

NEWSLETTER 2003

THE ST GEORGE GRADUATE NURSES ASSOCIATION

St. George and Community Health Service

The nurses of St. George Hospital continue to amaze and inspire me. We deal daily with access block, shortening LOS, increased acuity, critical incidents, rising aggression, staffing shortages and complaints and still the nurses of St. George Hospital and Community Health Service remain positive and continue to innovate to improve health outcomes for patients and to find new ways to develop and support their nursing colleagues.

The diversity of activities occurring across the organisation being led by nurses is impressive.

Some of the highlights are:

- LEAP programme – designed to encourage staff to experience new roles and challenges and assist them in their career development
- PIVMAC programme – providing education and support to Registered Nurses working in aged care to enable them to manage administration of IV antibiotics to clients Aged Care facilities thus preventing unnecessary hospitalisation
- Annual Staff Recognition Awards
- Annual Educational Scholarships
- Open days for ICU, Midwifery and Operating Suite
- The development of Evidence-Based Practice Guidelines to assist nurses in the pursuit of improved clinical practice
- Innovative approaches to consumer participation in Mental Health Services
- A Nursing Executive Development Programme with staff profiling,

guest speakers to challenge thinking and secondment to area of their choice

- Cutting-edge Team Midwifery Practice recognised internationally
- A pro-active Nursing Research Council now publishing our fifth Nursing Achievements Monograph which showcases nursing projects across the organisation
- CNS Professional Development days aimed at encouraging CNS's to develop their public speaking-skills
- Development of a Conservative Care Unit to nurse patients in end stage Respiratory Disease in a home like environment
- Volunteer Observer program aimed at increasing patient safety by preventing falls in Aged Care
- Pioneering home treatment services: 'Pathway Team' for clients with recent onset psychosis and 'COP' a cancer outreach project to enable early release from hospital.

And the list goes on!

St. George Hospital and Community Health Service has had a reputation for developing future nursing leaders. The extraordinary array of ongoing nursing initiatives is developing not only future nursing leaders but also the next leaders of health and with that, hope for the future of our health system. *Rae Conway, Acting Assistant Executive Director and Director of Nursing*

Editorial Notes: LEAP Programme: Learning Experience and Advancing Professionally; PIRMAC Programme: Patient IV Management in Aged Care.

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Committee Members:

Faye Brooks, Ruth Dyball, Ann Flemming, Estelle Green, Ruth Jackson and Betty Pettit.

Committee Meetings

Committee meetings are now held at the Theatre Seminar Room, Third Floor, Clinical Services Building, St. George Hospital. The next meeting will be held on 26th November 2003 at 7.30pm.

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President's Report

At the last reunion the committee were re elected for another twelve months. President Nikki Positti; Secretary Geraldine Gavan; Treasurer Beverly Carruthers; Reunion Secretary Kathryn Litchfield; and Vice President Dorothy Coker.

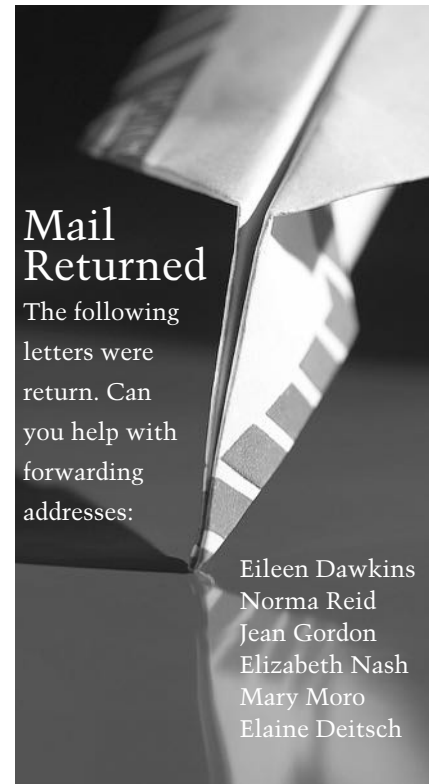
Committee members are Faye Brooks, Ruth Dyball, Ann Flemming, Estelle Green, Ruth Jackson, Betty Pettit to the committee and farewellled Rosemary Carmichael. We thank Rosemary most sincerely for her help and support to the committee over many years.

