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the

C U E

VOLUME II

March 1, 1968

ISSUE 25

INDUSTRIAL THERAPY

Many of us may wonder why we have been assigned a job by our doctor.

Industrial Therapy or a job assignment has many objectives. It provides an outlet for aggression. It develops good work habits and work tolerance. It develops muscular coordination and socialization and helps the doctor in evaluating our problems.

We have four people working on job assignments for our Industrial Therapy program here. They are: Mr. Sphatt, Supervisor, Dr. Bachhuber's Service, Mrs. Doucette, Dr. Dachtera's Service, Mrs. Norton, Dr. Baker's Service, Mrs. Paffenroth, Dr. Malueg's and the Alcoholic Service.

Some of the types of work the patients are placed in are--ward work, outdoor detail, kitchen, laundry, cafeterias, escort service, bakery, house-keeping and this newspaper.

The psychiatrist may indicate the general work area he desires the patient to be assigned to. For example, he may recommend that the patient be assigned to Food Service, but the specific job assignment would be left to the Industrial Therapist, who would determine which jobs are available and then match the requirements of the job with the other prescription objectives indicated by the psychiatrist.

(Continued on page 13)

THE EVENING CANTEEN - A BIG SUCCESS!

The evening Canteen which is open Monday thru Thursday from 6-8 P.M., was established to get off the ward to socialize, play games, dance, and just relax. From the attendance thus far it appears to be a very successful activity. Attendance has averaged about 74 patients a night during the first month of operation with the high

for one evening being 124. A grand total of 1475 patients have visited the canteen during the evenings since January 22nd.

The evening canteen is patient-organized and supervised, and was set up to have unplanned activities available to patients during these hours. If you usually have friends gathering there you can look at it as a nightout with your friends. Every patient that comes to the canteen is responsible for what she or he does. If a game is to be taken out and used it is under the care and responsibility of the patient who has checked it out. Anything used at the canteen, if not individually owned, must be given back in the same shape as it was when taken.

(Continued on Page 13)

SCOUTING PROGRAM

There has been a significant development at Wisconsin State Hospital of the Boy Scout program from 1963 to the present. The first Boy Scout roster here consisted of fourteen boys, and by the end of the year there were twenty-four. The fact that eight boys of the original group reregistered for the next year showed that Boy Scouting was an important interest of theirs. Two of the boys advanced from the Tenderfoot status to Second Class and two became First Class Scouts. In brief, a Tenderfoot learns fundamentals and a Second Class Scout finds out about hiking. For the First Class Scout, the emphasis is on camping.

To explain the organization of the Scouting Program here, there are presently thirty boys in the troop here at the hospital. A troop consists of all of the boys in Cub and Boy Scouts. The three patrols in the troop have been named the Panthers, Falcons, and Buffaloes. Each patrol selects a boy to become patrol leader who in turn is coun-

(Continued on page 13)

Editorial

On the "Issues and Answers" page of the CUE are the results of an opinion survey taken of a sample of patients in Winnebago State Hospital. The question asked was, "Do you think that the Pueblo situation was handled effectively? Persons from every part of the hospital responded to this question. Of the nearly thirty persons who were interviewed, slightly more than half were women.

It was significant, in our opinion, that the men were much better informed than the women. Most of the men knew that the Pueblo is one of our electronic spy ships, reported to have been in international waters, which was recently captured by the North Koreans. This incident has serious and complicated political implications. In our opinion, its political importance is that it affects the balance of power between the U. S. and the Soviet governments so far as their spread of influence is concerned. Militarily, the capture of the Pueblo is believed to pertain to the secret electronic rigging of the ship. The capture tends to reactivate the Korean conflict once again.

Because of the crucial consequences of this event, our survey showing that many persons in this hospital knew nothing about it, points to a lack of knowledge and apathy about world problems that is very serious. It is the duty of responsible citizens to be informed because in a democracy people can influence the course of events to a certain extent. In order to influence wisely, there has to be factual awareness. Like many persons in the community, patients in a mental hospital become apathetic.

It is possible that a mentally ill individual, temporarily deprived of his civil rights, is especially inclined to surrender to boredom and finally to apathy.

Joan

CONTENTS

EDITORIAL -----	2
ISSUES & ANSWERS -----	3
EMPLOYEE OF THE MONTH -----	4
CHAPLAIN'S MESSAGE -----	4
WOMENS' PAGE -----	5
MENS' PAGE -----	6
AROUND THE GROUNDS -----	7&8
WATERWOOD NEWS -----	8
READERS' RHYMES -----	9
FROM HERE AND THERE -----	10
LETTERS TO THE EDITORS -----	10
ON THE SOBER SIDE -----	11
HOSPITAL CHUCKLES -----	12
CONTINUED PAGE -----	13
SCHEDULE -----	14

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Issues & Answers

DO YOU THINK THE PUEBLO SITUATION WAS HANDLED EFFECTIVELY?

WOMEN

I don't know anything about that.

Pueblo what! I don't know what you're talking about.

News--that's something I don't watch here.

