

FNS

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QUARTERLY BULLETIN



In Memoriam
MISS HELEN E. BROWNE, C.B.E.
1911-1987

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Cover: Miss Helen E. Browne, C.B.E., former Director and Honorary Member of the Frontier Nursing Service Board of Governors. We dedicate this issue to her memory and exemplary life of service.

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A Life of Service

**Miss Helen E. Browne, C.B.E.
1911-1987**

We dedicate this issue of our *Quarterly Bulletin* to the memory of Miss Helen E. Browne, C.B.E. Devoting her life to the service of others, including 38 years as a member of the Frontier Nursing Service staff, she died at her home in Milford, Pennsylvania on January 20 of this year.

Born in Bury St. Edmunds, England on February 3, 1911, she completed her nurse's training at St. Bartholomew's Hospital School of Nursing in 1934 and her midwifery training at the British Hospital for Mothers and Babies in 1935.

Known affectionately as "Brownie", Miss Browne came to Frontier Nursing Service as a young nurse-midwife on July 28, 1938. In her early years, she served as a district nurse-midwife and was appointed Supervisor of the Hyden Hospital during World War II. In 1947, Brownie was named Assistant Director of FNS.

Upon the death of our founder, Mary Breckinridge, Brownie was unanimously elected Director on May 18, 1965. She served in that capacity for 11 years until her retirement from the Service in 1975. Under her leadership, the Mary Breckinridge Hospital was built and the FNS educational program was expanded to combine family nursing and nurse-midwifery into an integrated curriculum. The name of the school was also changed to The Frontier School of Midwifery and Family Nursing as it is known today.

Brownie believed that all nurse-midwives should speak with a single voice; thus she worked to merge the FNS based American Association of Midwives with the American College of Nurse-Midwifery to become the American College of Nurse-Midwives.

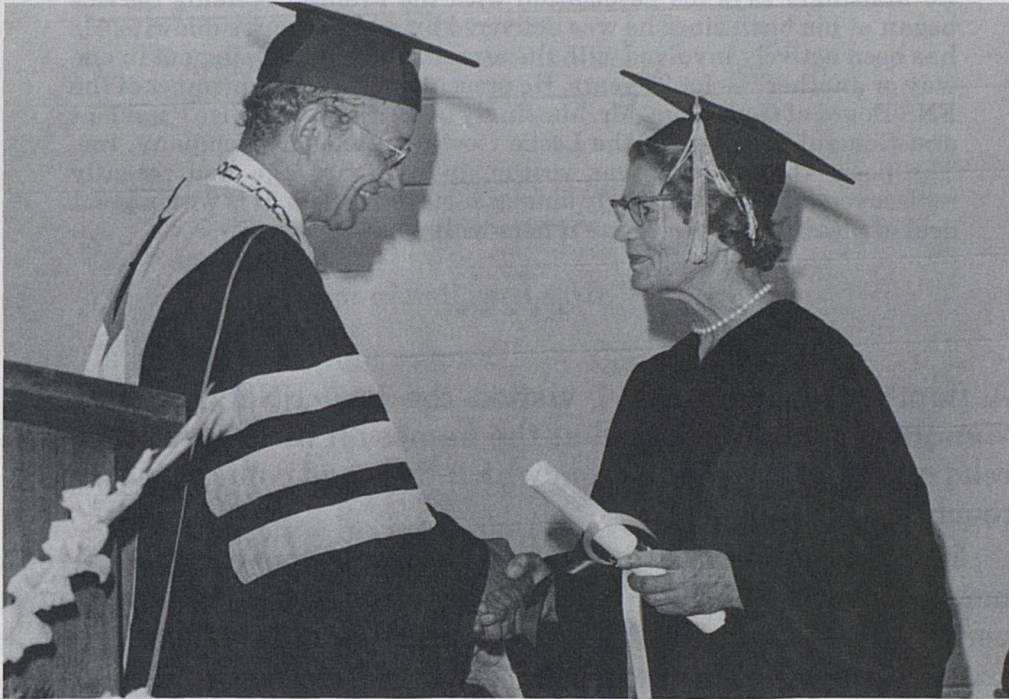
An honorary member of the FNS Board of Governors, Brownie received the Distinguished Service Award from Berea College, an Honorary Doctorate Degree in Nursing from Eastern Kentucky University and was appointed a "Commander of the Most Excellent Order of the British Empire" by Queen Elizabeth II in 1976.

Even after she had retired, Brownie was always willing to assist the FNS as a volunteer speaker or fund-raiser. Her eloquence, intelligence, humor and steadfast belief in nurse-midwifery were invaluable.

A memorial service in Hyden is planned for Friday, April 10th at 5:00 p.m. Memorial gifts will be set aside to restore Brownie's beloved FNS home and headquarters, Wendover. An appropriate plaque will accompany this restoration to symbolize our love and respect for our friend and her exemplary life.



After receiving the insignia of an Officer of the Most Excellent Order of the British Empire (OBE) in 1964, Helen E. Browne is greeted by the Queen Mother on the grounds of Buckingham Palace. In 1976, Browne received the CBE, a higher honor.



Helen E. Browne receiving an Honorary Doctorate Degree in Nursing from Eastern Kentucky University (1976).



Browne and two couriers by the cabin at Wendover (1966).

Ed Mattingly says his association with the Frontier Nursing Service began at his birth since he was delivered by an FNS nurse-midwife. He has been actively involved with the organization — “helping out in one way or another” — for 34 years. He presently serves as a member of the FNS Board of Governors. Mr. Mattingly is the Executive Vice President and General Manager of the Leslie County Telephone Company, Inc. The poem that follows was written many years ago and recently rediscovered by Mr. Mattingly among some old papers. It is with a great deal of pleasure that we share it here with you.

* * * * *

A number of years ago I visited the tiny FNS Cemetery, at Wendover, Ky. As I looked at the names on the headstones and read of the far-off places from which they had come I was deeply touched.

They not only chose to work in the Mountains, while they lived, but to remain in the Mountains, when they died. And, just perhaps, that is the most sincere expression of love.

The following was written a short time after the visit and I share it with you not from any sense of vanity, but simply because it was and is the way I feel, and because the kinship of thought is universal.

* * * * *

Ode to the Faded Blue

“She considereth a field, and buyeth it; with the fruit of her hands she planteth a vineyard.”

Proverbs 31-16

The fence has long ago given up being new
and the aged gate hangs unevenly on rusty hinges.

The giant trees stand
eternal against an azure sky.
Upon the earth fallen leaves
form a blanket over those who lie in
endless sleep.

This place is most quiet, as if sheltered
by the very hand of God.

At the bottom of the hill,
where the ancient Elms grow.
The mighty river runs and bubbles
and slides, on its way to the
Great Grey Waste.

But here only a soft murmur is heard.
As if the river in all of it's power
was mindful
of this tiny plot of hallowed earth.

All is still — and over all
like a giant watchdog, sits
Solitude.

It is strange, but there is no sadness here.
The people who in this place
Chose to sleep the Long Deep Sleep
Were not the breed to wear
Sorrow as a garment
Nor to use pity as a
Handmaid.

Gentle they were, and plain.
But borne above the masses
by a strength and goodness
known only to those whose heart
is at one
with all mankind.

They gave their strength, with generosity.
Their goodness, with modesty.
Their lives, with humility.

If you should, by chance,
walk the winding path
up this far-away hill.
Take with you
Love — Humility — and
Compassion.
But leave
Sorrow

On the other side of the gate that hangs unevenly
on rusty hinges.

Edward A. Mattingly
1964

A traditional Navajo Medicine Woman A modern Nurse-Midwife . . . Healing in Harmony

Editor's Note: The success of Mary Breckinridge's goal — to bring good health care to the isolated mountain people of southeastern Kentucky — is well known. Not so well known is her second goal — to use the successful Kentucky effort as a model to demonstrate that good, affordable health care, through the use of highly trained nurse-midwives, could be delivered to people in rural, hard-to-serve areas in other parts of this country and throughout the world. At present count, there are FNS graduates at work in 48 states and in 42 foreign countries and provinces. Debbie Goldstein, CNM, (class of 1984), is one of those who is very much a part of that second goal. In the following article, Debbie tells us of her life, friends and work on the Navajo Reservation in Chinle, Arizona. Her narrative demonstrates how truly flexible the FNS concept and nurse can be. Debbie puts it very well when she says, "The spirit and philosophy . . . [of] . . . the Frontier Nursing Service has enabled countless nurse practitioners to provide culturally sensitive health care, no matter what the setting."

IN BEAUTY (HAPPILY) I WALK
WITH BEAUTY BEFORE ME I WALK
WITH BEAUTY BEHIND ME I WALK
WITH BEAUTY ABOVE ME I WALK
WITH BEAUTY ALL AROUND ME I WALK
IT IS FINISHED IN BEAUTY

(Portion of Navajo Blessingway Ceremony)

The Navajo Reservation lies in N.E. Arizona and N.W. New Mexico. The beauty of this land and the Navajo people is evident everywhere. As the rays of the early morning sun silhouette the surrounding Mesas, the presence of the Holy People can be felt. This presence prepares the human spirit for the day to come. The Navajo shepherd, in the daily routine of tending his flock, demonstrates a commitment to his traditional way of life. The smoke rises from the roof of his hogan as his wife and daughters prepare the morning meal. Across the wash, another family

prepares for the day to come. They leave their contemporary, Western-style home to share their knowledge of the Western world with their people. They may be teachers, medical practitioners, or businessmen. In part, the beauty of the Navajo people lies in their blend of traditional, transitional, and modern cultural values and practices.

