



Historical Highlights

v. 3, n. 4



Nov. 2014

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President's Message

by *David J. Heinemann*, SCHS President

First, I must apologize for the cancellation of our annual attic sale. While excuses can be made concerning the difficulties encountered this year, including the lack of sufficient sale items, in spite of the generosity of some of our members who we sincerely wish to say "thank you" to for their donations, hindsight tells us that better planning could have avoided this outcome. In order to provide for a successful event next year we have renewed our efforts and are working on several initiatives that should improve all of our event capabilities.



Second, please put December 7th on your calendar. Outside of this day being a memorable date for WWII history buffs, it is the date of our annual meeting that features **Ron Parks**, former assistant director of the Historic Sites Division of the Kansas State Historical Society and former administrator of the Kaw Mission State Historical Site in Council Grove. He has published numerous articles about the Kanza Indians, most recently a book, *The Darkest Period: The Kanza Indians and Their Last Homeland, 1846-1873*. Ron is currently retired living in Manhattan, Kansas. Our meeting will begin at **2:00 p.m.** and be held in the **Cox Communication Heritage Education Center** at the Shawnee County Historical Society Historic Ritchie House site, 1118 SE Madison, in Topeka.

Our Public Relations, Programs, and Events Committee continued its work to provide more events for you to participate in. The 3rd annual Sante Fe Band Concert and Ice Cream Social took place August 10th. Attendees were able to sit back, enjoy ice cream, beautiful weather and listen to a broad selection of patriotic music from the Sante Fe Band. **Doug Wright** and the **Education Committee** deserve kudos for their work putting this event together.

On September 14th we were able to help provide a first time public showing of the renovated Capital Iron Works Co. building. Owner's David and Renee Stevens received one of our Historic Preservation Awards last May and gra-

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President's Message, cont.

ciously consented to host this event that showcased a tour of the building with a display of many of the historic documents discovered in the building's safe that included original signatures of the company's founder and also the city of Topeka's founder, Cyrus K. Holliday. A video was shown of actual construction taking place of the Topeka High School using steel fabricated by Capital Iron Works.

Please add November 16th to your calendar for a special screening of *The Road to Valhalla* at the Cox Education Center at 2:00 p.m. **Ken Spurgeon**, the film's producer and director, will be with us to discuss the film's historical documentation of the key role Kansans played in the border war with Missouri during the Civil War.

Two initiatives are taking place that should help the society provide better service to you. The first involves **improvement of our communication** with you and to accomplish this we need your help. While the Capital City Iron Works event was a success, we found out after the event that several members had not been made aware of it. To inform our members of the event we sent e-mails, posted it on our website, and send a bulk mail flyer. Unfortunately, the flyer took over two weeks from mailing to actual delivery; consequently, a number of our members were not aware of the event until after it took place. We regret this and are working to see that it does not happen again. If you happen to be one of those who did not timely receive the Capital Iron Works event flyer and would like to attend a special showing of the building please e-mail us at shawneecountyhistory@gmail.com or call us at **785-234-6097** (leave message if we cannot answer). The Stevens have agreed to allow a special showing for those who missed this event and your response will help us to schedule a date for those who are interested.

A revised renewal form is attached as part of this newsletter. It is **important** that you fill out your renewal form with all of the critical information we need to contact you. Please make sure we have your correct **e-mail address**. Also, if you are not getting e-mails from us, please check your junk mail box to make sure that your computer is

not automatically sending them there and not posting it to your inbox. I am also told that some servers will not accept e-mails if they detect that they are part of a large mailing. Make sure that this is not happening. In addition, **we still need your correct mailing address with full zip code**. Your **telephone number** is also very important, particularly if you do not have an e-mail address. Again, our goal is to have our e-mails reach 100% of our e-mail users to avoid spending \$400 or more on a bulk mailing that may not reach you in a timely manner. E-mails will also allow us to send a quick message to you of items of interest that otherwise would only reach you with the quarterly mailing of this newsletter.

Our second initiative is to make sure that all of our Standing Committees have full complements and are active. We definitely can use your talents here. The by-laws provide for eight standing committees and any special committees as needed that are usually set up to work our one-time seasonal events. A concern about not having this year's attic sale was that we probably had too few people tasked with doing all of work. More people working together on a project helps to share the load to assure success. **Please consider volunteering to serve on one of our committees.** It is understood that your time may be limited. If that is the case, then please consider volunteering for a seasonal committee that would require less of your time. To help you make your choice, please go to our web site, shawneecountyhistory.org, and click on the new "Volunteer" button to learn more. The Volunteer page will provide you with a better understanding of our committees, what they do, and where we may benefit from your talents. In the event you do not have computer access to our web site, the current committees are: Preservation; Education; Public Relations, Programs, and Events; Publications; Historic Landmarks; Finance, Budget and Audit; Nominations; Membership; Ice Cream Social; and Attic Sale. *Thank you for considering to volunteer.*

We look forward to seeing you at our annual meeting on December 7th! 

Do This NOW!

