

# FNS

FRONTIER NURSING SERVICE

Volume 61

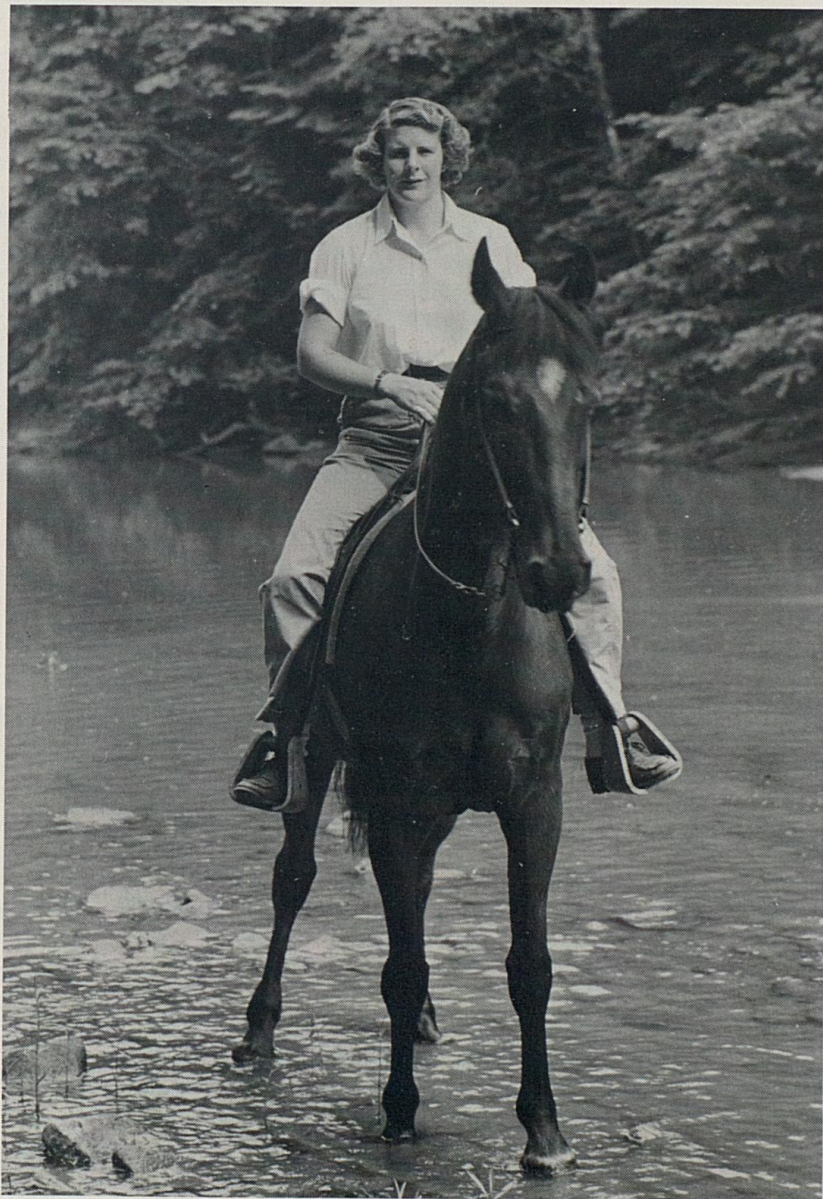
Number 3

Winter, 1986

QUARTERLY BULLETIN



## FNS Celebrates Kate Ireland's First 35 Years



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**Cover:** Kate Ireland as an FNS Courier. Photo by Earl Palmer.

Comments and questions regarding the editorial content of the *FNS Quarterly Bulletin* may be addressed to its Managing Editor, Robert Beeman, at the Frontier Nursing Service, Hyden, Kentucky 41749.

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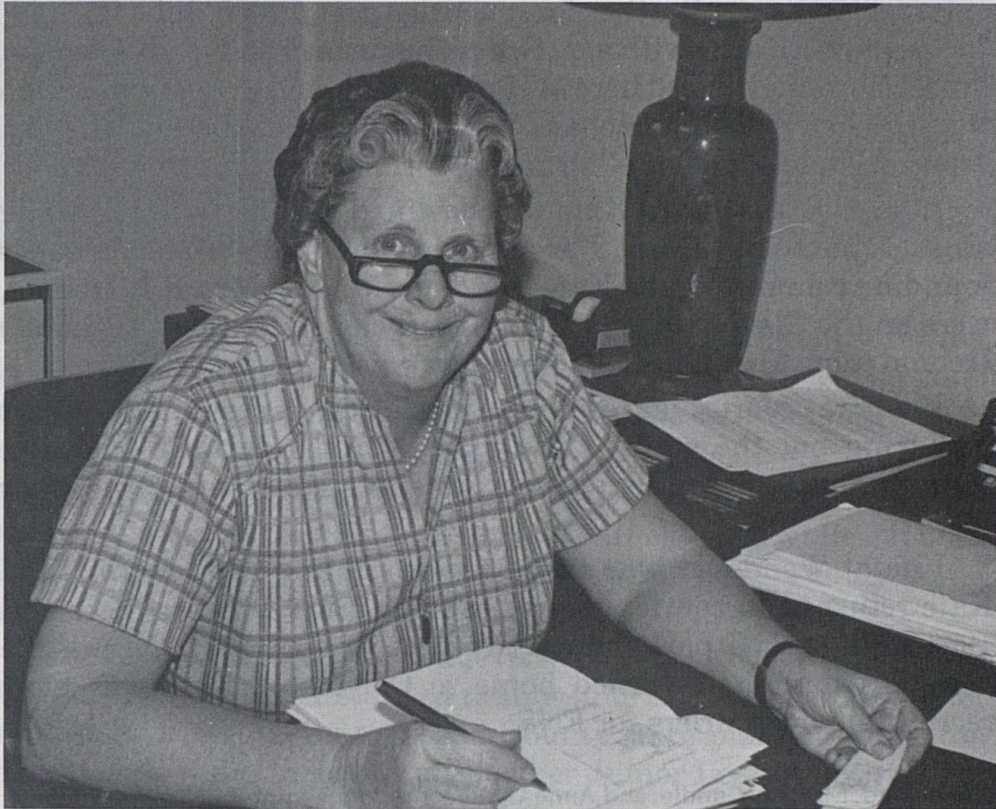
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The Kate Ireland we know today, at her desk in her Wendover home.

## TO KATE IRELAND — IN LOVING CELEBRATION OF HER *FIRST* 35 YEARS AT FNS

by Judy Lewis

Thirty-five years ago this month, an alert, quick-witted, and lively Clevelander made her first trip to Leslie County.

Miss Kate Ireland could hardly resist the challenge of the Frontier Nursing Service, with its combination of rugged outdoor living and southern hospitality. The union of Kate Ireland and FNS was a natural and has been a winning combination from the time when Kate “mucked out” her first stall as a courier until she celebrated her tenth anniversary last year as national chairman of the FNS Board of Governors.

No single individual has contributed more to this worthy cause — working for 35 years as a volunteer in tireless dedication to this service.

To commemorate this loyalty, the staff of the Frontier Nursing Service would like to dedicate this issue of the *Quarterly Bulletin* as a surprise gift to Miss Ireland in honor of her *first* 35 years.

Kate Ireland's application for a courier post, dated July 13, 1950, has yellowed a little with age. Her enthusiasm for FNS was evident even before she arrived here in Hyden — she said in her application that she had ridden horseback "all her life," and she said she had "considerable experience" in caring for horses.

It seemed as though Kate was destined to work with FNS. Her aunt, Pansy Poe (Mrs. Parker), was on Mary Breckinridge's founding committee, and Kate's parents, Mr. and Mrs. R.L. Ireland, were on the Cleveland City Committee. Her sister Louise ("Lulu") Ireland (now Mrs. Gilbert Humphrey) was a courier in 1935.

Being a courier agreed with Kate. She often jokes about "mucking out the stalls" at Wendover and returning from fire fighting duties promptly at 4 p.m. to serve Mrs. Breckinridge her tea.

Life at Wendover was fun, hard work, and challenging, and Kate returned to courier service each summer between 1951 and 1954 and worked part time between 1959 and 1960. During the periods when she returned home to Cleveland, Kate was busy recruiting new couriers for FNS.

Kate Ireland, Mrs. L.F. Cundle, and Anne Cundle astride their horses, Marvin, Doc, and Sweet. The scene is the Middle Fork of the Kentucky River, near Wendover, in 1963.





Kate Ireland's service to FNS spans the time of horses and the time of Jeeps — and also of helicopters like the one pictured on page 11.



Kate and Miss Agnes Lewis corresponded frequently during Kate's absences from FNS, and hardly a letter was sent by Kate unless she recommended a new recruit for the courier program.

In 1955, Kate accepted a two-year post as president of Cleveland's Junior League. In a letter to Miss Agnes, Kate seemed remorseful that she would not be able to return to Kentucky for a while. "It is an eight hour a day, five day a week job, but it will be very educational to learn all about Cleveland's welfare work," Kate wrote.

For two years, Kate worked feverishly for the Cleveland Junior League, but she never stopped taking time to correspond with her friends at FNS. Visits to Leslie County were planned but often canceled as Kate tirelessly fulfilled her Junior League duties.

When two years had passed, Kate relinquished her presidency with a sense of satisfaction. "There are so many things I wish to accomplish before I finish the job — it is fascinating because one can do an adequate job with some effort and time, but there is so much room for improvement," she wrote Miss Agnes.

