN
Sept. 19 Sunday	8:45 am	Chapel
11:45 am - 8:00 pm		PROTESTANT SERVICE
7:00 pm	Chapel	Rev. Winter
		CANTEEN OPEN
		CATHOLIC MASS
		Fr. Barrett

*ALL activities in CAPITAL LETTERS are for ALL patients

PATIENT LIBRARY, SH Basement: 9:00-4:00 M-T-W-F
9:00-2:00 Thurs.