

# FNS

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COVER PHOTO: First Place winner in the poster contest for  
National Nurse Midwifery Week.

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Mr. David Hatfield, MBA, FACHA

### FNS GETS A NEW DIRECTOR

David M. Hatfield was appointed new Director of the Frontier Nursing Service by the Board of Governors at its April meeting. Mr. Hatfield comes to us from United Hospitals, Inc. of St. Paul, Minnesota where he served as Executive Vice President of a 600 bed hospital. With 25 years of hospital administration experience behind him (from 350 to 1100 bed facilities) in various places throughout the midwest and in the east, Mr. Hatfield will surely find our smaller scale somewhat of a different challenge. He is a Fellow of the American College of Hospital Administrators, and a member of the American Hospital Association. He served on active duty as lieutenant in the Marines and retired in 1980 as a colonel in the United States Marine Corps Reserves.

He and his wife, Sharon, have three grown children and will live in Joy House near the Mary Breckinridge Hospital in Hyden. Mrs. Hatfield, a registered nurse, is also a devotee of American folk culture and has expressed an interest, among many other things, in learning how to play the dulcimer.

We are very happy to have them both and welcome them heartily to the FNS and Leslie County!

## BEYOND THE MOUNTAINS

by Kate Ireland

Under the chairmanship of Annette von Starck (Mrs. Ernest), the Philadelphia Committee held another glorious fund raising event in April. I was the guest of former FNS Governor, Bee McIlvain and her husband, Gibby, and it was fun to reminisce about the FNS when we were dreaming of and building the Mary Breckinridge Hospital. On Saturday, April 24th, Bee and Gibby had some friends in for dinner including our Trustee, Mrs. Lewis Scheffey, a dear friend of the FNS. On Sunday, April 25th, we gathered at the Actors' Theatre for a boxed supper packed by members of the committee, and a production of Moliere's *Tartuffe*. It was fun to take a few words of greeting from the FNS to many new friends and my thanks to Annette and her hard-working committee for all they do for the Frontier Nursing Service.

The following weekend, I had the pleasure of visiting our former National Chairman, Marvin Patterson, at her home in Washington. Friday evening, Marvin and I were guests, along with FNS Washington Chairman, Ruth Newell and her husband, Hal, and the former Washington Chairman, Ann Becker and her husband, Ralph, at the Supreme Court Historical Society Dinner. We had a private tour of the Supreme Court Dining Rooms. It was a thrill to see the magnificent architecture and appointments in the building that is the high Court of our land. Saturday morning, Ralph and Ann had a brunch for a few of the committee members, and then we all gathered for a most successful Derby Day Party at Marvin's. The featured speaker was Secretary of Defense, Caspar W. Weinberger who had also addressed the FNS in 1974. He is very supportive of our alternate methods of health care, his wife is a R.N., and their grandchild was recently born in California with the assistance of a midwife. Rear Admiral Freeman H. Cary, M.D., attending physician to the United States Congress, added his words of greeting and described his work with the "barefoot doctors of China". There were over two hundred people in attendance on the lovely May day, and Mrs. John M. Cabot was the winner of the Derby Pool. Since she was the sole holder of the ticket, she most kindly gave her winnings back to the FNS. What a generous gesture! My congratulations to Nan Oldham and Page Fleming, Co-Chairmen of the benefit, Ruth Newell, Washington Chairman, to all the members of the committee, and to Marvin Patterson for making this gathering such a howling success, both for conviviality and for the cause of the FNS.

## FAMILY NURSE MIDWIFERY GRADUATION: SUMMER 1982

by Erica Goodman, CFNP, Oneida Clinic

There is a joy in nursing, an intimate, delicate link between giver, healer, sharer and the receiver: often in dynamic equilibrium, the giver and receiver exchanging roles. It is sometimes defined mystically, spiritually, philosophically, scientifically, practically. It is always a unique exchange.

In the hard business of learning the profession, these thoughtful wanderings get set aside — replaced by the daily tasks, the grind, the strains, the disappointments, the disillusionment, the fatigue, the burn out.

A prospective student is asked, "Why choose nursing? What are your goals?" The answer sought — and often given — "To help others." As the individual grows in self-awareness and self-assurance that answer often becomes more complex, more personal.

Nursing itself is complex. There are multiple ways of reaching out to share ourselves with others. The fabric of life is made of many threads, woven experiences. We are each other's threads.

A newborn cries; our delicate link begins. We anticipate its growth, the learning, absorption of the environment into this being. In nursing the family we are sometimes fortunate to witness this process from birth through death. We counsel an anxious parent; empathize with a distraught adolescent; ease an illness, comfort a pain; reinforce the growth. The days are full of common human ailments. The tedium drains us. Then a special moment occurs — a reminder of our special link. A child that cried with every visit greets you with a smile. A mother reports forcing fluids, using steam, alternating antipyretics and weathering her child's cold without penicillin. She brings Jamie by just to say hello to the nurse. An old man touches your arm appreciatively for irrigating his ears. A stroke victim begins her journey to recovery. A woman meets your eyes and asks, "Can you be there when I have my baby?" Delicate silken threads woven into the coarse fabric of our profession.

Life's cycle that we are partners to: the passage of a child through your hands, the passage of lives through our hands, and the passage of life into a personal unknown. It is all delicate, all intimate.

We chose a life that elicits a responsibility. We must nurture that ability to respond. We are predominately women. We have historically been healers, nurturers. We are members of a profession that is struggling with multiple nursing issues. We must take our woman's strength, our gentleness, our common sense, our intelligence — our slender threads — and work firmly and with understanding toward weaving a stronger fabric within nursing.

Judy Grahn symbolically demonstrates the effect a woman's strength can have on nature in this poem.

Here, the sea strains to climb up on the land  
And the winds blow dust in a single direction  
The trees bend themselves all one way  
And volcanoes explode often.  
Why is this?  
Many years back  
A woman of strong purpose  
    passed through this section  
And all else has tried to follow.

Here in southeastern Kentucky, geologic seas, ancient winds, dense trees and volatile emotions surround us. Here, a woman of strong purpose came and created a space for other women of strong purpose.

I came today to be with friends — to celebrate your strengths, your love, your accomplishments. I see many women of strong purpose. Take the best of FNS with you, leave the rest.

May others try to follow you.

. . . . .

Graduation ceremonies were held at Wendover on the Grassy Spot at 2 p.m. on May Day. Over seventy-five people of all sizes and ages came and we were especially pleased that Brownie, who had been at the ACNM convention all week, was able to stay for the event. Dr. Anne conferred diplomas on Pamela Florey, Donna Marcella, Belinda Pendleton, Mary Ellen O'Brian, Barbara Haggerty, Kathleen Haverfiled, Joy Schroeder and Roberta Moore as Family Nurse-Midwives; and on Michele Heymann as Family Nurse-Practitioner. Congratulations to them all! Molly Lee, who had recently returned from England, also conferred "diplomas" on the graduates. The paper towel tubing concealed

lovely hand towels each from a different part of her native land. The gifts were to remind the new professionals of two of Molly's mottos: be prepared and be inventive. The tubing, you see, could also be used as a stethoscope and a hand towel can be boiled for any emergency a midwife might find herself in. The graduates, their friends, colleagues and families stayed and enjoyed the dinner they had prepared as well as their feelings of happiness and accomplishment.

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Catherine Thomson Davis was born to Mr. and Mrs. James Edwin Davis, Jr. (Julia Breckinridge, '67, '68 and '69) on April 3rd. She weighed 8 lbs. 8 oz. Mr. and Mrs. Davis live in Charlottesville, Virginia.

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Zoe Elizabeth Hallowell was born to Cindall (Morrison, FSMFN '78) and Chris Hallowell on February 26th, "entering the ring" at 6 lbs. 11½ oz.

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God who made the earth,  
The air, the sky, the sea,  
Who gave the light its birth,  
Careth for me.

