



# NEWSLETTER



**2020**  
INTERNATIONAL YEAR  
OF THE NURSE AND  
THE MIDWIFE

The World Health Organization (WHO) has designated 2020 as the **Year of the Nurse and Midwife**, in honour of the 200<sup>th</sup> birth anniversary of Florence Nightingale.

The year 2020 is significant for WHO in the context of strengthening nursing and midwifery to achieve universal health coverage. Nurses and midwives play a vital role in providing health services. These are the people who devote their lives to caring for mothers and children, give lifesaving immunizations and health advice, look after older people and generally meet everyday essential health needs. They are often the first and only point of care in their communities. The world needs **9 million more nurses and midwives** if it is to achieve universal health coverage by 2030.

## Florence Nightingale

**Florence Nightingale** was born on 12 May 1820 in Florence, Tuscany into a wealthy, upper class British family. She was named after the city of her birth. Her father, William Edward Shore, had inherited an estate *Lea Hurst*, in Derbyshire in 1815, and also assumed the name and arms of Nightingale. Florence was schooled by her father in writing, math, and languages. She was impressed during her travels in Europe by a friend, Mary Clarke, who demonstrated that women could be equals to men, an idea that was new to Florence. She underwent the first of several experiences that she believed were calls from God, prompting a strong desire to devote her life to the service of others. In 1844, despite resistance from her mother and sister who expected the role for a woman of her status to become a wife and mother, she decided to work as a nurse. Nightingale worked hard to educate herself in the art and science of nursing.



In Germany she visited and trained with Pastor Theodor Fliedner and the deaconesses working for the sick and the deprived. She published anonymously her first work *The Institution of Kaiserswerth on the Rhine, for the Practical Training of Deaconesses*. Returning to England in 1853 she took the post of superintendent at the Institute for the Care of Sick Gentlewomen in Upper Harley Street, London.

Florence Nightingale's most famous contribution came during the Crimean War, which became her central focus. On 21 October 1854, she and the staff of 38 women volunteer nurses that she had trained were sent to Scutari (Istanbul) in the



Lea Hurst

All VGH Grads are invited to attend.

## Annual Alumnae Luncheon

CELEBRATE the MEMORIES...

RENEW the SPIRIT

Honouring the

1970 classes

**Sunday May 3, 2020**

12:00 to 3:00

Cost: \$25

Guests at the luncheon

Are the **1970** classes



**St Mary's Ukrainian Catholic Centre**

3150 Ash Street  
Vancouver, BC V5Z 3C9  
Between 14th and 16th Avenues

**Registration begins at 12 noon**

**Lunch 12:30**

**Parking is available at the Centre.**

**Wheel chair accessible.**

**Payment must be received by the deadline**

**April 17, 2020**

You do not have to be a paid up member to attend the luncheon.

**We encourage you to join.**

If you wish to sit with your class, you must register by the deadline otherwise we cannot promise you a place at your class table.

Seating is arranged ahead of time and is posted at the lunch so you can find your table.

*If you require assistance at the lunch please notify us and we will help you.*

**If you are unable to attend after registration notify us as it affects catering and seating plans.**

**See registration form on page 24 or visit our website**

[vghnursingschoolalumnae.com](http://vghnursingschoolalumnae.com)

**and register on line.**

For information contact:

**Suzanne Stothers** 604-263-8059

Email: [stothers1@shaw.ca](mailto:stothers1@shaw.ca) or

**Myrna Braun**: 604-266-7202

Email: [myrnabraun@shaw.ca](mailto:myrnabraun@shaw.ca)

**Pat Sexsmith** 604-261-8293

Email: [bpsexsmith@shaw.ca](mailto:bpsexsmith@shaw.ca)

**Archive Committee Report 2019**

The archive committee has had a busy year, under the guidance of our Archivist **Naomi Constant**. Accession of donated items and deaccessioning of duplicated items, requests for information, and research were accommodated. Tours at the time of the luncheon were well received. **Mary Watt** has prepared the textbook documentation that has been put online as well she continues to photograph items. **Norma Guttormsson** brought in the completed plaque which is a memorial to Rowena Hamelin and Jane Warren from the class of Feb. 1948.



*Archivist Naomi Constant and Barb Kissuras, Committee Chair reviewing donations.*



The window display team led by Norma Guttormsson continues to provide interesting displays. These are seen in the Alumnae Display Windows Jim Pattison Pavilion first floor.

Sincere appreciation is extended to Archivist Naomi Constant, committee members **Karen Armitage, Robin Brenner, Betty Kirkwood, Denise MacMartin, Marg Shugg, Mary Watt** and window display team **Norma Guttormsson, Linda Allardyce, Janie Birkeland, Kathy Cousins, Jane Robertson, and Marg Shugg**. This coming year will see the absence of **Kathy Cousins** as she has resigned.

With the end of 2019 it has been noted that donations have decreased.

Our archivist Naomi Constant has prepared the following note to address this situation.

Respectfully submitted  
**Barbara Kissuras Chair Archive Committee**

*Archive members view the lost but newly found iron lung. With sleuthing efforts of Sue Goguen and Matthew (back row), the iron lung was discovered in a storeroom in the tunnel.*

**Copies of VGHSN Annuals 1922-1991 are available for viewing.**

**Collections-Archive Donations Welcomed**

The Archives welcomes donations of class photographs and activity photographs (with participants identified), as well as relevant documents, letters or programs.

We are interested in adding to our holdings of class notes and publications by VGH grads or other relevant VGH publications.

We also collect special memorabilia such as silver items, including spoons and medals.

We especially appreciate items in good condition with pertinent historical information.

**Archivist (604-454-4487)**

**V.G.H. School of Nursing Alumnae Association**

**VGHSN School of Nursing Alumnae Building Society/Association Awards for 2019**

The Endowment Fund, which is managed by the VGH & UBC Hospital Foundation, was established in 2002 for nursing staff working in the Vancouver Coastal Region. To date \$289,625 has been awarded in Bursary Funding. In 2019, 11 bursaries were awarded and totalled \$20,996.

In addition, 10 Nursing Units received In-House Education grants to enhance their professional development and to contribute to the quality of care for patients. A Research grant was also awarded to **Jenn Thiel**, an RN in the Emergency Department for her project titled “*Evaluating the Impact of a Resilience Intervention on Emergency Department Nurses’ Resilience, Moral Distress, and Burnout*”.

A heartfelt thank you for supporting our nurses and funding their professional development was received from the VGH and UBC Hospital Foundation.

**Thank you for your donations to the Education Fund & the Archival Development Fund**

**President Annual Report 2019**



As we commence our 111<sup>th</sup> year of continuous operation, I wonder if the small group of graduates who started the VGH School of Nursing Alumnae Association in 1908 ever thought that this would occur. With the dedicated volunteers who serve on the various committees and our part time Executive Secretary, Sue Goguen, and our part time Archivist, Naomi Constant, the purposes of the association continue to be achieved on behalf of the members.

The Board of Directors was pleased to welcome Barbara Kissuras as the Chair of the Archives and Artifacts Committee but was unable to fill the Publicity Chair. This position does not entail many extra hours other than the attendance at the five Board meetings and the Annual General Meeting. The other Board members are looking forward to help in this area.

In addition to the regular functions, the Board accepted and submitted some changes to the Bylaws as directed by the Canada Revenue Agency. These relate to the financial operations and plans for dissolution of the organization. Changes to the financial management of the association were proposed and accepted, so commencing in January 2020, Sue Goguen, our excellent Executive Secretary will become the Executive Secretary/Treasurer.

Our Annual Luncheon held in May is always a wonderful time to gather and recognize the classes celebrating their 50<sup>th</sup> anniversary. Our memories come alive each year as we hear the unique tales from the classes.

The Board of Directors is proud of the educational funding made available to graduates of the school - - and now their children and grandchildren who apply for the Alumnae Association Bursaries and the Bursaries available through the Registered Nurses Foundation of BC. In 2019, 14 bursaries were awarded from the RNFBC and all were student nurses.

In addition, considerable funding is awarded annually to employees of Vancouver Coastal Health facilities for individual bursaries, In-House education programs, or research projects from the VGH School of Nursing Alumnae Building Society/Association which is managed by the VGH/UBC Hospital Foundation.

As you will read in the annual newsletter, the alumnae association operates on a very slim budget, so each \$20 membership is put to good use. The fee has not been raised for many years in order to ensure that those who can, will include it in their personal budget.

As the world celebrates the Year of the Nurse and Midwife, we can be proud of the education we received that launched so many interesting careers.

I am very proud of our Board of Directors and extend sincere appreciation to them for all that they do to maintain the alumnae association.

*Kathy (McCutcheon) Murphy Sept' 65.*

**Financial Report 2019-2020**

	Revenue	Expenses	Investments
<b>General Fund</b>	\$30,148	\$24,577	\$135,000
<b>Archival Fund</b>	\$70,410	\$73,101	\$88,319
<b>Education Fund</b>	\$38,194	\$11,562	\$57,000

*Bonnie Lantz, Treasurer*

**Vice President Annual Report 2019**

Chaired the Nominating Committee for the Year 2020-2021.

Available to Chair Board Meetings or represent and support the President and Board as necessary.

Continued as a Director of the Archival Development Fund. Met with other directors for discussion and signing authority as necessary.

Conducted tours of VGH for both February and September '69 classes following the 2019 luncheon Sunday, May 5, 2019.

Attended Heather Heritage AGM and discussion on April 7, 2019.

Attended the "UBC 100 years of Nursing" Gala as Kathy's guest on May 2<sup>nd</sup>, 2019.

