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CUE

PUBLISHED BY AND FOR THE
PATIENTS BY-MONTHLY

VOLUME XV

NOVEMBER 14, 1969

ISSUE 19



THANKSGIVING MENU

Roast Tom Turkey
Spiced Tomato Juice
Saged Dressing
Mashed Potatoes and Gravy
Candied Yams
Cranberry Sauce
Pumpkin Pie with Cream

THE

of

PLENTY

CUE FEATURES

EDITORIAL-----	3
ABOUT FOOD SERVICE -----	4
ISSUES AND ANSWERS -----	5
FROM DR. KELLEY-----	6
CHAPLAIN'S MESSAGE -----	7
RHYME TIME -----	9
ON THE SOBER SIDE -----	10

EDITORIAL

MEAT AND POTATOES

2000 meals each day. 700 people to feed. This is the task and the CUE determined to check on the results.

In the course of our research on the operations of Food Service we have contacted the people responsible for the operation and have interviewed both patients and staff. Our aim is not merely to gather and publish accolades or complaints but to try and present the honest feelings of those who prepare our food and those who eat it.

There are of course budgetary considerations. This affects not only the quality and quantity of the food served to patients and staff but also the equipment used to prepare the food. Quite obviously the age and condition of the equipment can have much to do with the end result served in the cafeterias.

The consensus, after making our survey would seem to be that all things considered the quality, quantity and variety of meals was more than adequate. Both at the state and institutional level, the aim is to present meals that are above all nutritional while at the same time imaginative and appetizing.

Why then we wondered, is there so damn much criticism? Why have we all witnessed so much food left on the plates and returned to the dishwashing room?

For whatever the reason (and we have conflicting reports on this) the crux of all the criticism narrows down first to the preparation and secondly to the distribution of our food to the various dining areas. All too frequently the food is served cold, the bread is too hard and vegetables either underdone or overdone beyond recognition. Some meals can be delicious and yet there are all too often others where one or two items can be well prepared and served at the proper temperature and the rest of the meal, because of its preparation, is virtually unpalatable. This naturally leads to waste which affects the overall cost, which in turn will affect the quality and variety of future meals.

Again, the principle aim is nutrition. But is the nutritional consideration achieving the desired result? It is one thing to provide a chicken or a turkey cooked for so long that it is dry and both are unpalatable or even unedible, then down the disposal they go and the commendable goal of nutrition goes down with them.

The statement has been made that it should make no difference which chef prepares a meal. It has also been said (and repudiated) that some of the equipment is so old that it does not function properly. Cold meals have been blamed on the food not being covered in the cafeterias. And yet we ask how can old ovens produce pink sausage at one meal and then a well prepared pork roast or meatballs at the next? If the food is not covered properly in the cafeterias, then how can the soup and vegetables be hot and the meat cold? Why are breaded pork cutlets for example, lean at one serving and untrimmed at the next?

Someone has said in Issues and Answers, that some meals seem to have been prepared with consideration and effort and others hastily thrown together and shipped out.

The CUE feels that the preparation of meals merits closer scrutiny. We all appreciate the thought that has gone into the nutritional consideration, variety and quality of the meals and do not want to see them scraped from the plates, along with the food itself.

Donald

CUE EDITORIAL STAFF

Don ; Kevin ; Lanetta ; Don ;
Hildegard ; Mary ;

Chuck Leinick: Advisor

INTERVIEW WITH MR. OBERTS

When the Cue staff came up with the idea of exploiting the food situation here at Winnebago State Hospital we decided to contact Mr. Oberts, the director of food services, and obtain his viewpoint on the situation. With little prompting, Mr. Oberts delved into the topic with the enthusiasm of a person who is really caught up in his work.

The food situation is setup in accordance with a basic meal Pattern approved by the state dietition dept. of health and social services of which Mrs. Francis Keller is head nutritionist and Mrs. Elanor Irwin is head dietition. The money appropriated for the level of feeding is in accordance with nutritional level set by above mentioned Dept. In otherwords there is no exact set state budget where they give you a lump sum and say "do with it what you want." Sticking with this money budget idea for a moment, Mr. Oberts cited as an example to increase the price of one meal by one cent for state run institutions would cost an approximate 113,000 a year.

