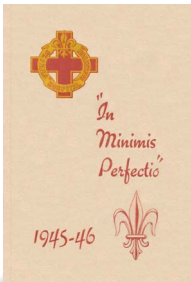


St. Paul's Hospital School of Nursing Alumni Newsletter 2017

Message from the Editor

Wow! Wasn't that a party? Congratulations to the Reunion Committee; JOB WELL DONE!



Our reunion was not only about renewing friendships, sharing stories, hugs and tears; it brought me a brown manila envelope that was left for me at the Registration desk. Excited and mystified I couldn't wait to discover its contents. I opened it and "What to my wondering eyes did appear..." a copy of the 1946-47 *In Minimis Perfectio* and some other memorabilia.

Oh, what an addition to our Archival collection. Thank you seems so inadequate but THANK YOU Alyce (Bunny) Kot (Condon 1946).



Impatiently, I had to wait until later before I could start scanning the book written 70 years ago. Eye candy!!! While studying each page, I discovered that some undergraduates had on their sleeve, above the triangular SPH badge, a dark colored band.

Maybe Lost Identity is lost no more.

I am indebted to my two committee members for "carrying the mail" in preparation and distribution of the Newsletter.

Dennise L. Martin '59

Nursing is an art;
and if it is to be made an art,
it requires as exclusive a devotion,
as hard a preparation,
as any painter's or sculptor's work;
for what is the having to do with
dead canvas or cold marble,
compared with having to do with the
living body - the temple of God's spirit?

It is one of the Fine Arts;
I had almost said
the finest of the Fine Arts

- Florence Nightingale

Alumni Member Receives Prestigious Award



Alumni Member Diane Jensen '65 was among the five honored with the Life Membership Award at the SRNA Banquet and Awards Celebration in Regina, on May 4, 2016. Life Membership is the SRNA's most prestigious award. This award is granted to an individual who is retiring or has retired from the nursing

profession and has rendered outstanding service to registered nursing in Saskatchewan.

Congratulations, Diane!

Message from the President

Greetings Fellow Alumni!

What a wonderful year of Fellowship it has been. The Reunion kept the Saskatoon Chapter focused and busy planning and interacting. Although a big undertaking, the thoughts, ideas, and efforts of many resulted in a great celebration. Your many positive comments indicate it was enjoyed by all and worthy of the efforts. A huge thank you goes out to the Reunion Committee for the giving of their time and talents. No other Chapter has taken the challenge to host the next "Big" Reunion. Sadly this was the last one. Individual classes will continue to have mini Reunions to celebrate significant occasions. Following the tradition of previous Reunion years, a decision has been made to donate \$5000.00 to SPH Foundation for the continuation of refurbishment of Operating Rooms.

Our regular business/social meetings continue to be well attended. The classes of '56 and '66 celebrated 50 and 60 year Anniversaries. We were happy to recognize them at our September Luncheon Meeting.

A survey to prioritize the AIMS of our Alumni Association was included in the 2016 Newsletter. We wanted the opinion of the general membership to give us direction in making future decisions. Declining memberships and aging will affect our financial and human resources. Thank you to the 203 of you who responded. The results are listed in order of priority:

- 1) Fellowship and Social interests - includes Newsletter, Meetings, Visits/Cards, Reunions;
- 2) Assisting SPH with projects and events as appropriate;
- 3) Uphold and preserve the memory of St. Paul's Hospital School of Nursing—includes Archives, Honor Guard;

- 4) Promote nursing education through our annual scholarships.

Discussion on how to proceed with survey results was lively and divided at our September Business Meeting. An Ad Hoc Committee was tasked with bringing a recommendation to the December Business Meeting. The recommendation was presented and passed. Our financial resources guided our decision. For the next 3 years we will donate \$5000.00 annually to SPH Foundation. For the next 3 years we will also provide \$4000.00 annually for scholarships. These decisions will be reviewed in 3 years.

An Ad Hoc Committee was tasked with reviewing and updating the Scholarship Criteria. Applicants must be pursuing a degree in Nursing. Our Web page will accurately and more clearly reflect that, to avoid confusion.

Another Ad Hoc Committee recently developed Privacy Policies for our Association. It will guide us in how we share information of our Members.

In the last Newsletter I erroneously reported that 2016 was an election year. I later learned that in a Reunion year elections are delayed (lucky us)! A new Executive will be elected in May of this year. Volunteers are needed.

Thank you for the support and friendship I have received as President. It has been fulfilling in many ways. On behalf of the Executive, we wish you a healthy and peaceful New Year.

Diane Hergott (Karasiuk '63)

St. Paul's Hospital School of Nursing Alumni Association

Officers and Conveners, 2014 - 2017

President	Diane Hergott
Past President	Monica Beavis
Vice President	Diane Jensen
Secretary	Carol Minogue
Treasurer	Diane Neufeld
Member at Large	Sharon McCallion
Committees	
Program/Social	Mary Humen
Newsletter	Dennise Martin
	Kay Turner
	Elaine Uhryniw
Cards/Flowers	Mary Stang
Visiting	Rose Normand
	Bernadette Steckler
	Reta Taylor
Welcoming/Membership	Eileen Sonsteli
Phoning	Joyce Lenz
Scholarship	Agnes Valade
	Gloria Lynch
Archives	Diane Jensen
	Marlene Davis
Honor Guard	Elaine Uhryniw

Greetings from St. Paul's Hospital Foundation



Inspired by you - the SPH Nurses Alumni

The St. Paul's Hospital School of Nursing Alumni has had a profound impact on patient care at our Hospital. Not only has the School of Nursing helped to shape a commitment to compassionate care, it has inspired a legacy of educational excellence at St. Paul's Hospital.

We are grateful to the School of Nursing Alumni who inspired the creation of *The Saint Marguerite d'Youville Endowment Fund*. Together with support from other donors, the fund provided \$24,278 for employee professional development and scholarships in 2016.

Donors today continue to build on this legacy in supporting projects that advance education at St. Paul's Hospital. In October, we celebrated the Grand Opening of Operating Room Advancements, bringing state-of-the-art advancements and new technologies to maximize patient care and acute-care education for physicians, nurses and staff. We provided funding in support of Chronic Kidney Disease Patient Oriented Research

to improve care and health outcomes for patients with CKD and their families here in Saskatchewan. Our Foundation launched a new "Partners in Excellence" program in 2016 that works directly with our physicians, nurses and employees to gather their ideas and thoughts on fund raising projects that could make our Hospital better. We look forward to the grand opening of our Medical Library and new Patient and Family Resource Centre this fall.

