

THE  
OFFICIAL  
MUKLUK TELEGRAPH

U.S. Public Health Service  
Alaska Native Health Service  
Area Office, Box 7-41  
Anchorage, Alaska

VOLUME III

May-1959

Number 5

AWARDS CEREMONY

April is the birthday anniversary month of the Department of Health, Education and Welfare, and each year the Department takes this occasion to present Awards on an International basis; the ceremony is repeated in all areas as close to this time as possible. Due to factors beyond local control, the ceremony here was delayed until May. At 3:30 p.m., on Monday, May 18, Dr. Gallagher presented Awards to the following employees of the Anchorage Area Office and Anchorage Hospital:

A 20-Year Length of Service Award was presented to Miss Dolorous I. Bynnes

10-Year Length of Service Awards were presented to the following:

Miss Margaret M. McColl, R.N.  
Mrs. Margaret H. Hamilton  
Mr. Elmo Strickland  
Mr. Andrew Supple  
Miss Alberta S. Fisher  
Howard B. Sherrod, D.D.S.  
Mr. Eldan D. Butcher  
Mr. Dalice M. Butz  
Miss Mildred Haley  
Mrs. Mary P. Carpenter, R.N.

Superior Performance or Suggestion Awards were presented to:

Mr. John M. Topkok-\$25, for his suggestion that a baggage rack be placed on the top of the carryall, instead of putting the baggage in the car.

Mrs. Louise Long-\$25, for the suggestion that a second set of earphones be wired into the switchboard to assist in training new operators.

Mr. Fred Sinyon-\$50, for a monetary saving resulting from his suggestion for washing garbage cans.

Miss Mildred Haley-\$100, for her exemplary performance of assigned tasks and sustained superior work performance in the Area Dental Office, and as Editor of this gazette.

Suggestion and Service Awards were sent to field stations for presentation to:

Mr. Thomas Atwood-\$25 - PHS Hospital, Bethel, for suggesting that an opening be cut in the wall between the Admitting Office and the Clinic for passage of medical records.

Mr. Arlie D. Charlie-\$25, PHS Hospital, Tanana, for suggesting a motor-driven pumping arrangement for draining oil.

10-Year Length of Service Awards:

Mrs. Evelyn D. Harris, Bethel  
Miss Katherine M. Travis, R.N.,  
Kanakanak  
Mrs. Elizabeth I. Bubb, R.N.,  
Kotzebue  
Mrs. Robert L. Lathrop, Kotzebue  
Mrs. Alice Sheldon, Kotzebue  
Mr. Charlie Tikik, Kotzebue  
Miss Helen Aydelott, R.N.,  
Pribilofs

NATIONAL HOSPITAL WEEK

The week of May 10 through 16 was National Hospital Week, during which the nation's hospitals made a special effort to tell the story of their activities to the people they serve. The theme this year was, "More Roads to Recovery," the constantly expanding services your hospitals are providing to bring you longer life and better health.

The explosive force of medical progress in recent years has created a new world of health. It has been said that until 1910 or thereabouts, the random patient with a random disease, consulting a doctor chosen at random, stood less than a 50-50 chance of benefitting from the encounter. Today that chance has increased tremendously. Millions are alive today only because of modern medicine. Two decades have been added to the average life span since 1910. More children are living to grow up, and more mothers and fathers are living to see their children reach maturity. Good medical care and its indispensable component, good hospital care, have become true necessities for living.

Increasingly the roads to recovery are centering in the hospital. For the effective diagnosis and treatment of a growing number of conditions, the doctor must be able to call upon the disciplined teamwork of many skilled professional and technical workers, and an ever-growing array of scientific tools and supplies. For economy and efficiency, these are centered in the hospital.

Hospitals are educational centers; they provide many types and many level of training, formal and informal, for the hospital and health field. They provide the facilities and personnel for medical and administrative research, and they serve as centers for community health.

Some medical advances have emptied hospital beds. Today when the death rate for typhoid fever has been zero for 3 consecutive years, it is difficult to appreciate that at one time the wards of our hospitals were filled with patients with this disease. We can now hope that in the future it will be equally difficult to imagine hospital beds filled with the victims of tuberculosis.