By October 1960, Kate was expanding her role as a volunteer for FNS. She sponsored some soil conservation work — she donated a pasture and fence for the Wolf Creek clinic, and later donated fencing and clearing work at Wendover and Beech Fork. Finally, she donated funds for clearing the pasture at Brutus of rock.

During the 1960's, Kate was in charge of twenty couriers and volunteers at FNS, while supervising the care of eight horses and 22 jeeps. Later, the last two of the FNS horses, Trigger and Ace, were pensioned off to her plantation home in Florida, where they were able to live out their remaining years in comfort.

At the same time, she served as chairman of Cleveland's White Elephant Sale from 1960 until 1967. The sale, sponsored for the benefit of the Garden Center of Cleveland, raised \$94,000 in 1965 and involved 2,400 volunteers. And if that wasn't enough to fill her

spare time, Kate was also Great Lakes National Council Chairman of the Metropolitan Opera.

In 1963, Kate was named to the FNS Board of Governors. In 1967, she was named chairman of the Development Committee, a position she held until 1975. In 1968, Kate was named vice-chairman of the Board of Governors, serving in that capacity until she was named national chairman in 1975.

Kate's involvement with Kentucky didn't stop with FNS. She is a member of the board of the Leslie County Cooperative Extension Service. She was chairman of the board of the Kentucky River Area Development District in 1977 (the only woman ever elected to this position) and served on the board of KRADD until 1981. She has served on the board of Berea College since 1971 and has been vice chairman of that board since 1982. She served on the board of the Upper Kentucky River Regional Mental Health/Mental Retardation Comprehensive Care Center from 1975 until 1979. She served as a director of Hyden Citizens Bank from 1974 until December 1985, and has been a member of the board of trustees of the Appalachian Regional Hospitals since 1981. She is also treasurer of the Leslie/Perry County Humane Society. Most recently, Kate was appointed to a three-year term on the Cincinnati Branch of the Federal Reserve Bank of Cleveland.

Kate has always worked for the betterment of Leslie County. For example, she was instrumental in the construction of the Appalachia Motel in Hyden, which has become a central meeting place for local business people.

Kate's latest accomplishment was the successful completion of a three-year campaign to ensure the financial future of FNS, Frontier School of Midwifery and Family Nursing. She set a goal of \$2.5 million. Not only was this goal reached, but it was surpassed, then crowned by Kate and Mrs. Jefferson Patterson. These two women donated the nation's first midwifery chair, named in honor of Mary Breckinridge.

These accomplishments have helped ensure the survival of the Frontier Nursing Service, but Kate's contributions have gone beyond FNS. Hailing from a wealthy and socially prominent family in Cleveland, Kate could have simply donated funds to help FNS. Instead, she works tirelessly, nudging friends to help FNS,

Like all the rest of us, Santa has good words for Kate Ireland. We suspect he may be expressing his pleasure that no matter how busy Kate may be, she always has time for a friendly visit — as at this FNS Christmas party.



thanking former couriers for donations, and generously giving of her time. Kate Ireland is a woman who is comfortable with board members of the Metropolitan Opera and also beloved by the people of southeastern Kentucky. She likes to be at the helm and thoroughly enjoys spending her weekend lining up floats for the Mary Breckinridge Day Parade or handing out ribbons for the Humane Society's Dog Show.

When she talks about FNS, she is likely to tell the hilarious story of Edna, the Duchess of Wendover — a 725-pound Duroc sow who almost unloaded herself on Main Street in Lexington while Kate was taking her to market.

Kate could boast about her successful endowment campaign, but she will not. She could delegate the hundreds of details that she attends to herself, but she does not. She could flaunt the power and position she was born to, but instead has chosen to earn the respect of her peers with her hard work and determination.

For all the times when we have forgotten to say so, thank you, Kate, for your time, your energy, and your enthusiasm. We couldn't do it without you.

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*Postscript:* As the *Quarterly Bulletin* went to press, we learned that the visiting Nurse Association of Cleveland planned to honor Kate Ireland as National Health Professional of the Year at ceremonies on April 17.

### ACNM SALUTES KATE IRELAND

The board of directors of the American College of Nurse-Midwives "wholeheartedly" approved this tribute to Kate Ireland at its February meeting:

Thirty-five years ago, as a young woman you came to the Frontier Nursing Service as a "junior courier." Your major responsibility was to care for the horses that carried the Frontier Nurses into the mountains and through the river beds. Although you came from a privileged family, you plunged unhesitatingly into all the chores, pleasant and otherwise, that were a vital part of keeping the FNS operation going. As a volunteer at the MacDonald House in Cleveland, you had already developed a deep interest in natural childbirth. At FNS, observing first-hand the work of nurse-midwives in promoting the peacefulness and beauty of natural birth, you found yourself caught up in a lifelong dedication to the care of mothers and babies and the practice of nurse-midwifery.

Today, Kate Ireland, you are widely known for your generous and tireless work on behalf of the Frontier Nursing Service and many other organizations that labor for humanitarian causes. After twelve years of assisting FNS in various capacities, you were named to its Board of Directors and you have gone on to become its national chairman.

You, Kate Ireland, have been a major force in establishing the "presence" of nurse-midwifery in the modern world. You have raised funds for its support, and given generously of your own. You have worked for legislation on behalf of nurse-midwifery. You have lectured, and written letters, and worked actively on committees, and called personally on legislators. In countless ways, and with unfailing energy and concern, you have devoted your life to promoting the cause of nurse-midwifery. A year and a half ago, you joined Mrs. Jefferson Patterson, of Washington, in establishing the nation's first endowed chair of nurse-midwifery, the Mary Breckinridge Chair at the Frontier School of Midwifery and Family Nursing. You assumed the major responsibility for raising funds for the Nursing Education Endowment Drive (NEED) that will ensure the future of the Frontier School and its educational program.

And, Kate Ireland, we know you are probably the last person who would want any of us to celebrate the fact that you have given thirty-five years to the cause of mothers and babies. But for those of us who have known and marveled at your dedication and heroic work, your thirty-fifth anniversary with the Frontier Nursing Service is an occasion to remind ourselves how important you have been to the cause of nurse-midwifery — and to tell you how much we love and appreciate you.

The American College of Nurse-Midwives and its total membership wish to recognize you, Kate Ireland, on this thirty-fifth anniversary of your association with the Frontier Nursing Service and we are honored and moved by the opportunity to do so.



## NINETY-SEVENTH CLASS ENTERS FRONTIER SCHOOL

As it does every January, the Frontier School of Midwifery and Family Nursing has again welcomed a group of experienced nurses to its integrated family nursing and nurse-midwifery program. The new class consists of nine registered nurses who, in addition to their substantial educational accomplishments, have worked an average of more than eight years in professional nursing. As usual, some of the class members have served overseas.

This is the second year in which the school has required applicants to have a Bachelor of Science degree in Nursing. This requirement was established to enable graduates to sit for the American Nurses' Association's certification examination for nurse practitioners, for which the BSN has been a prerequisite since June 1985.

The FSMFN curriculum prepares graduate nurses for further certification as nurse practitioners or family nurse-midwives, or both. The first six months of the program are common to both courses of study. Starting with the third four-month trimester, nurses begin the more specialized clinical and class work of their chosen field. From that point on, the nurse practitioner program requires an additional four months, the nurse-midwifery curriculum an additional eight months. Over the years, the great majority of students have elected to take the full sixteen-month program leading to certification as nurse-midwives. Nurses electing the nurse practitioner curriculum will graduate at the end of this year, while the nurse-midwifery candidates will graduate at the end of April 1987.

The Frontier School announced last year the establishment of an affiliation with the Frances Payne Bolton School of Nursing at Case Western Reserve University in Cleveland. This affiliation now makes it possible for students at the Frontier School to receive academic credit toward advanced degrees at Case Western Reserve. It also makes available to CWRU nursing students the clinical and educational facilities of the Frontier School. This is the first full academic year in which this affiliation has been in effect.

The new class members are:

**Betsy Browning**, Colrain, Massachusetts; BSN, University of Massachusetts, Amherst, Massachusetts (1974).

**Janet Carroll**, Gunnison, Colorado; BSN, University of Colorado, Boulder, Colorado (1958).



**The Frontier School's 97th class, with its instructors**

*Nancy Fishwick\**

*Sr. Nathalie Elder\**

Esther Cassel

Cynthia Hodgson

Linda Tarbell

Heidi Klammer

Darlene Ledwon

*\*Faculty*

*Wendy Wagers\**

*Sr. Kathryn O'Meara\**

Regina Martin

Betsy Browning

Janet Carroll

Dorothy Lee

**Esther Cassel**, Souderton, Pennsylvania; BSN, Eastern Mennonite College, Harrison, Virginia (1977). Worked two years at Hospital Albert Schweitzer, Port-au-Prince, Haiti.

**Cynthia Hodgson**, East Cleveland, Ohio; BSN, Kent State University, Kent, Ohio (1980).

**Heidi Klammer**, LaGrange, Oregon; BSN, University of Oregon, Portland, Oregon (1976).

**Darlene Ledwon**, Ann Arbor, Michigan; ADN, St. Clair Community College, Port Huron, Michigan (1976); BSN, Wayne State University, Detroit, Michigan (1980).

