

St. Boniface Registered Nurses Alumni Association

November 2019 Newsletter



President's Message

Wishing you all a great fall, even though it felt like an early winter just before our Thanksgiving weekend. Hopefully everyone was still able to be with family or friends and to enjoy the holiday.

I saw this saying on a friend's Facebook timeline and thought it very appropriate:

If you choose not to find joy in the snow, you will have less joy but still the same amount of snow.

Being part of the alumni gives us the opportunity to share our student nurse experience and to be proud of being part of an important School of Nursing. Our current executive council wants to continue the work of promoting a sense of unity, professional growth, and pride in our history.

Having paid-up alumni members and a full complement of executive council members is essential to making this work possible. We are currently struggling to fill several positions to allow current long-term executive members to leave with a sense that they leave the alumni in good hands. Please contact any of the executive members to volunteer your time or to suggest someone that you think would be a good candidate.

Gisèle Hansen

President



Social Committee Report

A Tea will be held in honor of the 1970, 50-year grads, in "the Parlor" 1-3pm, Tuesday, May 19, 2020. Volunteers are needed. Please contact the executive if you are able to assist.

May 20, 2020 we will be honoring the class of 1970!

St. Boniface RN Alumni Association Annual General Meeting and Dinner Celebration

Date: Wednesday, May 20, 2020

Location: Canad Inns Destination Center Polo Park
1405 St. Matthews Avenue, Winnipeg, Mb.

Phone: 204-775-8791 or toll free: 1-888-332-2623

Dinner Ticket Cost: \$45.00 for members

A block of rooms is being held until April 20, 2020. The group rate is \$125.00/room or \$145.00/suite from Monday, May 18th to Friday, May 22, 2020 departure. Please indicate:

St. Boniface RN Alumni Association, Confirmation #360742.

Contact the hotel directly.

Canad Inns Destination Centre Polo Park website: www.canadinns.com or toll-free number 1-888-332-2623 or local 204-775-8791.

SCHEDULE OF EVENTS

Social Hour	16:30 – 17:30 cash bar
Meeting-Dinner-Celebration	17:30 – 21:00
Honored guests:	Class of 1970



Class countdown and possible reunions: 1955, 1960, 1965, 1975, 1980, 1985, 1990, 1995.

Anyone purchasing a dinner ticket will require a current membership.

See Membership Form

Tickets on sale March 1st to May 12th, 2020. No refunds.

Do not mail cash. Make cheque payable to: **St. Boniface RN Alumni Association.**

Mail to: St. Boniface RN Alumni Association
NG018-409 Tache Avenue,
Winnipeg, Manitoba R2H 2A6

If mailing in for tickets, please do so by May 8, 2020

Please include a self-addressed, stamped envelope with the **following information: name, class year, name at graduation. Also include any allergy alert and special dietary request.** Do not request this at the event as meals are charged extra to the alumni! Include membership fee if applicable.

In person Blitz for tickets: March 18, April 15, April 29, 2020. Wednesdays 0930-1600

Main entrance Everett Atrium St. Boniface Hospital 409 Tache Avenue.

Assigned table seating by class year unless otherwise specified when ticket purchased. Table settings are in groups of 10. For Honored Guests 50 Year grads from 1970 a Membership only is required.

Non-attendees wanting a pin, do require a membership.

Contact for 50-year grads is:

Glenis (Pronchuk) Pacak
gmpacak@mymts.net
204-488-4796

Mary Ann (Reimer) Oliver
obm@mymts.net
204-231-3002

SAVE THE DATES: May 19, 2021 and Class 1971 representatives please identify yourself ASAP.

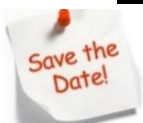
Also, May 18, 2022 for the Class of 1972 (2 Classes: January & July)

Invite a classmate and see you at the celebration....Gaylene Kramchynski, Social chairperson (1975)

Volunteer: Social Chair required as of June 30th, 2020.

Plan your next class reunion to include the Alumni Annual Dinner meeting.

Yesterdays
Memories
are tomorrows
Treasures



NURSES' WEEK MAY 2019



Sharon Matte & Shirley Delaquis at our booth



Maureen Sobrevinas: winner of the prize draw!

WINNERS OF THE 2019 BURSARIES



The Alumni Bursary: presentation by Judy Maleski: Karen Sadler (1985), Rosanne Labossiere-Gee (1990) Sharlene Scott-McHugh (Associate Member), Jan Deviaene (1985, Heather Novak (1987)



The Lanthier Bursary: presentation by Lori Choquette (daughter of Juliette Lanthier 1944 Grad) Theresa Bouwman (1989), Asha Pereira(1989)



Annual General Meeting, May 15, 2019
228 were in attendance.



