

A PROGRESSIVE PAPER FOR MSH PATIENTS PROGRESSIVE

Pomo News

W E E K L Y

PUBLISHED EVERY TUESDAY IN THE INTERESTS OF THE PATIENTS OF MENDOCINO STATE HOSPITAL, TALMAGE CALIFORNIA

Vol. 1 No. 37 January 18, 1949 5¢ per copy Population 2751

MUSICIAN ENTERTAINS

On January 13th, in the Auditorium, Mr. Chas. K. Ramsden gave a very unusual entertainment for the patients here at MSH.

The unusual part of the entertainment was the musical instrument with which Mr. Ramsden produced the sweet haunting music of the Hawaiian guitar -- the great symphonic tones of the pipe organ had the sound effects of a Hollywood studio.

A more versatile musician, or a more versatile musical instrument, never have we heard or seen.

WORKS AT HOBBY

A new endeavor of Occupational Therapy has been started by Joe D., of ward 15.

He has set up his little work bench in Bob Wright's Paint Shop and is busily engaged in turning a 1.1 kinds of hammered copperware.

Joe learned this art while he was stationed on Okinawa during the last war and until now has practised the work only as a Hobby.

He has been engaged at his hobby for about two years and says that when he is released from MSH he plans to turn his hobby into profit and set up in business for himself.

On his display table at the Paint Shop may be seen many of his creations, (Cont. pg. 10, Col. 1)

MSH 'BLUES' ON DIAMOND

FRANK E. RHEA SPONSOR PROSPECTS NEVER BETTER

Last Sunday was perfect baseball weather at the MSH diamond and the horsehide enthusiasts were quick to take advantage.

Sponsored by attendant Frank E. Rhea, a number of boys from ward 15, eager to form a softball team, engaged in a brisk work-out during the sunny Sunday afternoon.

Mr. Rhea, formerly a topnotch pitcher for the Ukiah Athletic Association team, has expressed his willingness to coach the team and hopes that some sort of a patients' softball tournament can be conducted this spring and summer.

Mr. Rhea was pleased with the talent he saw on the field.

Before the ward 15 boys showed up for practice, a number of other Parolees were on hand for a little batting, pitching, and fielding practice.

It looks like a good baseball and softball year at MSH.

MENTIONS M.S.H. FRIENDS

Excerpt from a routine correspondence, the following was included in a letter from I. Hubert Sefton of Auburn Calif., to Dr. H. V. Bair of the U.S.H. Medical Staff.

--It may interest you to know that I spent many interesting Saturdays and Sundays in the Mendocino state hospital. (Cont. pg. 10 Col. 1)

GOOD TIME HAD BY ALL

As time goes by, the fact is becoming more and more evident that good entertainment is a valuable therapy in any state institution.

For example we remind you of the Patients' Dance held in the MSH Auditorium last Thursday evening.

Everyone was there, everybody had a good time and when the hour of 8:30 drew near it was all over too soon.

The MSH Orchestra was in fine fettle and under the capable leadership of Kay A., at the piano, the other musicians went all out in their efforts to produce the finest dance music yet heard in the Auditorium.

As the evening progressed, every one wanted to "get into the act" and as a result several guest artists appeared to relieve the orchestra members in order that they too, might enjoy "tripping the light fantastic for a little while.

Although someone obviously "missed the beat" when it came to serving refreshments. (Cont. pg. 6 Col. 2)

GETS NEW APPARATUS

Added recently to the already excellently equipped MSH Surgery, is a new Oxygen Therapy Apparatus complete with oxygen tank.

Business Manager J. J. Garvey says this new piece of equipment is the (Cont. pg. 10 Col. 1)

**TAILOR SHOP
GETS PAINT JOB**

As the result of a snuff fire some time ago the tailor shop at ward 12 is undergoing a renovating by the Division of Architecture Dept., of Public Works.

A crew has been removing the wax coat from the ceiling and the painting will be finished in the near future.

YOU NEVER KNOW

Attendant Sid Dale of ward 8 is going on vacation Jan. 18 to Feb. 5.

Sid says he is going a l l by himself, but failed to divulge where ---n-n-n-n-n-n-n-n-n-n?