Thank you for the lasting positive impact the School of Nursing Alumni has had on our Hospital. We look forward to more opportunities to work together in the upcoming years. God bless.

Bruce Acton
CEO
St. Paul's Hospital Foundation

St. Paul's Hospital Foundation
1702 20th Street West
Saskatoon SK S7M 0Z9
Phone 306-655-5821 (toll free: 1-888-345-0330)
www.sphfoundation.org

Greetings to St. Paul's Hospital School of Nursing Alumni



St. Paul's Hospital

In 1909, the first candidate enrolled at St. Paul's Training School for Nurses, later to become St. Paul's Hospital School of Nursing. From the first five graduates on September 21, 1911 to when the School of Nursing closed its doors in 1969, there have been 2,057 graduates who can proudly claim St. Paul's Hospital School of Nursing Alumni Association membership. School of Nursing graduates were visionary and pioneering, and helped to set the groundwork for teaching excellence at St. Paul's Hospital.

The School of Nursing educated our nurses through the Great Depression, the Second World War, the Polio Epidemic and so much more. Thanks to your graduates, St. Paul's Hospital quickly gained a reputation as a highly reputable learning and training facility with a family-oriented, cooperative atmosphere, and a good work ethic, projecting the Grey Nuns' legacy of caring for the heart, mind and spirit of all humanity.

Today, patients and families continue to complement St. Paul's for the warmth and holistic care they receive. We often hear them say "it's different at St. Paul's". This is due in large part to the

foundation laid by the Grey Nuns, and carried forth by each of you and your St. Paul's Hospital School of Nursing colleagues.

Our Hospital's continued success is enhanced when strong relationships exist, and we are so pleased to have that relationship with the Nurses Alumni. We are grateful to the Nurses Alumni for maintaining historical records of the School of Nursing which have found their way into so many of our Hospital murals and publications. We are also pleased to see many patients and families stopping to view the Nurses Alumni display in its new location on the second floor.

Thank you for your continued hard work to ensure the legacy of the St. Paul's Hospital School of Nursing lives on. Your graduates have left behind a great legacy of compassionate care which remains at the forefront of all that we do. You helped build the culture that continues to be lived today, and we thank you for your ongoing commitment to help us to achieve our vision for a community of health, hope and compassion for all.

Jean Morrison
President and CEO
St. Paul's Hospital (Grey Nuns) of Saskatoon

Greetings from the Grey Nuns

We, the Grey Nuns in Saskatoon, Sr. Emiline Pena, Sr. Josephine Bouvier, and Sr. Carol Borreson, want to express our deep happiness and gratitude in having others share in fidelity in the mission of St Marguerite. We keep in particular gratitude and prayer the Alumni of St. Paul's Hospital School of Nursing. Our awareness of the Alumni as very special companions on our journey is a source of gratitude, strength and consolation for us.

In this past year, both the sisters and the Alumni surely have also shared in the reality and the challenges of aging membership and declining numbers. For the Grey Nuns this reality has been experienced in the deaths of a number of our sisters including some who served many years in Saskatoon and at St. Paul's. Two of our sisters who died in May of 2016, Sr. Bernadette Bezaire and Sr. Helene Desmarais, will certainly be remembered among the members of the Alumni.

Another group close to both Srs. Helene and Bernadette in their lifetimes and ministry is the Associates of St. Marguerite, a group

of lay people who share in the charisma of St. Marguerite, and the heritage of her story, her prayer, and her ministry. Some members of the Associates of St. Marguerite are also members of the Alumni of St. Paul's. If members of the Alumni want to share more deeply in the spirituality and heritage of St. Marguerite, and want to learn more about the Associates of St. Marguerite, please contact the Grey Nuns directly or through the editor of this newsletter.

May each of us, the sisters, the Alumni of St. Paul's Hospital School of Nursing, and the Associates of St. Marguerite draw from the spirit of St. Marguerite d'Youville, and of the foundation of St. Paul's Hospital and keep that spirit deeply engrained in our psyches and souls. May the spirit of fidelity, of love, of creative response and solidarity in the life of St. Marguerite provide inspiration to all of us on our journey.

Sr. Carol Borreson, s.g.m.

COMMITTEE REPORTS

Welcoming and Membership

2016 was a Reunion Year! With this gathering of nurses comes a time of sharing memories. One of the results of being together is obtaining new information regarding the whereabouts and well being of our fellow SPH Nurses Alumni. Thank you to all for assisting me in keeping our membership records as current and correct as possible.

Once again we sent out over 900 newsletters by email and/or Canada Post. Please continue to let us know your contact preference.

I would also like to express my appreciation for the generous support we have received in the way of paid memberships. To date over 450 membership renewals and some new fees have been received. When the survey went out with the 2016 Newsletter regarding what the priorities should be for our aging Alumni, the top priority was "Social and Fellowship." The membership funds received go a long way to ensuring the continuation of our Newsletter.

Reta Taylor (Watton '63)



Growing old is hard work...
The mind says "yes"
but, the body says
"what are you thinking"!

Home Visiting

Over the month of December, I again had the honour of visiting fourteen Alumni Members residing in long term care, assisted living, private and personal care facilities.

Again, many were so grateful for the gift, but more so for the visit. In some cases they were overwhelmed that St. Paul's Hospital School of Nursing Alumni have remembered, not forgotten, them. In several cases there was a comment from a family member or spouse and in one case, a staff member: "You have no idea what this visit and small gift, means to them...you have made their day".

Visits centered around reminiscing about nursing "back in the old days", looking at SPH grad pictures as well as family photos.

Each gift was received with words of much appreciation, and in some cases, no words were spoken, only a gentle nod and facial expression revealed their gratitude. This year, gifts varied: silk poinsettia plant, Christmas basket table center piece, crocheted shoulder wrap, lotion, or mini chocolate wafers.

If anyone knows of an Alumni Member who has recently moved into a local care facility, please advise me or an Executive Member.

RoseMarie Normand (Kiefer '67)

Archives



The Archives Committee has had a fairly quiet year. Computer issues resulted in the inventory being at a temporary standstill. Work on the Obituary Book is ongoing. A new binder was purchased to accommodate additional pages. We also purchased a small filing cabinet to store the many

newspaper clippings and other paper memorabilia.