Respectively submitted,

*Mary (Raikes) Raikes-Tindle Sept'65*





**Education Committee Report 2019**

The Education Committee is very pleased with the continued interest in our bursary program. The children and grandchildren have stated how proud they are to be following in their parents' and/or grandparents' footsteps and to be involved in the nursing profession.

In 2019 we had eighteen applications for bursary awards. There were three VGH grads, one UBC/VGH Collaborative Program grad, and fourteen children and/or grandchildren of VGH grads.



**Harvey/Cain Endowment Fund. (Margaret [Dorset, 1929] Harvey & Dorothy Cain, sister)**

The following VGH grads and children and/or grandchildren of VGH grads received a bursary award:

<i>Child</i>	<i>VGH Grad</i>	
<b>Lisa Bouliane</b>	Philippa Kirkhope	Feb.'88
<b>Christine MacKenzie</b>	Robin Gray	Feb.'82
<b>Victoria Nylander</b>	(grandmother) Judy Montgomery	Sept.'56
<b>Nicholle O'Malley</b>	Wanda Mizel	Feb.'87
<b>Katelynd Porritt</b>	Kim Rolston	Feb.'87
<b>Janelle Tucker</b>	Coralee Viser	Sept.'87
<b>Cayley Turkin</b>	Shelley McAllister	Sept.'90
<b>Julianna Vanderhoven</b>	Arlene Schindel	Feb.'89
<b>Katya Viskari</b>	Allison Kelley	Feb.'83

**The Eileen(Lewis) Johnston Memorial Fund**

This bursary was awarded to:

<i>Child</i>	<i>VGH Grad</i>
<b>Jacqueline Purcha</b> (a portion of bursary award)	Jill Armstrong Feb.'90

**VGH/SON Alumnae Association Education Funds**

The following VGH grad and VGH/UBC grad or children and/or grandchildren of VGH grads received a bursary award:

<i>VGH Grad</i>	
<b>Sonia Bonato</b>	UBC/VGH '93
<b>Philippa Bouliane (Kirkhope)</b>	Feb.'88
<b>Cathy Duerksen</b>	Feb.'91
<b>Luauna McCartney (McAlpine)</b>	Feb.'91

<i>Child/Grandchild</i>	<i>Grad</i>	
<b>Alexa Huebner</b>	Linda Louise Huebner	Feb.'91
<b>Jessica Porth</b>	(grandmother) Mary Raikes	Sept.'65
<b>Jacqueline Purcha</b> (a portion of bursary award)	Jill Armstrong	Feb.'90
<b>Larissa Shumuk</b>	Ann England	Sept.'76
<b>Sarah Wilkes</b>	(grandmother) Margareta Watson	Feb.'58

The Education Committee was pleased to grant a total of \$16,550 in bursary awards. We are also pleased to see the interest in children and/or grandchildren who are taking advantage of this source of funding to assist with their schooling. The source of funding is dependent on the interest earned from our investments with the VGH/UBC Foundation and our GIC with BMO. We are also very thankful for individual donations made to our VGH/SON Education Fund which helps immensely to facilitate presenting bursary awards to all eligible applicants.

The Education Committee would like to thank the following people who made donations to our **general education fund** in 2019 to be used for bursary awards.

Individuals:

- United Way of Calgary, Donor Choice Program**
- Marilyn Belak**

Individuals: (continued)

**Catherine Blanchard** (in memory of her mother **Phyllis (Gardiner) Cadet** Sept'51)

**Joan (Dunbar) Kerr**

**Elsie (Fran Taylor) McDonald**

**Kathleen Matterson**

**Anita Price**

**Hannah Spatola**

**Roberta (Cork) Tottle** - (in memory of her mother, **Edith Mary (McCallan) Cork** '36

**Idelle Watkin**

In May 2019 **Roberta (Cork) Tottle Sept'65** made a very generous and much appreciated donation in honour and memory of her mother, Edith Mary (McCallan) Cork, a VGH grad of 1936. Edith was so proud to have graduated from the VGH/SON and loved her short time working in Obstetrics. Back in the 1940's, once a nurse married, she was expected to resign and become a stay-at-home homemaker and mother. These funds will be invested in a special account and a bursary awarded yearly named the  
**Edith Mary (McCallan) Cork Memorial Bursary.**

**The Memorial Book.**

Donations from classes or individuals to honour and recognize a deceased classmate by having her/his name entered into the Memorial Book. (suggested donation \$15). It is wonderful to see so many classmates being honoured and remembered by classmates and family by having names entered into our treasured VGH/SON Memorial Book. In 2019, 37 names were added.

**Dorothy Baker** - in memory of her aunt Ilene (Ward) Jones - Sept'66

**Margaret Baker** - in memory of her sister-in-law Ilene (Ward) Jones - Sept'66

**Ruby Boechler** - in memory of Wima (Cairns) MacPherson — Sep'56

**Linda, Barry, Doug & Ryan Fisk** - in memory of Vashti Pamela (Parker) Fisk - Sept'66

**Norma Guttormsson** - in memory of Christina (Morrison) Cissell - Aug'58

**Karen Norton** - in memory of her mother Ilene (Ward) Jones - Sept'66

**Ethel McIntrye Warbinek** in memory of Aug '56 classmates

(Backstrom) Louise Lightfoot Aug'56

(Cameron) Margaret Mitchell Aug'56

(Kahr) Alexis Redekop Aug'56

(MacDonald) Malvina Eidsvik Aug'56

(Moi) Berte Willoughby Aug'56

(Snell) Elaine McClintock Aug'56

(Udesen) Pauline Klassen Aug'56

**Donation by Classes:**

February 1956, 1959, 1969, 1975

August 1956, 1958

September 1955, 1956, 1957, 1958, 1959, 1965, 1966, 1969

For the 2020 bursary year, the committee will welcome applications from:

1. The VGH/SON diploma program
2. The UBC/VGH Collaborative Nursing Program
3. Children or grandchildren of parents/grandparents from the above programs

Please be sure to check out the information on the website ([www.vghnursingschoolalumnae.com](http://www.vghnursingschoolalumnae.com)) and link to "Bursaries" OR inquiries and request for application forms can be made by phoning the Alumnae Office at 604-875-4111 – local 62049 (please leave a message).

Deadline for applications is September 30 of the current year.

Respectfully submitted,

**Joan (Dunbar) Kerr, (Sept. '65)**

**Chair, Education Committee**

## Luncheon Report 2019

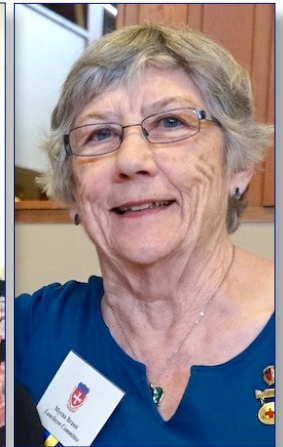
In 2019 we honoured the classes of February and September 1969 as they celebrated 50 years since graduation. We also celebrated with alumnae from the classes of 1949 and 1959. We were greeted with a wonderful sunny day on May 5<sup>th</sup> at St. Mary's Ukrainian Catholic Church Centre off of 16<sup>th</sup> Avenue at 3150 Ash Street, a venue that has worked out well with ample, very accessible, free parking.

There were a total of 265 alumnae who attended this welcoming and lively luncheon. The volume of talking and laughing was a joy to hear during this positive and reaffirming event and we were reminded many times what it is to be a proud nurse and how privileged we are to have trained at VGH.

This luncheon is the result of hours of planning and organization and it is important to acknowledge the behind-the-scenes work of Myrna Braun. Myrna arranges the names of the attendees into lists for the registration desk, makes the seating plans, and liaises with the church office and the caterer. She also picks up the plants for the



Suzanne Stothers



Myrna Braun



tables, including the napkins, cups and of course “the pickles” amongst other duties. The Luncheon Committee, although small, includes **Lorna Hoare, Diane Parker** and **Arlene Vanderhoeven** who are always there to jump in when needed. We are looking for new members to help with the set up and take down, and to work at the registration table, as well. Thanks to Pat Sexsmith, who washed all the table cloths in her own washer! It's amazing how fast we can do this with a group of nurses. The Luncheon is on **May 3<sup>rd</sup> this year** at the same venue and we hope for an enthusiastic turnout. This year we are honouring February and September 1970 celebrating 50 years since graduation. This is my year to celebrate and Pat Sexsmith has kindly offered to take on my Co-Chair duties so I can be the class Rep for September 1970.

A reminder that the annual \$20 Membership fee to join the Alumnae Association goes towards funding the Luncheon as well as the Bulletin, Newsletter, and the Website.

Thank you,  
*Suzanne Stothers, Co-Chair*

### Nomination Committee Report 2020

#### Officers

President: Kathy Murphy  
Vice President: Mary Raikes-Tindle  
Recording Secretary: Lynne Dunbar  
Treasurer: Sue Goguen  
Executive Member: Suzanne Stothers  
Executive Secretary: Sue Goguen

#### Committee Chairs

Archives: Barb Kissuras  
Education: Joan Kerr  
Friendship: Lorna Hoare and Diane Parker - Co-Chairs  
Luncheon: Myrna Braun and Suzanne Stothers - Co-Chairs  
Membership: Sue Kerr  
Publicity:  
Pin Bank: Anne Williams  
Submitted by:  
*Mary Raikes-Tindle*

### Memorial Dedication

Thank you to **Norma Guttormsson**, for arranging and producing a permanent memorial plaque to the memory of **Jane Warren** and **Rowena Hamblin**, VGH student nurses, victims of a TCA crash on April 28, 1947. They were returning to duty from their homes in Edmonton when the plane crashed into Mount Elsay. The plane was found many years later by a hiker, Sept 27, 1994, in a remote area of Mount Seymour Provincial Park.