The Committee have been working to try to boost our AGM and Reunion numbers by advertising in the Lamp, The Leader, and Area

Health Newsletter. We have been working on Articles of Association, Which have been drafted by Dorothy Coker.

We thank Geraldine for the venue for our previous meeting at Peakhurst Nursing Home, as we return to the Theatre Seminar Room at St. George Hospital. At last years AGM Geraldine Gavan (in absentia), proposed that a Trust be set up for the time when the Association no longer has members, due to natural attrition. Geraldine will represent this at this AGM, as we have had twelve months to think about this proposal. Thanks to the Committee for their support during my term as president.

Nikki Positti, President



Reunion Secretary's Report 2002

The 56th Annual Reunion of the St. George Hospital Graduate Nurses Association was held on Saturday 2nd November 2002 in the Education and Research Block at St. George Hospital. The reunion commenced with registration of 84 members and the Annual General Meeting was held in the Auditorium. Nikki Positti, the President, welcomed graduates. Miss Elaine Maguire was presented with a beautiful bunch of roses and baby's breath. Miss Maguire thanked everyone and stated that she was very pleased to see such a large group of graduates at the reunion, adding that we all had a marvellous bond of friendship and comradeship from our days at St. George.

The President, Nikki Positti,

read the report from the retiring President, Janice Myatt, and also the Reunion Report from the Retiring Union Secretary, Judith Cornell, as printed in the newsletter. There were 95 apologies and 8 did not arrive on the day. Newsletters have been sent to these people.

Geraldine Garvan, Secretary, was not able to attend. However, Geraldine sent in a proposal, which was read out by the President, Nikki Positti. The Proposal was that a Trust Fund be set up with surplus funds from the Association and to which extra monies could be added as donated by members. The show of hands was in the majority. The matter will be researched fully and information will be sent out for perusal.

After the AGM lunch was served in the reception room. As it was last year, Sue Voysey's Catering was delicious and we all enjoyed the homemade food. I have received four letters of appreciation and several phone calls since the Reunion and all mentioned the food as being very special. After lunch, tours were arranged to the Historical collection of Memorabilia in the Library and to the Operating Theatre. Everyone, who went on these tours, found them very interesting.

The next Reunion is planned for 16th October 2004 at the same venue and of course with Sue Voysey's Catering.

*Kathryn Litchfield
Reunion Secretary*

News & Greetings

Helene Dicksons

Nee: Windsor, Graduated: 1962

Thank you for sending me the 2003 invitation to the St. George Graduate Nurses Association Reunion.

Unfortunately, I have to decline as we are unable to be in Sydney during November this year. Please pass on my best wishes to all the members, especially the groups from 1962. We have had a difficult year, in March I had a recurrence of breast cancer and undergone chemotherapy treatment for the past 4 months. I am being admitted to Guy's Hospital this evening for surgery (mastectomy and skin grafting), which will be followed by a course of radiotherapy in October. The outcome looks good, as the chemotherapy has arrested the growth.

All being well, we intend to visit Sydney for Easter 2004. Best wishes and many thanks

Celia Enid Whyte

Nee: Cambage, Graduated: 1950

Have a great day. Sorry but unable to make it this year. I'd like to hear from Eunice Owen if possible. She finished in 1951 or 1952, from memory. Many thanks

Fay Loom

Nee: Walker, Graduated: 1964

This winter in Crookwell has not been so harsh on us climate wise thankfully. No doubt we have acclimatised to the sub-alpine conditions.

Drought conditions persist though. In June we had the happy occasion of our eldest son's (Ian) wedding to Kath Pratten at Gundaroo, out of Canberra. They live in Brisbane at the private school where Ian is on the teaching staff as a house master. Our other son, Murray was diagnosed with bowel cancer just as his baby daughter Gabrielle Grace turned 3 months. He and his wife have a positive outlook, as treatment proceeds following initial surgery. Regards to all

Noelene Wilkinson

Nee: Toohey, Graduated: 1958

Thank you for the invitation to the Grads Reunion. November 8th is my 67th birthday, and on November 5th Tom and I depart on the Indian Pacific to Adelaide for 10 days holiday celebrating our 40th Wedding Anniversary. I wish you all a very happy reunion day and thank the committee for all your work on behalf of the St. George Grads.