The display cabinet and carousel are now located on second floor of the Hospital (A Wing).

The carousel is now securely mounted to the wall. It's been mounted on a slight angle (backwards) to prevent the pages from swinging (and staying) open like they used to.

Lighting and signage are yet to be resolved.

Many members have donated capes to the Archives. Thanks to your generosity we have reached full storage capacity and are unable to accept any more capes.

Marlene Davis (Welk '57)
Diane Jensen '65



Program and Social



Our Alumni continues to meet three times a year with an average attendance of sixty-five members.

The 2016 Annual General Meeting was held in May at All Saints Ukrainian Orthodox Church Auditorium. We enjoyed lunch with an ethnic flavor.

Our September Luncheon at the Travelodge Hotel was a fun time. Twelve-year-old Ada Leschyshyn, granddaughter of Mary Kirchgesner (Scherman '66), entertained us with her violin solos during registration. The Classes of '56 and '66 were honored and each Member present received a red rose. They provided the entertainment!

The December Christmas Party, with Guest Speaker Dr. Vicky Holmes, was held at the Saskatoon Club. Following her presentation on "Prairie Hospice" Vicky spent time renewing acquaintances.

Agenda for 2017 Events

Monday, May 8, 2017 - Luncheon

All Saints Ukrainian Orthodox Church Auditorium

Sunday, September 10, 2017 - Luncheon

Travelodge Hotel, Galaxy Room B entrance

Monday, December 11, 2017 - Dinner

Saskatoon Club

If you are in the city, or live anywhere close, please come to reminisce with us.

Mary Humen (Fredeyko '66)

Scholarship

There were a total of six enquiries and four applications received for the St. Paul's Hospital School of Nursing Alumni Scholarship for the year 2016. The monies available to be given out were:

- \$ 4,000.00 SPH Nurses Alumni Scholarship; and
- \$ 2,000.00 from St. Paul's Hospital Foundation for "gifts" designated to the SPH Alumni Scholarship Fund.

Scholarships were awarded to the following:

- \$ 3,000.00 was awarded to **Joan Lefsrud**, daughter of Mary Lamborn (Kammermeyer '56);
- \$ 1,500.00 was awarded to **Melanie Keindel**, daughter of Rose Ann Keindel (Sand '62); and
- \$ 1,500.00 was awarded to **Hanna McIntosh**, granddaughter of Stella McIntosh (Fleury '54).

All recipients are enrolled in undergraduate nursing degree programs at three different universities.

Congratulations to all three recipients. We wish them success in their chosen profession.

Joyce Lenz (Greve '59)
Agnes Valade (Kirchgesner '60)
Gloria Lynch (Schindelka '59)

Cards and Flowers



Lily and poinsettia plants were sent to St. Paul's Hospital Chapel for Easter and Christmas.

Rose bowls were sent to 4 hospitalized Alumni Members.

Sympathy cards were sent to 40 Alumni Members or their families.

"Thinking of You" greetings were sent to 4 Alumni Members. A thank you note was sent to a family member for a cape and Alumni memorabilia.

Thank you to all who notified me regarding the hospitalization or death of an Alumni Member or death of a spouse, child or parent of an Alumni Member.

Please continue to notify by contacting Mary Stang.

Mary L. Stang '57

Honor Guard

In 2016 the Honor Guard was privileged to serve on the following occasions:

1. Funeral Service for Joyce Reid (Bradshaw '49)
2. Memorial Service for Jane Hoogeveen (Powell '51)
3. Celebration of Life for Amy Bessey (Stakiw '43)
4. Memorial Service for Alice Schneider (Conway '51)
5. Celebration of Life for Irene Sopher (Jellinek '47)
6. Funeral Service for Phyllis Kachur (McGill '47)
7. Celebration of Life for Margaret Ardell (Skarsgard '46)
8. Funeral Mass for Mary Beechinor (Waldbillig '53)

Three families declined our offer to have the Honor Guard, at the Service, for their family member.

Thank you to all those Alumni who participated and those who helped organize the Honor Guard. We continue to have a remarkable attendance at the Services.

All Alumni are encouraged to join the Honor Guard. Families are very appreciative of our attendance and find it very meaningful. Caps and capes are available from the Alumni archives.

Elaine Uhryniw (Madson '61)

In Memoriam



- | | | | |
|------|--------------------------------|------|---------------------------------|
| 1937 | Martin, Caroline (Flaman) | 1951 | Hoogeveen, Jane (Powell) |
| 1938 | Barker, Barbara June (Warwick) | 1951 | Reynolds, Irene (Evancio) |
| 1943 | Bessey, Amy (Stakiw) | 1951 | Schneider, Alice (Conway) |
| 1944 | Delaire, Erica (Martin) | 1952 | Desmarais, Sr. Helen |
| 1945 | Brown, Doris (Courchene) | 1953 | Aamodt, Helen (Budd) |
| 1945 | Rechenmacher, Magdalena (Lenz) | 1953 | Johnson, Isabel (Magnuson) |
| 1945 | Dunbar, Arlette (Ducluzeau) | 1953 | Beechinor, Mary (Waldbillig) |
| 1946 | Ardell, Margaret (Skarsgard) | 1953 | Oleksyn, Ada (Astels) |
| 1946 | McDonald, Wilma (Smith) | 1954 | McIntosh, Irene (Risling) |
| 1947 | Irvine, Lea (Senecal) | 1954 | Park, Calla (McCuaig) |
| 1947 | Sopher, Irene (Jellinek) | 1955 | Fritz, Kathleen (Fitzgerald) |
| 1948 | Babineau, Patricia (McPherson) | 1955 | Graf, Joyce (Meger) |
| 1948 | Wood, Helen (Murray) | 1956 | Lamborn, Mary (Kammermeyer) |
| 1948 | Monea, Anna (Wolfe) | 1956 | Sherwood, Dorothy (Skinner) |
| 1949 | Ortynsky, Jennie (Lys) | 1957 | Bell, Raymonde (Assis) |
| 1949 | Beaton, Louise | 1957 | Carswell, Elizabeth (Jungwirth) |
| 1949 | Gray, Rita (Chisholm) | 1958 | Kwaznitza, Stephania (Novak) |
| 1949 | Kachur, Phyllis (McGill) | 1958 | Marlow, Helen (Dyck) |
| 1949 | Mayes, Mary (Rees) | 1958 | Johnson, Barbara (Moir) |
| 1949 | Plein, Helen (Coppicus) | 1958 | Tarnowsky, Marlene (Moker) |
| 1949 | Reid, Joyce (Bradshaw) | 1960 | McCullagh, Donna (Swindlehurst) |
| 1949 | Schmit, Berne (Blachford) | 1961 | Cook, Florence (Osachoff) |
| 1950 | Kaufmann, Sr. Mildred | 1962 | Seeley, Marvel |
| 1950 | Mouser, Rita (Oliver) | 1964 | McIntyre, Phyllis |
| 1950 | Murphy, Joan (Lynch) | 1969 | Lowe, Herbert |