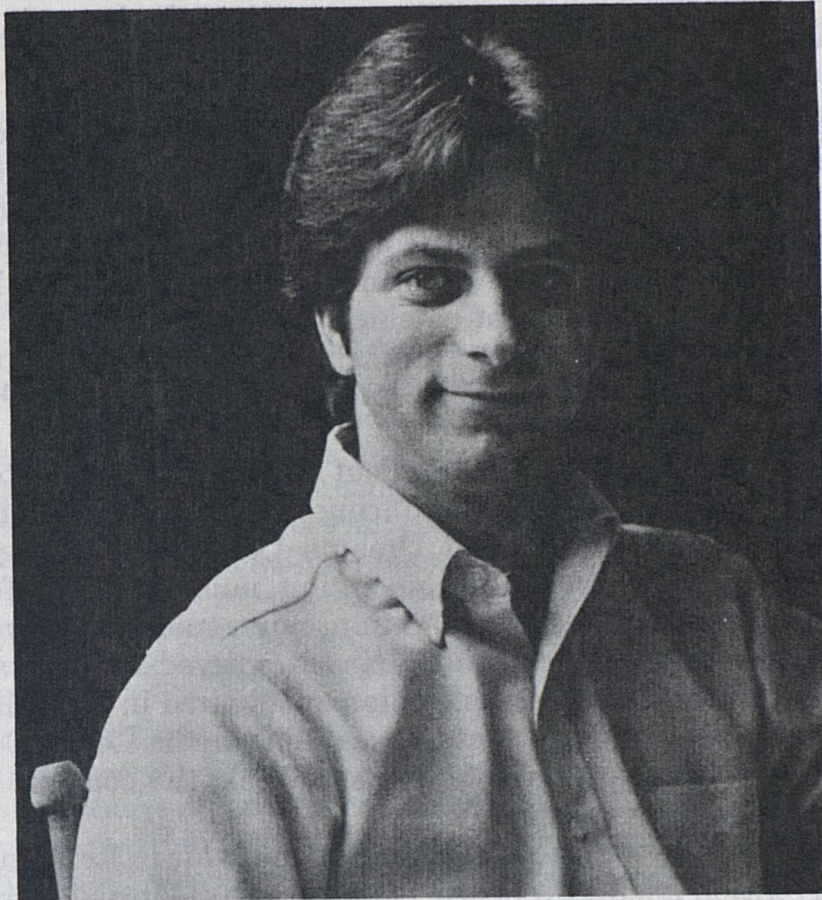
God who made the grass,  
The flower, the fruit, the tree,  
The day and night to pass,  
Careth for me.

God who made the sun,  
The moon, the stars, is he  
Who, when life's clouds come on,  
Careth for me.

Hymns for Children

—S. B. Rhodes, 1870





Mr. Ron Hallman, BA

### NEW DIRECTOR OF PROMOTION AND DEVELOPMENT

As the Winter issue of the *Bulletin* 'went to bed', the FNS took on an important new member to its staff. We are sorry not to have been able to introduce our new Director of Promotion and Development earlier and welcome this opportunity to make amends for the conflicts of time.

Ronald G. Hallman (Ron) came to the FNS on March 15th. He is a recent graduate of Berea College where he majored in English and studied development under Cy Young, Vice President for Development at Berea. If anything makes up for lack of experience, it must be instinct and enthusiasm — both of which Ron has in abundance. We are pleased that he is with us, glad that he is living at Wendover, and extend him a belated but hearty welcome.

## ACNM CONVENTION 1982

When it came time to address all those assembled for the ACNM opening night ceremonies, Ruth Lubic (member of our Board and from the Maternity Center Association, New York) got up, stood at the podium, and looked around with a mixture of amusement and perhaps bewilderment in her eye. "No one has to tell me how good you are at catching babies. I just didn't know how good you were at **producing** them!" The remark was greeted with enthusiasm and obvious pride by the nurse-midwives (mothers and babysitters alike.)

Much time and effort had been put into all that lead up to that moment and what was to follow during the week. In November we had formed the Origins and Dreams Committee to organize activities for and prior to the convention, publications, information centering around the convention, nurse-midwifery, and the FNS. Radio spots were taped, articles entered in the papers, several of the staff were on television spots aired in both Hazard and Lexington, a poster contest was held in the Leslie County schools for National Nurse Midwifery Week, the couriers made signs, and on goes the list.

It seemed like continual excitement and whir in Lexington at the convention itself. Our booth, engineered by Gabrielle Beasley, with its display of historical pictures, saddlebags, panels of photographs describing the work being done today, with its rockers, quilt and dulcimer music was the center of attention for many. We sold over sixty copies of *Wide Neighborhoods* and distributed hundreds of *Bulletins* and information booklets. *The Forgotten Frontier*, which played continually on the video, drew the attention of many interested in the origins of their profession in this country. The booth will be set up in the Mary Breckinridge Hospital lobby at the end of June to show our employees and patients and to celebrate the induction of Mrs. Breckinridge into the ANA Hall of Fame in Washington, D.C.

We made arrangements for a one day tour of FNS for the convention attendees including visits to Beech Fork, Wendover, the Old Hospital, and St. Christopher's Chapel. The sightseeing was followed by a panel and discussion led by Susan Baker, Midwifery Coordinator, and featuring Betty Lester on the history of the Service; Molly Lee on the changes that have occurred in

midwifery practice since she has been here (and that's almost thirty years of experience!); Brownie, our second director, on the practical advantages and problems of running a nurse-midwifery service coupled with an education program; Arlene Bowling, our only Leslie County CNM, on the cultural aspects of her practice; and Ellen Hartung, Project Director at Beech Fork, on what it means to be a family nurse practitioner in the districts. Here we quote some of the highlights.

Dr. Anne: I don't have too much to say to you today because there are people on the podium here who have wonderful stories to tell you about the Frontier Nursing Service and who are your midwifery leaders. But I would like to welcome you all as the Director of the Frontier Nursing Service to Leslie County and [to the FNS]: to touch and feel what you've been hearing about [for the past week] . . . I think that from what I heard at the convention you need to reflect on working together and about gathering more to your numbers wherever you can . . . We all need your help. We all need you to help gather together and train those who come beyond you . . . You need to teach others and that should be part of your aim and your practice.

Betty Lester: I'm going to tell you about the beginning of the Service because it's so different now and I think if I tell you how it was in the beginning you will understand how much progress has been [made.] When I came in 1928, the [Service] was just in its infancy. The Old Hospital up on the hill which you've just been to see had just been dedicated ten days before that, and there were two outpost centers, and that was all. We hadn't so much midwifery. We hadn't a doctor, and we hadn't very many nurses. If you've read *Wide Neighborhoods*, you'd realize what Mrs. Breckinridge had really done. . . . Leslie County had no roads, no railroad, no industry, no coal, and practically all the families were farmers. They didn't have much money but . . . they were very hard working, and very friendly. If you did something for them, they did something for you in return. . . . The one thing that they didn't have was medical care. There were no doctors, no nurses. . . . They had their own home remedies, but they had a lot of typhoid and a lot of diphtheria, and smallpox . . . The women when they were going to have their babies had no one to take care of them except a neighbor woman who had perhaps finished having her own children and was quite willing to go and take care of anybody else who was going to have a child. They had no prenatal care, no postpartum care. She knew that that was where she was going to be able to help . . . She made up her mind [after the death of her son Breckie] that

she was going to take care of children for the rest of her life. . . . There was a doctor at Hazard [who could help,] although it was a five hour trip on a horse, so if you were going to have an abnormality, you had to realize it early. . . . She came in May of '25 already to start. They had a little house over by the Presbyterian Church, two nurses were there, and she was there. The mother of one of the nurses came to help with housecleaning and Major Breckinridge came up to see that the horses were well taken care of . . . She said: "Here we are. Here are our hands. Use us. We're nurses and we're midwives. We want to help you all we can. We want to help your children. If you want us to come and visit you in your homes, you'll invite us." Well, that was it, and everybody wanted to know what these **quar** women were doing up in here, so they came to visit . . . In those days it was very much simpler than it is now. We took temperature, pulse, respiration, urinalysis, blood pressure, abdominal palpations, and external measurements . . . We did that first examination and saw the mothers every month until they were six months pregnant. In the seventh and eighth month we saw them every two weeks, and the last month we saw them every week. If they didn't come to the clinic, we had to look them up. We were not allowed to leave them at all . . . We always had to do one home visit to make sure that they'd got everything ready. Plenty of hot water and pads for the beds. . . . And then one night you hear: "Hullo!" outside your window . . . You gave the man your keys; he went down and saddled your horse, and you'd leave a note on your desk of where you were going, the name of the woman, and the creek she was on, and the time. We never rode alone at night . . . because if your horse fell with you, you could lie on the trails for hours and nobody would come anywhere near you. When we got to the house, we never left the woman until she was delivered. We let her walk about during the first stage. She could do anything she wanted to except for hard work. Then we would deliver the baby, separate it, and do the mother, and we had to wait one hour at least — an hour and a half to two hours — after delivery so that there'd be no complications that we wouldn't be there to [take care of.] You never left the house without having breakfast and if you wanted to go home by yourself, you had to wait for the first crack of dawn. When you saw the first light of dawn, you'd ask the man to go saddle the horse. You'd ride home through the morning — believe me it was beautiful! . . . We had to take everything out of our bags, . . . special bags for midwifery . . . We carried everything we wanted with us: our rubber sheet, our cotton, our mother's bag, our baby's bag, our emergency kit, our bowls, our towels. They weighed about thirty pounds. . . . We weren't aseptic, but we were

surgically clean, and we never once had a case of cross infection . . . . Everything had to be all boiled up and put back in the clean white bag and put away in the cupboard for the next delivery. . . . We had to keep very careful records . . . . Then we saw the patient everyday for the first ten days, every week for the first month, every month for the first year, and between one year and six years, we saw them every three months. Then we did school clinics and so we kept a record of all our patients until they were grown. . . . All our babies were born at home, and all the babies were breastfed.