I have had the privilege of working as a nurse-midwife with the Navajo people for the last two and one-half years. The current OB-GYN service in Chinle, Az. began at that time. Presently, the service employs two obstetricians, one family practice physician, and five full-time midwives. We average 60-70 deliveries per month. Despite the fact that approximately 50% of our patients have high risk factors complicating their pregnancies, the care they receive is given by midwives, as well as physicians. One of our consistent goals has been to provide culturally sensitive health care to the Navajo people.



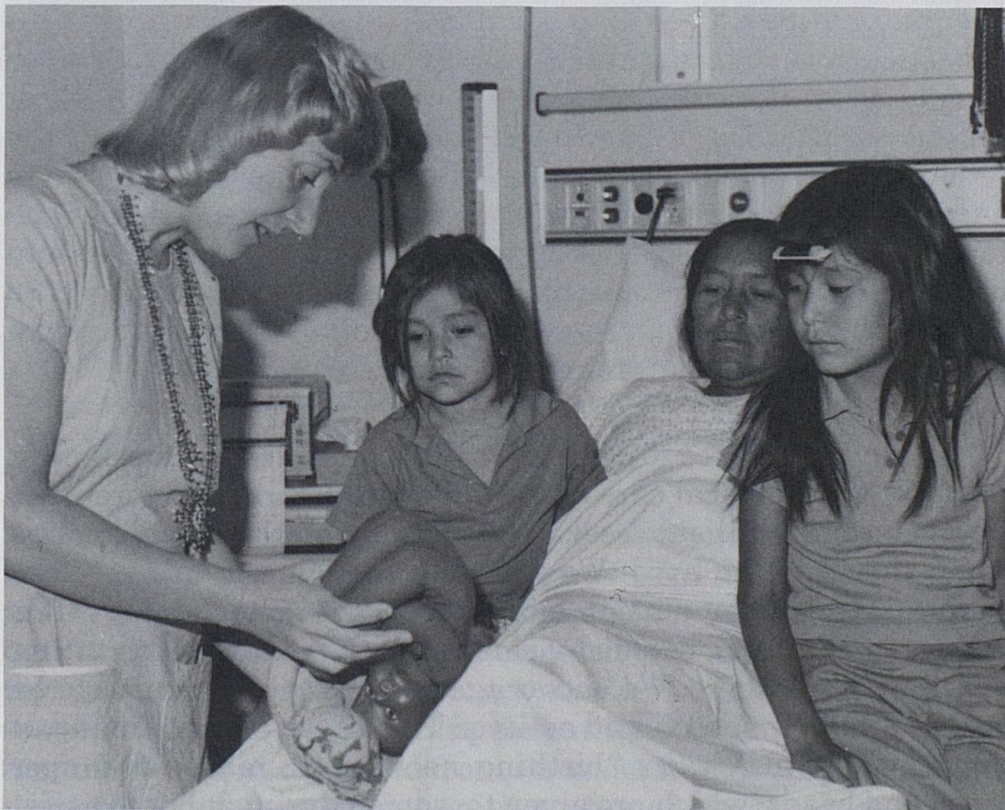
Debbie Goldstein and a Navajo medicine woman work with a patient in labor. The medicine woman, (in this case, the woman's mother), performs a ceremony using a feather which she waves over the laboring woman's abdomen. Debbie wears a juniper seed and bead "birthing necklace" to assist in bringing about a safe birth.



Debbie makes a hogan (house) call to a mother and her new baby. The infant sleeps peacefully, secure in a traditional Navajo cradleboard.

As I mentioned earlier, Navajo beliefs and practices run the gamut from traditional to transitional to modern, with most people demonstrating a blend of all three. It has been our challenge to gain an understanding of traditional Navajo beliefs and their impact on current health practices. We have had much help in this pursuit.

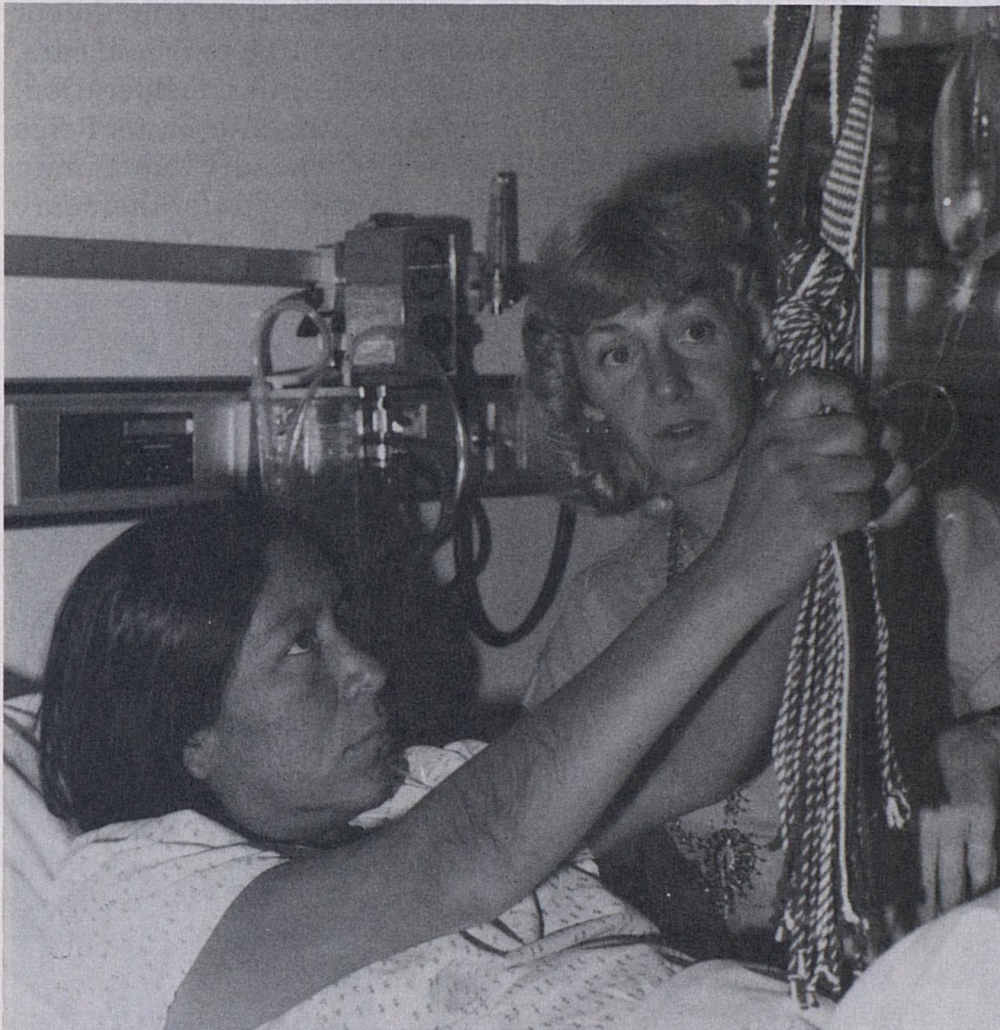
When our service began, we were invited to visit the summer sheep camp of a Navajo medicine woman and her family. From these people, we learned of the Navajo belief that being in good health means being in harmonious balance with the total physical, social and spiritual forces in one's life. Illness results when there is an upset in this balance. We were shown the practices of traditional Navajo healers as they attempt to restore balance and harmony to their patients. We witnessed hand-trembling (a means of diagnosing illness), head-sweating, and the preparation of a sandpainting, all therapeutic practices used by traditional healers today. We took sweat baths, both physically and spiritually cleansing. We arose at 5:00 a.m., with our hosts, to offer prayers using corn pollen, and to jog into the direction of the rising sun. We came away from this experience refreshed and eager to use our new-found knowledge in our work with child-bearing families.



A laboring woman and her two daughters get a lesson from Debbie on the mechanisms of labor and delivery.

We have been assisted in our understanding of traditional beliefs about pregnancy, birth, and family life by our patients, by traditional medicine people, and in particular, by one family who has been very much involved in our service since its conception. Ursula Knoki-Wilson, a Navajo CNM, and her parents have taught us much. Ursula has worked part-time on staff in Chinle, and her parents are both traditional healers. From them, and others, we have learned that traditional Navajo women view childbearing as a natural process. The pregnant woman becomes one with Mother Earth, Father Sky, and the Universe of Holy People. She is believed to physically relive the creation plan of humankind. It is, therefore, very important for her to attune herself to the divine events of conception, fetal development, and birth. She attempts to meet behavioral requirements regarding diet, activity and customs. The pregnant couple must observe dictates that govern their thoughts and actions. For example, they must not view things that are non-living—i.e. dead animals, or sandpaintings. They may not attend funerals. They are taught to keep their thoughts and actions pure and positive. During labor and delivery, positive thoughts are also encouraged. The use of juniper seeds, worn as a necklace, assist in the safe passage of the fetus into life outside the womb. After birth, the use of herbs to encourage lactation and involution are recommended. The extended family is looked to for assistance with household tasks and newborn care. Should something go wrong at any point along the childbearing continuum, there is a traditional ceremony that can be performed to attempt to restore harmony and health.