Newsletter

Preparing and delivering the 2016 Newsletter was not without its challenges. Our major, and most time consuming, challenge was the work required to comply with the directives of the Office of the Privacy Commission and the regulations of the Saskatoon and District Regional Health Board. Obtaining the necessary consents was labor intensive, expensive and impeded the production, printing and delivery of the Newsletter. We believe our primary purpose is to produce, print and deliver the Newsletter. Although we believe that it is our duty to see that consents are obtained, we do not believe that it is our responsibility to obtain them. When the Alumni Executive develops Guidelines for Best Practices, these issues should be addressed. Obtaining the consents "upfront" will allow us to focus on delivering the Newsletter to the Membership within a reasonable time frame.



As always, we are grateful for the assistance we receive from:

- Reta Taylor (Watton '63) for maintaining the list of addresses, addressing the envelopes and helping prepare the Newsletter to be delivered by general mail to 400+ Members;
- Diane Jensen '65 and Sharon McCallion (Smith-Windsor '65) for their dedication and diligence in helping us deliver the Newsletter electronically. Without this help delivering the Newsletter to the 535+ email addresses would be an insurmountable task;

- Mary Stang '57 for assisting us with proof reading. Perfection in this task is still outside of our reach, but we keep trying;
- Chapter representatives and the Committee Conveners for getting reports to us in a very timely manner allowing us to meet our deadline.

Expenses for preparing and delivering the 2016 Newsletter have remained stable but we did incur some extra expenses this year. Extra costs were experienced in the following:

- postage to obtain the necessary consents;
- printing the two inserts for the general mail delivery.

Costs

Stamps	\$ 526.50
Layout/Design	\$ 420.00
Printing (550 copies)	\$ 1312.50

Total \$ 2259.00

An increase of \$139.05 over the \$2119.95 spent last year.

In order to facilitate the working of the current and future Newsletter Committees we have written Guidelines for the Newsletter Committee. These Guidelines are very detailed in order to provide direction and enable the development of check lists if necessary. When we assumed the duties of the Newsletter Committee, we were unable to find any Guidelines. Perhaps they had gotten lost in transfer.

Chapter and Committee Reports are due Dec. 31, 2017.

*Dennise L. Martin '59
Elaine Uhryniw (Madson '61)
Kay Turner (Fitzmaurice '64)*



Edmonton Report

Warm greetings to all from the Edmonton Chapter; 2016 has been a good year for us. We gathered twice for delicious lunches (June and October) at the Royal Mayfair Golf Club with about 22 in attendance. We were delighted that several of our senior founding Members could attend.



At our June lunch we celebrated Amy Bell's 92nd birthday.

When we get together for lunch we share good food, the stories of our lives, be they happy, sad or just plain silly. Always lots of laughter!

There is a broad range to our many life stories; from health issues, travel experiences,

grandchildren's escapades, to the uniqueness of one Member describing how she travels to New York City at Christmas with 45 dozen homemade cookies in her checked luggage for her grandchildren. This is a true story!

Many of our Members attended the well planned Reunion in Saskatoon in July. Our sincere thanks to all the hard working organizers for their good work.

There was also expressed an appreciation of the quality of the Newsletter. Our contact list was again updated.

Our 2017 lunches have been booked: June 7 and October 18, at the Royal Mayfair Golf Club.

We wish one and all a healthy and fulfilling 2017.

Contacts and Co Chairs:
*Pat Choma (Scherman '60)
Edna Nichols (Northridge '64)*

Chapter Updates (cont'd.)

Ottawa Report

Although our branch is shrinking and aging gently, we still have a sparkle in the eye and a big smile when we talk about our days at St. Paul's Hospital.

Those of us who attended the last Reunion, really enjoyed it. The Reunion was wonderful...great speeches, wonderful entertainment, good food (and wine), and much wonderful connecting. I am so happy I attended.

Spring luncheon to come.

Marge Larson (Cronkite '55)

Okanagan Report

Greetings from the North and South Okanagan.

Our Chapter did not have a get together this last year, but a good number of our Members travelled to Saskatoon for the Reunion in July. Thank you to the organizing group. Those attending had a wonderful time.

We will try to meet together; perhaps this spring.

Delphine Stone (Greenwald '62)

Regina Report

We had our Fall get together at Wascana Country Club.

Still a very good attendance, between 10-12 people.

We are all healthy and enjoying each other's company.

Mary Anne Bachelu (Muchowski '62)

Lloydminster Report

Greetings from Lloydminster. Our Chapter met twice in the past year. Spring and Fall. We welcome the opportunity to stay in touch with one another as well as to reminisce. Our next luncheon is Thursday, April 27 at the Clocktower. We would love to have any visiting Alumni join us.

During 2016, there were two occasions when some of our Members participated in an Honor Guard. They weren't for St. Paul's grads but for well-known local nurses that many of us had worked with in the past. It is always so interesting to see the response of the gathering to the striking display of the capes and caps as symbols of nursing from years gone by and of the sisterhood that we portray.

Many of our Alumni Members were able to attend the Reunion in July. They returned with glowing reports of well organized events and many happy "reunions". Kudos to those who did all the planning and organizing for another successful and memorable Reunion.

Diane Popoff (Almond '68)

Victoria Report

As I write this at the end of January, with daffodils in my garden up 4-6 inches, we have begun to organize this year's annual luncheon for the second week in March. Sadly, we are aware that four of our Alumni Members here have passed away in the last year. We may choose a smaller venue for our luncheon.

What is remarkable at this time in life is the contrast in people's health. Some are frail due to chronic illness or injury, others are caring for an ailing spouse and others in good health are able to be independent and busy with a variety of interests and commitments.