The Historic Ritchie House has a new website! To get information about school field trips, events, volunteer opportunities and more, this is your one-stop place to go. There is even a place to contact us if you want to leave us a message.

Please check us out and let us know what you think!
www.historicritchiehouse.wix.com/historicritchiehouse



Educational Opportunities

by *Melinda Abitz*, Education Program Developer

Mild weather, an ice cream sundae and Topeka's Santa Fe Band made for a perfect evening on Sunday, August 10th when the Education Committee for the Shawnee County Historical Society hosted its annual **Ice Cream Social** at the Historic John and Mary Jane Ritchie House. About 100 visitors came out to enjoy the evening and tour both the historic house and the Cox Communications Heritage Education Center.

The Ritchie House welcomed the **Shepherd's Center of Topeka** and the **Silver Lake Seniors** for tours of the Historic Ritchie House. "Mr. Ritchie" was on hand to speak of Kansas territorial politics and his and Mary Jane's involvement in the Underground Railroad and Civil War activities.

Our "**Rediscover Freedom's Pathway**" school field trips for 2014–2015 are underway and we welcomed our first group of students from Royal Valley Middle School in Mayetta, KS.

Teachers arrived with the entire 7th grade student body which totaled 68 eager learners. They found themselves participating in a simulated Underground Railroad escape and involved in a discussion of the meaning of freedom. Their field trip ended with a visit to the Ritchie's home where they were warmly greeted by "Mrs. Ritchie". She reminisced about her early days in Kansas Territory and

the dangers of being involved in the Underground Railroad.

On Thursday, November 6th from 4 p.m. to 7 p.m. the **Kansas Capitol** will host an **Educator Appreciation Night** for anyone who is involved in teaching Kansas History. The primary focus of this event is to make educators aware of all the wonderful resources that the Topeka area has to offer in relation to its history. Workshops, activities, door prizes and more will be on hand for the evening. **This event is presented by the Topeka Alliance of Museum Educators.** Please go to our web site [www.shawneeconomyhistory.org] and select "Volunteer Opportunities" for more information and a link to RSVP to this event.



JOIN US—A SPECIAL EVENT FOR SCHS MEMBERS & GUESTS: *A Screening of The Road to Valhalla*

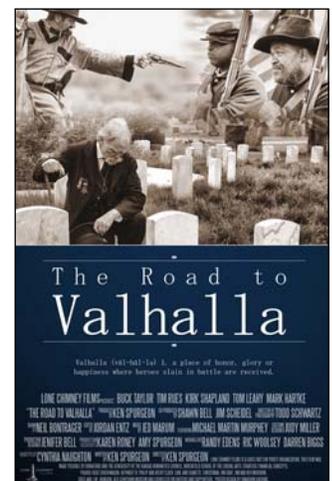
When the Civil War erupted in 1861, it was a shock to many Americans. It was not a shock to the people of the Kansas-Missouri border. They had been at war since 1854, fighting whether or not Kansas would be a free state or a slave state. Kansas entered the Union in January of 1861 as a free state at the same time southern states were seceding from the Union.

Over the next four years, the border war would escalate until it became difficult to tell friend from foe and many had even forgotten the source of the disagreement. Battles, irregular warfare, the largest civilian massacre on a city and forced evacuations characterized this challenging period. The conflict would end, the Union would be restored and, amazingly, former enemies would become neighbors again.

The Road to Valhalla is the third full length documentary released by Lone Chimney Films, Inc. and tells the

story of the challenge of the war in the west and the contributions made to restore the region and the nation. The primary goal of Lone Chimney Films is to bring the stories of Kansas and the region to students and the public through a visual medium with a strong emphasis on scholarship and historical accuracy.

SCHS members and their guests are invited to a screening of *The Road to Valhalla* in the **Cox Education Center** at **2:00 p.m. on Sunday, November 16**. The showing will be preceded by short remarks about the making of the film by **Ken Spurgeon**, the film's Producer and Director. Light refreshments will be served.



Capital Iron Works Tour Wrap-up

On Sunday evening, September 14, 2014, SCHS sponsored the first time public showing of the **Capital Iron Works Co.’’ building, 701 SE Adams St., Topeka**. The building’s owners, **Dave and Renee Stevens**, received a 2014 Historic Preservation Award in May. The tour showcased many of the original documents discovered in the building’s safe. Some of these treasures even bear the signature of the company’s and Topeka’s founder, **Cyrus K. Holliday**. Other historic documents and photographs were also displayed, revealing the construction of a number of Topeka’s historic buildings. A video was shown with actual construction footage of Topeka High School using steel fabricated by the company. Refreshments were served.



If you did not attend this event and wish to have another opportunity to tour, please contact the SCHS office, shawneecountyhistory@gmail.com or **785-234-6097** with your contact information. We'll invite you to a possible additional planned tour of the facility.