Pueblo, I know it has something to do with the Navy but I don't know much else about it because I have not seen a newspaper or had time to watch T.V.

The what? Yes, whatever it is. I think everything is handled good here.

I don't even know nothing about it. What was the Pueblo? What's it all about?

No, We haven't gotten our men back; have we?

The what? No, I can't answer a question I don't understand. I have led a very sheltered life the past two and a half months.

Yes. I just think, that's all.

I don't think so, no. I don't think they should have made such a fuss about it.

All right. The Pueblo was a ship that was captured by the North Vietnamese. I think it was handled fairly.

I haven't paid any attention to that. I've been here too long, -- I guess.

I think we should have demanded the return of the ship and crew right away, even if it means World War III.

I really can't say. Since coming to this hospital I haven't kept tab on world affairs.

MEN

No. If North Korea doesn't give up the ship and crew the United States Navy and Marine Corps should go in and get them.

Everybody's trying to do their best.

No. They made such a fuss in the beginning. Now you hardly hear about it anymore. Maybe we weren't so innocent as they make us believe. Maybe they wouldn't have bothered us if we were in international waters.

No. In the first place, a spy ship such as the Pueblo should not be left unprotected. Secondly, we should have demanded its return and, if not returned, taken it within the first five days.

No. In the first place a spy ship such as the Pueblo should not be left unprotected. Secondly, we should have demanded its return, and, if not returned, taken it within the first five days.

Yes and No. Yes: the U. S. did not let the incident trigger a third world war but since we did not get the men or ship back as yet, there are many grounds on which some people can vent their opposition. Both the Pueblo incident and the recent Viet Cong offensive in Viet Nam show us that military victory is not only costly but is also inadequate for this age.

I feel both sides added fuel to the fire, but the United States struck the match if one of its ships was in North Korean waters as the Russians claim.

Both sides are doing a lot of fooling around, If I were on the ship I'd sure want to be rescued.

Yes and No. They had to take precautionary measures to some extent but I think that if J.F.K. was President he would have gone about it in a different manner. Take the Cuban Crises for example. Give them an ultimatum.

Chaplains Message

Employee of the Month

Lent - 1968

The Church spends forty days in preparation for the events which are to take place in Jerusalem. The sprinkling of ashes on our foreheads heralds six weeks of honesty with ourselves. We stop pushing awkward facts out of our mind; we recollect ourselves and reflect.

This is a time for trying to better ourselves -- a time of conversion -- a time when we should defend our inner freedom against all which may impede our attitude of service and love.

The definite laws of fasting and abstaining from meat have been noticeably relaxed--mainly because the nervous strain imposed on many people by their work and living conditions, and the eating habits of weight-conscious persons already prevent excesses in eating, but require a substantial diet. Instead, we are to capture the spirit of the season by a far more positive course of action.

Lent is not a time for feasting but for sober realism. We turn the spotlight of honesty on ourselves and try to renew God's lordship in ourselves in solidarity with Jesus who is going to his passion. This can mean something different for each of us. Refraining from smoking and drinking may be commendable--but these and all other acts of self-denial are only a means to an end--never an end in themselves. Their validity lies in the fact that in separating ourselves from these directions and unnecessary attachments we may be able far more clearly to make a sincere review of our duties and responsibilities at work and at home--and a new effort to be patient under difficulties and more attentive to the need of others. Ultimately, this kind of discipline will assist us to appreciate more clearly the meaning of Jesus' suffering, death and resurrection for us.

Father Andrew Nelsen

The boys on A-2 would like to nominate Steve Strom as the employee of the Month. He is an interesting person who knows what a teenager needs and wants. He tries to be helpful where help is needed.

Mr. Strom has been working on both A side and B side for about five months on a c.o. assignment.

He was born in Chicago, Illinois on January 13, 1945. He is married and from his actions on the ward, he would probably be a good father to a boy, because of his willingness to show his emotions towards us boys. He tries to understand our problems and gives us encouragement when we are down and out.

He graduated from Dartmouth last June, majoring in Biology. While there, he participated in extra-curricular activities such as football, track and basketball.

Some patients in Kempster 2 West might know Mrs. Strom, who is working as a ward clerk.

So if anyone sees a lean 6'3", 175 lb. man, driving a '56 Buick, it happens to be Steve Strom, Aide of the month.

When he was asked, how he felt about working with the A-2 boys, his reply was, "I feel this ward is one of the largest and most publicized groups and one which both needs and deserves attention and guidance.

Women's Page

WOMEN SMOKERS

Q. I've read statistics showing that women who smoke are more likely to get lung cancer than women who don't. Does that mean that women smokers are in as much danger as men?

A. Not quite, at least not yet. But that may be only because women have not smoked as long or as much. Women who smoke a pack a day are nearly five times more likely to die of lung cancer than women who don't.

In addition, they are from two to seven more likely to die before they're 65 of a number of other diseases, including emphysema (in which lungs become stretched and rigid), coronary heart attacks, strokes, and cirrhosis of the liver.

These new findings come from a huge study on cigarettes and health being conducted by the American Cancer Society. Several years ago, when an earlier report from the study revealed even greater dangers to men smokers, cigarette sales faltered, but then came back as big as before. It has yet to be seen whether women will respond to the warning.

