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Cue. Volume III, Issue 13 September 13, 1968

[s.l.]: [s.n.], September 13, 1968

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the CUE

VOLUME III

September 13, 1968

Issue 13

WSH BOYS CANOE FOX

A truck loaded with canoes, camping gear and 6 expectant boys from HH A-2 left August 20th for Portage, Wis. where they began a canoe trip up the Fox River to Big Lake Butte Des Morts. Four staff members accompanied the group. Upon arriving at Portage five canoes furnished by the Boys Brigade of Neenah were launched and the trip begun.

The group camped that night at Buffalo Lake after having paddled up-river approximately 40 miles the first day. Early the next morning they headed toward Montello where they had to take the canoes from the water and portage 7 miles to Princeton where they re-entered the river.

The group camped in tents just outside Berlin the second day where some of the boys elected to stay while the remainder continued on to the planned destination, Big Lake Butte Des Morts. When they got to the lake the boys found the water too rough for crossing and were forced to halt their trip after having paddled approximately 140 miles during the three day outing. The only mishap during the entire trip occurred when one of the canoes tipped over between Princeton and Berlin causing the loss of some equipment.

While enroute the boys swam and fished. Supplies included complete camping gear, fresh and unperishable food and camping coolers. Food for the three days consisted of brats, beans, bacon, eggs, coffee, powdered milk, kool-aid, rolls, buns, sweet-rolls, meat loaf and hamburger. Dave Daggott of the A. T. staff, who was in charge of the trip, expressed appreciation for the fine cooperation received from Food Service which supplied the food.

The boys met many friendly people along the way. They supplied the group with water, directions and estimates of

travel distances. In addition to Daggott, other staff members accompanying the group included aides, Randy Singston, James Perra and Dr. CoBabe of the medical staff.

Boys making the trip were Earl
I , Frank , Cris
Mike , Bob and James

ALCHOLIC TREATMENT CENTER WORLD SERIES

The Alcoholic Treatment Center World Series got under way Wednesday, September 4th with Hughes Hall A defeating Gordon Hall North 17-15 in a seven-inning slugfest.

Gordon scored a lone run in the second inning and scored two more in the fourth, but by this time Hughes was ahead 13-3 as they scored at least one run in each inning. They had their hitting clothes on all through the game. In a desperate effort to win with the score 17-5 in the seventh, Gordon scored two runs, but still fell short as the final score was 17-15.

The second of the three game series will be played Wednesday afternoon, September 11th, and the final game Wednesday, September 18th, barring bad weather.

MOVIE REVIEW

7:00 P. M.

Thursday, September 26th
Hughes Hall Gym

LAUREL AND HARDY'S LAUGHING TWENTIES

The flavor of the silent comedy, from pratfalls and pie-throwing to teetering atop tall buildings, is well captured in this compilation of highlights from the comedies of Stan Laurel and Oliver Hardy. For those who are acquainted with the work of the classic team, this film will evoke hilarious memories; for those who are not, it will provide a fine introduction to these zany artists.

An M-G-M Production.

Letter to the Editors

A SECOND CHANCE -- HEAVEN OR HELL

We often use the word "lucky" when speaking of someone who survived a terrible accident. I myself have survived such an experience but I believe it was not luck but a miracle -- an act of God.

Not long ago I was so depressed that I could not face my problems. I foolishly thought that ending my life was the only solution. Evidently God felt differently for he left me live. He gave me a second chance -- a new life for my self. A chance I mean to take advantage of.

Not many years ago when I heard mention of Winnebago State Hospital, I thought of a type of prison or even a dungeon, where people were sent and forgotten about. Having spent two months here however, I realize how wrong I was. With the help of God and the staff of this hospital, I feel that I am now fully recovered. For this help I will always be grateful.

Harland

ISSUES AND ANSWERS

WHAT EXPERIENCES HAVE YOU HAD WHILE AT THE HOSPITAL THAT YOU FEEL HAVE BEEN BENEFICIAL TO YOU?

I got my health back. It straightened out my thinking. It rehabilitated me so I could get back in society. The Alcoholic Treatment Program has improved 100% since I was here a year ago.