**DONATES STAMPS TO
PHILATELIC CLUB**

Delivered personally by Mrs. B. I. Miller, Female Hygro Supervisor, and recently donated by Mrs. Pearl Scott, MSH Attendant, were a number of cancelled postage stamps. Several 4 1/2¢ stamps were in the lot. As we understand it, the 4 1/2¢ stamp is a "common value used in postage only" lately, used mainly on Parcel Post.

**MRS. A. MOSSI
HOSPITALIZED FOR
SURGERY**

Mrs. A. Mossi underwent a surgical operation January 18, at the Ukiah General Hospital. To remain under the care of the hospital about a week, Mrs. Mossi wife of A. Mossi of the MSH Chicken Farm, plans to return to her home for the remainder of a period of convalescence.

**MINSTREL SHOW STARTED
TOWARD THE GROOVE!**

(MSH Auditorium Jan. 18)
With the nod and full support of the Superintendent D. B. Williams Medical Staff Departmental Heads and the Pomo News; the first all-out rehearsal meeting for the coming Minstrel Show was called here today.

SCOUT YOUR WARD'S FOR
MUSIC. LET THEM NOTIFY
POLICE DEPT.

**VACATION PLAN
GOES AWRY**

Bert Sandkulla, MSH X-Ray Dept. technician with his wife Anita; Attendant at ward-K-, returned back to their work at MSH from their vacation which they had from Dec. 29 to Jan. 15.

Their intended ride along the coast was prevented on account of the extreme cold as well as blocked roads.

The party then returned in favor of a hunting trip. Bert did some hunting and fishing, --- six ducks in the bag, but as far as steel heads, were concerned, conditions were not so good! "And that's no fish story!" The Sandkulla's were visited for a few days by the Lawtons from Quincy.

Their lovely daughter Dawn accompanied her parents on some of the trips.

Anita and Bert described their well earned vacation and we are glad to have them back here at MSH.

**MSH OPERATOR
ILL WITH FLUE**

Still somewhat indisposed after being confined to her home 2 days of last week, MSH Switchboard Operator, Mrs. Elwin Cornell, is still trying to shake off a persistent case of the "Flu."

Back on the job, Mrs. Cornell is still suffering from a sore throat.

"MR. DICK" RETURNS

R. Robertson, the jovial officer in charge of Ground Details, was welcomed back to work last Thursday.

"Mr. Dick," as he is fondly called by members of his patient crew details, has been absent several days because of temporary indisposition. - - - R.M. ward 8 "Dormitory Three Faces East."

January 17, Supervisors attended a Supervisor's Workshop at Napa State Hosp. sponsored by Department of Mental Hygiene.

**COLD WEATHER
IS COSTLY**

Cold weather is not only unpleasant but costly. The record breaking cold of the past weeks and the necessity for keeping the steam heat on all night throughout the institution, will necessitate the consumption of 2000 additional barrels of fuel oil over the annual quota of 25000 barrels.

This additional supply will be consumed during the months of January, February and March. Should a cold snap develop during the month of April this figure will be boosted considerably.

As fuel oil now costs \$2.38 a barrel it is not hard to see where the taxpayer's money goes. This is just one of the items that causes our efficient Business Manager J. J. Garvey to add a few more grey hairs. Nevertheless he takes everything in stride and hopes that everyone at MSH is comfortably warm. 'Duke'

LOUISE TAKES OVER

Little Miss Louise Maynard, pretty, young daughter of Dr. Ruth L. Green, MSH Medical Staff, overcoming any objections, with the persistent vigor that only youth can master, persuaded her mother to allow her a visit to the office of the latter on Monday afternoon, January 17.

Entering the office at the Administration building, the pretty, little Miss "Make Believe", with all the dignity due her intentions, provided herself with a pencil and promptly "took over" her mother's desk.

True to her profession, she failed to remain long at "her desk" but proceeded to perform various and sundry "duties" elsewhere about the building.

"Duties" efficiently over, little Louise was last seen trudging home with her mother.

YARDBIRD NEWS



wisg guy - eh ?

The movie billed for Jan. 29, is "Painted or Tainted" with V. Lake J. Caulfield and B. Fitzgerald

The 'Sainted' Sisters

WARD 8

On Jan. 5th Clyde S., Harold P., and Charles J., were transferred from ward 8 to ward 9.