STOP SMOKING HELPS

. Choose a target day on which you will stop smoking. Inform friends and relatives of your intentions.

. Avoid drinks such as coffee and liquor, that customarily stimulate a desire to smoke.

. Exercise whenever possible. Long walks, calisthenics and deep-breathing exercises are good.

. Drink plenty of water and fruit juices and get plenty of rest.

. Resist sudden cravings for a smoke. The urge generally subsides within 10 minutes.

. Find a friend who also wants to stop smoking. Mutual support and reassurance are valuable aids.

"When once you talk of your rights and your wrongs in love, all love is gone or going."

John Oliver Hobbes

BEEF BORSCH

1 quart beef broth or water
1 leek, sliced
 $\frac{1}{2}$ carrot, sliced
1 medium-sized onion, chopped
1 cup drained canned tomatoes
2 teaspoons salt
1 pound lean beef, cubed
1 pound cabbage, cored and shredded
1 tablespoon lemon juice
 $\frac{1}{2}$ teaspoon sugar

Heat broth to boiling; add leek, carrot, onion, tomatoes, salt and meat. Cover and simmer 2 to 2 $\frac{1}{2}$ hours, or until meat is tender. Remove meat, strain broth if desired. Add cabbage; cook until tender, about 10 minutes. Do not overcook. Add lemon juice and sugar. Return meat to pot and heat. For diet serving allow 3 ounces meat and $\frac{1}{2}$ of the vegetables. (Serves 4)



N E I G H B O R S

If you have trouble with the bottom crust of your fruit pies becoming soggy, try sprinkling a few dry bread crumbs on the crust before putting in your filling. I sometimes sprinkle a few vanilla-wafer crumbs or finely ground nuts to give a little more flavor. The crumbs will take up much of the juice.

Mrs. Smith

ON GOOD INTENTIONS

I am someone who is always "going to"--take those piano lessons, take that course in tailoring, paint pictures and so forth. Recently however, I sat down and took stock and made plans for the coming year that I intend to carry out. The reason? A visiting aunt, relating some of the highlights of her trip last summer, said one of the most interesting places she'd seen was an old cemetery where nearly every tombstone held an important message for the living. The one she thought most striking read, "Here lies a man who was 'going to.' Now he's gone."

B.L.S.
Woman's Day

Men's

Page

NORTHERNS, SWEDISH STYLE

By mid-January, ice conditions are generally ideal and the northern pike fishing on Lake Poygan is in full gear. Lake Poygan shares its distinction of being an excellent northern pike lake with Lake Winneconne and Big Lake Butte des Morts. These three lakes are actually widening of the Wolf and Fox Rivers which enter Lake Winnebago, forming the largest inland water area in Wisconsin.

In most waters of the state, anglers take their leads from the northern pike's fish eating habits and use live fish for bait. Favored live bait are small suckers, chubs and minnows ranging up to 8 inches in length. Veteran northern pike anglers often state "the larger the bait, the greater the fish."

On Lake Poygan, the veteran northern pike angler uses dead smelt or chubs (bloaters) in the 6 to 10 inch class, with large smelt preferred. The smelt or chub is carefully put on a V-shaped Swedish hook that is about 10 inches in overall length. The hook has been machine bended and about 1/8 inch in diameter with an eye on one end and a stout single barb on the other.

It was in 1957 that two anglers from Sturtevant first used the Swedish hook on Lake Poygan. Their first trip ended with an excellent limit of huge northern pike and veteran Lake Poygan anglers immediately attributed the success to "dumb luck." The excuse of luck was soon forgotten as many successful trips followed. The new type hook began to catch on, with increased usage of this type hook and fishing method each successive year.

The success of this method begins with the precise care necessary in putting the dead smelt on the hook so it hangs perfectly horizontal in the water. The barb is pushed through the anus into the body cavity, at the same time turning the hook slightly. The barb is brought through the cavity until directly behind the head just so the barb barely punctures the skin.

The air must be removed from the air bladder if it hasn't already been punctured by the barb to make sure that the smelt hangs down. The baited hook is then placed in the water and if it doesn't hang perfectly horizontal, an 8 or 10 penny common nail is placed into the mouth to insure proper balance.

Most anglers use 40 to 90 pound test line which is tied directly to the eye of the hook. Leaders or other hardware are unnecessary because the size of the hook makes it almost impossible for the fish when caught to cut the line with its teeth.

The baited hook is fished at various depths as would any other type gear. Varying the depth of the baited hook will pay off as the fish may be hitting just below the ice one day and just off bottom on another day.

Once the tip-up goes up it is important to get to the action quickly. When the fish makes a run, grab the line and begin to pull, keeping tension is very important.

A tip to keep in mind when using the Swedish hook is to cut a 12-inch hole and bevel out the bottom of the hole so the fish won't catch onto the ice when being hauled out and pull itself off. A straight sharp edge hole should be eliminated.

