

# ALUMNAE IN ACTION

2011 October Newsletter

St. Joseph's School of Nursing **Alumnae Association** 31 Chedoke Avenue Hamilton ON L8P 4P1 www.sjsnaa.com

October 2011

St. Joseph's School of Nursing 1911-2011

#### **Greetings Nursing Colleagues**

To commemorate the 100th anniversary of the founding of St. Joseph's Hamilton School of Nursing, we celebrated with flair and panache.

- January 2011 A Commemorative Calendar highlighting years 1911-1978 was distributed to all **Alumnae Members**
- March 27 Thirty-one Alumnae participants walked or ran in the Around the Bay Road Race raising \$10,299 for St. Joseph's Healthcare
- May 9 We were invited by Heather Hoxby, Director of Nursing of St. Joseph's Healthcare to attend Nursing Rounds in the Juravinski Tower, and to present our display of past exams, diagnostic tools, uniforms, and our archival power point presentation
- May 10 A plaque from the Hospital at the Nurses 10th Annual Nursing Excellence Awards Dinner at Carmen's Banquet Centre was awarded to the Alumnae by Kevin Smith, President & CEO of St. Joseph's Health System and Winnie Doyle, Chief Nursing Executive of St. Joseph's Healthcare
- May 27 Annual Reunion Day Mass at St. Charles Garnier was attended by 321 nurses where the celebrant was Bishop Douglas Crosby, Bishop of Hamilton
- May 27 Annual Reunion Day Dinner where 460 graduate nurses enjoyed fine dining and who watched with great delight, the visual archival power point presentation
- May 28 Tea and Tour hosted by Sister Virginia, Sister Joan O'Sullivan & Sister Ann Marshall at the Motherhouse with over 200 nurses attending
- September 8 To commemorate the actual day that the Sisters opened our school, Winnie Doyle and the Executive Staff of St. Joe's honoured us by hosting a Tea at St. Joseph's Healthcare Juravinski Tower

Many thanks to everyone who participated in making this "A Special Year to Remember." Your tireless enthusiasm, devotion and hard work for our Alma Mater's 100th gave a whole new meaning to "school spirit."

> **Your President** Cheryl Gravelin McQueen '66 Page 1

To commemorate the 100th anniversary of the founding of St Joseph's Hamilton School of Nursing we celebrated with flair and panache.

January 2011 – A commemorative calendar highlighting years 1911 – 2011 was created.

March 27, 2011 - Around the Bay Road Race

May 9, 2011 - Nursing Grand Rounds

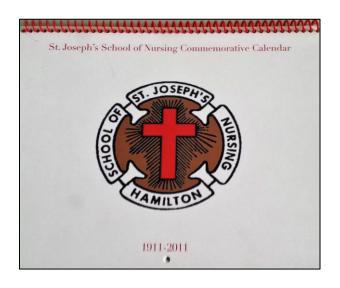
May 10, 2011- Nurses Award Banquet

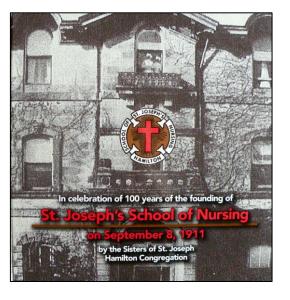
May 27, 2011 - Reunion Day Mass @ 11:30 AM Mohawk College Alumnae Tea @ 3:30 pm Reunion Day Dinner @ 5 pm Commemorative Calendar to be given to each attendee

May 28, 2011 - The Sisters Tea & Tour @ the Mother House

September 8, 2011 – Hospital Tea in the Juravinski Tower - presentation of the painting "Fertile Fields" to commemorate the official opening of St Joseph's School of Nursing

100th Anniversary Book - written by Cheryl Gravelin McQueen '66







# March 27, 2011 - Around the Bay Road Race

31 Alumnae members walked or ran in the Around the Bay Road Race raising \$10,299 for St Joseph's Healthcare.





May 27, 2011

Janina Belzak, Manager Special Events, St Joseph's Healthcare, attended the Annual Reunion Day Dinner. She presented Alumnae Members who had participated in the Round The Bay Road Race with certificates and medals She also presented the Alumnae with a plaque for their contribution of \$10,299.00 for St Joseph's Healthcare.







# May 9, 2011

The Alumnae was invited by Heather Hoxby, Director of Nursing of St Joseph's Healthcare to attend Nursing Rounds in the Juravinski Tower, and to present our display of past exams, diagnostic tools, uniforms and our archival powerpoint presentation.



