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CUE

PUBLISHED BY AND FOR THE
PATIENTS BI-MONTHLY.

VOLUME IV

MAY 29, 1969

ISSUE 7

PULSE

Remember! Today is the first day of the rest of your life!

If you spread enough happiness around you can be sure some will rub off on you.

Have you noticed the look on faces that were impressed by you. Good sign. Nervous tensions are released. Frustrations are at a minimum. Such was the case with this writer as he sat in the Lobby awaiting to see the Admission clerk.

Since our arrival we've had the opportunity to observe the relationship between patients and staff. We found a comfortable and friendly atmosphere here. Patients are constantly being encouraged to participate in various activities and this involves a great deal of loving care.

As is normal with human nature, a new arrival is usually confused by new surroundings and some are deeply fearful of the immediate future. Many feel alone and rejected. It can be a highly emotional experience. We feel that more credit should be given to the highly proficient staff in making the patient's initial adjustment such a pleasant one.

We were impressed by the skilled nursing care available around the clock. It is quite evident that our nurses are chosen for their humane understanding of the manifold problems that beset so many patients. This writer has yet to encounter a nurse without a warm smile and a kind word.

It may seem strange, but there is genuine companionship among groups of patients. They are eager to discuss personal problems with each other, but are sometimes hesitant to talk when (continued on bottom of next column)

Beginning with this issue, the CUE will have a "new look." Gradual improvements will be made in future issues that will improve readability and editorial content. We invite our readers to submit written material of general interest for all patients. The CUE reserves the right to edit such material in order to eliminate repetition of similar subject matter. If you feel you have something to say ...write us about it. Either bring your composition to the CUE office or enclose it in an envelope and address it to the CUE. No stamp is needed.

PROM

The annual Winnebago State Hospital High School Prom was held in the Rumpus Room at Hughes Hall on Wednesday evening May 21 from 7:30 to 11:30 P.M.

The theme "This Magic Moment" was carried out in a decor of delicate blue, pink,

and green by their Court. Music was provided by the BLG rock and roll band of Appleton. Refreshments were served.

an "outsider" is present. Group therapy is gradually solving this problem. Social workers solving these problems are creating proper atmosphere that ~~sets~~ sets out the "bottled-up" individual so he can discuss his inner-thoughts without undue embarrassment.

This column will feature further observations on patient-staff relationships in future issues. We feel publishing such material will make for better communication in all quarters. (RM)

WE ARE PROUD

Eleven Senior students of Winnebago State Hospital will be graduating from their high schools according to Principal Driefuerst.

A dinner at The Left Guard in Menasha will be held for the graduating class at which time diplomas will be present.

Graduating Seniors are:

- Hartford High
y...Wisconsin
- sen...Wisconsin
- assumption
- ...Waupaca High
- ...Waupaca High
- ...Oshkosh
- ...Sheboygan South
- ...Oshkosh High
- Kiel High
- ...Premontre High
- Green Bay.



ORCHIDS TO THE LADIES

One of the outstanding seasonal social events was held Monday, May 19, at Sherman Hall 1-2. Sponsored by a departing Student Nursing group, the girls were perfect hostesses to 39 patients.

Special interest was evident during the "scavenger hunt" when a score of patients eagerly participated in the hunt for sundry items. Team 2 were judged the winner.

Following the "hunt", all the patients and Student Nurses joined in group singing. Old-time songs rang out loud and clear.

Spirited dancing was next on the agenda and waltzes, polkas and modern music stirred the happy throng to the heights.

Luncheon was served by the girls at the conclusion of the festivity, ending an evening that will long live in memory of all patients attending. On behalf of our residents, the CUE extends a bouquet of orchids to this splendid group of young ladies who should go far in their chosen vocations.

WHAT DO YOU KNOW THESE DAYS?

You had better go to school, bud! You have a lot to catch up on.

The overwhelming fact about knowledge today is its volume. The amount of published information is increasing at a formidable rate. Our present knowledge is contained in 100 million miles of linear print...more miles than there are from here to the sun. And the size of this store of knowledge is doubling about every ten years.