Area Medical Officer in Charge-  
Joseph A. Gallagher, M.D.  
Editor-----Mildred Haley

REPORTERS

Anchorage-----Dolorous Byrnes  
Anchorage Hosp-----Pat Blakley  
Barrow-----  
Bethel-----Tom Atwood  
Juneau-----  
Kanakanak-----  
Kotzebue-----Rose Marie Zenk  
Mt.Edgecumbe-----Lester Roberts  
Tanana-----Mary McGill

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CONFERENCE OF DIRECTORS OF NURSING

The Directors of Nursing from all of the PHS, Alaska Native Hospitals, and the Public Health Nurse from St. Paul, Pribilof Islands, gathered at the Anchorage Hospital May 4-10 for a Conference of Directors of Nursing. The participants were: Miss Helen Aydelott, St. Paul, Pribilofs; Miss Mary Ann Burroughs, Tanana; Miss Alice Connolly, Kotzebue; Mrs. Sally Elliott, Bethel; Miss Jean Hilchey, Barrow; Mrs. Hazel Kay, Mt. Edgecumbe; Miss Kay Travis, Kakanak, and Miss Oma Yaste, Anchorage.

The purpose of this conference was to discuss the responsibilities of the Directors of Nursing in the PHS Hospitals in Alaska. Panel discussions were conducted by various Area office personnel and Miss Merilys Porter, Chief of the Chemotherapy Program, Arctic Health Research Center, on the subjects of communications, dental program, dietetics, general services, finance, personnel, pharmacy, and Arctic Health Research programs.

Dr. Gallagher explained the PHS Program for Alaska Natives, and Dr. Rabeau and Mr. Kelly discussed the Field Health Program and the functions of the Area office respectively. Members of the Anchorage Hospital staff also presented a panel discussion on prevention of infections in hospitals.

All felt the Conference was very worthwhile and everyone learned much from it-even the Area staff.

HONOR ROLL OF BLOOD DONORS

Carol Albrecht	John Kurka
Donald Devlin	Milton Lewis
Marie Drew	Ena Powers
Tommy Dutchman	Albert Ripley
Elizabeth Edris	Jose Silva, M.D.
Golda Engle	Edith Tompkins
Marjorie Gibson	Joel Watson
Harriet Gronaas	Ida Westland
Mary Anne Hennigan	William William

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FUNCTIONS OF AN EXECUTIVE

As nearly everyone knows, an Executive has practically nothing to do except to decide what is to be done; to tell somebody to do it; to listen to reasons why it should not be done, why it should be done by someone else, or why it should be done in a different way; to follow-up to see if the thing has been done; to discover that it has not; to inquire why; to listen to excuses from the person who should have done it; to follow-up again to see if the thing has been done, only to discover that it has been done incorrectly; to point out how it should have been done; to conclude that as long as it has been done it may as well be left as it is; to wonder if it is not time to get rid of a person who cannot do a thing right; to reflect that he probably has a wife and a large family and that certainly any successor would be just as bad, and maybe worse; to consider how much simpler and better the thing would have been done if one had done it one's self in the first place; to reflect sadly that one could have done it right in 20 minutes, and, as things turned out, one has to spend two days to find out why it has taken three weeks for somebody else to do it wrong.

-The Smoke Signal

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The Greeks, more than 2,000 years ago, pointed out that "the art of living consists in dying young but as late as possible."

DENTAL TATTLE

Regular Corps Examinations for Commissioned Officers were held in Anchorage April 21 to 24. The following Dental Officers took the examination:

- Dr. John R. Stolpe - Nome
- Dr. Wallace J. Connell-Mt. Edgecumbe
- Dr. Byron H. Hoffman - Barrow

The following personnel changes are expected to be forthcoming in the Dental Section:

- Dr. John T. O'Reilly-Ketchikan, is being transferred to Anchorage.
- Dr. Alfred Hamel, who served with the Coast Guard at Boston, is being transferred to Anchorage.
- Dr. Byron H. Hoffman, Barrow, will transfer to the Pribilofs.
- Dr. Robert C. Birch from Minneapolis, will report for duty at Barrow.
- Dr. Aubrey Stephens, also from Minneapolis, will report for duty at Ketchikan.

Dental Officers separating from the Service:

- Dr. Thomas H. McQueen - Tanana
- Dr. Geraldine T. Morrow-Anchorage

Dr. H.B. Sherrod, Anchorage, will transfer to Ignacio, Colorado, in the Albuquerque Area.

The Dental Clinic at Mt. Edgecumbe has moved to more spacious quarters and has expanded from a 3-chair clinic to a 5-chair clinic.

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If you're careless enough, your car will last you a lifetime.

KOTZEBUE

The month of April started off with a bang at our ancient but venerable establishment. The kitchen staff baked April Fool's Day cookies with big hunks of cotton in the middle of a delectable and chewy concoction. The entire staff "bit" with laughs from the kitchen.

April was the month for staff travel. Mrs. Joanne Sturla and Mrs. Esther Schaubel went to Anchorage for the workshop. Mrs. Sturla's return was delayed due to illness.

April 21, Miss Connolly and Mrs. Schaubel returned to Kotzebue. Miss Connolly received a hearty welcome from everyone after her three-month absence.