The food service dept. here at the hospital prepares its menus from this meal pattern setup on a thirteen week period, four thirteen week periods for the seasons. With this meal pattern they have an outline as to what is to be prepared well in advance. He also stated that each state institution has different food patterns.

The meal pattern program is broken into six age and sex groups in regards to age and proportion of nutrients needed. Children under six and those in the seven to twelve age group. Females are separated into thirteen to nineteen and nineteen years of age groups the same as the males. Certain oz. per person for each group is allocated by the meal pattern program. However Mr. Oberts stated it would be impossible to meet this separate ration for each age group so it is averaged out.

Another interesting item in this meal pattern program, which incidently is set up by computers and has been undergoing study for over a six year period in which this institution has been the guinea pig; is the kitchen serving factor which allows for the amount of food per oz. needed to av-

erage out to meet the nutritional average required. For example in order to have three oz. of steak you would have to cook say a five oz steak in order for it to average out. This tends to become a little complicated when you consider an average of two whousad meals served daily. Also the number of times each food item is to be served is set up on paper. For instance ice cream is to be served four times every 28 day period.

This whole meal pattern setup sounds good on paper but here Mr. Oberts commented on the milk overload as an example where some patients drink more than is allocated for which he must compensate for. Since the food pattern is already set up he feels his job is to put out meals with as much variety as possible while remaining within the meal patter setup.

One of these programs he has installed is to standerize all recipies so all food comes out the same, no matter what chef prepares the meal and at the same time helps to eliminate waste, so at the end of the year there is no need to skimp.

Mr. Oberts also has a program setup whereby he recieves a report on all items that don't sell or do sell and then works from this in regard to dollar wise but mostly nutritional wise to come up with a more acceptable meal program.

When asked about his food preparation setup he stated he felt his present staff was as good or better than any other he has worked with in the eighteen years of experiance with institutional feeding. When questioned about cold meals, which I'm sure we've all experianced at one time or another. He stated their is no excuse for this, unless possibly the food trays are left uncovered in the serving line since the food is shipped to the dining hall in electrically heated cars. Commenting on his kitchen equipment Mr. Oberts stated it is more than adequate with an inventory est. at over \$280,000 worth. With this equipment he has more than doubled the bakery service since he came to the hospital.

Summing up the food service situation here at the hospital Mr. Oberts said, it is based on a nutritional level of feeding as apposed to set budget cost program, which he believes is an excellent idea and feels his job is to work within this nutritional setup to prepare appstizing meals.

Kevin

HOW DO YOU FEEL ABOUT THE FOOD AS TO:
VARIETY, PREPARATION, QUALITY

Plenty well balanced and well prepared, Good quality STAFF

Fine, such a variation you don't have at home. Bakery is out of this world. Very well for cooking in this quantity. Quality Fine. (STAFF)

Needs improving. Neater preparation, not so sloppy. Quality alright.

Not enough variety, food not done. Bakery is very good, but the rest isn't

If you want to complain, eat at Racine county.

Eggs not often enough. Meat not done. Ruined by not enough cooking, Too much fat on meat.

Not enough variety. Meat not done & hot foods not hot. Cold food not cold. Quality OK, but not cooked well.

Plenty of variety compared to other hospitals. Preparation OK. Quality could be better.

Plenty, well balanced, well prepared. Quality good. (STAFF)
(I don't eat here.)

It Stinks.

More mashed potatoes for \$30 a day, it seems like we would be able to allow for better food.

Breakfast stinks, inadequate quality with bread. Some type of caserols, not enough quantity per person.

Very bad, too much starch, too much grease. Dislikes bread. Should have better meat preparation. Milk is excellent.

The variety of the food seems to be OK. However the preparation could be a bit better. The food is not very good in quality. On the other hand, the quantity is good.

The meals are pretty well varied when compared with some home cooking. Hospital food is sometimes cold.

Not enough variety, too much rice and hamburger. Pork cutlets fatty & not done enough. Syrup isn't good grade.