**Beverly** Van Natter Peck '58

Cheryl Gravelin McQueen '66

Heather Hoxby Director of Nursing

Beverly Shynal Greenwood '70

Janina Muta Berenyi '65

May 8.2011

Heather Hoxby Director of Nursing of St. Joseph's Heathcare invited us to attend Nursing Rounds in the Juravinski Tower and to present our lisplay of past exams, diagnostic tools, and uniforms. A power point presentation highlighting the past 100 years was enjoyed by all.



#### May 10, 2011

A plaque from the hospital at the Nurses 10th Annual Nursing Excellence Awards Dinner at Carmen's Banquet Centre was awarded to the Alumnae by Kevin Smith President & CEO of St. Joseph's Health System, and Winnie Doyle, Chief Nursing Executive of St. Joseph's Healthcare. Gary Payne, the Spiritual Care Educator from St. Joseph's, gave a reflection at the Nurses' Appreciation Dinner.

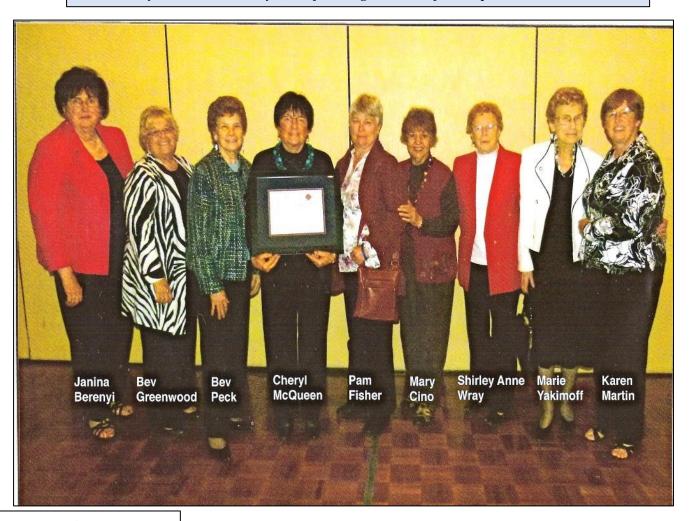
"Today, the St. Joseph Healthcare community expresses appreciation and gratitude for the work of your hands and the healing touch they provide to those you meet in your vocation. We honour your hands that touch life. We honour your hands that feel pain. We honour your hands that embrace with compassion. We honour your hands that gather in knowledge and your minds that strive for greater understanding and insight. We honour your hands that reach out to provide hope. We honour your hands that comfort the dying. We are called to join our hands together and, through our care and concern, bring forth the wisdom and resources within us for the good and well-being of all. This evening we remember nurses who have inspired us, been role models for us, and have given their life's career and vocation to the profession of nursing, we, remember nurses who have died, May we honour them through our continued deeds of loving kindness. May those whose hands give so much be open to receive as well. God, in your many names, we pray. Amen."



### May 10, 2011

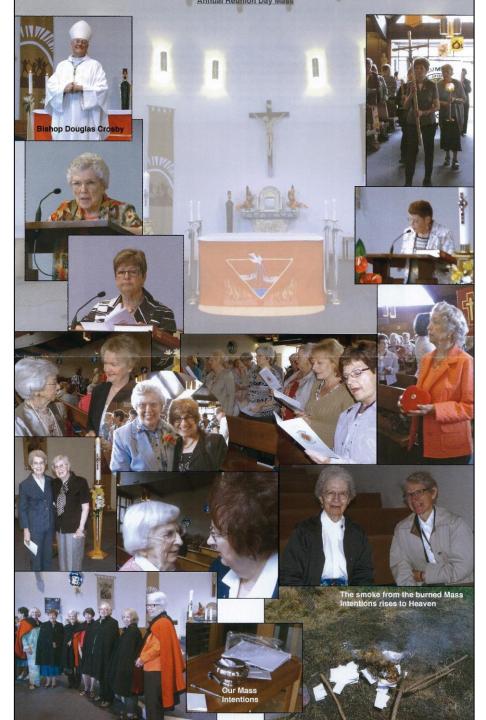
The 10<sup>th</sup> Annual Nursing Excellence Awards Dinner was held at Carmen's Banquet Centre.

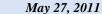
A plaque was awarded to the Alumnae by Kevin Smith, President and CEO of St. Joseph's Health System and Winnie Doyle, Chief Nursing Executive of St Joseph's Healthcare.