Times change...and we change with the times. Keep learning....Why allow the other fellow to answer all the questions. Wouldn't you like to know what's going on today? (RM)

TENET

We hold that there are two, yes, two kinds of journalism for institutional publications. One is interested in exposing the corruptions of man. The other readily admits that human beings are not exactly perfect, yet they go on to show how perfectible they are. We try to go along with the second thought. We have great faith in the innate forces of man, and with Emerson, we believe in "the infinitude of the private man."

We would rather give one man deserved praise than condemn one-hundred who need castigation. We also see proof that do-good news-material does DO good.

CUE started small...yet built renewed spirit in many persons who passed this way for short periods of time... We received many compliments, and we appreciate them. These kind words give us an opportunity to laugh at ourself. It prevents us from becoming serious and unreasonable in our relationship with our fellow-patients and the Staff.

G. K. Chesterton opined that the real trouble with this world of ours is not that it is an unreasonable one --"The trouble is that it is nearly reasonable, but not quite." Remember this as you attempt to make the world a little more reasonable.

After all, the only difference between two men is that their reasons are always different, yet they will usually agree in their conclusions.

OUR POLICY

KNOW HOW

KNOW WHY

KNOW WHAT-- and --

YOU'LL KNOW WHETHER OR NOT YOU SHOULD DO AS YOU DO!

CANTEEN HOURS CHANGE

Your attention is called to the fact that the Canteen will be closed until 4 P.M. on Friday, June 6. This order will be effective for the remaining Fridays of the month: June 13, 26, and, the 27th respectively. The Canteen will open at 4 P.M. on these specific Friday nights and will close at 8 P.M.

The Wards will receive regular cart service as usual on these Fridays in question.

On July 4, the Canteen will be open at 11:30 A.M. to 8 P.M.

All vending machine areas will operate as usual and the above schedule does not apply to vending machines

The above change in Canteen hours was made necessary due to regular vacation schedules.

OFF THE RECORD

The trouble with the future is that it usually arrives before we're prepared for it.

Just about the time you think tomorrow will never come - it's yesterday.

Sometimes you can make an enemy by talking to a friend as only a friend should.

Your growth of wisdom can only be judged accurately by the decline of your ill-temper.

Did you hear about the brave traffic light? It refused to turn yellow.

The way some people find fault ... you'd think there was a reward.

One of our unfavorable sights is a mini skirt on a maxi mum.

READ THE CUE!!

SONG OF THE POETS

CANTEEN SOCIAL CHAIRMAN

Its a wonderful evening-
the 20th of May,
I'm on duty-at de canteen today.

Rewards it has-I kid you not,
One thing we ain't-is a canteen cop.

Our function here, is to visit
and to host,
to help all-and do our most.

General good conduct-
that's what we like
Either at the canteen-or riding a bike.

Come one, come all-this is a must,
Meet you here-and soon, I trust.

SPIRITUALLY, TRUE LIFE

Life----
blooms like a rose--the many
petals equalling the many phases
of life.

Life can--like a rose--
fade if treated wrongly.

If not given "water", it will die;
If not given "food", it will die;
If not given "T.L.C.", it will die.

But if given all these things, it
will thrive and grow--
until its time comes.

Then it will pass away--going
back to its Maker.

PROPORTIONS OF PESINE

"Dirges To A Drunk"

We enter here our heads unclear,
Our hearts are filled with fear.
And in our souls, we say 'O' dear,
Why did we take that first draft beer.

The first was good, the second too,
The third one wasn't bad.
But after that, the ones we had,
Made us look real sad.

Now here we are, to take the "cure",
In Winnebago-land.
And now will do, whatever we can,
To put our lives back in our hand.

We thank the lord, for another day,
To live, and love, and work, and play.

We talked, and our words huddled
close beside another in the wind,

We walked,
and our footsteps fell imprisoned
on the pavement.

We whispered,
and our ears rang loud with fluid
love above the crowd,

We touched,
and were held back
at the hoary prickle-peach
smarting to our skins,

We kissed,
and bosom's wreath dropped
destiny upon our breath.

CHAPLAIN'S MESSAGE

A CREED ABOUT LIFE

Even if I did not believe in God, there are certain things that I would have to believe, because of what I know and feel about life and about people.

I believe there is something more than man, that helps to explain man.

I believe that this something is somehow personal, not just blind chance.