The quality of the food is fine. Considering it is institutional food. Because the process from preparation in the central kitchen to the patients table takes intricate planning. We are given enough to eat when the whole meal is considered, such as salad vegetables and bread.

It's not that the food isn't good but each type of food is made the same way every time we have it.

The food should be made more appealing to the young people such as good hamburger, cheeseburgers, pickles, olives and the like. Hot foods are not hot and cold foods not cold. The steam tables seem to ruin a lot of the food. Staff

I'm satisfied with the variety, but some of the foods are too strongly seasoned and others not cooked enough. At times there does not appear to be enough food. They are charging 10¢ more now and there should be enough food for the price we have to pay. Seconds should be made available sometimes --like for a good casserole. Staff

I've heard a great deal about the food. That's why I always bring my lunch. Staff

The quality is fair. The bakery products are very good. I don't like the breakfast departs at supper time though. Its easy to spot certain chefs are preparing the meals. Some rush and throw it together. You would think that with only 500 patients the food would be prepared better than when the population was twice that. Its not! As far as getting my money's worth, I think that for all the food that is wasted here, employees should get one free meal while on duty.

Staff

Its definately hospital food. The meats are frequently dry and either overcooked or undercooked. Bread and potatoes are basic and the meals seem to resolve same. There are not enough salads and bakery goods. The breakfasts are dull.

Why all the fancy names on the menu? Many times they are deceiving.

(Con't on Page 6)

EDITORIAL RESPONSE

Your editorial concerning treatment program scheduling/problems has been restudied by the hospital clinical and administrative staffs.

Imperfect communication in a health service of our size, occurs primarily because of the numbers of persons involved, both staff and patients. Another contributing factor is individualized treatment programs. Since each patient has an individual program of activities this creates logistic problems for personnel responsible for coordinating the activities. Yet another weighty factor is staff turnover between July and Sept.--new people learning new patients and new procedures.

The remedial actions that we have utilized in the past and will continue to refine in the future are:

1. Continued awareness of the problem, both with staff as well as with patients.
2. Open all available channels to patients to report and get appropriate feedback about the problems.
3. Each psychiatric service working diligently to refine the logistics of patient scheduling.
4. Improved orientation programs for new staff.
5. It is fully appreciated that abrupt disruptions in program schedules without proper notice, can be especially demoralizing to both patients and staff if we are insensitive to the emotional impact of such action. Therefore, although it is unrealistic to expect a "perfect" system of communication, it is realistic to expect of staff an understanding attitude and concerned management of the feelings that are aroused.

Dr. Kelley
Clinical Director

A NOTE FROM A FOREIGNER

On January 3, 1969 I first came to Winnebago State Hospital. Since that time better than nine years ago, I have come to know a few people about here, quite well and I have a lot of people to remember. I cannot say everything I would like to say to some of the people that I have come to know because I either don't see them often enough or when I do see them there is so much else to occupy the time that the words just go unsaid. Now in this brief note I would like to say thanks to all those who have known me all those years and stuck by me during the trying times. I mean both professionally and personally. Some of the dear people who fit in this category are now gone and I probably will not see most of them again. But those of you who are still here, I want you to know that I am truly grateful. Thank you very, very much.

John

AN EVENING IN CAMELOT

On Thursday evening October 30 a fortunate group of patients from WSH were bused into Oshkosh for a most enjoyable treat. The students from Oshkosh High School gave an outstanding performance of Camelot.

The Art Students did a magnificent job of painting very realistic sets. The lead singers were exceptionally fine and the orchestration was tops. These accolades, all rolled into one super fine evening -- well worth seeing a second time.

Mary

THANK YOU

Thank you and God bless you all for the help you have given me during my stay at this hospital

Charles

CHAPLAIN'S MESSAGE

HAPPY BIRTHDAY

DIVIDING THE BURDEN

In speaking of people's burdens, the Bible has two things to say which at first sound contradictory: "Every man shall bear his own burden," and "Bear ye one another's burdens." The first of these statements is saying that each of us has a responsibility to be aware of our own burdens and to carry them, or do something about them, to the best of our ability.