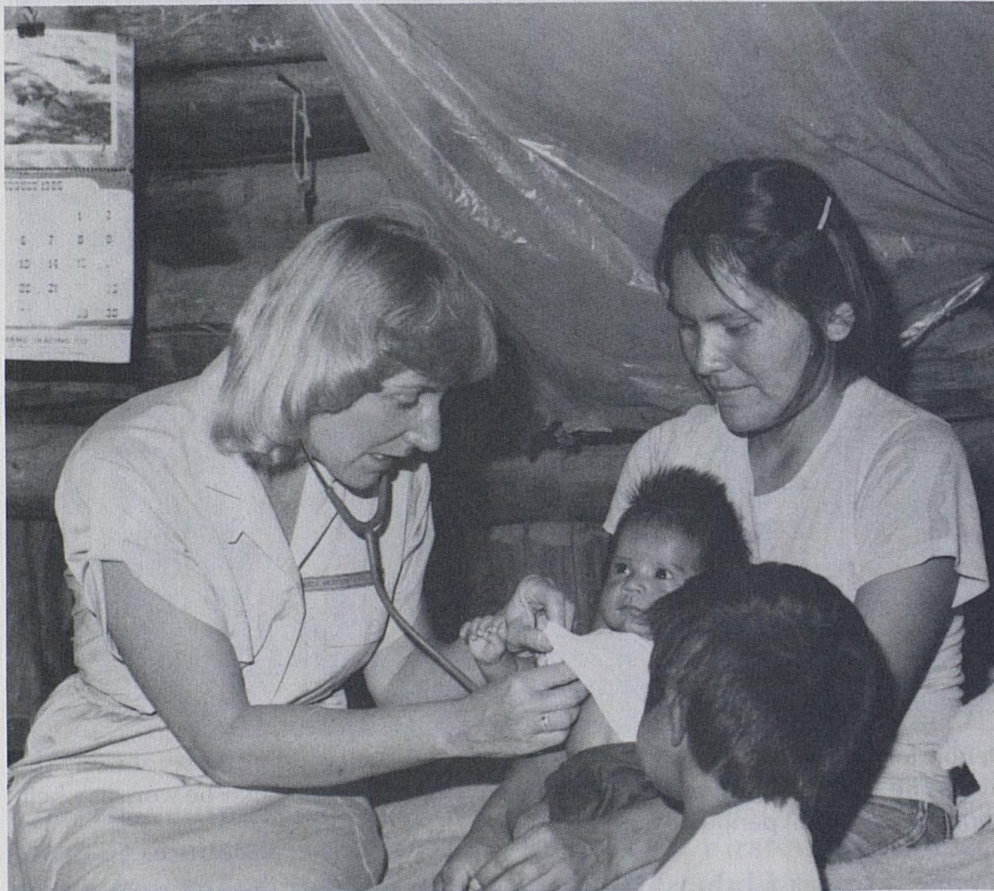
We have attempted to use this wealth of knowledge in designing the type of obstetrical care offered in Chinle. First and foremost, we encourage families to seek the assistance of traditional healers when they feel the need. We welcome medicine people into the hospital, and it is not uncommon to see Western technology (IVs and fetal monitors), in side-by-side use with traditional chanting and native medicine. We encourage Western practitioners to be positive in their speech and actions. The midwives, and many of the nursing staff, wear "birthing necklaces", made of juniper seeds and beads, which are given to women during labor to assist with a safe birth. In all of our birthing rooms, traditional woven belts are suspended from the ceiling for use by women during the



Debbie teaches a woman how to use the sash belt for pushing during the second stage of labor. The sash belt is woven in a traditional Navajo pattern and may be worn as a belt during the prenatal period.

second stage of labor. They are encouraged to squat and push holding onto these sash belts — a practice of traditional Navajo midwives. Extended family members of all ages are welcomed into the prenatal clinics, labor and delivery area, and the postpartum rooms. Family support systems are identified and utilized as much as possible in planning for patient care. Patient teaching, in particular, has benefited from an understanding of traditional practices. We must modify our instructions to incorporate dietary preferences, beliefs regarding contraception, and a knowledge of the home to which people will be returning. Many traditional

families live in one-room hogans with no electricity or indoor plumbing. Our postpartum instructions regarding personal care, hygiene, and newborn care must take this into consideration. There are many times when a Navajo-speaking interpreter helps us clarify our teaching. The challenge with each individual family is to discover their unique blend of beliefs, and to tailor their care accordingly.



Debbie makes a home visit to a postpartum mother and her newborn. Home visits by CNMS are not routine; on this call Debbie accompanied a Community Health Nurse on her rounds.

In writing this article I feel compelled to share some particularly personal and meaningful experiences with you. I share them to illustrate that healing does not flow in one direction only. Many Anglos (as Caucasians are called by the Navajo) seek healing ceremonies from Navajo practitioners as well.

The births of both of our children were attended by Ursula Wilson, who, as mentioned before, is knowledgeable in both Navajo and Western healing practices. After the birth of our son, we were invited by her family to participate in a traditional Navajo naming ceremony for the newborn. Our entire family was blessed, and our son, Joshua, now has a Navajo name which may be spoken by him only on holidays and his birthday. It is an inspiring name that depicts a quality which will characterize his life.

During pregnancy with our second child, we lost my husband's father. As we were particularly close to him, and involved to a large extent with his physical care and the arrangements for his burial, we felt the need for a ceremony prior to the birth to restore our inner balance. Again, this was performed by the Knoki family. I am sure that the healing which resulted contributed to the beautiful birth of our daughter, Megan.

Those of us who live and work on the Navajo Reservation are, indeed, fortunate. We are given the opportunity to expand our world view, and to be creative in using our healing skills. I often think of Mary Breckinridge and the early Frontier Nursing Service midwives who had this same opportunity. The spirit and philosophy with which they endowed the Frontier Nursing Service has enabled countless nurse-practitioners to provide culturally sensitive health care, no matter what the setting. This sensitivity lays a portion of the foundation upon which families build as they help to shape their children into the adults they will become.

CHANGING WOMAN, SHE HAS PREPARED HER CHILD,
NOW THE POLLEN OF ALL KINDS OF JEWELS HAS
BEEN PLACED IN HER CHILD'S MOUTH FOR
HER SPEECH,

NOW THE CHILD OF LONG LIFE AND EVERLASTING
BEAUTY, WITH THESE THINGS, SHE HAS
PREPARED HER CHILD

(Navajo Chant/Prayer, from the
Blessingway Ceremony)



Kate Ireland, FNS National Chairman

**THE KATE IRELAND WOMEN'S HEALTHCARE CENTER
*QUALITY CARE FOR WOMEN, BY WOMEN***

Enthusiasm ran high as the staff of the soon to be opened Kate Ireland Women's HealthCare Center gathered in Berea to develop the philosophy and goals that will guide their work. I had been invited to join the group as their official recorder. Dean Ruth Beeman set the stage for the discussion. "When people walk in the door," she said, "we want them to get a feeling for the Center through an environment that is homelike, warm and welcoming and a staff that is unified in presenting what we're all about. In order to do that, we need a common understanding of our philosophy and goals. That is what we are here to develop."

The expectation that a roomful of such individualistic, independent women could reach consensus marked Ruth Beeman as either a total optimist or a chief with complete confidence in her staff. She was proved justified on both counts, for after 9 hours of open, frank and often intense discussion, six major goals were agreed upon which evolved from and reflected the group's basic philosophical stance.

In edited and capsule form . . . the philosophy follows:

As Family Nurse Practitioners and Nurse-Midwives, we seek to be sensitive to the needs and desires of individuals and their families. We need to meet our client's needs on biological, psychological, social and spiritual levels. We see ourselves as nurturers, dedicated to preventive health care and the restoration of health through assessment and management of the human response to illness. We have a responsibility to educate and provide maximum access to information regarding health and illness care.

We believe a Health Care Delivery System should be available to and provide one standard of excellence for all; should involve the client in decisions regarding their care and should provide choices. The client's needs are primary, therefore, services offered should reflect the needs of the citizens in our service area and then be balanced with the needs of the institution, providers and learners.

In the Kate Ireland Women's HealthCare Center, we are specializing in the care of adolescent and adult women in all areas and development of their lives. In order to best accomplish this we establish the following goals:

1. Achieve financial stability
2. Increase the client caseload
3. Expand services available to clients
4. Develop an outreach program aimed at the teen population
5. Increase community involvement, support, networking and education
6. Review and develop indicators for measuring the health outcomes of our clients (research)

The sense of satisfaction that followed goal development was short lived, for next came the "nitty-gritty" task of identifying concrete ways to make those goals a living reality. Creative ideas flowed energetically and produced an abundance of possibilities for future consideration. As a small sample . . .

. . . redeemable coupons for free paps smears or blood pressure checks

- . . . speaker's bureau — focusing attention on schools, senior citizen's groups, churches, women's organizations and teachers
- . . . lots of good PR — utilizing radio and TV public service spots
- . . . group sessions dealing with diet counseling, exercise, stress management, smoking cessation
- . . . add a mental health nurse clinician
- . . . special clinic hours and "rap" sessions for teens
- . . . develop support groups for people dealing with infertility, rape/abuse, troubled teens, breast feeding, grief counseling and support

When the retreat ended and each went on her way, I, as recorder, was left with the formidable task of collecting and organizing the wealth of material the group had generated. Large sheets of chart paper covered the walls and as I removed them I smiled to see the lofty, idealistic philosophy side by side with the pragmatic goals and realistic ideas for accomplishing them. I *knew* they would make it happen — that these weren't just words on paper — just an exercise to be forgotten — because I had experienced the staff's drive, determination and dedication over the past two days. They had me convinced they could, and fully intended to get the job done and done right!

