



# St. Paul's Hospital *School of Nursing Alumni Newsletter 2023*

## *Message from the Editor*

Hello Alumni! We are embarking on a new year, and hoping that this year holds some positives for all the members of our association!

It is my pleasure to prepare this newsletter for our members. As our face to face contacts are reduced, I think it is important to continue to provide the newsletter. I look forward to receiving any stories, information, or other tidbits you would like to share.

Congratulations to the graduating class of 1963, their 60th anniversary!!

*Lyn Swenson (Edwards '69)*

## *Prayer*

*God never sends you into a situation alone,  
God goes before you,  
He stands beside you,  
Whatever situation you have right now,  
Be confident as GOD is with you!*



# Greetings from the Executive

We hope you have had a peaceful, family and friend filled holiday season. Activities of the Alumni are carrying on as much as possible during these times. Aging and health challenges, both of ourselves and our families, bring our thoughts to bear on the future of the Alumni.

With that in mind at our AGM we presented information and an outline for the future.

## General Information:

3 year average income from memberships (about 200)	\$4000.00
3 year average expenses: for newsletter, card and flowers	\$1730.00
Scholarships/donations	\$9000.00
Expenses with donations/scholarships	\$10730.00

## Next Steps for Alumni Association:

1. Broad consensus from members is to continue social activities as long as possible and gradually reduce extraneous activities (from Questionnaire).
2. Newsletter is the most important method of keeping all members in touch.
3. Both donations and scholarships unsustainable at this rate.

## Recommendations: 2 Year Plan

1. Reduce General Meetings to 2 per year - May (spring) and December.
2. Keep membership rates for 2022-2023 at \$20.00.
3. Set scholarships for 2022 at \$2000.00.
4. Set donation to SPH for 2022 at \$2000.00.
5. Set Archives' budget to assist in organizing and decisions for future of Archives \$2000.00.
6. Set scholarships for 2023 at \$1500.00.
7. Set donation to SPH Foundation for 2023 at \$1500.00.
8. Draw down Reunion investment by only reinvesting \$8000.00 and adding interest and \$2000.00 of capital to chequing account.
9. Suggest a Financial Review every 2 years.

Moved by Joyce Lenz, seconded by Cecile Diebert (LePage '58) that the recommendations be accepted. Carried by a show of hands.

The Executive met in September and again in November to provide support and committee guidance.

A sincere thank you to all committees for keeping us organized and moving forward.

Thank you also to members who keep us in the know with notes and messages included in the memberships. If you have any suggestions for what you would like to see from the Alumni going forward please let us know.

The Christmas Luncheon at the WDM was enjoyed by 33 members, sharing in the meal and fellowship.

We wish you a healthy and happy 2023.



Your hard working Executive

**"Whatever you do,  
always give 100%...  
Unless you are giving blood!"**

- Bill Murray

# St. Paul's Hospital School of Nursing Alumni Association

## Officers and Conveners, 2023

President	Monica Beavis
Past President	Sharon McCallion
Vice President	Diane Hergott
Secretary	Sharon McCallion
Treasurer	Diane Neufeld

## Committees

Program/Social	Mary Humen Louise MacLeod Bernie Steckler
Newsletter	Lyn Swenson Lily Krause
Cards/Flowers	Cecilia Gursky
Visiting	Rose Normand Margo Bussiere Trudy Payton
Welcoming/Membership	Reta Taylor Diane Neufeld Elaine Uhryniw Bernadette Steckler
Phoning	Carol Smandych
Scholarship	Joyce Lenz Lily Krause
Archives	Kay Turner Marlene Davis
Honor Guard	Elaine Uhryniw

"Happiness is like jam...you can't spread it even a little  
without getting some on yourself!"

- Anonymous

## COMMITTEE REPORTS

### Welcome/Memberships

It is always wonderful to connect with our Alumni family! We all realize that it is getting more difficult to stay connected, but the Saskatoon Chapter of St. Paul's School of Nursing is marching on, or maybe limping at times!

Keeping in touch is very important and even more at this time in our lives, especially with all the moves to different accommodations as our needs change with our aging population. We could not keep our membership list current if it wasn't for all of you forwarding changes to us through your filled out membership forms, a quick call or email.

This past year, 221 memberships were paid and many of the forms included changes. We work hard to keep track of all these changes. The payment of your membership fee is important. Members and families of members often speak of the joy our annual newsletter brings. In order to continue with the printing and distribution of the publication, we thank you for your membership renewal, support and staying in contact.

Respectfully submitted,  
*Reta Taylor (Watton '63A)*  
*Dianne Neufled (Rowein '66) and*  
*Elaine Uhryniw (Madson '61)*

### Archives

Early this spring (2022) the decision was made to close our archives room. The problem was how to do that!! I contacted Saskatchewan Archival Council for advice, and it was suggested I contact Saskatoon Archives. One afternoon was spent with them at our archives room to see what needed to be done and what they would take... They took just about everything! This was accomplished in early September. Our archives are now housed at 244 Cardinal Crescent in Saskatoon. Only the furniture needs to go! I was contacted by St. Ann's Nursing Home for assistance in creating a permanent display of nursing items for July. The search for these items is ongoing!

