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VOLUME III

November 22, 1968

ISSUE 19

THANKSGIVING HERE

Thanksgiving is traditionally a family-centered celebration and wherever possible we would like to see our patients enjoy a Thanksgiving meal with their family. In many cases this can be accomplished by having the patient visit at home; however, some patients cannot be at home at that time and it is to the relatives of this later ter group of patients that we are extending special consideration.

First, visiting hours for families will be 9:00 A.M. to 4:00 P.M. and 6:00 P.M. to 8:00 P.M. Secondly. immediate family members may eat their noon meal, a traditional Thanksgiving dinner, with their hospitalized relative. Guest meal tickets may be pure chased at 80¢ each.

Most patients who will be having dinner with their families will be eating in the Food Service Building. Serving hours are 11:00 A, M. to 1:00 P.M. Other patients will gat with their family in the building in which they are housed, and serving hours will vary but generally will be between 12:15 and 1:00 P.M.

We sincerely hope that these arrangements will make it possible for many families to attend.

Superintendent

LO, OUR LARDER

We talked with Mr. Harvey Frue, Production Manager at Food Service, the other day and got down to cold (turkey) facts about the Thanksgiving Day meal here at WSH. Wr. Frue informed us that 625 lbs. of the frozen bird have been ordered from a Jefferson turkey farm, the giblets of which will be used in both the dressing and the gravy. Other statistics: 400 lbs. of potatoes which will be mashed in the kitchen's Hobart tank; 100 lbs. of cranberries; 6 cases (34 gallons) of early June peas; 30 gallons of gravy made from the natural stock of the roasted turkey; and a vast amount of dressing (bread, giblets, sage, onions, celery, eggs, salt and pepper) will be on hand. The kitchen anticipates baking 125 pumpkin pies topped by 5 gallons of whipped creame

Mr. Frue added that this isn't a particularly relaxed day for Food Service. Chef Robert Bednerek will arrive at midnight of this glorious harvest holiday to put the turkeys in the oven and make the dressing; the cooks start making breakfast at 4:00 and will begin carving the birds at 7:30 A.N. Every effort will be made to cater to individual preferences - "light or dark, please?" Food Service anticipates about 150 guests and hopes the hearty meal will be de-Darold A. Treffert, M.D. voured and enjoyed by all.

THANKSGIVING DINNER

Orange Juice Roast Turkey w/Sage Dressing Mashed Potatoes Rich Natural Gravy Buttered Early June Peas Cranberry Sauce Cumpkin Pie w/Whipped Cream

GDITORIAL

In the United States and Canada, a day is set aside each year as Thanks-giving Day. On this day, people give thanks with feasting and prayer for the blessings they have received during the year. Perhaps we, too, should give thought to being thankful for the blessings that all of us associated with the hospital have in common.

Each time I take a look at the old building, my heart says a simple "thank-you" for the progress the state of Hisconsin has made in caring for their emotionally ill. Dear friend, take a good look at these clean buildings with all the up-to-date facilities and then be a little thankful. Be assured that the hospital will continue in up-dating its facilities. Don't you appreciate the opportunities you have in receiving help with your problems and even more important, to know you can help yourself? How can you help from being thankful. In the last few years the hospital attitude concerning granting liberty has become much more relaxed. There are so many more opportunities to remain a part of your community that it behooves us to give thanks. Last, but not least, be thankful for the good food provided by the hospital. So many hospitals serve the cheapest, poorest grade available. Be honest enough with yourself to admit it's pretty good, and then feel a little grateful.

For these collective things, and for your personal blessings, give thanks. You may be more blessed than you realize.

Editorial Staff

ISSUES & ANSWERS

FOR ON THIS THATKSGIVING ?

I'm thankful that I'm living in this land of freedom and that I can celebrate Thanksgiving Day with my family.

Louise

I'm thankful that my relatives and parents and daughter will get together on Thanksgiving Day even though I won't be able to be with them.

Carolyn

I'm thankful for my personal life, liberty and pursuit of happiness.

Mardel

I'm thankful to be alive.

Mary

I'm thankful for my five children, wonderful and loving husband. I'm thankful my family has their health, and myself. I'm thankful we are all provided for. It is God's blessing that I can further my education.