On Jan. 6th John S., from ward 8 to ward 4.

On Jan. 6th Frederick V., from ward 9 to ward 8.

On Jan. 8th Carl F., Thomas K., Don A., Peter A., were transferred from ward 9 to ward 8.

On Jan. 10th George L., was transferred from ward 8 to ward 9.

On Jan. 11th Herbert B., Ruben B., were transferred from ward 4 to ward 8.

On Jan. 11th Frank Y., Eugene P., Clarence S., Wilbur C., were transferred from ward 9 to ward 8.

Peter A., has been assigned to the kitchen at ward 16.

Clarence S., is assigned as help in the main kitchen and of course - it's pots and pans.

Larry A., is helping with the chores at Dr. H.V. Bair's cottage.

Bobby K., on Jan. 12th has been transferred from ward 15 to ward 8 and has been assigned to the Laundry Truck.

William W., who is an old accountant, had no trouble to find work in the Clinical Lab. Theresa Shipkin, the Laboratory technician waited a long time for a good man.

On Jan. 12th Charles M., William W., Raoul G., Robert L., Carl L., were transferred from ward 9 to ward 8.

WARD 14 (NO NEWS)

WARD 15 --THE FOLLOWING NEWS COMES FROM WARD 15, THROUGH THE COURTESY OF "Tok" Cornell Charge Attendant THERE.

On Jan. 14th Oliver M., Salvador S., Pat F., Thomas B., were transferred from ward 1 to ward 15.

On Jan. 14th Raymond P., was transferred to ward 15.

(Continued on pg.5 col. 2)



DR WILLIAMS SAYS:

We were pleased to hear so many favorable reports on our Patients' Dance held last Thursday Jan. 13.

Affairs of this kind are indeed good Recreational Therapy.

* * * * *

Mrs. Katherine M. Steele, Director of Nursing Service, accompanied by Mary E. Corcoran, Director of Nurses for United States Public Health Service arrived here for a visit Wednesday evening January 12.

Both remained with us over Thursday and Friday, at which time Mrs. Steele attended the Patients' Dance.

* * * * *

Dr. Toller Superintendent, with Dr. Adams, Clinical Director, both of the Stockton State Hospital were here this past week, looking over our Alcoholic Program.

* * * * *

It pleases me greatly to announce through this column that Mrs. Williams is now home from the hospital and is at present convalescing splendidly.

* * * * *

Dr. O'Connor, Eye Specialist of Santa Rosa was here Jan. 12, and examined several eye cases.

He will return in about two weeks to start treatment.

TUNNEL GETS NEW MAKE-UP

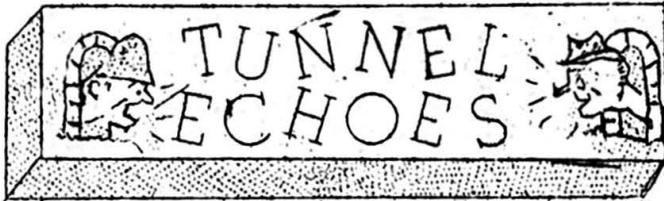
Employees of the MSH Paint Shop directed by Bob Wright, are giving the brick walls and adjoining ledges of the "Tunnel" a modern coat of gleaming white paint.

Commencing January 17 on the walls in front of the PDR, the boys will move through the main channels and exits until the job is done. This work is a recap of the job done by the painters with the state Division of Architecture.

Experienced "dresser-uppers" Joe D., from ward 15 and Bill C., of ward 8 have been assigned to this industrial group.

"The gosh-danged place will be so fancy after this manicure that someone will be trying to buy it," fumed one old "Tunneler."

SUPPORT THE MSH SOFTBALL TEAM



Gandering around, at the Patients' Dance last Thursday evening we noted the presence of several MSH employees.

Not only were they there, but they were enthusiastically participating in the fun and dancing.

Among others were, Mr. and Mrs. L. E. Miller, Head Male Supervisor and Supervisor of Female Hydro, respectively.

Mr. and Mrs. Jack Lavelle of Conditioned Reflex, chatting pleasantly with who-so-ever they chanced to meet.