Historic Topeka Cemetery Update:

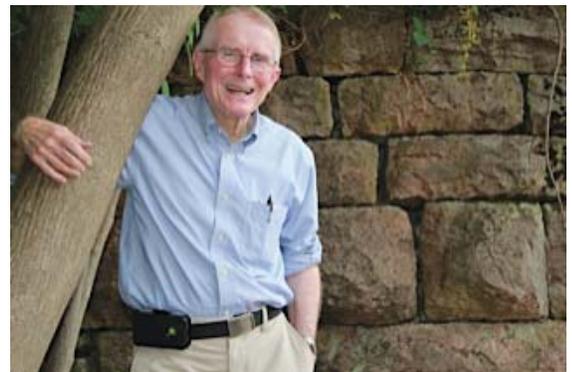
Vice President Charles Curtis will be honored on **January 25, 2015**, his **154th birthday**, by the Friends of Historic Topeka Cemetery. A program will be presented on Curtis and his colleagues that rest here in HTC. The program will begin at **3 p.m.** in the **Franklin Crane Home** (cemetery office). Refreshments will be served.

Charles Curtis served as vice president during the term of Herbert Hoover. Prior to that, he served as Shawnee County attorney, U. S. Congressman, and U. S. Senator. He was the first Republican Senate Majority Leader. Curtis died in Washington in 1936 and was brought home for burial next to his wife. His sister, Elizabeth Colvin and her husband, Jerome, are buried next to the Curtises. Many of Curtis’s associates are buried here as well, including his mentor in the field of law, H. I. B. Case and his friend, Albert A. Hurd, whose mausoleum is near Curtis’s grave.

Schools/Tours: HTC has hosted students from **Royal Valley** and **Cair Paravel** this autumn. In addition to touring the cemetery and doing rubbings of some of the stones, Royal Valley students helped with cleanup of the pet cemetery. They spent time with Jeanne Mithen and Doug Wallace in our research room, learning to piece together clues from the various records we have as well as internet sources. **Countryside United Methodist Church** and **Topeka’s History Geeks** visited the HTC in October, and in November the **Wounded Warriors** and **First Congregational Church** will tour. To schedule a tour, email debbisel@yahoo.com or call her at **785-383-8933**.

Highlight [pp 5-9] Author:

Dr. Conroy practiced 26 years at the Menninger Clinic in Topeka, Kansas and 12 years with the United States Army and the Veteran’s Administration. While at Menninger, in addition to clinical duties, Dr. Conroy directed the Menninger Leadership Center, a business and organizational consulting group. After receiving his Bachelor of Science degree cum laude from the University of Saint Thomas in Saint Paul, Minnesota and his Doctor of Medicine from the University of Minnesota, he completed psychiatric training at Walter Reed General Hospital in Washington, D.C.. Dr. Conroy is board certified and a diplomat of the American Board of Psychiatry and Neurology. As a writer, he has numerous publications to his credit both in the scientific and lay press. He and his wife Carolyn enjoy retired life in Topeka.



Robert W. Conroy, M.D.

SCHS Highlight: Menninger Memories, My Twenty-Six Years with the Clinic

by Robert W. Conroy, M.D.

If we will work together, and strive for the highest standards,
people will be grateful and come here from everywhere.

(Dr. C.F. Menninger)

The hot Kansas summer had just begun that June day in 1971, when we arrived in Topeka, Kansas, the capital of the Sunflower State. At that time, the city was also home to one of the most famous psychiatric clinics in the world...the Menninger Clinic. I could hardly contain my excitement, as I prepared to begin my career as a psychiatrist in this iconic facility. In my medical and psychiatric studies, I had read about the Menninger family and what was accomplished in an unusual location, away from major cities and large legendary medical centers. Topeka was not Boston, New York, or Los Angeles, but rather a city of 125,000 souls, in a state some called "Midway USA." Yet it was a kind and peaceful community, peopled by ordinary men and women, who came here to work on the railroads, a Goodyear tire plant, agriculture, and the potpourri of other industries located here. It was a perfect place for "Freud and friendliness," the brand of psychiatry which became a Menninger tradition.

In 1925, the Menninger Sanitarium began in a farmhouse, the product of three innovative doctors, Dr. C. F. Menninger and his two sons, Dr. Karl Menninger and Dr. William Menninger. (Another son, Edwin Menninger, was the victim of an unfortunate accident and was ineligible to become a medical doctor. He, however, went on to become a world expert on flowering trees, and was known as "The Flowering Tree Man.")

Over the next 26 years, I was to learn what made this haven for the mentally ill such a special place, a healing place, and a place to learn and understand the secrets of the mind. The founders of the Sanitarium were part of a brilliant family, and psychiatric acumen and innovation did not stop at the second generation of Menningers. The third generation was already charting the organization's course when I arrived, with Dr. Will's son, Dr. Roy Menninger at the helm. He grew the organization, modernizing the approaches with innovative new therapies and methods, including group psychotherapy, biological approaches complementing Menninger's traditional psychoanalytic methods, adding shorter-term treatments, and fostering understanding of organizational dynamics. Calling on Scotland's Dr. Jock Sutherland

and the Human Relations Model from London's Tavistock Clinic, Dr. Roy introduced group relations training, bringing staff new understanding of groups, organizations, and social dynamics. Dr. Roy built a robust Board of Trustees, which helped shape the organization and supported it with passion and verve. The organization prospered. Raising large sums of money, Dr. Roy Menninger was able to build a state of the art hospital which made architecture and design support the treatment process.