But all of us sometimes have more burden than we can carry by ourselves, and some of us have too heavy a load almost all of the time. So the second principle is given us, that we should share each other's overload. Whatever it is that a person cannot handle by himself, he should have help with. It may be a burden of anxiety or insecurity. It may be a burden of immorality or gross imperfection. It may be a burden of his own making, or it may be one that others have imposed on him--the kind of burden that Jesus accused religious leaders of imposing on people by expecting the impossible, and by refusing to understand or forgive.

It may be the kind of burden that comes from people who expect a man to have not even one little fault, or who expect a child to act like a grown-up or who demand far more in beliefs or standards or performance than a person is capable of. Such unreasonable expectations may throw a person into despair, so that an individual with a religious inclination winds up feeling that he has committed the unpardonable sin; while a less religious person may have the same kind of feeling, but express it in terms like: "Life has no meaning," or "I feel all gone inside."

What is needed to help people with this kind of overload is love, understanding, acceptance, forgiveness and restoration. To treat suffering people in opposite ways than these is to inflict more burdens on them, too heavy to be borne, as Jesus said. While we have the feeling that people "ought" to run their own life and manage it well, forbearance is needed for each of us when we can't.

Chaplain Van Deusen

NOVEMBER

LADIES

- 1 Ruth
- 3 Viola
- 5 Barbara
- 7 Marjell
- 9 Lillian
- 13 Beverly
- 16 Mae Small
- 17 Laurie
Geraldine
Athalia
- 20 Sue
- 23 Marlene
- 27 Belle
- 27 Barbara
- 28 Seraphina
- 29 Rosemary

GENTLEMEN

- 1 Joseph
John
Robert
- 3 Harold
John
- 6 Randy
- 7 Charles
- 9 Christopher
- 13 Kenneth
- 14 Kenneth
- 17 Joseph
Wayne
- 18 George
- 20 Fred
- 21 Harold
Joseph
Alvin
- 27 Thomas

* * * * *
(Continued from Page 5)

The quality is fair but some foods are not served. (Fried Eggs) Pizza becomes unpalatable when over an hour old. There should be a more accurate survey to eliminate certain dishes from the menu that patients are not eating. The bakery is excellent.

The toast is too hard and the pancakes are like manhole covers.

THEY DO LAUGH HERE

LIBRARY CORNER

A Senator said we should pay our taxes with a smile. There's one hitch. The internal Revenue Service still prefers cash.

Nothing makes one feel at home like a big snowstorm.

Shortly after the 1968 Olympics, five young men at a Restaurant in Nice decided to settle the question of who should pay the tab by racing around the block. They asked the restaurant owner to act as a starter, "like in Mexico." The amused proprietor went along with the gag, and he has not seen the young men since.

We asked a doctor what to take for a bad cold. He looked at us somewhat critically and told us not to refuse any offer.

They call it legal tender, that green and lovely stuff. It's tender when you have it, but when you don't it's tough.

The Minneapolis Tribune featured an ad for a sandblasting contractor: "Call us if you have any dirty stories."

Taking advantage of a raft of friends is the only thing that keeps some people afloat.

A patient, looking into the mirror on Monday morning: "Personally, I don't think we're descended from monkeys -- I think that's where we're heading."

Doctor to plump patient: "Let me put it this way--you're an addict, and your grocer is a pusher."

Have you heard? Ragweed is a plant that grows during the hay-fever sneezin.

An inexperienced applicant, filling out a form for a factory job, was stopped by the question: "What kind of machines can you operate?" Finally he wrote down, "Slot, pinball, and cigarette."

LIBRARY HOURS: MON. WED. THUR. FRI. SAT. SUND.
9:30 AM - 11:45 AM
1:00 PM - 4:00 PM

NEW BOOKS OF INTEREST TO MEN

TITLE & AUTHOR	CALL NO.
THE HOUSE OF TERROR J. P. THOMPSON	362.9T
THE ONLY DAUGHTER WITH LOVE PEARL BUCK	361.42 BU
MOTHERS AND DAUGHTERS EDIT. G. GILSON	361.427 G.G.
CAREER OPPORT. FOR WOMEN IN BUSINESS LICE COE LING	331.4 K
ORIGIN T. OAK SHEILA ENTER	371.425