Commensurate with the air of humility, Miss Patty Lou Farquharson, MSH Psychologist, was pleasantly dancing with this and that patient, conservatively chic, in a plain, becoming dress.

Last, but not least, was our good friend, Mrs. Manie Chaney, MSH Attendant.

The presence of so large a number of State Employees, was the object much favorable comment from many patients who viewed employee participation in the light of a social anticlimax.

AROUND and ABOUT

Strains of piano music emanating from ward 8, with a vocal accompaniment. Maybe it didn't sound like Grand Opera, or "Mammy", but take it from us --- it sounded plenty human -- and aren't we all?

QUESTION:

How many visitors to the Pomo News Office have noticed the sign hung conspicuously on the wall reading ---- "All who enter these premises, do so at their own risk?"

We are not responsible for any injuries incurred by tripping over our old worn out floor covering.

NOTICE

To any and all patients having difficulty reading (Cont. Pg. 6 Col. 2)



TOWARD BETTER MENTAL HEALTH

MSH PHILATELIC CLUB

The Philatelic Stamp Collector Club is shaping up, and we need more members in a hobby of kings and poor men.

We would like to hear from any stamp enthusiast, either an advanced or an interested collector.

We will announce a meeting date in the near future, at which time, different phases of the hobby will be explained.

The following item is a reprint from the Ukiah Republican Press of January 12th. It is an excerpt from the popular column, "News from the Mendocino State Hospital," by Mrs. Rubye Howard:

POMO NEWS' REVIEWS YEAR

The Pomo News says: 1948 leaves in its wake, here at MSH, a list of accomplishments, which may well be considered with pride by those responsible....

In 1948, The Pomo News, under the guidance of Dr. Goodstone and published by the patients of MSH, made its first appearances on the wards and in the offices. From a modest beginning its circulation has sky-rocketed.

In September 1948 the Patient's Library was opened. Through the contributions of interested friends and the able direction of its librarian the Library now has 2000 volumes of literature for the use of the patients.

Social Activities in 1948 included the organization of a Patient's Orchestra.

Indoor and Outdoor Sports reached an all time high in 1948. The granting of ground parole to women patients was another step forward in 1948 and the same year saw the organization of the first Alcoholic Anonymous Group at MSH.

DO UNTO OTHERS ---

While a caller at the Pomo News Office, Geo. C., of ward 16 made the following suggestion: "Couldn't patients volunteer to dance with, and teach those other patients who are more or less timid or reluctant to ask one another to dance?"

George says that there were too many at the last dance at MSH auditorium who would have accepted the corresponding invitations, but unfortunately did not know how to dance.

These patients who are willing to volunteer their services, contact the Pomo News.



Eugene P. Editor

Mrs. Lena H., of ward 14, who requested that the Pomo News be sent to five of her friends in San Francisco and Fresno may be assured that her friends are listed on the Pomo News mailing list, as readers.

Rose P., writes:

"People must be understood as scientifically as Lawyers, Judges, Doctors, Chemists or Detectives take to their studies."

-----Yes, Rose you are right. Human nature is so intricate that there is no limit to its study of mind and body. My advice to you is not take it too seriously.

Your philosophy of not asking favors is a good one to follow at times. Don't you think it is a matter of judgment?

Peter R. Johnsen, Veterans' Home.,
Box C, California

An old acquaintance of Dr. and Mrs. D. B. Williams writes:

"That he is willing to help the patients at MSH with playing cards.

He has sent Joyce M., Librarian a box of picture puzzles etc.

-----We acknowledge your letter and thanks again Mr. Johnsen.

-----Yes, Pete the wards are allowed to play cards and we are sure they will be appreciated by the patients.

Mr. Arthur M., ward 14 writes a nice Valentine in submitting the following:

If you'll be my Valentine,
I'll be yours and you'll be mine
From now on;
Till the end of time,
Now will you be my Valentine?

Also an old Indian proverb:

Woman is the man like the string in the bow, she bends him, yet she gives to him. One no good without the other.

-----We also acknowledge your thought that we all did a swell job on New Year's issue. Thanks Arthur.

