



KEMH Alumni Inc Newsletter

President's notes

Your Committee is planning the direction our organization will take now that the KEMH Centenary and our focus on related fundraising and participation has been completed.

We will take a three pronged approach to fundraising and

expenditure over the next 12 months. First is an internal focus to celebrate members' outstanding achievements, give support in health or financial difficulties and increase both Alumni member numbers and member engagement. Second is an external focus in actions that show our commitment to the staff and organisational goals of KEMH. This will be complimented with a third arm of donations to charitable organisations that share the ethos of KEMH and its alumni. Each of

these three foci are allocated up to \$1000 for the first year, with review of sustainability after 12 months.

While your Committee is deciding the details & processes related to these activities, your comments and opinions would be appreciated.

Let us know your reactions and thoughts on our future directions. E-mail Brigitte:

brig_glockner@outlook.com

Welcome new members



Gloria Sandford and Jill Sinel

Join in

Alumni Committee members have taken on some additional duties but are calling for back up. If you would like to be more involved in the social events, we are looking for a buddy for each of the tasks.

Photographer - take a few photos at each social event for publication on the Alumni web site and in our newsletter. A digital camera or mobile phone is all that is needed, then e-mail the photos to our Secretary. Bev Thornton is our social event photographer.

Journalist – write a summary of the speaker and their presentation at each social event. Ailsa Allen has volunteered for this task.

Having trouble getting to meetings?

Some of our members do not drive at all or may avoid night time driving. Can you help with car pooling?

One member living in South Perth would like a lift to each social event. Our secretary Brigitte has details and will put you in touch with Spot [not her real name] if you can assist.

To introduce variety and to assist with meeting access, we plan to schedule some of our 2018 meetings in daylight hours, with 17th May being the first of these with another in September.

Fund-raising

The movie "Murder on the Orient Express" was attended by 65 Alumni members and friends. Most of those who purchased tickets through the Alumni did indeed see this movie, despite some confusion regarding the correct theatre. At least two friends of the alumni enjoyed a film from the British Film Festival showing in another theatre. This was despite Helen Benninger alerting people to the mistake, at which point half the theatre relocated. \$785 profit was achieved through ticket sales and raffle.

The movie night raffle was won by a patron of the Windsor British Film Festival who was thrilled to win. The Christmas raffle was won by KEMH midwife Sally Bakker who



purchased her ticket in the foyer 5 minutes before the draw.

Fund-raising events planned for 2018 are:

Mothers' Day raffle and merchandise stall Monday 7 May – Friday 11 May.

Christmas raffle and stall during the two weeks before Christmas.

Two movie nights – dates to be advised.

Some new people on the small fund-raising committee would be great. Two of our three stalwarts are travelling for extended periods in 2018. It's actually fun and your participation would be rewarding. If you would like to know more, e-mail Jenny:

jaken4@bigpond.com

Discounted book and aprons

The Centenary book "King Eddies" is now selling for \$45 a copy. The aprons featuring the KEMH stork are selling for \$22.50 each or two for \$40. Available from Tammy Katselas, 1st floor A block executive offices. Further information on KEMH Alumni activities is found on the website <https://www.kemhalumni.com.au>

Donations of the book have been made to:

KEMH Executive for staff service awards

Minister for Health, Hon. Roger Cook



Vale

Rosemary Keenan

Rosemary passed away January 2018.

The Alumni Committee and members mourn the passing of our esteemed member Rosemary. We extend our condolences to her husband Kevin, family and friends. Rosemary will be fondly remembered for her professional contribution and her wonderful sense of humour during her long career at KEMH. Rosemary was a knowledgeable teacher, very funny, very committed and keen to move forward with new initiatives. Amongst Rosemary's passions was her commitment to open and lead not just discussion, but action on women's sexuality after gynae surgery. Rosemary was just a joy and an inspiration to work with. She will be greatly missed.

The following recollections are taken from the oral history recorded by Rosemary in 2014.

Rosemary did her midwifery training at KEMH 1964 and worked

in a number of hospitals before going to England. When she wanted to return to Australia she contacted the Matron Ros Denny to let her know she was interested in coming back to work at KEMH. Rosemary had known Ros Denny from her time as a nurse at Royal Perth Hospital. Miss Denny was welcoming saying "Oh come and work for me, I'll give you a job" so Rosemary returned to KEMH in 1977 as a Registered Midwife.