A stone memorial near the site of the crash, has names engraved of the passengers and crew who perished. A tree planted by our alumnae in 1995, has since died.

The plaque will be shown in the Jim Pattison Pavilion Alumnae window.





## Hello from your Executive Secretary

Reflecting on my past couple of years as your Executive Secretary, 2019 has been a transition of sorts for me. This position continues to evolve to more than it once was. This past year I have continued to juggle numerous “hats” and going forward in 2020 I have accepted another hat as Treasurer. I believe this will be a fairly smooth transition, as in the past, I have worked closely with our outgoing Treasurer and been quite involved with the Board’s finances. Our previous Treasurer, **Bonnie Lantz** resigned at the end of 2019 after dedicating her valuable time to your Alumnae for 5 years.

Each year my respect grows for our Alumnae Directors and Committee members. They are truly a small, but dedicated, passionate, terrific group of volunteers whose tireless commitment is vital to maintaining our Alumnae Association. Although each Board Member has an important, identifying role with unique responsibilities, I continue to experience more and more how our responsibilities overlap and are intertwined. This is what makes your Alumnae function in a seamless manner.

Our Memorial Book is expanding - now there are 2 books. I thank **Trudy Phillips (Feb '53)** for all her hard work keeping the Memorial Book entries up to date. If you wish to honour a grad, please contact us. You can also visit our Alumnae website and follow the link “Donate.” Sadly, in 2019, we lost several grads. Many were honoured by their classmates. The books are displayed at our annual luncheon.

The entries to the “Family Graduates” database is ongoing. So VGH grads, please let us know of children, grandchildren or other family members who are Nursing graduates and their school name. Please let me know what you know.

Our Membership database shows us that currently the strongest financial supporters of your Alumnae are the grads from the '50 and '60s. We are still facing the challenge of how to connect to the more “recent” grads from VGH and the VGH/UBC collaborative program - those from the '70s, '80' & '90s? How do we impress upon these grads the need for their support of our Alumnae? This past year I worked closely with our Membership Chair, Sue Kerr, and in early January, in a continued effort to recruit more paying members, thus supporting your Alumnae, our annual Membership Campaign package was mailed out to more than 1,100 members.

Thank you in advance for joining the Alumnae and/or renewing your membership. My one wish for 2020 is that all those current paid members, and those who received their mail-out, to please, reach out to their classmates and ask them to consider supporting our alumnae. Your \$20 provides financial support to endeavours that keep us connected, such as the annual Luncheon and the Newsletter and Bulletin publications. Membership also provides an opportunity for you and your children and/or grandchildren interested in pursuing a nursing career or furthering a nursing career to apply for bursaries and/or other funding.

Your Alumnae office is located at the south entrance of Heather Pavilion - first blue door on the left

Address: 855 W 12th Ave Vancouver BC V5Z 1M9

Phone: 604 875 4111 ext. 62049 email: [vghson99@gmail.com](mailto:vghson99@gmail.com)

**Sue Goguen (Gammon Feb. '75),**

*Cheers.*



## MEMORIAL BOOK

In 1959, a Memorial Book was created by the class of September 1954 in honour of Helga Thordarson, a classmate. The graduate’s name is entered in the book along with the year of graduation, year of death, and the name of the person who made the request. Often the request is from classmates, family members and friends.

The original book has been filled. The calligrapher is Trudy Philips (Feb. 1953).

The two books can be viewed at the annual luncheon which is held on the first Sunday of May each year.

A donation of \$15 is suggested which is given to support our Bursary Fund. To honour a graduate, please contact the Alumnae office to obtain the form which will be sent by mail. After filling out all the information, it is returned to the office along with a cheque payable to the VGH School of Nursing Education Fund. It will be deposited in the Education Committee bank account. Acknowledgements will

be fulfilled.



## Retirement



This past year we have lost 47 Alumnae members that we were aware of and sympathy cards were sent to the families who we had addresses for. Please let the Alumni Office know if you have lost someone. It could be from family members or fellow graduates. Get Well cards were sent.

We also sent Sympathy cards to those who lost a husband.

In addition, we sent a card to **Jean Fahrni**, who celebrated her 100th Birthday. Sadly she has passed away.

Easter and Christmas cards were sent by Roberta Tottle.

The spring florals and visits remain a highlight of the year. There were 14 in the Lower Mainland and 8 on Vancouver Island. Our numbers were down from 2018.

We receive such positive response from everyone: our alums enjoy the visits, talking about their nursing careers. Some enjoy cookies or lunch as an outing sure to please.

Many thanks to our volunteers who make it all possible: **Kathy Murphy, Joan Kerr, Gail McKay, Suzanne Stothers, Marg Hooper and Roberta Tottle** for Metro Vancouver. On Vancouver Island our thanks to **Judy Reid, Charlotte Cronin, Helen Crisp**, and our newest eager volunteer **Kim Beaudry**.

We are now compiling our floral list for 2020. Please notify our office of someone that you know would appreciate a visit.

Respectfully submitted,

*Diane Parker / Lorna Hoare, Co-Chairs Friendship Committee,  
Roberta Tottle Committee Member.*



*Bonnie Lantz retires as Treasurer of VGHSNAA after five years and is thanked by President Kathy Murphy for her service to the association.*

### Last minute Bulletin

**Sue Goguen (Gammon Feb.'75)** reminds her class about their **45th reunion June 23rd and 24th this year at Harrison Hot Springs.**

Hope to see you all at the **Luncheon, May 3** also.

## Membership Report 2019

Our ongoing challenge is to find creative ways to encourage membership in our Alumnae Association as the numbers are gradually decreasing. The total from 2019 is 732 paid members, 47 Special Alums, 18 Life Members and 5 Honourary members for a grand total of 792. The majority of members are from the 1950s and 1960s. However there is a slight increase in membership from graduates in the '80s and '90s which is very encouraging.

Each year with the new membership campaign we will be sending membership packages to all the 50 year graduates for whom we have contact details. They are invited to attend the Luncheon for free but are encouraged to join the Alumnae for \$20.

The main source of funding for the Alumnae comes from the membership fees. A vibrant collection of items for archives is maintained. The Annual Newsletter is distributed so graduates can stay informed about class reunions, special achievements, or historical events. All obituaries from the current year are listed. Once a year flowers are sent to Special Alums who have a long history of participation in the Alumnae activities and are currently unable to be out and about. Sympathy cards are sent to families of deceased graduates. Reimbursement bursaries of up to \$1,000 per year are available to members and their children or grandchildren who are pursuing education in the field of nursing.

The hope is that we can encourage current members to renew and new members to join our Alumnae. This association maintains the history of the institution that has played such a big part in our development and has influenced who we are today.

Respectfully submitted,

*Sue (Cathcart) Kerr Feb '69, Membership Director.*





## Reunions – Memories Celebrated-2019

### Sept '54 - 65th Reunion

A special thanks to **Marg Shugg** and **Anne Williams** for planning our wonderful 65th reunion on May 4-5, 2019.

Nearly 20 former classmates gathered to share stories and celebrate friendships that have lasted 68 years. We lunched (nearly lasting to dinner time) at VanDusen Gardens, probably disrupting other guests with our stories and laughter. We continued to celebrate the next day when we joined other VGH Alumnae members at the annual luncheon. Many memories were recalled and many friendships renewed.  
*Mary Watt*



*Sept '54 classmates enjoying their 65th reunion at the luncheon.*

### February 1957

On August 14, 2019, 14 classmates celebrated a farewell luncheon for **Jenny Leese** who is relocating to Toronto. Jenny's daughter – Ann – arranged this special event at the Vancouver Lawn & Tennis Club. The program "*Down Memory Lane*" was presented by **Betty Anne Rogers**, who gave highlights of 20 selected events over the past 60 years.

#### Highlights:

Out of town reunions were held at Harrison Hot Springs, Whistler, Lake Okanagan Resort, and Yellow Point on Vancouver Island. We celebrated our 50<sup>th</sup> on the *Osterdam*, cruising for four days to Victoria, Astoria and back to Vancouver. Our 55<sup>th</sup> was a lunch at Horseshoe Bay. Ten smaller gatherings were arranged over the years.

We also celebrated combined reunions with the other 1957 classes: September and UBC. The 10<sup>th</sup> reunion luncheon was held in the Alumnae Room in the basement of the Nurses Residence. Who remembers



*Feb. '57*

speaker, **Miss Ada George**, talking about "*Experiments in Nursing Education?*" Our 25<sup>th</sup> was at UBC where 17 stayed in residence. After dinner, our talented trio: **Sandy Bush** – guitar, **Jean Tsuyuki** – piano, and **Merlyn White** – our soloist sang "How to Deal With Cutbacks." This was followed by a Sing-A-Long. Our 50<sup>th</sup> and 60<sup>th</sup> were celebrated at the Annual VGH Alumnae Luncheon, at the Ukrainian Church Hall, where we were honoured guests. Class photographs were taken. Thank you to the Alumnae.

A special thank you to **Jean Tsuyuki** for gathering reunion information and photographs and typing up these events. Jean and Betty Anne worked together on compiling a reunion album that has been well received. A warm thank you to all our Feb'57 classmates who worked on making these get togethers so special – we have many happy memories.

*Submitted by Betty Anne Rogers*

### February 1959

A very special 60<sup>th</sup> reunion was held on May 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> at the Holiday Inn Express in Richmond, BC. On Sunday 25 classmates attended the SON Luncheon. We followed up with dinner at the hotel. Other special eating places were at Pier 7, Catch Kitchen, River Rock Casino and a Chinese dinner at Janet Sutherland's home.

We toured through Steveston, Lonsdale Quay, and local tourist areas. We used the Sky Train and Sea Bus. Our weather was perfect.