Molly Lee: I'd like to welcome you from the old and the new . . . . First of all, you've just come down on the Daniel Boone Parkway and that was my happy hunting ground on a horse. It's hard to believe that that was all creek bed travel . . . . In my time of coming, there were still horses in use for district travel and the jeep had been in for a little while. . . . We had these little clinics that were general nursing and midwifery. We did the whole lot together. And I think my one thing in life, if you really knew me, is doing without . . . I'm afraid we have gotten a little bit too sophisticated sometimes for me . . . . In travelling to home deliveries, I most always went by jeep, and as Betty says, it was all times of the day and night, in all weathers . . . . We once got stuck in a snow drift and [the other nurse] had to jump up and down on the bumper to free me, and let me go to the delivery which happened before we got there on this multip. This is just an example of the things that happened and I'm sure you'd like to know them. The lady bled; she was under control when we got there but she needed blood. We came back to the hospital with her sample, cross-matched her blood, and took back the bottle of blood and gave her in her own home, and stayed all night with her. That was a one, little instance of something going wrong. The travel up that same area in Bull Creek, just beyond the toll gate, there were three miles of creek bed . . . we had to drive in four wheel drive in tractor gear up the waterfall that was halfway through the creek, and on up, and again the baby was born before we got there. The lady had a constriction ring and we had no doctor in Hyden and nobody nearer than Hazard. So we decided we would load her on a door into the jeep and I drove at no miles per hour down that creek bed. We sent a boy ahead on a mule to phone the ambulance. The ambulance picked us up at the then dump and loaded the lady in the ambulance. The only funny thing that happened about that was that the baby landed up in Hyden and the mother landed up in Hazard. But they did get together again afterward. . . . One of the other interesting things that happened to me was a Christmas Day baby born on Hell-for-Certain. My partner went out and delivered

the baby in the jeep I think, and I rode the horse out (just for fun anyway because it was Christmas Day). She had just finished the delivery, so we went in and rejoiced with the family. She rode the jeep back and rode back the other way, and at any rate, it was interesting and it was 'hell-for-certain.' . . . The fathers did tend to run off and you got left with a neighbor. This time we got left with nobody. It was an icy, cold night, icy in and icy out. We had a little tiny fire going and we spent the laboring period going to the well and drawing water and stoking the fire to try and keep the mother warm. The other thing we thought at the time was rather amusing there were a few bottles of moonshine around there which — we wanted a hot water bottle for the mother, so we threw out the moonshine and filled up the jar with hot water. And the doctor said when we came back: "Why on earth didn't you give her the moonshine?" . . . I wanted to give you some little idea of the present day home deliveries because we still have some. Of them we had one in the last couple of years, Susan and I went out fairly near here, on the highway. The lady had ruptured membranes and was not progressing. So, we were getting to the end of the time limit whereby we should bring the patient into the hospital according to protocol. But instead we took her up a bumpy ride in the jeep, along the bumpiest road we could find, which was very near. By the time we got back she was **much** more active . . . . A lot of you who are doing home birthing or birthing centers, have gone back to the idea which is if you live long enough, everything comes back the same as it was fifty years ago. The people used to always walk around in labor, as Betty was saying. Later on, as people got more sedation, they stayed in the bed more . . . . All of those things, we've done, and all of those things we're coming back to . . . . [There was another woman] who wanted as little interference as possible. This is a sign of the times that women are not wanting interference in their labors, their membranes ruptured, etc, unless it's really necessary. And that's what we believe as midwives — not to interfere unless we have to.

Brownie: In 1927 Yale University had a visit from Sr. George Newman of England, and he at that time pronounced the greatest physiological problems for any nation are the making and safeguarding of its mothers. He then went on to say that problems associated with maternity including deaths 'abound in America.' He stated that there was reduced fertility among women in modern civilized communities, a relatively high maternal mortality, and a heavy burden of invalidity among the surviving mothers. He went on to say how much better the maternal mortality rate was in



Helen Browne, OBE, RN, SCM

Britain and what was the reason for this. The answer at that conference was: those countries that have qualified nurse-midwives have lowered the mortality rate.

When Mary Breckinridge was setting up the objectives of her work in 1925, she wrote to the readers of our *Quarterly Bulletin*: 'It is well to keep in mind that we are embarking on a piece of research, and to advance at the outset a few questions which our adventure must answer or fail. Will our maternal and infant death rate in rural sections of Kentucky be lowered by this system of nurse-midwives to figures comparable with those of the old world? What area and population can be served by each nurse, combining midwifery with generalized public health nursing? What part of her time is claimed by midwifery?'

The primary purpose was to do something about maternal and infant care, and she knew full well that this had to include broad public health nursing principles . . . . And, of course, the other important thing is: what will the cost be?

In order to answer these questions she had to keep very careful records of every aspect of the work. The other thing was: will the people accept it? Will the nurses do it? These questions [were already being] answered at the end of the first year. 'Is it economically possible to provide for this service and from what sources other than local support? Educational work is largely met by endowments, perhaps we are coming to an era when health will be as well-endowed as education. 'Can the service extend indefinitely with nurses only or must the nurses eventually be used for the supervision of small groups and a class of midwife attendants trained to work under them? Time will tell.' And it still hasn't told us.

This is why what Molly says is so terribly important. We have all got to be willing to share our knowledge and experience . . . .

The explosion in medical technology has made midwifery a very complicated thing . . . . Think of the patient as a human being and not as an autonomous machine that's about to have a baby . . .

Here, remember, this is fifty-seven years of midwifery *service*. . . . If we kept these very careful records, what were we going to do with them? Metropolitan Life did tabulate our records — the first thousand, the second thousand, the third thousand, and then a combination of the fourth thousand and the whole first four thousand, and then again, after we had completed ten thousand deliveries of registered mothers. The first four thousand certainly created a great stir among the obstetrical profession and the New York Academy of Medicine in 1933 published the report of the causes — in New York City 61% [of maternal deaths] were due to



incompetence of physicians, 16% were due to the patients, only 2.2% were due to incompetence of midwives. Most of these midwives would have been European trained midwives who came over with the various groups of immigrants that came to live in New York City . . . .

However, we do have a problem with lay midwives today . . . . It's a problem for all of us. The majority of these women is dedicated to the improvement of maternal and child health care, and for that reason, we should do everything we can to help them . . . We cannot fight them. They want to do something. Many of them are doing good work, but I still think it is extremely dangerous to face the public with untrained midwives. . . . If we are willing to share our experience and knowledge with other people we should be able to double our numbers [of trained nurse-midwives] in five years. . . . Enrollments are down and schools have closed. We've got to prevent this happening. We won't make an impact on this country if we can't have more numbers. . . . I am convinced that nurse-midwifery is here to stay and lots of you in this room can help it stay . . . .

. . . We have always combined education and service . . . . You couldn't possibly teach midwifery [without the experience.] . . .

Arlene: I'm going to change the focus here and talk about the Appalachian culture and how it affects the health care of women . . . I'm going to start out by talking about some of the barriers to health care . . . Women, and many women my age, have total responsibility for child rearing . . . This is part of the culture here, that the mother takes care of the children, but I also think it goes beyond that and is reflected in the total socialization of women in our society across the U.S.

The second thing that I see as a barrier is women being treated as an individual versus receiving impersonal care. In a small community, the health care providers get to know the clients, they get to know the families, the families and the clients get to know the health care providers. . . . They get to know their health care provider — there's a continuity to that care . . . I think that the Appalachian woman is often stereotyped as being stupid, a non-conformist, if you will, to quality health care. She doesn't comply with what you would like for her to do. I think the health care provider doesn't always accept the readiness needs, or the learning needs of this individual, and therefore both the provider and the client are left with the sense of loss. The client never receives the health care at her level and the health care provider never overcomes his or her inabilities to treat the client as an individual.