Best wishes

Sylvia Bennett

Nee: Smith, Graduated: 1971

Next year it will be 30 years since Jan 1971 PTS graduated. As part of the 2004 reunion we are planning a get together. Those I have seen or written to during the year know of this, others may like to phone me on (02) 9529 0224 so that you can be included in the group. Thanks

Marie Johnstone

Nee: McIntyre, Graduated: 1942

Greetings to you all, especially the 1942 graduates. Recently I had a cataract operation at Cairns Eye and Laser Clinic's Surgical Centre. The theatre sister had trained at St. George in the 1970s and the anaesthetist had worked at St. George a few years ago. Certainly is a small world. We recently attended a client's 90th birthday celebration combined with a family reunion at Lismore. Such an interesting place with its splendid old buildings. The 90 year old asked for and received a lap top computer for her birthday! Age is no barrier, is it? Cheers

Mary Telford

Nee: Billing, Graduated: 1954

I will not be at the reunion this year. I hope you have a pleasant afternoon. I am visiting my sister at present and will be returning to Reno in October. I am looking forward to our group's 50th reunion next year. Best wishes

Lyn Power

Nee: Power, Graduated: 1968

Majority of February 1964 PTS had a wonderful reunion in January. Many had not seen each other since our graduation in 1968. We had a short hospital visit followed by lunch and loads of chatter and photos. We plan to have more regular "get togethers" in the future. Regards

Maureen Bell

Nee: Bell, Graduated: 1969

I wish you much joy and happiness on this our reunion day, sorry I am unable to attend. I would enjoy hearing from Grads. especially October 1965-1969 group. PO Box 7033, Karabar NSW 2620. Blessings to all

Cecily Dobson

Nee: Heslewood, Graduated: 1960

I am sorry not to be able to attend the reunion. However, I am still running the Australian Paediatric Cancer Registry and time is not available. It will be interesting to receive the newsletter and catch up with the news of those I trained with.

Elaine Carrie

Nee: Langbein, Graduated: 1960

I wish everyone a happy reunion. Due to renovations being carried out at home and having to attend Aunt Bess's Funeral interstate, the last of that generation. I am unable to be with you this year. Again best wishes to you all.

Dianne Swan

Nee: Tinsley, Graduated: 1973

Once again the reunion rolls around, where does the time go. Unfortunately I'm to undergo a total knee replacement soon (Nurses Knees). I will be an inpatient at St. George Private with Prof Ronsekel doing the honours! I'm a frequent visitor to St. George - my mother being a "frequent flyer" to the Respiratory Floor, and continue to be surprised about how much

News & Greetings

has changed since the days of PTS training. Hopefully I will be joining you once again next year, if all goes well.

Rosemary Carmichael

Nee: Small, Graduated: 1960
First granddaughter was born 29th November 2002, Eleanor Charlotte Carmichael.

Kaye Ainsworth

Nee: Summerville, Graduated: 1973
In March Daniel and Kaye celebrated the marriage of their daughter Karen to Luke Smith of Greystanes.

Pam Mattocks

Nee: Reynolds, Graduated: 1953.
Pam has been laid up with her bad knees. She is at present in Kogarah Private Hospital having another knee replacement. She is progressing well. We hope she will be able to sprint to the reunion.

Eucine Randall

Nee: Pepper, Graduated: 1943
Eucine is frail and vision impaired but very "with it". She will be attending the reunion with fellow 1939-1943 graduates, Faith Daw (Jones) and her sister Heather Jones. She shares marvellous memories of training days with Noelene

Wilkinson (Toohey) and they meet at Long Jetty Senior Citizens frequently.