Mrs. P. LPN

I'll be glad to leave Minnebago in hopes that I'm better and prepared to live a healthy, normal life. I hope some of the other patients will be able to do the same. A few weeks in here would make anyone try to better themselves.

everly

Thanks be to the innebago State Hospital for a marvelous staff.

Betty (

I'm thankful for getting help.

Nancy

I am thankful for being alive.

Frank

I am most thankful that I have such a loving and understanding family, also that there are many people who can understand and help me through my problem.

Margie

I am thankful that I live in a free country and that there is a good Lord in heaven that answers most of my prayers. I think that each of us can always be grateful for that all of the time.

Nancy

The fact that through the miracle of science and its basic source which is God makes life more meaningful than it ever has been. For this I am most thankful.

Patty

I am thankful for the respect for my personality and the forgiveness of my faults by one and all.

Robert

I can be thankful for people that care about patients.

Mark

I am thankful for the food we est and the prayer before we eat.

Craig

I'm thankful for the hope of snow on the ground for deer hunting.

Earl

I'm thankful to be back in the states instead of Korea.

Ex-Captain Jerry

I'm thankful for understanding parents.

David



THANKSGIVING

"Let these people thank Jahveh for his love---for his marvels on behalf of men"---ps. 107. The psalmist here is encouraging the People of God to acknowledge and esteem the loving care which their Lord has extended to them. He entreats them to realize how beholden they are to Him, not only for their very existence but more so for their sacred heritage as His Chosen Ones and His promise of deliverance. They must never take for granted His unique and preferential loyalty and commitment to them.

We of the New Covenant believe that His love of the Father for His people took a magnificent new form in the person of Jesus Christ---His beloved Son and our Savior. He is the embodiment of God's love for His people. Moreover, membership in the People of God is no longer restricted to the Jewish Nation, but includes all who believe in Jesus and are baptized.

We can begin to understand the depth of St. Paul's statement to his converts at Corinth---"I never stop thanking God for all the graces you have received through Jesus Christ that you have been enriched in so many ways."

To whom are we thankful?---Cur loving Father in His Son. For what?-- Deliverance from our own weaknesses, selfishness, suffering, alienation and meaninglessness, and the invitation to a share, even now, in the messienic blessings---Peace and Love.

Father Nelson



LADIES

23 Waunetta

Marlene

Sarahphine

24 Elvira

27 Belle

Kathryn .

30 Edna

GENTLEMEN

25 Harold

26 Louis

28 John

Bernard

29 Joseph



Roger Sally Robert Devid . Jo. Ann Helen Jean T Elden

Advisor: Chuck THE CUE PAGE 5

SETTLER'S WIFE PRAYED FOR BREAD By Lillian Mackesy

There's a story of Wisconsin pioneer life---that crucial first year of the wilderness settler.

Professor D.M. Hyde, Badger born, said, "Here they settled in a wild wilderness, alone, isolated from the great throbbing world without. They built their little log cabins here and there in the wilds.

With no roads except Indian trails and in many cases scarcely anything to help themselves with, they started out anew to work their way up from nothing to abundance and wealth."

A pioneer wife tells her story.

"We had paid our last dollar for land, a cow and a small quantity of flour. My husband left me with the baby alone in the wild prairie while he went to seek work. The house was a frame covered with boards and lighted by a single window. There was no floor.

"Hearing that our neighbor was sick, I took the baby and went to see her. I found her surrounded by a family of little ones with no one to help her. I stayed two weeks. My neighbor's oldest boy took care of our cow. For the labors I received a half-grown pig and a bag of flour.

"The autumn days kept me busy gathering acorns for his wineship, dandelion roots for our coffee and also a store of hickory nuts and hazelnuts for the winter evenings.

"In November John got a fall which disabled him several weeks. This was great trouble because he had bargained to work for our nearest neighbor to pay for the hay for our cow. This irritated the man so much he refused for a time to let us have any hay. At length he relented and drew us a single load.

John didn't see how we were ever to get along. We had not broken our land yet. We were without a team, money was scarce and it often was that he

received none for his labor. (Food, flour, hay and other supplies were paid instead.)

"By the end of March all our provisions were gone, but a handful of flour. In the morning every tree was 'ringed deep with pearl.' John went out before breakfast with his gun hoping to find some wild geese or ducks. But he only had a single charge of powder in his flask. Soon he returned carrying a heavy bird in either hand. John went out for more and ended with thirty birds. He found them by the creek with their wings so loaded with ice they could not fly.

