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CUE

VOLUME IV

MAY 16, 1969

ISSUE 6

ACTIVITY THERAPY

Activity Therapy is coordinated by Miss Nancy Hygard and with a staff of approximately 20 members, provides a versatile planned program to the patient community at this Mental Health Center. Music, industrial, occupational and recreational activities are included within this facility. These scheduled services are available to the majority of patients between 8:00 A.M. and 4:00 P.M.

The program is designed primarily as a facet of a therapeutic rehabilitative process to counteract disabilities. It improves and helps sustain a state of good mental health.

This fine treatment program is analogous to a work day. What happens to the patients now when the work day is over and he/she has leisure time on his/her hands?

Chuck Lemieux, a Recreational Therapist detected this deficit in the alcoholic activity program. Resultant of this he initiated a pilot program in the alcoholic unit for appropriate use of leisure.

He experimented with extra curricular activities such as sporting events, concerts, plays and physical fitness activities. Last but not least he acted as their counselor. At the present time he is focusing on outdoor activities such as fishing and camping.

The personnel of the Cue advocate that in the not-too-distant future all wards will bridge this gap in the total mental health program. We need the appropriate use of leisure time in this therapeutic setting.

BLOOD DONOR DAY

Monday May 12, 1969 was Blood Donor Day. This program has been in existence since 1962. The quota was 100 pints and 108 pints were received. All 10 patients who volunteered were
pa-
t-
e
day.

The blood is being sent to the Badger Blood Bank which will be used where needed throughout the State. They were especially pleased because we did receive 6 pints of O negative blood that is needed to perform open heart surgery. Blood for this type of surgery must be fresh.

Thank you to all staff, doctors, nurses, and patients who donated their time and efforts to make the day a success.

BICYCLING

Bicycles will be available to adult patients on Sat. and Sun. afternoons from 1:00 to 4:00 P.M. They may be signed out from the Social Ch-
airmen in the Canteen.

ISSUES & ANSWERS

DO YOU HAVE AN OPPORTUNITY TO USE
HOSPITAL RECREATION FACILITIES?

Yes. I play pool, go bicycle riding and use the gym.

Yes. I play basketball and volleyball use the weights, play ping-pong, go bicycle riding and exercise.

Yes. I'm comfortable with just liberty although I would like to go to the recreation area more often for activities.

Yes. I go to Recreational Therapy Monday thru Thursday.

No. I would suggest leaving the Rec. Room open all day for liberty patients

SH

No. Because half of us don't have enough liberty and there's no one to take us.

No. No one but groups get to go.

No. We should be able to go anytime with supervision provided at all times

Yes. I like baseball and I get enough of that. Ping-pong is closed but I don't care for it anyway. Others however, would like to use it more.

Yes. I think that many of the facilities that are available are not taken advantage of by patients.

No. After the scheduled activities you either sit and stare at the four walls or you just sit and twiddle your thumbs. We need something else to do.

No. We need at least a few entertainments to break the monotony of the evenings at least on the closed wards. It gets tiresome to get into pajama's at 6:30 P.M. and sit around until bedtime.

No. There is nothing to do when work and the scheduled recreation is over except to look at the four walls.

No. We should have more privileges and be able to do more things. Those who do not have more privileges. The aids should grant more supervised activities.

No. There is too little to do during the evening hours. We have too much time to think and have self-pity.

1

Frequently, we complain about not having enough activities. Yet when they are provided, from my observation, they are poorly attended. This doesn't add up.

Happy Birthday

Library Corner

WOMEN

Eli	17
Alm	18
Mar	20
Kat	23
Elv	24
Barl	25
Mary	31

MEN

Val	17
Lar	18
Jer	18
Alf	22
Fra	23
Ear	24
Ric	25
Lar	26
Im.	27
Wil	27
Mic	28
Don	29

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STUDENT NURSES PREPARE FOR PARTY

Student Nurses assigned to Wards 1-2 in Sherman Hall are busily engaged this week making hand-made decorations for their farewell party to be held Monday, May 19, from 6 to 8 P.M. The girls are displaying artistic talent as shown by their ingenuity in original colorful designs.