Verna Lovell '60

Calgary Report

The Calgary Chapter continues with our semi annual lunches. Without a doubt the numbers become fewer as our Chapter ages, Members move away or become less able to be independent. We have decided to send "Thinking of you" cards to those not able to attend to let them know we are thinking of them and wish them well. Otherwise things have been stable.

Those who attended the Reunion truly appreciated the work involved to put on a great "adieu" to our school, education and all our outstanding careers. Needless to say, we did enjoy sharing our memories of the Reunion.

Wishing all the best for 2017.

Shirley Wormsbecker (Kolibar '66)

Starching Nurse's Cap

- Wash cap clean. Dry cap to almost dry (makes it easier to starch).
- Prepare starch:
- Dissolve 1 Tbsp of cooking starch in 1/2 cup of cold water; stir until smooth.
 - Put starch and water in a pot to boil; add 1 to 1 1/2 cups boiling water.
 - Cook (while stirring) until liquid appears clear.
 - When starch has cooled - dip the cap in the starch, spreading the starch throughout the cap.
 - Flatten cap (shiny side down when wearing) on a smooth surface (kitchen counter) and leave until completely dry.
 - Press or iron if needed.

Mary Stang '57

Reunion Report



On the morning of July 7th 310 Alumni from St. Paul's Hospital School of Nursing registered in the Conference Lobby of the Sheraton Cavalier Hotel in Saskatoon. The chatter, hugs and laughter exemplified the reunion theme of "Keeping

Memories Alive." Visitors to the Hospitality Room were able to enjoy the continual screening of the 2006 Reunion DVD and view a variety of items from our Archival Collection. All events, except the Ecumenical Church Service, were held at the Hotel.

Following registration 313 enjoyed the luncheon served in the Conference Room adjacent to the lobby. The entertainment was provided by a Dolly Parton/Kenny Rogers impersonator, and our own nurses, the "Crazy Eights", presentation of a black and white line dance. It was hilarious. Thursday evening everyone had the opportunity to attend a class party.

On Friday, July 8th, at St. Paul's Roman Catholic Co-Cathedral, an Ecumenical Church Service took place. SPH nurses, in full uniform, walked in the Processional "War March of the Priests" as they had done many years ago at their graduation. Emotions escalated as they recited "The Nurses Morning Prayer" and continued to rise as the "Florence Nightingale Pledge" was sung by a guest trio. The hymns, the Scriptures and the homily were most meaningful. More tears were shed as the Recessional was played while the Honor Guard formed on the front steps, often offering a helping hand to the nurses descending the steps.

In the evening 473 nurses, partners & guests gathered for a banquet in the tastefully decorated Conference Room. Following a delicious dinner and the delivery of tributes the

entertainment began. A trio of musicians called "No Hurry" playing music and songs, familiar to all, got everyone singing and dancing. The noise level rose to a deafening pitch and much fun was had by all.

On behalf of the 2016 Reunion Committee we want to express our thank you for all the very positive comments many of you, who attended, have sent our way. In particular the appreciation expressed regarding the service and food provided by the Sheraton Cavalier Hotel and the accessibility of the events presented all in one building with the church just across the street. The reunion was financially successful with registration fees covering the expenses. Those unable to attend, for a variety of reasons, had registration fees returned.

Should any St. Paul's School of Nursing Alumni Chapter consider convening a reunion in the future, funds have been set aside to assist them.

Reunion Committee:

Monica Beavis (Cey '66), Reta Taylor (Watton '63), Carol Minogue (Jones '66), Diane Neufeld (Rowein '66), Diane Jensen '65, Bev Hodson (Maclsaac '54), Elaine Uhryniw (Madson '61), Marlene Davis (Welk '57), Marian Carter (Sander '62), Sharon McCallion (Smith-Windsor '65), Cecile Poilievre '58, Kay Turner (Fitzmaurice '64), Rose Normand (Kiefer '67), Bernie Steckler (Jeanneau '67), Joyce Lenz (Greve '59), Carol Smandych (Nosyck '69), Mary Stang '57, Diane Hergott (Karasiuk '63).

Co-Chairs:

Reta Taylor (Watton '63)

Monica Beavis (Cey '66)

Class of '56 Celebrates 60th Anniversary



Back Row: Leone Taylor (Wittman), Reata Davison (Drury), Shirley Jeffries (Meek), Aureore Eden (Chalifour), Helen Holmes (Toews), Anne Moldenhauer (Luzney)
Front Row: Rose Fortier (Martin), Lorraine Zeiler (Brossart)



Back Row: Anna Meager (Bisschop), Gladys Smith (Spriggs), Phyllis Dircks (Pitka), Florence Selvig (Doll), Anna Marie Clavelle, Arliss Roman (Busch)
Middle Row: Eileen Sonsteli (Farrell), Helen Aldridge (Belyk), Helen McDonnell (Zielinski), Betty Rankin (Burbridge)
Front Row: Lilianne Drieger (Dyck), Doreen Short (Walker), Kathy Schwab (Powell), Joan Burbridge (McNeil)

Class of '61 Celebrates 55th Anniversary



Heather Kolla (Hicks), Joan Van Impe (Jepsen), Joan Keown (MacLeod), Margaret Breckenridge (Fowler), Ursula Casey (Holmer), Doris Kopelchuk (Samuels), Elaine Uhryniw (Madson)



Back Row: Bev March, Tillie Haunspergrer (Yungman), Deanna Neufeld (Peters), Cecile Slywka (Derboka), Marcella Dolhun (Kindred), Kris Werner (Wilson), Leona Olson (Junk), Pat Moroz (Werbisky), Leona Donnan (Grywacheski), Donna Dannish (Cowell), Kathy Herle (Gulka), Stella Lacoursiere, Dale Cross (Shea)
Front Row: Pat McKeown (Hartman), Shirley Vizer (Goon), Jeanne Golanowski (Materi).