QUESTION FOR MAIL BAG

Patients and Employees about MSH would like to know what became of the remainder of the English Walnut Crop after the Mendocino tree squirrels, a species said by the "old settlers" to be now nearly extinct had severed their usual winter proportion? Ralph L. M., ward 8.

(Possible Answer): Don't know! Have you really checked the number of squirrels and their cellars.
Submitted:

Ralph Leo M., Jan. 13, -49.
ward 8

Dormitory "Three Faces East."

Charles S., has been asking about the Minstrel Show which is coming up in the early part of March.

-----Well Charles, we understand you have a nice skit, get in touch with the Pomo News and show what you have, we need any talent suitable for the occasion. You will be notified as to practice dates later.

YARDBIRD NEWS (Continued)

On Jan. 14th Bobby K., was transferred from ward 15 to ward 8.

Vera G., on ward 1 had a visit on her birthday Jan. 12, from her young son. They had an enjoyable - pleasant reunion.

Mrs. Dorothy Buchanan came back to work on Jan. 12th after her three pleasant week's vacation which she so honestly deserved.

Carl L., of ward 8 has been assigned to the MSH kitchen. Carl has been a tool and dye maker for the past twenty years.

WHY?

While it's very nice to go to the Saturday movies at MSH, why can't an occasional newsreel be shown? Naturally, there are radios and newspapers available, but scarcely enough to go around. Couldn't a deal be made to rent some film distributing company for the loan of a newsreel from time to time? We used to have them!

Save your cancelled postage stamps. If you don't want them yourself, send them in to the Pomo News, c/o Dr. Goodstone, Occupational Therapy Director.

Any and all donations will be highly appreciated. They are to be used as a new feature of Occupational Therapy.

Help us get our Philatelic Club launched.

All stamps will be classified and preserved for a permanent MSH Collection.

TO TAKE IT EASY

Frank Bulla, Charge Attendant on ward 9, and Mrs. Bulla are enjoying a much needed vacation.

BACK TO WORK

Mrs. Anna Kinster Relief Attendant returned from Vallejo, after spending splendid three days with her daughter in that city.

THIS WEEK

WEDNESDAY:

Dr. Goodstone's Round Table Discussion at 2 p.m. at ward 9, Conference Room.

THURSDAY:

Social Therapy Group Discussion for New Patients, 2 p.m. at ward 9, Conference Room.

Social Therapy Group Discussion for "Patients Leaving Hospital" at 3 p.m. at ward 9, Conference Room.
Minstrel Show Meeting.

FRIDAY:

At 2 p.m. Social Therapy Group Discussion Meeting for Alcoholics and Narcotics at ward 9, Conference Room.

If you have a problem, make an appointment to see the Social Worker - Mr. McWhirter on Friday morning. You can make these appointments by calling at the Social Service Office in the Main Bldg., Monday thru Thursday between 1 p.m. and 1:30 p.m.

SATURDAY:

Movie: "I, Jane Doe," at MSH Auditorium.

SUNDAY:

Church Services (See Page 9)
Alcoholic Anonymous Meeting in Auditorium at 6 p.m.

MONDAY:

Dr. Goodstone's Round Table Discussion at 2 p.m. at ward 9, Conference Room.

Orchestra Practice at 9:30 a.m. in Auditorium. Monday thru Thursday.

TUESDAY:

Get your POMO NEWS.

WORDS OF THE WISE

Prosperity is a great teacher;
Adversity is a greater.
Possession pampers the mind
Privation trains and - -
Strengthens it --- (Hazlitt)

TUNNEL ECHOES (CONTINUED)

our Newspaper, please do not blame us.

Blame our typewriters! They are both incompatible and honest, "Your Honor", Mr. and Mrs. Reader. We're sorry to have to admit it, but we'd like to divorce both of 'em.

Since the Pomo News "props" are infirm, senile, and a smooth mouth to the point of antagonistically refusing to work together for the common good of creating mimeographed (reasonably easy to read) newspaper; and since they are state property, really in a poor "state", as props; it's pretty high time they were traded off for something somewhat more animative.

The tunnel leading to PDR is being given a good work out preparatory to a nice paint job. This will surely make for a more cheerful appearance and no doubt be a contribution to a brighter atmosphere in the old thoroughfare.