The staff undertook a mass x-ray program this month - a total of about 450 chest x-rays were taken. To supplement our hospital program Rex Morrow, ADH Field X-ray Technician, traveled in the surrounding area, covering virtually all of our villages.

Spring has arrived in Kotzebue. Everyone is trying out their vehicles on the muddy roads. Warm weather and an abundance of sunshine are especially welcome here.

Dr. Lathrop, our Dental Officer, spent 26 days following dog team trails and rivers on a very arduous "vacation." He and his Eskimo companion followed the Noatak River to the Eli River; they camped at a shelter cabin where the Agashashok River leaves the mouth of the Noatak flats, then journeyed up the Kugururok to the Utukok River and followed a branch of the Utukok to the headwaters of the Colville River. Dr. Lathrop returned to the Utukok, following it to the headwaters of the Agashashok, then back to Kotzebue. They traveled 19 out of 20 days and had to shoot one dog en route. Dr. Lathrop returned looking very sun-tanned and tired.

(There's a real gone Gussuk! · Ed)

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There's only a slight difference between keeping your chin up and sticking your neck out - but it's worth knowing. --Grit

Government manuals with their inevitable amendments are always good for at least a quizzical eyebrow - but an edition of instructions about preceding instructions topped them all. On the second page of the booklet a word was followed by an asterisk. Pursuing the asterisk to the bottom of the page, we read: "Ignore all asterisks in this edition."

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You know you're getting old when, after painting the town red, you need a little rest before applying a second coat.

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"We're doing an exploratory today."

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WANTED TO RENT

This summer a group of new Commissioned Officers will be coming to Alaska to replace those Officers who are leaving. Nine of these new Officers will come to Anchorage. Four of them are married and will require housing outside of Government quarters. If any employee in Anchorage knows of houses or apartments which may be for rent around July 1, please notify the Personnel Office.

FILM ON ARTIFICIAL RESPIRATION

The film on mouth-to-mouth artificial respiration, which was shown to our employees recently, has received an enthusiastic response from other groups who have borrowed it. Among these groups are the Anchorage Fire Department, Providence Hospital, the State Police, the Spa, the Cugach Fire Department, and the Elmendorf Fire Department. It will be possible later on in the summer to borrow the film again from the Walter Reed Army Institute for additional showings to Anchorage groups and other PHS-ANHS Field Hospitals.

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FINIS!

Owing to de bad feeling what exists between mahself and sutan persons in dis office, today's service terminates mah job in dis agency.

I will not say "Goodbye" cause dat am a term used when friends take leave of each other;

I will not say "Farewell" cause dat am too sad;

But as I promenade down de aisle towards de doah, I desires to call de attentions of every member of dis office to a sprig of mistletoe which am attached to de lower end of mah coat-tail!

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A finance company sent the following letter to one of its delinquent accounts: "Dear Sir: After checking our records, we note that we have done more for you than your mother did--we've carried you for fifteen months!"

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DON'T SMOKE IN BED  
THE ASHES THAT FALL ON THE FLOOR  
MIGHT BE YOUR OWN.

-The Hypo

STRIKES      SPARES  
HIGH SERIES      HIGH GAME

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The PHS Hospital Bowling League ended with a fight to the finish. The "Alley Cats" placed first with Ruth Coffin, Earl Sawyer, Don Smith and Mary Anne Hennigan. Second place, "The Rippers" with Al Ripley, Sue Smith Freda Conover and Dr. Rabeau. Placing third, the "Splitnicks" with Betty Faeo, Chuck Decker Gladys Booker and John Faeo.

The newly elected officers wish to express their sincere thanks to Art Pollard, Don Smith, Monty Montgomery, Lew Jones and Mary Anne Hennigan for the splendid job done this past season, for without their efforts our Bowling Season could not have been such a success. A wonderful time was had by all.

The new officers are:

- President-Al Ripley - Pharmacy
- Vice-Pres.-Marilyn Hall-Nursing
- Secretary-Mary Anne Hennigan- Personnel
- Treasurer-Frank Wolfe-Purchase & Supply
- Sergeant-at-Arms-Russ Simmons - Property Mgt.

Individual trophies:

- High Series Scratch-Don Smith--588
- High Series w/handicap-Albert Stewart-- 681
- High Game Scratch-Frank Wolfe--242
- High Game w/handicap-Russell Simmons-- 253
- High Series Scratch-Adele Pollard--454
- High Series w/handicap-Sue Smith--596
- High Game Scratch-Mary Anne Hennigan- and Penny Montgomery (Tie-193)
- High Game w/handicap-Gladys Booker-232

- Most improved woman bowler--Mary Pock
- Most improved man bowler--Frank Wolfe

Watch the Bulletin Boards, Hospital Newsletter and the MUKLUK TELEGRAPH for announcements about next season.

