
SPECIAL TRIBUTE ~ REMEMBERING
Carol Zehnder
CLASS OF 1951

Some Things Never Change

Zehnder"... "Lutheran Hospital"... how often when you heard one you thought of the other. Her devotion to the hospital never changed.

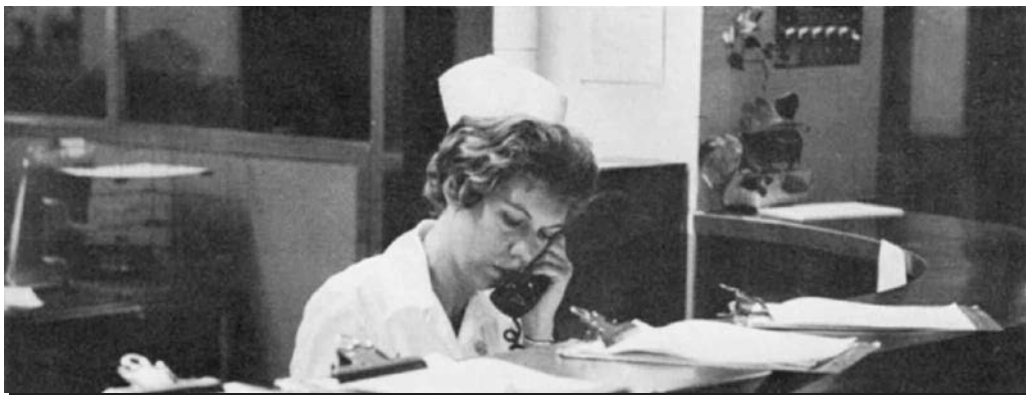
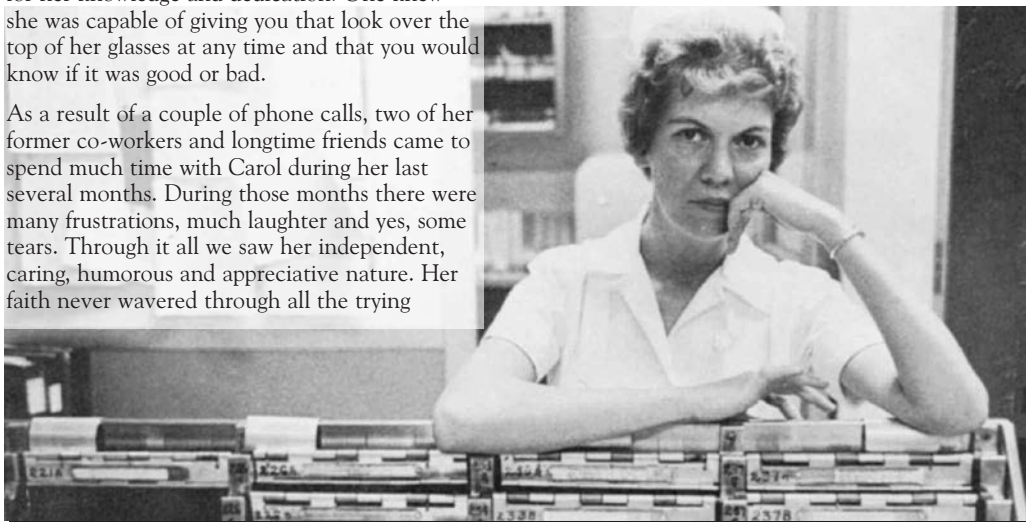
Anyone who trained or worked on 2 South can remember the initial "fear" changing to respect for her knowledge and dedication. One knew she was capable of giving you that look over the top of her glasses at any time and that you would know if it was good or bad.

As a result of a couple of phone calls, two of her former co-workers and longtime friends came to spend much time with Carol during her last several months. During those months there were many frustrations, much laughter and yes, some tears. Through it all we saw her independent, caring, humorous and appreciative nature. Her faith never wavered through all the trying

months, nor did the love for her devoted godson. Joyce and I will always cherish those special times.