FNS Booth at the ACNM Convention, April, 1982, Lexington, Ky.

The third thing, which I think Betty Lester brought up, briefly, is what we talk about when we think of the fatalistic attitude . . . Some of this comes through when the patient doesn't come in to see the health care provider until the very last moment. They put off going and they try everything that they can think of to try at home because they look at going to the nurse, or going to the physician, as being the last straw. They have the idea sometimes that this is the way God meant it to be, so it must be like this.

One of the other barriers I see to women receiving quality health care here is finding or knowing the appropriate health care provider for a particular problem and how does one get into the right system to get the right kind of health care for that problem . . . But they would come over here, because they would know that if they came here the nurse or whoever was there . . . would be the road to the right person.

Another barrier that I feel we work with day by day, hour by hour, is that of transportation . . . We work with a lot of people who do not keep their appointments, but a lot of this is based on husbands and fathers being available to bring people into the clinic. Our economy is based mostly upon coal now. If the mines are running one day, they're not running the next day. They're running the day the lady has an appointment to come in, and the lady is doing okay, you can bet he's not going to take off from work. He's going to go to the mines because if he doesn't go to the mines, there'll be people lined up waiting to take the job . . . Transportation is one of the key factors.

Leading into that, of course, is finances. Being in an area where the economic level is low, job level has always probably been lower than our national average, and at a time when budget cuts and everything else is coming into play, we're going back into having a lot . . . of difficulty with finances.

Some of the strengths that are very important when we think of the Appalachian culture are 1) people in the mountains are very person oriented. Everyone knows his neighbors . . . 2) Extensive kinship systems in the mountains. The extended family provides a steady state, excellent support systems at times . . . We have our fair number of teenage unwedded mothers, unplanned pregnancies. Very rarely do we ever have a baby that is given up for adoption . . . Most of the families here keep their babies because they have a strong family network and the baby is taken into the family and loved and cared for. The third thing is that women in this culture, I think, are very stoic . . . The fourth thing is a strong sense of independence.

A couple of things I consider to be major issues in the delivery of health care to the women is 1) the inadequacy of the availability of services . . . We're two and a half hours away from a major medical center . . . We don't have an abuse center . . . It goes beyond some of the little things to some of the major psycho-social things. 2) The insensitivity of physicians and other health care providers from outside the region. . . . For various reasons, the women in the community sometimes do not want to be examined by a physician. [The physician is examining a body and it doesn't make any difference to him whether it is male or female, but some women have never been touched by a man other than their husbands, and some men do not want another man touching their wives.] Of course, too, there are the special problems of the low income, welfare mothers. And we have the need for women to control their own bodies. We have the scarcity of quality prenatal care probably except for right here in Hyden where we have quality prenatal care,

I think. . . . One thing I don't deal with in my day to day practice, but there is also the inadequate health care of the black Appalachian woman.

These are some of the things I think of when I think of health care for the women here . . . . The main thing I'd like for you to consider is how different are the health care needs of the women here in comparison with the women whom you care for, and aren't we, as women, facing some of the same problems . . . . Aren't we here as women first of all and then as midwives to help improve the health care for women of all cultures. . . to look at the person as an individual and to meet the individual needs of the woman.

Ellen Hartung: I want to elaborate on the broadness of the care that we do as family nurse-midwives . . . it's not really any different from what the midwives did of old here. They did exactly the same thing with visiting the patients whether it was on horseback or by jeep. They saw the whole family . . . Parents are demanding to be normal as far as whether it's a prenatal patient or whether a mother or whomever, and they want to keep their children well. They like to do things by themselves. They don't really want us to do a lot of things for them but it's nice to have the person to ask. You wouldn't believe all the telephone calls we get . . .

They still don't like their kids being stuck with needles, but again the more they come to us and the more comfortable they are with the continuity of the service, the more they trust that we're really not going to hurt their children and we really are going to help them. And it is an important issue.

Besides human beings in the family, we are also very involved with the animal care in the family and you have to understand that animals are very important in Appalachia, probably more so than they are in a lot of other cultures. And sometimes the animals are extremely valuable to the family . . . We help them because veterinarians are far away and they cost a lot of money . . . (We did have a successful pig delivery last summer!) . . . Our family nursing is broader than what one sometimes imagines.

We also have interesting patients who are not animals, and one of our very interesting out-of-hospital deliveries almost occurred. . . . One morning at 7:30 the daughter and husband came running. "Quick, come! Mother's having a baby!" Anxious as I was at the ninth delivery [for this woman], I grabbed my things and went to the home . . . Nothing was happening but she refused to go to the hospital. I had only been out of school for about a couple of months having had about one delivery since graduation, and I was not about to do a home delivery on a gravida 9, so I called Molly . . . We

hauled her down the 'crik' bed and up the other side in six inches of snow and she and I laid down in the back of a Datsun station wagon — have you ever laid down in the back of a Datsun station wagon? — holding the IV and squeezing the bag to try and keep it from backing up while we drove like crazy. Molly beat us to the hospital in a jeep and had everything ready . . . She was out at 8:30 the next morning. She had to go home. Her husband needed her. The next day I decided as a good midwife should, to make a home visit every twenty-four hours for the first three days. So I went to her house and there was nobody there. I found her down the hollar, just across from our clinic showing the baby off to her sister . . . It was difficult examining a jaundiced chld with the light from inside a car . . . .

Anyway we do lots of interesting things around here and, thank God, lots of things are done really, really well.

Here followed questions and answers and discussion. The talk centered on the costs of a birth here at FNS and elsewhere, the expectations of the mothers who come here to have a baby, childbirth classes, charity cases, third party reimbursement, high risk patients, patient involvement in their health care, changes in the delivery of care and patients' attitudes towards birth, and family planning.

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The *Frontier Nursing Service Quarterly Bulletin* is proud to announce that it has won first place, Division I (Single Audience Periodic) in the "Run for the Winners Circle" of KHA/KSHPR Hospital P.R. Awards for 1981-82. That makes winners out of a lot of us!

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This year's fifty-seventh Annual Meeting of the Frontier Nursing Service was held at the Marriott at Griffin Gate, Lexington, Kentucky, on June 11th. A report of business conducted will be made in the Summer issue of the *Bulletin*.



Molly Lee and Hazel Canfield, our only Navajo graduate, next to the rug Hazel's mother made for the FNS.

### *Song of the Cardinal*

My living heart lies buried  
in Kentucky —  
perhaps under a lime-stone ledge  
or near a creek bed.  
Close by 'the sun shines bright'  
on dogwood blossoms  
made animate by the dancing  
of a single red Cardinal  
as he hops from branch to branch.

A sweet singing bird  
has carried me home.  
Alone he brings to me  
his special song of the hills  
a song in harmony and rhythm  
with my own living heart  
that lies buried somewhere  
deep among the tender blades  
of Kentucky bluegrass.

—Beatrice Tupman Prothero

[Editor's Note: Miss Prothero has long been interested in the FNS and sent this poem for the *Quarterly Bulletin*. It has been published in the all-Kentucky Bicentennial Fall '74 issue of *Twigs*, Pikeville College Press.]

## BOOK CORNER

We would like to thank the Longman Company, Inc. of New York for a complimentary copy of *Textbook for Midwives* by Margaret F. Myles, 9th edition, which is on the recommended book list for FNIII and IV students.

We also thank Random House for complimentary copies of three books in a series by the American Medical Association on *Woman Care*, *Back Care*, and *Heart Care*. We are pleased to review two of the series here.

### *The American Medical Association's Book of Heart Care*

by Douglas Gasner and Elliott H. McCleary  
reviewed by Ron Hallman

"Heart disease is the single greatest cause of death in America." With this fact in mind the *AMA Book of Heart Care* is not only an informative work but a timely one as well. The use of non-technical language which is easily understandable to the layman and the example of actual case studies from those who have experienced heart problems are two outstanding aspects of this book.

*Heart Care* is, in essence, two books under one cover. The first half is devoted to assessment and prevention of heart problems through diet, exercise, control of stress, and no smoking. The second part of the work takes a close look at what to do "when something goes wrong" (i.e. heart attack, angina, cardiac arrest, spasm, and valvular disease). There are individual chapters dedicated to such subjects as heart transplants, artificial hearts, and artificial pacemakers.