LOVE ME-LOVE MY DOG

Ralph Lee H., of Dormitory "Three Faces East," ward 8, reports the continued absence of his Mendocino Botany Consultant, Fred Signe, Superintendent of Grounds.

The presence of "Nick", the Greenhouse watch-dog, as the Pomo News goes to press this week, belies the story that he had departed on a hunting trip or a "honeymoon" with his new Dodge.

"Nick" is being well taken care of by 'Duke', our feature writer.

GOOD TIME HAD BY ALL (CONTINUED)

the oversight was not taken to keenly and parched throats were forgotten. It has been suggested that at the next dance, someone be appointed to serve ice-cold Coca-Cola, to all thirsty persons with the necessary 5¢ that wish to participate in the "Pause that Refreshes."

The evening of dancing was not confined to dancing alone for during intermissions several well known MSH vocalists were presented. Among others, Dennis C., (Cont. pg 10 Coll)

CALL-144

EMPIRE

OFFICE MACHINES
OFFICE SUPPLIES
SALES & SERVICE
325 N. State St.

your ONE-STOP Shopping CENTER at the TALMAGE STORE.

QUESTIONS

ANSWERS BELOW
Maria B.....Editor

1. When and where was the first juvenile court set up and under the guidance of whom?
2. Where is the largest gold depository of the nation?
3. When was the first government overland highway linking the east and west completed?
4. What was the name of the first Mississippi steamboat and by whom was it built?
5. What famous dam in the state of Oregon was completed twelve years ago?
6. When did the great Chicago fire occur?

THERE IS NO QUESTION ABOUT THIS

Let's take the PDR Breakfast which of course is not served by a pretty waitress - not there anyway. It is a nourishing, well balanced meal, rich in minerals and vitamins.

It has a sufficient proportioned amount of proteins and carbohydrates, likewise cellulose which is necessary for proper elimination.

We often kick about stewed apricots being served too often. Maybe it's given with a purpose, for it has been found that this wonderful fruit which is rich in most minerals and vitamins especially vitamin C. Conjugation of which has a particular influence on the blood stream and body tissues and those that are predisposed to colds and anemia should eat this fruit as often as possible.

THE PATIENTS' LIBRARY wishes to extend many thanks for the nice collection of 104 magazines donated by Mr. H. E. Farquharson of Ukiah.

LOOK

Don't forget -- There will be a meeting of everyone interested, or concerned with participation -- or preparation for the coming MSH Big Minstrel Show to be presented early in March. Watch for meeting date.

ANSWERS TO QUESTIONS

1. 1899. Denver, Colorado. By Judge Benjamin E. Lindsey.
2. Fort Knox. Louisville, Kentucky.
3. 1850.
4. The New Orleans, by Nicholas J. Roosevelt in Pittsburgh, Louisiana.
5. The Bonneville Dam.
6. In Chicago, Illinois. On October, the year of 1871.

SPORTS



Last week Dr. Williams urged as many parole patients as possible to get out on the baseball diamond and limber up.

It's a good idea, a fine idea in fact, especially with all this good weather on tap.

Some of the boys from the dairy, as we noted last week, have been taking advantage of the good break in the weather and are playing whenever they get a bit of time off.

While Dr. Williams didn't exactly say it in so many words, it was apparent he was telling many patients that fooling around the baseball diamond is a splendid form of occupational therapy.

You don't have to be a star ball player to get some much needed exercise and recreation.

All you have to do is play a little catch or chase flies. You'd be surprised at how good you'll feel after a brief workout.

We might also add that you'll be surprised at how nice and sore your muscles will be after the first day or two.

But once you do get limbered up, there's nothing more wholesome than an hour or so of pegging a ball around.

There are plenty of gloves on hand, as well as balls and bats.

Nobody is going to laugh at you because your throwing arm is stiff and your pitches are plenty wild. That's to be expected.

The idea is to get out there and enjoy yourself for awhile. The ball park is plenty big enough to accommodate a lot of people, and that's what it's there for. Go on out and have yourselves a time.

Meanwhile, the formation of a softball team from ward 15 is still in the talking stages, but judging from the talk that is going around, a number of players are more than enthusiastic about it, and in all probability a patients' team will soon be in action.