By the way, one more thing never changed... those looks she'd give over the top of her glasses.

Submitted by Sara Hochgrebe ('61)



Photos: This Day, January, 1962

SPECIAL TRIBUTE ~ REMEMBERING

Marilyn Rubin

CLASS OF 1954

*Memories of Marilyn Rubin by Patrice Russo,
Executive Assistant & Museum Manager, Concordia Historical Institute
March 21, 2013*

The staff at Concordia Historical Institute, the Department of Archives and History of The Lutheran Church–Missouri Synod, was saddened to hear of the death of Dr. Marilyn Rubin. Dr. Rubin was instrumental in collecting materials from Lutheran Hospital and delivering them to the Institute for preservation. She focused especially on the School of Nursing and went out of her way to collect personal items from the nurses, ensuring that their history will be maintained for future generations. Dr. Rubin also worked with the staff at Concordia Historical Institute to exhibit the history of Lutheran Hos-

pital with a focus on the School of Nursing and its alumni. The exhibit featured a number of nursing uniforms, including those of military nurses, as well as medical instruments used in the last hundred years. Photographs, class pictures and other documents explained what life was like in Saint Louis for the Lutheran nursing student, and also displayed the accomplishments of many graduates. This display was featured at the Institute from April 2005 through Labor Day of 2006. Dr. Rubin will be remembered fondly for her passion to preserve this history.

*Marilyn Rubin's memberships & volunteer positions,
compiled by the Publications Committee*

Besides her many publications and presentations, Marilyn's career included professional memberships in the: Alumni Association–LMCSN; American Physiology Society; American Nurses Association; American Association for the Advancement of Science; American Nurses Association Council of Nurse Researchers; Midwest Alliance in Nursing; Midwest Nursing Research; Missouri Academy of Science; Missouri Nurses Association; Sigma Theta Tau International Society; Sigma Xi; Southern Illinois University (Carbondale) Alumni Association.

We are thankful for all of Marilyn's contributions to the advancement of nursing; in particular, we are thankful for her volunteerism with the Alumni LSN (formerly the Alumni LMCSN), where she served as: Chairperson, Membership Committee (1955-56); Treasurer (1956-58); Vice-President (1961-63); Chair, Program Committee (1963); Member, Program Committee (1974-77); Toastmistress, Annual Banquet (1981, 1988); Historian (1985-2005); President (1992-94); Member, Centennial Celebration Committee (2003-05).

*Following are memories from a booklet
compiled by niece Rhonda for family and friends*

Marilyn Bernice Rubin ('54) was born on February 29, 1932, in Fayette County, Illinois, the eighth child and second daughter of Bernhard and Alma (Pfahlert) Rubin. Besides her many educational and career accomplishments (some of which are listed in her obituary),

Marilyn received many awards; among them were the Lifetime Achievement in Nursing Award, Missouri Nurses Association–Third District, and being inducted into the Missouri Nurses Hall of Fame. Please see the next two pages, which are also from the family booklet.

*Marilyn left a 23-page log of her 1991-1993 experiences at NASA.
Following are excerpts from this document.*

Going to NASA

by Marilyn B. Rubin

It was a thrilling day when I received the letter from NASA that I had been accepted for a Faculty Fellow Award to be done during the summer of 1991. The Space Program and NASA were of high interest to me; it is no surprise, then, that I was ready for this opportunity. Early June: planning would proceed for the bedrest studies... I went to the Humana Hospital to observe 2 men subjects on bedrest; they were completing their 7-day study, bedrest with a 6 degree head down tilt; the subjects were paid \$10 for 8 hours of each day.

