



Cue. Volume III, Issue 21 January 10, 1969

[s.l.]: [s.n.], January 10, 1969

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CUIC

VOLUME III

JANUARY 10, 1969

ISSUE 21

CHRISTMAS DECORATIONS

The Patient Planning Committee sponsored its fifth annual Christmas Ward Decoration Judging Contest over the Christmas holidays. The judging is held primarily to promote and stimulate patient participation in the decorations. It is one of the eight ten point categories on which the judging is based.

In a very close contest between Sherman 8 and Kempster 2 West, Sherman emerged the victor by two points. They displayed a three room decoration scheme featuring Santa Claus surfing to one of the islands on a Hawaiian Beach. The judging was so close that the two top awards were judged twice. Sherman 8 received the first award placque by virtue of a higher patient participation score.

In the cafeteria division Gordon Hall Cafeteria took first place and Kempster Hall Cafeteria took second place.

Jim

MOVIE REVIEW

WHO'S GOT THE ACTION -- Dean Martin, Lana Turner, Eddie Albert, Nita Talbot, Walter Matthau. An adoring wife turns bookie to cut down her husband's heavy losses at the race track. In a series of wacky situations, many Damon Runyon-like characters get tangled up in her harebrained scheme; The husband's law partner; a syndicate boss trying to find the bookie who is cutting into his racket; his girl friend; and two judges with a weakness for betting.

Jan 16

7:00 P.M.

H.H Gym

"THE COLLEAGUES"

The colleagues, a musical group from Illinois entertained in the Hughes Hall Gym last Thursday afternoon. The music as varied, from Rock and Roll, modern, to spirituals. They impersonated groups such as the Ink Spots, Mills Brothers, Homer and Jethro, and Four Freshmen. They played numbers made popular by Benny Goodman, Artie Shaw, and Duke Ellington.

People wishing to thank the Colleagues for playing here may write them at: 900 S. Washington St., Bismarck, N. D., 58501.

Doris

FOR THE COFFEE DRINKER

Researchers at "Chock Full O'Nuts" unearthed a May 26, 1957 edition of the "Publik Adviser" of London, which carried this ad:

In Bartholomew Lane, on the back side of Old Exchange, the drink called coffee, which is very wholsom and phys-ical, having many excellent vertues, closes the Orifice of the Stomach, for-tifies the heat within, helpeth diges-tion, quickeneth the Spirits, makes the Heart lightsom, is good against Eye-sores, Coughs or Colds, Rhumes, Con-sumption, Head-a-che, Dropsie, Gout, Scurvy, King's Evil and many others, is to be sold in the morning, and at three of the clock in the a fternoon.

Chaplains Message

An appropriate Word of our God to ponder upon and to cling to as we begin a New Year is St. Paul's blessing spoken to the Philippian Christians: "The grace of our Lord Jesus Christ be with you all." We could desire no better and no greater blessing than the grace which our Redeemer merited for us through His Holy, precious blood, and His innocent suffering and death upon the cross. Throughout the three hundred and sixty-five days of the year many things will be written on our records in which we will find no delight, yes, of which we will be ashamed. This is evident to us from our sordid past. If we were to keep a diary of our thoughts, words, and deeds, we would have to acknowledge with humble and penitent hearts that we failed to do the good we wanted to do and we did the evil which we really did not want to do. It is because of which that the Christian will close each day with the prayer "Jesus, Savior, wash away all that has been wrong today." When we think of this our hearts are heavy.

But let us dwell on the brighter side of our lives. If the grace of our Lord Jesus Christ is with us, and it most assuredly will be, then we will be able to draw near to our heavenly Father, in the name of our Mediator and Redeemer, saying: "Heavenly Father, forgive us our sins and failure, and shortcomings for the sake of the bitter suffering and death of Thy dear Son," for He has given us the assurance: "Him that cometh to Me I will in no wise cast out", and "the blood of Jesus Christ cleanseth you from all sin."

If we are cleansed through the blood of Jesus Christ we can launch out into the New Year without fear and foreboding. Even though the year lies before us shrouded in darkness; even though we may have new and more tribulation; even though this might be our last year upon this earth; even though the sands of time will have run through the hour-glass and earth and sky shall pass away, we need not be afraid. The

Employee of the Month

The outstanding person who has been nominated for the honor of "Employee of the Month" for the new year is a fine gentleman who has a desk in the Main Building. The name of this man is Darold Treffert.