As would be expected, northerns caught with the Swedish hook using 6 to 10 inch smelt should be large and they are. The fish are usually over 22 inches in length and have reached a length of 44 inches. They weigh from 2 to 24 pounds. The five best catch known consisted of five northerns weighing a total of 65 pounds. Not bad for an afternoon outing.

--Wisconsin Conservation Bulletin

Around the Grounds

Waterwood News

FIORELLO

VALENTINE'S DANCE

Thursday, February 15, 1968, a group of patients went by bus to the Grand Theatre in Oshkosh to see the musical, "Fiorello!" as presented by the Oshkosh Community Players, Inc.

"Fiorello!" is based on the life story of Fiorello La Guardia, a noted former mayor of New York City.

The first scenes of Act I portray the beginning of Fiorello's political career as he runs for Congress in the fourteenth district of the state of New York just prior to World War I. The latter part of the act tells how, after his election to Congress, he supports the Draft Act and then actually enlists in the Army Air Force. A film strip shows him shooting down a German plane and regaining Trieste for the italians.

In Act II Fiorello has returned to the States, married, and run for mayor of New York. A Tammany plot nearly succeeds in taking his life. All seems darkness and despair as simultaneously he loses the election and his wife dies. Despite the obstacles, he carries on and some years later decides to re-run for mayor of New York and to remarry.

The notebook musical renditions include: "Politics and Poker," "The Name's La Guardia," and "Gentleman Jimmy," (a dance number) and "Little Tin Box."

More than one comment revealed "Fiorello!" to be a good evening's entertainment.

Jim

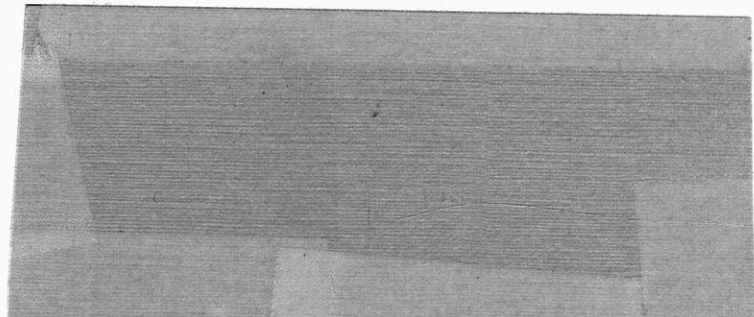
T.W.A.

If just sipping cokes at the Canteen ever begins to bore you, or you don't feel like going to the library, why not join the T.W.A. (Try Walking Around) Club?

It's unofficial, of course, and

(Continued on Carton Page)

On February 14 the Student Council had its Valentine's Party.



Strieblo and the Student Council members were served at 8 : 15.

When the multiplication dance came around, the floor was filled with Pat , Dave , Anessa , Don , Mr. and Mrs. Klinke, and the dashing Mr. and Diana , along with many more Junion and Senior High Students.

The excellent behavior of all of the students at this dance and those of the past make it possible for the Student Council to sponsor more activities.

Rose I

MEN'S INTRAMURALS

	<u>Volleyball</u>	
	<u>W</u>	<u>L</u>
Sherman	22	3
Hughes B	14	16
Kempster	7	13
Hughes A	7	18
	<u>Bowling</u>	
	<u>W.</u>	<u>L</u>
Kempster	7	5
Sherman	5½	4½
Hughes A	5½	4½
Hughes B	2	6

Around the Grounds

GORDON'S GOLDEN GIRLS

Far from the usual concept of a sombre, sterile hospital geriatrics ward is the atmosphere of WSH's Gordon Hall South ward for geriatric women. On entering the ward visitors are greeted by an enormous dayroom with a southern exposure usually flooded with sunshine and smiles. Gordon South has a capacity of 60 patients (some of them confined to their beds) and it is staffed by Head Nurse Mrs. Agnes Phipps, nurses Miss Irene Lewis, Mrs. Pat Kohlbeck, Mrs. Sherry Perry, Miss Jane Spiegelberg, Mrs. Ruth Guager, with 16 additional nurses' aides. The present census of the ward is about 55 patients.

"We're far from inactive here", says Nurse Perry. "Besides the sedentary ward activities such as watching TV, reading, playing cards or quietly chatting, many of our ladies often leave the hospital grounds for rides with visitors. And Volunteer groups such as the Altrusa Club from Neenah and Alpha Xi Delta from Oshkosh seem to enjoy taking our women out for shopping trips, the movies, concerts at the high schools and the university, and trips to local parks. Not too long ago several of our more active women even went out to dinner at the elegant Serre's Supper Club!"

Many of Gordon South's patients attend O.T. regularly, where the most artistic member of the ward, Sarah, can usually be found working with much vitality on some creative project. Sarah, who has been at the hospital for about two and a half years, took art lessons prior to her coming here, and is known for her water color murals on Gordon cafeteria's glass doors -- she has just washed out two winter landscape scenes there and will soon start a lively spring scene. Sarah has also worked with oil paints, leather, paper-mache, and recently has painted landscapes on five-gallon empty gallon jugs which have then been converted into lamp bases. Sarah, who sometimes works in her own room on a canvas board propped up on a chair, is one of several other Gordon South women who help feed other patients at

meals.