Wayne

The doctors, the aides, and all employees gave me a chance to be of use and feel like I was needed somewhere.

Jean

I've seen the light. The hospital has given me a chance to get back on my feet.

Earl

The hospital helped clear up my thinking. I've learned to get along better with people. I'm certain that the hospital helped my drinking problem. I regained my interest in the outdoors again. The Sportsman's Club helped alot.

Bob

The hospital has made me realize that I do have a serious problem. Being here has helped me to get on the right path. To make a new life for myself.

Donna

It has shown me what alcohol can do and by living with people here I know I am not the only one with a problem. Many of the problems have worked out for the others and I hope they will also work out for me too.

Beatrice

It has been very good except sometimes. I like the people here. There is one person I think is just like a mother: Cristy.

Eddie

I have discovered that the doctors in this hospital have been fair to me and have helped me alot.

Elaine

I have gotten alot out of the A. A. Meetings.

Allan

Issues & Answers

WHAT EXPERIENCES HAVE YOU HAD AT THE HOSPITAL THAT HAVE BEEN BENEFICIAL TO YOU?

During my stay at the Hospital I finally realized the power of prayer. I have learned that medicine alone will not cure a sick person. It's a combination of medicine and faith in God.

Dorothy

The opportunity of having a work assignment that was gratifying due to the fact that I found myself being of some benefit to others.

Anon.

The way the nurses care for their patients gave meaning for me to help myself.

Barb

The opportunity I've had to meet new and wonderful acquaintances from all walks of life.

Georgia

Meeting so many people from different walks of life has aided me in understanding myself.

Nancy

O.T.

Donna d

The play, Once Upon a Mattress.

Mary

I think that for me some stimulating and interesting time has been spent in group therapy.

Robert

Civics with Mr. Best, because you learn many interesting things about parts of the world and he is a very nice teacher.

D. J.

Knowing Mrs. Eckler.

Anon.

Socializing.

Gilbert

I feel the hospital has helped me on the road to recovery in many ways. The established routine, regular eating of a well-balanced diet, plenty of rest and proper medication have all played a part.

Anon.

The quiet, peaceful atmosphere in the hospital has given me ample time to reflect on my past life and plan for the future.

Anon.

I have found companionship in the Hospital which I was not able to find on the outside.

Anon.

The Hospital offers an opportunity for a closer association with people with the same problems. This is good therapy.

Bob

The therapy has been invaluable in giving me insight about myself and others. Some permanent friendships have developed.

Donna

I've taken a better viewpoint on things and the people that are around me. And I've gotten to be much more happy because of this.

Joanne

The most beneficial experience that I found in Winnebago State Hospital are group therapy and the consultation with my social worker, Miss Yoo. Thru her I've taken a better insight on some of the basic things of life. I've gained confidence that I never thought I would achieve by merely asking for a brief interview on some of the problems I've had facing me for some time.

Rena

Chaplain's Message

Kappy Birthday

BEARING THE BURDENS OF OTHERS

St. Paul exhorts; "Bear one another's burdens, and so fulfill the Law of Christ." Gal. 6,2. He who is interested only in himself or seeks advantages only for himself, severs the bond of love which should exist between himself and his neighbor and is not interested in fulfilling the law of Christ, John 15, 12: "This is my commandment, that ye love one another as I have loved you." In the place of, in the stead of the guilty, Christ gave His own life, thus delivering men from the consequences of deeds which they should have borne. In Christ, God became the great burden bearer of others. Christ "bore our griefs, and carried our sorrows" - our sicknesses and our pains. Hence St. Peter says: "Cast all your anxieties (your cares) on Him, for He cares about you."

But having borne our burdens, Christ now expects us to "bear one another's burdens." Every human being shoulders. These griefs and troubles are not hidden from us. This makes it impossible for us to hide behind the lame excuse: "I never saw you hungry, or thirsty, or naked, or a stranger, or in prison, or in a hospital. I never found the occasion to minister to you." People in all walks of life and under varying circumstances of life cry to us daily for help; yes, they implore us to help them bear their burdens. But in particular, our fellow Christians have burdens to bear, there are manifold temptations to sin, moral faults and frailties show themselves; these the Christians should bear mutually. Hence, as varied as men's troubles and burdens are, so varied our help will have to be! And if we would "fulfill the law of Christ" our Christian love will have to find a way to help, -- will cause us to follow the many examples which Christ has given us showing how and when we are to help.