Please remember we no longer accept capes. If you are giving away your cape, please remove the SPH crest first.

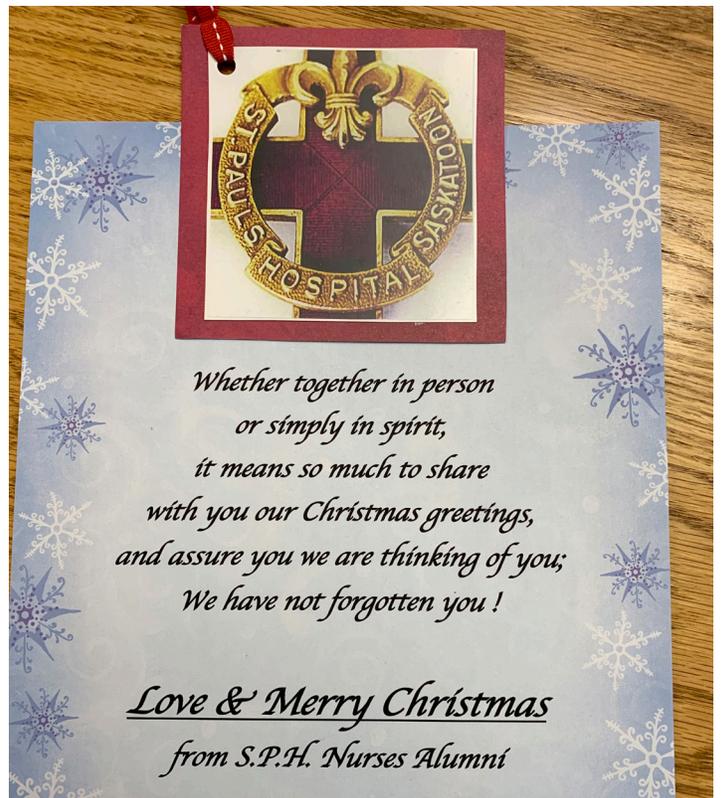
Respectfully submitted,  
*Marlene Davis (Welk '57)*  
*Kay Turner (Fitzmaurice '64)*

### Home Visiting

Our Alumni Visiting Committee had the opportunity to visit 22 of our Alumni in longterm care, assisted living and personal care facilities. Many visits brought back many memories and reminiscing of nursing sixty or seventy years ago...as well as life in SPH nurses' residence "the good old days!" I could sense there was a feeling of loneliness in some cases. I can only hope that our visit brought a message that we, the Alumni, really do care and haven't forgotten our fellow nurses.

Thanks to our committee - Margot, Joyce and Trudy.

Gratefully submitted,  
*Rosemarie Normand (Kiefer '67)*



## Scholarships

There were a total of five enquiries and four applications received for the St. Paul's Hospital Nurses Alumni Scholarship for the year 2022. The monies available to be awarded are:

- \$2000.00 SPH Nurses Alumni Scholarship

Scholarships were awarded to the following:

1. **Amy Semeniuk**, granddaughter of Josephine LeJan ('65). She receives a St. Paul's Nurses Alumni Scholarship of \$1000.00. Amy is in her 2nd year Masters of Nursing Neonatal Nurse Practitioner, University of Alberta.
2. **Ashley Bell**, granddaughter of Dorothy Smith ('58). She receives a St. Paul's Nurses Alumni Scholarship of \$1000.00. Ashley is in her 2nd year Masters of Nursing at University of Manitoba.

Congratulations to these young people. We wish them the best in their chosen profession!

I respectfully submit this report.

*SPH Alumni Scholarship Committee*  
*Joyce Lenze, Chairperson*  
*Agnes Valade*  
*Lily Krause*



Today only happens once,  
make it amazing!

## Honour Guard

During the pandemic, public health guidelines were frequently changing. To remain current, our guidelines were in flux and decisions were made, in consultation with the Executive, before each Honour Guard took place. One outdoor Honour Guard was provided.

The Honour Guard was privileged to serve on the following occasions:

1. Burial of urn for Adele Haid-Kahn (Sorochan '52)
2. Mass of Christian Burial for Rita Ehr (Fahl '55)
3. Celebration of Life for Cornelia Gutwin (Dyck '59)
4. Mass of Christian Burial for Arlene Sawa (Currie '55)
5. Memorial Service for Marguerite Graves (McDonald '50)

Families are very appreciative and always comment how pleased they are to see the nurses in uniform.

Our Alumni Honour Guards are desperately short of bodies to provide this service to our members. If you are in Saskatoon, and could possibly volunteer for this, all you need is a uniform, your cap and your cape. Your effort would be greatly appreciated. Thank you.

Respectfully submitted,  
*Elaine Uhryniw (Madson '61)*

---

## Cards and Flowers

Several Alumni members passed away in 2022. Sympathy cards were sent to the families of those who passed when the deaths and addresses were known. Sympathy cards were sent to Alumni members whose husbands passed away in the last year. Get well cards were sent to two Alumni who were ill. Flowers were sent to two members of our Alumni going through some serious hospital care.