Our classmates came from Vancouver Island, Ontario, Texas, and our local group from Vancouver and the Lower Mainland. We have been together for 63 years and have enjoyed reunions and plan for more!

*Committee: Pat Sinclair, Eileen Depeel, Glenda Porter, Kathleen Thune, Helen Virgo, Elaine Kelley, Barbara Schroter, and Janet Sutherland.*



*Feb. '59*

*February 1959 Mini reunion held at "The Match," Langley, BC. Barbara Schroter, Eileen DePeel, Kathleen Thune, Helen Virgo, Elaine Kelley, Glenda Porter, Mary Froese, Amanda Brown, Carol Partrick, Carol Saunders, Pat Sinclair.*

## Reunions – Memories Celebrated-2019



**Class Feb 63,** this group meets every May! This is in Parksville !  
**Patricia Marini,**  
**Penny Millway,**  
**Alice Kucey,**  
**Barbara McInnes,**  
**Willetta Preston.**  
 We have lots of

laughs and remember when's!  
 Hope to see you at the luncheon! **Patricia Marini**

### September 1989 - 30th Reunion

2019 marked a major milestone for our nursing class as it had been **30 years** since we graduated from VGH SON. We are not a class that gets together every five years to see each other; in fact, our graduation ceremony may have been the last time many of us had been together. Of course there were the “couples” or smaller groups that had kept in touch and many of our paths had crossed over the years on the wards and in the halls of VGH or other



hospitals. Somehow 3 decades had passed and it was finally time to have a reunion!

Through social media and word of mouth we were able to contact a large number of our graduating class. It's amazing the diverse directions life had taken us. We had people still in the Lower Mainland, some further out in BC and across Canada and one in Australia (who made it!). We met in June at a Sammy J. Pepper's restaurant in Coquitlam. (This unusual meeting place was chosen for its casualness and ability to have a large segregated section of the restaurant to ourselves). One may assume that we waited too long and there would be an awkwardness in seeing each other again. That could not have been further from the truth. It is amazing how the years melted away and our friendships just picked up where we left off. Those years of learning and living together had formed bonds that withstood the test of time.

It was a wonderful evening hearing about the different paths we had all taken. There was certainly not enough time to share all our stories and reconnect individually with everyone. This reunion inspired a strong desire to see each other again and reconnect with those unable to attend. Until we meet again, take care my friends.  
*Joy Neffe (Howell), Lori and Marlies.*

## Reunions -2020

### September 1970 – 50th Reunion!

Hard to believe that 2020 is the 50th Anniversary of our class!

We are celebrating at the Sandman Hotel and Suites in Squamish on September 15-17th.

Squamish is known as the “recreation capital” of Canada and the Sandman Inn is located in a quiet area off the Sea to Sky Highway. There will be lots to do and it's a great time of the year with the change of season. Sharon Calvert and Bonnie Goss (McLaughlin) drove up and checked it out last year.

For any details and information on booking a room, please contact:

**Sharon Calvert (Finnsson)** [sharonandjohn@shaw.ca](mailto:sharonandjohn@shaw.ca)

**Bonnie Goss (McLaughlin)** [bgoss@shaw.ca](mailto:bgoss@shaw.ca)

## Class News-2020

### 1947

**Olga Rice (Yuckin)** makes reference to the front page of the 2018 Newsletter where there is a story about obstetrics and a picture of triplets. She remembers being in the delivery room and nursery. She mentions that the doctor never heard a third heartbeat throughout pregnancy so needless to say a pleasant surprise when third babe arrived!



### 1950

**“Delores (Dee) Kyle Smith** has been living at Berwick on the Lake, an assisted living residence, for a few years now and is enjoying it. Her daughter joined us. She was surprised by the visit which always makes it more special. I left her a copy of the newsletter. She had been attending reunions with classmates but not sure about this year. We chatted about the nurses' residence during her training years, where she worked over the years and how the medical system has changed. It was a short but wonderful visit.”



Ed note: Thanks to Friendship Committee volunteer, **Kim Beaudry** for sending this note and the photo.



**Class News-2020**

**1953**

Thank you to **Nancy Cotton** for a lovely note informing us that her mum, **Rosemary Cotton '53** had passed away in Sept. 2018. "Her best friend at VGH, **Margaret Erikson '53** died a few months later. Mom took great pride in accomplishments earned as at VGH. There she met and kept many wonderful classmates/ friends. I came to know all throughout my childhood. On numerous occasions she shared stories of her experiences with me, showing off her grad pin. Proud and rightly so. She never forgot about the its beginnings, the ladies' bond, support and the many volunteer hours of the Alumnae. On her behalf, I thank all those past and present."

**1954**

Sadly our classmate, **Joan Alexander Stager**, passed away in August 2019. She will be missed. **Marg Shugg** and **Anne Williams** are back in their own home after being displaced for many, many months due to a faulty elevator. They are still very active with the Alumnae Association. **Ruth Haupt Carlisle** is living in The Waterford in Tsawwassen and enjoying the company there.



**1958**

**Barbara Winter (Tornquist '58)** writes, "Thought I would enclose this very old piece because I've always been happy to have had VGHSON experience." It was a 1st Place winner in an essay contest entitled *Why I'm proud to be a nurse.*

**Non Ministrari - Sed Ministrare.**

"The interoffice memorandum outlined May events in celebration of Nurses' Week 1990. It was a time when she could tell the world why she was proud to be a nurse.

She recalled a significant event in her life and relived the graduation experience. She was in white from the precisely folded cap on her head to the squeaky new duty shoes and could still feel the stiffly starched collar on her neck and cuffs at her wrists. The Armoury at the University of British Columbia was filled with happy significant others for the graduation ceremonies of the Vancouver General Hospital School of Nursing class. The aroma from the big bouquet of red roses filled her nostrils as she stood and recited the Florence Nightingale Pledge.

*I solemnly pledge myself before God and in the presence of this assembly, to pass my life in purity and to practice my profession faithfully. I will abstain from whatever is deleterious and mischievous, and will not*

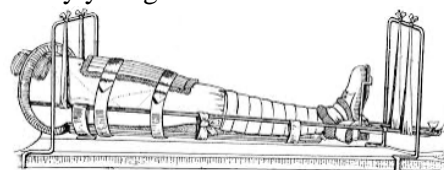
*take or knowingly administer any harmful drug. I will do all in my power to maintain and elevate the standard of my profession, and will hold in confidence all personal matters committed to my keeping and all family affairs coming to my knowledge in the practice of my calling. With loyalty will I endeavour to aid the physician in his work, and devote myself to the welfare of those committed to my care.*

It seems as if only a moment in time has passed, however, the purpose of the pledge has endured. Now, when a patient says, 'I'm glad you are here, you really know how to take care of my needs,' does the same kind of thrill rush through her as it did on that day long ago when she embarked upon the journey that makes a young R.N. a bonafide bedside nurse."

**1969**

**Beryl A MacLean (Murray Sept.'69)** writes a thank you to the Alumnae Association. "I also wish to tell you that the Big Sister-Little Sister idea was helpful. My big sister was **Cheryl Clark Feb.'69**. My little sister was **Ina Spruyt Feb. 70**. That idea was helpful because many of us were just out of high school and had never lived in Vancouver before. The Friendship Committee is a good idea too.

**Jennifer Sands '69** Remembering Orthopedics. "We spent a month on the men's Orthopedic ward in Heather Pavilion. This consisted of an open ward with about 20 mostly young men often with fractured femurs from



motorcycle accidents; no surgery then, traction, a **Thomas splint**, and 3 months of

bed rest. It was hard work but the men enjoyed the 20-year old students and we were happy not to be on the women's ward with hip fractures and bedpans. Some will say that's a sexist remark but we were allowed to say that then! Now WE are the ones on the receiving end!

At the end of 6 months, some of us were in charge of half a ward (22 patients) on nights. I remember answering the light for a man who was having an asthma attack. Since the RN was at supper at 2 am, I checked the chart but could not give the IV med ordered. I went down to the patient and asked him if he thought he could wait until the nurse came back. He gasped, "I guess so." I didn't even know enough to stay with him but carried on looking after the other 43 patients. Fortunately his attack passed without help from me. I would not recommend this as safe, but we learned fast, sometimes at the expense of the patients.

One of the older Urologists said to me recently, "You VGH grads were the best!"

How nice to hear that we can still cope!









# Luncheon 2019





## Looking Back-Memories of October, 29, 1957 - Open Heart Surgery-VGH

On October 29, 1957 in VGH Heather OR #3, **Doctors Peter Allen, Philip Ashmore, W.G. (Bill) Trapp and Ross Robertson** did the first Open Heart procedure in BC, by closing an Atrial Septal Defect in 9 year old John Evans, using Cardio Pulmonary Bypass. **Dr. Bill Dodds** and **Dr. Sleath** were the anaesthetists, and **John Basaraba** the perfusionist using the **Lillehei-deWall** pump oxygenator.

### Lillehei-deWall pump oxygenator

The oxygenator was wonderfully efficient; experimental animals (and later patients) did not show detectable effects of residual gas emboli. More importantly, this design eventually led to the development of a plastic, prepackaged, disposable, sterile oxygenator that replaced the expensive stainless steel, labor-intensive screen and film devices. An economic and reliable oxygenator had arrived and the medical industry began to consider using disposable components for the heart-lung machine.

Two years after its introduction, the Lillehei-deWall bubble oxygenator had been used in 350 open-heart operations at the University of Minnesota. DeWall steadily improved the device through three models, but it remained a very simple, disposable, heat-sterilizable device that could be built to accommodate only the amount of blood required for each patient and then discarded.