This book also touches upon the psychological aspects of patients with heart disease and evaluates the different options open to patients through surgery and rehabilitative treatment.

In my opinion, the editors of this book give the best description: "Giving clear do's and don'ts whenever possible, and presenting varying medical viewpoints when they exist, *Heart Care* is informative reading for every man and woman concerned with heart disease and reducing his or her risk of dying from it."



*The American Medical Association's Book of Back Care*

by Marion Steinmann

reviewed by Ron Hallman

The *AMA Book of Back Care*, which contains over fifty illustrations, provides essential guidelines and specific suggestions on how to treat one of mankind's most common afflictions — an aching back.

This book focuses mainly on preventing back problems before they become chronic through exercise, proper posture, and correct lifting. It opens with an overview and an explanation on how the back is structured and how it functions.

Although emphasis is placed on proper back maintenance and ailment prevention, this book deals extensively with how to spot warning signs and when to see a physician. Possible medical treatments are also discussed at length including drugs, braces, corsets, collars, traction, and bed rest.

Since back pain affects two million people or more each year, no one should be without the information this book provides.

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**ORAM**

by Ron Hallman

The Development Office at Wendover has recently completed a 50,000 piece nationwide direct mail campaign in an effort to find new supporters and raise more funds for the FNS. The endeavor was contracted in association with Constituency Builders Inc., (of which ORAM is a part), New York, which specializes in direct mail fund raising.

The FNS has cleared \$2,000 through this mailing and located 400 new donors. With these new supporters we have added to our already solid foundation of long-time friends and kept the services FNS provides vital and secure. Unfortunately, however, with a mailing of this magnitude, lists sometimes overlap and appeal letters are sent to people who have already given. We offer our sincere apologies for any such inconvenience and for the hurt feelings or displeasure it might have caused. We plan to continue our relationship with CBI in the future and thereby introduce the important work being done by the FNS to people throughout the United States.

### IN MEMORIAM

We wish to acknowledge our appreciation and personal gratitude to those friends who have, by including FNS in their wills, made a continuing affirmation of interest and belief in the care of mothers and babies and their families by the Frontier Nursing Service. Such legacies are added to the Endowment Fund.

MR. WILLIAM C. TREUHAF  
Cleveland, Ohio

These friends have departed this life in the past few months. We wish in this manner to express our gratitude for their part in the work of the Service and our sincere sympathy to their families.

MRS. HENRY C. BIDDLE  
Rosemont, Pennsylvania  
Philadelphia Committee member

MR. MITCHELL R. GUTHRIE  
Middletown, Kentucky  
Father of old courier, Mrs. Ann Guthrie Brinly

MRS. CHARLES N. KAVANAUGH  
Lexington, Kentucky

Blue Grass Committee member and, along with her husband, supporter since 1928. Both were Committee members and Mr. Kavanaugh served on the Medical Advisory Committee before he died in 1955.

MISS EDNA ROCKSTROH  
Santa Cruz, California

Ex-staff and first "nurse on horseback"

"In 1923, having become interested in midwifery through her work in the Maternity Center Association in New York City, Miss Rockstroh left a hospital in France, where she had been working with French orphans of World War I, to attend midwifery school in England. At the request of Mary Breckinridge, founder of the Frontier Nursing Service, she travelled to Leslie County, Kentucky, and went to work for that organization as the first of the

famous 'nurses on horseback'. In 1927, she had to quit the Frontier Nursing Service for health reasons brought on by riding out on call in the bitter winter weather." Miss Rockstroh travelled to California where she worked first for the Childrens Health Center in San Francisco, with the "Okies" and the "Arkies" in the migratory worker camps of the Central Valley; and, for twenty years, in Marin County where she helped organize the county health department and worked with the public school system.

EDITH MICKLE

Sussex, England

Nurse on staff at the Hyden Hospital and Health Clinic in the pre-war years.

MARGARET LANIER DUNAWAY

Nashville, Tennessee

Former student

EVELYN F. WASSON

East Sutton, New Hampshire

Mother of Dr. Anne Wasson

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*Prayer*

Where is death's sting? We were not born to die,  
Nor only for the life beyond the grave;  
All that is beautiful in earth and sky,  
All skill, all knowledge, all the powers we have,  
Are of thy giving, and in them we see  
No dust and ashes, not a part of thee.

Laughter is thine, the laughter free from scorn,  
And thine the smile upon a cheerful face:  
Thine, too, the tears, when love for love must mourn,  
And death brings silence for a little space.  
Thou gavest, and thou dost not take away:  
The parting is but here, and for a day.

Fullness of life, in body, mind, and soul;  
"Who saves his life shall lose it," thou hast said:  
A great adventure with a glorious goal;  
Nothing that lives in thee is ever dead:  
Brave living here: and then, beyond the grave,  
More life and more adventure for the brave.

—G. F. Brady, 1929

## MEMORIAL GIFTS

We take this means of expressing deep appreciation to our friends who make a supporting contribution to the work of Frontier Nursing Service as a way of showing love and respect for their friends.

**Mrs. Ryder**

Mrs. Stanley T. Prewitt

**Mrs. Elizabeth Simpson**

Mrs. and Mrs. William H. P. Robertson

**Mr. Canie Walters**

Anne A. Wasson, M.D.

**Margaret Brodhead**

Mrs. James F. Pendleton

**Mr. Jacob Klotz**

Falls Area Senior Citizens

Mr. R. Eckhart

Anne A. Wasson, M.D.

Alumni Association of Kings County Hosp.  
School of Nursing

**Mrs. Floyd H. Wright**

Dr. and Mrs. W. B. Rogers Beasley

**Mrs. Grayce Turnbow**

Dr. and Mrs. W. B. Rogers Beasley

**Mrs. Nora Cornett**

Dr. and Mrs. W. B. Rogers Beasley

**Mrs. Mildred Cornett**

Dr. and Mrs. W. B. Rogers Beasley

**Mrs. William Taylor**

Dr. and Mrs. W. B. Rogers Beasley

**Mr. Atta Wise**

Dr. and Mrs. W. B. Rogers Beasley

**Dr. Hugh C. Williams**

Dr. and Mrs. W. B. Rogers Beasley

**Mrs. Wanda Hoskins**

Mr. and Mrs. Max W. Rothpletz

**Mrs. Robert Carpenter Carr**

Mrs. Samuel Shuman

**Mr. Kemp Stucky Burge**

Mrs. Mary Helm Myers

Mrs. Mary Kemp Myers Miller

**Mr. Charles Allen Thomas**

Miss Kate Ireland

**Mrs. Gordon Melton**

Hyden Citizens Bank

**Mr. Hugo Janutolo**

Hyden Citizens Bank

**H. Davis Chipps, M.D.**

Mr. and Mrs. Harry V. Jobe

**Miss Glenda Sue Swartz**

Ms. Ruth B. Hartman

Mr. Walter E. Hartman

Mr. and Mrs. Greg Leichty

**Mr. Edward S. Dabney**

Mr. and Mrs. Thomas C. Simons

Merrill, Lynch, Pierce, Fenner & Smith, Inc.

Mr. H. L. Drew

Mr. and Mrs. James B. Allen

Kentucky Dance Council, Inc.

Mr. and Mrs. James W. Stites, Jr.

Mrs. Robert M. Brewer

Mr. George E. Evans, Jr.

Ms. Eugenia G. Powell

Miss Kate Ireland

Hyden Citizens Bank

Mrs. Burgess P. Standley

**Miss Edna Rockstroh**

Vera G. Rockstroh

Richard D. Rockstroh

**Mr. Mitchell R. Guthrie**

Mr. and Mrs. Charles R. Antonini

Mr. and Mrs. Herbert W. Bell

Mrs. Vernon H. Wetherby, Sr.