Marie and Jessie Leonard are two, other highly active patients on the ward; they are room-mates and are unique in being the only women on Gordon South who carry full-time I.T. assignments. Marie works in the Kempster cafeteria and enjoys it so much that she hates to take her day off on Fridays; before working in the Kempster breadline, Marie was at the Food Service Building and reports are rampant that she's kept the local spurrrel population supplied with bread-crusts. Jessie works in the Gordon cafeteria where her good humor and helpfulness in setting up trays for the other patients are a great asset. Both Marie and Jessie attend O.T. regularly.

Gordon's ladies look forward to visitors every week as well as to piano recitals by Mr. and organ recitals by Mr. Clarence Weber; two Protestant Church services and two Catholic services are held on the ward each week. Like the rest of us, the South Gordon ladies hope for more outdoor activity when spring comes.

Ellen

EYE OPENERS

By the time you are 28 years of age, you are in the older half of the total population of the United States.

For all their traveling, 80 percent of Americans have yet to fly. The global potential is even bigger; only two percent of the world's population has been up in a plane.

Form the habit of reacting Yes to a new idea. First think of all the reasons why it's good; there will be plenty of people around to tell you why it won't work.

Reader's Rhymes

Lovely Chance

O lovely chance, what can I do
 To give my gratefulness to you?
 You rise between myself and me
 With a wise persistency;
 I would have broken body and soul,
 But by your grace, still I am whole.
 Many a holy gift you gave me,
 Music and friends and happy love
 More than my dearest dreaming of;
 And now in this wide twilight hour
 With earth and heaven a dark blue
 flower,
 In a humble mood I bless
 Your wisdom--and your waywardness,
 You brought me even here, where I
 Live on a hill against the sky
 And look on mountains and the sea
 And a thin white moon in the pepper
 tree.

Sara

Trees

I think that I shall never see
 A poem lovely as a tree.
 A tree whose hungry mouth is prest
 Against the earth's sweet flowing breast;
 A tree that looks at God all day,
 And lifts her leafy arms to pray;
 A tree that may in summer wear
 A nest of robins in her hair;
 Upon whose bosom snow has lain;
 Who intimately lives with rain.
 Poems are made by fools like me,
 But only God can make a tree.

Joyce Kilmer

My Own True Love

My love for you can not wait;
 In your arms I long to be.
 I to feel your sweet caress;
 True love we can not see.
 I'll be waiting for you love;
 It's just my point of view.
 You're so wonderful to me,
 With a love that's kind and true.
 Why should we ever be apart;
 Our love so sweet and true,
 Please don't tear my dreams apart;
 My love's for only you.
 Before I die I hope you see,
 My love for you will always be.
 As sure as skies are up above,
 This is for you my own true love.

Judy

Where Is My Shepherd

Where is my Shepherd?
 He's out in the night.
 Where is my Shepherd?
 He's never in sight.
 I need him now, but can not find;
 For He's the worlds, yet He's mine.
 I love my Lord but,
 Why do I sin and cuss?
 What a blessing He has created us.
 When we think of doing evil;
 Just put your trust in Jesus.
 Remember it's for your benefit you
 go the right way,
 Remember your children, don't lead
 them astray.

Judy

Eternal Influence

Our efforts live beyond the mortal years,
 An influence in ever-widening spheres.
 The love inspiring labor stamps its worth
 Upon dear ones remaining here on earth.

Ernest

From Here 'n' There

Letters to the Editor

WORK WORKS WONDERS

It is not a new idea that work is a blessing and not a curse. To a psychiatric patient, with long and weary hours to fill, work may be a necessity.

But whether work is a true blessing depends on the person who supervises the patient. He is the key figure. He must be patient, accepting, and tolerant, and he must honestly expect that the patient can perform well and get some satisfaction out of the experience.

Toward the end of their hospitalization, patients often tell us what the work program did for them. One young woman said her experience in the hospital work setting was helpful when she went to work again in the community. A man told us that he had been worried that after his recovery he would have lost his work skills, but that the hospital job reassured him. Another woman said the work gave her a sense of participation in the life of the hospital.

But the most important thing that patients seem to experience in their work assignments is the supervisor's faith in their ability. That faith is implied by the very act of asking them to do a real job. The knowledge that he is trusted to complete a necessary job satisfactorily is often the impetus an anxious person needs to carry the job through, and to experience a small success on which he may build a more rewarding future.

--Elizabeth E. Lanham,
C.O.T.A. Head,
Work Program
Sheppard and Enoch Pratt
Hospital, Towson, Md.

To the CUE Staff:

I can speak German very well--either "plat Deutsch" or "hoch Deutsch." I find some here at times and I can help. But not at present. There is no one here. I really am a mongrel. I also speak French and some English. My Grand Dad was born in Germany and he taught me when I was small.

Throughout life I have found many who could either not speak English or would rather speak German. That is the reason I do not care much to meet even informally with others. I am hard of hearing and even with an aid one can't understand everyone. A hearing aid is an aid but it will not take the place of a pair of good ears.

