

NEWSLETTER 2004

THE ST GEORGE HOSPITAL GRADUATE NURSES ASSOCIATION

President's Report

At the 57th Annual General Meeting the Committee were re-elected to serve a further 12 months with the exception of Reunion Secretary Kathryn Litchfield who resigned. I would like to take this opportunity to thank Kathryn with her husbands help behind the scenes for all their hard work in organising the reunions while she held office, and wish them all the best in their new home.

Beverley Carruthers was kind enough to take on the Reunion Secretary's job as well as the Treasurers job which we thank her in advance for her efforts along with Geraldine Garvin's organisation of the committee in making this the 58th AGM and annual reunion what it is today.

The Committee have met three times throughout the year to organise the AGM, and to work on The Rules of Association which

were drafted by Dorothy Coker. Geraldine has put a lot of hard work and effort into the proposed Trust Fund which will be presented again at this ACM and hopefully be resolved.

Our thanks go to Beverley for organising the venue for the Committee meetings at the Theatre Seminar Room at The St George Hospital.

I formerly resigned as President and Committee member at the last meeting as I have moved to the South of Wollongong in January with my husband, and would like to take this opportunity to thank the committee for all the good work, and their support in my term as President. I wish the new Committee all the best in the future and look forward to supporting them at future AGMs

Nikki Positti

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Mannion and Betty Pettit.

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Reunion Secretary & Treasurer's Report

Firstly, I would like to thank Kathryn Litchfield for being our Reunion Secretary for the past few years. She did an admirable job but I am sure she is having more fun on the Southern Highlands this year, than she did last year while receiving replies from invitation and newsletter items.

When Kathryn resigned, I volunteered to add her position to mine. If I knew then, what I know now, would I have taken on both jobs? Well, maybe not, but it has worked out okay in the end and been a great learning experience.

I had procrastinated over the purchase of a computer for ages and knowing that a working knowledge of one was required for the job, I was

finally forced into buying one.

What fun I have had, (as well as hours of frustration). There was one weekend that I spent both days in front of the computer screen with very little result for all the time. But I can now do a mail merge to print envelope labels, address individual envelopes, create invitations, produce cover pages AND play spider solitaire.

For the first time since I became treasurer, there is a copy of the annual audit included in the newsletter. This means I managed to get it done a bit earlier than previous years and that I have learned from my errors.

At last year's AGM we were asked to consider giving a donation to the

local branch of the Nursing Council. It was to be put towards the framing of some photograph/prints for the museum. It was decided that a "gold coin" donation from AGM attendees would be collected and subsequently a cheque for \$388.00 was posted for this purpose. Unfortunately, the cheque got lost in the hospital's internal mail but another will be drawn. Hopefully next year we will be able to inspect the result when we visit the new "nurses' room". (See details in the media release).

I hope everyone enjoys our day on 16 October, and that those who cannot attend will feel included just by reading our newsletter.

Bev Carruthers

The Sky is the Limit

St George Nursing Graduate Speaks

I commenced training at St George in January 1970 and graduated in January 1973. I vividly remember Sr Crattan, (in charge of nurses' quarters) who always wear a white glove) said to me outside room I, ground floor "This is your room, now keep it this way!" At that time, I was the first and only Asian student nurse, However I was never lonely. All my PTS course mates' families become my families. Until today, my adopted family (Christina Johnston's family) is very close and have become real family to me. Matron Harper interviewed me, but Matron McQuire developed me.

My favourite tutor was Sr Taylor, favourite ward sister was Sr Henery, and favourite lecturer was Dr Hanneman.

I came back to Malaysia in 1973 and started to work in the only teaching hospital then (now there's 3) as staff nurse, and quickly got promoted to nursing sister, and matron in this oldest and prestigious, 878 bedded teaching hospital in Koala Lumpur, Malaysia.

In 1993, although I was at my height in my nursing administration career, I was still restless and not satisfied with my achievements. I know I can do more and better for the nursing profession in Malaysia. Thus I decided to move on to the academic section and focuses to upgrade the status of nursing in Malaysia through education.

To achieve this dream, I upgraded myself with Masters in Nursing and Education at University of Edinburgh, Scotland. It was the beginning of a journey that I enjoyed and never regret.

Upon return, I was posted at the Advanced Nursing Education Program, educating nursing leaders of Malaysia, and in 1999, I applied for the lecturer's post at the Nursing Sciences Unit, Faculty of Medicine, University of Malaya.