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SOCIAL THERAPY

FOR ALCOHOLIC AND NARCOTIC PATIENTS

THURSDAYS:

At 2 p.m. in the ward 9 Conference Room, a meeting, 'To Help New Patients'

At 3 p.m. in the ward 9 Conference Room, a meeting, 'To Help Those Who Are Leaving.'

FRIDAYS:

At 2 p.m. in the ward 9 Conference Room, a 'Free Discussion' Group Meetings.

INDIVIDUAL APPOINTMENTS FOR ALCOHOLIC AND NARCOTIC PATIENTS NOW AVAILABLE.

Have you a problem? Both Men and Women Alcoholic and Narcotic Patients are invited to talk it over with the Social Worker, on Friday mornings. Make an appointment, with the Receptionist, Mrs. Sharon Lopez, at the Social Service Office, Monday thru Thursday, between 1 p.m. and 1:30 p.m. or use the coupon found on Page 6 of this Issue.

MENDOCINO ALUMNI ASSOCIATION

Alcoholic and Narcotic 'Graduates' of MSH, both men and women are cordially invited to join MAA, in San Francisco while they remain on a 'leave of absence status.'

MAA is a Social Service, the purpose of which, like the Social Worker, is to help us remain, OUT. MAA brings the MSH Alcoltherapy and Social Therapy Group Meetings, back to the Community.

When you arrive in San Francisco, phone me at Graystone 4-0766 - ask the receptionist for an appointment to see me. I will be glad to see you and we will go further into MAA - where it meets, on every other Monday Nite, etc. The Alumni will be glad to Welcome you.

Gordon McWhirter,
Bureau of Social Work.

Why Not Take Advantage of the Services Offered by the SOCIAL SERVICE BUREAU?

WORKWISE AGAIN FOLLOWING ILLNESS

Reuben B., was transferred from ward 4 to ward 8 last week and assigned to the "Garden Gang."

Recovered in part from his illness, he expects to be able to resume his regular Store employment sometime in the near future.

APPLY FOR WORK-ON PHILATELY

ALCOTHERAPY

Dr. Goodstone's Round Table Discussion Group, will continue to meet, at the time and place, designated below:-

MONDAYS:

Conference Room, ward 9, at 2 p.m.

WEDNESDAYS:

Conference Room, ward 9, at 2 p.m.

These Round Table Meetings are for all Alcoholic Patients, men and women.

The attendance is entirely voluntary.

The discussions are not only helpful but are extremely interesting and of very great value to all Patients having an Alcoholic Problem. You can be excused from your work to attend.

REGULAR AA MEETING SUNDAY

The regular Sunday Nite Meeting of Alcoholics Anonymous was held in the Auditorium.

Don S., presided as Chairman and a very interesting program was carried out. Don had some very pertinent questions which he put to the Members for answers.

The question, "what does AA have to offer the Alcoholic that no other organization has", brought a flurry of discussion and a lot of good answers. A comparison of the mental attitude of the patient who is committed here for treatment and the mental attitude of the person who voluntarily goes into AA was discussed at considerable length.

"D" and Dr. W. of the Santa Rosa Group brought out several points that were exceptionally well taken. Dr. W. said, "I'm glad I'm an alcoholic - otherwise I never would have discovered the happiness that I now enjoy in AA."

Carter M., was elected Chairman for the next meeting to be held next Sunday, in the Auditorium at 6 p.m.

WHERE ARE YOU GOING?

When you leave the Hospital regardless of where you go you are almost sure to find an AA Group.

If you are interested we will give you the address of the group that will be nearest you.

Write Pomo News.

ALL ALCOHOLICS ARE WELCOME AT A.A.

"SCOOPED" BY STOCKTON ON THIS ONE

CHURCH SERVICE

The following article is an excerpt from the "Stockton Hospital Weekly" of the patients by the patients for the patients." -- Dec. 7, 1948. -----

WOODSON NEWMAN HONORED by Arthur W., C. 1

Dr. R. B. Toller recently announced that Woodson Newman has been designated the outstanding psychiatric aide of the Stockton State Hospital.

This honor come to Mr. Newman because of his tact, intelligence and resourcefulness to the patients under his care.