We are all traveling on life's journey, and whenever someone grows weary or staggers under the weight of

To the Ladies:

Rena
Louise
Rose
Mary
Alice
Caroline
Sandra
Alice
Annabel
Evelyn
Beth
Mary
Martha

And Gentlemen:

14 Otto
14 Craig
15 Robert
15 David
15 Glen
16 Timothy
16 Robert
17 Lloyd
20 Geo.
20 John
21 Ed
21 Ralph
23 Mike
24 Gera
24 H.
25 C.
25 Wm.

FOR SALE

Five acres with all but 300 ft. of shore line on Wolf River. Two good Deer Stands, good fishing, Gas heat, lights and cooking. Hortonville area. Tax less than \$3.00 Price \$2,000. Phone 722-1013 Kenneth Boelter 209 Plummer Ave. Neenah Wis.

Thank you
A1

his burden, we must seek to make that burden lighter. Then we should endeavor to fulfill Christ's law of love and prove that we are the disciples of Him who not only bore the burden of our sins on Calvary's cross and paid for it with His holy, precious blood, and with His innocent suffering and death, but still grasps under our arms and helps us to bear our burdens. If we do not prove our love to those whom we can see, how shall we prove our love to Him whom we do not see? (1 John 4, 20). St. John asks: "If anyone has this world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him?" Let us therefore "bear one another's burdens, and so fulfill the law of Christ!"

Chaplain Louis A. Winter

ON THE SOBERSIDE

DRY DRUNK

The majority of us have had at one time or another (perhaps even now) experienced a "dry drunk". Dry drunk! That's the cheap kind. It doesn't cost anything as far as money goes. You may have been on a dry drunk and didn't even know it; this being because most of us never heard of the expression dry drunk.

I was on a dry drunk last week. Man, was I drunk. I wasn't falling down staggering drunk or had any black-outs but every other Godawful symptom of the real thing was there. Depression, self-pity, touch of paranoia, independence, know it all. I got sober from that drunk by talking to my sponsor. I'm glad I did. It saved me from having a real slip.

We don't really have to be alcoholics to experience this dry drunk. An "Alky" is likely to be more prone to have one though. These dry drunks may well have precipitated our return to the bottle.

Remember when (while off the bottle) you felt the whole world deserted you? Remember when you wished you were dead other than the next day? Or that time everything was in reverse. Then there's the time we made a small mistake and thought everyone had it in for us. (the person who never made a mistake never did anything) How about that time we hurt someone we loved. Remember the satisfaction we got from it?

I can remember when I thought I knew it all. I was so sure I knew all the answers I didn't need to know what the questions were. In brief, I didn't know a damn thing. Independent? You bet. I didn't need anyone. What for, I had me. Wasn't that enough? Not by a long shot. No man is an island. We all need someone. At your A.A. Meetings remember the countless time you heard the speaker say, "I need you to keep me sober." He wasn't putting you on.

The majority of us fall into one or more of these symptoms of the dry drunk. If you're the type who used to enjoy drinking with another then the next