In 2002, I was appointed as the head of the program as well as head of the unit. Besides the routine work and responsibilities of teaching and administration, research, presentations and

publications were also done both locally and internationally. I was appointed as consultant and advisor in both public and private universities. Actively involved in the nursing association activities and volunteering work. Conducting workshop and organizing nursing seminars are my other passion and contribution for nursing in Malaysia.

In December 2003, I was awarded the Associate Professor post and was granted 5 months sabbatical leave. It is a great honor and a big recognition for the nursing profession, as there are only 3 nurses in this post at the Public University in Malaysia. With this mandate we will be looking at developing the nursing department, developing postgraduate studies and many more activities. This is only the beginning, many more work have to be done to place nursing in the professional category and I am very sure we can do it.

*Associate Professor Rohani Arshad
Head Lecturer, Nursing Sciences Unit
Faculty of Medicine, University of
Malaya, Kuala Lumpur, Malaysia.*

MEDIA RELEASE

The St George Hospital will open a Health Heritage Museum in October to preserve some of the amazing and unusual items from the hospital's 110 year history.

The collection put together from items preserved by the hospital's Graduate Nurses Association includes old surgical instruments used in orthopedic surgery, anaesthetics and gynecology along with medical texts, photographs and other hospital equipment. The original seal and spade used during the laying of the foundation stone in 1894 is part of the collection, as are several of the lamps carried by early matrons of the hospital on their nightly rounds.

Project manager and custodian of the collection Yvonne Brugmans of the St George Hospital Nursing Council, said that the collection was an important part of maintaining the hospital's history.

"The collection will continue to grow as time passes and more pieces of significant historical value are uncovered and added to the display" she said.

Also on display are representations of the many nurses' uniforms worn by trainee and graduate nurses of the hospital along with badges and other nursing artifacts.

The museum will also feature theme exhibitions and a screened presentation of photographs of the hospital and the Kogarah Community dating back to 1894 when the hospital first opened.

The museum is open daily, for more information phone 02 9350 2042.

From the Chair of Adjunct Professor Jenny Phillips

I find it difficult to tell you it's the time of intense change year after year, but this time, this day, there is the greatest platform of change on the Health Care System t have seen in years.

The Media has informed you that as a cost effective measure, Area Health Services have been reduced, with the implementation to be completed on 1 January 2005. This, for St George Hospital, will mean it will be a health facility of South East and Illawarra Health Service.

However, it is not only the boundary changes that have resulted. There will be no Board of Directors at any level of the Health Service. They are to be replaced by a Health Advisory Council who will have a focus on consumer participation and Clinician input for the delivery of services.

The structure of the Area Health Service Administrations has also been determined to provide consistency between Areas. The level of decree includes nomination of services to individual portfolio's, namely under Directors of:

- Clinical Operations
- Mental Health Services
- Finance
- Population Health and Planning Performance
- Nursing

You would ask me, 'What does all this mean for St George Hospital?' and I would have to share with you that it will mean considerable direction change and possibly function changes. At present, there

is an Administrator setting up the Area changes and the planning for the combined Area, however, it is not due for completion until the end of November 2004.

BUT, there are things I can shore with you.

- An Area Chief Executive officer has been selected and the announcement of the successful applicant is expected in the next week.
- St George Hospital will have a new Executive Director shortly following the Director General's approval of the Area's recommendation for appointment.
- St George Hospital will remain a strong principal, tertiary referral facility, but will share some of the intelligentsia and services across the new Area.
- The new Area office will be located in Wollongong and the Directors and their support staff will all be located at that office.

The next question I would think you would like to know is what does all this mean for St George Hospital Nursing Service, It will mean that we will have to think more strategically, be more involved in the global aspects of Health Service delivery and deal with the complexities of change. This should not be considered a difficulty, but o great opportunity for the nationally recognised talented Nursing Service at St George.

It is true that at present we are looking for more nurses to come

Vale

Eileen June Fraser, PTS 1973

Shirley Anne Fraser, graduated 1979, has written to tell us of the death of her sister Eileen on 31st July 2004.

and work with us and we would encourage any nurse to consider St. George Hospital. It is not because we have "Nursing shortages", it is because nurses stay at St. George longer than any other comparable hospital in NSW. Currently we have over 70 nurses on Maternity leave, so if you are thinking 'it's too hard to do Nursing today', please think again. It is different but possibly more stimulating and satisfying.

One of the changes that have concerned some people is the extended role of the Enrolled Nurse. However, with the appropriate educational support and competency assessment, these "newly fashioned" nurses will be o great asset to the Nursing Service and assist us in providing a continuity of service to our patients who will experience more competent and safe health outcomes.