He has been with the hospital since 1962 when he took over the juvenile treatment center in Hughes Hall. He worked there as its director until his promotion to another department in May, 1964. He has worked in his present capacity ever since.

Darold Treffert lives in Fond du Lac, not because he doesn't like the beautiful community of Winnebago, but because at the time of his appointment here he and his family were in the midst of building a home that they had planned in Fond du Lac.

Part of his duties include attendance at several conferences of the convention type in different parts of the country each year. In response to a question about whether he took his wife along, he said that he preferred to keep his business and pleasure separate. He explained that there is much hard work to be done at these meetings, leading discussions, talking to people from other state institutions who have the same problems and hearing how they have tried to solve them. Because it is a busy and tiring time, he prefers to concentrate on work while there.

He uses the same approach to his vacation time. He and his fine family of 2 boys, 2 girls and his wife like to "get away from it all" by taking family vacations together when they enjoy a cottage at the lake in the summer.

In his spare time he is an avid Hi-fi enthusiast. He has made his own stereo for his home with connections throughout the house. He is an amateur authority on "Whoopers" and "Puffers" and will dispense his knowledge as willingly as he will discuss matters of budget. He is a most friendly person

ISSUES & ANSWERS

NEW YEAR'S RESOLUTIONS

To improve my general behavior.

Gary

To give up drinking.

Bob

To get out of WSH when well.

Steve

Not to put my feet on anyone's desk anywhere in the hospital.

Dr. Treffert

To give up smoking.

Jim

To inaugurate the New Year with Nixon.

R.J.

To approach each person I know as a friend and value the friendships I have now more than before.

Jim

I intend not to quit school.

Steve

To smoke less and breath more.

Rolly

Never tell a lie no matter what the circumstances.

Merlin

Not to ask things of the aides if they are obviously busy.

Jerry

I resolve to make 1969 a better year for work and fun.

Leota Business Office

Pray to God.

Jim

To give up skin diving.

Mrs. Paffenroth I.T.

Living up to New Year's Resolutions.

Fran

We already do the best job of serving food in the State of Wisconsin. Therefore, there is no possible resolution that could improve things.

Theresa Stenson
Kempster Cafe.

To quit smoking so I don't have to bum any more.

Anon.

I am giving up wine women and song. So says the Jolly Green Giant of the House keeping Department. (We want to know what will happen to the choir practice that is held three times daily in John's office in the basement of SH.)

To live each day as it comes and put more trust in the Lord.

Doris

To keep my big mouth shut so I don't get my foot in it anymore.

Sue

Not to drive over the speed limit.

Mrs.

To give up card playing.

Stella Schenk
Registrar

Give up cigarettes.

Phyllis

Give up watermelon.

Benny (Housekeeping)

To begin again the new year.

Bob

To continue not to smoke cigarettes.

I intend to study harder this year.

Graig

To stop smoking and stick to Copenhagen.

Steve Otto S.N.

To accept people as they are without passing judgment on them.

Miss Mithis S.N.

WOMEN'S PAGE

Doris

HINTS

A reader comments on my hair rollers in public by telling me that in Germany women are fined \$1.25 for wearing rollers in public. Aren't you glad you live here?

SAVE THE HAIRDOS

To keep hair in place and neat while slipping on a sweater or dress over your head, simply place a head scarf over your hair and secure with bobby pins.

COLD CARE FOR NAIL POLISH

If you keep your nail polish in the refrigerator, you can use it down to the very last, and it will not get thick.

SWEDISH MEAT LOAF

1 Can Campbell's Cream of Mushroom Soup
 1½ pounds of ground beef
 1 egg slightly beaten
 ½ cup of finely crushed herb
 seasoned stuffing
 ¼ teaspoon ground nutmeg
 ½ cup sour cream

Mix thoroughly beef, egg, stuffing, nutmeg and 1/3 cup of soup. Shape firmly into loaf, place in shallow baking pan. Bake at 350 degrees Fahrenheit for one hour; blend remaining soup and sour cream. Heat and stir now and then. Serve over loaf sprinkled with additional nutmeg.