Roy

EDITORIAL STAFF

Vivi
Hele
Ethel
Jerr
Joy
Roy
Will
Barl
Nanc

Advisor: Chuck Lemieux

COOKING FOR FAMILY CAMPERS

by

James and Barbara Newman

This handy cookbook contains 190 easy-to-follow recipes for tempting, hearty meals that anyone can prepare at the campsite. Offering sound advice for making campsite cooking more fun less work for the entire family, the authors first tell you what to take along on your family outing and then show you how to cook tasty meals once you get there. There are simple instructions (some of which even the youngsters can follow) for building wood cooking fires, cooking with charcoal, using gasoline and propane stoves cooking full meals in one pot broiling (in reflector ovens, in Dutch ovens, and on a stick) and preparing break-

This is a book that shows you how to have more time to enjoy your vacation by having fewer pots and pans to wash and simpler recipes to fix.

This is a cookbook of great interest to women campers because it contains recipes simple enough to attract the men, and even children, into doing the cooking.

Let's face it: campers want simple meals. That's what we offer here. However, there is no need to put up with weiners every night (although there are several interesting ways to prepare them). Nor is there any need for one person to remain at the tent site all day just to prepare a good meal for the rest of the family. There is a happy medium, and that's what this cookbook is all about.

WOMEN'S PAGE

JUST A HOUSEWIFE!!!

So many women say, "I'm just a housewife." Oh, how wrong they are! We are dieticians, laundry experts, interior decorators, doctors, lawyers, bookkeepers, psychiatrists, dentists, master chefs, investment counselors, umpires, referees, chauffeurs, inventors, mechanics, teachers, secretaries just to name a few.

We still find time to read W.C. and write to our many friends. Just wonder sometimes where the hours go, but then I stop to think of the many people I've been in the day and thank the Lord I am just a housewife. I don't think I'd have time for anything else.

Yours for friendship and good humor.

Mabel

From "Women's Circle" May 1969

Try this recipe for CHOCOLATE CHIP COOKIES

Duncan Hines Deluxe White Cake Mix
 $\frac{1}{2}$ cup Crisco Oil 2 eggs
 2 Tablespoons water
 1 cup (6 oz pkg) chocolate chips
 $\frac{1}{2}$ cup chopped nuts

Preheat oven to 350°. Blend White cake mix with the oil, water and eggs until thoroughly mixed and smooth. Stir chocolate pieces and the chopped nuts into the batter, distributing them evenly throughout.

Measure out batter with a teaspoon. Drop onto ungreased cookie sheet. Bake at 350° for 10-12 min. (Top of cookie will look pale.)

Cool on cookie sheet for about 1 minute, then remove to rack to finish cooling. Makes about 3 $\frac{1}{2}$ dozen 2 $\frac{1}{2}$ inch cookies. This recipe is on the back of Duncan Hines Deluxe Cake Mix.

As I am a good cook, this is to wives of the husbands who have lost their good sense of taste. I suggest the following, as I know it will please him.

Kerosene Cocktail
 Cream of Potomac Soup
 Bullet-proof Steak
 with
 Mustard Plaster
 Cactus Salad Soap Chips
 Absorbent Cotton Rolls
 Individual Mr. Pies
 Bolts and Nuts
 Hot Water

LITTLE HELPS

Baby oil can be used to clean pastel and neutral handbags. It will make them softer, too.

Pour some salt in coffee that has been cooked too long and it will take out that bitter taste.

Sent in by: Mrs. Jessie N. Byrnes
 In the May, 1969 issue of Women's Circle.

by

* * * * *

on the Sober side

THE WINNER COULD BE YOU!

Many years ago, a group of itinerate gypsies discovered that filling a barrel with grapes, then doing the Mexican Hat Dance in the barrel would produce several results. These included a delightful sensation between the toes, several fractured ankles, a sweet beverage to accompany nearly any meal, and purple feet.

Gypsies were prone to move on rapidly, however, upon catching sight of the sheriff, their hasty departure caused them to leave the barrels behind. Fortunately, the barrels had been covered tightly to protect the contents from damage by the elements.

Several months later, two unemployed Portuguese clam diggers stumbled upon the abandoned barrels, thinking they had found a valuable shipment of lemon meringue pies, they pried open the lids. There was much gnashing of teeth as well as many guttural sounds which would probably lose much in translation. Anyway, what were they going to do with this foul-smelling, evil-looking mixture of hideous color? It must be of some value since it had obviously been placed there intentionally.

CONTEST: Submit your solution as to what they decided to do with the mixture. Also include 25 words (or less) on all other articles appearing in the "Sober Side" section of this issue. Winner will be announced in the next issue, and folks -- the grand prize will be the hole from a docut eaten by J. Edgar Hoover.

A. A. CRIBBAGE TOURNAMENT

A cribbage tournament was put on by the patients of G.H.N.P. on Weds. evening the 7th of May at G.H.N.P. Each contestant paid a fee of ten cents at the beginning of the tournament.