Class of '66 Celebrates 50th Anniversary



Back Row: Jeannette Schoenau (Stock), Stella Hewitt (Greenizan), Monica Beavis (Cey), Mary Humen (Fedeyko), Darlene McMahon (Sikorski), Helen Dolan (Kowaluk), Liz Cline, Laura Dressler (Werner), Cecilia Gursky (Scherman), Ruth Gulak (Guth), Chris Wiens (Purvis), Sigrid Warkentin (Martynes), Marilyn Pierce (Steingard), Louise McLeod (Quintal)
Middle Row: Leann Currie (Cherneski), Agnes Geiger (Waldbillig), Trudy Payton (Hartley), Vicki Ball (Oscienny), Dianna Green (Jacek), Elaine Hawthorne (Wintonyk), Carole Shirley (Brown), Bev Chomiak (Kaufman); Helen Murphy (Borschneck)
Front Row: Wendy Kester (Young), Doris Hewlitt (Wingerak), Shirley Wormsbecker (Kolibar), Diane Yard (Squires), Diane Neufeld (Rowein)



Photo Credit: Gordon Taylor

Congratulations

Significant anniversaries will occur this year.

For the Class of 1947 it will be their 70th Anniversary.

It will be the 65th Anniversary for the A & B Classes of 1952.

A 60th Anniversary celebration for the Classes A & B of 1957 will be held at the Sunday, September 10, 2017, Luncheon Meeting of the Alumni.

Contact: marlenedavis34@yahoo.com

The class of 1967 will be having their 50th Anniversary.

Best wishes to each of you.

Glynn Sully (Reynolds '46)



Growing up in Biggar, SK, I had no dreams of becoming a Florence Nightingale. It was August, 1943. I'd finished Grade 12, had a job as a "soda jerk" in a local drugstore, but no idea what I wanted to do next.

Then one evening that summer, my high-school chum, Kay, had a sudden, severe attack of appendicitis and had to be rushed into St. Paul's Hospital in Saskatoon to be seen by Dr. Rosher. She asked me accompany her.

Kay was admitted into one of the elite patient rooms in the Chapel Wing of the old hospital. These rooms were usually used by visiting bishops, priests or VIP patients. On this lovely summer night, the second floor patients were asleep. It was subdued and quiet with a soft glow of lights along hallways.

It just so happened that Kay's sister, Betty Pickard '43, was in training at St. Paul's Hospital School of Nursing at the time. I watched Betty who was so compassionate, efficient and professional in making Kay comfortable as she prepared her for surgery. I was equally impressed with how stunning she looked in her bib-and-apron uniform.

While Kay was in surgery, Betty took me on a tour. I saw the residence, her room, the visitors' lounge and the auditorium. All of this was very impressive to a small-town girl from Biggar with no plans for the future. I was hooked! Fascinated by all I saw and I wanted more than anything to be part of it! I sent an application to St. Paul's Hospital School of Nursing the next day.

I was a late applicant; the class was full. But fortunately for me, a second-year student had to drop out. Her vacant room was available and I was accepted!

There was only one week to get things together. I joined the other 31 young women to become the class of '46 — it was the best thing that could have happened to me.

I have always been proud to be a St. Paul's grad, which, in part, I owe to my friend Kay. Thankfully, she recovered from her emergency appendectomy with no complications. This is saying a lot for those days before penicillin.

I'll never forget the evening we met in the auditorium for the first time as "probies". It was AWESOME!!! A beautiful Hawaiian theme had been created. The walls and the ceiling were draped in blue intricately cut out lace paper, to depict the sky and the ocean. Palm trees and art work were strategically placed around the room. What an amazing introduction to our new life. This entire scene had been created by Felix Lafferty '42, in honor of the recent graduation of the 1943 Class. Felix went on to become a medical doctor and while interning at S.P.H. he was dearly loved and respected by all of the students. Later he practiced medicine in Hawaii.

While living in Residence, I recall the "long heating pipe communication system" we used. Different taps were figured out to send messages for when we wanted to get together. My room was on the second floor, room 235. My buddies were in the wing directly below and one was in room 135. Everything was working well until we discovered that these same pipes passed through the ground floor classroom.

The early 1940s to the mid-1940s was a time of emergence from the "dark ages". A time of war and with it we witnessed;

- Food rationing of some of the basic household staples like sugar and butter.
- Food stamps and stamp books.
- Nylon stockings being treasured items in short supply.
- Students painting their legs and drawing "seams" down the back of their legs with eyebrow pencils.

At the beginning of the 1940s students worked 12 hour shifts, 7 days a week. There were exceptions for special departments like the OR and the Diet Kitchen. They had Sundays off. With our era, we worked 8 hour shifts, 7 days a week. Each weekday we had 2 hours of class and 2 hours of study time. "Lights out" was at 10:00PM. After that "Mitsy", the night housemother, made her rounds to see that we had complied. There were other rules like 20th St. and the Roxy Theatre being "out of bounds"

We were checked out each morning when leaving the cafeteria. Before we could go onto the wards we had to pass, one-by-one, in front of Sr. Ste. Croix sgm. Our hair had to be securely controlled and neatly styled. Crisply starched white uniforms, white stockings and well-polished, regulation white nurses oxfords completed our basic attire.



For the first six months of training we were "probies". Each morning we were assigned bed pan and urinal scrubbing. We even scrubbed sputum cup holders! All of this was done without gloves! It was expected of us and we did it without questioning. At the end of our "probie" period we lost two of our classmates. Those of us who were going to continue on, filed one-by-one into Sr. Mandin's office to receive our caps. Once having earned our caps, we wore them with pride and distinction. On another day we were given our capes. At the end of our first year we received the triangular crests, with the embroidered SPH, for the left sleeve of our uniforms. Another milestone on our journey to graduation was receiving our bar pin. This marked the half way point and was celebrated with a banquet at the King George Hotel.

Our "probie" class were experimental guinea pigs for Dr. Boughton. A Tuberculosis vaccine had been developed and we were the first class to receive it. This was a very painful experience. One of our classmates had a violent reaction to the vaccine.

First floor was the domain of Sr. Buckley and Jimmy Scott, an orderly. Sr. Buckley was a truly kind hearted "would be tyrant" nun. Between them they did their best to exert their authority on each new class. Despite the tears and all, we grew to admire and respect them. This floor was a forest of gallon jugs of

Glenn Sully (cont'd.)

irrigation fluid suspended on tall poles with more drainage jugs under the beds; the urology irrigation system used in those days. Who can forget Room 133 and Freddie?

Sr. Bonli was in charge of second floor. Here we always assisted the doctors into their white lab coats/ jackets. We also learned that you never, ever preceded a doctor through a door. To this day, I tend to jump up to assist gentlemen into their coats!