NEW BOOKS OF INTEREST TO MEN

TITLE & AUTHOR	CALL NO.
A HISTORY OF SPACE FLIGHT ROBERT H. BILE	629.4 BM
ASPECTS OF THE FROTH RICHARD S. LEI	629.454 LE
POPULAR MECHANICS WILCOX P. STRID	621.3315 ST
ALL ABOUT SMALL GAS ENG. 621.43	
TRAVELER G. WILSON	621.3311 H
VIDEO TV FROM THE PAST BOYER ILL	621.383 KI
THE ROYAL FORT J. T. WILEY	621.3 ST

TRY ME 'T'IME

THE REASON WHY

slowly, oh so slowly; does the time
tick by as I stand on this desolate
slab of concrete; asking myself the
reason, the reason why.

looking up, I feel the cool morning
breeze, sweeping across the plain;
knowing that before long the scorching
sun will rise, losening the odors
of latent human waste, and take its
claim.

staring out into the horizon,
I see the endless mountains that sur-
round me, and once again I ask myself,
what would it be like to be free?

turning slowly; I feel the erie stare
of this mechanical mass of destruction
watching my every move, as it appears
to smile and laugh at me.

it is then I realize there can be no
reason, for in the state of insanity
it cannot exist, knowing now that I
have been fully reincarnated as a
war minded idiot.

kevin

THANKSGIVING PRAYER

God gave us all we have
So we should thank him for everything.
All the things we are able to do.
God bless America, our home sweet home.
And there is no place like home.

Marie

FATE

One ship drives east another drives
west.
With the self same winds that blow,
'Tis the set of the sails
And not the gales
Which tells the way to go.
Like the winds of the sea
Are the ways of fate
As we voyage along through life,
'Tis the set of the soul
That decides its goal
And not the calm or the strife.

Howie

AUTO OOZE

When a mechanic takes a snooze-
He sometimes dreams of Auto Coze.
Oil, grease, grit and grime-
Auto Ooze can blow your mind.
It fouls the plugs, it clogs the valves-
That Auto Ooze is no one's pal.
It's on your clothes, and on your shoes
That ickey-sticky awful Ooze.
And as I drempt of stopping Ooze-
A caller came I didn't choose.
My visitor was dark and appalling-
It was the Ooze, himself a-calling.
While I was trying to stop that curse-
The Ooze was out to get me first.
My nightmare continued with a car chase
With Oozey determined on winning the
race.

He gained on me quickly in his fast-
wheeling muck-
As it did it grew bigger than a fifty
ton truck.
As my dream ended, I was about to be
crushed-
One second more and I would have been
mush.

The haunting dreams of Ooze, grime
and grit.
Would end when this grease monkey's
job I would quit.
The job that was cleanest was the job
I would choose-
A job that would be the farthest from
Coze.

I was granted a job that couldn't be
keener-
Any dirt I'd confront I would take to
the cleaners
My first day had started without
interruption-
No signs of Ooze or other corruption.
Then came the shocker at the last
house on my route-
When I saw who it was, I nearly
flipped out.

With the kind of Luck I have,
I'd do better without it-
My last laundry pick-up was a
AUTO OOZE OUTFIT!

Howie

* * * * *

Submit original poems to the Cue for
publication.

On the Sober Side

A baby sucks his thumb or a pacifier. A small child seeks the comfort of the mother's arms, the haven of the father's lap and clings to a doll or teddy bear.

As the child grows through puberty and adolescence he looks to his parents for more than love and comfort. As he or she becomes more mature the need is for stability, example and direction.

When we reach our maturity our goals become a proper mate, a home and it's furnishings, the job and a myriad of other tangibles -- tangibles that society in general has established and recognized as the symbols of SECURITY.

Life then, is for most people, one long search for content and peace of mind. Some put the emphasis on material values. Others seek solace in things spiritual and philosophical.

The goal is still a seeking of SECURITY and most of us never stop seeking it and striving for it until the day we die.

Our goals are established and set. It may be a specific salary or position by a certain age. It may be a bigger car or two cars, a larger house as the family expands, a cottage or educational plans for the children.