I heard a lecture by Dr. Franz Gerstenbrand, Professor and Chairman, Dept of Neurology, Univ. of Innsbruck, Austria. I was impressed with his 672 published papers and 18 books. Dr. Meinhardt Berger, a neurologist, accompanied him. Dr. Gerstenbrand presented a model for microgravity. I went to San Antonio for a consultation with Dr. John Johnson, a physiologist, who worked at the Univ. of Texas, San Antonio, in the Dept of Physiology; he was using the doppler method of measurement of blood flow in the skin and had published articles on his work. I continued to work on reference materials for my proposal and ordered some of the articles through the librarian. I enjoyed the NASA library very much. I was also very excited to watch the return of Columbia STS-40.

I met with Dr. Victor Schneider in regard to his bedrest research studies. He had subjects at Hermann Hospital in Houston and they were in the midst of a study. On July 12, the bedrest studies started at Humana Hospital. Subjects came to the lab at 7 a.m. for fasting tests; they then went to Humana; I used the Perimed doppler monitor for measurement of skin blood flow. This completed the 6th week. The next several days were spent collecting data from the subjects. After all the baseline measurements were done, the subjects were put on bedrest with a 6 degree head down tilt. The head down tilt was to increase the body's adaptation to simulated weightlessness. On July 31, our final research reports were due. Niece Rhonda came to Houston to assist with my return to St. Louis.

We had been told that we could not apply for another Faculty Fellow award but that we would need to be invited; I was fortunate to be invited back for the summer of 1992. However, since I fractured my foot and since the campus at NASA is extensive, I knew that I would not be able to manage it. I called Dr. Stan Goldstein at NASA and asked for a postponement to the summer of 1993. With the consent of Dr. Fortney, this was approved.

As the summer of 1992 proceeded, it became apparent to me why God wanted me in St. Louis. One of our Alumni and Director of Education during the time that I was a senior at Lutheran died. I went to her funeral at Holy Cross. That summer, my first instructor in nursing, Katharine Beckmann, was terminally ill from hepatitis C which she had contracted as a student nurse. It had been with her all those intervening years and had destroyed her liver. She was hemorrhaging.... I spent some time with her in her final days at Saint Louis University Hospital. She tried her best to recover with the prime concern for her sister Paula, who was then a patient needing skilled nursing care for strokes at the Lutheran Altenheim. Katharine would write her letters to encourage her because this was their only means of communication. Katharine also died and her funeral was held at Holy Cross. A number of Lutheran alumni attended, as did I. In the fall I returned to the University and completed another academic year.

By February, 1993, I received the invitation to return that summer to NASA. I sent my acceptance immediately. By the time that I got to NASA, Dr. Fortney and her research team were already involved in bedrest studies.

In my second summer at NASA I spent much more time on research and started planning a proposal upon arrival. Dr. Fortney had selected a laser doppler to use and had purchased it. It now came with a computer program which recorded the data. This was much easier than collecting the data manually. I immediately helped Dr. Fortney with the bedrest studies,

continued on next page

which were in progress, and collected data on the doppler. I met Roberta Bondar, M.D., the first woman astronaut from Canada. She was a neurologist and had already been up in space and had done research there. She had an assistant, Flo Stein, from the University of New Mexico, Albuquerque, who helped her with collecting laser doppler data from the arteries supplying the brain. Dr. Bondar was interested in my study and asked to collect data as well. Dr. Fortney and I both approved this.

It was no small feat to coordinate all of the research team for my study. The research studies and training of astronauts had priority in the use of the laboratory. Therefore, I needed to schedule my research on days when weren't there. Next, I wanted 30 subjects in my study to have an adequate power for statistical significance. The laboratory manager was quite surprised that I wanted that many. They usually worked with either single subjects or less than 10. I really appreciated the convenience of the office that kept a file of normal people who would participate in studies at NASA. Two nurses were in charge of this office to recruit subjects and they would screen them with particular guidelines and tests before they approved them to be subjects. I told the nurses what I planned to do and the age range of the subjects that I wanted. They produced a list for me and I started calling people. I finally had my study scheduled and would need to do data collection over two days. Dr. Bondar and Flo could only be with me on those days as well.