**Dorothy Lee**, Pittsburgh, Pennsylvania; BSN, Duquesne University, Pittsburgh, Pennsylvania (1979).

**Regina Martin**, Ithaca, New York; BSN, University of New York, Binghamton, New York (1979).

**Linda Tarbell**, San Bernardino, California; BSN, Biola University, LaMirada, California (1982). Worked two months at Emkhuzweni Clinic, Swaziland, Southern Africa.

#### 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 in identifying these couriers, we list the year when they were with us at FNS, together with the last city or town of residence given in our records.

*Miss Barbara Morrison*, '69, Brookline, Massachusetts.

*Miss Margaret Sherman Todd*, '68, Charlottesville, Virginia.

*Mrs. Elizabeth P. Warner* (Miss Elizabeth Parsons), 30's, New York, New York.

*Miss Gillian D. Gordon*, '69, Old Westbury, New York.

*Mrs. Edward A. Hutto* (Miss Rebecca S. Simons), '70, Owings, Maryland.

*Miss Mariayne Brodnicki*, '74, Oyster Bay, New York.

*Mrs. Donald W. Fones* (Miss Carol Lyman), '62, Mill Valley, California.

*Mrs. Cross Bradberry* (Miss Martha McCook Cross), '43, Sheridan, Wyoming.



Rescuers gently prepare Monica Roark for transport from accident scene to Mary Breckinridge Hospital. Although trapped under water for six minutes, Monica survived and is well, thanks to the heroic work of her rescuers.

Photo by John Newell, by courtesy of *Thousandsticks News*

### **FNS TEAM AND LESLIE COUNTY CITIZENS SAVE 7-YEAR-OLD GIRL FROM DROWNING IN WRECKED CAR**

Little seven-year-old Monica Roark could have lost her life on January 15 when the car her sister was driving slid from U.S. Route 421 in the Asher Community and plunged into the freezing water of the Kentucky River's Middle Fork.

Tragedy was averted, however, by a concerted effort of citizens working together with emergency workers and the competent staff of the emergency room at Mary Breckinridge Hospital.

Julia Roark, 16, Teresa Roark, 15, and Monica Roark, 7, were driving along U.S. 421 when Julia Roark lost control of the car as it went around a curve. The car, a 1984 Ford Mustang, flipped over, sailed across a 90-foot embankment, and landed upside down in the water.

Billy Ray Morgan and Garrett Lewis were both eyewitnesses to the accident. Lewis, a Leslie County fireman, called the county ambulance service on his fire radio. In the meantime, Morgan, a citizen of the area, waded into the cold water and helped Teresa and Julia out of the car. Morgan dived several times into the water to find the other girl. When Emergency Medical Technician Tony Hacker and Oscar Collett, another

passerby, arrived, the door to the car was removed, and Monica was located. FNS Director of Finance John Gilman, who is also a volunteer fireman, was among the first firemen to arrive at the scene.

Monica was not breathing and had been under water for at least six minutes when her lifeless body was discovered. Hacker and a Kentucky State Police trooper, Fred Davidson, immediately administered CPR, but the girl did not respond. Davidson continued CPR, and Wayne Hacker, an ambulance crewman, began mouth-to-mouth resuscitation.

Although the girl was unresponsive from the beginning, the emergency workers were persistent. They radioed ahead to the Mary Breckinridge Hospital, where Nurse Practitioner "Skip" Spell prepared for Monica's arrival.

"One thing that made a difference was, we were dealing with a patient in cold water. We had to involve other departments — X-ray, the lab, Med/Surg," Skip said.

Skip started with FNS back in the days of boots and jodhpurs and has been with the service for 23 years. Although she has worked several places with FNS, her name is synonymous with the emergency room. She "moved



The rescuing helicopter has become a familiar sight at Hyden. Here, in the yard behind the elementary school, a modern flying ambulance is poised to lift Monica Roark to the University of Tennessee Medical Center in Knoxville.

Photo by John Newell, by courtesy of *Thousandsticks News*



Safely home, Monica, held by her father, is welcomed by Ruth Bowling, Oscar Collett, who had pulled her from the sunken car, and Kentucky State Trooper Fred Davidson, who had given her CPR at the scene.

Photo by John Newell, courtesy of *Thousandsticks News*

the emergency room from the old hospital to the new one" in 1975 and has been in the emergency room at Mary Breckinridge Hospital since 1980.

By the time Monica arrived at the emergency room door, Skip had recruited two nurses and an aid from Medical-Surgical, had paged Dr. Phyllis Lewis, staff pediatrician, and had warmed sterile saline and IV fluids, with the assistance of the obstetrics department.

LaDonna Napier, Teresa Napier (both nurses), Dr. Andre Lijoi, and Mary Weaver, director of nursing, were all on hand to provide added assistance.

After the girl was "stabilized" she was transported to the Medical Center at the University of Tennessee, at Knoxville. She was released a few days later, with no permanent debilitating effects.

Frontier Nursing Service was lauded in the news media for its heroic efforts — proving once again that a small rural hospital can handle even the most sophisticated emergencies.

"Being prepared made a lot of difference," Skip said. Other departments of the Mary Breckinridge Hospital chipped in to ensure that everything went smoothly. That smooth operation could have been one of the keys to saving the girl's life.

Monica is now at home with her parents, thanks to the professionalism of the Frontier Nursing Service and the concern of the selfless citizens of Leslie County.

## THE NEED CAMPAIGN COMES TO A SUCCESSFUL CONCLUSION

by Judy Lewis  
FNS Director of Development

A three-year campaign to fund the Frontier School of Midwifery and Family Nursing has just been completed with rousing success. The FNS faithful, along with an enthusiastic crop of new donors, pushed the NEED campaign to its goal and beyond. Under the co-chairmanship of Miss Jane Leigh Powell and Mrs. Horace Enriques, Jr., the development staff and key volunteers met their \$2.5 million goal and then some!

The crowning achievement of the NEED campaign was the nation's first chair of midwifery, jointly sponsored by Mrs. Jefferson Patterson, honorary national chairman and Miss Kate Ireland, current national chairman. Named for Mary Breckinridge, the chair is dedicated to advancing the cause of midwifery education and is currently held by Mrs. Ruth Coates Beeman, dean of the Frontier School.

The NEED (Nursing Education Enrichment Drive) campaign started as a response to a proposal by the federal Division of Nursing to drop funding for the Frontier School in August 1985. At the December 11, 1981 Board of Governors meeting, the board discussed the possibility of having a special fund raising project to replace these lost funds and keep the school afloat. FNS had not embarked on a capital fund raising project since money was raised for the construction of Mary Breckinridge Hospital, and no one underestimated the size of this monumental task.

To give the drive a sound financial base, the board agreed to place all bequests received during the campaign into the NEED fund. Previously all unrestricted bequests went into the consolidated fund, which was the endowment for the entire FNS operation. This diversion of income from other FNS activities would require some careful planning to assure the financial well-being of the entire institution during the NEED drive.

However, the board agreed that the educational component of FNS was important enough that an all-out effort should be made to preserve it.

In August 1982, the NEED campaign was launched and a committee was appointed. Co-chaired by Miss Powell and Mrs. Henriques, the NEED campaign was fueled by such longtime FNS supporters as Mrs. Kitty Ernst, Miss Helen Browne, and Miss Ireland.

To build long-term interest in school activities in general and the NEED campaign in particular, FNS organized an Alumni Association in the fall of 1982. The Development Office and Mrs. Alice Whitman, registrar of the school, started developing mailing lists of graduates of the school, and Mrs. Whitman prepared a newsletter.

While the FNS staff was organizing supporters by mail, Miss Ireland, Mrs. Henriques, Miss Browne, Miss Powell, and Development Director Ron

Hallman fanned out across the northeast and midwest. They visited potential and established supporters in Cleveland, New York, Boston, Chicago, and Washington.

At the same time, Mr. Hallman carefully monitored the impact NEED was having on donations to FNS' general operations. To the surprise of the development committee, the NEED campaign did not have the devastating effect on general fund contributions that was originally predicted.

As the grand total of the NEED campaign inched toward the \$2 million mark, the NEED workers planned trips to Washington, D.C., Rochester, N.Y., and Philadelphia, Pa.

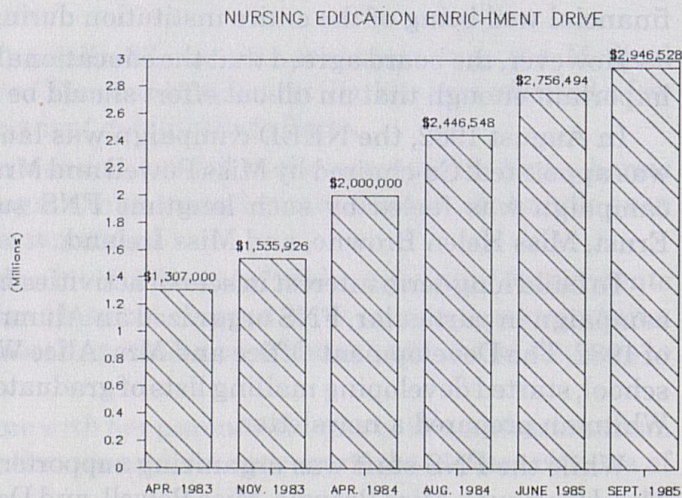
Upon the second anniversary of the NEED campaign, in August 1984, the total amount of the campaign was \$2,446,548 — ever so close to the \$2.5 million goal.

At the June 1985 annual meeting at the Appalachia Motel in Hyden, a jubilant Kate Ireland announced that she was setting a new goal for NEED — \$3 million, since the March 1985 figures showed that the market value of the endowment portfolio was \$2,756,494. By the board meeting in September, the balance of NEED was \$2,946,528.