#### **WORDING ON THE PLAQUE**

"In celebration of the 100th anniversary of the founding of the St. Joseph's Hamilton School of Nursing. With great appreciation for the inspiration and legacy that the School of Nursing built for today's nurses at St. Joseph's. We are deeply grateful to the members of the Alumnae for the foundation and pillars of learning, compassion, dedication and innovation you created. Together with our patients and colleagues we will continue to build on your legacy."





Annual Reunion Day Mass was held at St. Charles Garnier Church.

Mass was attended by 321 nurses.

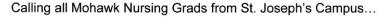
The celebrant was Bishop Douglas Crosby, Bishop of Hamilton.











Nursing Alumni Afternoon Tea hosted by the Mohawk College Alumni Association

Friday, May 27, 2011 3:30pm to 5:00pm

Room 203 - Hamilton Convention Centre

RSVP to alumni@mohawkcollege.ca or call 905-575-2258 by May 12

Hope to see you on the 27<sup>th</sup>!

Kelly Dunham, '91
Alumni Officer
Mohawk College
Tel: 905 575-2067 | Fax: 905 575-2443 | Email: kelly.dunham@mohawkcollege.ca

III MOHAUK
COLLEGE
ALUMNI ASSOCIATION

Celebrating our Graduates and Building Lifelong Relationships



# May 27, 2011

Nursing Alumnae Afternoon tea was hosted by the Mohawk College Alumni Association at the Hamilton Convention Centre from 3:30 pm – 5 pm

May 27, 2011

Annual Reunion Day Dinner was held at the Hamilton Convention Centre.

460 graduate nurses attended, enjoyed fine dining and watched with great delight, the visual archival powerpoint presentation.



Each graduate attending the dinner was given a commemorative calendar



Shirley Ann Wray'55 and Marie Andreychuk Yakimoff '54 retired from the Alumnae Executive as Mass Coordinators after 11 years of service



#### 50TH Reunion Address to the Alumnae 2011 Kathy Farrell Renwick Class 1961



Thank you for the honour of addressing the Alumnae on behalf of the Class of "61" on the occasion of our 50th reunion from Nursing at St. Joseph's Hospital Hamilton Ontario. Well Ladies, we made it to 50 years. You know it was exactly 50 years ago May 25th that the class of "61" was sitting in the Auditorium of Cathedral Girls High School listening to the many speeches wishing us well and preparing us to leave the protection of St. Joe's, our Alma Mater to head out into the big wide world and make our way as newly Graduated Nurses. So tonight I'd like you to indulge me while I briefly travel back to the year 1961 and to our training days. So many memories come flooding back, and thanks goodness long term memories are still the easiest to access. Some of the catch phrases of the early 60"s were words like "cool" and "groovy" but there were a couple of phrases that stayed with me throughout my 3 years of training that did not originate in the popular culture. The first one was actually the creation of the late great Katie Farrell my mother, on

the occasion of my sister Mary (class of 1960) departure for St. Joes's to start training. Mary and I were having a fight (not an unusual occurrence for us of course) and our mother found it necessary to intervene. When Mary responded with the sarcastic attitude of a normal 17 year old and said "I'm sorry". Katie responded with "just remember young lady you can't say I'm sorry to the coroner" The next expression that stayed with me for the 3 years originated with Sr. Virginia and that was "don't ever forget that the door that let you in can let you out". Some of the popular music of 1961 surprisingly seemed to address what we were experiencing as we prepared to leave the protection of our Nursing School and head out into the big wide world. Some of the Billboard hits seemed somehow relevant as we got ready to leave residence life forever.