Your reporter can certify to the deep respect and affectionate regard accorded by these patients to this calm minded, soft-spoken gentleman.

Mr. Newman's selection as the outstanding aide at this hospital, entitles him to compete for the title of "National Outstanding Psychiatric Aide of the Year," to the winner of which goes a citation and the \$500.00 prize offered by the National Mental Health Foundation.

Catholic Church - 3rd Sunday of the month in auditorium, 3rd Thursday of the month, ward 12
Father Anderson.

* * * * *

Lutheran Church - 3rd Wednesday of the month in auditorium, 1:30 p.m. ward 12 immediately afterwards
Rev. Russert.

* * * * *

Protestant Church - 2nd and 4th Sundays of each month, MSH Auditorium and ward 12, 8:30 a.m. Rev. Lindeman and Rev. Brown.

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Jewish - C. Stern of the Jewish Committee on Personal Service in state institutions visits the hospital once every three months.

* * * * *

CHRISTIAN SCIENCE CHURCHES

Thou, O Lord, art a God full of compassion, and gracious, longsuffering, and plenteous in mercy and truth.

?? WHO ??

With reference to the above article, the question arises: who will be the MSH 1949 candidate to compete for the title "National Outstanding Psychiatric Aide of the Year?"

The above paragraph, in turn gives rise to another question: How many MSH employees intend to compete for this honor?

Whoever they may be, or how many - they may be hereby assured of the whole-hearted, all out support of the Pomo News!

We would appreciate anyone submitting the name or names of your favorite candidates. -- Let's start now!!

Who will be the first?

WARD 12 GOING MODERN

From the office of Business Manager J. J. Garvey, comes the report that ward 12 has just received a brand new dishwashing machine.

Installation will be made in the near future and the kitchen help will have another fine piece of equipment to help make their daily chores easier.

WATCH FOR MINSTREL SHOW MEETINGS.

REDWOOD VALLEY NURSERY

Have You Forgotten Some-One?
Or That Extra Special Person?
Perhaps that one hard to Please?
Why not give a Living Gift?

Poinsettias at \$1.50 to \$4.00
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POMO NEWS

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"PETE" P.....Editor,
Maria B.....Assoc. Editor.

"FEAR"

There is an old philosophical saying that 'most of our troubles never happen'.

Every man experiences "fear" -- it is a perfectly natural emotion. Usually "fear" results from a lack of understanding - or knowledge. We fear tomorrow - because we do not have a clear understanding of what tomorrow may bring. Lack of understanding breeds "fear" - and unfortunately fear leads to hate. It has been said that 'no man is big enough to hate and reason at the same time.' Can't we forget our fear and hatred of the future and reason that tomorrow will come and if we have lived today as best we know how - tomorrow has just as much chance of being better than today than it has of being worse.

So look toward tomorrow with calmness and reason. Remember that 'most of our troubles never happen.'

RECALLS PLEASANT MEMORIES (Continued)

I was principal of the Ukiah Elementary School and was spending all my spare time studying mental deviation, after taking 32 units in psych at Cal. The Superintendent at that time whose name I can no longer recall, was a fine fellow and a very good friend to me.

Respectfully, I. Hubert Safton.

GETS NEW APPARATUS (Continued)

finest that money can buy and will be a wonderful asset to the Surgery, Doctors and Nurses.

WORKS AT HOBBY (Continued)

which include ashtrays, serving plates and platters and many kinds of wall decorations.

GOOD TIME HAD BY ALL (CONTINUED)

popularly known as "Irish", was there to enthral the dancers with his fine repertoire of Irish Ballads. Myrtle M., of ward H and Maria B., of ward I also came in for their share of long and hearty applause.

Two pleasant hours that seemed like twenty minutes, went by so fast, that in no time at all the orchestra was playing, "Goodnight-Ladies."

So ended another fine evening.



"SOCIAL SERVICE WILL HELP YOU WHEN YOU LEAVE!"

Better by far for you should forget and smile,
Than that you should remember and be sad. (Christina Rossetti.)

A POWERFUL LOVE STORY

Ruth HUSSEY
John CARROLL
Gene LOCKHART
Wanda RALSTON

I JANE DOES

SATURDAY - JAN 22, 1949

M.S.H.
AUDITORIUM