She started on Ward 12 which was a Gynecology ward, before going to the Labour Ward. Rosemary recounts an amusing story of how some of the midwives on Labour Ward thought she was too friendly with the Residents - they accuse her of "chatting them up" which they thought was not on as she was a married woman!! However this was not the case - Rosemary describes herself as a very outgoing person - she was simply talking to them.

One day Rosemary was informed that Ros Denny had sent for her, and in her own words this was "always a terrifying experience" to be sent for by Matron Denny. When she spoke to the secretary she was even more alarmed to be told that half an hour had been set aside for her appointment. She need not have worried as Miss Denny wanted to offer her a position in Nursing Administration - she not only considered that she would be very suited to the job, but when Rosemary declared that she didn't think she was a serious enough person to do the job, Miss Denny told her that she wasn't

looking for someone serious, but someone to make her laugh!

Rosemary was very proactive when it came to looking after patients who were grieving, either because they had a terminal condition or their babies had died. She spoke about her experience of looking after a lady with late stage carcinoma of the cervix and how she used to spend time talking with her. She used to be awake every morning, early in the morning, around 2.30 - 3.00am. She shared many things with Rosemary but there was one particular thing she said that Rosemary then used to always pass onto nurses caring for patients who were dying or really sick and confined to hospital, and that was that this woman missed hearing about life outside. She wanted to know what the weather was like, just ordinary, everyday things - she still wanted to be included in life, even though she was dying.

Rosemary recounted another story of a lady who was again dying and was desperate to see her dog. So she was able to arrange for her the woman's daughter to bring the dog to see her. They decided it would be best to "try bringing the dog in a leather shopping bag towards the end of a visiting time". It was also discussed with other staff and the patient thought it was wonderful. So every time the daughter came in she came with the big leather shopping bag containing this very small dog with his nose just peeping out. He seemed to know he shouldn't make any noise.

Rosemary used to feel upset that there was nothing provided for women whose babies had died or who had a miscarriage. Whilst some of her colleagues thought she was too emotional Rosemary saw nothing wrong with giving people the opportunity to say goodbye to something or someone that they had loved. She had no children herself but in her own words believed that "to have something growing in your belly and under your heart for 9 months and then for that child ... snatched away there's a love, there's a connection that happens there that needs to be ...recognized, fostered ... grieved over and I think if you encourage women to grieve at the time of the loss, or while the loss is occurring it seems to me that later it's better for them". She also encouraged and included the rest of the family in this process.

Rosemary's caring and concern may well have had it's origins from her own mother's experiences. Her mother had 10 pregnancies, 8 who survived the birth process, with three dying soon after birth and a sister who died just before she turned 17 years old.

When having premature twins, her mother was not awake for the birth of the second twin, who died three days later. When she asked to see this baby, the hospital staff were less than obliging, and didn't seem to understand this need for her to see and touch her baby.

Stepping into the abyss

KEMH Alumni guest speaker 23rd November 2017 – Sara David.

Sara completed her Midwifery training at KEMH in 1998 and has worked in all areas, and notably as the Project Midwife setting up the Next Birth After Caesarean (NBAC) Clinic in 2008

Sara David from Living Child Inc. Safe Village Births, presented an inspiring story of how she founded this organization following her visit to East Sepik Province of Papua New Guinea in August 2012. Sara and a small team had visited the area on a short term teaching mission and were moved by the unacceptably high death rate here for both mothers and babies leaving men widowers and children without mothers and Sara feeling that something should be done to help these people.

Sara felt that with health training, education and support the Village Birth Attendants could help the women in their villages so she set about understanding the current maternal and child health issues in the region, identifying key leaders to encourage and equip them with further resources and teaching ideas, and to see what could be done in the future to support the people in the villages to continue educating the women to prevent death of pregnant women and newborn babies.

From this first journey there have been eight trips back to PNG to

develop programs incorporating training and supporting Community Health Workers and Village Birth Attendants. Each trip has focussed more and more on village participation sharing information on family planning, nutrition and hygiene. On the last journey there were 158 contraceptive implants and training for a CHW, equipment and a supply of implants for this project to continue.