"'There is bread for today,' I would tell him, 'and God will take care of us for tomorrow, for we are His children.' And so He did.

"'Let us thank God,' I said with deep emotion, 'I knew He would not leave us in want.'"

Sunday Post-Crescent

FRUIT SALAD

l average size can of fruit cocktail

1 small can of mandarin oranges

† pint of whipping cream or 1 large container of Cool Thip

l cup of miniature marshmellows

2 heaping tablespoons of salad dressing or mayonnaise

Drain fruit. Whip cream. Fold the salad dressing into the whipped cream. Fold fruit and marshmellows into whipped cream mixture. Refrigerate.

Helen

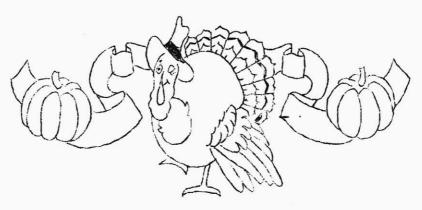
WHAT YOU SAY, SPEND, TELL ***

Do not say all you know, for he who says all that he knows often says more than he knows.

Do not spend all you have, for he who spends all he has often spends more than he has.

Do not tell all you hear, for he who tells all he hears often tells more than he hears.

tall turkey tail



This is a very mild fable about a very wild turkey named Sam. He did not wish to become domesticated and subsequently slaughtered for the Thanksgiving feast; all summer long Sam flew nervously around the great pines up in Vilas County, trying to think how he could beat the oncoming page.

"I simply refuse to meet the axe," said Sam. And he meant it.

"But Sam," said one of his cronies named Clyde, "let's face it, we've all got to do our thing. Stop being neurotic. Think of the joy you'll be giving some hungry family unit down there in suburbia."

"Joy, schmoy !" squawked Sam. "You mean white meat, dark meat. I don't give a giblet about how I affect their digestive juices. All I care about is my freedom. Freedom! Freedom! "And he flapped his tail feathers with such gusto that seven pine cones fell to the ground from the 157-foot great pine where he was perched.

It should be brought out here that it really wasn't freedom that Sam treasured as much as it was his stunning array of tail feathers. At heart, Sam was a vain bird who, in truth, put feathers before ideals.

Right after Labor Day, Sam and Clyde had a good beak-to-beak chat. Sam had lost weight, he had dirfficulty sleeping, his flight time had diminished and at times his eyes twitched from anxiety.

"I wanna be honest with you, Clyde," gobbled Sam. "I'm a nervous wreck. It's my old hang-up about the axe. But I see a way out, Clyde baby. I'm taking off for New York City around the first of October, right to the 1DM Corporation computer center. Of course, I'll look

up a few old friends while I'm there, but the main pitch is to have my gorgeous tail feathers appraised and computerized in one of the IBM machines. How about that? I'll fly back November 29th, after the axe has fallen and, oh yes, I'll have my freedom! "

"Well, " said Clyde, " I guess we all know a bird in the bush is worth two in the hand." But Clyde was dubious.

So San took off as scheduled. His flight was smooth with stopovers at farms ourside Honroe, Michigan; Massena, Chiq; and Rahway, New Jersey. Upon landing in Manhautan, Sam immediately went to the IBM computer center at 56th Street and Madison Avenue.

"Greetings," Sam gobbled to the attendant in charge. "I'd like my tail feathers evaluated and computerized."

"Look, auddy," said the attendent, "we're Dedicated People here, we're busy, and we've never calculated a turkey. But we'll give it a try. Nait 'til the boys over at Univac hear about this !"

"Harry up," said Sam. "I've had a tiring flight and I'm nervous as a witch."

The attendent led Sam down a corridor to a room where a computer team stood in front of the famous IEM machine 23759. Fortunately there was a mirror on the south wall; this seemed to calm Sam and he adjusted his hat, puffed out his breast and gazed admiringly at his splendid fan of tail feathers.

"We'll have to pluck out your feathers," said one of the computer men."
Now, ordinarily, this would have sent poor Sam into high frenzy. But, you see, he had been utterly hypnotized by his own image and the sort burrrrr of IEM 23759.