The success of the campaign can be attributed to many people — the board, for having the foresight and courage to continue supporting the school; the Development Office, for having the patience to survive a capital campaign, a new computer system, and a half dozen mass mailings in one three-year period; and our donors, for increasing their support in a way we could only have dreamed.

Apparently the effort of NEED impressed the federal government as well — the Division of Nursing agreed to fund the school for an additional three-year cycle, through 1988.

The NEED fund built up steadily, as shown in this graph, which covers the period from April 1983 to September 1985.





## CHRISTMAS AT WENDOVER — 1985 VERSION

By Lucille ("Thumper") Knechtly

Lucille Knechtly came to the Frontier Nursing Service in 1943 as a secretary to Miss Agnes Lewis. When Mrs. Breckinridge's secretary resigned a few years later, Miss Knechtly became Mrs. Breckinridge's secretary. Through her work with FNS, Miss Knechtly became interested in working with children, so at age 39 she returned to college and obtained her certification in elementary education. For the next twenty years, until the mid-70's, Miss Knechtly taught children ranging from first grade through high school. Toward the end of her working career, she administered the school's federal Title I program, which funded libraries in each school and sponsored a reading program. Miss Knechtly has retired with her two dogs in Decatur, Ohio.

December 20th dawned in Decatur, Ohio amidst a snow storm. Would I, or wouldn't I, chance it, take the two dogs, and drive my VW Rabbit the 200 miles to Wendover as planned? Finally, I decided — go!

Snow and ice hampered us all the way. For the ten miles or so on I-75 between Lexington and London which I remembered always did freeze first, we crept. In the two lanes going south, cars were bumper to bumper. The dogs sat up, tense. I prayed. We passed three wrecks. At London it was so bad I considered calling a friend and staying over, but there was a wedding in Hyden the next day that I wanted to attend, so we pushed on. Several more cars were in the ditch along Daniel Boone Parkway. We met the snow plough, clearing the opposite side of the road, of course.

Six hours after we left Decatur, we pulled into James Mosley's service station in Hyden, and I tried to phone Wendover. No answer. I did get Jackie Morgan on Camp Creek, and he assured me that if Peter-the-Great had front-wheel drive, we could make it over the Wendover road.

It's been eight years since I left the mountains (as a retired Leslie County teacher), and one forgets. I had forgotten that, in order to make it up Pig Alley when it is slick, one goes to the mouth of Hurricane Creek and gets a running start. I didn't do that, and once I'd made the 90-degree-angle turn, I could get no further, it was so slick. I let the dogs out — they went wild — and I trudged up the hill at the "edge of dark." Knocks on either end of the Garden House brought no response. I went to an empty Big House. Surely, I thought *somebody* is on this place!

So back to the Garden House I plodded, and this time I screamed. That brought Elizabeth Wilcox, who had been in the living room on the second floor, with door closed for warmth, while she wrapped gifts for the handicapped of Hope House, who were coming from Hyden for a party.

"Couldn't make it up Pig Alley," I moaned.

"Well, if you'll let me drive your car, I think I can," offered Elizabeth.

I knew she hadn't been at Wendover long.

"Do you know how to drive these mountain roads?" I inquired, rather rudely.

"Oh," said she, "I'm from New Hampshire. I'm used to snow and ice and hills."

Sure enough, she got Peter right up to the door on the far side of The Barn, in front of the manure bent (now labeled COMPOST!), where we headquartered for eleven days. For those of you who may not know, The Barn has remained the same on the outside, but there are six comfortable, electrically heated, bedrooms and two baths inside. (I imagined I heard Babette whinnying one night!)

No way was I going to drive that Wendover road again next day, so Margaret Morgan Hacker (the late Ed and Marie Morgan's daughter) came for me in a peculiar four-wheel-drive truck. Once we were on flat ground, Margaret stopped to change the peculiar gears. She couldn't! There we were — couldn't go forward or backward. However, she hailed a passing neighbor. He set things aright, and we moved again.

Together, Jean Campbell and I attended the beautiful wedding in the Hyden Baptist Church of Suzanne Hightower and Scott Melton. Suzanne's father officiated. I saw many, many friends. After the reception, Jean drove me to the foot of Betty Lester's slick steps, and Betty and I visited until Don Pennington (Hospital Security man) drove me back to Wendover in a jeep.

The Wendover Big House was beautiful. Children from Hyden had come to help Elizabeth decorate — they'd made a day of it. Wouldn't Mrs. Breckinridge have been pleased! The grandmother of one was greatly amused when told, "We learned something new today — how to string popcorn and cranberries to decorate the tree!"

Cassie Mosley, the cook, was off for Christmas holiday, and to have teeth pulled. Elizabeth was gourmet cook for me and the staff, who eat lunch there (at the Big House) every day. She is also hostess for Wendover guests (few in the wintertime), head of the couriers (three came on December 29), car mechanic, telephone operator — you name it, Elizabeth is *it*. Part of the time, Marilyn Hoskins was there to help with the cleaning and cooking. The meals were delicious, healthy — and pretty.

There was communion in St. Christopher's Chapel at 4:00 p.m., Christmas Eve. The decorations, as usual, were red and white poinsettias. I had gotten brave enough to drive again, and attended with Betty Lester. She had planned tea afterwards for the Rev. Mr. Geoffrey Ashworth, but it was snowing so hard he decided he had best get over Pine Mountain to Harlan immediately after the services.

Betty and I joined Elizabeth and four from the hospital for Christmas Eve dinner at Wendover. One was Bill Atkinson, a nurse practitioner, whose wife, Coleen (also a nurse practitioner) was in labor at the hospital.

He had decided *he* needed all the sustenance he could get for the ordeal and came long enough to eat. Christmas Day, Coleen gave birth to a baby girl.

Elizabeth had fixed turkey, ham, and oyster pie — my first. Her menu included all other traditional goodies, too. A candle was placed on the terrace, just as Mrs. Breckinridge had always done, to light the path of the Christ child.

When Elizabeth, Betty, and I left to go to the midnight community carol service in St. Christopher's Chapel, it was snowing hard. The roads were extremely slick — especially the highway. Unanimously, we decided not to drive to the hilltop for the services, and as soon as we had deposited Betty safely in her home, we drove slowly and cautiously back to Wendover.

Christmas Day brought five-degree temperature that froze everything (unusual for Christmas Day in Leslie County). Nobody moved who didn't have a four-wheel-drive vehicle. Janet Morgan Lewis and her husband, Mac, stopped for me, and I joined Ruth and Jakie Morgan at home on Camp Creek for an old-fashioned family celebration. All four of their children were there, with spouses and six grandchildren.

There was a tea in the Big House living room for some of my ex-students, teacher friends, and nurse Susan Hull and a friend. Susan had opened her home for me and my animals two years ago, after she had specialed me in a Lexington hospital. We had lived with her and Rose Rokis for two months in the old Clara Ford Nursing Center at Red Bird, while I recuperated from surgery.

The dogs made a liar out of me from the time we arrived! I had promised that they were friendly dogs, and well behaved. They were too friendly! And, after we had been there a week, they lost themselves for twelve hours! I didn't worry much at first — it was the first warm, sunny day we'd had, and I decided they'd gone off early hunting as they had done at Susan's. They'd be back, I thought. Noon came. One o'clock. Two o'clock. No dogs. I went on down river to visit friends, looking and calling along the way. Later I phoned Ruth Morgan at Wendover, who was working on Saturday, her day off. She said, "No dogs yet."

When I got back, Ruth joined me, and we started up Hurricane, looking. Sara Beth Elam, near Grace Reeder's, told us she'd seen a golden retriever with a big red bow and a little grey woolly dog down by the Beasleys' house around noon. We turned Peter, slipping and sliding, and drove down the Wendover road, again calling and looking. The Holbrooks, who live in the Beasleys' house, had seen nothing of the beasts. Neither had anyone else along the way.

It was after six when Ruth went home to get Jakie's supper and I went to my room in The Barn to rest.

"Lord," I thought, "You know where they are. Please take care of them and send them home."

A couple of hours later I heard a woof, and there were the culprits, wet and bedraggled — but not hungry!?? Foncie (aged 10) could hardly walk. I gave her one of my arthritis pills. Surely, I thought, they'll sleep all day tomorrow. No way! They awoke early, shook themselves, stretched, and wanted to go again. After that, I kept one of them on the leash at all times.

One reason for this trip was to check details, etc. in Wendover files for a manuscript on which I've been working. Mixed in with work were many visits and meals with friends throughout the county — and more adventures on icy roads! I attended the Nativity pageant at Muncy Creek Baptist Church (the one at Wendover had been canceled because of icy roads), and a service at their mission on MacIntosh where an aspiring young Mary laid Baby Jesus (a "cabbage patch" doll) lovingly in a homemade manger, and then joined the other children in singing carols.

Much has changed in the thirty years since I lived and worked at Wendover; much remains the same. Whatever the changes, the beauty of the mountains remains; the friendliness of the mountain people remains, and an assurance of adventure no matter what year at Wendover.

**Mrs. Patterson Honored at Bowdoin.** Mrs. Jefferson Patterson, Honorary Chairman of the Frontier Nursing Service and for ten years its National Chairman, was honored on the campus of Bowdoin College in York, Maine, on September 12 with a reception in her honor. The reception commemorated her distinguished career as a photojournalist and, in particular, her work with the Frontier Nursing Service. Mrs. Patterson's film *The Forgotten Frontier* was shown to mark the opening of an exhibition of her photographs depicting nurses at work in Appalachia.