As I drove back to Hyden reflecting rather aimlessly in that half-unconscious state, a thought "popped" unbidden into my mind. I had what I believe is called an intuitive flash of insight. How perfect, I thought, that the Women's Center will be named for Kate Ireland — for to me, Kate reflects in spirit, and lives out in her life, the qualities I had seen at work in the nurses who will staff the Center.

I began to call forth the words I had been applying to the staff . . . enthusiastic, individualistic, independent, open, frank, intense, dedicated, realistic, pragmatic, creative, energetic, determination, drive, high standards, formidable, caring . . . No question about it! Had I been asked to describe Kate Ireland, those are the words I would choose to describe the Kate I have seen chairing the FNS Board of Governors, touring a group of guests through our organization, concerning herself with the local Humane Society or just enjoying conversation over a chicken dinner at Wendover. In every situation, Kate always "gives it all she's got" and she's got a lot! **The Kate Ireland Women's HealthCare Center . . . a perfect fit.**

SCHOOL NOTES

Suddenly it's time for me to sit down to share with all of you the highlights of our past few months — but where do we start? On January 5 we admitted our new class of 10 very impressive eager students. At the same time, under Dr. Nancy Clark's direction we have embarked on a major reorganization of our curriculum that is exciting but sometimes a bit awesome. We can all see that the changes we are making are necessary and overdue so it's reassuring to have Nancy's expertise and clarity of vision to guide us through this period. Our biggest problem is that we have suddenly been faced with the need to present ourselves, a year earlier than planned, for one final period of accreditation by the American Nurses' Association as a continuing education program in family nursing practice. With their recent changes in policy, after 1991 all family nurse practitioners will be required to have a master's degree to sit for the certification examination.

At the same time we have been pleased with the opportunities now open to our graduates to complete requirements for graduate degrees at both the Frances Payne Bolton School of Nursing, Case Western Reserve University and the College of Nursing, University of Kentucky. Both universities are enthusiastic about our program and very supportive of our cooperative efforts.

Two other very exciting new programs are also underway. The Kate Ireland Women's HealthCare Center is rapidly moving toward completion and we are hopeful that we can begin to see clients in our lovely new facility within a few weeks. With the additional space and facilities we can now offer a much wider range of services to women of all ages. A special niche for children will make them know that they too are part of our family centered care and welcome in the center.

The center will also house our newly launched FNS Employee Health and Wellness Program. Sara Hughes is now with us full time to help the family nursing faculty implement a wide range of programs including weight management, smoking cessation, exercise and fitness, and stress management. Already 43 employees have signed up for weight management with plans for two more groups underway.

To help us manage all this change, we have had one, and plan another retreat where we can come together outside the work setting to plan and to energize one another for all the hard work ahead. There is excitement, commitment and optimism everywhere.

And not to forget our senior students who are actively planning graduation for May 2. Most of them are scattered across the country in nurse-midwifery services where they have the opportunity to experience the realities of practice under the sympathetic supervision of clinical nurse-midwives. Their calls back to campus are reassuring that they feel competent and challenged by all they have learned during this past year.

— Ruth Beeman

From time to time the *Quarterly Bulletin* would like to invite staff members to introduce themselves to you in their own words. In this issue you will meet Heidi Sulis, Administrative Assistant to FNS Director David M. Hatfield and Nancy Clark, Assistant Dean and Director of Frontier School of Midwifery and Family Practice.



Heidi Sulis enjoys winter at Wendover.

Greetings! My name is Heidi Sulis and I joined FNS last September, assuming the position of administrative assistant to David Hatfield, our Executive Director. To date, my primary responsibilities have focused on three major areas: administering a grant from the Robert Wood Johnson Foundation, and working with both Trudy Morgan, the district clinic coordinator, and Elizabeth Wilcox, the coordinator of the courier/volunteer program. I will take this opportunity to briefly describe what I am doing in each of these areas.

Two years ago, FNS received a grant from the Robert Wood Johnson Foundation in Princeton, New Jersey. This four-year grant, the third year of which began on September 1, 1986, focuses on the district clinics, in the areas of: communication, marketing, productivity and recruiting. Upon my arrival, I worked on the second annual report, and then on our objectives for this year. We are very hopeful that this year's plans will bring some exciting opportunities and educational programs to the district clinics. We are making an all-out effort to establish permanent educational centers at all of the districts, serving both community and in-house needs.

My basic function with Trudy Morgan has been to assist her with the more administrative aspects of her role. Getting to know Trudy better and helping to balance her load has been very enjoyable and rewarding. Two dimensions of this role of particular interest to me are marketing, and the potential possibilities for educational programs in the district clinics.

My relationship with Elizabeth Wilcox is both formal and informal. On the more informal side, I help Elizabeth whenever I can in the day-to-day running of things. Frequently, this amounts to brainstorming different aspects of the courier/volunteer program and sharing ideas about what we might do to improve this multifaceted program. Having been a volunteer with FNS, and being further removed from the program than Elizabeth, I like to think that my perspective can periodically offer some twists . . . On the more formal side, we are hoping to re-evaluate the courier/volunteer program, set guidelines and goals, and begin a more serious effort to recruit individuals on a local as well as a national level. We hope to develop a more streamlined program that maximizes satisfaction for both the organization and those who come to participate in it.

In essence, I wear a lot of different hats, filling-in in any capacity where I can be helpful.

To give you a notion of how I came to FNS, I will share with you the progression of events that led to my development and knowledge of FNS. I graduated from Wellesley College in 1981, with a degree in anthropology and english. It was during my experience at Wellesley that I really pursued, and developed my interest in other peoples, cultures and ways of life. Anthropology became a real love and something that I very much wanted to remain involved with, in one capacity or another.

Following college, and work on Cape Cod and in Boston for two years, I returned to graduate school. In 1985, I received from Yale University School of Medicine, a master's degree in public health. While there I followed the health services administration track, emphasizing maternal and child health and health education. I am especially interested in adolescent health, teenage pregnancy and well women care.

It was at Yale that I learned of the Frontier Nursing Service. One of my professors had had a student 6 or 7 years prior to myself, who did her internship at, and subsequently worked for, FNS. I learned of this, because I had expressed an interest in going to Appalachia for my internship; this was an area I had always been deeply interested in experiencing and studying.

In brief, I arranged an internship with Mr. Hatfield, and spent the summer of 1984 doing needs assessment for the Wooton Clinic, which became the basis for my master's thesis. And on a lighter note, it was also at this time that I met Ron Hallman, Director of Development, with whom I fell in love and married last summer on August 16th!

After finishing my graduate program, I spent a year in Washington, D.C. working for the American College of Nurse-Midwives where I did entry level administrative work with the title of membership and publications coordinator. I was responsible for maintaining our membership list and was the editor of our bimonthly newsletter entitled, "Quickening."

It is my hope that in working with the Frontier Nursing Service, I can share some of my insights and perspectives from the experiences and education I have had. In return, I am learning new things, taking on new responsibilities and, as always, cultivating my interest in and understanding of this geographical area; the physical beauty that surrounds us here; and most importantly, the different culture (than that to which I am accustomed) and the fascinating people who live here and make it the very special place that it is.

— Heidi Sulis



Nancy Clark

Just why am I here? When Sharon Hatfield asked me this question, I had to stop and think. Since I came to FNS in September of 1986 I really had not paused to wonder why I came or just what I had hoped to accomplish.

After thinking for a while, I realized that I came to FNS because of the *opportunities* and *possibilities* I saw in this agency. I have long been an outspoken proponent of "faculty practice"; that is, I am convinced that anyone teaching a "practice profession" must have first practiced it herself. The concept of faculty practice had taken form here at FNS after Mrs. Beeman became responsible for the midwifery service. For seven years I had been in joint practice and taught nursing. During this time I learned the value of that combined role, both to the educational program and the service agency. The theory related to clinical practice can be conveyed to students via the written and spoken word. The application of this knowledge is only evident when master clinicians demonstrate their care and guide students in the clinical area.

The opportunity of being an active part of both service and education is one of the reasons I came to FNS. I also saw the opportunity to be involved in the education of professionals, who, I believe, are essential to our health care systems. This is my way of contributing to the health care of women in the United States. The family nurse practitioner and the nurse-midwife are key elements in providing safe and needed health

services to women and children. Being a part of the force that provides these providers is reason enough to come to FNS.

The possibility of being involved at a time when FNS was undergoing change is a challenge. The tradition of FNS was a definite drawing, but the possibility of shaping the future of this educational and service agency is exciting and stimulating.

As Assistant Dean and Director, I am part of this process of change. I have been busy with curriculum revision and the implementation of these revisions. We will be facing ANA accreditation this spring and soon to follow, ACNM accreditation. These evaluations of our educational program are essential in that they provide the stamp of excellence needed for the program to enjoy national recognition. The accreditation process accounts for the flurry of activity seen at the school.

In order to be a part of the dynamic changes ongoing at FNS, I feel that I need to have a commitment; that is, the full, willing and open-eyed acceptance of my full share of life with its hopes and disappointments—the acceptance of full responsibility for my own actions and the willingness to take risks and face dangers. Change, and surviving change, takes this type of commitment. I feel that FNS is at the threshold of making needed and positive changes—changes that will improve our service to the community and changes that will improve our existing educational program. Frontier School is known all over the world for excellence in family nursing and nurse-midwifery. I am here to be a part of that continuing excellence.