(continued on page 10)

HOPE FROM THE OUTSIDE

It is 7:30 on Friday evening; the dayroom of Hughes Hall A4 about 75 members of the audience (patients from the Alcoholic Treatment Center, husbands and wives and interested outsiders) are gathered for the bi-weekly WSH open Alcoholics Anonymous meeting. The chairman of the evening asks for a moment of silence, reads the AA preamble, the 12 Steps and introduces the guest speakers, tonight from Mil-The first speaker, a well waukee. dressed man in his 30's with an of contented earnestness about him, begins his talk.

"My name is Ken and I'm an alcoholic. I can speak to you tonight with sincerity because I know what it is to be dead from the curse on continually I had lost touch craving a drink. with humanity and mankind. I suffered great physical and mental anguish, was sick, afraid and hopelessly cast. When I finally contacted Central AA office in Milwaukee for belp I had too much false pride to identify myself with other members in the AA pro gram; but I learned that these 12 steps are tools, blocks for a solid foundation, a life of sebricty. The step, admitting I was powerless alcohol, was the toughest for me because I'd once been able to hardle it until it became my medication, my love, my life. You people have heara often enough about the dangers of taking the first drink, and don't forget it.. one drink will eventually catch up with you if not tomorrow, then next week or next month with the second and third drink and chaos. All of us have to be careful about the first drink on good days as well as the bad ones-that's the price of sobriety and belie**v**e friends, it's worth it..."

When Ken's talk, much more meaningful than just a "drunkalogue," is over, he is followed by a tall recovered alcoholic whose eyes flash now with humor, now with more sombre exotion.

"My name is Jim and I'm an alcoholic. I try to get up here to speak once a month because after being in six other institutions, I, too, was a patient here. I came here directly from jail with one centin my pocket; when I left months later I had 2.85 in my pocket -- now, that's progress! I'd spent months panhandling in Chicago, I'd conned all my relatives there who tried to help me... one time my sister and brother tried to put me in the big Chicago hospital for alco-I promised them I'd go if I could just have one drink first. ran across the street to a gin mill, got myself loaded, finally went home to sleep it off and just left By the time I was sent up waiting. here my life was an unmanageable mess. I'd lost my wife, my kids and seven years on the job. I even sold my car for two dollars, but that's another story.

Through the help I got here at Winnebago and through AA, I learned that resentments were a big factor in my drinking, deep-seated personal resentments I carried that were torturing me. Now I'm not a rich man, I have no fabulous job, no ex-wife, no kids. But I don't find myself in some bar at two or three in the morning without ever a penny in my pocket just waiting for someone to come along and buy me a drink. I'm grateful to be sober... make the most of the help you get here!

After Jim has finished speaking he asks for questions from the audience and the meeting is closed with the Lord's Prayer, the custom of all AA meetings here and on the outside. Coffee time follows with much good talk and tale swapping.

The open meetings here are held every Tuesday and Friday nights with guest speakers from Oshkosh, Menasha, Neenah, Appleton, Green Bay, Fond du Lac, Waupaca, Chilton, New London, Manitowoc, Sheboygan and Milwaukee. On Tuesdays, alcoholic prisoners from the nearby Prison Farm are welcomed and recently an Ala-Teen group visited from Fond du Lac. Every second and fourth Thursday of the manth, the ATC hosts Al-Anon members (adult family members and friends) who came to speak.

The open meetings are a most appreciated phase of the program, helping us all to keep sights high towards ultimate recovery from alcoholism, and sobriety.

oemployee. of the omonth.

Dear Cue Staff:

We on Ward 5, Sherman would like to nominate Bernice Klotzbuecher, (Benny for short) as "Employee of The Month.

Everyone likes Benny. She keeps the wards nice and clean.

She invented the blower system she uses to dry the floors.

Those of us who know Benny are concerned about her. She's a big strong women with a bigger heart.

One example is I, myself. Yesterday she got me a whole package of cigarettes because I wanted them.

Ward 5 Sherman

THANKSGIVING

Thanksgiving is a day We all should stop and say, Let's stop all our work And kneel down and pray.

We should thank God for our blessings And everything we have received. Everything he has given us And everything we believe.

After we do all this
We can all sit down and eat.
I certainly don't think
There is any other meal that this can beat.

Happy Thanksgiving to everyone here at Winnebago State Hospital and God bless you all.