EMPLOYEE PROBLEMS

Whenever an employee is not performing his duties satisfactorily, or his conduct on the job causes dissension or strife, something must be done. Either the employee must correct his ways or be removed from the job.

In many cases it seems that it is easier to have an employee improve his work to a satisfactory degree, but where there is a problem as to conduct on the job, this is the most difficult to cure. Each of us are made the way we are. It's difficult to change our personality even though our job is at stake. All of us are familiar with the old term, "personality clash."

It is fundamental that an employee must carry out the instructions of his supervisor as long as they do not violate laws or regulations. This is necessary even tho the employee may not agree with those instructions. Further, the employee must do this without grumbling to the extent that it interferes with the attitude or morale of other employees. We are living in a democratic country and are free to speak our minds, and act as we wish, but this freedom of speech and action, of course, must be controlled or our entire nation would be in chaos. This is also true of any organization. Unless employees work together harmoniously, efficiency is reduced.

It goes without saying that a supervisor can be in the wrong, too, but normally if the employee and the supervisor cannot get along it is the employee who usually must change his ways or be removed from the job.

So, in summary, each employee should think about his relationship with his supervisor. Do you know what he wants done on the job? How he wants it done? When? Do you support him to the best of your ability? Is your griping held within reasonable limits? If you can improve in your relationship with the boss you will find your job will be easier and more pleasant. In addition, you will help to better accomplish our basic job--the medical care of patients.

FROM HERE TO THERE

Welcome to Mr. Henry E. Summers, Laundry Foreman. Mr. Summers was formerly employed in the laundry at the Tacoma Indian TB Hospital.

During April, Dr. Glenn Crawford served as Acting MOC of the Kananak Hospital. Dr. Edwards has assumed the duties for the month of May. Dr. Wallace Dunn, Dr. Gloria Park, and Dr. Robert Stutzman were on TDY in Bethel in April. Dr. Ruth Coffin is traveling the "Chain" this month, and Dr. Edwards, accompanied by Dr. Robert Philip of AHRC visited Tyonek in mid-April to examine residents of that village. Dr. Jose Silva is making a trip to Washington, D.C., and Chicago this month to attend the National Tuberculosis Association Convention.

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Some secretaries don't know which vacation they enjoy more--theirs or the boss's.

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INCENTIVE AWARDS - SUGGESTOR'S ABC'S

- Ask questions: Who, What, Where, When, Why, How.
- Be sure you are doing the job in the best way.
- Consider every angle of your job. There is always a better way.
- Don't be backward. This is the forward age. Think - then invent.
- Eliminate all unnecessary parts of your job, such as duplication, wasted time or motion.
- First be sure you know all about your job, then suggest a better way.
- Gain extra income through your ideas. We pay for all useable suggestions.
- Hard work can often be lightened by using your ideas.
- Ideas mean money and easier money for everybody.
- Just be alert. Ideas are all around you. Learn to recognize them.
- Keep submitting suggestions. We'll pay for good ones.
- Let your supervisor help you work out details. He'll be glad to help you with your suggestions.
- Make your past experience pay off by suggesting better ways to do your job.
- Never overlook any portions of your work. Why do we perform each step? Is it necessary?
- Other fellows' gripes are things that need improving. Suggest a remedy today.
- Prepare suggestions complete. We can evaluate your idea better if we're sure of what you mean.
- Quit envying the fellow who gets an award. Turn in your ideas regularly and you'll get them too.
- Remember to write down your ideas so you won't forget them.
- Study all parts of your work and suggest a better way to do it.
- Turn in at least one suggestion each week.
- Use all available help. Your past experience, your reading, and thinking will all help you.

- Very often a very simple idea saves large amounts of time or money.
- Watch every move you make and look for an easier way to do your job.
- Xtra money is waiting for your good ideas.
- You can add to your income if you turn in your suggestions regularly.
- Zoom your income by turning in at least one suggestion.

-Phoenix Area Newsletter.

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A really modern kitchen is one where the pot calls the kettle chartreuse.

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The name "Alaska" is generally considered to have come from the Aleut word, "Al-ay-ek-sha," which means, "the great land."

With an area of 586,400 square miles, Alaska is approximately one-fifth the size of the United States. The coastline, including islands, bays and inlets, is approximately 34,000 miles. Alaska's forests cover about 60 per cent of the State.

Kodiak Island is located about 40 miles off the coast of the Alaska Peninsula. The town of Kodiak, situated in the north-east part of Kodiak Island, is Alaska's oldest city.

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In the days of yore, heaven protected the working girl. Nowadays it takes a union, a wage-hour law, unemployment compensation, social security, health insurance and a pension plan.

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Some people go about doing good; some just go about.