I want you at the CUE to know I enjoy every issue of the CUE, and I think you of the CUE staff are doing a very good job. I save every issue as they are very interesting. Keep up the good work.

Sincerely,

Art
Gordon Hall North

We were extremely pleased to receive such a complimentary letter, Mr. . . . Letters such as yours provide a shot in the arm for our enthusiasm because it lets us know that the CUE is being read. Frequently, we encourage people to submit suggestions and comments in the form of a Letter to the Editors but sorry to say, receive very few.

It is our sincere hope that we can continue to provide material which is interesting and informative.

Thank you.

Editorial Staff

MOVIE REVIEW

HARUM SCARUM Elvis Presley, Mary Ann Mobley, Fran Jeffries. American movie star, Presley, on a good will tour, is kidnapped by assassins in an imaginary Middle Eastern kingdom. They want Elvis to use his karate ability to kill the king. Naturally, Elvis doesn't go for the idea, especially after he meets and falls in love with the king's daughter. Rollicking action is interrupted for a song or two by the hero. COLOR. 95 min.

ON THE SOBER SIDE

THE ALCOHOLIC TREATMENT PROGRAM

The Alcoholic Treatment Program on Hughes A-4 is a thought-provoking and thorough one.

Our Staff members are an unexcelled example of enthusiastic cooperation and teamwork in action.

There are 26 patients on the Unit, of which 8 are women. They are divided into groups: Group 1 - Women and Groups 2,3 & 4 - Men. There is also a psychotherapy group conducted by Dr. Lysloff for various male patients on the Ward. Dr. Filmer-Bennett also holds two psychotherapy sessions twice a week for the women patients.

Father Nelson and Reverend Windle have group discussions with the Catholic and Protestant people on the Unit.

Mrs. Kopitzke, our Head Nurse, commented on her classes: "My discussions are based on learning our psychological needs, what happens when we do not satisfy these needs or goals, and various reactions which occur when we are frustrated in attempting to reach these aims. I try to emphasize the importance of looking at oneself honestly to discover why we react the way we do".

Mrs. Klein, L.P.N., also has a very important area and told this writer: "My classes will deal with feelings of insecurity and inferiority often experienced by the alcoholic. Ridding oneself of these feelings and the importance of realizing one's worth and dignity as responsible members of society will be emphasized".

Mrs. Clement, R.N., explained her area of discussion thus: "I am endeavoring to cover the many physical and medical aspects of alcoholism and what it does to the body. This invariably leads to much helpful and interesting group discussion".

Mr. Schuettpelz, Mr. Haebig, Mr. Fredin and Mr. Wemmer, our attendants, deal very skillfully and with empathy in the following areas, to mention but a few: Attitudes and how to change some of them, adjusting ourselves to today, for just 24 hours, important points to remember when we are confronted with the desire or compulsion to take a drink, and the necessity of continuing in active A.A. participation when we leave W.S.H.

Mr. William Daumueller, our social worker, will be having classes which will deal with the many social aspects of alcoholism, and the returning patient to his or her community.

Mr. Logue's group consists of married men with intact families and deals with insight into this vital facet of life.

Vocational Rehabilitation, through our representative, Mr. Verbeten, is also available to Hughes-4 patients.

Mrs. Paffenroth, our Industrial Therapy representative, untiringly endeavors to place each patient in appropriate job locations, which is appreciated by all.

Our 2 P.M. nurses, Miss Vandenburg and Miss DeBoer do not hold group discussions but are ever willing to help us whenever possible.

Another important area of treatment is the Tuesday and Friday evening "Introduction to A.A." meetings. Speakers from local communities and out of town come to talk to and offer us their assistance whenever they are able.