I believe this because the values of personality are so built into life and the universe that they are in some sense ultimate, or partake of the ultimate.

I believe that life and the universe are so made that they favor health and creativeness, to the degree that personal factors are allowed full play -- factors such as respect, affirmation, confrontation, honesty, genuineness, mutuality, love.

I believe that the most powerful forces in the whole of reality are the personal and interpersonal forces that shape man's inner life and that determine what he does with his external and material world.

I believe that the ultimate something from which personalism springs is at least an all-pervading principle--not an inert principle, but with such force that it has the power to generate, create, influence, shape, shatter, transform.

I believe that as such, this something penetrates into human life in a positive, active way, through all kinds of channels, including often an entry through specific, very significant lives. Through these channels it exerts an influence, which is benevolent toward humankind and personhood, and which works in ways that are strengthening, healing and redemptive as well as sometimes confronting and corrective.

This ultimate, personal something tends by its very nature to draw men into its own orbit and pattern by encouraging growth in wholeness, personhood and responsible interpersonalism. I believe that in the highest values of personal and interpersonal life, lies the greatest approximation to the nature of the Ultimate (in religious terms, to the nature of God).

Chaplain Van Deusen

CAREER DAY

A tour was held on Tuesday, May 20th for students interested in entering the various work areas open within the career field of mental health. The students represented a majority of the area which the hospital serves, and were certainly a credit to their respective schools.

Viewing the various halls, technical as well as recreational facilities, prompted many of the participants to comment on the area in which they were most interested and wanted to specialize in.

The introduction, tour and workshops which were held were of major importance to the seniors in particular, as they will be registering for college in the fall, and will have to select their major.

One unique facet of the tour was that the entire guided portion of the halls and grounds was conducted by persons who were themselves patients. This was done under the direction of Ken Spatt.

The Cue staff would like to commend these volunteers who assisted in order that the gathering would function as smoothly as possible.

What better to DO -- then read the CUE.



PESKY MOSQUITOES

The mosquito season is with us again. Have you been nipped lately? If you were, it was a female that bit you. She needs the blood to develop her eggs. In fulfilling this need, she finds you by the strange and eoteric signals you emit. To jam them is the trick.

Recently entomologists have discovered that mosquitoes prefer skin that is warm...over 90 degrees. Human skin temperatures vary, but the average is between 87 and 95 degrees.

So, how to avoid being nipped? You can purchase one of the many so-called repellants that are on the market ... or you can try less subtle means. Take cold showers every 10 minutes if possible. This will lower your skin temperature. A plunge in the lake is just as effective.

Violent exercise that causes profuse sweating discourages mosquitoes.

Wear light-colored clothing. Like most insects, mosquitoes have definite color preferences; many kinds are attracted to black, dark reds and blues. White, yellow and light green are the least appealing.

Carbon dioxide seems to provide a directional guide for mosquitoes, and heavy breathing attracts them in either darkness or daylight. This explains why so many bites occur around a person's head, and why it is best not to swing angrily at mosquitoes, raising not only your temperature but your breathing rate.

Mosquitoes feed on nectar, and they like picnic spreads of fruit and sweets. It has been further determined that a member of the dive-bombing branch of the mosquito family prefers men to women. A word, therefore, to the girl: if the mosquito attacking you doesn't hover or whine, look for a man.

Some people who are bitten frequently begin to lose the reactions; bitten often enough, they may become

OUTDOOR DESK

Artist Bill

immune. Many who spend entire summers in the woods never even feel the bites.

Today there are shots that will immunize people against mosquitoes. These work on some but not all mosquito species...and there are 2,426 known species around the world.

Another way to distract mosquitoes is to hum a tune. Many a male has been lured away from his life's job by the humming of high-tension wires. Smoke from a camp fire is another deterrent.

If you're planning a stroll along the lake this summer...remember these tips. We hope your mosquito problem will be the least of your annoyances.

OVER THE WAVES

A good many summers of my life have been spent at the edge of a lake watching the waves and wondering about them. They seem to come from far off, rolling silently across the broad expanse of water, hump after hump like a procession of camels. And why, long before they hit the beach, do the breakers turn white until they are all froth and turbulence.

A wave merely moves through water. It is nothing more than a pulse of energy whose conductor is the lake...much like the electricity which rushes through a wire by exciting the wire's copper atoms but, having passed, leaves the atoms precisely where they are.