Lori Choquette (center) from the Yukon, with family members



WINNERS OF PRIZES AT THE MAY 15, 2019 AGM

DOOR PRIZE #1: One Night Stay sponsored by Canad Inns Destination Centre Polo Park won by **Grace Hutchinson Class of 1962.**

DOOR PRIZE #2: Pineapple crochet tablecloth won by **Elaine Gerbrandt Class of 1969**

DOOR PRIZE #3: \$250 Visa gift card won by **Gloria Busch Class of 1959**

50/50 PRIZE DRAW: Three tickets for \$5.00 generated \$1018.00 at the AGM Dinner Celebration. A cheque of \$509.00 presented to **Herta Janzen Class of 1963**



EDUCATION FUNDING OPPORTUNITIES



MULTIPLE BURSARIES AVAILABLE

Graduates of the Registered Nurses' Program from St. Boniface School of Nursing and Associate Members are eligible for funding. Funding will be awarded for practice-based nursing research, workshops, conferences and University courses in nursing. Proposed research must be clinically relevant and ultimately benefit patients.

BURSARIES AVAILABLE:

- 1. St. Boniface Nurses' Alumni Bursary - \$2,000**
- 2. Lanthier/Pochailo Bursary - \$1,000**
- 3. Class of 1969 Bursary - \$1,000**

To be considered, applicants must:

- be or become paid members of the Alumni (*For membership information see St. Boniface Nurses' Alumni website, see membership form in this newsletter or email sbgh.rnalumni@gmail.com*)
- provide proof of enrolment for workshops, conferences or courses, including the cost.
- provide information regarding other funding received
- provide one-page summary of proposal for research studies
- submit a letter of **application by March 31, 2020**
- be in attendance at the **Annual Dinner on May 20, 2020**

The Alumni reserves the right to request return of funding should the candidate not complete the research or attend the workshop or conference, other than for reasons of personal illness.

Apply in writing to: **Attention Alumni Treasurer**
St. Boniface Registered Nurses' Alumni Association
Room NG018, 409 Tache Avenue,
Winnipeg, MB. R2H 2A6

Apply Now





Membership Report

Membership stats as of September, 2019 are as follows:

TOTAL <u>LIFE MEMBERS</u> (50 - year grads): 811	TOTAL NON-LIFE MEMBERS: 302
CURRENT ACTIVE LIFE MEMBERS: 423	Total paid (active): 197
<i>Membership expired December 31, 2018: 82</i>	<i>Membership expired December 31, 2018: 22</i>
<i>Membership expired December 31, 2017: 60</i>	<i>Membership expired December 31, 2017: 18</i>

ASSOCIATE MEMBERS: 6

HONORARY MEMBERS 2

The number of paid memberships continue to decline. Former grads join during their “milestone” years (50th, 40th, etc.), but often do not renew their memberships in the interim years. As you can see by the stats above there is a large number of unpaid memberships. **You are encouraged to keep up your membership to support the Alumni and to receive Alumni information!**

I encourage you to continue to reach out to us with information about your classmates, so we can keep our database up to date. Some of you, when sending in your membership fees, throw in a little (or sometimes a lot) extra with your membership renewals, to support this alumni association. It is most appreciated.

I am pleased to welcome Karen and George Coupland as the new Membership Chairpersons.

Asha Pereira – Class of '89 Membership Chairperson sbghmembership@gmail.com

Membership Application	
Present Name: _____	
Name at graduation: _____	Class of: _____
Address: _____	
	Postal Code: _____
Email Address: _____	Phone# _____
Membership Fees Jan-Dec. (check appropriate box)	
New Member: <input type="checkbox"/>	Post 50 th grad reunion member - 5 years - \$25.00 <input type="checkbox"/>
New Associate Member: <input type="checkbox"/>	
Renewing Member: <input type="checkbox"/>	Donation _____
2 year \$25.00 <input type="checkbox"/>	
5 year \$45.00 <input type="checkbox"/>	
I would like to receive all communication by email including receipts for membership: Y <input type="checkbox"/> N <input type="checkbox"/>	
NB: Cheque made out to: St. Boniface Registered Nurses' Alumni Association	
Please Mail to: St. Boniface Registered Nurses' Alumni Association	
Room NG018 409 Tache Avenue Wpg. MB. R2H 2A6	
Your address information may be shared with a classmate for the purpose of arranging a reunion	
N.B. PLEASE ENCLOSE A STAMPED SELF-ADDRESSED ENVELOPE IF YOU WISH TO RECEIVE MEMBERSHIP CARD AND RECEIPT BY MAIL. OTHERWISE THE RECEIPT WILL BE SENT BY EMAIL AND THE CARD WILL BE AVAILABLE FOR PICK UP AT THE NEXT ANNUAL MEETING.	
<i>(Post 50th members receive receipts only)</i>	