A SPECIAL BOUQUET

An orchid, to all the wonderful nurses, student nurses, and aides on 2W for their understanding, courtesy, and hard work.

OUT OF THE MOUTHS OF BABES

A five-year-old boy in Kansas City came across an album of photographs from his parents' wedding. His father proceeded to describe the cere-

mony in great detail and explained its meaning to him. "I get it," said the boy. That's when Mother returned and lived with us.

MAN AND THE FLU

The head of the house has come down with the flu,
 And in two hours time you wish it were you.
 He moans and he groans -- sits holding his head
 He can't go to work; he won't go to bed.
 You bring him medicine which he refuses to take.
 He's cold but he won't cover up -- He'll just shake.
 You pamper, you baby, you coax him to eat.
 Finally you get him back on his feet,
 With a sigh of relief you utter a prayer.
 To all little flu bugs around in the air.
 "Please, if you're planning to stop here again,
 Come see me -- instead of my man.

Helen Lowe
 Good Housekeeping

MENTAL REPAIRMENT

CAN YOU IMPROVE YOUR MEMORY?

By applying sound learning principles and even some memory tricks, you undoubtedly can improve your memory for specific facts. But whenever you fail to apply them, your memory will be no better than it was before.

TIE NEW FACTS TO FAMILIAR ONES.

You can remember a new idea better if you can associate it with facts you already know. The more associations the better.

USE SIMPLE RHYMES.

How many days hath September? This old childhood rhyme is probably the most familiar of all memory aids. Making up rhymes of your own, even silly ones, often can help you remember.

USE MENTAL IMAGES.

Try to develop a photographic impression of a person or thing you want to remember. Observe details, a man's eyes, hair, accent, manner of dress.

• men's page •

The following article is reprinted from a Central Wisconsin newspaper.

FARM FISH PONDS KEEP HARVEY TURVILLE BUSY.

While Central Wisconsin anglers who have been chafing at the bit all winter anxiously await the time when they can begin hauling fish out of the water, fish farm pond management expert Harvey Turville busies himself with the job of seeing to it that there are enough of the finny creatures to supply the demand.

The main purpose of Turville's farm pond management business is to sell the farmer on the value of maintaining a managed pond for recreation purposes, but fish, being the prolific creatures that they are, offer other avenues of increment for anyone with the ambition and dedication to pursue.

A pair of breeder bass, according to Turville, can overstock a 10-acre pond in a year's time. Rather than have that happen, the excess fish can be removed and sold to any number of interested buyers.

Turville also deals in bluegills and crappies and often supplies dealers with minnows and crayfish. Some day he hopes to develop a market throughout the nation and Canada. He prefers to take orders the year around so that he can schedule deliveries.

As of last fall Turville had leased nine ponds and was working another 20. In some cases the owner licenses the pond, but if he doesn't and Turville thinks it's worthwhile, he will license it himself. The nine ponds under lease last fall had a total of 17 acres.

There are plenty of ponds that could be worked right here in Central Wisconsin. Turville knows of 300 in Marathon County alone, with 200 more in Clark and 100 in Wood. Since a pond is likely to die off every third year, he also is in the business of cleaning out ponds that have expired, renovating them and restocking them.

According to Turville the best farm pond is one that has four acres of run-off for every acre of water.

Spring of course, is a busy time for the pond management expert.

Unless he has breeder bass on hand he must pump, drain or net a pond to procure suitable breeding stock. These breeders average about 9 inches in length and five of them per acre are stocked in a pond as early as possible in the spring. With them go 100 golden shiners per acre.

The breeders will spawn about the third week in June and will hatch about the first of July. The fry feed on bugs and baby shiners which spawn from mid May to the first of September.

Since the bass are hatched from a nest, Turville endeavors to get as many fry as possible as they leave the nest. They are about a half-inch long when leaving the nest and are used to stock new ponds at the rate of 100 per acre.

Many of the fry escape the net and remain in the pond in which they were born, growing to as much as 5 inches by the end of July.

Turville sells fish for 12 cents an inch and buys them, when he has to, at 3 cents an inch. The young bass travel in schools of as many as 3,000 along the shore, but they soon disperse and must be netted during the first three days of their lives. A 1/8 in. dip net is used to take the fry.