**Richard DeWall and Vincent Gott** look at the first commercially manufactured sterile bubble oxygenator in 1956.

### A History Tale at VGH - Open Heart Surgery

“British Columbia’s first perfusionist and Chief, **John Basaraba**. John’s legacy lives on in simple things like the Basaraba tubing holder, still in use today. But his legacy runs deeper and much richer than that: these old open-heart gentlemen were true pioneers. John, a ‘tank boy’ (RT) back in the 50’s got his start in open heart by making the mistake of showing some interest in the barking dogs from the animal lab. He was grabbed by anesthesiologist **Bill Dodds** and told to ‘work this lever, keep that red and by all means watch that.’ Perfusion equipment back in the day was handmade from a poor pencil sketch of some contraption a young-buck surgeon had seen at some far off place, like the Mayo or Cleveland Clinics.

You were truly alone then. If you needed help or advice you couldn’t text a colleague in Sweden, or use a cell phone to call someone in Toronto. You had to wait for a letter, which might take up to a month, and that’s only if you knew who write to. An appropriate venous saturation was the same colour as a box of No. 7’s cigarettes, the chosen smoke of all pump boys. Alas, BC had no pump girls at that time. There were no bubble or level detectors to hold your hand, and in fact, no alarms of any kind. Tubing kits didn’t spring from a box onto the pump fully set up. No, these were hand cut, mounted on metal connectors, sterilized on site, and used over and over again. Oxygenators were made of glass, metal and bottles of antifoam.

To raise funds to purchase VGH’s first heart pump, a Sigma pump, an illegal bingo game was held, and later was busted by the cops, with the surgeons making a fast escape out the back door. John was left holding the bag so to speak. The next day, the surgeons **Trapp, Allen, and Ashmore** bailed him out before John’s wife had even taken notice. That experience was kept secret from her for decades. Being a salt of the earth kinda guy, John’s favourite teaching line was ‘you don’t really need to know that’. For the most part he was right: keep the pump turning, the blood red, and For Christ’s Sake, don’t pump any air!”

*David Nash, Supervisor, Perfusionist Services, VGH*

### Jeanette (Binkley) Cowie’57

Talking about my work of 50 years ago seemed quite a challenge until I found a protocol for the postoperative nursing care I had written to help educate new nurses. The memories came flooding back as I read it. I loved the work, so the remembering was very good.

In the spring of 1957 I was in my senior year. One evening I was attending a party with some medical students who told me that sometime soon open heart surgery would be performed at VGH. They knew little about it, not even the names of the surgeons. I was fascinated by the prospect of working in this area, but had no idea where to apply for work that would involve me in this exciting project.

In September, as a new graduate, I started working as a private duty nurse which would leave me free to make a move when I learned more about the new surgical program. The patient’s family paid our wages and it was difficult at





*Jeanette (Binkley) Cowie '57*

times getting paid. Our salary started at \$8.00/ shift with increases to \$10 and \$12. You can imagine my surprise, joy and fear when I was asked by the registry to work the night shift on the first open heart surgery - October 29, 1957. The patient was a young boy with an atrial septal defect and **Dr. Peter Allen** was the chief surgeon.

Most of you are probably imagining me entering a medium-sized room full of high tech equipment. Not so. We were housed at the back of a big open ward on D floor in Heather Pavilion, built in 1906. The balance of the room was the post anaesthetic recovery area. A wall suction for clearing the airway was our only modern convenience. There was a shelf attached to the wall which held the patient's chart and other items. The patient had an intravenous running from a glass bottle hanging from a free standing IV pole, an indwelling urinary catheter, and two chest tubes hooked up to a suction machine. He was in an oxygen tent with a tank. Dr. Allen slept on a cot in the adjoining sunroom. It was an uneventful night and the patient was soon healthier than ever.

The Central Supply Room (CSR) did not believe we were here to stay. In spite of spending hours pressing for our needs, all the supplies had to be returned when the current patient returned to a ward. We were often reordering syringes, needles, suction catheters and other equipment a day or two after sending them all back to CSR. I had no authority because I was a private duty nurse. Eventually with several surgeries being performed weekly, we had one or two patients in the recovery area at all times. At this point I was able to convince CSR to let us keep a stock of essential supplies.

Soon after, we received an oscilloscope that showed one lead of the electrocardiogram on the screen. Beside it sat a wooden box with a stylus on which we could record a tracing if a change had taken place. Vital signs were monitored every five minutes until stable and then every 15 minutes. Fluid intake and output were carefully measured, recorded, and balanced. All this information was recorded on a special page we had drawn up which made the information readily available. Later on, Dr. Allen went to medical records to review these forms and to our dismay was told they had all been discarded since they were not part of the "standard chart." Isobel, our faithful lab technician, checked blood levels.

Close observation was probably the most important duty we performed. We could see subtle changes and could tell by the colour of the legs that the blood pH should be checked. We were lucky the three of us, who cared for the early patients, stayed on beyond the first year.

Once things settled down, I started visiting patients preoperatively. This helped relieve some of the fear. I would explain where they would wake up and assured them I would be there with them. I also taught them deep breathing, coughing, and moving. It was always helpful if I met with parents of small children to assure them they could phone at any time and visit for a short period twice a day. Later on physiotherapists joined our group and that was a huge help.

In hospital, as most of us know, tragedy can be mixed with humour – it helps through difficult times. One evening there was a cardiac arrest. Much activity was taking place, including massaging of the heart. Unbeknownst to those present, the whole process was being observed from a room on D3. An ambulatory patient was giving a blow-by-blow description to the other patients until a supervisor came along and pulled down the blinds.

At times we had problems with chest tubes plugging. It was difficult to manipulate the stiff tubing with just fingers. I mentioned to **Dr. Trapp** (chest surgeon) that I wished there was something with rollers that would help us. He asked me to draw a diagram of what I envisioned and had one made for us. It worked very well to strip the tubes of plugs. My maiden name was **Binkley**, hence the doctors called it the "**Binkley Stripper**."

Note: I was quite surprised, 30 years later, to see a refined version on my father's bedside table. When on the Open Heart Surgery Team, Jeanette worked on the following written guidelines.

1. *Open Heart Surgery*
2. *Pre & Postoperative Nursing Care in Open Heart Surgery*
3. *PAR Preparation*
4. *General Physical Care*
5. *Dr.'s Preferences (Dr. Peter Allen, Dr. Philip Ashmore, Dr. Ross Robertson).*
6. *When moving patients from PAR*

*By Jeanette (Binkley) Cowie September 1957*

*Jeanette presented the above article at a 50th Anniversary dinner in 2007*



*Patient monitoring room*

the early patients, stayed on beyond the first

### Letter Home – First open heart surgery

VGH Student Nurses wrote some wonderful letters during their residence years, and the School of Nursing Alumnae Association Archives has a few collections of these. Last year, we reported on a collection of letters from Pat Barff (Class of 1929) donated to the VGH School of Nursing Alumnae Archives. This prompted **Norma Guttormsson** (Class of August 1958) to look up a collection of letters she wrote to her parents during her student years in the 1950s.

The two surgeons mentioned in Guttormsson’s letter – who will be well-remembered by VGH graduates of the 1950s through the 1980s – were Dr. Phil Ashmore and Dr. Peter Allen.

*“Last week the first operation with the heart-lung machine ever to be performed in BC was done on an 9-year-old boy with an atrial-septal defect. The foramen ovale did not close at birth which presented as a congenital defect. He was anaesthetized generally (intra-trachea) until the chest was opened and the heart exposed. His circulation was then taken over by the machine which stopped his respirations and heart beat thus allowing the surgeon to open the heart and close the hole. Prior to surgery – [but] in the O.R. – a cut down was made in the superior and inferior vena cavas and the femoral artery. When the heart surgery commenced, blood from the machine where it was oxygenated, warmed and filtered passed to the femoral*



*artery to the systemic circulation. The circulation to the leg below the cut down was cut off during this time which apparently is not harmful for this short time. The patient is sufficiently anaesthetized to remain asleep while the machine carried on the circulation. The O<sub>2</sub> in the blood apparently does not wear off the anaesthetic. It was highly successful. Two Vancouver heart surgeons performed – no one was allowed in but those who took part, but spectators were able to watch from the gallery. The surgeon told the nursing staff about the operation ... and it was of interest to learn that heart grafting is in the near future. With the machine they will be able to put in a new heart in place of a diseased one.”*

1. Excerpt from More Archival Letters, *First Open Heart Surgery in BC – at VGH – April 1957*. Glennis Zilm, with thanks.
2. Letter, Nov.7, 1957





**Memories from Nursing School ( 1970-1973)**



The OR rotation was coming up for me. Lots of my friends had come home in tears after being sent for “penis enlargers” and other such things, making fools of themselves looking for them in the CSDs, and asking other nurses. I vowed that this would NOT happen to me.

My first day I was assigned to the Anaesthetic Room. I was asked by the Anaesthetist to get “elephant tubing.” I continued to do what I was doing and ignored the doctor as I knew it was nothing but a ruse! They weren’t going to get me – no way.

After a few minutes the doctor, asked me yet again to get him the “elephant tubing”. I turned and said – “Certainly Dr. where would you have me go? The Zoo?” I was feeling very proud of myself for having the courage to say something and not be humiliated by

everyone. He walked away and returned shortly after with Y connected black tubing that he hooked to the anaesthetic machine. You guessed it: “elephant tubing.”

Needless to say I also went home in tears. But, I never forgot what elephant tubing was.

The Obstetrical rotation was also one I was looking forward to and my first delivery went like this. The new parents had taken prenatal classes and had learned to “sing a song” through the contractions providing distraction and breathing. They had chosen “You Are My Sunshine.”