#### DO YOU KNOW THESE NURSES?

We know that this picture was taken in June 1961, but there are several nurses we can't identify. If you recognize any of them, please write Alice Whitman at the Frontier School of Midwifery and Family Nursing, Hyden, Kentucky 41749.



## A JOURNALIST'S HOLIDAY — VOLUNTEER DAVID GREENAWALT WRITES ON FNS SUBJECTS

David Greenawalt, a native New Yorker, first worked with the Frontier Nursing Service as a courier in September 1982. After graduating from Oberlin College in Ohio with a B.A. in English, David volunteered for a second stint with FNS, this time as a public relations specialist. David stayed busy during his time with FNS by developing two informational brochures for the district outpost clinics, writing news releases for the local newspapers, and preparing articles on various subjects relating to FNS. Here are some of the things David found interesting here at FNS — and so did we.



### Gerri Campbell Remembers Mary Breckinridge and FNS In The Pre-War Years

About the time Mary Breckinridge first rode into Leslie County on horseback, an old lay midwife known as Granny Lewis delivered Gerri Morgan Campbell, daughter of Elva and Robert Morgan of Hyden. Gerri was two months premature; she would have died of starvation had it not been for a wet nurse named Mrs. Cornett who breastfed her for more than a week. As a little girl, Gerri Morgan Campbell lived through the formative years of the Frontier Nursing Service. She admired the nurse-midwives on horseback and chatted on occasion with Mrs. Breckinridge, who would ride through town on her way to see a patient.

When Gerri Campbell was five, FNS nurses visited and took care of her grandmother: "I remember Betty Lester distinctly. She came when my grandmother took tetanus from a rat bite. The rat bit her on the thumb, on the fleshy part in between your forefinger and thumb. Two or three of the nurses would nurse her every day and they'd tell me, 'She's going to be all right. She's going to be better.' I'd go to sleep at night with her in the same bed, because I was scared she was going to die. She stayed bedfast for two months." In time, her Grandmother Morgan regained her health. Many years later, FNS nurses drove Grandmother Morgan in a jeep to Mt. Mary Hospital in Hazard when she broke her shoulder. After the bone was set, FNS nurses visited her regularly.

Mrs. Breckinridge often stopped to chat with Gerri by the side of the road before riding on to an appointment: "There was not a generation gap back then. I'd say, 'Where did you go today?' and she would answer, 'Over to some holler or other.' She was naturally pretty. She wasn't fancy; she wore her hair short and it just naturally fell in place. She was radiant; her eyes were blue and she had that loving personality; she just bubbled.

"You could tell she was a sophisticated lady, but it wasn't in a bragging style. You could tell she wasn't a native of the mountains, but it didn't bother people because she was so kind. She let them know in her roundabout way that she was there to care for them."

In Gerri Campbell's senior year at Leslie County High School, she took a woman's health class taught by Florence Samson, then a FNS nurse. Course topics included personal hygiene, courtship and marriage, menstruation, pregnancy, birth control, home budgeting, and keeping the body healthy. The course made a lasting impression on Mrs. Campbell: "It taught me things that I wouldn't have known otherwise. Honest. . . This made me not to be afraid. It helped me in raising a family."

After high school, Mrs. Campbell went on to Cumberland College, where she studied education. In 1946, at age 22, she married Denver Campbell of Hazard. The tenets of the Frontier Nursing Service have been handed down to her three daughters; two have had natural childbirth.

For the last nine years, Gerri Campbell has worked as project director for Perry County Senior Citizens, Inc. She considered becoming a nurse but admits she is "softhearted." Instead, she chose to help the elderly, largely out of the affection she had for her own grandparents. "There is such a need for the homebound person right now. They get lonely. They need transportation." Perry County Senior Citizens, Inc., a nonprofit state and locally funded agency aiding the elderly, provides transportation, prepares low cost meals, and runs centers where the elderly can share each other's company. Mrs. Campbell and her husband have three daughters and own a grocery store in Hazard.

Mrs. Campbell remembers the Hyden of her childhood as a self-sufficient farming community with muddy roads and no electricity, save for one wealthy family who powered their home with a Delco battery. Almost everyone washed on boards and made her own soap. Mrs. Campbell's house, like many others, was unpainted, though it was warm and well furnished; it had two stories with pinewood floorboards. She remembers feeling fortunate during the Depression: "We had more than other people. We had food — my grandfather would butcher hogs."

The Middle Fork of the Kentucky River shone clear, since coal companies had not yet come to Leslie County. Mrs. Campbell ice skated on the river when it froze over in the winter. Her Grandfather Morgan would raft down with other men to Beattyville, where he would trade produce and

skins for flour and grain. On occasion, the river would suddenly flood — one time, around 1933, her friend's father, Will C. Hoskins, carried Gerri and his daughter out of the rising waters on his shoulders.

Mrs. Campbell's father, uncles, and Grandfather Morgan constructed the original Hyden Hospital, with the help of W.M. Lewis and his sons: "When I was four or five, I would go with my granddaddy up into the mountains and watch him hew the stones. I've still got some of the implements that cut the stone." Although her father had only an eighth grade education, "he could read to a decimal point what a measurement would be. They were skilled carpenters. I'd say [the hospital] was the largest building that had ever gone up in Hyden at the time."

Mrs. Campbell's mother worked for several years as a housekeeper at the Beech Fork Clinic. She was also an excellent seamstress; Mrs. Campbell remembers fine dresses that her mother made for other women.

### **Former Courier Brings Seaborne Health Care to Pacific Islanders**

Sixty years later, the spirit of Mary Breckinridge lives on. Former courier (1968) Dr. Lonnie Laszlo Higgins and her husband, David, have forsaken the "good life" in Boston to bring medical care to the Marshall Islands via sailing ships. The Higgins' have created "Marimed," short for "Maritime Medicine," a non-profit organization that would build and sail 150-foot-long ships, equipped with medical facilities and training materials to provide medical care and teach preventive care to the Marshallese people.

The Marshall Islands span 500,000 miles in the southwest Pacific and are home for 35,000 people. Together with the Mariana and Caroline Islands, the Marshalls constitute Micronesia, an area which has been under United States trusteeship since 1947. Currently, two hospitals, inaccessible to half the Marshallese population, are responsible for practically all the islands' medical needs. Most areas must depend on dirt-floor dispensaries.

Volunteer doctors, dentists, nurses, and health educators would work with traditional healers, midwives, and health assistants on a rotating schedule aboard the sailing ships. If enough money is raised, construction on the first ship will start this winter in New Zealand. Marimed has already raised one million dollars, half of what is needed to build the first ship.

The Higgins' discovered the desperate need for medical care in the Marshall Islands during a family expedition touring Caribbean and Pacific islands. The Higgins family: Lonnie, David, and their two children, set off aboard their 96-foot schooner, the "Deliverance," in 1979, to spend more time together as a family. While sailing through the Pacific four years later, in 1983, they realized that health care in the Marshall Islands was

inadequate. Lonnie, a graduate of Tufts University School of Medicine specializing in obstetrics and gynecology, set up a small surgery and treatment center on the boat with supplies donated by drug companies. She conducted more than 1,700 pelvic examinations in two months on the Marshalls, the first the Marshallese women had ever had.

Lonnie Higgins currently belongs to the Department of Obstetrics and Gynecology at the John A. Burns School of Medicine at the University of Hawaii. Her husband, David, graduated from Boston University Law School and practiced corporate and criminal law with the Boston firm of Herrick and Smith.

### **PEW TRUST GRANT PROVIDES SUPPORT FOR NURSE-MIDWIFERY EDUCATION**

The Pew Memorial Trust, of Philadelphia, has made a grant of \$138,000 to support an innovative program of nurse-midwifery education that is being developed jointly by the Frontier School of Midwifery and Family Nursing, the Maternity Center Association of New York, the Frances Payne Bolton School of Nursing at Case Western Reserve University, and the National Association of Childbearing Centers.

The grant, which has been given formally to the Maternity Center Association, will be administered jointly by Dr. Ruth Watson Lubic, director of MCA and a member of the FNS Board of Governors, and Ruth Coates Beeman, dean and director of the Frontier School.

Work on the project began with a meeting in November at MCA to design the program format. In addition to Dr. Lubic and Mrs. Beeman, this group included Kitty Ernst, of NACC; Dr. Claire Andrews, of Case Western Reserve; Lily Hsia, of Downstate Medical Center (New York); and Sr. Nathalie Elder, of the Frontier School.

The goals specified for the program are to:

- increase the number of nurse-midwives eligible to sit for the national certifying examination
- prepare nurse-midwives with the specific knowledge, skills, and judgment required for birth center practice
- increase the number of nurse-midwives with graduate preparation in research and administration
- demonstrate the viability of an educational program which reduces costs without compromising the level of student instruction or performance
- develop materials adaptable for use by other nurse-midwifery programs

The grant will support the development of curricula, texts, and study guides over a two-year period. However, it is expected that the program will develop rapidly and that the first class of students will enroll next January.



## NURSING: BACK TO HEALTH

by Colman MaCarthy

The following originally appeared in the *Washington Post* on December 29, 1985 and is reprinted with permission.

Nurses, after long neglecting their political health, are suddenly out of their professional sickbed and looking to a strong recovery. Two recent successes are the reason.