Altogether there were 8 contestants.

These two people, with hearts of gold donated their prize money to the G.H.N.P. coffee fund.

Our pool champion was also on the scene -- but that's the way the cookie crumbles, Clarence, you can't win them all.

During the course of the many AA meetings held here at the hospital, one word crops up occasionally, yet perhaps not frequently enough. The word I'm thinking of is choice. Three little vowels and three little consonants, which on the surface aren't really too impressive when applied to the alcoholic, however, these six letters can mean the difference between a life of enjoyment and a life of degradation.

One's power or ability to do or not do any specific act is one of the things which separates man from primate. How an alcoholic uses this power of choice is what will determine the degree of success he or she will have upon leaving the institution.

A person would normally be faced with a choice of:

- (A) Shall I return home, or
- (B) Shall I seek other living quarters --

Then conceivably --

- (A) Shall I call someone from AA, or --
- (B) Shall I go it alone.

From this point on the premise be carried to any desired degree, but the principle remains the same. Any-- and I said any person has the power of choice -- from the choice to live, or the choice to die -- but it takes the guts to choose to use your God-given P.O.C.

Reader's RHYMES

LETTER TO CLEVELAND

Cleveland I gave you most of my energy
pieces of my flesh & bone & you laughed
clanking out tanks by cadillac making
missile parts to bomb children in
vietnam investing your money to buy
machine-guns to protect your latin-
american investments to get those extra
luxuries on your kitchen tables & buy
plastic war toys for your children.

TO KEEP AMERICA FREE?

& your children growing into eternally
innocent murderers & businessmen with
pot-bellies dying as you died in dismal
stupid laughter dying as you are dying
to maintain a culture of uniform weak-
ness & educating Your children to Not
read, Neruda, or Lorca, or Appolinaire,
or Ginsberg, or Kandel, or Sanders.

Cleveland I gave you most of my words &
my time and you laughed told me to get
a job---like washing dishes? for \$40 a
week?--

because my highschool diploma wasn't
worth anything and the sun never rose in
this empty town and the daylight break-
ing rainbows on the wed oriental manhole
covers wasn't worth time or money to
write about except on Sundays when you
couldn't get a drink & wipe-out the
wasted days piled up like dead flowers.

Cleveland I gave you a kind of love that
you will not understand
for the centuries you collect museums
full of dead things--things with their
inner-meanings subtly covered

TO PROTECT YOUR CHILDREN? TO KEEP AMERICA FREE?

(perhaps) free from thought! & with your
insistence upon reality you never
noticed that we are all only kept alive
by dreams & even the small dreams of
Cleveland are slowly murdered by the
narrow reality that surrounds & devours
them.

A City Of Trees cut down by reality.

Tell me again reality is money.

Tell Me Again and I will slice open your
blood-stained reality and SCREAM That I
and my brothers know 1,000 doors in and
out of your reality,

Tell me again that reality is money and
I'll scream.

I've laid some of your cities best in
lonely hours and I can still remember
places in my mind where the air was so
clean I didn't have to carry the fear
away & bury it when no one was looking.

Cleveland--there are parts of me you
will not understand for centuries.

Tell me about your reality and I'll tell
you I do not believe in death and I
spend my days in amazement--wondering at
your callousness & your wide-open
hypocrisy--.

Cleveland, I gave you the poems that no
one ever wrote about you and you gave
me NOTHING.

Not that I ever WANTED much, a place to
write, some printing materials so I
could take my time & write beautiful
poems & study, but you laughed.

And when I got sick & couldn't afford a
doctor you looked the other way.

And when I finally saved enough money to
go the doctors never seemed to know
what was wrong, the doctors spend-- oh--
eight years in college and yet I was
still a guinea pig to them but when I
wrote poems you told me I couldn't
experiment with words had to understand
the rules of the game--get credentials.

I watched my teeth rot & laughed.

What could your schools teach me? how to
be a bad poet? after paying out \$5,000,
or perhaps after a scholarship brain-
washing I could sit on my posterior &
write to an audience I helped to murder
with dead poems, safe poems.

Tell me about your Reality and I'll tell
you Cleveland You Don't Know Where Its
At.

Investing your children in apathy &
imprisoning everyone you think is a
leader--.

There are rules to the game you haven't
learned.

(continued page 7)

around the grounds

SPORTS

A baseball game was held on Wednesday, the 30th of April at 6:30pm between the WINNEBAGO ALL STARS and the STATE FARM. It was a tremendous game with the STATE FARM taking the first inning 12 to 1.