The dynamo that generates all this energy is the wind. Once little waves mound up, the wind by colliding with their sides, pushes them deeper and deeper, and in the process packs them with more and more energy.

So, as you visit Lake Winnebago this summer listening to the hiss and churn of the water, remember to respect the power of the waves. They can be wonderful companions when

(cont. page 2')

LOCAL 48 OPENS WITH WIN

The Winnebago Local 48 softball team opened the season May 16, with a resounding 22 - 10 win over Martin Luther of Oshkosh. The game, the first of a 14 game schedule for the Locals, was played under the lights at the South Side Lighted Diamond.

The Local 48 ball club is comprised of some of the better ball players at the hospital and is managed by Dave Daggett-Activity Therapy. The team participates in the Friday Evening Slow Pitch League at Oshkosh with seven other teams from the Oshkosh area.

Practices are open to all male patients interested in trying out for the team and are usually held on Fridays at 1:30 P.M. at the Main Ball Field.

The schedule for June is as follows:

June 6, North Side Lighted 8:15 P.M.
The Loft

June 13, North SIDE Lighted 8:15 P.M.
McDermott Pumps

June 13, North Side Lighted 8:15 P.M.
Reds Pizza

June 27, South Side Lighted 8:15 P.M.
Andy's Library

June 28, South Side Lighted 8:15 P.M.
Jackie's Beauties

INTRAMURALS BEGIN

After several weeks delay, the men's intramural softball league will begin play on Saturday May 24, weather permitting.

The league is made up of teams representing the Children's Unit, Alcoholic Unit, Kempster Hall and Sherman Hall who will compete against one another on the ball field, throughout the summer.

Schedules are posted on all units and interested men are encouraged to participate for thier respective wards.

BROWN COUNTY VS. WINNEBAGOSCORE

WSH * 12 ... Brown C. - 11

Thursday, May 22, 1969 - 3:00 p.m.

Brown County Hospital came to play soft ball, and play ball they did as they knocked out 23 hits. But to no avail.

The 1st inning seen Brown C. getting 4 runs on 7 hits and the WSH coming back with 6 runs on 8 hits, one being a homer by

Brown then tied the game in the second inning and went ahead in the 4th and the 6th inning got 4 more runs to lead 11 to 6, which made it look like they had it all sewed up.

However, WSH Came back with 6 runs in the last inning to win in a real great game.

3 - 3;	2 doubles
4 - 5;	home run
3 - 5,	triple
2 - 4	
1 - 1	
1 - 1	
1 - 1	
1 - 1	
1 - 2	
1 - 3	(pitcher)
1 - 3	
1 - 3	
0 - 2	
0 - 3	

Handout. While waiting in the dark for the opening hour of a duck hunt in a Saskatchewan grain field, Harold Smith had only the hand holding his gun sticking above the straw with which he had covered himself. Just seconds after he tried an experimental toot on his duck call, he felt something bounce off his head and grab his hand. The intruder was a fox, which had actually bitten Smith's hand and which escaped the two hasty shots he fired at it.

Collected

On the Sober side

CAN WARD GOVERNMENT SUCCEED?

About two years ago, the WSH treatment team decided to administer the Alcoholic Treatment Unit (ATU) with an approach thought by many to be unworkable. The concept of patient government, while not unheard of still was new enough to cause many heads to move vigorously in a left-to-right motion.

However, this form of social interaction has been successful despite the forebodings of many. It was basically felt however, that a general increase in patient responsibility accompanied by a more real sense of self-respect would have a beneficial therapeutic value for the patients on the ATU.

At the onset, there were no rigid rules to follow, just as now the rules aren't inflexible. Word of mouth, e.g. the honor system was utilized until a patient came here from another institution with a copy of a constitution that was working elsewhere. This was developed until it evolved into the form in which it is now used.

This is under a basically sound constitution accompanied with by-laws which are subject to amendment. While one might think that frequent additions and deletions would be required, this has not been the general rule. Usually, the only time the by-laws are amended is when there is a basic or extreme change in the structure of the ATU recovery program itself.