This past year, the threat of malpractice suits moved the major insurer of the American College of Nurse-Midwives to discontinue coverage. The college's 2,500 members, who are 85 percent of the profession, were justified in feeling insulted. Their malpractice rate is low. Only 6 percent of all nurse-midwives have had suits filed against them. While it is true that most deliveries are low risk, another reason for the rarity of suits is that nurse-midwives are known to give generously of themselves, professionally and personally. With that kind of bonding, a lawsuit is the last thing on the agenda of the mothers and families being served.

After the Mutual Fire, Marine and Inland Insurance Co. of Philadelphia withdrew its policies, the nurse-midwives were rejected by every other carrier they appealed to. They turned to Congress for help. The politicians, world-class baby-kissers, were sympathetic but said no anyway. Times are tough, even for motherhood.

At this low point, the nurse-midwives, in the spirit of the old Frontier Nursing Service, unwallowed themselves and came up with a solution. They formed their own insurance company. By April of next year, the nurse-midwives, each paying approximately \$2,000 for \$500,000 worth of coverage, expect to be rid of a problem that other medical professionals—wealthier and seemingly better organized—find too hard. Obstetricians, between blaming lawyers for the malpractice crisis and having an inability to discipline the incompetents who help drive up rates, are abandoning the profession. A survey by the American College of Obstetrics and Gynecology finds that 12 percent of the polled obstetricians are not delivering babies as a result of the risk of malpractice. Two years ago the figure was 9 percent. More than 23 percent said they were decreasing the number of high-risk deliveries, up from 17 percent. Perhaps the obstetricians should make an appointment with the nurse-midwives to learn the art of solving problems through group solidarity.

The second success occurred last month when a national center for nursing research was put into law at the National Institutes of Health. President Reagan, who on leaving the Bethesda Naval Hospital following his cancer surgery effusively praised his nurses and criticized the media for not appreciating the profession, originally vetoed legislation for the center. The Senate voted 89 to 7 and the House 380 to 32 to override the veto. The

nurses' lobby had been sophisticated in making the case that a research center was needed.

One of the persuaded was Sen. Orrin Hatch, the Utah Republican who is chairman of the Labor and Human Resources Committee. The center, Hatch said on the Senate floor, "will cost only \$5 million — money which . . . is already included in the appropriations bills. The veto message tells us that even this relatively small sum, compared with the almost \$5.5 billion budget of NIH, is too much. This is preposterous. A proposal for nursing research to have one one-thousandth of the NIH budget is too much? My fellow senators, don't you believe it. It is high time that nursing research took its rightful place in those NIH halls of ivy."

Wise shoppers in the medical marketplace know that nurses often provide the kind of low-cost care and services that physicians or hospitals have often monopolized at high prices.

It was nursing research that led, in part, to the increase in home patient care. The savings to families have been large. A 1982 study found that when home care for children dying of cancer was coordinated by nurses —and doctors served only as consultants —the costs were 18 times as low as for a hospital setting.

It was nursing research that informed the public that nurse-midwives can deliver babies at safe and efficient birthing centers at a cost 60 percent less than the customary hospital obstetric services.

Patient-care research is often best provided by those who are most involved with the patients. These are nurses. No group of health-care providers is larger. Despite that, the need for nurses increases. The Department of Health and Human Services reported in 1984 that in five years the nation will need 358,000 nurses with graduate education but will have only 118,000. Of the 1.4 million nurses currently working, less than 6 percent have advanced education. It has been documented that the master's and doctoral nurses are responsible for many of the innovations in occupational-health, critical-care and medical administration.

The new center at NIH is expected to provide the kind of research base that the nurses deserve. If they know how to start their own insurance company and can persuade Republicans to spend money on them, they should be up to standing on their own at NIH.

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## BEYOND THE MOUNTAINS

by Judy Lewis

My first glimpse of New York City was without snow, and my first look at southern California was without sun as I traveled this winter beyond the mountains on behalf of the Frontier Nursing Service.

After New Year's festivities in Hyden died down, I was off to New York on January 6. I was met at LaGuardia Airport by Mrs. Peter Ehrlich (Miss Selby Brown, courier, 1951). I spent the evening at Mrs. Ehrlich's house, which was a picture-perfect pale yellow clapboard in the charming Westchester community of Bedford.

The next morning, we attended the annual meeting of the Northern Westchester Hospital's women's auxiliary, where I was guest speaker. Mrs. Dinah Reath, a petite, enthusiastic woman, is president of the auxiliary. She directed the lovely spring floral decorations, the delicious chicken lunch, and the delightful program in which the auxiliary presented an annual donation to the hospital.

After the luncheon, Mrs. Janet B. Jussell (Miss Janet Brown, courier, 1971) came up from the audience and chatted about her fond memories of FNS.

Later in the afternoon, Mrs. Ehrlich and I traveled to the hospital itself, where I addressed a group of about 25 nurses. Afterwards, Mrs. Dorothy Fanning, associate director of nursing, gave me a tour of the hospital.

On Tuesday evening, Mrs. Ehrlich took me to nearby Greenwich, Connecticut, to the home of Mrs. Horace Henriques, Jr., a member of the FNS board. The next day, Mrs. Henriques took me to lunch at the Greenwich Hospital, where I met Mrs. A.L. Smithers, an FNS trustee; Mrs. Estelle Brown, vice president of administration of the Greenwich Hospital; and Mrs. Audrey Stramiello, manager of the hospital's development office. Later in the afternoon, I addressed a very enthusiastic group of youngsters at the Greenwich Academy. Many of the young women at this school were interested in becoming couriers right away.

On Thursday, I traveled into the city, where I met for lunch with Mrs. Robert Steck (Sarah Bullard, courier, 1971) and her three-month-old daughter, Vanessa. After lunch I met with Mr. Peter Bingenheimer, of the Margaret Voorhies Haggin Trust, at the Bank of New York.

One short month later I was off to California, where I met the annual meeting of the California state chapter of the Daughters of Colonial Wars. Their president, Mrs. Leroy Kaump, was about to leave office and had been trying for three years to arrange for FNS to visit the California chapter. I was greeted at the airport by Mrs. Francis McKee, the president-elect. After my presentation to the annual meeting, Mrs. McKee and Mrs. Kaump took

me along the beach to San Juan Capistrano to have dinner at El Adobe, the favorite restaurant of former President and Mrs. Richard Nixon.

The following day I was in San Francisco for a meeting with Dr. Brad Gascoigne, a pediatrician who worked with FNS about ten years ago. Dr. Gascoigne arranged for a lovely reception at the San Francisco Suites on Nob Hill, a beautiful historic district of the city with a cable car running past the hotel. There I met with Miss Sarah H. Brooks and Mrs. David H. Palmer, among others. Miss Brooks was a courier here in 1968 and has since become a nurse. Mrs. Palmer is ex-staffer Harriet Jordon, who was a midwife here during the summers of 1956, 1958, 1960, and 1961.

On Tuesday, February 18, I returned to Louisville to speak to the Women of the Second Presbyterian Church, at the invitation of Mrs. James Breed. Longtime FNS supporters such as Mrs. James Rawleigh, former chairman of the Louisville Committee; Mrs. Clinton W. Kelly; and Mrs. Charles Caster were such gracious hostesses. They had a lovely luncheon after my talk, complete with a wonderful chocolate ice cream dessert. The women were so friendly and warm — it was a wonderful homecoming back to Kentucky.



FNS' Community Health Center at Big Creek held a fund-raising supper in September. Here FNS Trustee George Wooton auctions off a pie. Clinic Director Susan Hull stands behind him at his right.

### NOTES FROM THE SCHOOL

Being forced to stop for a few minutes to review these past three months helps me realize just how much this small group here at the Frontier School accomplishes every year. Nancy Fishwick returned from her fall semester of doctoral work at the Frances Payne Bolton School of Nursing, Case Western Reserve University, just in time to help Sr. Kathryn O'Meara welcome the incoming class of students in January. Our senior students have scattered in clinical placements all over the United States to prepare them for the beginning realities of nurse-midwifery practice. They will be returning to campus within the next week or two to complete the classroom portion of their program and prepare for graduation on May 3.

We will be privileged to have Sue Yates, president of the American College of Nurse-Midwives, with us as our graduation speaker. She has been much in the public eye this year, as the ACNM has had to take on the responsibility for assuring that malpractice insurance will be available to its membership. Sue has the wonderful qualities of leadership — poise under fire, common sense, humor, commitment to our profession. She is an inspiration to all of us.

In January, we hosted a week-long faculty workshop to continue developing curriculum materials for our innovative off-campus educational program. Our counterparts from Case Western Reserve University, along with our consultants Dr. Marjorie Ramphal (Columbia University) and Lily Hsia (Downstate Medical Center, State University of New York) and the Frontier School faculty all immersed ourselves in developing educational objectives, proposing learning strategies, and exploring potential resources for each major content area. We have so much more to do, but we are fortunate in being able to call on a large network of professional friends and colleagues to help us with this project.

This week I leave for Washington to attend a national colloquium on Nurse-Midwifery in America. This invitational meeting is being presented by the ACNM Foundation to discuss the results of a nationwide survey on the status of midwifery in the United States and to consider the recommendations of a national panel on the role of midwifery in today's world. In early April I will be attending the annual meeting of the National Association of Childbearing Centers in Orlando, where I will be one of the speakers. Later in April, a group of faculty will attend the annual meeting of the American College of Nurse-Midwives in Portland, Oregon. We'll precede the convention with another faculty workshop. Our annual convention always brings us in touch with so many of our graduates, as they come by our exhibit and later join us at our school reunion.