A one-pound bass, according to Turville, may lay from 2,000 to 10,000 eggs at a time, and in a new pond 90% of the fish that hatch might survive.

In a healthy pond it's possible to catch as much as 350 pounds of fish per acre on a hook and line, and even more with a net. Turville has caught as many as 68 bass in some ponds in a half hour, and as many as 300 in the 6-7 in. bracket in two weeks time.

The initial cost of putting a pond in good condition is not unreasonable, running in the neighborhood of \$30. and the yearly maintenance is hardly a tenth of the initial expense.

around the grounds

LIBRARY IN FOCUS

Patients' Library Policy regarding book checkout:

HARDCOVER BOOKS: Due date according to classification.

FICTION AND MYSTERIES: Due two weeks from date withdrawn. Exception - current best sellers in demand, due one week from the date withdrawn.

NON FICTION: Due three weeks from date withdrawn. Exception - current best sellers in demand due one week from date withdrawn.

PAPERBACKS: Due the same as hard cover books according to classification. (See above under hardcover books.)

If you haven't finished your book, feel free and/or welcome to renew it.

"THE CATCH"

On December 17, a patient of Sherman Hall, ward 4, known for his of the outdoors, turned hunter and with the help of a friend trapped a raccoon in the marsh south of the hospital, bringing a few minutes of hunting fever to onlookers. Because of its size and quality, and the accompanying satisfaction, our hunter George took it with him when discharged a few days later.

Robert

EDITORIAL STAFF

Doris
Robert
in
Norman

Sally
David
Jean
Gloria

Advisor:
Chuck Lemieux

CHAPLAIN'S MESSAGE

Continued from page 2

the hour-glass and earth and sky shall pass away, we need not be afraid. The grace of our Lord Jesus Christ shall be with us. That is all that is necessary! This assures us of security in time and hope. Hence we pray: "Abide, O dearest Jesus, among us with Thy grace."

Chaplain Louis A. Winter

EMPLOYEE OF THE MONTH

Continued from page 2

who would be happy to meet you and talk over any problems you might have, hospital or Hi-fi. Somebody in the Main Building ought to be able to tell you where to find him.

We wish to congratulate Darold Treffert. We are pleased that he chooses to spend his working hours with us and for us.

RIGHT THINKING MEANS RIGHT LIVING

Man by his own choosing either wins or loses in life. By this I mean people have the free choice of thought. Either negative or positive, can they choose.

Choosing healthy moral thoughts means health. Choosing mature happy thoughts means a happy life. One can have success in all subjects if these are his choosing, but through carelessness comes negativity, and a lack of health and lack of wealth results.

Dave

Reader's Rhymes

Andrew

Andrew is like a picture I drew
so still, so behold in a dream
that his eyes are eyes of love,
and not earthly love, but a
very heavenly love which only
knowing God can bring.

Anon

MORNING PRAYER

O God of the dawn of all beginnings,
Hold forth this day unto me
From thy glorious throne
Through this vale of travail, and
For as the day's evil is sufficient
Unto itself
Let me not take fear for tomorrow,
But rather to sleep a night atday's end
Under Thy fatherly providence and watch-
ful eye

And dream unto the next unto Thy Kingdom
That it also may be fulfilled on earth,
Which can only be fulfilled in entirety
Together with Thee and Thy family,
In thine everlasting abode in heaven;
To seize the opportunity of this day
That it may come to a perfect close,
but to put my trust in Thee,
Lest I see Thee not through my eyes of
faith

For these passing tribulations. Amen
James

Round a stile
Hangs Frolic and her fun
On days of broken laughterspun
By every clown
Holding back a tear unshed
That stumbles there
Against a Mirror
Quietly
On the dead.

Robert

He who has made all that is,
Loves and cherishes it,
But all the more you, my friend,
Because you are the culmination
And peak of all creation,
After the foundation was laid,
And the terrestrial mansion
Was completed and prepared.