There are quite a few fringe benefits on both sides when a ward is governed in this manner. The ward staff is freed from much detail and can devote their time to the counselling function. Rather than have to seek out individual patients for work assignments, they can now go directly to the ward chairman, whose responsibility it is to provide available help.

A year ago this month a direct admission unit was opened. This eliminated alcoholic patients from having to be processed into Kempster Hall, then re-processed into either Hughes Hall or Gordon Hall.

The elected officers of the two units meet with the staff regularly on Tuesday mornings at which time various situations are discussed. When action regarding a specific or special problem is potentially necessary or advisable it is generally handled at this time.

Since the team approach is used, co-operation is of course the keynote. As a practical example of how this self-regulation functions, let's select a patient who has been granted a weekend home visit. When he returns, he has obviously been drinking. The following day, the patients' government decides what is to be done with him. In this instance, let's suppose a 3-day restriction plus loss of the right to ask for home visits the following two weekends is decided on. This recommendation is then passed on to the staff, who either approve or reject it. In the large majority of cases, the staff approves the recommendation.

Since this form of government has been in use, it has generally been found that the added responsibilities have improved not only the attitude of the patients, but the morale of both patients and staff has been improved.

Hopefully, as new drugs and methods of treatment are discovered, this could be extended or tested on other open wards.

OVER THE WAVES (cont. from page 6)

they're in a good mood, but if you venture among them when they are angry you can quickly find yourself being banged by a 20-ton battering ram or throttled...or even picked up and heaved through the air or out of your boat or raft.

A question was asked: Is undertow dangerous? No! The worst a heavy backrush can do is knock you off your feet and send you sprawling into the surf's edge.

THEY DO LAUGH HERE

Dear Margie,

Somebody gave me a tuxedo, and as soon as I learn to stay up half the night and drink out of a bottle, I'm going to become a musician. I've taken up the trombone. I took it up while the store clerk wasn't looking. The other day I was practicing, and the man next door came over and said "Do you know there's a little old lady sick over there?" and I said, "No--but if you'll hum a few bars of it, I'll fake it for you!"

Then the man said, "Do you know "The Road to Mandalay?" and I said, "Yes shall I play it?" and the man said, "No--take it!" I just had a big fight with my brother. He's so changeable. Monday he wanted beans, Tuesday he wanted beans, Wednesday he wanted beans, and here it is Thursday and all of a sudden he doesn't want beans. He wants bean soup. I've never seen anyone eat like my brother. Most people use a knife and fork. He eats as if food were going out of style. He'll eat anything but bananas. He says bananas are a waste of time. After you skin them and throw the bone away, there's nothing left to eat. Well, Margie, I must close now and go help my brother. I think he's choking to death. He was eating a piece of horse meat and somebody said, "Whoa!"

Your Friend

Definition of a hair dresser----
a bleachcomber.

People say----What's in a name?
Do you know TRULY SCRUMPTOUS,
or PRUDENCE GOODBODY???

Aid to patient: "Have you taken a bath as yet?" Patients reply: "No, is one missing?"

Yes, indeed, Bob bore his misfortune like a man. He blamed it on his wife.

My comment...I'll drink to that....
coke or Pep sie----of course! Plug-Plug
Thanks to your health

ACTIVITY COMMITTEE

The committee met May 22, 1969 with 10 people present including Mr. Cunsinier or the A.T. Dept. The meetings are open to all patients and are held weekly at 3:00 P.M. on Wednesdays. Discussed at the meeting were the following:

A card club is held every Monday evening at 7:00 P.M. in the Gordon Activity Clinic. Originally, it began as a bridge group but as more interest was shown it expanded into the playing of a variety of cards.

If any men are interested in playing softball, All Star practice is held on Friday afternoons. In addition, men's intramural softball is scheduled for Saturday mornings. This is open to all interested men.

Tennis equipment can be checked out at the North Cottage.

The possibility of holding all-hospital tournaments in pool and cards was also discussed.

Interest was expressed in more frequent use of available facilities. Lack of supervision seems to prevent this, especially on evenings and weekends. The group questioned that if patients were considered by the staff to hold responsible jobs at the hospital and supervise the Canteen on evenings and weekends, why are they not deemed responsible enough to use the recreation rooms and bowling alleys without staff supervision?

It was felt that more could be accomplished in this area at future committee meetings if a larger representation from the patient community were present.