—Nancy Clark

AN URBAN PHYSICIAN FINDS RURAL MEDICINE A REWARDING AND PERSONAL EXPERIENCE

* * * * *

Paul Diamond is a 33 year old urban-born, urban-raised and urban-educated physician. He has a B.S. from the University of Colorado and a Doctor of Medicine from the State University of N.Y., Stony Brook School of Medicine. Following an internship and residency in pediatrics at the Children's Hospital of Philadelphia, Paul came to FNS in July, 1986 as an interim physician. During his six months stay, he worked as a pediatrician, served as medical director and, with his open, warm and gentle manner, won the respect and affection of all whose lives he touched. We were sad to lose him last December, but Paul was off to Thailand where he will lead a team of physicians who are caring for Cambodians in Thailand refugee camps. Before he left we asked Paul to tell us what it was like to make the switch from urban to rural life. Following are his reflections.

* * * * *

My eyes open to the sounds of birds chirping. It's early in the morning and not quite light out yet. When the birds stop, I notice that it's quiet — very quiet. No sounds of cars, fire engine sirens, trolleys or people down on the street. I now remember — I'm not in Philadelphia, I'm at Wendover — here for my interview at FNS.

I am slowly waking up and yes, I now recall the long drive from the airport over rolling hills and highways without potholes, past huge horse farms with neatly constructed fences and the tobacco barns of central Kentucky. It was dark by the time we reached the mountains and drove through the empty sleeping town of Hyden.

A loud clanking noise breaks my train of thought. That must be the coal trucks they told me about . . . right on time, 5:30 a.m. I'm soon out of bed to the window, peering into the dim light. Trees and hills. I can't see the road and the source of that distinctive clanking noise, yet I'm sure it's coal trucks — empty ones.

I dress and descend to the kitchen of this palatial log cabin for a terrific breakfast and Kentucky conversation. I can understand Marilyn with little difficulty and her smile and animated gestures are a clear "Welcome to FNS". I feel like I'm in a frontier wonderland of sorts. Beautiful cabins and mountains, dirt roads, winding creeks, and people greeting me like I'm their long lost cousin. I don't know really what to think of all this special treatment and hospitality. I never experienced anything like it in the big city — but I like it.

Mary Breckinridge Hospital is more modern and better equipped than I had anticipated and by noon I know I'd like to come to work here. I start July 15th.

Hyden is different than Philadelphia where I trained for three years prior to coming to Kentucky. Philadelphia has high-rise buildings, traffic jams, theaters, lots of people and all that comes with a big city. However, those things are just the surface of what is different between Philadelphia and Hyden. Once one has been in Hyden a while, one realizes the biggest difference is the people and the community.

In Kentucky I have a much closer relationship with my patients, their families and the community as compared to Philadelphia. When I go downtown I see patients and their families at the store. I find out how they are doing when they are well, not just when they are sick. I am able to hear more about their medical conditions. I see them at football games. I am invited to the coach's house to celebrate the successful season. Patients write to me when they move away. I see neighbors helping one another with transportation to the hospital and clothing and food collections at holiday times. Patients and their families are friends too, and I see them quilting, canning, cooking, playing music, dancing and making rocking chairs. This is not to say that none of this exists in Philadelphia, but it is more difficult to see and experience there. Here, the feeling is one of community — almost family — and so it naturally follows that I became better acquainted and more involved with people's lives. Sometimes it is difficult to tell where work ends and life outside of work begins as one becomes an extension of the other.

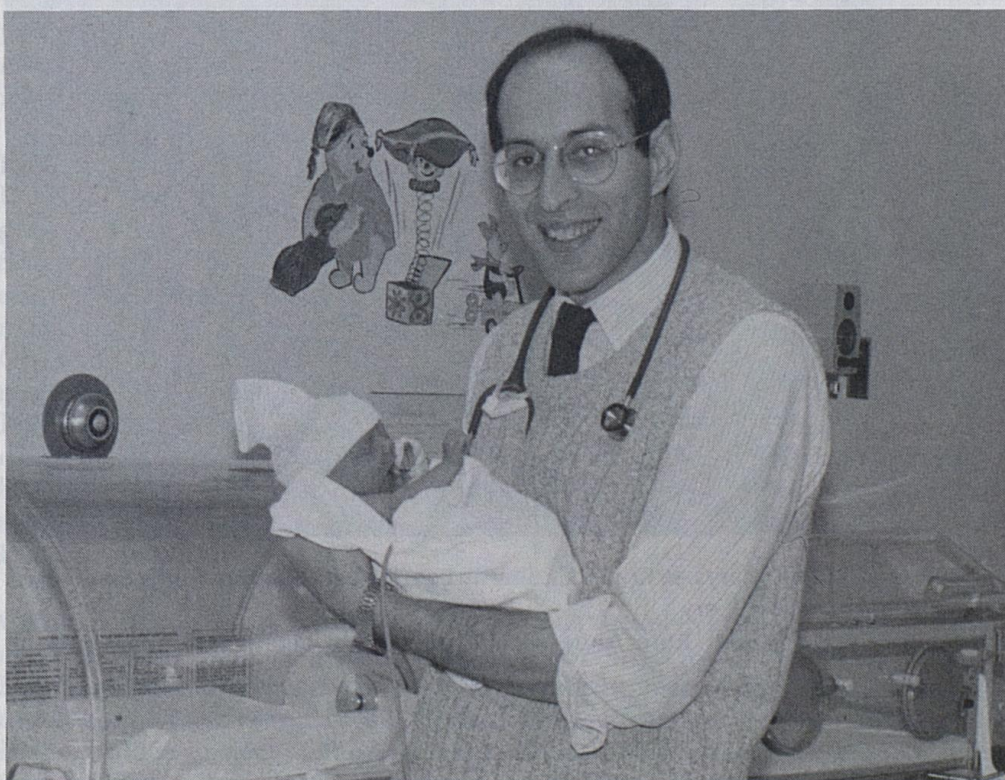
I have found the people of Kentucky to be honest and direct. Fundamentally, they have the same desires for themselves and their children as the people I know in Philadelphia. They want their lives to matter, to have good health and be happy. Additionally, it has been my experience that the people of Kentucky are not pretentious — a refreshing improvement from the big city where one's *image* sometimes takes on importance.

Indeed, Philadelphia is a big city with just about every kind of person one could imagine . . . young and old of every color . . . poor, rich, friendly, strange — all kinds. Working at the University Children's Hospital, I cared for children of poor inner-city families

as well as those with celebrity parents; sometimes they came from far away places like Italy and South America and sometimes had rare or complex medical conditions. I was taught by, what I consider to be, some of the best physicians in the country. Often when I discharged patients from the hospital, I would not see them again until the next time they were admitted. It would be almost unheard of to go to their homes for dinner.

The bright city lights of Philadelphia will never replace the star-filled skies of Kentucky and vice versa. I'm not sure I'd want them to. Both places have their own unique opportunities and joys. At FNS I have had the privilege of making a contribution to people's lives and the experience of making a difference. I have enjoyed getting to know people and seeing fully the depth of their commitment to their children, family and community. To the people of Kentucky that I have met, thanks for expressing your appreciation of me, and thanks for making my stay here such a special one. I will miss you.

Paul Diamond, M.D.



Dr. Paul Diamond tends to a small patient in the Mary Breckinridge Hospital nursery.

FRONTIER SCHOOL WELCOMES 98th CLASS

The Frontier School of Midwifery and Family Nursing welcomed ten new students to its 98th class on January 5.

The FSMFN curriculum offers a twelve-month program for nurse practitioner certification and a sixteen-month program for certification as a family nurse-midwife. Most students choose the family nurse-midwife combination.

* * * * *



Top row, left to right: Mary Lee Krall S.C., Sharon Lee, Barbara Shapiro, Cathy Lingeman, Nell Carton, Holly McCleery
Bottom row, left to right: Ruth Anne McConnell, Sarah Ragalyi, Rhonda Johnson, Graham O.

Please meet the 98th class:

Ellen Carton (Nell) — Nell was born and raised in Illinois. Her initial interest was agriculture and she earned a Bachelor's of Science in that area from the University of Wisconsin. She later earned a Bachelor's of Science in Nursing from Rush University and a Masters of Arts in Latin American Studies from the university of Chicago. For the last 5½ years she has worked as a staff nurse at the University of Chicago in the Infant Unit, Pediatric ICU and the Birthing Room. After graduation, she hopes to work as a nurse-midwife in Latin America.

Mary Lee Krall S.C. — Sr. Mary Lee was born and educated in Joliet, Illinois. She has been a nurse for 18 years and became a member of the Sisters of Charity of Cincinnati in 1978. She has worked for 10 years in the ICU-CCU, but most recently in community health in the housing projects of Cincinnati. She wants to eventually work as a Family Nurse Practitioner in a holistic health center for the medically underserved.

Sharon Lee — Sharon is originally from Dallas, Texas, but has lived for the past 10 years in Columbia, Missouri. She has worked her way up from a nurse's aide to a BSN over the past 16 years, intermittantly combining school with work. Most recently she has been an OB nurse in a 350 bed hospital for 7 years. Sharon shares a solar home in Columbia with another nurse and her son. They have a large collection of animals. She plans to return to her home in Missouri and try to establish a joint practice with an M.D. after graduation.