ASSOCIATE MEMBERS Anyone interested in being an Associate Member of the St. Boniface Registered Nurses' Alumni Association please contact us at sbgh.rnalbumni@gmail.com An Associate membership may be granted to any Registered Nurse not a graduate of St. Boniface General Hospital School of Nursing. They have all the same privileges, *including applying for Bursary funding as an active member.*



Archive Report

The Hospital has an excellent music program for patients and have been working with “*Collaboration with Artists in Health Care Manitoba*” for the last 10 years. Skilled musicians are provided to play at the Hospital, either in public areas or at the bedside. The Hospital is interested in having the baby grand piano that is currently located in the parlour. They would like to have the piano in the Hospital Atrium for musicians to perform. This piano was given to the School of Nursing by Eaton’s in 1953 for the grand opening of the new residence. Student nurses enjoyed gathering around the piano for “sing songs” and the Glee Club enjoyed the use of this piano as well. The piano is 65 years old and is in need of a great deal of repair. Unfortunately, we have been told that it is not worth restoring and so it will just remain as an artifact in the parlour.

Shirley Delaquis, Chair Archive Committee



VISIT

We encourage everyone to bring your classmates, friends and family, to visit and experience the multi-touch interactive screens located in the Hospital Atrium as well the display case in the Hospital Atrium and the Heritage Room in the Education Building located behind the parlor.



Check out our FACEBOOK PAGE.

<https://www.facebook.com/St-Boniface-RN-Alumni-Association-2194172657323578>

Please share this with your Facebook friends to help spread the word

SBH REGISTERED NURSES ALUMNI EXECUTIVE JUNE 2019 – JUNE 2020

President:	Gisele Hansen	204-253-7400
President Elect:	<u>vacant</u>	
Past President:		
Secretary:	Karen Sadler	204-832-6777
Treasurer:	Judy Maleski	204-254-0690
COMMITTEE CHAIRPERSONS:		
Nominating:	Linda Jackson	204-222-1945
Publicity:	Sharon Matte	204-489-1641
Membership:	Karen & George Coupland	204-254-0472
Social:	Gaylene Kramchynski	204-256-0977
Sick and Bereavement:	Glenis Pacak	204-488-4796
Archive	Shirley Delaquis	204-256-1812
Member at Large (3)	Madeleine Graham	204-775-2893
	Sheila Holden	204-233-6086
	Cheryl Trites	204-888-8709



WEB SITE A webpage on the St. Boniface Hospital website. Simply google “St. Boniface RN Alumni”; for information about the Alumni Executive, activities and events, and a link to our newsletter, yearbooks & grad pictures. You may email us at sbgh.rnalbumni@gmail.com



Nominating Report

THE FOLLOWING POSITIONS ARE URGENTLY NEEDED:

1. PRESIDENT ELECT
2. TREASURER
3. ARCHIVE COMMITTEE CHAIR
4. PUBLICITY COMMITTEE CHAIR

URGENT

URGENT

All of the current board members are willing to mentor new persons into their roles.

There are 6 meetings in a year (September to June).

Executive meetings are held in the Education Building: 5:30 – 8:00 pm.

Without your offer to volunteer, the Executive cannot function!!

If you need more information regarding these positions contact Linda Jackson: 204-222-1945 or email:

mjackson@mymts.net



50

50 YEAR REUNION FOR THE CLASS OF 1970

Glenis (Pronchuk) Pacak

gmpacak@mymts.net

204-488-4796

Mary Ann (Reimer) Oliver

obm@mymts.net

204-231-3002

If anyone has any information on the following classmates, please contact the representatives listed above.

Diane Dubois, Madeline Geller (nee Hebert), Gail Schroeder (nee Lindsay), Marlene Toews, Linda Wright, Louise Yasdak (nee Gamble), Judy Gogush (nee Crawford), Valerie Selden, Louise Cote (nee Arnal) Sharon Klapatiuk (nee Hamm)

45

45 YEAR REUNION FOR THE CLASS OF 1975

May 20 - 22, 2020

Contact: Peri Venkatesh

60

60 YEAR REUNION FOR THE CLASS OF 1960B

May 2020

Contact: Dorothy Tytgat

Ph: 204-489-7063 email: docar@shaw.ca

NOTICE

If you are planning a class reunion and would like a notice placed in the March newsletter, please contact Sharon Matte at 204-489-1621 or email matte@mymts.net