E3leen Sherman 5 & 6

Libaany Conner

NEW BOOKS

There are many new reference books in the library. Some of you might be interested in Famous First Facts, a book that deals with all the "firsts". For instance, the first airplane wedding took place in a bombing plane on May31, 1919. And the first balloon wedding was held on October 19, 1847 over Cincinnati Ohio.

For the men there is the Encyclopedia of Sports, listing all sports, from Angling to Yachting, giving the champions, origins, records, titlewinners etc.

Also available is Websters Geographical Dictionary with more than 40,000 geographical names, concise information, historical notes and pronunciation. Here too will be found Websters Biographical Dictionary which contains 40,000 biographies of noteworthy people. It presents essential information about famous men and women of every historical period, nationality, race, religion and occupation.

There is also the World Almanac for 1968 with its enequaled collection of facts and a bonus forcast on what the next hundred years will be like. Least we forget the American Book of Days telling things that happened on each particular day in history.

If information is what your after. Visit your Library.

around the grounds

LET'S GET A COKE!

"Hey Tony, we had a good game of pool, let's get a coke by the admission office carmen." As we approached the room we saw that the door was locked and a note on it said, "An aide's key needed to use coke room because of recent vandalism. It then occurred to me that the vending machines had been removed from Hughes Hall last week. We then thought of going to Gordon Hall for a drink but suddenly remembered that the machines could be used only when the office help was there to keep an eye on them. Tony said that the same rule applied at Sherman Hall. We were already aware that the Main Building was off limits to patients. It also occurred to me that the only pay telephone remaining in the hospital was in there, and a doctor's order was needed to use it with a supervisor and aid present.

The next morning as we came to the main Canteen to listen to "Fire" on the jukebox, a sign read, "Jukebox being removed because of patient vandalism repeatedly." Also, an aid there informed us that one would be on duty at all times to watch the vending machine area.

This hypothetical situation may become a reality for all patients because of a few---possibly before the next "coffee break."

John 1 E Kempster

VINNEBAGO'S "MINI MENAGERIE"

Pets, having been both companions and obsessions throughout the ages, have recently infiltrated the Winnebago's children ward. There a menagerie consisting of guinea pigs, hamsters and kittens, has become a fast growing novelty.

Their small and fluctuating animal kingdom currently consists of 12 pets. Most of the animals were given as gifts from parents or friends, but several of the boys have earned money to buy their own.

The girls have their own kittens

which they try to keep in their rooms, but more often than not they are mischievously scampering throughout the ward. The cat food and milk which they are fed are supplied by the girls. They take loving and conscientious care of their kittens which currently number seven.

The boys have turned their interests to guinea pigs and hamsters. Most of them are kept in cardboard boxes; however, there is a growing interest among the youngsters to build their cwn cages. One of the boys has already made a very suitable and well built home for his guinea pig. As do the girls, the boys also make every effort to keep their 3 guinea pigs and 1 hamster healthy, comfortable and well fed.

How big the collection of pets will grow is uncertain, but one of the aids, aroused by the enthusiasm of the children, brought in a parakeet which added to the expansion of Winnebago's "mini zoo."

Jo Ann

MOVIE REVIEW

THE CINCINNATI KID Steve McQueen, Edward G. Robinson, Ann-Largret, Karl Mallien, Tuesday Weld. In New Orleans circa 1936, the Kid (McQueen), an expert gambler is determined to take the crown from the dapper little King of stud poker (Robinson, who is known as The Man). In the few days waiting time before the actual game, the Kid, nervous and restless, whiles away the time by being pursued by the two womarrives, all are ready. It goes an for several days with attempts by Malden to cheat in his dealing on behalf of McQueen. The latter finds cat about it and honorably insists that Malden desist, Apart from the drama of the contest between the steely-eyed veteran and his brash young challenger, the film offers an intriguing look at those circles in which a love of gambling and jazz make all men equal.

around the grounds

MEN'S INTRAMURAL SPORTS

After three weeks of play in the bowling league, Kempster Hall has sole possession of first place on the strength of bowling two games less than the second place lcoholic Unit. Sherman Hall and Hughes B are tied for the cellar.