The list is far from comprehensive, and I encourage you to let me know of any Alumni who are experiencing any health related issues and could use some encouragement or acknowledgement!

Flowers were sent to the Chapel at St. Paul's Hospital for the Christmas season.

Respectfully submitted,  
*Cecilia Gursky (Scherman '66)*

# Newsletter

The newsletter is an important tool to keep us all informed. It is also one of the Alumni's major expenses...Please keep your memberships rolling in!



SPH has an email address: [sphsnaa@gmail.com](mailto:sphsnaa@gmail.com)

We would love to hear some of your nursing stories, remembrances and accomplishments so we can publish them in the newsletter. Here are some guidelines for those stories:

1. The stories must pertain to our Alumni.
2. Keep the stories concise.
3. Must agree that the Editor can edit the story for space and content, and
4. Be submitted by December 31st.

## Costs for 2022 Newsletter:

Stamps.....	\$ 230.00
Layout/Design + Printing 300 copies.....	<u>\$ 856.45</u>
<b>Total</b>	<b>\$1086.45</b>

Lyn Swenson (Edwards '69)  
Lily Krause (Baergen '58B)



## Difficult roads lead to beautiful destinations

# In Memoriam



Schumak, Mrs. Neda (Bertoria '50A)  
 Kroczyński, Mrs. Alice J. (Meagher '55A)  
 Driedger, Lilianne (Dyck '56B)  
 Esaiw, Ms. Elizabeth (Esaw '53A)  
 Geall, Mrs. Helen (Reeves '48A)  
 Dancy, Mrs. Donna (Docken '61A)  
 Whelan, Mrs. Ida (Bitz '45B)  
 Morris, Mrs. Fern (Burger '46B)  
 Oliver, Mrs. Grace (Johnston '49B)  
 Dickey, Mrs. Edythe (Fichtner '50B)  
 Beilman, Mrs. Valeria (Jansen '64)  
 Lobe, Mrs. Joan (McKee '58B)

Ehr, Mrs. Rita (Fahl '55A)  
 Gutwin, Mrs. Cornelia (Dyck '58B)  
 Evancio, Mrs. Dorothy (Nesselbeck '53B)  
 Sawa, Mrs. Arlene (Currie '55B)  
 Graves, Mrs. Marguerite (McDonald '50B)  
 Black, Mrs. Rose (Anton '44)  
 Ball, Mrs. Vicki (Oscienny '66)  
 Goertzen, Mrs. Lorna (McArthur '60A)  
 Nesselbeck, Mrs. Meda (Thompson '59B)

Respectfully submitted,  
 Reta Taylor (Watton '63A)  
 Elaine Uhryniw (Madson '61)  
 Diane Neufeld (Rowein '66)

## Stories from Our Past

This story was submitted to the  
"Looking Back 100 Years"  
by an Alumnus about an incident that  
happened when she was a student.

A routine medical "treat" that was used on the second floor was the castor oil cocktail (orange juice, castor oil, and baking soda).

My first encounter with this treat happened on a day shift. I diligently mixed the cocktail and delivered it to the ward for 4 elderly ladies. Two of these ladies spoke only Ukrainian.

I went up to a lady in bed one , completely mangled the name of the person who was to get the cocktail, and she said "Ya,Ya". A lengthy explanation followed and she finally swallowed the mixture. As I am leaving the room, the lady in bed 2 says "Yes, I am Mrs. ...., did you need me?"

As I was only a second year student I was now having a panic attack! My first accident slip was now imminent. With my whole body shaking, I reported the med error to my supervisor. She asked who the doctor of the patient was and I told her it was Dr. Herman, to which she replied "He's right here, tell him yourself." I didn't know Dr. Herman but I certainly knew his reputation for being very diligent about those in his care. His patients were mostly heart patients, and of course that patient was a heart patient. I had been told his temper was something you never wanted to witness, and I had to tell him about my med error!

Gathering every inch of courage I had, I made the report to him. His reply was "You needn't worry so much! She will only have a bowel movement." He then wrote out an order for the cocktail I had given her and no accident slip was needed! That day I learned to be very careful about what to believe when told the reputation of certain doctors. Needless to say, he always remembered my name after that incident, and this student nurse had gained his respect for being truthful.



"Friends are God's way of  
apologizing to us for our families"

- Anonymous

### **For Your Consideration**

Routine mammograms are no longer being ordered for women over 75.

Please be diligent about your breast exams, and remember all you need to do to get a mammogram is ask for one!

Breast cancer does not stop for us old folk!

# 2023 Alumni Membership Renewal 2023



As Alumni of S.P.H. School of Nursing, we encourage you to be in good standing by maintaining your membership in our Alumni Association. Please complete the form and mail a cheque for \$20.00 to:

**St. Paul's Hospital School of Nursing Alumni Association**  
c/o Diane Neufeld  
734 Wilkinson Way  
Saskatoon SK S7N 3L5

Name.....

Maiden Name ..... Graduation Year.....

Address .....

..... Postal Code.....

Phone Number..... E-mail.....

**All cancelled cheques will be your only receipt as our mailing costs are becoming prohibitive.**