Mr. and Mrs. J. M. Heizer

Mr. Ralph V. Willhite and Family

Mrs. Ula Mae Stang

Suzanne and Beth Hackmiller

Crippled Children's Services

Mr. and Mrs. Joel B. Ebbert

Fessel, Siegfriedt & Moeller Advertising, I

Mr. H. Robert Williams

Mrs. H. E. Mahorney

Mr. and Mrs. Jess D. Wilson

Mr. and Mrs. Paul R. Elliott

Dr. Frank E. Guthrie

Mrs. Gertrude A. Holloway

Mrs. Mitchell R. Guthrie

Ms. Rosanne Williams

Mr. and Mrs. William L. Cunningham

Debbie and Barbara

Mr. and Mrs. George C. Wiles

### URGENT NEEDS

Baby hugger for X-ray .....	\$ 300.00
Mechanical percussor for Respiratory Therapy .....	\$ 275.00
Weight set for Physical Therapy .....	\$ 250.00
Pediatric laryngoscopy blades for OR .....	\$ 200.00
3 IV poles for Med-Surg .....	\$ 225.00
2 Oscopes for Home Health and Med-Surg .....	\$ 500.00

We are very pleased that our readers responded so quickly to the Urgent Needs list in the Winter issue of the *Bulletin*. Mr. and Mrs. F. Laurence Gosnell, Massachusetts, contributed the cost of the laryngoscope and the two pairs of iris scissors. The Floyd Wells Coal and Land Company, Smilax, Kentucky has generously made possible the purchase of the cardiac treadmill for our Respiratory Care Project. To these particular donors and to all those who support our work in big or little ways, thank you.

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#### **Betty Lester/Anna May January Education Fund**

by Ron Hallman

The Board of Governors of the Frontier Nursing Service is working on establishing a revolving loan fund to enable FNS area students to further their education in the health care field. The loans will be made annually to the most deserving and best qualified students from our area who will be selected from written applications received by our special Fund Committee.

This new project has been named the Betty Lester/Anna May January Education Fund after two of the most beloved FNS nurse-midwives. The devotion of Miss Lester and Miss January to the nursing profession represents a combined total of some ninety years of caring for others. We hope that the fund will foster a continuation of their example and that the students benefiting from the loans will reach for their high professional standards.

**STAFF NEWS**

**Cindy B. Ellison (ex-staff '75-'76) 825 Briar Cove Court,  
Loveland, OH 45140 —**

Will take the time to write just a note to tell you we have added a third child to our family. Ashley Blake was born January 22, 1982, and weighed in at 8 lbs. He was a planned home birth and attended by two midwives — sorry to say, neither of them were FNS grads. Seven-year-old Travis cut the cord and two-year-old Heather labeled all his parts — eyes, ears, etc. It was a great time for the whole family! Having three has not been the big adjustment I thought and we are looking forward to a fourth — I think. Carl is still in the PHS and is stationed at a clinic in Goshen, Ohio. We see **Pat Wikoff** often. I'm not working — outside the home, that is.

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**STAFF OPPORTUNITIES**

**Dean for the Frontier School of Midwifery  
and Family Nursing**

**Family Practice physicians**

**Registered Nurses and Family Nurse Practitioners**

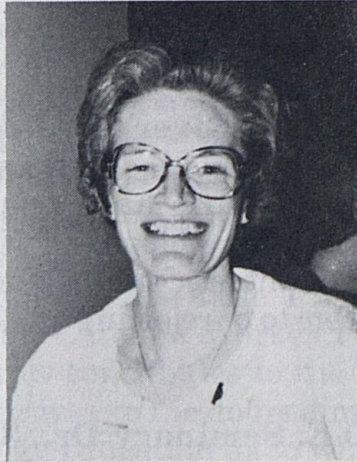
**For all of the above, please direct you inquiries to:**

**Darrell Moore, Director of Personnel  
Frontier Nursing Service  
Mary Breckinridge Hospital  
Hyden, Kentucky 41749**

**Couriers and Volunteers — especially senior nursing  
students and a volunteer to help in the Donor Office  
(typing and secretarial skills are a must.)**

**Please write to:**

**Danna Larson  
Coordinator of Couriers and Volunteers  
Frontier Nursing Service  
Wendover, Kentucky 41775**



Edie Anderson at the reunion.

### **FSMFN Alumni Association**

by Ron Hallman

This year's ACNM (American College of Nurse-Midwives) convention in Lexington, Kentucky, was a busy and successful time for all of us at FNS. The highlight of the week for many was the Tuesday night alumni "reunion", an event which had two main purposes. First, of course, was to provide a time and place where friends and fellow classmates who have moved far away from the mountains of Kentucky could gather. Secondly, the evening was meant to mark the inception of the Alumni Association for all graduates of the Frontier School of Midwifery and Family Nursing.

The idea of such an association was met with great enthusiasm by the over 100 graduates who came to visit and to share ideas and addresses. A questionnaire was distributed and returned to those who coordinated the gathering: Dr. Anne; Mary Weaver, Director of Nursing; and Ron Hallman, Director of Promotion and Development. The service most desired by the graduates was a clearinghouse of information about 1) fellow graduates and 2) the nurse-midwifery profession in general. Other than that, the Association plans to make special mailings about FNS and school activities and to provide a forum for feedback from our graduates concerning present operations. Letters of application are being sent to all 589 graduates outlining the specific functions of the Alumni Association and offering membership.

We look forward to an active Alumni Association and hope that all our graduates will participate.

## ALUMNAE NEWS

**Marianne Towler, 155 W. River St., A-2,  
Wilkes-Barre, PA 18702**

The crocuses of Wilkes-Barre have finally dared to emerge from their obscurity and are now blooming with wild abandon. We have had some wild and fantastic spring storms and even a bit of sun. Even the babies seem to be rejoicing and business is booming!

. . . . .

**Margaret Hill, 1200 E. Seminary Dr., 317 B,  
Ft. Worth TX 76115**

Greetings! I'm sure the spring is beautiful in the mountains. It was my favorite time of year there. I hope to be home in June for a few days and hopefully I'll make it to Hyden. Some of my friends are meeting at the World's Fair. I really am enjoying Texas. Seminary is really good. I believe that I'll be here about another year then possibly by next May I may be ready to head overseas. Tell everyone "Hi".

. . . . .

**Ethel Starck, 3101 12th Ave. S. #3,  
Minneapolis, MN 55407**

My latest piece of excitement is that I've purchased a piano. It's an old used one but I love it. Haven't had my very own piano in quite a few years. One of the midwives I work with — **Ruth Rabenhorst (1966)** — graduated from there. Winter's back again — got a few inches of icy, heavy snow. I was on call for 24 hrs. and had three babies. One was pretty unique — in the bathtub! Bathing in labor is real common on our unit. P.S. I let the water out.

. . . . .

**Betsy Greulich, 1885 Rose Villa, Pasadena, CA 91107**

California life and weather are treating me well. I'm working at LA County/USC Women's Hospital as a staff nurse-midwife. Am enjoying my job tremendously not only because the 15 other midwives here are great and supportive but also because I thoroughly enjoy the Hispanic population that we serve. Also been involved in some teaching with the nurse-midwifery



educational program here. **Karen (Kern)** was module coordinator of the physical assessment and pelvic assessment modules and I helped out with some of the classes. When I taught the bony pelvis **Molly Lee's** classes kept ringing through my brain. The students had to get used to my English pronunciation of some of the landmarks — ischial “ch” pronounced like a “k” instead of “sh”. How nice it is to remember the people who helped us learn so much! In my free time I have been doing some volunteer work at the Catholic Worker Free Clinic in LA. Its location along skid row contributes to the interesting variety of clients that make their way to the doors almost every day. It is an education in itself — an education as to what life must be like on the streets for the poor, lonely, hungry and forgotten people who populate the walkways we can afford to drive by. I send warm hello's to everyone.

. . . . .



**Wendy Wagers, c/o Booth Maternity Center,  
6051 Overbrook Ave., Philadelphia, PA 19131**

Sure have been having a good time here in Philadelphia. You wouldn't believe all there is to do here. I have been trying to do it all and see it all, and so far I haven't missed much. The museums, movies, concerts, lectures, fairs, etc. have been so much fun. I've actually considered staying in Philadelphia. Say Hi to everyone for me.

**Lucia Osiecki, 2193 Edgewood,  
Cleveland Heights, OH 44118**

Things are bustling here in Cleveland — it is a hard adjustment — but I am liking the change. I do miss Big Creek, CHC and my friends and my animals at Redbird. There are about seven clinics run by the midwives in one service — the clinics are mostly antenatal, but there are also postpartum clinics. The clinics are scattered all over Cleveland (reminds me of the districts, but much harder to find). I will eventually be assigned to one or two different clinics and the rest of the time I will be doing deliveries.

. . . . .

**Catherine Carr, 1609 Charnelton, Eugene, OR 97401**

We just moved our office into a wonderful, old Victorian farmhouse-style place. It has wonderful bay windows, a sun porch and lots of room! We'll do our birth center upstairs in a marvelous, old, wood paneled room with a windowed alcove looking out over the neighborhood. Perfect for babies! It's a warm, sunny day today — real treat for Eugene in February. The warmer weather makes me think of warm nights, lilac bushes and little fat babies — usually in association with each other at births.