But starting in the second inning the ALL STARS really narrowed down the margin with the final score 23 to 18 in favor of the STATE FARM. Congratulations gang for a job well done.

There will be many more games as summer rolls along. So think about it fans, lets get out there and back the team. Lets show the boys we care.

PLAYER	POS.	AB	H	R
	C	5	2	2
	P	3	2	1
	P	2	0	1
	1B	4	0	2
	2B	5	4	3
	3B	5	4	2
	SS	5	1	1
	LF	2	1	0
	LF	3	1	1
	RF	3	2	2
	CF	4	2	2
	SC	2	2	1
	SC	1	0	0
	RF	2	0	0

Line Score 120-1010-4 18

Breakfast For Mother's Day

O' my, look what we have here---a most splended occasion prepared for us at the Cottage for Mother's Day...yes! It was a great get-together of which each aide brought something to make us a most delightful Mother's Day breakfast.

Something like this the whole world should know about as they let us sleep until eight o'clock of which the frying the eggs and bacon the delicious aroma woke us up for a finger'locking good and mouth watering appetite woke us up for a wonderful surprise. Mrs Sprague and Mrs. Haber were out chefs

frying the bacon and eggs to order just like in a restaurant; Mrs Brusius AND Mrs. Ward made the toast and the coffee and we all ate together. A most wonderful time was had by all...with the gay and delightful jester of Happy Mother's Day was experienced by all...and it would be grand if such a delightful and colorful thing would happen more often as it was such a gay and lovely affair.

This has been done periodically for the past year.

North Cottage

Twenty-six girls from North Cottage visited Copps Department store on the evening of April 30th. The "Snack Bar" and browsing appeared to have priority over the buying of merchandise. An enjoyable evening was spent by all who participated.

CONTINUED FROM PAGE 6

There are rules to the game you haven't learned.

1000 ways to destroy the monopoly you think you have on limited thought process.

Tell me about your reality and I'll tell you There Is No Security in the universe! Who In The Hell Do You Think You Are? attempting to control god? to stop motion!

Cleveland if you think you can corner a piece of time--move to another galaxy and keep pretending but even there we'll move over you in a few million re-entries.

Cleveland I gave you poems that no one else had time to write & you arrested me.

AND I DON'T EVEN CARE

In the days unborn you will find my brothers ARMED with words you haven't even dreamed of & if you insist on arresting them? There Are Other Ways you haven't even dreamed of.

Cleveland you will move or be plowed over--eaten by vultures, like a corpse, digested, & slowly chang.

THE WEEK AHEAD

HOSPITAL ACTIVITIES FOR THE WEEK OF MAY 19 - MAY 25, 1969

May 19 Monday	2:00 pm	2-E	Kings Daughters
2:30 -	4:00 pm	HH Music Rm.	Record Listening
	6:30 pm	Kempster Wards	Book Cart
	6:30 pm	Barracks	Woodworking, HHB 1-4
	7:00 pm	SH 1-2	Outagamie Red Cross
	7:00 pm	GH AT Area	Crd Club
	7:00 pm	2-W	Circle K. Club
May 20 Tuesday	10:00 am	GHS	Lutheran Ward Service
			Rev. Winter
2:30 -	4:00 pm	HH Music Rm.	Record Listening
	7:00 pm	SH 1-2	Gray Men
May 21 Wednesday	1:15 pm	SH 7-8	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 Chairmen
			Dinner Meeting
	7:30 pm	Rumpus Room	PROM - Bob Blohn
			Orchestra
May 22 Thursday	10:00 am	GHN	Protestant Ward Service
			Rev. Windle
2:30 -	4:00 pm	HH Music Rm.	Record Listening
	7:30 pm	GHSP	Mercy Student Nurses
	7:15 pm	Gym	MOVIE - "Deadly Bees"
May 23 Friday	2:30 - 4:00 pm	HH Music Rm.	Record Listening
May 24 Saturday	9:30 am	Main Ball Park	HHA & GHNP vs Sherman
	9:30 am	Kemp. Ball Park	KH & GHSP vs HHB & A2
	10:00 am	GHS - Mr. Korn	Favorite Hymn Recital
	10:30 am	GHN	Favorite Hymn Recital
	6:00 pm	Auditorium	Catholic Confession
	6:30 pm	Auditorium	Catholic Mass
May 25 Sunday	8:45 am	Auditorium	Protestant Service
			Rev. Winter

Mrs. Julaine Farrow, R.N.
Nursing