Being involved in the new hospital design was an exciting enterprise, and I have fond memories of visiting psychiatric hospitals, gleaning ideas about therapeutic environments. Dr. Roy, a man open to ideas and innovative thinking, encouraged a battalion of staff from all disciplines to participate in the hospital design process and all were eager. Selected members of the architectural team experienced an admission to the hospital and observed a typical patient day. Through this process, the architects were able to create an optimal therapeutic environment.

The result was a state-of-the-art hospital, with many innovations and ideas incorporated. The design strategies would merit a paper in itself. The structure was not a high rise behemoth, but rather a village concept with street lights actually transplanted from a small Kansas town, giving it a glow at night which would make Thomas Kinkade smile. The living space included an attractive commons space, petite alcoves for smaller gatherings, and an exercise room on every unit. The attractive semiprivate bedrooms, accommodating two patients, had a shared bath, but with a privacy wall between the beds. Every patient had his/her own private space. One of the most appealing features of the buildings was the rich profusion of light. There were oversize windows throughout the buildings...creating brightness and appeal. Therapeutic colors were chosen, providing a cozy, welcoming appearance. Brick sidewalks curved around flowerbeds to encourage taking one's time. Trees and plantings abounded. Patients, who were able, enjoyed their meals at Thornlea Commons, a dining room tucked away from the living units. The dining room was showered with light and overlooked the valley. Art



Will, C.F. and Karl Menninger
photo courtesy of Kansas Historical Society

Menninger Memories, cont.

work adorned the wall spaces created by the lofty ceilings. It was a pleasure to eat in the commons and I enjoyed many delightful meals in that beautiful place.

Therapeutic activities were very important, and many were designed by Dr. Will Menninger, during the early days. Without a doubt, the array of therapeutic activities available at Menninger was unsurpassed anywhere. None of the activities could be classified as “busy work.” Each activity was selected by carefully trained activity therapists and was designed to address the patient’s specific problems. For example, the clinic had a world renowned art therapist, Mr. Robert Ault. This talented artist and therapist seemed to perform miracles, bringing deeply disturbed patients out of their shells through painting and drawing. Sanding and wood projects were good for depression and Mr. Ed Alexander guided patients with his firm, yet understanding, approach. Women enjoyed a traditional sewing circle and began to socialize after months of withdrawal. Mr. Fred Eiesland, dressed like an outdoorsman, took patients to our fifty-acre woods, where they sawed wood and did heavy work. They also worked in a large productive vegetable garden. Most of us know how good a day in the woods feels....or the pleasure of working in our gardens. Exercise classes, throwing clay on a potter’s wheel, or hiking were all available. As patients improved, classes were available at Washburn University, located in our city. I remember a patient, a successful man, who was so depressed he was unable to work.

As he progressed in his recovery, he entered a supportive work environment. The kindly shop owner worked with us, helping this man be successful again. He was ultimately able to return to full-time work. One of our doctor patients was able to help out at a local clinic. Each day he returned to the hospital and shared with me what he had accomplished that day. This skilled physician, a wonderful doctor, was excited about medicine again. After his discharge, I’ll never forget the letter I received from him some months later. He was back to work and was very grateful.

The community of Topeka was supportive of our patients, and citizens helped us out regularly. Occasionally, a patient would stretch the limits of his/her level of responsibility. I remember a neighbor wondered if the person who ran through

her yard might be a Menninger patient in trouble. She called the Clinic and we responded quickly. Religious holidays produced invitations from local residents, inviting patients to join their families for Passover, and other religious celebrations. We had many families who took in our patients, providing a therapeutic home environment to assist in their recovery. These patients no longer required hospitalization, but needed time to heal before returning to their own homes. Topeka was a healing place, similar to the famous city of Gheel, Belgium, known for centuries as the home of Saint Dymphna of Gheel, the patron saint of those with mental illness. Gheel was known for its legendary care of the mentally ill, but Topeka would easily warrant the same reputation.

People were curious about the place. The first facility was nestled in the middle of a residential neighborhood, across



Menninger East Campus

photo courtesy of Topeka Room, TSCPL

from one of the city’s lovely parks. A question always asked about the clinic was, “Is that the place where you treat the rich and the famous?” Indeed there were many rich and famous people treated on the quiet grounds, but the majority of patients were ordinary folks. Reviewing some of the letters Dr. Karl wrote to referring doctors in the 1930s, revealed most of the patients were ordinary; farmers, workers in factories, housewives, mothers and fathers, grandmothers and grandfathers, and each was treated with the same dignity and respect. As the clinic earned a reputation, indeed people came from everywhere, and some were rich and the famous. The letters written by Dr. Karl, however, would make the referring doctor feel that every patient treated at the Clinic was a dignitary or potentate. Always, there was an explana-

Menninger Memories, cont.