James

HYPNOSIS TRANSCENDING

Out from the shore beside
a rolling sea,
Deep jade glassy green curls
and swirls,
Tossed verdant sprays and
minty mists,
(the windward vent is strong,
persists)
Are as a moody potion of distilled
narcotic ocean,
Which might stir in you and me,
A deeper mystic sympathetic
natural emotion
Reminiscent of a long since forgotten
Rarely aroused primeval instinct,
Of awe struck wonderment of nature
The Gift of wonder — of the green sea
Topping under palm trees in their
sandy anchorage,
Going — out from the shore and
beyond,
Melting patchily into shades of
aqua, into the distance
Shades of azure, shades of blue,
the sky's own hue,
Which it meets — at the horizon,
Under a semi-large golden-yellow
afternoon sun,
And under a subdominant pale sliver
of silver moon
Off toward a less important place
in the sky,
Majestic and awesome casts of green,
gold, yellow and shade and shadow
Interplay in a fascinating way,
On a tropical isle,
Somewhere — somewhere out in a
magic, mystical region,
of the azure sea.
The tropic sea and skies that
hypnotize:
Do you feel you've been to a place
like this before? A certain "Deja
vu?"
O, the wonders of the endless,
endless sea.

James

Watch each rock
Climbing the wind come bravely
To her breast, on eager footsteps
crying in their strength
And shakened on a stair
By a carved 'helle'
From the lips of everyman.

Robert

Reader's Rhymes

THREE ODES

Over cocklespur and hollow stones
blackthorn unwinds a beam
measured on a legion spear
picture point
with silence punctuated on the sky
by a burning tiger in a dream

Can death be dunderhead
at entrances
owing form and substance
to the haunting shadow
of a generation dead beneath their
crosses and brought to light
by the circled fate of a few
pieces of eight left burning
sacred in the sanctum of an angel beak

Ofaith, released from shadows
of a black moon adding thunder
and yielding only bonebroke minds
stood end to end dissatisfied
grow, grip and gather your
kindred movement
assimilating God's own
glory with sorrow in reach of a
sapling's hem foregoing forgiveness

Robert J.

Would a lassie stroll along
with gait and flounce as fair
as envisioned in a laddie's song
of fancy free from fare

Would a lassie flash a smile
and eyes so debonair
to win a laddie's matching guile
and his handsome air

Would a lassie gailydroll
with feminine repair
enticing a laddie's callow role
withal his manly care

Would a lassie give her heart
as winsome as her eye
and with her lad together chart
their star across the sky

Would a lassie offer lips
for kisses sweet and warm
as is the sun which softly strips
the shadows from her form

Would a lassie match her charm
and candor with the beast
and allow affectedly
her respect for the least

Robert J.

THIS TENDER MINUTE

This tender minute
while we are alone
before it is finished
let us get something straight
tell how we have suffered and loved
how we have been with the sunlight
for a time,
in the rain too
against a tree,
the sun falling down somewhere
like a child
and we are caught in our own beautiful
madness
watching the world end
just long enough for us
to remember just what it was like

Lou

What it means to write is troubling.
It is putting yourself on the line,
Hoping to deliver a message,
A declaration
I whisper to you gently and quietly.
The days are short and time is sparse
Days of cheer and friendship are
precious
Live them, friend, live them.

James

DEFINITION: A poet...

To see the world in a grain of sand,
And heaven in a wild flower;
Hold infinity in the palm of your hand
And eternity in an hour.

There's nothing either good or bad
But thinking makes it so.

LETTERS TO THE EDITORS

Dear Doctor Kelly,

There seems to be some misunderstanding about several things that go on in this hospital. As you are the Clinical Director here, it would appear to be wise to address this letter to you as well as all the other readers of the CUE, both staff and patients.

At one time I knew, but what does "Confidentiality" mean now in Winnebago. For many years it meant that if a patient had some problem or comment of a confidential nature to discuss with a member of the staff, either they were assured that their remarks would go no further, or it was simply understood without words that what was said would be kept in confidence by the staff member. Since the coming of the new "Team Treatment" method, this is no longer true. But why? Registered nurses, male and female, and social workers, male and female, are generally considered to be professional persons trained in how to help people with their personal problems. By definition, most of the things discussed with these staff members are private, personal, and of deep personal concern to the patient. It is my belief that the kind of problem that makes a patient sick is not a situation like losing a job or a threatened divorce, although this could easily cause the final collapse, be the last straw, so to speak. However, this kind of situation that some of us find ourselves in can easily be blamed on some other person or even circumstances in general. But the kind of thing that keeps us up all night worrying is something that we have done which we regret, some act of behavior or word spoken in anger that we know we should not have done. We feel that really, we are the true cause of our being here in the hospital. To be able to discuss these problems with a staff member takes a great deal of courage because of the nature of problem discussed. A catholic may be used to going to confession to a priest but they know that he can never discuss your sin with anyone else. Sometimes they mistakenly think that the same holds true for all professional persons. It is not true. Even if your social worker, closes the door of her office and speaks to you in lowered tones one soon finds out that she has made a full report of everything you said to as many as twenty other staff members within two hours. (This group includes student nurses from your home town who are