- I. Starting with Etta James hit "At Last"...and I know so many of shared that sentiment at the time. 2. Elvis Presley's "It's Now or Never"-as we faced the reality that we had no choice, so it's best to get on with it.
- 3. Roy Orbison's "Running Scared'.....weren't we all as we faced going out into the world on our own.
- 4. Ray Charles "Hit the Road Jack" I'm sure reflected the sentiment of the Sisters of St Joseph and all the support staff that helped prepare us to leave the nest and be out on our own and make room for the next class coming in to training.
- 5. Del Shannon's "Runaway" ... who can forget the group of classmates who went home after graduation, worked non-stop, saved their money and then took off for an adventure travelling through Europe?
- 6. Chris Kenner's "I Like it Like That" and wasn't that the way so many of us felt when we set ourselves up in our first apartments on our own.
- 7. And finally the biggest hit of 1961 was Chubby Checkers "Let's Twist Again" and while it bears no relevance whatsoever to our experience of starting our lives as independent adults, I remember the challenge of learning to do "The Twist" and then dancing the twist at every party I went to in Montreal the following year. Today, of course like most of my classmates, our knees couldn't take it. I remember the fun we had in residence and the many ways we learned to cope with the restrictions of residence living. The curfews when you worked the day shift, and sleep deprivation when you worked the afternoon and/or night shifts. We all somehow found ways to cope, including occasionally finding ways of escaping residence after curfew. Time has mercifully erased any and all unpleasant memories so I'll focus on the fun times. I do recall how blessed hot it was in Hamilton in the summer and how grateful we were that we had cotton summer white uniforms that made the heat slightly more bearable when we were working. Of course for my money, the preferred shift in the summertime was the night shift because we could take the bus to Van Wagner's Beach in Burlington and sun bathe and sleep for 4 to 5 hours a day on the beach. This necessitated going to the beach in a group, with our alarm clocks set for every half hour so we could turn over and re-apply more baby oil with iodine to help the tanning process. It's a wonder we didn't all end up looking like those apple dolls or worse. The downside of our sunbathing expeditions of course was coming home on the bus, exhausted, hot, sunburned and itching all over from the sand. But after a cool bath in residence, our beds never felt more cool or comfortable in those hot summer days. Some of the other coping methods I remember were the emergency runs in our pajamas with the legs rolled up and covered by a trench coat, down John St. to Bill's doughnuts for those delicious little chocolate glazed doughnuts that fueled many a bridge game in Undermount's TV Room. And if you had the money, trips to the Chicken Roost Restaurant for the delicious Ice Cream Puffs with hot fudge sauce. Other fun diversions were parties at the Cawesco Club, dinner's at Ann Waldron's and Julie Capriotti's Homes where their mother's made fabulous home cooked meals, and when Ann Waldron could get her mother's car for an evening, the Pizza runs she made to the Trocadero with orders for half the residence. I remember the allowances we got each month...\$9.00 the first year, (only after we passed our probationary period), \$12.00 the second year and \$15.00 for the third year. A pack of cigarettes cost .35 cent to .55 cents a pack from 1959 to 1961, so our allowance helped all the smokers keep themselves stocked. And remember how many of smoked back then!
- Looking back to 1961, I found the following document sharing some of the popular concerns of the time:
- If things keep going the way they are, it's going to be impossible to buy a week's groceries for \$10.00.
- Have you seen the new cars...it won't be long before \$1000.00 will only buy you a used one.
- When I first started driving, who would have thought gas would someday cost 31 cents a gallon?
- · We've been saving for our first house but with new houses selling for \$16500.00, soon only the very wealthy will be able to afford home ownership.
- Did you hear the post office is thinking about charging 7 cents just to mail a letter?
- The "drive-in" restaurant is a fad. Sure it's convenient in nice weather but I seriously doubt they will ever catch on

I remember my first salary after I became registered was \$325.00 a month. It was to go up to \$350.00 a month January 1st 1962, but by then Marg Carmody, Lenora Devine and I were working at the Montreal General. You can imagine our surprise when we got there and discovered our salary was only \$250.00 a month and it was paid out monthly not bi-weekly. Trying to live on that in Montreal in 1962 was almost impossible. We always ran out of money long before we ran out of month and for the last 2 weeks of each month we lived on pancakes for dinner each night. We also accepted any and all invitations and dates if food was included in the date. Yes my friends those were the days. We have collectively lived through tumultuous social changes from 1961 to 2011 and through it all our nurses training helped to keep us grounded and steadfast on our various journeys's through our lives. When we were planning for our reunion, it was decided that we would process into the auditorium tonight to the song "Climb Every Mountain" from the "Sound of Music. I know that after our training days, each of our journeys through our different lives has been unique and filled with challenges and I'm sure we've all climbed many mountains metaphorically, forded many streams and hopefully we have all, to steal a quote from the end of the song, "found our dreams". I know I certainly have.