I thank you for the opportunity to communicate to your group and reiterate my previous message that the nurses associated with St George Hospital are by far "the best in the world."

*Adjunct Professor Jenny Phillips
RN, RM, DNA, BHA, MSc, SocJP
Assistant Executive Director
Director of Nursing*

News and Greetings

Elizabeth Williams
(graduated 1956)

Sorry I am unable to attend the reunion. I will be in Turkey on a pilgrimage tour, "The Pathways of St Paul". Regards EW

Celia Enid Whyte
(nee Cabbage, graduated 1951)

Have a great day! Hi to Sister McGuire, also all 1950/51 graduates. Does anyone know the whereabouts of Eunice Owen? Please contact me 39 Conroy Street, Port Augusta SA 5700, phone 08 8642 5460.

Barbara Kendrick
(graduated 1953)

Sorry I cannot attend this year. I am in charge of a stall at the Granny Smith Festival in Eastwood.

Judy Murray
(nee Quayle grad 1974)

I would like to wish the January 1974 PTS a very happy 30 years reunion. I'm sorry I can't be there to catch up, but I'll be overseas on a one month holiday touring Canada and Hawaii with my husband of 30 years, Jeff. I'm currently working as a Child and Family Health Nurse at Tweed Community Health. Thoroughly enjoying the lifestyle since moving up here 2 years ago from Newcastle. Once again, have a great day.

Eileen Williamson and Elaine Nugent

Thank you for your invitation to the reunion luncheon. We are sorry to be unable to attend. We wish you a very happy reunion – much sharing of those fine old days of the nursing fraternity. Love from EN and EW.

Joan Teale (nee Farrands)

"Busy bee" DOB 23.7 – sometime last century, but never still. Recent activities include Western Plain Zoo volunteer guide; Dubbo Gaol

guide; organiser and publicity person for "Save the XPT" silent demonstration November 2003, as seen on "Stateline", ABCTV; 18 day safari to Kruger National Park with two other Western Plain Zoo volunteers; and represented Dubbo at the Annual Combined Pensioners Conference in Sydney. For 6 weeks in early 2004 I was a columnist for "The Daily Liberal" (Dubbo paper) commenting on various issues. I am about to take my grand daughter, Jacqueline, on a tour of both islands of New Zealand and regret that I will be unable to attend this year's reunion.

Fay Loom
(nee Walker, graduated 1964)

In December 2004 we will be retiring from fulltime ministry in the Uniting Church and plan to move to 19 Karwin Place, Buff Point NSW. Our son, Murray, has been given the all clear from bowel cancer, thankfully.

Beryl Judd
(nee MacKenzie, graduated 1967)
Greetings and best wishes for a wonderful reunion. Since selling our business, we have settle into a rural lifestyle at Dorrigo NSW and loving it. Last year, our son Andrew was married and has settled in Sydney. JP and BJ Judd

Betty Eason
(nee Bendy, graduated 1962)
My husband ,George and I moved to the Gold Coast in 2002 when I retired from the workforce. We are enjoying living up here and love the more relaxed lifestyle as opposed to Sydney. We have joined a couple of clubs in our local area. Mary and Bill Evans also moved up here 12 months ago and live not far away. Mary and I play Mahjong each Monday afternoon with a group of people from the Probus Club that we

have joined. Hi! to Ruth Jackson and Estelle Green.

Marie Johnstone
(nee McIntyre, graduated 1942)

Warmest greetings to you all – especially 1942 graduates. Only wish I could be there.

Cecily Dobson
(nee Heslewood, graduated 1960)

I gave myself a New Year bonus and retired on New Year's Eve 2003. So, I no longer run the Australian Paediatric Cancer Registry, but do odd things around the house and in the community. I am very lucky that my husband's interests allow us to attend many diverse conferences and in Nov/Dec 2003 we went to Shanghai for a dredging conference and this year have been to Tasmania for an environmental conference (which we mixed with a bit of sightseeing). We lived in Hobart for 2 years after leaving Christmas Island, and it was interesting to see how things have changed, or didn't over the years. We are now off to Hamburg for another dredging conference, and will do a bit of sightseeing in the U.K. Regards to Sr McGuire, I am sorry I won't hear her speak. Regards to all those I knew in my training years between 1956 and 1960.

Merrilyn Rundle (nee Brown
"Dennis-Brown" May 1976 PTS)

Returned to nursing after a 16 year gap to raise a family and work part-time in my husband John's surveying practice. I did a re-entry programme through University of Central Queensland and am working in Aged Care, Palliative Care. Son Danny is now a town planner in Brisbane, daughter Heidi about to graduate in nursing from QUT Brisbane.