Rhonda Johnson — Rhonda is an Arizona native who completed a B.S. in Political Science at Arizona State University in 1979 and thereafter became a graduate fellow at the International Graduate School in Stockholm, Sweden. She was a Peace Corps volunteer in Surin, Thailand from 1981-1982. There she developed a strong interest in public health and primary health care. She remained in Thailand 9 more months as the Project Director/Technical Coordinator for the Peace Corps Training Program in Bangkok. In 1985 she received her M.S. in Primary Health Care and her R.N. licensure through Pace University in New York. She has been a research assistant, a health educator at a migrant health center, and since 1986 has been a full-time public health nurse in the South Bronx. Somehow, she has also found time to work as a research assistant helping to establish an Eating Disorders Program at Pace University.

Cathy Lingeman — Cathy is from the Los Angeles area, is a twin and the eldest of 8 siblings. She graduated with a BSN from Mt. St. Mary's College in Los Angeles and thereafter worked as a staff nurse in orthopedics, pediatrics and labor and delivery. Since 1982 she has been involved with the Hospitality Free Clinic, a project of the Los Angeles Catholic Worker Community. This Community serves the poor of L.A.'s skid row area. After graduation she plans to return to work at that clinic with many additional skills.

Holly McCleery — Holly is from Salem, Ohio and graduated cum laude from Kent State University in 1982 with a BSN. She worked for 14 months on a surgical floor at Akron General Medical Center in Ohio. She received her Master of Arts from the Columbia Graduate School of Bible and Missions in Columbia, S.C. while working part-time as an R.N. in a newborn nursery and on a medical floor. Holly became a full-time missionary in 1985 with WEC International and spent the last year in the Gambia, West Africa. She returned to the USA in December to attend the FSMFN, and plans to return overseas following graduation.

Ruth Anne McConnell — Ruth Anne was born in Louisville, Ky., but grew up and graduated from high school in Glendale, Ky. She obtained a B.S. in Nursing from Berea College in 1976. She worked as a pediatric and emergency room nurse in Somerset, Ky. and then went to the Jibla Baptist Hospital in Yemen Arab Republic. She worked as a staff nurse in the outpatient department, the wards and the delivery room. She considers herself a career missionary and has been Director of Nursing for 6¼ years at Jibla. In between missionary assignments, she has worked at the Highland Baptist Hospital in the emergency room and as a member of the staff pool.

Graham O — Graham O is originally from Rochester, New York, but spent a year as an exchange student in Germany and studied chemistry at Reed College in Oregon. She was also involved in organic farming in northern New York before realizing that her ultimate career goal was to become a nurse-midwife. She received her BSN from the University of Rochester and worked as a maternity nurse for two years before coming to the FSMFN. She has also worked for a short time as a L & D nurse at Mary Breckinridge Hospital. She is a newly-wed, and her husband Edwin and dog Alice are here with her in Hyden.

Sarah Ragalyi — Sarah was born and grew up in the Detroit area of Michigan. She was a member of the Immaculate Heart of Mary (IHM) Sisters from 1964-1983. She has a B.A. from Marygrove College and attended a two-year nursing program at Providence Hospital in Southfield, Mi. She worked her way up from aide to Director of Nursing in St. Mary's Infirmary, a geriatric center in Monroe, Mi. Following a desire to work in the southeastern United States, she worked in a rural hospital in Humbolt, Tennessee for two years as a staff nurse and supervisor. For four years she did primary health care and emergency room nursing at Mud Creek Clinic in eastern Ky. and then worked for two years as the clinic R.N. at the Leslie County Health Dept. She is currently working on her MSN from Bellarmine College in Louisville.

Barbara Shapiro — Barbara was born and raised in Philadelphia, Pa., is a graduate of Pennsylvania State University and of Thomas Jefferson University. She has worked as an R.N. in Neonatal Intensive Care, the Transport Team and the Emergency Room. Her main areas of interest in nurse-midwifery are the prevention of premature birth, adolescent pregnancy and exercise during pregnancy.

IN MEMORIAM

We wish to acknowledge our appreciation and personal gratitude to these friends who, by including FNS in their Wills, have 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.

MRS. GEORGE W. PIERCE
Cambridge, MA

MR. BENJAMIN L. WILSON
Alamos, Sonora, Mexico

These friends have departed this life in recent months. We wish to express our gratitude for their interest in our work, and our sympathies to their families.

MR. SPENCER HACKETT
Ligonier, PA
Husband of FNS Pittsburgh Committee Chairman
and courier (1940) Mary Stevenson Hackett
and father of courier (1974)
Mary Ellen Hackett Church

MRS. THADDEUS LONGSTRETH
Philadelphia, PA
Former FNS staff member, Lucy Norton

MRS. W. GEORGE MATTON
Louisville, KY
Mother of FNS Trustee and
Louisville Committee member,
Mrs. Hugh C. Williams

MRS. HARRY S. ROBINSON
Cincinnati, OH
Long-time member of Cincinnati Committee

MRS. THOMAS D. STRICKLER
Berea, KY
Creator of needlepoint banners
that hang in the National Cathedral
honoring Mary Breckinridge

MRS. AUGUSTINE J. TODD
Clearwater, FL
Former long-time Washington Committee member
and associate member at the time of her death

MEMORIAL GIFTS

We wish to express our deep appreciation to these friends, who have shown their love and respect for the individuals named below by making supporting contributions in their memory to the work of the Frontier Nursing Service:

- John Breckinridge**
Col. James T. Breckinridge,
USMC (Ret.)
- Mrs. Bettie Morrison**
Mrs. Alice E. Whitman
- Mr. Marcus H. Muncy**
Mr. and Mrs. Stanley W. Krimson
- Mr. William M. Reid, Jr.**
Jane H. Hope
Mrs. Benjamin W. Thoron
- Mr. Charles H. Sturgill**
Mr. and Mrs. James B. Allen
- Mr. John S. Crutcher**
Mr. and Mrs. James B. Allen
- Dr. Carl Rankin**
Mrs. Hugh C. Williams
- Mr. John Nolan Johnson**
Mrs. J.N. Johnson
- Mrs. Lewis C. Tierney**
Mr. R.W.P. Johnston
- Mrs. J. Gibson McIlvain, II**
Mr. and Mrs. John G. Harkins,
Jr.
- Mrs. Olive M. Gass**
Miss Lois S. Gass
- The Roger Branham Family**
Miss Fredericka Holdship
- Mrs. George Matton**
Mr. and Mrs. James N.
Rawleigh, Jr.
- Wanda Hoskins**
Mr. and Mrs. Max W. Rothpletz
- Mary Begley Freeman**
Ms. Marjorie J. Smith
- Mr. William K. Carr**
Dr. Miriam C. Birdwhistell
- Katherine M. Silcott**
Jeannette S. Goodlette
- Mr. Herbert F. Finck**
Mrs. Herbert F. Finck
- Mrs. Charles Bryan, Jr.**
Southern Woman's Alliance
- Mr. Don E. Cooper**
Mr. and Mrs. Henry R. Heyburn
- Miss Ruth Gamble**
Mrs. Frank Ellers
- Mrs. Augustine J. Todd**
Mr. and Mrs. Clinton W. Kelly,
III
- Miss Elizabeth S. Utterback**
Ms. Harriet Lee Hawley
- Mr. W.F. Brashear, Sr.**
Mrs. Jefferson Patterson
Mr. and Mrs. Eddie J. Moore
Ms. Venita C. Smith
Dr. and Mrs. George A. Parker
Mrs. W.F. Brashear
Anne A. Wasson, M.D.
Miss Fredericka Holdship
Mr. and Mrs. David M. Hatfield
- Miss Helen E. Browne**
Mr. and Mrs. Scott D.
Breckinridge, Jr.
Mr. C.V. Cooper, Jr.
Boston Committee of Frontier
Nursing Service
Mrs. John E. Dawson
Dr. Carl H. Fortune
Jane Haldeman Hope

| | |
|---------------------------------------|------------------------------------|
| Mr. and Mrs. Robert A. Lawrence | Miss Barbara S. Post |
| Mrs. Eileen H. Morgan | Mrs. Barbara G. Smith |
| Mrs. James N. Rawleigh, Jr. | Miss Ruth Spurrier |
| Mrs. Carter Stanfill | Mrs. Alice E. Whitman |
| Mrs. Ward Melville | Mr. and Mrs. Job D. Turner, Jr. |
| Miss Jane Leigh Powell | Mr. and Mrs. Homer L. Drew |
| Mr. and Mrs. John H. Kerr, Jr. | Dr. and Mrs. Robert Oseasohn |
| Dr. W.B. Rogers Beasley and Family | Mr. and Mrs. John L. Grandin |
| Mrs. Emmitt E. Elam | Miss Jeanne Bureau |
| Mrs. Mordaunt Elrington | Mr. and Mrs. Walter L. Houghton |
| Dr. and Mrs. Stuart Graves, Jr. | Mr. and Mrs. Clinton W. Kelly, III |
| Mrs. Horace F. Henriques, Jr. | Mr. and Mrs. Basil Summers |
| Mr. and Mrs. Henry R. Heyburn | Miss Phyllis J. Long |
| Mr. R.W.P. Johnston | Mr. and Mrs. David M. Hatfield |
| Mrs. Jefferson Patterson | Dr. James S. Brown |
| Mr. Frederick H. Jones | Miss Lilian Kirkland Brice |

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CAN YOU HELP US LOCATE THESE FORMER COURIERS?