tion of how Dr. Karl understood the patient. You see, he felt all behavior, no matter how aberrant, could be understood, if you took the time to listen. There were always clear instructions on what the referring doctor should expect and what could be done to help the patient. Dr. Karl believed that patients could not only achieve success in treatment, but some could become what he called, “Weller than Well.” He opined that some successful patients used their illness as a stepping stone, growing far beyond what would be expected. Abraham Lincoln was one of the “Weller than Well” examples Dr. Karl used in his writings. Lincoln was a man with “melancholy” who went on to be President of the United States, and his own suffering led him to better understand and appreciate the pain of others. (See Karl Menninger, *The*



First Menninger Hospital

photo courtesy of Kansas Historical Society

Vital Balance) Dr. Karl felt hope was important...a virtue more important than love...because without hope, it is easy to give up.

During my career in the clinic, I did see patients one would consider “famous.” These people were assigned to all the doctors, not just to the oldest and most distinguished. If you were on the Menninger staff, you were to see any patient assigned to you. Fame or fortune did not permit a patient to manipulate the treatment. This was one of the great strengths of the organization. It meant that anyone, even the rich and famous, could get good treatment at the Clinic. So often, we read about powerful people manipulating their treaters and essentially running their own treatment. This did not happen at the Clinic. Each patient came seeking help and staff did their best to provide quality care without being distracted by the patient’s “status.”

There were those curious about who was being treated at the Clinic. Thinking they had discovered a way to ascertain if “so and so” were a patient, they posed as florists, calling to say they had flowers to deliver to a suspected celebrity

patient. The operators were instructed to tell them all flowers were to be delivered to a building number, and the operator never acknowledged if that person was here. Some well-known patients were not concerned if it was known they were patients and publicly acknowledged treatment.

Patient records were carefully handled. All records were available on a need-to-know basis only. Those treating the patients had access to the records. Well-known figures had even more carefully guarded records and their documents were kept in a special vault. These were handcarried by the medical records director to the doctor treating that patient. When finished, the record was picked up by the medical records director and replaced in the vault. Celebrities attending self-help groups in the community were placed in selected sites where confidentiality could be assured.

Menninger was a place where learning and personal growth were emphasized. Although there was no “rule” demanding such, many treatment staff sought personal therapy, including psychoanalysis. This wasn’t because therapists were mentally ill, but rather to help them better understand their own personality organization. Understanding one’s own blind spots could help the therapist be more effective. Continuing education was a must and expected of Menninger staff. When I was hired at the Clinic, I was just about to finish specialty board certification in psychiatry and neurology. Coming to the clinic, however, I was expected to attend a two-year psychotherapy training course, which consisted of weekly presentations and discussions, as well as individual supervision. This expectation was one of the reasons the Clinic was so appealing to me. I also took a two-year group psychotherapy course and later took advantage of training in cognitive therapy. Each week, the Clinic provided two hours of continuing education, which was not “extra” but part of my clinical time allotment. Menninger therapists were expected to learn and excel, and every opportunity was offered. When Dr. Will’s son, Dr. Roy Menninger, took the reins of the Clinic in the mid-sixties, the understanding of groups and systems was emphasized. Team work was evolving and working in groups became increasingly important. Menninger staff were expected to be on the cutting edge.

Pharmacotherapy (treatment assisted with medication) became a more vital part of the therapeutic approach, as new and more effective medications became available. As emphasis on the value of pharmacotherapy increased, several Menninger staff took further training, and became skilled in the use of psychotropic agents and offered consultation to the staff.

The hospital called itself a “psychoanalytic hospital,” stressing the important contributions of Freud and other psychoanalytic pioneers. Understanding behavior was the key to treatment at Menninger and psychoanalytic approaches were

Menninger Memories, cont.

emphasized. Topeka had its own psychoanalytic institute for study and training. Every other analytic institute at that time was located in a major city, but Topeka had its own well-respected institute. The institute brought an array of world leaders in psychoanalysis to Topeka. Our staff and patients benefited from their wisdom and experience. The psychoanalytic institute attracted psychoanalysts from around the world, and our staff was truly international. We had holocaust survivors, refugees from the devastation of World War II, and even a survivor of the Bataan death march who suffered as a prisoner of war in Japan. Another staff member showed the number the Nazis tattooed on his arm as he was carried off to a concentration camp. All of these men and women enriched the Clinic and provided a unique view of the world and its problems. These survivors shared their experiences at our teaching conferences and we learned from their suffering. The stature of the Clinic attracted world-renowned consultants and teachers. Cultural anthropologist Margaret Mead provided a unique perspective to Menninger staff. On multiple occasions in the 1960s, Anna Freud, daughter of Sigmund Freud, came to Topeka to share her knowledge and experience.