As our horizons become more broad we alter our goals and the pressures increase in our determination to provide the means for security. By now, our own security includes the need to lay the ground-work for our children so that they can start up the never-ending spiral staircase in their own pursuit of security.

In the everyday search we are going to face anxieties, frustrations, setbacks and disappointments.

The majority of people can adjust and re-evaluate as circumstances force a change in our plans. For the alcoholic, disappointment can be a dangerous pitfall. The temptation to relieve the frustrations temporarily by seeking solace from the bottle is strong. But we must recognize the solace and relief are only temporary. When the stupor leaves the problems are still there and worse, magnified.

It must be constantly remembered that the most difficult task for the psyche is not to find security but to learn to live with insecurity.

This then should be our chief aim -- learning to live with insecurity. A host of outside forces over which we have no control, will force us to face change. We cannot completely control our environment so we must adjust and reshape our goals.

The well adjusted person learns to live with insecurity.
Donald

* * * * *

YESTERDAY TODAY TOMORROW

There are two days in every week about which we should not worry, two days which should be kept free from fear and apprehension.

One of these days is YESTERDAY with its mistakes and cares, its faults and blunders, its aches and pains. YESTERDAY has passed forever beyond our control.

All the money in the world cannot bring back YESTERDAY. We cannot undo a single act we performed; we cannot erase a single word we said. YESTERDAY is gone.

The other day we should not worry about is TOMORROW with its possible adversaries, its burdens, its large promise and poor performances. TOMORROW is also beyond our immediate control.

TOMORROW'S sun will rise, either in splendor or behind a mask of clouds but it will rise. Until it does, we have no stake in TOMORROW, for it is as yet unborn.

This leaves only one day TODAY. Any man can fight the battles of just one day. It is only when you and I add the burdens of those two awful eternities, YESTERDAY and TOMORROW that we break down.

It is not the experience of TODAY that drives men mad -- it is remorse or bitterness for something which happened YESTERDAY and the dread of what TOMORROW may bring...

THE WEEK AHEAD

HOSPITAL ACTIVITIES FOR THE WEEK OF NOV. 17 - NOV. 23, 1969

November 17 Monday	2:00 pm	2-E	Kings Daughters
	2:30 - 4:00 pm	HH Music Rm.	Record Listening
	4:30 pm	GH Classroom	Canteen Social Chairmen Dinner Meeting
	6:30 pm	Scout Barracks	Woodworking
	7:00 pm	SH 1-2	Outagamie Red Cross
	7:30 pm	GH A.T. Area	Card Club
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November 18 Tuesday	10:00 am	Sherman Wards	Book Cart
	10:30 am	GHS	Lutheran Ward Service Rev. Winter
	2:30 - 4:00 pm	HH Music Rm.	Record Listening
	6:30 pm	Chapel	Catholic Mass
	7:00 pm	SH 1-2	Gray Men
<hr/>			
November 19 Wednesday	1:15 pm	SH 7-8	Appleton Red Cross
	2:30 - 4:00 pm	HH Music Rm.	Record Listening
	6:30 pm	Kempster Wards	Book Cart
	7:00 pm	Chapel	Lutheran Service Rev. Winter
<hr/>			
November 20 Thursday	10:00 am	GHS	Protestant Ward Service Rev. Windle
	2:30 - 4:00 pm	HH Music Rm.	Record Listening
	7:00 pm	Canteen	Sing-A-Long
<hr/>			
November 21 Friday	2:30 - 4:00 pm	HH Music Rm.	Record Listening
	6:45 pm	Chapel	Lutheran Communion Rev. Winter
<hr/>			
November 22 Saturday	10:00 am	GHS	Favorite Hymn Recital
	6:00 pm	Chapel	Catholic Confession
	6:30 pm	Chapel	Catholic Mass
<hr/>			
November 23 Sunday	8:45 am	Chapel	Protestant Service Rev. Winter

Canteen Hours: 9am - 8am Mon. thru Fri.
9am - 4:15 pm Sat. & Sun.

Patients Library Hours: 9am - 11:45 am
1pm - 4pm
Mon. thru Fri. only

Mrs. Julia Ann Farrow RN Nursing