Elaine McGuire

Nee: McGuire, Graduated: 1942
Congratulations to you and the other members of the committee for all the work involved in the planning and organising our AGM and Reunion. Although I will be attending a function at Gerrigong on Friday 7th I hope to be able to arrange transport which will enable me to attend at the appointed time. Looking forward to seeing you and other St. George friends and colleagues at the reunion. Yours Sincerely

Di Mannion

Nee: Ryan, Graduated: 1979
I returned earlier this year from a twelve month contract in the UK. Since my children have grown up, I felt I needed a challenge and so headed off to the UK. I was contracted to Papworth Hospital (near Cambridge). This is a speciality Cardio-thoracic hospital and as such, was at the top of the NHS finding. I worked in Critical Care, which was a great educational experience with a large variety of expertise and skills needed. They churn out CABGs,

valve replacements, heart and lung transplants and some other less impressive heart and lung surgery. It was a really fulfilling 12 months and it just goes to prove "you are never too old". Regards

Ruth Young

Nee: Mitchell, Graduated: 1953.
Best wishes to all attending the 57th Reunion.

Mary Henery

Graduated: 1943
I look forward to reading the newsletter, as I cannot be there in person. I wish you all a happy day and a hello to all, who may remember me during my time at St. George.

Gwen Stokeld

Graduated: 1961
Unfortunately I am unable to attend. Trusting it is successful, for all your efforts.

Joan Short

Nee: McMahan, Graduated: 1963
Joan sent four long letters telling of her work in Kyrgyzstan. Because of lack of space, is not possible to print all of this. Please contact the Reunion Secretary if you would like to read them.

Obituaries

Rhonda Seville It is with much regret that I have to inform you of the passing of one of our graduates. Rhonda Seville (Nee: Hynes), PTS of January 1975. Rhonda passed away on 3rd August 2003 aged 45 years. Rhonda was a great friend and always the life of the party! A great nurse who worked in aged care, where she was loved for her bubbly personality and wicked sense of humour.

Unfortunately for the last seven or so years she has been suffering declining health and for the last year basically bedridden, but through it all you could always guarantee Rhonda to get "fired" up about something. She never lost her spirit and although I miss her terribly I know she is dancing in the big disco in the sky. *By Jenny McNally, Nee: Shipway, Graduated: 1978*

May Stubbs It is with much regret that I have to inform you of the passing of one of our graduates. May Stubbs (Nee: Marchant), Graduated: 1940. May passed away in Perth 30th July 2003 after a long illness, sadly missed by all her friends. *By Marie Collins, Nee: Collins, Graduated: 1940*

Ethel Warner Ethel died 16th April 2003. She was an associate member of the St. George Graduates and worked at St. George Hospital for many years. Ethel was the creator of the dolls dressed in nursing uniforms of different years. Some of these are displayed in the historical collection. *By Fay Brookes, Associate Member*

Tibute to Edna Lily Timmins

Edna Lily Timmins died on 21st September 2003, aged 88 years.

From her childhood Edna Timmins wanted to be a nurse. Achieving this ambition however required much determination and a more circuitous route than others had to travel.

Born in 1914 the eldest of five children, Edna left school at 14 and learnt the trade of a machinist in the workroom of a leading men's clothing manufacturer. The quality and precision of her work saw her promoted from shirts to the trousers department! She was 30 years old when at last she defied her father's opposition to her becoming a nurse, and applied to The St. George Hospital. The hospital authorities were dubious about her ability to cope with the 4-year lecture program for general nursing and recommended she do the shorter 18-month midwifery course, which Edna agreed to. On the successful completion of midwifery training, Edna, by then known as "Timmie", had the satisfaction of being accepted for general training. She commenced in 1947 and graduated in 1951.

A few years later Timmie undertook

Tresillian mothercraft training and moved from the hospital scene to Baby Health Centres where she continued for the remaining years of her working life. Her first 3-year appointment was to Albury and neighbouring towns. It was full of new and interesting experiences, including being trapped in a mailvan when it failed to make it across a flooded river.

Timmie spent her last 18 months as a resident of Frank Vickery Village Hostel, Sylvania. The Hostel staff became fully aware that in Timmie's opinion standards of nursing today are not what they used to be! She told an old St. George friend, who visited her, "These girls have a lot to learn"!! Apparently someone at the Hostel noticed that she was fond of reading the Florence Nightingale Pledge, so a reading of it was included in the funeral service.

Those who worked under Timmie as her "juniors" remember the example she set of a conscientious caring nurse, unobtrusively evidencing her strong Christian faith. We will continue to remember Timmie with affection and respect.

By Heather Johnstone, Graduated 1952

**Reunion
2004**

16th October 2004

St. George Education Block