During shuttle missions, I went over to Mission Control. Faculty Fellows, astronauts and family members as well as friends could visit this facility during special hours, usually after 5 p.m. or later in the evening. As I reflect on these experiences I know that I was very fortunate and blessed. As far as is known I was the first nurse to be a Faculty Fellow at NASA. Undoubtedly, my doctorate in physiology was important in my selection. Several nurses had applied for the astronaut program and were not accepted. In the NASA brochure, it states that nurses and physical therapists do not qualify for this program. It did not give a reason; however, I think that most nurses do not have a broad science background. The experience of living in the Houston area afforded me the opportunities to explore that part of Texas. Their summer climate made me appreciate the climate of St. Louis, even with its humidity.

This Is My Father's World

by Marilyn B. Rubin

This is my Father's world,
And to my list'ning ears
All nature sings, and round me rings,
The music of the spheres.
This is my Father's world;
I rest me in the thought of rocks and trees,
of skies and seas;
His hand the wonders wrought.



*Daughter, Sister, Aunt, Great-Aunt
Nurse, Teacher, Researcher
Poet, Historian, Collector
Colleague, Mentor
Friend
Child of God*

(picture and caption courtesy of the Rubin family)

WORDS & PICTURES FROM OUR Presidents & Officers WHO SERVED IN THE PAST

Carol (Heinike) Goetsch ('55)

President, 1970-1974

Carol wrote:

In 1970, I was elected president, succeeding Katharine Beckmann, who had been the 1955's class sponsor. Katharine Beckmann had been the



nursing arts instructor and my classmate at Washington University. Under her leadership, the Alumnae (as we were called) promoted the School of Nursing by providing \$15,000 to furnish the school library, then naming the library the Louise Kraus-Ament Library. During my

presidency, the last check for this commitment was presented to the Director of Nursing at our annual dinner.

Two other items of interest occurred:

1) a machine was purchased to print addresses; 2) new bylaws were voted upon and passed to change our name from "Alumnae" to "Alumni" as graduates now included men. In the fall of 1973, my family moved to Panama; the vice-president, Dorothy Hussmann Schertel ('39), completed my term. In 1976, I returned to St. Louis and was asked to present a program about Panama with emphasis on the Panama Canal. Thelma Napier ('44) attended this meeting/presentation and told me that her aunt, a physician, had worked with Dr. Gorgas when the canal was being built. Dr. Gorgas was responsible for controlling yellow fever and malaria in the Panama Canal Zone.

Prior to being president, I was treasurer in 1959-1961 and second vice-president in 1968-1970. After being president, I served as banquet chair, finance chair, and nominating chair; then I was elected treasurer, 1986-1992. During this time, Pat Stelzer ('47) researched the possibility of buying a computer. As a result of her research,

the Alumni purchased a computer for the treasurer. In compiling the names, addresses, and graduation date, the lower case "L" was substituted for the number "1" as the way a regular typewriter is configured; this caused problems. With the help of my husband and two very computer-literate people, the problems were resolved. As a result, the treasurer was now able to record dues and print labels for mailing.

One major problem was resolved during my term as treasurer and that involved obtaining a tax exemption from the state. Mr. Schertel of Nabor News Print, Inc., the printer of our *Bulletin*, alerted me that the Alumni Association did not have a certified state tax exemption. If an organization wishes to be tax exempt, it must give proof to the federal government. Once this is obtained, then the state can grant an exemption from sales tax. Pat Stelzer researched the narrative matter needed by the federal government and I supplied the three years of accounting records to complete the application. We waited a few months for the U.S. government to approve our application. Upon receiving the approval, the state gave us tax exemption; we saved over \$400 in sales tax on the *Bulletin* that year.

These two items mentioned were my contributions to the Alumni to help keep communications going with our membership.