Sick and Bereavement Committee - In Memorium

Name	Maiden name	Class
Lenore McCallum	McCormick	1943
Mary Hainstock-McDonald	Skelly	1945
Doreen Jessie Macinnis		1954A
Constance (Connie) Audette	Suarez	1954A
Evelyne Johnston	Shaw	1954A
Sr Helen Alarie		1954A
Myrtle/Phyllis Hanford	Kowaluk	1954A
Margaret Landry	Nicholson	1954A
Flora Nichol	McKay	1954A
Blondina Clouston	Gajdosik	1955
Sr. Lucille Damphousse		1957
Adele Scherloski		1957B
Rosella	Genik	1958
Elaine Sanderson	Murray	1960B
Carole Sunde	Hodgson	1961B
Gloria Dyck	Kroeker	1961B
Ada Swann		1961
Janet Isfeld	McCormick	1962A
Della Ruth Vust	Smith	1963A
Marjorie Fraser	Penner	1964A
Linda McArthur	Peeler	1965
Patricia Dupras	Lalonde	1967
Carol Bidzinski	Churko	1967
Gwen Barclay	Swaenepoel	1970
Helen Verholf	Wenger	1976
Brenda Genik		1980
Shirley Nixon	Snidal	1982
Julia Billingsley	Van der Zweep	1989



THANK YOU to those who forwarded information; you may email information to sbgh.rnalumni@gmail.com or contact *Glenis Pacak* (Pronchuk 1970), Chair of Sick & Bereavement Committee at gmpacak@mymts.net or ph: 204-781-6025.

LOST

LOST YOUR YEARBOOK??? or GRAD PIN??? If you have lost your GRAD PIN or you would like a YEAR BOOK please call Shirley for more information at 204 - 256-1812

CLASS OF 1969 – 50 YEARS
CLASS 1969 at the tea May 14, 2019



1969 Class in the parlour



Cheryl Shields & Judy Maleski



It was wonderful seeing all our classmates again!! A big thank you to the alumni for the tea and dinner celebration. The turkey meal was a BIG hit. Judy Maleski

FROM THE ALUMNI EXECUTIVE

A huge thank you to the Class of 1969 for their generous donation of \$1,000 for a bursary to be awarded May 2020!!

The Grey Nuns celebrated 175 years

A celebration of 175 years since their arrival to St. Boniface on June 21, 1844. A wonderful celebration was held on June 21, 2019 to commemorate their compassion, caring and extra ordinary courage to help those in need! Congratulations and many thanks to all the Grey Nuns that have contributed so much over the years to our education and health care system!



Arrival June 21, 1844



Hospital Administrators and Educators at the School of Nursing



Gisele Hansen, Sharon Matte
Sr. Lucille Damphousse
June 21, 2019



Gisele Hansen (Class of January 1972)

In May 2018 my then 15-month-old grandson was diagnosed with a mitochondrial disease.

What's that, I said?

Mitochondrial disease is a group of disorders caused by dysfunctional mitochondria.

When someone has mitochondrial disease, it means that the **power plants** in their cells are not working properly. It also means that they could suffer a '**power failure**' in the organ systems that sustain life. This is a devastating disease and can be fatal.

Mitochondria are the '**power plants / batteries**' that provide our bodies with all of the energy we need to power our cells and organs in order to walk, talk, laugh, hear, digest food, and breathe. We have billions of mitochondria in our bodies & their job is to convert glucose to energy, creating more than 90% of the energy needed to sustain life and support organ function. All the cells in our bodies have mitochondria, except for red blood cells. We cannot survive without them. The cells in our heart each have 5000 mitochondria. At least **1 in 200 individuals harbor a mitochondrial mutation**, but when more than 50% of mitochondria are healthy, they compensate until an injury or health crisis requiring more energy to deal with it, causes a manifestation of the disease.

Globally, a child is born every 30 minutes who will develop a mitochondrial disease before the age of 11, but adult onset disease is being diagnosed with increasing frequency.

Researchers now know that mitochondrial dysfunction is at the core of many more well-known diseases like Alzheimer's, Parkinson's, ALS, Chronic Fatigue Syndrome, etc.

I've now learned that more children die of mitochondrial disease than of all cancers, in fact 60% die before the age of 4 and few make it to their teens.

Formed in 2010, Mito Canada's mission is to transform the outlook, quality of life and sense of community for people impacted by mitochondrial disease through education, awareness, support and transformational patient focused research. Visit <https://mitocanada.org> for more information or to donate.

I am the new volunteer advocate for Mito Canada in MB. Please share my information so families affected can contact me: gisele.h@shaw.ca Thank you

There is a research team at the St. Boniface Research Centre, under the direction of Dr. Benedict Albeni that is doing research into mitochondrial dysfunction.

Leaving a Legacy

Create a lasting legacy to the St. Boniface Registered Nurses' Alumni Association by leaving a *bequest* in your Will.

By including the St. Boniface Registered Nurses Alumni Association in your Will

you help sustain the Alumni and the activities that matter to you, such as education grants and preserving the alumni's history. For more information, call Shirley at 204-256-1812



Capping Ceremony in the chapel



Learning to scrub in L & D



Hospital Kitchen 1905