. . . . .

**Rhea Liinamaa, 1135 3rd St., Los Osos, CA 93402**

It seems I'm just getting busier all the time. I finished at USC/Los Angeles and started in private practice here in San Luis Obispo. I'm working as an independent contractor for an OB/GYN.

. . . . .

**Rayna Yatsko, 9335 NE Schuyler, Portland, OR 97223**

Happy Easter! Will be spending the day with my parents and family. We have our traditional "Slav" Easter brunch. We make special breads, beet horseradish, dye eggs, make a special cheese, honeyed ham, poppy seed roll, lamb cake. The end of this month I'm going to a conference in Seattle so I will see **Sue Keilman**. Been working in my yard and getting the garden bed ready.

. . . . .

**Susan Barry, 207 McGregor, Harlingen, TX 78550**

I hear that Kentucky is having an awful winter. **Debbie**



**Jones** just arrived and gave us all the awful details. The weather has been cold for here. Hope all is well.

. . . . .

**Corrine Dunn, c/o Dunes Family Health Care, Inc.,  
620 Ranch Rd., Reedsport, OR 97467**

Greetings from the west coast! I'm still planted here in my group practice on the coast. There's getting to be quite an FNS contingency out here! I just spent the weekend with some of the folks in Portland, **Carol Ingram, Sue Hoeffel, Gail Alexander,** and **Candy Vanderbeek** who came down from Seattle for the same conference. Give my best to Dr. Anne — I'll hope to get a chance to visit in April.

**RoseAnn Yoder, 3026 M Old Hwy. 77,  
Brownsville, TX 78520**

Am in Texas in Brownsville at a Maternity Center doing prenatal, labor and delivery, postpartum and newborn care. Most of the women are Spanish speaking so I'm learning a new vocabulary. It's great having **Karen Kudia** and **Debbie Jones** down here for a few weeks! It's warm enough to swim — I love it! Hello to everyone at FNS!

. . . . .

**Nancy DeVries, 210 Tillman, Nashville, TN 37206**

Talked to **Candy Vanderbeek** in Seattle — plan to meet her at Lexington for the ACNM Convention in April. Hi to all!

. . . . .

**Susan Headrick, 605 Clay, Monte Vista, CO 81144**

Hello from beautiful Colorado! The huge mountains are gorgeous this time of year with white caps. I miss Kentucky but am enjoying the change of scenery. My partner and I are keeping busy. I got my hospital privileges all settled, finally. We see quite a few Mexican women who speak only Spanish — I'm trying to pick up as much as I can. I plan to take conversational Spanish this summer at the community college.

. . . . .

**Karen Slabaugh, 8381 Caine Rd., Millington, MI 48746**

I have taken a nurse-midwifery position at Lewistown Hospital, Lewistown, PA. **Lois Miller (1959)**, an FNS'er of 20 years ago, initiated the practice in 1979. The area is mountainous with larger, wider valleys than in Leslie County. Medical back-up is fair and hospital administration is highly supportive. Nursing practices, especially in the area of breastfeeding are still in the 1950s so there is the challenge to create some change.

. . . . .

**Cynthia Sherwood, 543 E. Chestnut St.,  
Lancaster, PA 17602**

My latest move into Lancaster is to facilitate going to school. I'm going to Lancaster Bible College and will obtain my Bachelor of Science in Bible next year. After graduation in 1983 I hope to go to England for a six month tropical medicine course, then on to Indonesia to language school. I'm living in an apartment in the

city (a real adjustment for me and my dog). I work nights part-time at the general hospital here.

**Susan Willis, P.O. Box 264, LaConner, WA 98257**

Though I have often done 3-4 deliveries in 24 hours — yesterday seemed to be one of my craziest days! It started out at the airport at 6:00 a.m. (after a mad rush by me to get there with my gas guage on empty) — our little private airport sits in the middle of a cabbage field. Private planes fly folks over from the San Juan Islands to the mainland. I waited a half hour for a Gr 3/2 with contractions every three minutes (I, of course, grabbed 2 towels, 1 chux and a clamp as I left the house.) Thinking she was already on her way to the Birth Center (BC) I went there where I learned that the night labor nurse had left (for the airport) to tell me there was too much fog and the plane couldn't lift off. The day labor nurse got another call that the plane was now leaving — so off she went to the airport again — while I left for the hospital to admit another Gr 3/2 for pitocin induction (PROM) — back to BC to see Island woman (only 3 cm and going slow) — home to breakfast — off to do grocery shopping — back to BC to see three day baby and mother's check at 12:30 and another at 1:00 p.m. Island mother complete and pushing at 1:30 p.m. — delivered at 2:00 (shoulder dystocia resolved with intact perineum) — finished baby check — off to hospital, the other mother complete at 3:00 p.m. — delivered at 3:30 (another shoulder dystocia — this one with Fx clavicle but baby fine). Finished at 4:45 p.m. Jim racing madly to pick me up — arrived at Indian reservation (in LaConnor) for last game of five-night tournament (Aaron plays for 6th grade basketball.) Home at last at 7:30 p.m. — relax and oh how sweet — no late night calls, a full night's sleep! Lately my Fridays and Saturdays all seem to be similar — but yesterday was especially crazy so thought I'd share it.

**Janice Kersgaard, '73, c/o Mission Hospital,  
Tank, NWFP Pakistan**

I went to Pakistan, January of 1977, and was there four years working in a 60 bed hospital. We are 100 miles from the Afganistan border and are seeing a lot of refugees.

I returned to Tank March 15, 1982, and will be working with the new village health care project. I sure have put my FNS experience to good use!

**COURIER NEWS**

**Cynthia Bray (Mrs. John Spink '75), 31 West End Rise,  
Horsforth, Lews 18 5JL England—**

We have had a dreadful winter weather wise but of course it has brought us a lot of work plumbing wise with burst pipes. Alison (Bray) has moved to her new cottage in Harrogate which is lovely — she really has got it looking nice now . . . I think of you all often and only hope that one day in the not too distant future I will once again step onto Hyden soil. I remember my two months' stay as if it were yesterday and can honestly say that out of everywhere I have been in the world since, nothing compares with the variety FNS gives! In one word — great.

. . . . .

**Vicki Baker '81, P.O. Box 397,  
Spring City, Tennessee 37381—**

Right now I'm hoping for a job as landscaper (maintenance) in Knoxville at the World's Fair . . . I have been planting trees since February 13. Although I am thankful for the job, I can think of a number of other jobs I would prefer. Besides the scratches, bruises, aches, and pains and all the crude language of the men I work with (not to mention the fact that being the only woman I am definitely in the minority), it is okay. I do like being outdoors and working with my hands. So you have pups? So do we! Nine of them — two weeks old.

. . . . .

**Maggie Jones '81, 2116 River Bluff Road,  
Louisville, Kentucky 40207—**

The rest of my year off from school was wonderful. After leaving FNS I worked in Louisville and made a little more money to add to my Europe fund. At the end of September I packed my backpack and headed for Europe with a friend. We spent two months on trains and in youth hostels, meeting some great people and seeing beautiful places. I came home around Thanksgiving, lived at home and worked in a department store. (Can't you see me selling jewelry, hosiery, and little girl's nightgowns?) . . . **Elizabeth Hirschhorn '81** is here (Vassar) — it's been great to have her around. I see her pretty often — we take a ballet class together.

**Carolyn Cavalier '81, 105 Beaver Road,  
Sewickley, Pennsylvania 15143—**

It's always nice to get your letters and hear of all your activities. I consider you (Danna Larson) and Barbara (Post) to be very brave in taking on all the undergrowth, though I'm sure Wendover will look beautiful when you've finished. (Will you ever be finished?) . . . I couldn't go away because I couldn't miss my paramedic class, so I told my photography teacher that I would help him get his firewood for next year. Needless to say, firewood was not all he had in mind. We shoveled manure, pruned fruit trees, cut a couple of cords of wood, and there's more to come. He's paying \$4 an hour, though, so I can't really complain.

**Deb C. Trefts '81, Box 373-A RFD 1, Rte 14,  
So. Royalton, VT 05068—**

School is going okay, the weeks speed by and I never seem to get done what I planned. Such is life, I've decided. The courses are tough but I'm not satisfied otherwise. I definitely feel challenged. Just the same, I'll be glad when August comes and I'll have a masters . . . . Heard from the Institute of Marine Studies at the University of Washington in Seattle and I'm accepted in their Master of Marine Affairs Program come autumn. Never been west of Chicago — I'm excited. The program is two years, so I'll be out west at least that long. Then WORK.