We think of a philanthropist as someone who donates big sums of money ...yet the word is derived from two Greek words, "Philos" (loving) and "Anthropos" (man): loving man. All of us are capable of being philanthropists. We can give of ourselves.

When you care enough to give the very best, give money.

ISSUES & ANSWERS

Home visits are part of the treatment program. How do you feel about them?

I think home visits are necessary. They can help people who have family problems. These visits could be a way of solving these problems.

Anonymous

Home visits are wonderful. Not only do they take the monotony out of every day life, but they also give the patients a chance to be with their loved ones.

MLS

Home visits help determine how well you've become adjusted to your home environment. I found home to be very pleasant.

Marcella

I think they are wonderful. They help decide if the patient is ready to be discharged or not. They let you know if you can take the tensions that surround you at home.

Pat

A home visit is different depending on the individual. Mine was long awaited (17 months) and it was pretty great. It was a feeling of freedom and made me feel that the future is very bright.

Anonymous

They are okay. By all means they should be continued.

Dave

They are a lot of fun. I wish I could have more.

Joel

Home visits help in that you get adjusted to family living again. It could be a problem if you don't have a home to visit.

Wilma

I would like to go home on a weekend visit because I want to prove that I am responsible for my actions.

James

Memorial Day is an American day for honoring dead military men and women. It also is the time to remember and visit the graves of loved ones.

Tomorrow, May 30, 1969, we commemorate Memorial Day...an American day set apart for honoring dead military men and women.

American Flags are appearing in dining rooms and other areas of the hospital

The people of the world want peace. We pray that present hostilities be resolved between contending parties to abstain from further hostilities be resolved between contending parties to abstain from further hostilities.

We also pray that our country will have freedom from strife or suspicion this year.

Roy

Editorial Staff

William
MERRY
Roy
Helen
Margie
Joy
Ethel

THE WEEK AHEAD

HOSPITAL ACTIVITIES FOR THE WEEK OF JUNE 2 - JUNE 8, 1969

June 2

Monday	2:30 - 4:00 pm	HH Music Room	Record Listening
	6:30 pm	Kempster Wards	Book Cart
	6:30 pm	Barracks	Woodworking, HHB 1,4
	7:00 pm	SH 7-8	Outagamic Red Cross
	7:30 pm	Gym	Wolf River Sq. Dancers

June 3

Tuesday	10:30 am	GHS	Lutheran Ward Service -
	2:30 - 4:00 pm	HH Music Rm.	Rev. Winter
	7:00 pm	2-W	Record Listening
			Gray Men

June 4

Wednesday	1:15 pm	1-W	Appleton Red Cross
	2:30 - 4:00 pm	HH Music Rm.	Record Listening
	3:00 pm	Kem. Rec. Rm.	Patients Planning
	3:45 pm	Auditorium	Catholic Mass
	4:30 pm	HH Cafe	Canteen Social Chair-
	2:00 pm	NC	men Dinner Meeting
	7:00 pm	Auditorium	Oshkosh Catholic Women
			Lutheran Service -
			Rev. Winter

June 5

Thursday	10:00 am	GHN	Protestant Ward Service
	2:30 - 4:00 pm	HH Music Room	Rev. Windle
	7:00 pm	Canteen	Record Listening
	7:15 pm	Gym	Sing-A-Long
			Movie - Hud

June 6

Friday	2:30 - 4:00 pm	HH Music Rm.	Record listening
	4:00 - 8:00 pm	Canteen Open only	

June 7

Saturday	9:30 am	Softball -	HHA & GHNP vs KH & GHSP
	9:30 am	Kempster Diamond	
		Softball -	
	10:00 am	Main Ball Park	SH vs HHB & Ward A2
	10:30 am	GHS	Favorite Hymn Recital
	6:00 pm	GHN	Favorite Hymn Recital
	6:30 pm	Auditorium	Catholic Confession
		Auditorium	Catholic Mass

June 8

Sunday	8:45 am	Auditorium	Protestant Service
			Rev. VanDeusen

The canteen is open from 9:00 am - 8:00 pm Monday thru Friday.

Saturday and Sunday the canteen is open from 9:00 am - 4:15 pm.

Mrs. Julaine Farrow R.N.