They faithfully sang the song through each contraction but as labour progressed you could see the new mother becoming more and more agitated. The father was still quite happily singing.

As she progressed through to transition and he continued to sing, she turned to him and snarled “You take your sunshine and you shove it where the sun don’t shine!”

From that very first delivery, I was always able to recognize when a woman was in transition. I still can’t help but laugh whenever I hear the song, “You Are My Sunshine.”

*By Karyn Smith (Valleau Sept. ’73)*

**Nursing Artifacts and Nurse’s Cultural History Symposium**

The symposium will honour the **30th Anniversary of the BC History of Nursing Society** and will be held on **Thursday, April 30, 2020** at Cecil Green Park at UBC from 9:30 am to 2 pm.

The BCHNS and the UBC Consortium for Nursing History Inquiry are the sponsors. The Keynote speaker will be **Christina Bates**, the former Curator of the Canadian Museum of History, and author of “*A Cultural History of the Nurse’s uniform.*”

There will be a Fashion Show of Nurses’ uniforms through the years, displays, and refreshments for the mid morning break and lunch.

Registration information can be obtained from <https://nursing.ubc.ca/news-events/events/12-nov-2019/nursing-artifacts-and-nurses-uniforms-preserving-nurses-cultural>.

**Luncheon 2019 Memories**





## Excerpts from A Luncheon Address to Classes of 1969

By Beth (Robbins) Allen Sept.'69 and Sue (Cathcart) Kerr Feb.'69

We want to express our gratitude to all of you gathered from both the February and September classes of 1969 for the opportunity to speak, to reflect, and to remember some of our experiences at the VGH School

We were an incredible group of young women, full of hope and vitality. Some of us had aspired to be nurses since we were young children and others had made more recent decisions to enter nurses training. But we all came willing to give it a shot, though I don't think any of us had any real idea what these three years would entail.

**It was Valentine's Day in 1966 when our February class gathered in the ballroom and had our first peek at the girls we would be spending the next three years with. Oh My! They seemed so confident and sophisticated. The classes of 1969 were the first ones to begin with white shoes and stockings – no black footwear for us.**

Those first 6 months of Probie Term were intense. We had classes every day; there was so much to learn and memorize. We learned to give good skin care and mouth care. We learned to make beds with hospital corners. We learned to use correct body mechanics when rolling or positioning patients by practicing on each other. And we learned denture care.

**Who was it that put all the dentures into a basin, cleaned them in the Utility Room and returned them to the open 25 bed ward? OOPS!!**

We adjusted to the experience of living together with a group of girls, sharing bathrooms, getting to know one another, adjusting to various schedules, getting to classes at 8:00 am, receiving messages in our mailboxes, hoping for phone calls. Our Probie term ended with our capping ceremony and our class moved up to the 8th floor. We had earned that precious symbol of Nursing, and we wore our caps with pride. We knew enough theory to think we had things sorted, but we had such a long way to go!

We were now assigned to different clinical areas to learn some of the basic nursing skills, everything from bathing patients to taking vital signs and giving medications, with perhaps a catheterization thrown in.

**I came from a family of three girls and had never even been out on a date and here was I assigned to men's urology in Heather Pavilion - one of those huge old open wards with 25 beds. To say that I was terrified was an understatement.**

And then we got our broad bibs, marking the end of our first year. This really was a major achievement for us all. We were beginning to integrate what we had learned in the classroom with our clinical experience. Somewhere in that first year we began to give medications -- both the oral ones and the injections. We agonized over that, marking the buttock, and learning how to poke someone and get it right.

**Upper outer aspect of the upper outer quadrant-Right?**

Let's not forget the joy that came with our broad bibs. Let's remember the formal dances we had. And what about the experience of Sick Bay? Remember going to see **Nettie Burge**? **Pat Andrews** can recall having chickenpox and being in isolation at least ten days! Her food was dropped off outside her door, and she couldn't get out of isolation until every last scab had disappeared, so needless to say she spent a lot of time in the bathtub. Other memories of going down to Sick Bay were that no matter what your complaint, the drug of choice seemed to be Coricidin. A lot of us came away with a little envelope of those red pills.

**Meanwhile we were a year older and moving into second year. Do you remember our meagre stipend? Was it \$12 a month to begin with? On pay day we would head up to the White Spot to spend \$1 for Chicken Pickins and a Coke.**

We were finding our feet in terms of basic skills, then we proceeded to various rotations: Obstetrics, OR, Pediatrics, Out Patients, Medicine, Surgery. I particularly remember in OB trying to get a warm blanket for the new baby. The warming cupboard was in the hallway outside the delivery room. The charge nurse demanded that you be in the room to record the delivery time and to also have the blanket ready but you couldn't get it ahead of time. I never did get that right.

**Wendy Wilkins fondly remembers "Miss Davies" as her most influential instructor. "If she had a first name, I never knew it, but she had an enormous influence on me personally and professionally. She taught us that pregnancy, labour, birth and breastfeeding were all natural, normal healthy processes and**



medical interventions were not needed as often as they occurred. I had my babies when I was living in Boston (1970) and Montreal (1973). In the East, at that time, interventions were rampant and only unconventional, weird, hippie types went through labour without drugs and breastfed, but thanks to her I did both. As a new graduate I worked in the VGH Case Room and then much of my career was maternity-related. I wish I could tell her how grateful I am to her.”

Some of us had lived fairly protected lives before training and seized the opportunity to try new things. I loved to dance and was a regular fan of the fraternity parties held out on campus. I would dance the night away, but then realize that the next day would be another early start.

One of our classmates had a particularly busy night shift and fell gratefully into her bed. Her sleep was interrupted by a call from the Matron. She lit into the Matron in no uncertain terms saying she was on nights and wasn't to be disturbed. The Matron replied, “Yes Dear, but it is 11:00 pm and you are due on the ward for your shift.”

As a group of nursing students living together, we experienced many life events that perhaps those in other fields wouldn't encounter: the first time a patient died, the first time a baby was born. I nursed a lovely man in his fifties. He was an educated and successful husband and father who had been diagnosed with a terminal brain tumour. This was my first experience in dealing with such a devastating family event, and the memory of that encounter remains with me.

Joanne Peachey recalls being very nervous about going to B5 where Miss Meuser was the Head Nurse, but upon looking back realized that she was one of the best leaders we had. Miss Meuser alerted some of the students of an impending death of a man with emphysema. After he had taken his last breath she had the students listen with a stethoscope. Joanne says that the absolute silence of his heart was a profound understanding of what death meant.

In third year, we did rotations like Psychiatry and optional ones like Public Health. For me it was almost my last rotation and I realized that working in community would be my dream job. It would take a couple of years of university, but I made that my goal.

The big moment came in May 1969 when we crossed the stage of the Queen Elizabeth theatre and received our Nursing Diplomas. We wrote our registration exams sometime in August that year and many of us began working right away. We had money to make and places to go. Life in the big world was just beginning!! So much had changed in three years. We had a new confidence in ourselves having gained a profession. Some moved into marriage soon after graduation, while others took to the highways and byways to experience new vistas.

While we were in our cocoon, busy learning how to care for patients with a myriad of conditions, the world carried on. In 1969 Pierre Trudeau was our Prime Minister. Homosexuality was decriminalized. The Boeing 747 jumbo jet made its debut, and the French Concord underwent its initial test flight. Neil Armstrong walked on the moon, and John and Yoko had their “Bed-in for Peace.” Woodstock took place in White Lake NY with Joan Baez, Janis Joplin, Joe Cocker, and many more. The Microprocessor was invented. The first ATM was opened in the USA. The march on Washington in protest against the Vietnam War and the Civil War in Biafra which left 300,000 people starving made us more aware of world events.

We entered training in 1966 wearing conservative, knee length skirts, high heels and proper tops. By 1969 we were wearing miniskirts and clunky shoes.

As I look back on my career, I'm very thankful to God for my choice of nursing as a profession.

We have much to celebrate. We've made it into yet another new decade, hopefully one of enlightenment and gratitude. As we look back and remember, we can be proud that we used our professional knowledge in nursing to assist others, to care for them in thoughtful, respectful ways -- whether in the hospital, the community or in the home, raising children and caring for grandchildren.





**Heather Heritage Society**

The Heather Heritage Society, which has been operating since 1994, was presented with an **Award of Recognition - Heritage Award** from the City of Vancouver through the Vancouver Heritage Commission.

In May, 2019. The Commission wishes to recognize and honour special projects and accomplishments in the field of Heritage Conservation.

“The award recognizes the long-term efforts in promoting and publicizing the work necessary for the preservation of the Heather Pavilion at the Vancouver General Hospital as it contributes to advocacy.”

Councillor **Colleen Hardwick** presented the Award to **Marguerite Ford** and **Elizabeth Kirkwood**, founding members of the Heather Heritage Society.

In February 2020, the Heather Heritage Society and the VGH School of Nursing Alumnae Association will be part of the City of Heritage Week Celebrating our Cultural Heritage and Historic Places at Heritage Hall.

*Kathy Murphy.*



**Alumnae Display Window  
Jim Pattison Pavilion**

Visitors and Staff of VGH are treated to an ongoing look into the history of the hospital, of times past including the history of the VGH School of Nursing.

Now the project is headed by **Norma Guttormsson '58**. Her committee, **Linda Allardyce '60, Janie Birkeland '60, Norma Jane Robertson '60 Marg Shugg '54, and Cathy Cousins '78**, as part of the Archive Committee.

The display is changed four or five times a year. They correspond to the historical happenings around the date they appear. Much time and effort go into putting together the displays. The subjects are researched and artifacts found, plans made. to make the vibrant displays.