Meanwhile, our faculty nurse-midwives are very busy with plans to remodel our labor and delivery areas. They will begin by redecorating the

birthing room. Next week, we expect to see some of them in work clothes, wielding paint brushes and wallpapering tools, before new drapes, pictures, bedspreads appear. They assure me it can all be done in three days! Next, we are planning to convert space in the labor area into two newly equipped and decorated labor-delivery rooms that will make birthing at Mary Breckinridge Hospital as close to home-like as possible. We all share deep convictions about how mothers and their families should be cared for during the most special time in a family's life. It is a joy to see the changes take place and to reinforce the connection with family-centered care that has been central to the mission of FNS all these 61 years.

In my spare time, I'm trying to join the computer generation. I have finally learned to negotiate some of the mysteries of spreadsheets and instant calculations, but it will take me some time before I'm up to continuing with the advanced course. Unfortunately, days are never long enough to do all that I want to do. With spring finally here, I struggle to stay with budgets, meetings, curriculum, and all the other requirements of educational administration while daffodils bloom outside.

— *Ruth Beeman*

March 13



Nurses Betty McQueen and Glenna Gibson with one of two new Born-ing Beds that will be installed in the refurbished labor/delivery rooms at Mary Breckinridge Hospital. Purchase of these beds was made possible by generous gifts from the Bingham Foundation and the Merck Foundation.

### FIELD NOTES

Although winter is normally a time of bitter winds and cold, this holiday season was brimming with warmth and welcome at the Frontier Nursing Service.

Local board members and some of the medical staff from the Mary Breckinridge Hospital attended a dinner party at Wendover on December 16. The gathering gave both doctors and board members the opportunity to become more closely acquainted.

Lucille ("Thumper") Knechtly arrived on the 20th of December to spend Christmas at Wendover. She thoroughly enjoyed her weeklong visit, socializing with many of her friends in the area.

Also on December 20th, Larry and Vivien Snipes of the Lexington Children's Theater made an appearance at Wendover. The artists performed a Punch-and-Judy show for the children of FNS employees.

The new year began with the arrival of a group of new couriers and volunteers: Alison Jacoby (Weston, Massachusetts), Kim Spencer (New York, New York), Christine Yueill (Minneapolis, Minnesota), Amy McCulloch (Needham, Massachusetts), Kathleen Hoven (Clifton Springs, New York), and Craig Evans (Arlington, Virginia).

Most of the couriers were studying various aspects of the medical field, with the exception of Craig Evans, who works with Prudential Insurance Company, of Washington, D.C. He volunteered to spend a week of his vacation at Wendover in order to repaint two rooms in the Garden House.

On the 12th of January, visitors arrived from Case Western Reserve University, Cleveland, Ohio; Downstate Medical Center, State University, Brooklyn, New York; and Columbia University, New York City, to work with faculty members of the Frontier School of Midwifery and Family Nursing in developing a new non-residential program in nurse-midwifery education. The developmental work is being undertaken with funds granted by the Pew Memorial Trust, which are to be administered jointly by the Maternity Center Association of New York and the Frontier Nursing Service. Visiting participants included Dr. Claire Andrews and Sen Speroff from Case Western Reserve, Lily Hsia from Downstate Medical Center, and Dr. Marjorie Ramphal from Columbia.

A cocktail reception was held on January 22 in honor of Steve Leiner, RN, in order to wish him good luck on his new venture to El Salvador.

New students at the Frontier School were welcomed with a dinner at Wendover on February 10. The evening allowed the students to meet local board members and other individuals affiliated with FNS.

A dinner meeting was held at Wendover on the 24th of the month for the district family nurse practitioners.

Yet another new group of couriers assembled throughout late February for the spring term. This group included Dana McKenney (Dayton, Ohio); Jonah Green (Brookline, Massachusetts); Troy Berry (Brookline, Massachusetts), Vaughn Madden (Columbia, South Carolina), Wendy West (Marion, Massachusetts), and Brian Robinson (Sherman Station, Maine).

FNS welcomes these new employees: Pamela Smith, front desk clerk; Barbara Burns, nursing assistant; Melda Vanover, LPN; Carla Turner, LPN; Johnnie J. Asher, housekeeper (Wooton); Janice Costello, RN; Valerie Chaplain, FNP; Lisa Bowling, Finance/Medical Director's secretary; Glenn Hammons, X-ray technician; Debbie Jones, CFNM; Margaret Morgan, financial clerk; Betty Morgan, nursing assistant; Delores Rice, front desk clerk; Marjorie Sladek, RN, faculty, Frontier School of Midwifery and Family Nursing; Greg Jones, data processing supervisor; and Barry Gibbons, FNP.

We also send our good wishes to these employees, who have left us recently: Carol Morgan, RN; Judy Harkins, dental secretary; Paula Smith, FNP; Genetta Fancher, RN; Sally Gay, laboratory transport; Beverly Lembo, physical therapist; Carol Walker, DMD; Steve Leiner, FNP; Marie Bechtel, patient accounting supervisor; Sr. Nathalie Elder, CNM, faculty, Frontier School of Midwifery and Family Nursing; Jean Sullivan, MD; Deidre Estep, secretary (Beech Fork); and Sheryn Ordway, data processing supervisor.

#### NEWS OF FORMER STAFF

**Kenneth Palmer**, assistant administrator of Memorial Hospital in Clarksville, Tennessee, has been advanced to fellowship status in the American College of Hospital Administrators. Mr. Palmer was administrator of Mary Breckinridge Hospital in 1974. His wife, Sue VanSant Palmer, is teaching at Austin Peay State University.

**Joyce Wiechmann, Hattiesburg, Mississippi** — "Moved to Hattiesburg in August. My roommate is going to graduate school in community health nursing and I am working at Forest General Hospital in labor and delivery . . . . The reactions to my being a nurse-midwife have been generally positive. We work 12-hour shifts and rotate days and nights every two weeks. I am still trying to adjust to that kind of schedule. We have a house that used to be a duplex, so we have two of everything. Our second kitchen is a utility, sewing, storage, catch-all room, and our second living room is a library/study. We have a big fenced-in yard for Tiger, with so many big trees that last August it didn't start to get hot in the house until about 1 p.m."

**Helen Tirpak**, PhD and RN, has joined the council of Associate Degree Programs of the National League for Nursing as a consultant and secretary to the Board of Review. Her career has included assistant professorships in the



BSN and MSN programs at Hunter College, New York City and in the BSN program at Pennsylvania State University, University Park.

*Lucille Knechtly, whose account of a 1985 Christmas at Wendover appears elsewhere in this issue, reports hearing from a number of former staff members and couriers at Christmas. She relays to us, below and in the Courier News column, a number of excerpts from their letters:*

**Capt. Susan Thomas (Mrs. Robert) Hooper, in Germany** — “Another year has gone by. We have nine more months here. We should hear in May or June where we are going. Bob is in the Finance Department. We stay busy. The children are growing up. Cassie at 3-1/2 is a delightful little girl. Robby, at 18 mos., isn't talking yet, but into everything and very mechanical. Lots of babies, as usual (Army Hospital) but I'm starting to make time for research and writing projects. Some day I may publish something officially!”

**Jerry White (Mrs. Arthur) Byrne, Knoxville, Tennessee** — “Winter has set in. The rhododendron leaves are tightly curled, the fireplace is radiating warmth, and we're having fun remembering as we write.”

**Clara Louise (“Pete”) Schieffer (Mrs. Eric Johnson), Moorestown, New Jersey** — “The FNS calendar is most interesting, with changes and developments in perspective (i.e., electricity at Wendover in 1948, etc.). Am having a birthday party Saturday for our littlest grandson, 2-year-old Daniel, who lives with his parents close by in Washington, D.C.”

**“Trink” (Mrs. Rogers) Beasley, New Delhi, India** — “I took part in a Thanksgiving skit (Squanto, James Bradford, and me — a Pilgrim lady) for a distinguished Woman's Club here. A first grade teacher asked me to come to her class at the American School . . . only two Americans — others from all over the world attended.”

**Alice Funk, Syracuse, New York** — “We (daughters Alison and Emily) are coping with chicken pox at present. We are planning to move to Keene, N.H. next summer. Mark will be practicing urology with the Keene Clinic, where there are 43 doctors. We are thrilled to be moving to a small town — 25,000 (a major city compared to Hyden!) and to be looking for a small farm on which I can raise sheep, or whatever!”

**Liz Palethorp, Swanage, England** — “The first five months of this year I felt wretched physically as one of my hips was giving trouble. I was pretty immobile and almost housebound. Had to have surgery again May 15 — another hip replacement. Had a long convalescence at my cousins' home in Cornwall. Now I'm very fit and mobile again and so thankful for successful surgery. **Bridie Gallagher** (Brutus nurse-midwife) and **Molly Lee** came to Swanage in April. So nice to see them after several years.”

**Hazel Meyer (Mrs. Sewell Williams)** — Vacationing in Clearwater, Florida, she writes, “This is a different (from Cincinnati) place. Weather is nicer — in 80's, things are more expensive. We're good at riding buses — great for the ego!”

**Betty ("Hilly") Hillman, London, England** — "I always think of FNS at Christmas and often of that particular one at Bowlingtown (when a courier mounted on Kemo and dressed as Father Christmas dashed out of the barn with bags of goodies for the neighborhood children). I see Stevie and Lydia quite often, and not long ago **Molly Lee** stayed a few days with me and took me to see a performance of the Spanish Riding School horses. Her brother-in-law remarried, and Molly is staying to help the nephew with the farm until the spring. She is enjoying her lovely Dartmouth."