Elvira (Raab) Weber ('40)

President, 1974-1978

Deceased, September 9, 2006

Ruth (Hartmann) Gruenbaum ('45)

President, 1978-1982

Deceased, July 23, 2011

Wilma (Aselmann) Simon ('38)

President, 1982-1984

Deceased, October 3, 2003

P A S T L E A D E R S

Florence "Pat" Stelzer ('47)

President, 1984-1988

Information submitted by Grace Poertner

Before being president, Pat served as 1st vice-president, 1966, 1969-70, 1983-84; she was a director, 1980-83. She accepted the position of



corresponding secretary, 1988-92; and has chaired the Nominating and Bylaws committees. Of great assistance to the historical records of the Alumni LSN was Pat's service on the Book Committee that published in 1980 "The Inside Story" of Lutheran Hospital,

Lutheran Hospital Training School, Lutheran Hospital School of Nursing, Lutheran Medical Center School of Nursing.

Pat is now living in Illinois, close to her brother and sister-in-law; she is doing some caregiving for them, as she has done in the past for many others.

Marlene "Mo" (Steffen) Mosberger-Anderson ('54)

President, 1988-1992

Marlene wrote:

What do I remember about being a past president of the Alumni? The first thing I recall is receiving a call late at night from Marilyn Rubin, one of my beloved classmates now deceased, asking me if I would consider running for President. After a lengthy discussion I agreed to have my name placed on the ballot and I was chosen. What terms did I preside?



I thought I had a short-term memory loss and now it's long-term as I do not remember when that was.

There were several things I do remember from my experience. First, and foremost, it was an honor to serve. Back then, we had many people willing to serve on committees, people like Pat Stelzer and Ms. Doll and many others, who were very supportive. We held our meetings at the nurses' quarters and it was a delightful feel, like you were "back home."

It was always difficult to get members to attend meetings due to various commitments, so we proposed and a change of by-laws was approved on the number of meetings we held annually. I was always astonished at the work and commitment of committee chairpersons and their members, just as I am now. I was working full time plus, at my job with the Department of Mental Health, an agency I worked for 37 years before I retired. I feel honored to have been president of the Alumni LSN.

Marilyn B. Rubin ('54)

President, 1992-1994

Deceased, March 15, 2013.

Please see the Special Tributes section.

Viola "Vi" (Kassel) Kuecker ('46)

President, 1994-1996

Vi wrote:

I was president for one term. Also, I remember serving on various committees through the years; these include: 1) being chairman of the Banquet committee one year; 2) serving as chairman of the committee that developed the initial proposal for a School Health - Nursing Program, with paid staff, in the Lutheran elementary and preschool classes of St. Louis County; this is now well-established.



P A S T L E A D E R S

Sara (Meyer) Hochgrebe ('61)

President, 1996-1998

Sara wrote:

Offices held, that I remember: President, 1996-1998; President Elect, 1994-1996; Recording Secretary, 1987-



1993; *Bulletin* Editor, 1977-1981 and 1984-1985, plus some other years helping Dottie (Hussmann) Schertel ('39) – for all the aspects of each of these “*Bulletin* years,” I also had the dedicated help of the “Club” – Anne, Addie, Deanna, Dianne, Marlene –

without them it would have been impossible.

Adelaide “Addie” (Henke) Horstman ('60)

President, 1998-2000

Addie wrote:

My home has been in St. Louis since 1957. After graduation, I took a position as an RN on 3 South at Lutheran Hospital. Through the

years I have served in various offices and committees for the Alumni Association. My presidency was in 1998-2000. New membership and interest from recent graduating classes were already in decline. It was becoming difficult to find candidates to run for offices. We had



443 life members and 250 active members, when I left office. Only 1/5 of them lived in the St. Louis area. Alumni funds were reallocated and reinvested with Lutheran Brotherhood. We moved alumni memorabilia from the School of Nursing to Concordia Historical Institute, on the grounds of Concordia Seminary. A committee was put in place to plan a special two-day centennial event for August of 2005. Those were the highlights that I recall. Special thanks go out to all the board and committee/task force members who served with me.