Is a second opinion on a psychiatric problem desirable? Menninger obtained a second opinion on every in-patient. Each Wednesday, at 3 pm, senior consultants reviewed every new patient's evaluation and treatment plan. As I became more senior and experienced, I was asked to be a consultant, and had the opportunity to review the work of many clinicians and their treatment teams. It was a wonderful and enriching experience. It required that I review and keep up with the latest treatments, so I could offer the best ideas to

Dr. Roy Menninger built an excellent Board of Trustees at Menninger. He wanted people who could be of genuine help in maintaining quality.

the staff. The consultation required interviewing the patient, evaluating all the written material, and at the conference, garnering staff understanding of the patient. Staff welcomed these consultations and the process was an integral part of the Menninger approach.

Dr. Roy Menninger built an excellent Board of Trustees at Menninger. He wanted people who could be of genuine help in maintaining quality. Members of the Board of Trustees were successful people and some were experts in growing organizations. Rather than provide names, suffice it to say that the Board included the wife of a former President of the United States, a noted newspaper columnist, entertainment industry men and women with a special perspective and interest in the mentally ill, noted health care profession-

als, successful business men and women, and also those who simply wanted to advocate for the mentally ill. Some had family members who experienced devastating mental illness, and were eager to help. The Board was exemplary in providing genuine assistance to Clinic leaders.

Staff members with special interests and abilities were encouraged at Menninger. I was interested in diet and exercise and how sound health practice impacted upon psychiatric treatment. Many depressed patients take to their beds, withdraw or become agitated and restless. With the help of fitness pioneer and Menninger Trustee, Deborah Szekely, I instituted a special program on my unit. With the support of our nursing director, Beverly A. Benfer, MA, FAAN, we hired a nurse, Valerie Walker, R.N., as our first "fitness nurse." This very special professional was expert in physical fitness and conditioning and also skilled in working with the mentally ill. She was well versed on medical issues and the physical impact of psychotropic medications. Staff working on this unit were sent for special training to learn state of the art approaches. Trustee Szekely supported this enterprise by providing excellent training at her expense. What a gift! She also provided fitness equipment for all of our units. This program was highly successful and went on for years. It was known as "HOP" or the Health Opportunities Program. The success of the program resulted in several scientific publications, as well as articles in the lay press.

Menninger took advantage of new opportunities. Sports psychiatry was a natural segue from the health and fitness program. One of the large sports leagues began sending patients with substance abuse and other problems. From this early beginning, the program expanded to include college athletes, as well. A strong emphasis on prevention was part of the approach. Uniquely skilled staff were recruited and the program flourished. Many of the professional athletes were readily identifiable and the clinic made special arrangements to preserve confidentiality and privacy. It was a great privilege to design this program, which increased understanding of the special problems of professional and college athletes. A unique relationship developed between the Menninger Athletic Program and the community. A local AA group supported the program and provided transportation from the hospital to AA meetings. These meetings were carefully selected and assured confidentiality for our easily recognizable player patients. Because of the large size of many of our athletes, athletic program hospital beds had to be lengthened.

Working with patients with eating disorders was another challenge and required special approaches. Imagine considering yourself "overweight," when in reality, your body resembles that of a concentration camp survivor. Working

Menninger Memories, cont.

with a child psychiatrist and pediatric endocrinologist from a major university, we designed Menninger's highly regarded Eating Disorders Program. The importance of this unit grew through the efforts of outstanding unit directors, including Dr. Arnold Mech and Dr. Kathryn Zerbe. Dr. Zerbe went on to publish a book (*The Body Betrayed*) on eating disorders, which became an instant classic. It was a joy to work with such fine clinicians, which was one of the many benefits of working at the Menninger Clinic.

As my career continued, I was offered the opportunity to direct the Center for Applied Behavioral Sciences, which later became the Menninger Leadership Center. Dr. Will Menninger and Harry Levinson, Ph.D., began this program, designed to serve leaders in business and industry. Drs. Menninger and Levinson designed an organizational seminar, offering business leaders new insights regarding human behavior and motivation. Later it was offered on wilderness river rafting trips. Special rafting trips included an Outward Bound experience. The seminar, later called "Toward Understanding Human Behavior and Motivation," was offered both in Topeka and on the river for almost half a century. Some companies considered it an expected growth experience for their top executives. Executive consultations offered business leaders and spouses an opportunity to explore job and personal issues in a confidential setting. The executive seminars and executive consultations provided a wellspring of information about the challenges of work. The Leadership Center also offered consultation for family businesses, challenged by succession planning. Our skilled consultants were called upon to assist with union management negotiations. In addition to my regular duties in the Leadership Center, I was invited to become a member of the critical incident team for a major railroad. In order to better understand the particular stresses, I was asked to ride trains, with an assigned engineer as my instructor. It was quite a thrill when the three engines, pulling 100 cars, stopped in Topeka to pick me up. What a ride that was and the experience provided me with a unique appreciation of the challenges involved in operating a train. Motorists attempting to beat a train to the crossing were one of the greatest fears of every train crew.