In closing, I'd like to offer the following: To my fellow classmates from St Joseph's Hospital class of 1961, congratulations for the many years of dedicated nursing service. To the Sisters of St. Joseph, thank you for the care, the leadership and the heart-felt compassion you demonstrated to us, and the confidence and competence you instilled in us, to prepare us to be effective members of our noble profession. Thanks to you, we were able to take these qualities and abilities into our places of service in the nursing profession, in our various communities both in Canada and around the world. To the Alumnae we thank you for your leadership, strength, affirmation and education to all of us in support of our Alma Mater. We also remember and honour our eleven classmates who have departed this life and ask that their nursing legacy and spirit continue through the rest of us. We want to acknowledge with gratitude the extraordinary efforts of our classmate Barbara Warren Wright for organizing our Alumnae class reunions through the years. We are grateful for her leadership, steadfast dedication and record keeping on behalf of her classmates. She has been able to keep track of all our changing locations through the years, and has managed to keep us all informed of the changes. I'm sure that at times it had to feel like she was trying to herd cats but she never once complained. Barb has single handedly kept us all connected and ensured we have had good turnouts at our nursing reunions over the years. So thank you Barb for your generous support through the years to the alumnae on our behalf. We love you and are very grateful for all you've done on our behalf. We give thanks for our family and friends who have affirmed and supported us throughout our professional work-lives. Bless our profession and all nurses who face the new challenges, new possibilities and new promises in health care and in our nursing profession. Those of us in this demographic are so grateful for the younger nurses who hopefully will be there with the understanding of the new health care modalities, if and when we may have to access them.

We also pray for Gods blessing for the next stage of our lives into the future with soft breezes if anger comes, gentle rains if sadness comes, a shining moon if hope dims, and warm and loving smiles if harshness comes. Always remember there is no beginning or end — Yesterday is history. Tomorrow is a mystery. Today is a gift. And finally, bless us with a life rooted in love for our nursing profession, our friends, our families and each other. It's been a great ride so far and I can hardly wait to see what it's like at our 60th. Thank you very much!





Cathy Farrell Renwick '61 gave the toast to the Alma Mater





#### Recipients of Life Membership Awards

Christine Dziurka Bonta'71A Kathleen Templeton Levy'74 Paulette Desjardins Musgrave'71B Connie Burns Carson'61 Jennie Pastuszak Dodson'53 Sherry French'71A Ann Woods Hier'63 Eva Reinhardt Huschilt'58 Deborah Onifrichuk Kauk'71B Gisele Hetu O'Sullivan'72 Louise McArthur Roe'59 Sandra Armstrong Simpson'67 Sheila Walsh Voison'66 Vyvvan Dermody Reilly'53 Donna Devine Gravis'46 Elizabeth Murphy'50























### WITH GRATITUDE & HEART-FELT THANKS TO THE FOLLOWING:

## Donation of \$250.00 to the Alumnae from the Class of February 1956

Judy Laurie Gautier
Irene McInnis DeCoste
Joan Pearch Hammond
Betty Bewley Croce
Jeanette Beemer Overbough
Wanda Mann Delorme
Josephine Luciani Nevens
Marianne Turcotte Hammill
Carrol Karsten
Beverly Morten Reynolds
Helen Crotty Glinka Barry

#### Donated In Memory of:

Mary Rajda Novak, Virginia Garbut Dennick and Katherine Moore Lockwood

## Donation of \$150.00 to the Alumnae from the Class of February 1955

Connie Brough Thomas Ann Charkaway Lubianetsky Noreen Mousseau Merrett

Donation of \$890.00 from the Class of 1961

Donation of \$310.00 from the Class of 1971A & Class of 1971B

Donation of \$500.00 from the Class of 1960

Donation of \$200.00 from Miscellaneous

#### CONGRATULATIONS to the WINNERS

Winner of the first \$100.00 bill door prize was Helen Crotty Glinka Barry Winner of the second \$100.00 bill door prize was Ann Louise Arsenault Winner of the 50/50 won \$422.00.

### CONGRATULATIONS to the RECIPIENTS of the LIFE MEMBERSHIP PINS

Christine Bonta 1971A Paulette Musgrave 1971B Jennie Dodson 1953 Ann Hier 1963 Deborah Kauk 1971B Louise Rose 1959 Sheila Voisin 1066

Kathy Levy 1974 Connie Carson 1961 Sherry French 1971A Evan Huschilt 1958 Gisele O'Sullivan 1972 Sandy Simpson 1967 Vyvyan Reilly 1953

# TO THOSE WHO DONATED HAND MADE DRAW PRIZES - MANY THANKS

- Cross Stitch of a country cottage donated by Jim Shipley, Class 1971A
- Hand made Quilt donated by MaryEllen Reaume Morand Class 1961
- Lighthouse painting donated by Janina Berenyi Class 1965
- Praying hands painting donated by Patricia White Class 1970
- · Painting by late Conrad Furey donated by Theresa Furey



# May 28, 2011

The Sisters Tea & Tour was held at the Motherhouse. The event was hosted by Sister Virginia, Sister Joan O'Sullivan, and Sister Ann Marshall. Over 200 nurses attended.