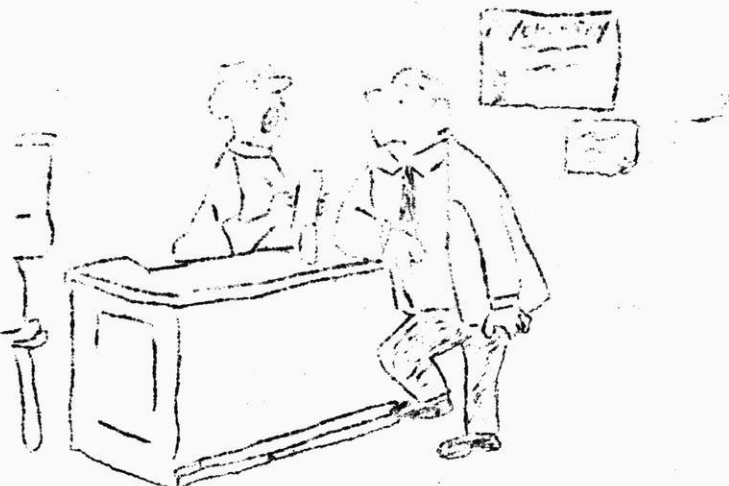
time you have a dry drunk share it with someone who is sober. Your own sobriety will result from it. It works for me and it will work for you. Even a "loner" can retain his sobriety if he will swallow his pride instead of another drink. It's not hard to do. Talk to another loner. He probably has a greater problem than you. The two of you will more than likely end up sober and as you do, make friends. Having this friend may keep you from having a repeat.

Anytime you feel a couple of drinks will repress your emotions or will rid you of a dry drunk forget it. The only thing a couple of drinks will do is head you to a bender and when you come off it your dry drunk will still be there only greatly magnified. So let's try to abstain from alcohol whether it be wet or dry.

Dave



"There's nothing wrong with you, it's the rest of the world. When they straighten out, we'll release you."



"I find this more effective than a couch".

Women's Page

DO YOU SAVE HOME EQUIPMENT WARRANTIES?

You'll need them if the merchandise proves unsatisfactory--or fails abnormally soon. In addition, they give you a guide to the repair-free period of each item (which lets you budget for repairs accordingly).

To make the best use of these papers, follow these basic tips:

KEEP A SEPARATE WARRANTY FILE among your valuable papers. Date each warranty and fasten it to the instruction booklet. Then record the name, address, and phone number of the firm you bought the item from. Note where service can be obtained, and jot down the price you paid. If model and serial numbers are not printed, add that too (to help you establish fire or theft loss).

VALIDATE THE GUARANTEE. On some warranties, you'll find a card to fill out and return for validation (besides establishing the purchase date, it gives the manufacturer marketing data). To be sure you get the proper protection, fill the card out completely within the specified time limit.

When something goes wrong, read the warranty carefully to determine the extent of the liability and the place you should send your report. Since warranties usually cover materials and workmanship deficiencies for a fixed period of time only, be sure to note the time limit too. Most often, adjustments are handled directly by the manufacturer or local distributor. In many cases, you will have to pay shipping charges on repairs.

If the merchandise is covered by a bond with a prorated use clause, check the purchase date closely: on an item warranted for five years, for instance, the bond is worth only 10 percent of replacement cost after 4 1/2 years. By shopping around, you often save this much--on a new unit.

Taken from Better
Homes And Gardens

HOW SOME FOODS GOT THEIR NAMES

Many people are familiar with the story of how the sandwich was named. In the 18th century, the fourth Earl of Sandwich loved card games so much he hardly stopped to eat a meal. Instead, he snacked on slices of bread. But the origins of other food names are not always so well known. For example: mayonnaise was created when the chef of the Duke of Richelieu named a new sauce "mahonaise" to celebrate the Duke's victory in the Battle of Mahon in 1756. Another French sauce, bearnaise, was created for King Henry IV in the 16th century and named for Bearn, the province of his birth. Candy, which was made in Egypt as early as 4000 B. C., is believed to be named for a Persian reed called "cane", or Egyptian sugar cane called "quand."

King Charles II of England liked the loin roast so much that, in the 17th century, he knighted the meat, thus creating the Sir Loin steak. The word cantaloupe comes from the name of the castle, Cantalupo, in Italy, where the melons were first grown in Europe. The word squash had its origin in the Massachusetts Indian word "askutasquash". The New England colonists, noting that certain berries were a favorite food of cranes, called them crane-berries, and eventually cranberries. The first clam chowder was cooked by French immigrants. The word "chowder" came from the French word for kettle, "chardiere," in which the soup was cooked. The word soup itself stems from "sop", because it was sopped up with bread. Hamburger and frankfurter are named for the German cities Hamburg and Frankfurt.