Menninger was large and diversified enough to allow (and encourage) employees to enjoy promotions and career enhancement. In addition to what was already mentioned, I had the opportunity to help design Menninger Phoenix, offering the unique Menninger approach to patients in Arizona. I taught in the Karl Menninger School of psychiatry. As I became more senior, I helped with public relations and conducted educational programs around the country. Individually and with Menninger coauthors, I wrote articles for scientific journals, and was interviewed by the lay press, in-

cluding *Vogue*, *People*, *US News and World Report*, and numerous other publications. There were radio and television opportunities, designed to provide information on psychiatric topics. Menninger was indeed an unusual place to work, with seemingly endless possibilities. In my later years, I have grown to appreciate, even more, the wonderful opportunities available at that special place.

Money was a topic that was not discussed at the Clinic. It was rumored Dr. Karl felt professionals worked at Menninger because of the opportunities the organization offered. Money was not to be an issue. When I was hired in 1971, I had no idea what the minimum and maximum salaries were. A salary was offered which was acceptable to me and I took it. That continued to be true as I progressed through the organization. I received regular salary raises which were generous and I was adequately compensated.

There were many lighter times at the Clinic. There was a tradition among Menninger patients that a ghost named Cora roamed the most prominent building on campus, the Tower Building. An appreciative patient, a creative and skilled artist, provided a gift to his unit, upon completion of his successful treatment. He presented a beautiful oil painting of the Tower Building. The large well-done painting was hung on the unit wall...and a fine addition it was, as well as a conversation piece. It was months later that one of the patients noted something the rest of us had missed. In one of the corners roamed Cora the Ghost...barely visible, but clearly present. Cora was now immortalized.

Dr. Karl always added a special dimension...not intended to be humorous, but in retrospect, we were able to at least smile. He was consulting on a patient, one afternoon, a patient who had been evaluated by one of our resident physicians. The resident began his patient summary with... "The patient is a 44-year old mother of three...." That was as far as he got, as Doctor Karl immediately questioned why the person was called a "patient." He had profound respect for persons, and didn't like labels (i.e., patient). The resident learned something important that day about labeling people. Chewing gum, and doctors not wearing coats and ties, were among his other pet peeves. On the old Sixth and Gage campus, Dr. Karl had a picture window installed in his office, located in the "clinic building," providing a venue to spot doctors. If he saw one of us in attire he considered non-professional, supervisors received an immediate call.

—to be continued in Spring 2015 SCHS Newsletter

The Topeka Room at the **Topeka and Shawnee County Public Library** has more resources about the Menninger family and the Menninger Foundation. These include biography files; subject files on the Foundation, hospitals, and programs; photographs; books by and about the family; and professional publications. Check catalog entries under Menninger for the full range of materials about Menninger at TSCPL. Other resources are located at the Kansas Historical Society's Center for Research.

Book Review: SCHS Annual Meeting speaker **Ronald D. Parks**, *The Darkest Period: The Kanza Indians and Their Last Homeland, 1846-1873* (University of Oklahoma Press: Norman 2014)

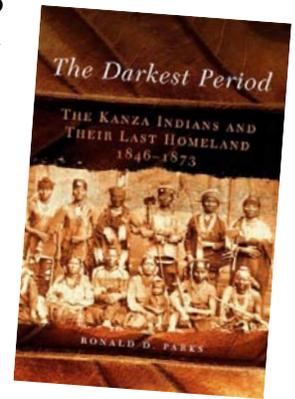
Parks concludes his history of the Kanza with a quote by John Maloy, editor of the *Council Grove Democrat*, upon the departure in 1873 of the remaining Kanza Indians from their reservation in Morris County for a new reservation in Oklahoma:

Kansas owes much to the Kaws or Kansas Indians. Our state bears the name of the tribe, as well the principal river. Our capital city, Topeka, we believe, is a name derived from their language. They have in fact left their impress upon our state, and have afforded us names for streams and towns all over it, and long after the Kaws shall have wrestled with the great spirit their history will be perpetuated by association if by no other means.

But the tribe's residence during the last 25 years in the state was one of unrelieved exploitation and degradation. Parks, who served several years as curator of the Kaw Mission state historic site in Council Grove, analyzes the forces which abased the tribe. By the 1840s, their tradi-

tional homelands along the Kansas River, stood athwart the forces of Manifest Destiny pushing American civilization westward. That culture was antithetical to the nature of the Kanza. Parks' contribution is to analyze those factors and trace the Kanza's rapid decline from a self-sustaining native culture to that of a pitiful remnant dependent on a begrudging and miserly US government.

Thoroughly researched and insightfully analyzed, Parks makes a valuable contribution to Native American studies and the early years of Kansas—pre-territorial through statehood. His description of tribal culture and personalities of the tribe's leaders bring the people to life. His accounts of the tribe's nemesis, both Native American and Euro-American provide context for understanding the challenges faced by the Kanza.



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- The Society is moving ahead with **exterior lighting of the John and Mary Ritchie House**. The change should make quite a sight when illuminated, especially from I-70!
 - More good news: **The Topeka School Foundation has awarded a grant of \$2,500** to the Society to help underwrite heritage education tours for Topeka schools.
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New SCHS Trustee



New SCHS Board member **Tom Ellis** is a retired Washburn University administrator who now spends his time as a historian and writer producing works of fiction, non-fiction and poetry. He is author of *Candidate to Kill*, a political murder thriller, and a second novel,

Twisted Cross, a historical thriller set in Kansas 1849. His non-fiction article on Potawatomi history in Shawnee County is scheduled for publication in the Winter edition of *Kansas History*.