Planning to retire to the Sunshine Coast hinterland in next few years. During the Sydney Olympics visited

News and Greetings

St George with friend – Diane Featherstone (nee Grant) and found a back door opened in the old nurses' home (on the weekend). We explored the old corridors and reminisced till we were hunted out by an irate administration officer. How things have changed! We felt like we had been "sprung" by Ruth Duggan – who had an amazing knack of catching us doing the wrong thing in that place.

Kaye and Daniel Ainsworth (nee Summerville) are proud to announce the arrival of their first grandchild Lachlan – born 17th March, 2004.

Cath (Matthei) and Ron Wolf celebrated their 50th wedding anniversary on 27th March, 2004 with their 3 sons, daughters-in-law, 8 grandchildren and other family and friends.

From Sylvia Bennett (nee Smith) January 1971 PTS is meeting this year to celebrate 30 years since graduation. We greet those who are unable to be with us today. We salute, and express appreciation to Miss McGuire, our tutors, ward sisters and others who contributed to our training.

Eileen Burgin (nee Dunn, graduated 1954) My husband Ernest passed away peacefully in hospital on 6th August, after many years of poor health.

Anne Lightfoot (nee Glover, graduated 1965) I wish you all a happy and successful reunion – especially PTS January 1961. I planned to retire at age 60 this year however God intervened a little earlier – on 14 October 2003. I undertook an unplanned personal audit in Q.A: Infection Control and time management at The John Hunter Hospital very late one pm.

Let me tell you I could not fault them at all. Life now goes on in retirement mode and I really do not know how I found the time and energy to work 4–5 days per week I'm a very proud Nanna to Flynn (2 on Boxing Day) and Nanna-to-be to our son Peter and Cherie his wife in March 2005. Daryl has resigned after 10 years as the Senior Social Worker with ISS to concentrate his work with the Uniting Church History and Records – as chief archivist along with working with The Ferguson Library – the Presbyterian archives. I'm keeping busy minding Flynn on the odd occasion now I'm able to pick him up, and can even change his nappy (wow) since August this year. I'm busy with friends craft and church groups, Probus – a great invention, and walking and keep fit group "Curves" – now in Toronto.

This year will be the first time Peter will be home on Christmas Day in 5 years. He works in WA in the mines and Cherie teaches in the hospital in Perth – mainly in orthopaedic and burns wards and loves it. Cherie till next reunion – (the 40th graduation reunion for her PTS) PO Box 574 Toronto NSW 2283, ph 02 4959 4316

Gwen Stokeld (graduated 1961) Gwen has been hospitalised recently but now home and mobilizing using a frame (doesn't that sound like "nurse talk"). She sends her best wishes to all.

Noeline Williamson Toohey (1954–59 graduate) Commenced pre first PTS March 1954 with Elaine Hegarty. Dressed by Sr Claxton, I was dispatched to "D" ward with Sr Keech in charge. Sr Patricia Heggarty graduate of ?1944 died in Long Jetty earlier this year. Many St George grads worked with "Heg" at Calvary on night duty during the 1980s. Eunice Randall

Pepper 1939–43 asked me to send her best wishes. She is very well Thanks to the committee for arranging our 58th reunion.

Helene Dickson (nee Windsor, graduated 1962)

Due to ill health, Helene is unable to travel from the United Kingdom – she was looking forward to being here. Hopefully she will make it next year. A note from her sister, Joy Burns.

Di Mannion

Hi to all. As the reunion date draws closer, I did a little reflecting on our training day... this year sees PTS August '76 celebrating 25 years as RNs. We were only a small group but significant in that all of us passed our final exams with flying colours.

I feel the camaraderie formed during training days is remarkable us" against management, supervisors, charge sisters etc was exceptional, forming friendships that have lasted more than a quarter of a century. Geraldine Garvan and myself became friends during those days and have watched each other get on with our lives and helped each other through the marriages, births, deaths, divorces and all the other little joys of life.

Well, recently we embarked on another adventure that good friends share... we travelled. We headed to Athens for the Olympics and then some RandR on the Greek Islands. For those of you who know us, we really are cheese and chalk and the holiday was one crazy incident after another. If anyone cares to ask us about our trip, be prepared to split your sides with laughter. Our next hair-brained adventure is to Italy in 2006 for the Winter Olympics. With some good luck and good management we may still be friends at the end. Thanks St George for the opportunity to form such good friends.