The elevator in the old hospital was a scary machine. It was dysfunctional and tended to stop between floors. Since the morgue was on the roof of the hospital, you always crossed your fingers when a corpse was being transported there. Unless we were accompanying a patient, we weren't to use the elevator; students used the stairs, ALWAYS. Likewise we never used the tunnel between the residence and the hospital unless the weather was severe.

Isolation was a separate building connected to the main hospital by a long hallway. The polio ward, also separated from the main building, provided an enduring memory of my experience there. It is of piping hot fomentos being wrung out on wringer wash machines and applied, hourly, to the affected limbs of the patients; the Sister Kenny Method of treating polio. There were about 14 patients on this ward.

As we progressed, we learned new procedures, were assigned new tasks and said "good-bye" to another 2 of our classmates;

- Filing needles, which were cleaned with peroxide and soaked in alcohol, were filed to remove the burrs acquired from repeated use and rough handling.
- Administering enemas using hot water bottles filled with tepid soapy water. Fleets were far in the future.
- Patching rubber gloves daily in the Central Dressing Room.
- Making V-pads by hand and rolling them in CSR.
- Rehydrating patients with interstitial infusions by inserting intramuscular needles into the fleshy parts of the thighs, attaching tubing and infusing a sterile solution into the interstitial spaces. Seepage was absorbed in towels wrapped over the area.
- Relieving severe edema for patients with cardiac conditions by inserting intramuscular needles into the site, loosely wrapping towels over the area to absorb the leakage and rubber sheeting to protect the bed.
- Making post-op beds by folding the sheets to expose the injection sites.
- Carrying food and dressing trays at shoulder height. A practice that was discontinued when it was noted to be affecting nurses' posture

English and Dutch war brides were filling the maternity ward by the mid-'40s. They had the most exquisite bed gowns and peignoir sets that I'd ever seen. Their delightful accents and lovely skin made them very special.

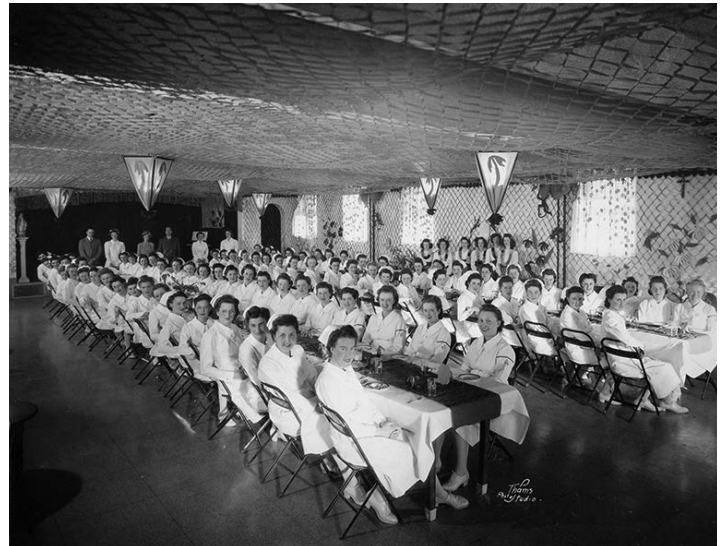
Close to the end of our training, doctors began returning from their tours of duty with the Armed Forces. With them came new ideas, new methods and new drugs. Intravenous therapy began replacing the interstitial infusions and intramuscular injections of penicillin became more common. Nursing practices were adapted or developed to accommodate these changes.

Christmas was a special time in the hospital. The décor was impressive. Music and Christmas carols played softly through

the halls. Every effort was made to make it a happy occasion for those in our care.

Occasionally, dances were held in the auditorium. Service men from England and the Commonwealth countries, training as soldiers and pilots either in Saskatoon or Dundurn, were invited to attend. Many lasting friendships were forged and one of my classmates met her future husband at one of these dances. The Yearbook, which had been suspended during the depression and war years, was reinstated with our class. Advertisements were sold to fund the publishing of 1946 Yearbook. Sr. Mansfield sgm, Superior of the Hospital, included her congratulations in the Yearbook.

During our last year of training, St. Ste. Croix went to New York for a few days. While she was gone, several of us decided to turn the hems of our uniforms up about 4". When she returned, her scolding and disapproving countenance prompted us to undo our impulsive act. That same year, hem lines in the real world, dropped to calf length. Sr. Ste. Croix proved to be very "avant guard" in the world of fashion. She was also a powerful "Little General". Her devotion to our School of Nursing resulted in its graduates being highly regarded throughout the nursing profession. Her influence permeated our lives long after we'd graduated.



Graduation, the culmination of our efforts, was done with class and finesse. We were honored at the Big and Little Sister's banquet in the auditorium. Then there was the Graduation Ball held in the Adam Ballroom of the Bessborough Hotel. Our Graduation Ceremonies were held in the Capital Theatre. Our class of 28 and the 16 members of the February Class, all wearing graduation uniforms with bibs, aprons and graduation pins, sat on the stage behind a bank of red roses. Here diplomas, awards and scholarships were handed out. Such an impressive acknowledgement of our three years of training. Yes, we had to hand our pins and diplomas back in until we finished our training.

The new replaces the old. A new hospital replaced the halls of our dear old SPH. It lives still, in our hearts and our minds. Here we practiced our skills. Here we learned what it meant to be a nurse. Not just any nurse; a nurse from St. Paul's Hospital School of Nursing.

Glenn Sully (Reynolds '46) as recounted to Dennise Martin '59

Nursing School Grads Celebrate a History of Care



Beverly Hodson, Monica Beavis, Reta Taylor and Sharon McCallion are among the St. Paul's Nursing School reunion organizers.

(Photo by Steve Gibb)

Graduates of the historic St. Paul's School of Nursing are going to celebrate again.

A reunion on July 6 and 7 will mark the 105th anniversary of the first graduating class of five students. Just over 300 alumni members will be sharing countless memories at the reunion. The beginning of St. Paul's Hospital and the nursing school can be traced to a health care crisis in 1907. Two members of the Grey Nuns Order, who had been residing in St. Boniface, Man., came through Saskatoon at a time when there was a typhoid outbreak among railway bridge construction workers.

Oblate priests cared for some patients, but the two sisters were asked by the bishop to help. The sisters stayed. A home owned by Dr. J.H.C. Willoughby on Pleasant Hill became St. Paul's Hospital, Saskatoon's first public hospital.