Past volunteer activities in the Topeka include steering Committee Member of the Topeka Visioning Project, serving as co-chair of the Education Foundation, Topeka Festival Singers Board, Topeka Turn Around Team Board

of Directors, Topeka South Rotary Club, Top of the Tower Board of Directors and the Greater Topeka Chamber of Commerce Board of Directors. Tom has served on the Topeka Sesquicentennial Committee, as a Scout Leader, and Past President of USD 501 District Citizens Advisory Committee. He is the former chair of the Topeka Planning Commission, former Co-Chair of Topeka Weed and Seed—the Department of Justice crime reduction effort, and a past member of board of directors and corporate secretary of the Girl Scouts of Kaw Valley Council Northeast Kansas and Northwest Missouri.

Tom's wife, Kathy, whom he met while attending Washburn, is a retired 4th grade teacher. They have two adult children: a daughter, Sarah, and a son, Jonathan, and have two delightful and brilliant grandchildren.





MEMBERSHIP FORM

Our membership year is Jan. 1 to Dec. 31 annually.

Make check to "Shawnee County Historical Society" and mail form w/ your check to:
Shawnee County Historical Society, P.O., Box 2201, Topeka, KS 66601-2201
PLEASE PRINT or TYPE info requested.

Choose type: Regular / \$35 Patron / \$50 Renovator / \$100 Sustainers / \$150 (+)

PERSONAL MEMBERSHIP

Name _____ Phone _____ E-mail _____

Address _____ City _____ State _____ Zip _____

GIFT MEMBERSHIP

Name _____ Phone _____ E-mail _____

Address _____ City _____ State _____ Zip _____

Tax Deductible 501 (c)(3) DONATION Indicate amount: \$ _____

I wish to join this/these SCHS committee(s): Nominations Membership Publications
 Annual Meeting/Socials Public Relations Historic Preservation Education/Communications

SCHS has gone High Tech AND is saving members money by teaming with PayPal on-line to accept memberships and donations. We also hope to offer sales of our inventory of *Bulletins* with on-line payment via PayPal. Links now appear on-line <http://www.shawneecountyhistory.org> to allow payment transactions via PayPal by secure credit or debit card transaction.

SCHS dues year runs from January 1 to December 31, each year.
Now is the best time to join for 2015!



- New SCHS Members: Fall, 2014**
- Sustainer:
 - Rachel Goossen
 - Carol Duffy McDowell
 - Patricia Michaelis
 - Thomas Prasch
 - Dave and Marilyn Ritchie
 - Renovator:
 - Jeff Carson
 - Dick and Dotty Hanger
 - Patron:
 - Kim Morse Cordova
 - John and Alicia Salisbury
 - Regular:
 - Bruce Beach
 - Carolyn Wims-Campbell
 - Karen Craig
 - Andrea Etzel
 - Mike Hall
 - Barry McGinnis
 - Adam Ritchie

Please Attend the 2014 Annual Meeting of SCHS

Ronald D. Parks will be the featured speaker at the December 7 annual meeting of the membership. Parks is former assistant director of the Historic Sites Division of the Kansas State Historical Society and former administrator of the Kaw Mission State Historical Site in Council Grove. He has published numerous articles about the Kanza Indians, most recently a book, *The Darkest Period: The Kanza Indians and Their Last Homeland, 1846-1873*. He currently is retired and living in Manhattan, Kansas.

The meeting will begin at **2:00 PM** and will be held in the **Cox Communication Heritage Education Center** at the Shawnee County Historical Society Historical **Ritchie House site, 1118 SE Madison in Topeka.**

NOTE: As indicated in the photo of the John Ritchie House on p. 1, recent work is complete on a ramp entrance to the house. This ramp will help those with disabilities enter the property. The ramp and other work were made possible by a \$23,726 grant approved by Topeka City Council's Transient Guest Tax Committee.

DECEMBER						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



P.O. Box 2201, TOPEKA KS 66601-2201

Lighting Freedom's Pathway;
Building Heritage Culture

Plan Now to Attend!

Annual Meeting 2014

Sunday, December 7, 2014, 2-4 p.m.

@ Cox Communication Heritage Education Center, Hale Ritchie House, 118 SE Madison, Topeka

Speaker: **Ron Park**, author of a new history of the Kanza Indians (see review, p. 10).

Historic entertainment, tours, and refreshments! *Read details on pp. 1 & 11.*

Consider Volunteering...

Consider Volunteering - Follow the button link on our SCHS web site [www.shawneecountyhistory.org] to listings of multiple volunteer opportunities. We'll appreciate your help, whether it is for one event or your commitment to one of our various standing committees.

Historical Highlights

Nov. 2014



Attendees enjoyed our August Band Concert and Ice Cream Social