We are fond of our couriers and don't like to lose track of them. But sometimes we do, in spite of our best efforts. If anyone can tell us the whereabouts of the following former couriers, we would appreciate your letting us know — please write the Development Office, Frontier Nursing Service, Wendover, Kentucky 41775.

To help you identify these couriers, we list the year they were with us at FNS, together with the last city or town of residence given in our records.

Miss Brett W. Cook, '76, Andover, Massachusetts
Miss Catherine Dougherty, '79, Levittown, Pennsylvania
Miss Jennifer C. Crandall, '70, New York, New York
Miss Barbara Fanning, '79, Corning, New York
Miss Hope Ritchie, '76, Santa Fe, New Mexico
Mrs. Susan Gregg (Susan Sargent), '61, Pettigrew, Arkansas
Miss Teresa Zimmerman, '82, Cedar Rapids, Iowa
Miss Linda Carol Davis, '71, Milwaukee, Wisconsin
Miss Margaret Hanna, '77, West Simsbury, Connecticut
Miss Rebecca V. Reed, '77, Columbia, Kentucky
Mrs. Boubekour Benhamida (Laurel Winograd), '71, Austin, Texas
Miss Anne B. Rice, '72, Belmont, Massachusetts
Mrs. Eric N. Hunter (Adele H. Green), '73, New York, New York
Mr. Greg Gocke, '82, Princeton, New Jersey

Beyond the Mountains

Our travels this winter did not take us very far beyond the mountains, but gave us special satisfaction as we renewed friendships in central Kentucky and Cincinnati, Ohio.

It is always a joy to visit with my friend, Mrs. Homer A. Biggerstaff, while traveling through Berea. My January visit, however, was especially rewarding as I was able to personally welcome her as the newest Trustee of Frontier Nursing Service.

As a young girl, Mrs. Biggerstaff was in attendance at the organizational meeting of FNS in 1925, at which her father Judge L.D. Lewis, presided. In a recent letter, Mrs. Biggerstaff reminisced:

"The organizing meeting was held the next day in the old Court House, when local citizens joined the already functioning Kentucky Committee. This was indeed a joyous, memorable event in the history of Eastern Kentucky; the beginning of better life for the people. My father was exultant. Always eager for better conditions, he realized the value of this service. He and mother delighted in the warm friendship and association with the staff and guests of the Frontier Nursing Service. I wonder if there is another person still living who attended this first meeting? It is a fond, vivid memory for me."

Later in January, Kate Ireland and I met with two other "life-long supporters" of FNS, Mr. and Mrs. Robert F. Muhlhauser. Ann Muhlhauser, (former Courier, Ann Danson) is a Trustee and Co-Chairman of our Cincinnati Committee. Above and beyond their counsel and invaluable advice — Bob and Ann have maintained their annual charitable support of FNS for *each* of the last 50 years!

Our day was made complete by a very enjoyable dinner party at the home of Mr. and Mrs. V. Anderson Coombe where we were joined by our good friends, Mr. and Mrs. S.S. Marshall, III.

On a final note, I am pleased to report that our Honorary National Chairman, Mrs. Jefferson Patterson of Washington, D.C., shared her historic film "The Forgotten Frontier" with the students of the George Washington University Medical School in early December. A few weeks later, FNS Director, David Hatfield, was Mrs. Patterson's guest at a luncheon in her home. They were joined by Washington Committee members Missy Kelly, Ann Becker, and Elizabeth Olds (Chairman) for an update from Mr. Hatfield on the FNS restructuring.

— Ron Hallman

COURIER NEWS

Margaret K. Batson (1976) Salt Lake City, Utah — "I have advanced to a C.N.M. I graduated from the University of Utah in 1982."

Millicent Branch (1986) Titusville, Florida — "I am applying to medical school this year and have had four interviews. No final acceptances but no rejections so everything is going well."

Susan Buckey (1986) New London, Connecticut — "I saw Julie Wright (courier 1986) a couple of times and I tried to get in touch with Susan K. (Susan Kaftan, courier 1986) but she was in CALIFORNIA! I miss all you guys! Guess what I got for Christmas? A quilt (Lone Star) from Fannie Mae Lewis! I was ecstatic! It's so beautiful! My sister got a baby quilt from Alabam Morgan, too! It was like being down there for the holidays!"

Hillary Behrman (1985) Seattle, Washington — "I'm still looking for a job in my new city — my summer at Wendover still teaches me things a year later."

Cornelia Hamilton, M.D. (1967) West Hartford, Connecticut — "This year has been quite busy both at the hospital and away. Outside the confines of work I have taken a cruise from San Francisco to New York through the Panama Canal, a week in Toronto to see the World Dressage Championships and 10 days in Ireland. A couple of medical meetings were also fitted in."

Cyndie Gould Melcher (1970) West Horsley, Surrey, England — "We're off to Kenya right after Christmas for 2 weeks with the boys. Hopefully we can stand the sun and heat after 3½ years in England."

Julia Wright (1986) West Simsbury, Connecticut — "I'm now back at school and am 3/4 of the way into the Peace Corps."

Alison Bray (courier in the 30's) London, England — "— I spent 3 weeks in the States visiting a number of old friends. Couldn't manage to fit in the FNS this time, but I did see Dorothy Caldwell and Dorothy Breckinridge —"

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ALUMNI NEWS

Michele Bouche ('80) Klamath Falls, OR — We are well and busy. My practice is developing nicely — I'd like to deliver more babies but meantime God is expanding my horizons. I'm doing ultrasounds and more women's health care, teaching at the high schools and public health department. It's challenging writing goals, objectives and outlines and giving lectures. I'll probably start teaching childbirth refresher classes on a limited basis. Frank is going to pursue certification to do tax preparation now that our 'fixer upper' is relatively fixed up. The boys are growing and wearing their mother out.

Rita (Birgen) Ray ('74) Thomasville, GA — We are enjoying our life in Thomasville. I enjoy working with everyone and we also have established a sort of family tie within the department. My son views all the midwives as part of his family. Richard is now 3 y/o and a big boy. Paul and I enjoy him but are surprised everyday by his abilities.

Grayce Brumbaugh ('62) La Verne, CA — Mary Dadisman and I were at FNS at the same time, and we now live together in La Verne, CA — retired. We are planning a trip East this summer and hope that we might make a visit to Hyden and Wendover. We were in the class of '62, and have never been back, so we would like to see the new hospital and changes that have been made.

Phyllis Long ('65) Vineland, NJ — I spent a long weekend over the New Year's holiday with **Donna Murphy ('72)** and **Peggy Burden ('71)** in Corea, Maine. What a beautiful spot. We had a good storm, plenty of snow, warm fires and a wonderful day of skiing. The weather prevented a mini-FNS reunion with **Kathy Elliot ('66)** and Betsy Mitchell (FNS Volunteer) who live several hours away. Work keeps me busy, but I've managed to keep at my running as well as visiting family and friends in the area.

Barbara Long ('76) Surinam, South America — I was accepted for Jan.'s class in England, but not Sept.'s. I chose not to be away from Surinam so long. The Lord knew I needed to return when I did. The rebel activity is very active here in the eastern part of Surinam. We are isolated from Paramaribo. Moengo is like a ghost town with much damage. In Dec. one of the evangelists took me to the edge of Moengo so I could go seek permission to go by river to the city with a patient. A woman, gravida 8, para 6, had slight amount of bleeding and severe pain. I feared an ectopic pregnancy. The trip would take 8-9 hours with our 25 mph motor and about 180 liters of precious gas. I received permission to travel. Her pain is mild so she's on bed rest and phenergan. Hopefully, the road from Moengo to Paramaribo will open. If her pain returns we'll go to the city by river. We must be off the river by 6 p.m. or the armored boat could shoot us.

JoAnn (Jackman) Evers ('77) Camp Perrin, Haiti — Our time with family at home for the holidays was super! So neat to have the whole Jackman crew together. Now, back to the ministry here in Camp Perrin. It's good to be home. It's been politically quiet on the surface while we were gone, but the discontent at government's lack of response continues. So, I anticipate more friction in the year ahead. The church here in Camp Perrin is making some positive strides, so we look forward to the discipling ministry growing this year. Especially for *channels* of discipling (each one teach one) to be set up. That's not a cultural pattern here.

Mary Heisey ('52) Mechanicsburg, PA — I have written to **Evelyn Mottram ('48)** and told other friends about Shirley's and my visit to Hyden in October. I shall always be grateful to **Shirley Heisey ('71)** for that trip. Just last evening I saw Shirley and another nurse with whom she will soon be going to Guatemala for language study before going to Colombia. There were about 100 of us gathered for a chance to visit missionaries home for furlough. We are like a big family.

Nancy Sandberg ('65 & '75) Granada Hills, CA — I'd like to report that my family has joined me, but that has not happened yet. The processing is something else. Think we finally have the last forms and letters on the way. Now I'm hoping they will arrive in Feb. or March. I've known my husband for

17 years — he was a student of mine way back when I first was in Ethiopia. His name is Hunduma Bulcha. In Ethiopia the women do not change their name at marriage — they've had women's lib for centuries — so I haven't changed mine as yet, but will have to decide what to do when he gets here. In Ethiopia the kids take his first name as their last name — so we'll need to do something to all have the same last name here. I moved into a three bedroom apartment, and now feel ready for my family to join me . . . I'm satisfied with my position as nurse-midwife at Kaiser. The patients like having nurse-midwives providing care. Most of our time is in labor and delivery and we follow our own patients during postpartum stay. Last month I only did 17 deliveries, but had 40 the month before. We work only 40 hours a week. Most of my life I've worked much more than that, and it's nice to have more time off to get involved with outside work.