FINDERS WEEPERS

A friend of mine is voicing
The news she lost a pound.
Forgive my not rejoicing--
But guess what I just found!

-Bette-

Around the Grounds

AN OPEN LETTER TO FOOD SERVICE

We don't think there can be another food service in the country that can equal the one we have at Winnebago State Hospital.

Now that the summer is over and things should be returning to normal, or close to it, we all want to let you know how much we appreciate all the help you've given us. We know our requests aren't anywhere near routine and kept preparing ourselves for hearing that what we were asking was not impossible, but evidently impossible is not in the food service vocabulary. From picnics for 6 to camping for 60, from sandwiches with no butter to bratwurst for the whole hospital, from supplies which can be carried in a canoe to big lunches, we really put you through the gamut this summer and you came through every time.

The thing that has been most heartening of all is that your concern has so obviously been for the patients not the amount of extra work involved for food service personnel.

Where else would you find a patient's dinner meeting (the canteen committee) having tablecloths while the doctors luncheon meeting does not?

Activity Therapy
Personal

KEMPSTER DUMPS SHERMAN FOR CROWN 12-1

Kempster Hall won it's first softball championship in several years Saturday, September 7, by downing a game bunch of boys from Sherman by a 12-1 score. The game brought down the curtain on the 1968 Men's Intramural Softball League which found Kempster on top of the standings with an 11-3 record, followed by Sherman, Hughes A, and Hughes B respectively.

Congratualtions go out to the champions on their fine performance over the course of the season.

Special recognition was also given to John , manager of Second Place Sherman. John was voted manager of the year by the A. T. Department.

BLACKOUT W. S. H..

At 2:54 P. M. Tuesday afternoon August 6, 1968 W. S. H. experienced a power lines downed by the storm. The emergency power generators, which are housed in the combined power plant and central heating plant east of Sherman Hall, went into operation later on to supply the hospital with limited power. Difficulty was experienced in getting the emergency generator which supplied Sherman Hall to function, hence Sherman Hall was completely dark and did not receive emergency power until some time after 5:30 P. M. Ventilation and air-conditioning were not restored to operation in Sherman Hall until power from the outside was restored to the entire hospital complex at 6:15 P. M.

Emergency power does not take the place of normal power needs but is sufficient for lighting. The Medical Surgical Unit in Kempster Hall has batteries to supply steady power for its needs, as in emergency operations, even if the emergency power should fail.

In modern transmission of electrical power, direct electrical damage, caused by direct lightning strikes or by the inductive effect caused by a close strike, is obviated by shielding transformers, by using protective systems to bypass lighting and by the use of circuit breakers to protect transmission circuits from power surges.

James

Editorial Staff

Jerry
Jerry
David
Donna
Patty
Christy
Sally
John
Jean
Harland

Advisor: Chuck Lemieux

Around the Grounds

AWARDS BANQUET FOR VOLUNTEER WORKERS

On September 8th, the volunteer workers of Winnebago State Hospital were honored. The invocation was given by Rev. Van Deusen. There was a welcome address by Dr. Treffert, the superintendent, and the featured speaker was Rev. Kenneth Engelman of Appleton.

Some of the services the volunteer workers do are; play records, work on craft projects with patients, medical testing, planning and conducting bingo and birthday parties and help Mr. Weber, the music therapist.

Volunteer workers received awards for the amount of time they worked. Awards for 500 hours were presented by Miss Christenson; awards for 1,000 hours were presented by Mr. Ehrens Weber; and awards for 1,500 hours were presented by Dr. Kelly. There are 70 to 80 Red Cross workers and 25 to 30 groups who volunteered their time and services here at the hospital.

Jerry

A FAREWELL PARTY

On Monday evening, September 9th, a party was given by the student nurses who will be leaving us soon to continue their training elsewhere. This party was for all the men in Sherman Hall, Wards 3 and 4, and went over with a bang. Dancing was the highlight to all the patients and included Rock 'n Roll, polkas and waltzes. The students went all out decorating one of the day rooms in Ward 3 with streamers, balloons, autumn leaves of all colors made of paper covered the floor, and large trees painted on cardboard and placed on the walls which gave the room a real autumn effect. The party ended with a treat for all, consisting of cake, ice cream, coffee, Kool-aid and candy. The host and hostesses of the party were Earl Rihm, Liz Warden, Jan DeJardin, Barbara Vojtech, Laverne Parshen, Marilyn Massey, Verla Gierach and Sally LaRue.