Two years later, the first candidates enrolled in what became a training school for nurses who, in September 1911, became the first graduates.

Although the school closed its doors in February 1969, the nurses have steadfastly retained their connections and loyalty to each other. Over the years, there have been 2,057 graduates.

Beverly Hodson, Reta Taylor, Sharon McCallion and Monica Beavis are among those who rejoice in each celebration.

"We came from all over Saskatchewan to be trained as nurses. We entered as girls of 18 and left three years later as confident professional women," said Hodson, who graduated with the class of 1954.

"One of my first instructors was Mary T. Mackenzie, who introduced us to nursing. With her, there was no such thing as good enough. Everything had to be done perfectly. She was very kind and very tough and we wanted to earn her respect. She taught us that nursing is an art and a science."

Taylor, who graduated in 1961, was told by her guidance

counsellor at Bedford Road Collegiate that St. Paul's offered the highest standard of training.

"I went to St. Paul's and stayed for 32 years, most of it in the emergency room. Life there was so varied and you'd see everything imaginable. It was my choice to stay there. At night, and in my days, one nurse and one intern would be the only ones left on duty."

The ironic twist was that Taylor would see "all the effects of violence and poverty from an area in which I grew up. There was kind of a social services approach to my work and we were often a spiritual centre for the First Nations people as well."

McCallion, who graduated in 1965, followed a family tradition. Her father was Dr. Morley Smith-Windsor, her mother was a nurse and her older sister was in training.

"I believed in training in a faith-based hospital. For me, I think it was a calling. My career became one of my life-changing experiences."

Beavis, who graduated in 1966, came from Landis and recalled "being in hospital, for a month, as a child and the nurses treated me so well. I wanted to be either a nurse or a teacher. My father wanted me to go to St. Paul's.

"The nurses were like a second family to me. We were taught a value system. We had an allegiance to one another. While working with the sisters, I learned so much. We lived to serve."

The students lived in residence near the hospital. After a day's training, there was a study period from 7 to 9 p.m. They had to be in residence by 10 p.m. and a house mother did checks an hour later. Passes were sometimes available on weekends. If they went to downtown Saskatoon, they walked there and back. There was one telephone for the whole residence and the house mother took the calls.

Beavis recalled that on Nov. 22, 1963, they had gone to St. Thomas More for some studies. That's where they found out that American president John Kennedy had been shot and killed.

"We stopped the classes, went back to St. Paul's on the bus and we prayed at the chapel."

Hodson recalls being "19 and 20" and caring for patients her age or younger when the iron lung came to the hospital during the polio outbreaks, which were worldwide at the time.

McCallion was among those present when Dr. David Baltzan, a major influence around the hospital, joined with Dr. Jim Campbell, an urologist, to buy the first dialysis unit in 1963 for St. Paul's. McCallion recalls how Dr. Marc Baltzan's leadership in kidney transplants, although done mostly at University Hospital, "really changed the lives of a lot of people."

"St. Paul's was very innovative in the area of palliative care where Sister Faye Wylie took the first steps even without government support," she added.

Beavis, who later became a founder of Nightingale Nursing and then served 20 years with the Catholic Health Ministry, said the medical system "was built on trust, the government with the doctors and the doctors with the nurses and staff."

Nursing School Grads Celebrate (cont'd.)

Taylor said she believed "we were the advocates for the patients."

After the school closed, most of the training for nurses occurred at the University Hospital and at what is now known as Saskatchewan Polytechnic.

But the spirit carries on, even though it is 47 years since the last class graduated.

They contribute to a scholarship which divides \$4,000 a year among three who are related to alumni and studying in a medical discipline. Within the hospital, there is a chapel with a stained glass window designed and installed by the graduates. There is now a display on the second floor of six periods of uniform styles, a mannequin of a nurse and a Grey Nun and a carousel with pictures of each graduating class. They spent many hours, too, from 1985 to 2002 staffing the hospital's gift shop.

The nurses are visible as honour guards, complete with capes and caps, for funerals of alumni and doctors.

The Saskatoon chapter has three meetings a year and there are also active chapters in Victoria, in the Okanagan, Ottawa, Lloydminster, Regina, Edmonton and Calgary.

Sadly, the alumni are aging and the group is losing members. At the reunion five years ago, there were 503 in attendance. This year's total is expected to be 308.

Beavis and Taylor are co-chairs of the reunion. Opening night on July 7 will feature class parties at the homes of many graduates. On July 8, there will be an ecumenical church service at St. Paul's Co-Cathedral at 10 a.m. and dinner and entertainment at the Sheraton Cavalier Hotel after 5 p.m.

The bottom line for all graduates is clinging to the school motto, "in minimis perfectio...in the smallest things perfect."

Story Credit: Ned Powers (People - courtesy of Saskatoon Express, Published March 10, 2017)

Wanting to be a Nurse

From the time I was four years of age, if asked what I wanted to be, I wanted to be a nurse! But my father silenced me and said firmly, "No you won't".

With the matter closed I would slink away and wondered what was that hard that he continued to be so negative about my wishes to be a nurse.

But as the stock market crash in 1929, the Great Depression of the Prairies in 1930's up to World War 11 in 1939 impacted the life of us all. The world changed.

My father signed up immediately when Canada signed up to support Great Britain. He ended up overseas in England, waiting for the big invasion at Normandy in France. He was on the second wave to land as part of the Royal Canadian Air Force.

August 1943 was the starting dates for the class of 1946. Dad could not catch me and I had to make sure my father was proud of me and do my very best. As it turned out he was very proud of me and was home for my graduation in May of 1946.

When I was around 40 years of age, I asked my mother why my father did not want me to be a nurse. She said, "all the nurses he knew contracted tuberculosis and died. He was not going to let that happen to his only daughter".

I think the reason I wanted to be a nurse was that my god-mother, Irene King, was a nurse and when I was four years old I had my tonsils out and spent the night in the Maternity Ward. These experience lead me to believe that nursing was for me, and it was.

Bunny Condon (Kot '46)

Did you know...

4 male nurses graduated from SPH:
Frank Boughton, 1924; Felix Lafferty, 1942; Joseph Hogger, 1949; Herb Lowe, 1969.

Total number of SPH grads from 1911 to 1969 is 2,057.

*Because being a nurse is more than a job...
it's a way of Life*