eighteen years old and know your family!)

Could someone write to Cue and describe "Team Treatment" and the problems of "Confidentiality"? There must be both good and bad features of any plan. Tell us what they are. If the team method is the most modern form of treatment, if it is the best to be found, that is great. But why is it not described to the patient? Why must he wait until everybody knows that he has been unfaithful to his wife or has always hated his mother (which he told to a staff member confidentially) before he finds out how the system really works.

It seems to me that if the patients refused to tell their problems they would be out of here in no time. Why confess your fears and worries if that alone can keep you here for three years?

Sincerely yours,

A Puzzled Patient

TO THE READERS OF THE CUE:

We would be satisfied receiving 2nd. place for our Christmas decorations if we felt the judging was done on an impartial basis. The reason I say this is because rude remarks were made to us that work at Kempster Cafeteria, while they were judging their decorations, about 2 West's decorations. The judging committee had not been to 2 West when the remarks were made. It was all said by only one person on the committee. Remarks such as this and I quote "I hear your aides and nurses had all the fun of doing all the decorating while the patients watched the handicapped ones." If the woman who said all she did, could have seen us girls working and enjoying the decorating, she would apologize for all her rude remarks. We all worked hard and when it was all done the employees gave us a lovely party. Does that sound like the employees did it all? Give credit where credit is due.

From a lot of disappointed patients on 2 West.

THE WEEK AHEAD

HOSPITAL ACTIVITIES FOR THE WEEK OF JAN. 13 - JAN. 19, 1969

January 13

Monday	1:15 pm	SH 5-6	Menasha Red Cross
	2:30 - 4:00 pm	HH Music Room	Record Listening
	3:45 pm	GH AT Area	Catholic Mass
	6:30 pm	Barracks	HHB 1-4, Woodworking
	7:00 pm	HHB	Gamma Sigma Sigma
	7:00 pm	GHSG	Altrusa Club
	7:00 pm	SH 7-8	Outagamie Red Cross
	7:00 pm	GH AT Area	Card Club

January 14

Tuesday	10:30 am	GHS	Lutheran Service
	2:30 - 4:00 pm	HH Music Room	Record Listening
	7:00 pm	2-W	Oshkosh Gray Ladies
	7:30 pm	1-W	Jaycettes of Oshkosh

January 15

Wednesday	1:15 pm	SH 7-8	Appleton Red Cross
	2:30 - 4:00 pm	HH Music Room	Record Listening
	3:00 pm	Kem. Rec. Rm.	Patients Planning
	4:30 pm	HH Cafe	Canteen Social Chair-
	7:00 pm	Chapel	men Dinner Meeting
			Lutheran Service

January 16

Thursday	10:00 am	GHN	Protestant Service
	2:30 - 4:00 pm	HH Music Room	Record Listening
	7:15 pm	Gym	Movie - Who's Got the Action?

January 17

Friday	3:45 pm	Chapel	Catholic Mass
	2:30 - 4:00 pm	HH Music Room	Record Listening
	6:45 pm	Chapel	Lutheran Communion

January 18

Saturday	9:15 am	Gym	Volleyball	Kemp/GH vs ATU
	9:15 am	Rumpus Room	- Bowling	SH vs HH
	10:00 am	GHS		Favorite Hymn Recital
	10:30 am	GHN		Favorite Hymn Recital
		To be announced		Catholic confession
		To be announced		Catholic Mass

January 19

Sunday	8:45 am	Chapel	Protestant Service
	10:00 am	Chapel	Catholic Mass

hurry
it's most rough now