The men again want to thank the students for the party and we wish them all success in their future schooling. We will sure miss these student nurses who treated us so wonderful to help speed up our recovery.

Harland

NURSES' FAREWELL PARTY

Last Wednesday evening, Sept. 4th, a party was given for the Sherman Hall Wards 5, 6, 7 and 8 by the Student Nurses who had worked with these patients during their training here.

As part of the entertainment, the guests were divided into six groups and given properties in a clean laundry bag, each of which had to be used in a skit. The items were the same for each group and included a state nightgown and robe, an apple and a foot rest stool. Titles for the skits were drawn from a hat. It was soon curtain time. The winners won with their entry entitled "THE DAY THE MALE WAS LATE." Outstanding award-winning actresses stole the show as drunken patients returning to Sherman Hall in a rather tipsy condition. Second prize went to a skit named "I DON'T THINK I CAN TAKE IT" which depicted early morning medications. A "nurse", when asked by a "patient" for her pill, gave her a pink foot rest stool and told her to swallow it. This smash hit of an idea nearly brought the house down.

Songs composed for the occasion were sung by the guests, to the tune of "Oh, Christmas Tree";

Oh, Sherman Hall, our Sherman Hall,
Your corridors are drafty.

Oh, Sherman Hall, our Sherman Hall,
Your patients are quite crafty.

Every day we make our beds,
We almost always take our meds.

Oh, Sherman Hall, dear Sherman Hall,
Sherman, "Tanks" a million.

Nurses responded with a rendition of "Glory, Glory, Halleluia" with these new lyrics:

"Glory, glory, Nursing Service,
For the weary and the nervous.

Etc., etc.

It was a wonderful way to say good-bye. The supreme good taste and dedicated efforts of our students was matched only by their excellent work on the wards and the warm, friendly, personal contacts with all the ward patients. We will long remember the Barnyard Boogaloo Party. It was a bash. We will remember even longer the lovely girls who gave the party. They were a real smash.

Sally

THE WEEK AHEAD

HOSPITAL ACTIVITIES FOR THE WEEK OF SEPT. 16 - SEPT. 22, 1968

| | | | |
|---------------------------|---|---|---|
| September 16 Monday | 2:30 - 2:00 pm 4:00 pm 3:45 pm 7:00 pm | 2-E HH Music Rm. GH AT Area SH 1-2 | Kings Daughters Record Listening Catholic Mass Outagamie Red Cross |
| September 17 Tuesday | 2:30 - 4:00 pm 7:00 pm | HH Music Rm. SH 1-2 | Record Listening Oshkosh Grey Men |
| September 18 Wednesday | 2:30 - 1:15 pm 4:00 pm 3:00 pm 4:30 pm | SH 7-8 HH Music Rm. Kem. Rec. Rm. HH Cafeteria | Appleton Red Cross Record Listening Patients Planning Canteen Social Chairmen Dinner Meeting |
| September 19 Thursday | 2:30 - 10:00 am 4:00 pm 6:45 pm | GHN HH Music Rm. Chapel | Protestant Service Record Listening Lutheran Communion |
| September 20 Friday | 2:30 - 4:00 pm 3:45 pm | HH Music Rm. Chapel | Record Listening Catholic Mass |
| September 21 Saturday | 10:00 am 10:30 am | GHS GHN | Hymn Recital Hymn Recital |
| | | To be announced To be announced | Catholic Confession Catholic Mass |
| September 22 Sunday | 8:45 am 10:00 am | Chapel Chapel | Protestant Service Catholic Mass |

LISTEN TO THE DISC JOCKEY SHOW - 12:30 - 1:00 pm

Monday thru Friday

Mrs. Julaine Farrow, R. N.

Nursing Service