*Remembrance Day display 2019. There were 138 VGH School of Nursing Graduates who served in WW I and WW II.*



*2019 Christmas display. in one of the two windows in the Jim Pattison Pavilion.*



**Honorary Members**

- Mrs. Matilda Bara      Mrs. Naomi Constant
- Mr. Charlie Etchell      Mr. D.E. McTaggart
- Mrs. Sheila J. Rankin Zerr

**Life Members**

- Sharon Baxter (Francis) '62      Janie Birkeland (Schwab) '66
- Vivian Blake (Jackson) '50      Myrna Braun (Wagstaff) '62
- Peggy Etchell (Thompson) '51      Norma Guttormsson (Scobie) '58
- Lorna Hoare (Snider) '66      Adelaide Hutchins (MacLean) '53
- Joan Kerr (Dunbar) '65      Sheila Kirk (Poersch) '61
- Gail McKay (Glanville) '62      Elizabeth Kirkwood (Miles) '53
- Eleanor McTaggart (White) '47      Kathleen Murphy (McCutcheon) '65
- Diane Parker (Sjerve) '68      Trudy Phillips (Smith) '53
- Mary Raikes-Tindle '65      Kay Raisbeck '54
- Betty-Anne Rogers '57      Nancy Semke (Bouzovetsky) '57
- Pat Sexsmith (Kay) '62      Margaret Shugg '54
- Jean Tsuyuki (Lyons) '57      Ethel Warbinek (McIntyre) '56
- Mary Watt (MacKinnon) '54      Anne E. Williams '54

The displays have been a part of the main hallway in the Pattison Pavilion since May 2, 1999 when the stained glass window was donated to VGH by the our Alumnae as an attribute of the closure of the School in 1998, after 99 year of educating nurses.



The central figure represents a graduating student surrounded by five students in uniforms from 1918 to 1998. The school crest and motto are incorporated into the design.



Cutting the ribbon on May 2, 1999 to reveal the new window: Gail Bishop, Dr. Mussallem, Pat Wadsworth, president of VGH SON Alumni Association

hospital planning, and her work propagated quickly across Britain and the world. Nightingale's output slowed down considerably in her last decade. She wrote very little during that period due to blindness and declining mental abilities, though she still retained an interest in current affairs.

During the Crimean war, Nightingale gained the nickname "The Lady with the Lamp" from a phrase in a report in *The Times*:

*She is a "ministering angel" without any exaggeration in these hospitals, and as her slender form glides quietly along each corridor, every poor fellow's face softens with gratitude at the sight of her. When all the medical officers have retired for the night and silence and darkness have settled down upon those miles of prostrate sick, she may be observed alone, with a little lamp in her hand, making her solitary rounds.*

*Continued from page 1. Florence Nightingale*

Ottoman Empire. Her team found that poor care for wounded soldiers was being delivered by overworked medical staff in the face of official indifference. Medicines were in short supply, hygiene was being neglected, and mass infections were common, many of them fatal. There was no equipment for processing food for the patients. "This frail young woman ... embraced in her solicitude the sick of three armies."

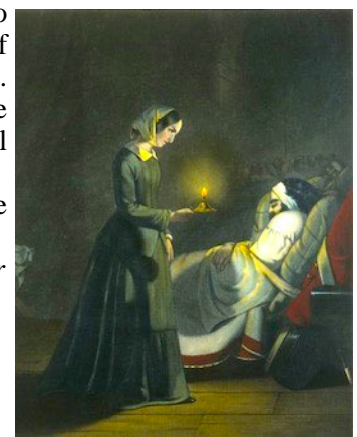
When reports got back to Britain about the horrific conditions for the wounded, Florence sent a plea for help and was rewarded with a prefabricated hospital sent out by ship. She came to believe that most of the soldiers were killed by poor living conditions. When she returned to England, Florence used the knowledge she gained to reduce peacetime deaths in the army and turned her attention to sanitary design of hospitals and the introduction of sanitation in working-class homes.

In 1855, the Nightingale Fund was established for the training of nurses during a public meeting to recognize Nightingale for her work in the war. The proceeds from set up the Nightingale Training School at St Thomas' Hospital in 1860, now called Florence Nightingale School of Nursing and Midwifery. Florence wrote *Notes on Nursing* (1859), a book that served as the cornerstone of the curriculum at the Nightingale School and other nursing schools. The introduction of trained nurses into the workhouse system in Britain from the 1860s onwards was big achievement.

According to Caroline Worthington, director of the Florence Nightingale Museum, "When she started out there was no such thing as nursing. Florence transformed nursing when she got back from Crimea. She had access to people in high places and she used it to get things done. Florence was stubborn, opinionated and forthright but she had to be those things in order to achieve all that she did."

In 1883, Nightingale became the first recipient of the Royal Red Cross. In 1904, she was appointed a Lady of Grace of the Order of St John. In 1907, she became the first woman to be awarded the Order of Merit. In the following year she was given the Honorary Freedom of the City of London. Her birthday is now celebrated as International CFS Awareness Day.

From 1857 onwards, Nightingale was intermittently bedridden and suffered from depression. A recent biography cites brucellosis and associated spondylitis as the cause. Most authorities today accept that Florence suffered from a particularly extreme form of brucellosis, the effects of which only began to lift in the early 1880s. Despite her symptoms, she remained phenomenally productive in social reform. During her bedridden years, she also did pioneering work in the field of





*In Memoriam 2019*  
*But not forgotten*

Class	Name at Graduation	First Name	Current name
1936	Burt	Christina	Leathley
1941	MacKay	Jean	Fahrni
1944	Paterson	Doris Joan	Germiquet
1945	Hazelwood	Mary-Gordon	Moir
1946	Gillies	Barbara	Gillies
1947	Parke	Muriel	Browell
1947	Dalgleish	Virginia	Walden
1948	Pearce	Daphne	Elvidge
1949	Hack	Nancy	Hack
1950	Morris	Ruby	Lampkin
1950	Osborne	Grace	Osborne
1950	Pullen	Betty	Hall
1951	Boyd	Sheila	Smith
1951	Gardiner	Phyllis	Cadet
1951	Gregory	Uldine Susan	Webber
1951	Sherwood	Betty May	Laurie
1952	Barclay	Elizabeth	Tassie
1952	Moore	Cynthia	Nelson
1952	Randle	Cecilia	Hall
1953	Beek	Louise	Rhone
1953	Osborne	Edna	Osborne
1953	Trust	Kathleen	Bell
1953	Crouse	Lorraine	Crouse
1953	Haile	Margaret	Erickson
1954	Alexander	Joan	Stager
1955	Cairns	Wilma	MacPherson
1955	Mackay	Martha	Carter
1956	Backstrom	Louise	Lightfoot
1956	Chambers	Mary Frances	MacNeill
1956	Marshall	Anne	Taylor
1956	Parker	Pamela	Fisk
1957	Kinnear	Pearl	Jones
1957	Nielson	Christine	Lobb
1958	Gillitt	Connie	Reichelt
1958	Godfrey	Penelope	Koch
1958	Koop	Louise	Koop
1958	Morrison	Christina	Cissell
1958	Roach	Valerie	Hugdahl
1958	Varah	Elaine	Babb
1959	Naphen	Maureen	Findlay
1959	Nowik	Olga	Rawlinson
1962	Morin	Arlene Alice	Mackenzie
1962	Oldham	Penny	Armstrong
1962	Stalker	Robin Irma	Cumming
1963	Marlatt	Joan Isobel	Klassen
1964	Godwin	Margaret	Sage
1964	Gorcak	Leona	Sporer
1964	MacLennan	Joan	Melton
1965	Heyland	Faye	Nelson
1969	Christie	Kathleen	Christie
1975	Hogan	Corrine	Nitti

**Uldine Susan Webber (Gregory '51)**

“It is with sadness that I share that my grandmother passed away peacefully on Monday July 8, 2019 at the age of 89. I was with her when she passed, as were other members of the family.



*Sarah Webber Segal with her grandmother Susan Webber (Gregory).*

My Nana frequently mentioned her years in training at VGH, her memories of sharing rooms with her fellow nursing students, and the rigorous education they received. Her grad photo and class photo were on the wall in her room, and she was always touched to receive the bulletins and newsletter each year, which we would read together. The annual cards and personal

visits from local VGH alumni mattered greatly to my grandmother, and were a highlight in her later years.

Warm regards and thanks on behalf of my grandmother for the years of reaching out to your elderly alumni.”

*Sarah Webber Segal*

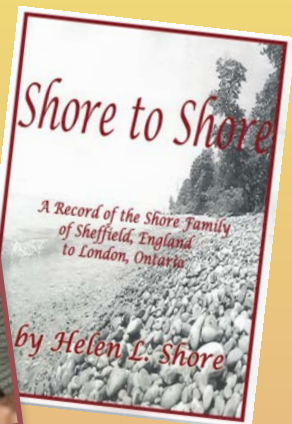
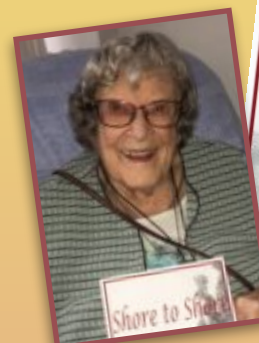
*Ed. Note of appreciation to the Friendship Committee. Thank you to Kim Beaudry for visiting, delivering flowers, and spending an afternoon reminiscing with Sue.*

**Edna Mona Osborne ('50)**

Margaret Brassington sent along this message about her aunt Edna Mona Osborne.