Also, after three weeks of play, Sherman Hall has gone unscathed in the volleyball loop with five consecutive wins. Kempster Hall isn't far behind in second. Hughes B is four games under the .500 mark while the alcoholic Unit is winless in five starts.

	BOWLING	
KEMPSTER AL. UNIT SHERMAN HUGHES B	2 2 1 1	0 2 1
	V.LLEYBALL	
SHERMAN Kempster HUQHES B AL. UNIT	5 7 3	0 3 7 5
	Robert	

PATIENTS PLANNING COMMITTEE

Under the affable chairmanship of Art Cuisinier, the Patient Planning Committee met at the usual 3:00 Pale sharp on Mednesday Movember 13. The mesting opened with a discussion of the new hospital Chorns which heretofore has been meeting at 2300 Poll. Duosdays and Timesdays in the Music Thasapy Room in Hughes Hall basement, However, if attendance continues to be meagre, the group will be discontinued.

It was amounced there will be a dance on Friday Hovember 22 at 7:30 P.M. in the Rumous Room with Harold He Cue's ordnestra; the committee decided not to have decorations this time.

Department may be ablette arrange for "Gone with the Wine" and "Dr. Midwage" to be shown here sometime after January. giving.

PATIENTS PLANNING COMMITTEE (continued)

Due to the extreme length of both films they would be shown over the course of two evenings each.

The committee meeting scheduled for Wednesday November 20 was cancelled. All newcomers to the PPC are welcomed; for true representation of the entire hospital, at least one committeeman from each ward should be present at every meeting. There's no better place to contribute to what's going on around the grounds.

E.

TALL TURKEY TAIL (continued from page 6)

Sam was told to wait in the outside lobby during the computerization process. A few people stared, mouths agape, but this didn't bother Sam.

"Ho, ho ho," thought Sam. "I'll bet they've never seen a turkey in here. Like the man said, wait this the Univac boys hear about this," Actually, they were staring at his tail which was, of course, completely void of feathers.

The results were unhangy: IBM 23759 received only negative resolvant from the limp feathers; Sam had to be told that diverged from him, his plannings was worth nothing at all. Sam collapsed on the floor from the initial shock; however, he was revised somewhat when the onesty rocep-tioned handed him a packet of his lea-there. Sam, of course, was unable to fly home on his own power and had to be cruted and boarded onto a Utived Airlines get back to Vilas County, Clyde, see cld and tough for slaughter, was on foot to greet the numbled Same

"I'm a wiser bird, Clyde," said Sam. In time Sam's feathers grew back was did his appetite, and his insomita remished. And he was soon able to return to the great pame tree with true serenity.

There is a possibility that the A.T. Moral: The moral is what you make it; there is absolutely no way of telling how Sam will beat the rap next Thanks-

illustrated by Jo Ann Loeher

THE WEEK AHEAD

HOSPITAL ACTIVITIES FOR THE WEEK OF NOV. 25 - DEC. 1, 1968

November Monday	2:30 - 4:00 3:45 6:30 7:00 7:30 7:30	pm pm pm pm pm pm	SH 1-2 HH Music Rm. GH AF Area Scout Barracks SH 7-8 HHB SH 3-4 GH AT Area	Catholic Daughters Record Listening Catholic Mass Woodworking-Boys Outagamie Red Cross Gamma Sigma Sigma Osh, Gray Ladies Card Club	
November Tuesday	26 2:304:00 7:00	pm	GHS HH Music Km. Rumpus Rm.	Lutheran Service Record Listening Childrens' Unit Dance Beckers Harmonettes	
November Wednesday		pm pm	1-E HH Music Rm. Kem. Rec. Rm. HH Cafeteria SH 3-4 GHSP	Appleton Red Cross Record Listening Patients Flanning Canteen Social Chair- men Dinner Meeting Gamma Delta St. Vincent DePaul	
THANKSGIVING					
November Thursday	28 8:45 8:00		Chapel GHSP	Protestant Thanksgiving Service Mercy Student Nurses	
November Friday	2:30 - 4:00		HH Music Rm. Chapel	Record Listening Catholic Mass	
November Saturday		am am To b	GHS	Hymn Recital Hymn Recital Catholic Confession Catholic Mass	
December Sunday	1 8:45 10:00		Chapel Chapel	Protestant Service Catholic Mass	

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

Monday thru Friday

Mes Julaine Farraw RN Mussing