**Mary Ventura '81, 26 Ashley Street,  
So. Dartmouth, Massachusetts 02748—**

No, I haven't forgotten you and everyone out there. In fact, I have the picture of Wendover you sent me hanging in my room — it reminds me of the good times I had. They all are beautiful memories. Nursing has been hectic but soon I'll be graduating. I'm looking forward to nursing outside of the school setting. As of yet, I still don't know where I'll be heading to. I think I'll get a job on a medical/surgical floor for a year for the experience everyone tells me I should get.

**Rod Hsaio '82, 21 Washington Ave.,  
Cambridge, Massachusetts 02140—**

I'll be graduating June 4 and moving to Cape Cod and find some summer work. Perhaps I can be a radiologist or be a secretary. **Kristina (Mead)** has wild fantasies about working in a pharmacy. She and I haven't done a school presentation yet but

(the headmaster) mentioned that he will have us do it after lunch-time some day. But whether that happens or not I've talked to a lot of students who seem enthusiastic about being a courier for their project month. I told them how wonderful people are at Wendover, the great food, the dangerous excursions to the frontier outpost clinics through the rushing mountain rivers, crossing mountain ridges on horseback while constantly wary of bear or wildcats that maul any unsuspecting city slicker. No, seriously, I told them that being a courier can be very exciting without all those life-endangering tasks and that it is a very revealing experience. Looking back I think the whole experience more than fulfilled my expectations. Thanks for everything!

• • • • •  
**Mrs. R. L. Branham, 48 Cottage St.**

**Hingham, Massachusetts 02043—**

I feel as if I know you — first through **David Preston '82** and secondly through **Agnes Lewis**. When David called and said he was going to Wendover it made me homesick to go too. I am **Jinny Branham's** mother and have visited at Wendover when Jin was a courier. She went to FNS over a period of nine years and at all seasons. I was there over one Thanksgiving and helped **Betty Lester** carve three huge turkeys. It is such a precious spot and such grand people there . . . I told David it was no place for a lazy person.

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### FIELD NOTES

Winter gave us one last lick in April when 'redbud winter' brought snow and temperatures down into the teens; the fruit trees and berry plants were hardest hit, and we lost azaleas and lilacs as well. Spring grew steadily in strength from then onward and we are now enjoying the longer nights and warmer days of early summer. Gardens are flourishing after some much needed rain and the honeysuckle fills the air with its exotic fragrance.

Life has been busy at Wendover this spring with many comings and goings and a special visit from **Brownie**. Visitors have included **Tom Francis** from Kalamazoo College (who works on student internship projects), groups from **Indiana Central College**, **Pikeville College** faculty and **Dr. Helen Creighton**, **Laurel High School Health Careers Class**, and the **UK School of Allied Health**. We have hosted special meals for the **Board of Governors**, **Sr. Angela Murdough** (President of the **ACNM**), **Dr. Cross** from





Ministerial Association meeting at Wendover living room in April. Left to right: Barney Huff, Rockhouse Baptist; Eugene Westley, United Methodist/Jack's Creek; Al Whechel, Beech Fork United Methodism; Mary Alice Murray, Wooton Presbyterian Assoc. Pastor; Rev. Leonard Hood, Hyden Central Presbyterian; Lindsay Cornet, Couch's Fork Church of God; Ray Wilson, Rockhouse Baptist; and James Allen, Cutshin Bible Church.

the University of North Carolina Chapel Hill School of Medicine, Mrs. Hal Rogers, and the Leslie County Ministerial Association. And we held the third annual Old Timers Dinner again in April. The Old Timers Committee, made up of staff who used to (and some still do) work at Wendover, has been most helpful in raising funds for furnishings for Mrs. Breckinridge's room: curtain material, a walnut bench made by Cecil Morgan of Camp Creek, a rug, and, this year, they have provided the cost of framing Mrs. Breckinridge's diplomas so that they can be kept properly and be handsomely displayed. Early in March we had two visitors from the Center for Disease Control, Atlanta, Georgia who came to gather data on deliveries under the care of nurse-midwives.

We were sorry not to have been able to host a group from Afton-Nineveh again this year. "Unfortunately, spring has brought hard times to the church and community. We were forced to look closer to home for a work project and found one at a retreat center near Corning, NY. Over the years we have enjoyed the thrill of

travelling to Kentucky and of meeting new people, and I know that the people of FNS have made a deep impression on our lives and (in) our hearts. We wish you success in your work and want you to know that you all at FNS and in Hyden will be in our prayers. Yours in Christ, Doreen Forrest, Afton-Nineveh Mission Council."

We have missed the ever cheerful Afton-Nineveh group this year and the 'shot in the arm' their help always brings. But the couriers have persevered and the garden at Hurrigan is **all** in, as is the one behind the Barn; chairs, benches, and cabinets have been repainted and weeds pulled to keep Wendover looking trim. David Preston, Wellesley, Massachusetts, Mary Nassif, Allston, Massachusetts, and Will Saltonstall, Manchester, Massachusetts have all served as volunteers doing aide work in the clinics, PCC, and on Med-Surg. Terry Zimmerman, Cedar Rapids, Iowa, Steve Leuty, Kalamazoo, Michigan, Katy Robbins, Milton, Massachusetts, Cathy Cross, Maitland, Florida, Elizabeth Tregoe, Princeton, New Jersey, and Ruth Anderson, Toledo, Ohio have all kept courier chores caught up and filled in as 'dental assistants', gardeners here and at the hospital, and in the usual array of somewhat unpredictable jobs.

We are sorry to bid adieu to some who have been with us a while: Ann Richter, FSMFN; J. K. Hameloth, OB; and Edith Begley, Housekeeping. We welcome along with our new director: David Morgan and Sheree Robbins in Pharmacy; Jean Muncy in Dietary; Jaley Farmer at CHC; Kathy Whitaker, LPN, and Joan Alstaugh, RN on Med-Surg; Joan Meadows in Respiratory Therapy; and two of our very own graduates, Donna Marcella, RN, FNM and Pam Florey, RN, FNM, on OB.

This spring has seen much hard work — in preparation for the ACNM Convention, graduation, indoors and out — and the payoff shows in people's smiles. One of the areas where especial hard work shows is in Respiratory Therapy: year to date figures show an increase of 5,326 total visits over last year, 534 more outpatient procedures, and 4,792 more inpatient procedures. Congratulations!



### THANK YOU, DR. ANNE!

On graduation day, Dr. Anne made light of the number of hats she has been wearing since last summer: Interim Director, Acting Dean of the school, Oncology Demonstration Project Coordinator, **and** in between teaching at the school, working part-time at Wooton, and picking up Physician of the Year Award. (With this many hats she could go on talking to those present for **some** time.) She made light of something for which we owe her a great deal of thanks: it is not often that a ship is fortunate enough to have someone who can take over as helmsman, chief cook and bottle washer, and first mate, too, when seas are far from calm. With so many hats, and so many hands, you might think her an odd looking creature, but Dr. Anne is the biggest, little woman in town who managed to have time and room enough for all of us. Of course, now that her job is being cut down to size and there looms the possibility of some summer rest, Dr. Anne is threatening not to go on vacation unless we can get her garden tilled for her. Will somebody please call Maintenance?

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Its motto:

“He shall gather the lambs with his arm  
and carry them in his bosom, and shall  
gently lead those that are with young.”

Its object:

To safeguard the lives and health of mothers and children by providing and preparing trained nurse-midwives for rural areas in Kentucky and elsewhere, where there is inadequate medical service; to give skilled care to women in childbirth; to give nursing care to the sick of both sexes and all ages; to establish, own, maintain and operate hospitals, clinics, nursing centers, and midwifery training schools for graduate nurses; to educate the rural population in the laws of health, and parents in baby hygiene and child care; to provide expert social service, to obtain medical, dental and surgical services for those who need them at a price they can afford to pay; to ameliorate economic condition inimical to health and growth, and to conduct research towards that end; to do any and all other things in any way incident to, or connected with, these objects, and, in pursuit of them, to cooperate with individuals and with organizations, whether private, state or federal; and through the fulfillment of these aims to advance the cause of health, social welfare and economic independence in rural districts with the help of their own leading citizens.

Articles of Incorporation of the  
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