Evelyn (Nicol) Hancock ('55)

President, 2000-2002; 2007-2011

Please see entry for Evelyn on next page.

Carole Mussler ('61)

President, 2002-2006

Deceased, May 4, 2008

Martha (Darrough) Hoffstetter ('45)

President, 2006

Excerpts from Martha's message at the Centennial Banquet, August 2005: February 1943 – it was a bright and sunny but cold day



(photo by Basden Photography)

in St. Louis, when 33 promising young Florence Nightingales descended upon Lutheran Hospital School of Nursing. We were committed to save the world, young, naïve, dedicated. We were capped three months later with less than half our numbers and graduated in May

1945, finishing in Feb. 1946.

I was told when I entered nursing that it would be the hardest work I would ever do – but I would love it. Nothing could be more true – nursing prepared us for anything in life – Marriage – Motherhood – Leadership – so much. Lutheran was the citadel of learning, character building, and professionalism. It was always with a sense of pride when I interviewed for a job. No matter where – the first question was: “Where did you study nursing?” Answer: “Lutheran.” Next question: “When can you start?”

Our circumstances may have been a little different, but down through the ages, nursing remains the same. For all of you here this evening, when you graduated from Lutheran and passed your state boards, you had achieved something very special. You are leaders in your community and leaders in your professional lives and careers. You learned that you have more to give than you ever thought you had and most of all – you learned to value human life and how to protect it.

P A S T L E A D E R S

Martha served as treasurer, 1952-1954, and as vice-president, 1994-1996, as well as on various committees. She remembers the treasurer work most vividly. When she agreed to be president in 2006, she reminded us that she was 82 years old; she saw her work that year to be as an interim president; she served until another volunteer could be found. We thank Martha for her multiple talents, which she used to facilitate the longevity of the alumni association.

Evelyn (Nicol) Hancock ('55)

President, 2000-2002; 2007-2011

From Evelyn's President's message in our 2011



Bulletin: I'm relieved to state that, after two and a half terms as President, I have had a real resurgence of interest by younger members who bring the electronic age into fruition! It also makes me happy that we are again becoming closer to the LSN student body by having a meeting place right in the nurses' dormitory. . . . I retire from the presidency feeling satisfied that we will move along very strongly in the next few years. God Bless All Lutheran Nurses Everywhere!

Ruth (Haendschaeke) Eggers ('63)

Ruth wrote:

I served as a Director my first year out of training. Later on I served as Corresponding Secretary, Secretary, and Vice-President. I also served on the Finance Committee, Scholarship Committee, and Nominating Committee. I helped with elections and I was Chairman of the Alumni Day Project one year. I served on the Bylaws Committee several times also.



A Note Found Among Alumni Historical Records

*By Anna Tiemeyer (1901) – St. Louis, Mo.
March 1, 1915:* Perhaps it will be of some interest to the assembly to hear something of the organization of our alumnae. The question of organizing had been agitated and debated for quite awhile and it seemed as though the time for organizing was ripe: as at that time the years 1903-04, World's Fair years. The nurses of St. Louis got together and organized the St. Louis graduate nurses association. Soon after, the Missouri State Nurses Association came into being. Then our Lutheran Hospital, not to be left out of the forward movement began to take steps to organize an alumnae. On the first Monday in December 1905 a meeting was called and the alumnae dates from that time. At the end of the year 1906 we had a membership of 32. The first meeting was held at 2651 St. Vincent Ave. I do not know who were the first to hold office. The minutes of that first meeting were lost. That is all the data I have.

The 1980 publication, *The Inside Story – Anniversary Publication, Lutheran Medical Center School of Nursing Alumni, 1905-1980*, had, at the back of the book, a chart entitled "Officers who have served the Alumni." This chart included the names of officers as known from 1926-1980. Knowing of this chart stimulated us to develop an updated chart of the names of officers who have served over the past 50 years. Please take a look at the next two pages.