“Whenever I go into one of the major former “Nursing” hospitals where nurses were trained on-site under the supervision of Matron, I stop and look at all the faces of graduating nurses from as far back as the early 1900's and wonder about those young women - where life took them. Aunt Edna loved nursing. She had such a compassionate heart. She ended up as Supervisor at Lion's Gate Hospital. Her sister, **Grace Osborne**, was also a career nurse.”

**A Good Read by Helen Shore '46**



The image shows a promotional graphic for a book. On the left is a portrait of Helen Shore, and on the right is the book cover for 'Shore to Shore'. The text 'A Good Read by Helen Shore '46' is positioned above the portrait. The book cover includes the title 'Shore to Shore' in a large, stylized font, and the subtitle 'A Record of the Shore Family of Sheffield, England to London, Ontario' in a smaller font. The author's name 'by Helen L. Shore' is at the bottom of the cover.

**VGH Nurses Honoured at UBC School of Nursing 100th Celebration**



The School of Nursing Centenary Medal of Distinction has been created to mark the celebration of the school's 100th anniversary. The medal serves to recognize individuals who have brought high honour to the School of Nursing or to the profession of nursing, and/or who have made long standing/significant contributions to advance the school's vision, mission and mandate.

Congratulations to the following VGH grads who received this prestigious award.

- |                         |                      |                      |                         |
|-------------------------|----------------------|----------------------|-------------------------|
| <b>Alice Baumgart</b>   | <b>Vivian Blake</b>  | <b>Dawn Faris</b>    | <b>Beth Fitzpatrick</b> |
| <b>Angela Henderson</b> | <b>Roberta Hewat</b> | <b>Naomi Miller</b>  | <b>Kathy Murphy</b>     |
| <b>Pam Ratner</b>       | <b>Helen Shore</b>   | <b>Shelagh Smith</b> | <b>Colleen Stainton</b> |
| <b>Ethel Warbinek</b>   | <b>Glennis Zilm.</b> |                      |                         |

One VGHSONAA honorary member also received a medal: **Sheila Zerr.**

**2019 DONATIONS TO OUR ARCHIVAL DEVELOPMENT FUND**

**Thank you for your continuing support for our Archive and Museum.** Two donors wish to remain anonymous.

- |                         |                       |                      |                          |                     |                       |
|-------------------------|-----------------------|----------------------|--------------------------|---------------------|-----------------------|
| Adams, Lynne            | Caparini, Margaret    | Farr, Frances        | Kochanuk, Maureen        | Phillips, Gertrude  | Tassie, Elizabeth     |
| Addison, Mollie         | Carruthers, Norma     | Farris, Jaqueline    | Kroeger, Diane           | Pincott, Barbara    | Teather, Carole       |
| Aird, Jaquie            | Chinner, Dorothy      | Finnie, Joan         | Kruger, Joyce            | Poag, Betty         | Teng, Nancy           |
| Anderson, Jean          | Clendenning, Jo Anne  | Fitzpatrick, Beth    | Lamperson, Gwyneth       | Preston, Marilyn    | Teufel, Alvena        |
| Anderson, Ruth          | Clow, Margaret        | Flaherty, Anita      | Latham, Wilma            | Raikes-Tindle, Mary | Thompson, Kathie      |
| Archer, Rae             | Coates, Ellen         | Francis, Lois        | MacCaulder, Laurie       | Raisbeck, Kathleen  | Turri, Lucy           |
| Arnstein, Birgit (2)    | Coghlan, Barbara      | Gavaghan, Katherine  | MacKenzie, Carol         | Ratzlaff, Lynda     | Vandervelde, Joy      |
| Atkins, Maureen         | Corbett, Consuelo     | Godwin, Patricia     | MacMillan, Mavis         | Reber, Prudence     | Verner, Jain          |
| Atkinson, Beverley      | Cowie, Jeanette       | Goodman, Peggy       | MacNamara, Maureen       | Reith, Anita        | Volpatti, Carol       |
| Atkinson, Patricia      | Critchley, Cindy      | Goracki, Betty       | Marsaw, Irene            | Rhodes, Norval      | Waddell, Betty        |
| Beakwell, Karen         | Crone, Kathleen       | Grange, Marilyn      | Marshall, Geraldine      | Riedweg, Doris      | Waine, Robin          |
| Beitel, Karen           | Crouse, Robert        | Gray, Anne           | Marshall, Pauline        | Rivers, Marion      | Walstrom, Daphne Jean |
| Bekkering, Hessina      | Deane-Freeman, Marion | Gregson, Nancy       | Matterson, Kathleen      | Roberts, Joyce      | Walwyn, Margaret      |
| Berda, Pat              | Denholme, Maureen     | Grierson, Caroline   | Matthews, Margaret       | Robson, Brenda      | Ward, Barbara         |
| Bjarnason, Dana         | Dennis, Devina        | Groundwater, Barbara | McArthur, Elva           | Rosevear, Sally     | Whitley, Gail         |
| Bjornson, Elizabeth     | DeVisser, Christine   | Halliwell, Nancy     | McGibbon, Linda          | Rosloki, Kathleen   | Williams, Anne        |
| Blake, Vivian           | Donaldson, Heather    | Hansen, Hazel        | McTaggart, Myrna         | Sands, Jennifer     | Wilson, Margaret      |
| Bodnarik, Elizabeth     | Donaldson, Diane      | Hart, Freda          | Milley, Nancy            | Sands, Maureen      | Wing, Jean            |
| Botnen, Gladys          | Doyle, Kathrynne      | Hestrin, Barbara     | Milley, Nancy            | Semke, Nancy        | Winter, Barbara       |
| Boyer, Noreen           | Dumas, Penny          | Howey, DM Joan       | Mitton, Helen Ann        | Sharman, Joan       | Wright, Shirley       |
| Braithwaite, Rose Marie | Duncan, Jean          | Hunt, Wendy          | Montgomery, Marilyn      | Shugg, Margaret     | Wyllychuk, Diane      |
| Brand, Diane            | Eales, Beverly Joan   | Hunter, Heather      | Nagtegaal-Langley, Vicki | Silversides, Pat    | Wynne, Elizabeth      |
| Braun, Myrna            | Eaton, Nadiene        | Iott, Joan           | Nicholson, Mengia        | Smith, Janette      | Yeomans, Sheila       |
| Brenner, Robin          | Elliott, Pat          | Johnston, Norma      | Norris, Barbara          | Smith, Shelagh      | Zerr, Sheila          |
| Brown, Gail             | Elliott, Sheila       | Kaisla, Ruth         | Nylander, Judy           | Speed, Maureen      |                       |
| Brown, Joan             | Elliott, Elizabeth    | Kelsey, Brenda       | O'Brien, Gretchen        | Stamm, Linda        |                       |
| Browne, Margaret        | Eschauzier, Joanne    | King, Denise         | Olafson, Beverley        | Starck, Andrea      |                       |
| Burt, Nancy             | Etechell, Peggy       | Kirkwood, Elizabeth  | Overgaard, Helen         | Starck, Mary        |                       |
| Callbeck, Janaice       | Farell, Anne          | Kissuras, Barbara    | Patten, Irene            | Stewart, Darlene    |                       |
| Campkin, Joyce          | Farquhar, Rochelle    | Knox, L. Susan       |                          | Sutherland, Janet   |                       |

**V.G.H. School Of Nursing Alumnae Association Board Of Directors 2020-20**

- |                    |                                  |  |              |
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|                    | Diane Parker (Sjerve Feb' 68)    | 7036 Ridgewood Place, Delta, V4E 2N4         | 604-591-6432 |
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|                    | Suzanne Stothers ('70)           | 402 - 2409 W. 43rd Ave., Vancouver, V6M 2E6  | 604-263-8059 |



**VGH SCHOOL OF NURSING ALUMNAE ASSOCIATION**

855 West 12th Avenue,  
Vancouver, BC V5Z 1M9

Email: [vghson99@gmail.com](mailto:vghson99@gmail.com)

Phone: 604 875-4111 local 62049.

Please leave a message.



September 1969



September 1959

**Visit your classmates and friends this year.  
Sunday May 3, 2020  
You will enjoy the day!**

**MEMBERSHIP AND LUNCHEON FORMS**

If you have not done so yet please fill in the forms below and send with the appropriate funds to the VGH SON Alumnae office. Or – you may renew on-line: [www.vghnursingschoolalumnae.com](http://www.vghnursingschoolalumnae.com)

**VANCOUVER GENERAL HOSPITAL**  
**SCHOOL OF NURSING ALUMNAE ASSOCIATION**

**Membership Fee of \$20.00**

Mrs  Miss.  Ms.  Mr.  Dr..

**Name:** \_\_\_\_\_  
First Name Last Name

**Surname at Graduation:** \_\_\_\_\_

**Class: Month:** \_\_\_\_\_ **Year** \_\_\_\_\_

**Address:** \_\_\_\_\_  
Apt. Street

\_\_\_\_\_ City Prov./State Postal Code/Ylp

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

Check if you are interested in receiving the Newsletter by e-mail

**IMPORTANT! This box needs to be checked each year**

Check if you **DO NOT** want your contact information given to your Class Rep. to update Class List.

**Registration for the School of Nursing Alumnae Association Luncheon**

**Sunday May 3, 2020 12: noon to 3:00 pm**  
**Cost \$25**  
 Register by April 17, 1970 class no charge.

**Name:** .....

**Name at Graduation:** .....

**Address:** .....

**Email:** .....

**Phone:** .....

**Grad Class:** .....

Return this form with your cheque by **APRIL 19, 2020** payable to:  
**VGH Alumnae Assoc. Luncheon,**  
**855 W. 12<sup>th</sup> Ave., Vancouver, BC V5Z 1M9**  
 Non-refundable.

**Newsletter:**  
 Mary Watt (MacKinnon) '54  
 I appreciate your input!