Living child is a not for profit organization and is not government funded therefore depending on donations to provide ongoing training for Community Health Workers, nurses, bush doctors & midwives in Maternal Newborn Health. Resources supplied include birthing kits and menstruation kits and contraceptive implants for family planning; equipment as required and education resources for the local people to teach others. Sara described the extremely basic and hazardous traditional labour and birthing that mothers experienced, often alone in the bush with baby birthed onto leaves. The birthing kits provide a clean cloth, string, soap and sterile scalpel blade.

You can become a Friend of Living Child and receive a quarterly newsletter or simply make a donation by going to www.livingchildinc.com.

KEMH Alumni Inc will donate the proceeds of the May 2018 Mothers' Day raffle to Living Child Inc.

How far does an alumnus travel?

Bev Thornton's Antarctic Expedition Christmas 2017

I experienced a rather different Christmas in 2017 - in Antarctica. Visiting this vast icebound land had always been a dream of mine, and on 15th of December, with 47 other like-minded adventurers, I set off from Hobart hoping to not only visit Antarctica, but also to visit Sir Douglas Mawson's huts at Cape Denison in Commonwealth Bay.

We were on the Russian expedition ship, Akademik Shokalskiy and experienced a stormy journey across the Southern Ocean before reaching the windiest place on Earth - Antarctica. As with past attempts to visit Mawson's huts, our visit was also hampered by the huge iceberg **B09B**, which has been near the entrance to Commonwealth Bay since 2010. It is estimated to be 140 kilometers long and 50 kilometers wide -

along with other large icebergs it's movements are tracked by satellite.

There was a very narrow window of opportunity that allowed our ship to push through the pack ice to reach anchorage just off Boat Harbour at Cape Denison late on the afternoon of 23rd of December. As our ship approached the coast, the notorious katabatic winds picked up to a screaming 70 knots which shifted pack ice to the north, threatening to trap our ship. So we were then forced to leave and despite numerous attempts over the next five days, the thick pack ice kept Commonwealth Bay closed to our entry and we were unable to land - a disappointment for us all. By the way, 70 knots equals 130 kms/hour and these winds can get up to 160 km/hour!!

Mawson's Huts have survived these conditions for over 100 years. The huts have been conserved by the Mawson's Huts Foundation which has removed all

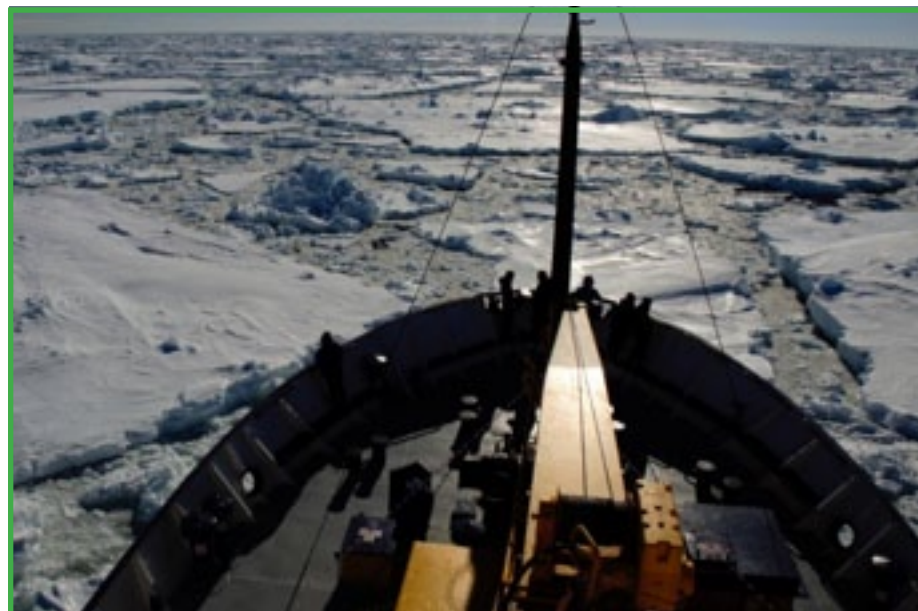
the ice that was inside and made the huts weather-tight again. On board our ship were the Hunter sisters whose grandfather, John Hunter, was chief biologist on the Australasian Antarctic Expedition between 1911 and 1913.