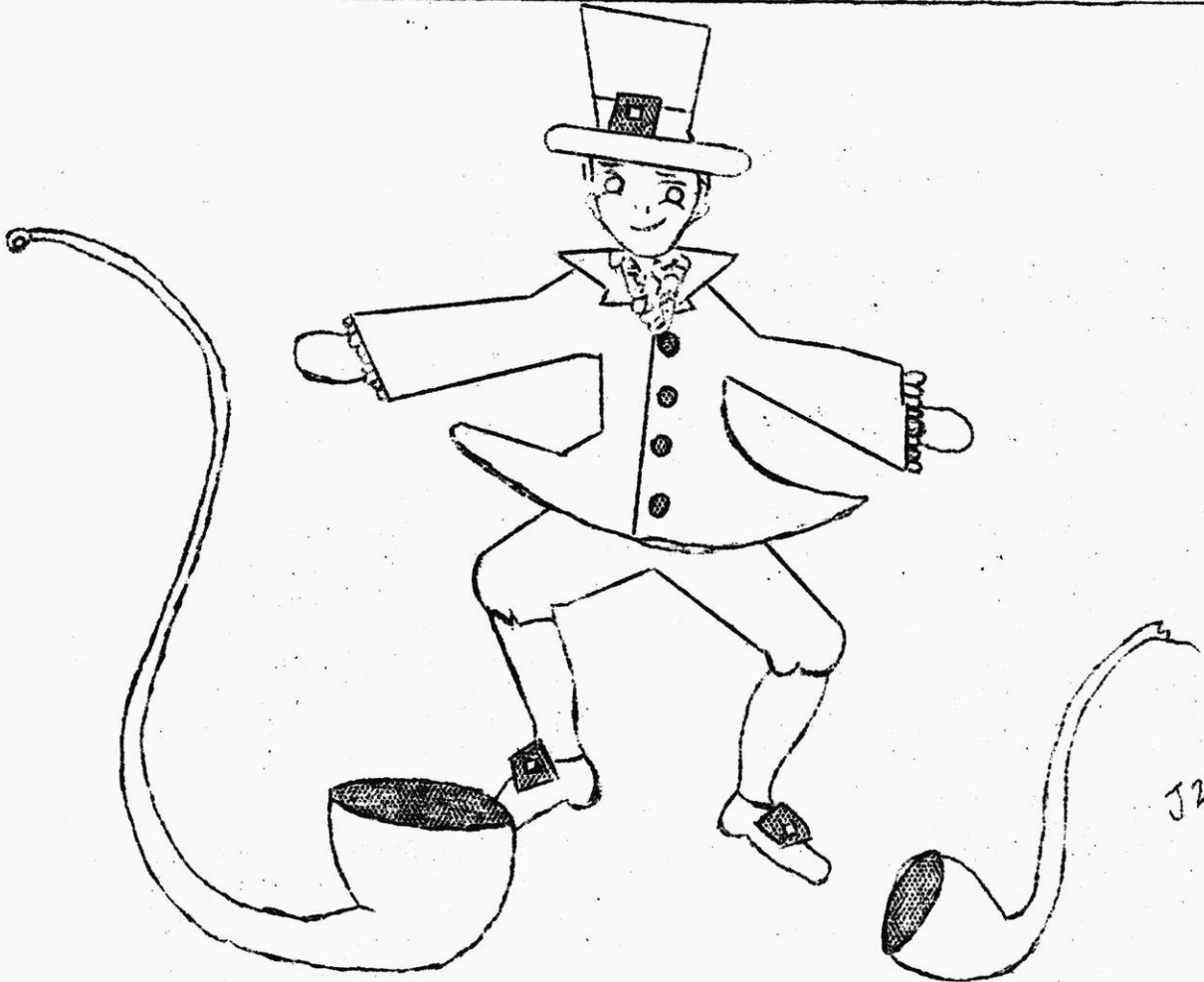
The Alcoholic Treatment here on Hughes is not represented as a "cure-all", nor is it intended to be. It is however, one of the most progressive in the nation. Winnebago State Hospital helped pioneer the inclusion of women with this illness into treatment programs such as this and the step taken by this hospital is a great one forward in combatting this insidious disease, and one hailed throughout the country.

We, the recipients of the benefits from this Program, will always be grateful for the help given to us by this hospital and the Alcoholic Treatment Team.

Mary

In next issue WATCH FOR a glimpse of the Recreational Activities and Group Discussion classes conducted by Chuck Lemieux, another important facet of the A.T.U. Program, of which there is no room for an adequate account in this issue.

Hospital Chuckles



How come your so short?

My owner chews!

T.W.A. - Continued from Page 7

the only membership requirements are a wish to observe the local scene in winter and an eagerness to watch spring make its first bid. A few random notes:

The eight-mile stretch **across** Lake Winnebago is hard and white, occasionally spotted by ice fishermen's shanties and cars. The usually lovely willows bordering its shores are barren, their limbs showing no suggestion that spring is near. The old blacksmith shop (constructed, we hear, in 1892) still stands firm and one wonders what was dismantled from its south side—there is some evidence of a stairs to the second floor, and some old traces of a wall. The baseball fields are hard and barren, with only the squirrels around to field and furrow for their hidden acorns. Of course, daily progress can be seen in the construction of the new Main Building.

The T.W.A. club is much more ac-

tive during the spring and summer months, barring the lake-fly pestilence, but it beckons new members to join now and observe this hallowed, sun-starved ground in its March decor.

Ellen

SCOUTING PROGRAM Continued from Page 13

Picnic Point shelter house and holding flag ceremonies:

Scoutmaster Wilcox, believes that it is very important for boys here in the hospital to become acquainted with boys in the larger communities. He believes the friendships that are formed will persist after they leave.

The Boy Scouts are sponsored by the Optimist Club. The Jaycettes, sponsor the Cubs. Doug Hart of the Packers recently presented the troupe with an autographed football.

Bob

- Joan

INDUSTRIAL THERAPY (Continued from p.1)

It is important that both those who prescribe and those who recommend patients for assignments recognize what they are looking for in the patients selected for the industrial therapy activity. Among some of the factors to be considered are: the patient should possess at least the minimum attention span and work tolerance required for the job, a positive interpersonal relationship is anticipated between the employee-supervisor and the patient, and it is desirable that the patient be interested and motivated toward the industrial therapy assignment, but this is not always necessary.