*The following comes from an old friend of FNS and a member of its National Medical Council:*

**Dr. David B. Stevens, Lexington, Kentucky** — "I have enjoyed every visit that I have made to the Frontier Nursing Service over the last twenty-five years. It was a pleasure to know Mrs. Mary Breckinridge and all the personnel associated with the Frontier Nursing Service. I still remember Miss [Liz] Palethorp greeting us when we visited in the early 1960s. **Anna Mae January** is a person that I shall never forget. Few people have the resilience and good nature of **Molly Lee**. In addition, I have known many fine patients in the Frontier Nursing Service Area."

#### COURIER NEWS

**Carla Shuford, '66, Chapel Hill, North Carolina** — "I am enrolled in the family practice program here at Memorial Hospital at Chapel Hill."

**Nancy Harman Ruekberg, '58, Churchville, New York** — "Business this year has included the usual house and garden chores, some babysitting for the grandchildren, trips to mother and looking after her property, bookkeeping, and some social life. In addition, I volunteered at the Monroe Community Hospital, helping in the library and delivering books and magazines to patients."

**Laura Sharon, '84, Cabin John, Maryland** — "I have been in an accelerated BSN program at Catholic University here in DC since I last saw you at Mrs. Breckinridge's Derby Day party in May."

**Nan Louise Sersig, '69, Cleveland, Ohio** — "Kate is rewriting the book on terrible two's. Molly came on June 7, 1985 and will be crawling any day."

**Sue Holmes Taylor, '73, Lachine, Quebec** — "It doesn't seem possible that it has been twelve years and three boys since I was with all of you in Kentucky —the beginning of my life, it seems!"

**Marian Barrett Leibold, '77, Cincinnati, Ohio** — "The balancing act of being a mother, a wife, and a medical student is a consuming one, but I can assure you that when I am able to focus energy outside of my studies, my heart often returns to FNS."

**Cindy Poe, '85, New York, New York** — "Although I may have learned

more medically as a fourth year student, I think experiencing the warmth of the people and staff [at FNS] more than made up for it."

**Beth Ruekberg, '80, Cambridge, Massachusetts** — "I led 12 high school students (ten Americans and two Dominicans) on a six-week work program in the Caribbean for an organization called Operation Crossroads Africa. We lived on Anguilla, an island near St. Maarten, and performed community service work such as painting homes of poor families and running a day camp for young children."

**Sarah Steck, '71, New York, New York** — Sarah and Bob Steck joyfully announce the birth of their daughter, Vanessa Sarah Steck, on 13 September 1985 — 6 pounds, 8 ounces.

**William L. Saltonstall, Jr., Volunteer, '82** — A note from Will's father says that Will is now at the University of Alaska Medical School in Fairbanks.

**Mrs. Marion Shouse Lewis, '35, Matamoros, Pennsylvania** — "Thanks so much for the lovely FNS wall calendar. It brought back many happy memories and shall continue to do so all through the year. Poor Vanda [British nurse-midwife **Vanda Summers**] broke her hip. Brownie [**Helen Browne**] is taking care of her at home. They do have a 9 to 5 nurse. Vanda is getting along fine."

**Nancy Dammann, '41, Sun City, Arizona** — "I loved the calendar [FNS 85/86 60th anniversary wall calendar], particularly the pictures of the old days. I've talked to Eva Morgan (Hyden) recently about my old Wendover house insurance. Many insurance companies have pulled out of Leslie Co. I'm trying to write about my Asian experiences, but have about decided to stick to fiction."

**Alison Bray, '30s, North Yorkshire, England** — "I lost my remaining brother in April — a great blow, and we miss him very much. We had a wretchedly cold and wet summer, but I had a dear cousin and her husband from Australia to stay, which was fun. I've just had a wonderful 3-week holiday in Nepal, India."

#### ALUMNI NEWS

**Cindy Sherwood (1975), Zimbabwe** — "I'm working more in outpatient now and am enjoying it with the exception of the language barrier. I'm also teaching a junior college level health science course for nurse aides who want to upgrade their education. I give these ladies a lot of credit for doing this, as it's all in English and to them it's a second language."

**Artis (Flexer) Dixon (1963), Kenya, East Africa** — "I'm teaching in Kijabe Medical Centre School of Nursing. Students take government exams to become Kenya enrolled community nurses — a shade under an RN, but they will run clinics and dispensaries in remote areas. My main area has been normal and abnormal neonatal theory and premie nursery supervision. Teaching in the School of Nursing is all done in English."

**Susan Barry (1979), Houston, Texas** — "I've moved to Houston, and very much enjoying the city life. Finally finished up my MPH and am working at Baylor College of Nurse-Midwifery, and will be teaching intrapartum in June."

**J.K. Hameloth (1980), Bangladesh** — "Linda (Kilheffer, 1978) and I took a few weeks off at a beach in Thailand — we got lots of rest and now are more able to start another year. The flood and cyclone victims are still trying to get on their feet — it takes a long time to start over and by that time there will be another disaster of some sort."

**Sandy (Tebben) Buffington (1968), Lesotho** — "Living outside one's country offers wonderful experiences, but still does not replace being 'home for Christmas.' Last Christmas we spent in the mountains of Lesotho. The Christmas tree was made from a floor mat woven in Lesotho. The tree was outlined on the mat and decorated with dried flowers, handmade little hats and Xhosa bead work. Christmas cards from the year before are so important as one looks around for the 'familiar' for Christmas."

**Beulah Arnold (1946), Campbellsville, Kentucky** — "We girls of class of '45 didn't have to go over the hill to Hyden very often, only by horseback to go on our rounds to the homes. The Old Hospital was on the level of the midwives' quarters, which made it convenient for us who were on duty. We had some experiences, which I remember vividly. Like the night we heard the chickens squawking in the hen house. A couple or three of us went to see — an opossum had chewed the head off a couple of hens. We caught him, killed and skinned him and our cook cooked him with sweet potatoes. We tasted him and that was enough, but we had fun that night."

**Catherine Carr (1979), Cleveland, Ohio** — "The bike trip was glorious. We were mostly in Holland and France. It was so beautiful and people were very friendly. We camped a lot. We rode into Paris on Sunday at dawn, found a hotel and went down the Champs Elysees to watch the Tour de France bike racers come in. So romantic! I want to go back!"

**Anne (DeTournay) Boyer (1959), Chandler, Arizona** — "I scanned all the names in the Alumni Newsletter and was astounded at the number. As I read their remarks I was nodding, mentally thinking, 'that is the way I feel!', and right away I started recalling experiences and the urge to write them down, and at (almost) 75 I should title it 'As I Remember It.' You mentioned that the response from the Old School was favorable but not overwhelming in contributing to the Newsletter. I wondered if they reacted as I (almost) did. No matter what I thought of to write, a negative thought jumped in, saying, 'Oh, they wouldn't be interested in that!' I hope they think it over and write anyway. My last visit to Wendover was in 1968; it was wonderful. I wanted to make it an annual sentimental journey, but it wasn't to be. I hope to make it this year."

**Pamela England (1978), Albuquerque, New Mexico** — "Applying to universities for my bachelor's degree. All is well. Catching lots of babes at home, about 4 per month. Midwifery Training Institute (MTI) will begin in June with 10 students and a completely restructured administration — i.e., *called* organized, following one year of insanity without organization. Happily divorced. Sky is beautiful and very, very talkative."

## 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.

MR. WILLIAM G. McMILLAN

Owings Mills, Maryland  
in memory of his father and mother,  
J. William and Elizabeth G. McMillan

MRS. KATHERINE M. SILCOTT

Danville, Kentucky

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

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Father of courier Elizabeth French

MR. MARK JULIAN PATTERSON

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Son of Mrs. Jefferson Patterson,  
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Bethesda, Maryland  
Longtime friend of FNS. Her mother-in-law, known to many as  
Aunt Hattie, gave The Barn at the old hospital, and other donations.

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Chicago Committee member  
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Father of couriers Lydia Wilder and  
Candace Wilder Heaphy

This winter we were also saddened to lose  
two of our Wendover neighbors,  
**MR. HAYES MORGAN and MR. REUBEN ADAMS**

### 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:

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## NATIONAL NURSING COUNCIL

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 Mrs. Elsie Maier Wilson, St. Petersburg, Fla.

## 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:  
FRONTIER NURSING SERVICE  
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

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.
- The Nursing Education Enrichment Drive.
- 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

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Address

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City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

Your Gift is  
Tax Deductible

**Loose Item**

## URGENT NEEDS

FNS has need of the following:

**Fetoscope** — a weighted type of stethoscope that allows nurse-midwives to listen to the fetal heart in emergency situations. *Estimated cost:* \$52.

**Laryngoscope with blades** — An instrument equipped with an electric light, used to help in newborn resuscitation. *Estimated cost:* \$370.70

**Heating pad** — *Estimated cost:* \$16.10.

**Blood pressure cuffs** — *Estimated cost:* \$23.

**Wall-mounted diagnostic units** — Instruments for eye, ear, nose, and throat examinations. *Estimated cost:* \$239.

Contributions toward these items would be greatly appreciated. Donations should be sent to the Development Office, Frontier Nursing Service, Wendover, Kentucky 41775, where they will be gratefully received.

## 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).