EXECUTIVE TEA at ST. JOSEPH'S HEALTHCARE September 8, 2011





First Graduating Class (1915)

# September 8, 2011

Winnie Doyle and the Executive Staff of St Joe's honoured the Alumnae by hosting a tea at St Joseph's Healthcare in the Juravinski Tower.

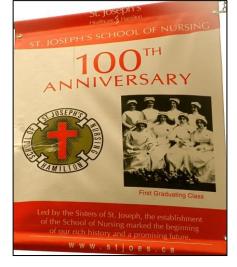


















#### In Summary

From January 2011 until now, we have continuously celebrated our 100th year of the founding of our School of Nursing. Many thanks to those who took on extra duties to ensure that this would be the Year-of-Years. To the Alumnae Executive: a great team at the best of times, but an even greater one this year. Many who took on extra responsibilities, raised the bar of excellence.

#### Hats off to:

Janine Belzak, from St. Joseph's Healthcare Foundation, who worked closely with us prior, during and after the Around the Bay Road Race. She kept us on track and prevented us from derailing.

Marjorie Randall, the Sacristan at St. Charles Garnier, our guardian angel who guided us step-by-step in our liturgical duties.

Mary Taborek Jobb '63, Barbara Molata Boles Davis '66, Janina Muta Berenyi '65, and Beverly Shynal Greenwood '70 who donated their time talent and camera power for our many anniversary photographs.

Donna Padget, the Food Services Advisor at the Motherhouse, who was responsible for nourishing over 200 nurses during the Tea and Tour.

Winnie Doyle, Heather Hoxby, Dr. Kevin Smith and Dr. David Higgins for acknowledging and eagerly supporting our 100th anniversary year through their many events.

The rich legacy set down on September 8, 1911 by the Sisters of St. Joseph and handed down through their School of Nursing, is now, one hundred years later, being embraced by the present nurses at St. Joe's.

One hundred years: a century of knowledge, a century of compassion, a century of comradery! Oh! What a St. Joe's Century it has been!

Cheryl Gravelin McQueen '66 President and Newsletter Editor Presentation and speech by Winnie Doyle Chief Nursing Executive of St. Joseph's Healthcare.

Good afternoon,

I am so very pleased that we have come together to celebrate the founding of the School of Nursing 100 years ago today. Welcome to each of you and in particular I would like to welcome all the members of the alumni who have joined us today. I want to acknowledge the alumni executive, Cheryl McQueen, president of the Alumni who is not able to be here today, however, Janina Berenyi the acting president is with us today.

Everyone's life tells a story and it is that story that will go on for generations to come. This notion of legacy also applies to groups like the St Joseph's School of Nursing Alumni. Their story has been a powerful influence on nursing at St. Joseph's since 1911.

This is a day of pride and gratitude. As we celebrate the 100<sup>th</sup> anniversary of the founding of the School of Nursing we want to pay tribute to the nursing pioneers who lifted the profession of nursing at St Joseph's to where it is today. We greatly appreciate the inspiration and legacy that the School of Nursing built. We are deeply grateful to the Sisters of St Joseph's and members of the Alumni for the foundation and pillars of learning, compassion, dedication and innovation you created. Together with our patients and colleagues, we will continue to build on your legacy.

The alumni's work in preserving the history of nursing at St Joe's from the founding of the School of Nursing in 1911 has contributed to the development of our identity, group cohesiveness and pride in nursing today. In recognition of the alumni and in celebrating this 100 anniversary we are dedicating this painting as a tribute. The painting by Carolyn Dover depicts the rich soil and farmland of the golden horseshoe. The legacy of our alumni has produced rich soil. We have an obligation to nourish that soil and ensure we grow an ongoing legacy of nursing here at St. Joe's that reflects the passion, wisdom and readiness to overcome challenges in caring. This is characteristic of our nursing history. I believe that the legacy of those of us practicing today will be more powerful if we cultivate the fellowship, friendship and comradery, that so typified the Nurses from St Joseph's School of Nursing. This spirit amongst nurses will energize us to produce our best. On behalf of the 1800 nurses now working at St Joe's thank you!

The plaque on the painting will read:

With thanks to all Nurses who have worked at St Joseph's since the founding of the School of Nursing September 8th 1911