Although we weren't able to land at Cape Denison, my journey was filled with awe and delights every day. We were able to get up close and personal with many penguins, sea lions, fur seals, orcas, whales and many birds, on



Seals squabbling

land and at sea. Zodiacs took us to visit many islands with a wide variety of wild life - once had a pod of orcas around us. I discovered many things including the fact that those pictures in children's books which show penguins sitting on little bits of pack ice in the sea - are absolutely correct! I saw many penguins, in groups or singly, just like that.



Pushing through the pack ice

"A Peculiarly Fortunate Life" -

Diana Warnock OAM, 18th of January 2018

Our first social event for 2018 was a delightful evening with Diana Warnock as she entertained us with wonderful anecdotes from her amazing life making even the most daunting moments seem only just a tiny bit pesky.

Diana started her life 'out the back of beyond' in Kookynie but after coming to Perth and finishing uni she set up in the inner city and has lived there ever since quite the contrast from red dirt to city density today!

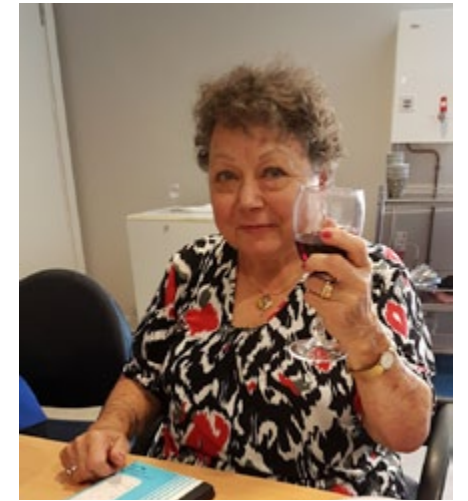
Following a couple of interesting starts in various jobs she nestled into journalism, in both print and radio, and felt she had found her niche and this also complimented her willingness to stand up for her beliefs and where she felt others needed her support. Diana has always championed on behalf of women and minority groups and has worked tirelessly on various committees supporting people experiencing mental ill health, domestic violence and the need for refuge. Just to be sure she was not idle she taught both media and women's studies at ECU and Murdoch Universities and to maintain balance and her love of the arts served on several State and National Boards including WASO, PIAF, the Art Gallery of WA, the Curtin Art Gallery,

WAAPA, the National Australian Day Council, the National Library and the Australian Bicentennial Authority.

Her activism was almost the teething ground for politics and in the early nineties she wore out a lot of shoe leather gaining pre-selection and subsequently the State member for Perth in 1993 and although she made it very entertaining she also enlightened us about the trials and tribulations of entering politics and spending many years in opposition. During her first term Diana served as Opposition whip and spokesperson for Multicultural and Ethnic Affairs and Arts. In her second term she acted as spokesperson for women's interests and racing and gaming. She was president of the State Labour Party and retired from Parliament at the 2001 election.

In 1999 she was chosen as Australian Humanist of the year, she is a member of the WA Women's Hall of Fame, Diana was awarded a Chevalier of the Legion of Honour by the French Government in 2007 and made an OAM by the Australian Government in 2015.

Throughout the evening she provided snapshots of support and balance she always received from her novelist and playwright husband Bill Warnock as she carted him off to functions and rallies right up until his death.



Where are they now?

Brigitte Glockner retired in 2009 and since then is busy helping with four grandsons who live in the same street. She also enjoys her love of travelling and had a wonderful 15 days last year on the "Great Java Rail Tour".

Coming up in 2018

15 March

"The Whalers - Australia's War Horses" Barry Strickland

18 May

Guided tour of Kings Park with Hamish McGlashin and Ian Taylor

26 July

First Fleet piano - Professor Geoffrey Lancaster

September - date to be advised

Guided tour of His Majesty's Theatre This grand historical tour requires at least 10 people to book and costs \$20 per person. Please send your expressions of interest to Brigitte.

All correspondence to:

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