Rachel Clough ('72) Verona, NY — Last fall I took a Heifer Project International (HPI) travel seminar trip to Honduras and Guatemala to see just what was happening to the animals that HPI is sending there. Was a terrific experience far off the beaten track. They are helping, but need is great. I had always wanted to go back since I spent 4 months with **Frances Crawford ('61 & '72)** in El Porvenir, Honduras, in 1972-73, and this was my chance. I roomed with Shirley Cove from Bradford, NH and she knows Dr. Anne (Wasson). Was a most delightful roommate. Winter is really with us — 8 inches this morning and lots of snow on the ground, but right here we've had much less snow than places in New England and south of here.

Cecil Oseasohn ('72) San Antonio, TX — We were saddened to hear of Helen Browne's death. She was a very special person — understanding, a good listener, modest and very wise. I always enjoyed watching her work in a committee. She was able to get a lot done without seeming to rush anyone. I do hope to get to the next Advisory Council Meeting — it has been too long since I have visited FNS. In July Bob and I plan a visit to Israel and then to Scotland. I submitted a paper to the research meeting of Sigma Theta Tau and hope it will be accepted.

Artis (Flexer) Dixon ('63) Kenya, East Africa — Sorry to hear the news of Brownie's death — she surely led a useful life. I read in the Alumni Newsletter about a nurse (**Mary Hermiz — '74**) from FNS who is at Tenwyck Hospital in Kenya. I was at a seminar with her, but didn't know she was an FNS'er until I got the Newsletter. Now I'm looking forward to seeing her again.

Sharon Machan ('85) Detroit, MI — I moved all my personal effects back to the U.S. and am on "detained at home" status with the mission. That is not to say that I wouldn't go back, but in the immediate future I won't be. I've visited some people, spoken in churches a few times and now am getting geared up to a move and new job. I've accepted a job in labor and delivery at Borgess Hospital in Kalamazoo, MI. Cousins and other friends live there, and it's more rural but still has a lot to offer with several colleges located in the area. One CNM is on staff, is busy and well accepted, and there is potential for another being hired. I'll be working 11 p.m. to 7 a.m., but one has to get in the system somehow.

FIELD NOTES

On November 6th, Sheila Allen, an intern here at FNS made a speech and slide show presentation at Hazard High School.

On November 10th and 11th, Shelia Allen presented a slide show at the Leslie County High School. On November 12th she conducted a tour of Wendover for students from Leslie County High School.

On November 14th, thirty-five students from Laurel County Vocational Tech School came to Wendover for lunch and a tour.

On November 20th, two couriers Karen Goldstein and John Mason set up booths to promote the Great American Smokeout Day at the Mary Breckinridge Hospital. They passed out pamphlets and answered the questions of people who were interested in kicking their smoking habit.

On December 4th, eight students from the University of Kentucky College of Nursing came to FNS for a tour, a historical presentation by Betty Lester, and lunch at Wendover. This was part of their Community Health Class.

On the 29th of January, a dinner was held at Wendover for family nurse practitioners and district nurses as well as several staff members from the School of Midwifery.

On February 5th, twenty-five people from Lee's Jr. College came to Wendover for lunch and a tour. Betty Lester was also present and gave a historical presentation after lunch.

On February 9th, staff members from Beech Fork came to Wendover for a day-long work retreat and lunch.

The couriers have been providing vital assistance to FNS over the months by lending their time to various sections of the organization. I would like to extend my appreciation to them on behalf of FNS for their valuable time and skills. The physical therapy department was completely repainted by the couriers, who worked long, hard hours, tirelessly and without complaint. The Garden House is in the process of being renovated and the couriers have once again provided their help and skills with painting the rooms. Hazel Bowling, our housekeeper, made new curtains. New rugs, bedspreads, and lamps are being purchased with funds provided by the generosity of our donors.

The couriers who have been with us over these months are: Rob Sinkler (Crystal Bay, Minnesota); Tina Slate (Massena, New York); Susy Kobetsky (Yellow Springs, Ohio); Claire Tuthill (Oberlin, Ohio); Merrell Stout (Augusta, Georgia); Brooke Herndon (New Castle, Delaware); Molly Savitz (West Newton, Massachusetts); Emma Lipton (New York, New York); and Jamie Jones (Carrboro, North Carolina). It's been a pleasure working with all of you.

— Elizabeth Wilcox

FORM OF BEQUEST

For the convenience of those who wish to remember the Frontier Nursing Service in their wills, this form of bequest is suggested:

"I hereby give, devise and bequeath the sum of ... dollars (or property properly described) to the Frontier Nursing Service, a corporation organized under the laws of the State of Kentucky."

HOW ENDOWMENT GIFTS MAY BE MADE

The following are some of the ways of making gifts to the Endowment Funds of the Frontier Nursing Service:

1. **By Specific Gift under Your Will.** You may leave outright a sum of money, specified securities, real property, or a fraction or percentage of your estate.
2. **By Gift of Residue under Your Will.** You may leave all or a portion of your residuary estate to the Service.
3. **By Living Trust.** You may put property in trust and have the income paid to you or to any other person or persons for life and then have the income or principal go to the Service.
4. **By Life Insurance Trust.** You may put life insurance in trust and, after your death, have the income paid to your wife or to any other person for life, and then have the income or principal go to the Service.
5. **By Life Insurance.** You may have life insurance made payable direct to the Service.
6. **By Annuity.** The unconsumed portion of a refund annuity may be made payable to the Service.

The principal of the gifts will carry the donor's name unless other instructions are given. The income will be used for the work of the Service in the manner judged best by its Trustees.

Contributions to Frontier Nursing Service, Inc. are tax deductible under Section 501(c)(3) of the Internal Revenue Code of 1954.

Gifts of stock should be sent to:
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Mr. Homer L. Drew, Treasurer
First Security National Bank &
Trust Co.
One First Security Plaza
Lexington, Kentucky 40507

Gifts of money should be made payable to:
FRONTIER NURSING SERVICE
and sent to:
Office of the Director
Frontier Nursing Service
Wendover, Kentucky 41775

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 Nurse Anesthetist: Betty Childers, CRNA, BA
 Patricia Bergstrom, CRNA

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 Carol M. Schriedel, RN, MS, FNP

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Urgent Needs

FNS has an urgent need for the items listed below and hopes that its friends will wish to contribute toward their purchase. Donations should be sent to the Development Office, Frontier Nursing Service, Wendover, Kentucky 41775, where they will be gratefully received.

At the District Clinics:

- 20 ft. sliding aluminum ladder \$280
- Snow Blower \$100
- 4 self breast exam models \$75 each
- Ear curette \$12
- Material to build pamphlet rack \$75
- Testicle model \$75
- Carpet for waiting and exam room
(Community Clinic fund paying \$350) — still need \$345
- Fabric for patient gowns \$50
(Community women will hold work-in to make gowns.)

STAFF OPPORTUNITIES

Because text for the *Bulletin* must go to the printer several weeks before publication, it is not possible for any issue to contain an up-to-date list of job opportunities. Instead, we list types of positions that are most likely to be available and invite anyone qualified and interested to write for current information.

FNS Staff. Openings may occur from time to time in both the professional and technical staffs, with opportunities for certified nurse-midwives, family nurse practitioners, registered nurses, family practice physicians, laboratory technicians, X-ray technicians, and others. For current information, write Darrell Moore, Director of Personnel, Mary Breckinridge Hospital, Hyden, Kentucky 41749 (phone 606-672-2901).

Couriers and Volunteers. This program has an ongoing need for all types of people, with all types of skills. The program is not limited to those interested in a health career. It encourages applications from anyone who is willing to volunteer for a 6- to 8-week minimum period and would like to be exposed to the work of the Frontier Nursing Service. ("You tell us what you can do, and we'll find a job for you.") For current information, write Elizabeth Wilcox, Coordinator of Wendover and the Courier/Volunteer Program, Wendover, Kentucky 41775 (phone 606-672-2318).

WE THANK YOU
FOR YOUR PARTICIPATION



The Frontier Nursing Service
Wendover, Kentucky 41775

Loose Item

Please send me more information about:

- The FNS Courier and Volunteer programs.
- Estate Planning.
- Life Income Gift Opportunities.
- Visiting and Touring the FNS.
- Books and other literature concerning FNS.

As an interested friend, my subscription of \$5.00 a year is enclosed.

- New
- Renewal

As a supporter, you will receive the *Frontier Nursing Service Quarterly Bulletin* unless you request otherwise.

Enclosed is my gift of \$ _____



Mary Breckinridge's home at Wendover.
Historic Landmark — Restored in 1981.

Name

Address

City

State

Zip

Your Gift is
Tax Deductible

Loose Item

FRONTIER NURSING SERVICE, Inc.

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 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 midwife training schools for graduate nurses; to carry out preventive public health measures; 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 promote the general welfare of the elderly and handicapped; to ameliorate economic conditions inimical to health and growth, and to conduct research toward 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, 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.

From the Articles of Incorporation of the
Frontier Nursing Service, Article III
as amended June 8, 1984