For those of us who are still wondering why we have to work while in a hospital, perhaps the results of an attempt to evaluate the current status of Industrial Therapy in various psychiatric settings, made in 1965 by Lawrence C. , would help answer the questions. It was found that the average hospital had approximately one-third of its total patient population participating in industrial therapy activities at any given time and it was also found that the percentage of the discharged patient population who had been on industrial therapy assignments was over 72 per cent. One factor that may account for this impressive ratio would be that industrial therapy was extremely instrumental in effecting the discharges.

Yvonne

THE EVENING CANTEEN (Continued from P.1)

During the evening hours, supervision of the canteen is the total responsibility of a selected group of patients known as Social Chairmen. Three of these chairmen are present each evening and thus far have done an outstanding job in maintaining order during the evening. To date only a few minor problems have arisen and all have been capably handled by them.

Social chairmen are selected from different liberty wards. Recommendations are made by the ward staff based on the individuals' ability to assume responsibility and their willingness to help others. Upon selection those who will serve as chairmen become familiar with rules and regulations established for behavior by the Canteen Planning Committee, the group of patients who initially set up

guide lines for operation and supervision of the canteen, and see to it that the rules are followed.

As a new patient receives liberty privileges he or she can attend the canteen activities and is given a copy of the canteen rules. Anyone who does not have a copy of the rules and regulations may ask the head nurse on their ward for one.

Mary

SCOUTING PROGRAM (Continued from Page 1)

selled by Mr. George Wilcox, the troop leader or Scoutmaster. They discuss future activities and topics for consideration at patrol meetings.

The many activities that the Scouts engage in have to be planned. Boys look forward to hiking and camping; every boy gets a chance to camp out at least once. In 1966 the boys went to Twin Lakes. They have also gone to Kettle Moraine for activities. They have been to a swimming party and in the winter occasionally go ice fishing. Last winter the boys had three mile hikes every Wednesday. Some of the Scouts went on two-mile hikes this fall. They camped out in the winter twice and enjoyed the experience of hunting a rabbit and cooking it in a homemade cooker. Men from the Alpha Phi Omega College fraternity from Oshkosh State College help out in some of these activities.

There is an active Cub Scouting program here at the hospital for boys from ten to twelve years old. They make up two dens. Cubs from Winnebago State Hospital occasionally meet with Cubs from other localities. The day designated as Cub Day was eventful with the boys taking part in archery and swimming. They have had three blue and gold banquets so far. Parents of the Scouts came to the last one. Special ceremonies for the Cubs are the four Courts of Honor in which awards are presented.

The Scouts have entertained the Gordon Hall ladies with skits. There have been Courts of Honor for which Scouts from our local community came. Boys from our troop go for Scout counsel and training with boys from different areas. Scouts here who earn it go swimming in town at the Y.M.C.A.

The program included attending the Sherman Hall dedication, helping open the

(Continued on Cartoon Page)

Mrs. Julaine Farrow
Nursing

THE WEEK AHEAD

HOSPITAL ACTIVITIES FOR THE WEEK OF MARCH 4 - 10, 1968

March 4 Monday	2:15 - 4:00 pm	HH Music Rm.	Record Listening
	3:45 pm	GH AT Area	Catholic Mass
	6:30 pm	HHB 1-4	
		OT Area	Wood Working
	6:30 pm	HHB 1-2	Lucky Shamrock Home- makers Club
	7:00 pm	SH 5-6	Outagamie Red Cross
	7:00 pm	2W	Circle K Club
	7:30 pm	HH Gym	Wolf River Area Square Dancers
March 5 Tuesday	10:30 am	GHS	Lutheran Ward Service
	2:15 - 4:00 pm	HH Music Rm.	Record Listening
	7:00 pm	2W	Gray Men
March 6 Wednesday	1:15 pm	1W	Appleton Red Cross
	2:00 pm	NC	Oshkosh Catholic Women's Club
	2:15 - 4:00 pm	HH Music Rm.	Record Listening
	3:00 pm	Kem. Rec. Rm.	Patients Planning Committee
	6:30 pm	Gym	Women's Recreation
	7:00 pm	Chapel	Lutheran Service
	7:00 pm	SH 3-4	Mercy Hospital Student Nurses #1
March 7 Thursday	2:15 - 4:00 pm	HH Music Rm.	Record Listening
March 8 Friday	2:15 - 4:00 pm	HH Music Rm.	Record Listening
	6:45 pm	Chapel	Protestant Communion
March 9 Saturday	9:15 am	Gym	MAKE*UP GAMES Volleyball-Kempster vs Hughes A
	9:15 am	Rumpus Rm.	Bowling-Sherman vs Hughes B
		To be announced	Catholic Confessions
		To be announced	Catholic Mass
	10:00 am	GHS	Favorite Hymn Recital
	10:30 am	GHN	Favorite Hymn Recital
	2:30 pm	HHB-3	Rachel Circle
March 10 Sunday	8:45 am	Chapel	Protestant Service
	10:00 am	Chapel	Catholic Mass
	6:30 pm	HHB-4	Senior Pilgrim Fellowship