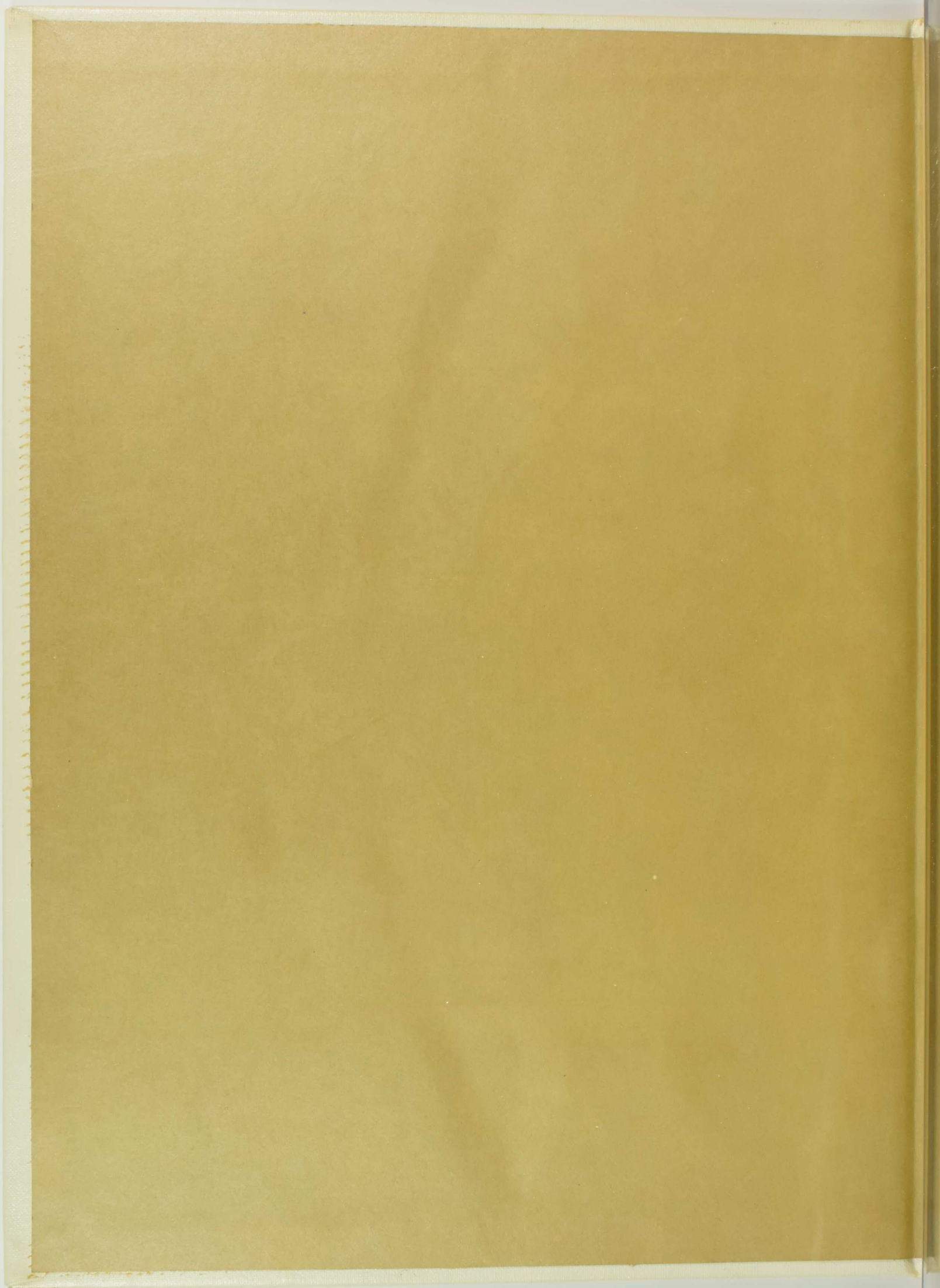


BIBS AND BEANIES 1967



1997-002
E-NO 12

**SALUS HOMINIBUS
METROPOLITAN GENERAL
HOSPITAL**



*Nurse's Residence
2240 Kildare Rd.*



The Metropolitan Student Nurses have chosen as their centennial project, to adopt a child from a foreign country. We plan to support and educate this child from year to year.



1867-1967



We seek to please Thee in our toil
To strengthen body, heart and mind
Hear, Oh Lord, our cry for courage
To seek Thy wisdom and to find.

Grant us patience, strength unfailing
When hearts are weary and souls are weak
To search above these times of trial
Thy holy face of calm to seek.

Grant love, and grace, undoubting faith
To ease awhile their troubled pain.
And grant, Oh Lord, with joyful heart
Thy will to give and give again.



Dedication



Bibs and Beanies 1967 is sincerely dedicated to Miss Kathleen Moderwell,
Director, Metropolitan School of Nursing.

She has been our guiding light and constant source of strength and inspiration
in helping us attain our goal.



MISS KATHLEEN MODERWELL, B. Sc. N.
Instructor in sociology, history of nursing, and con-
temporary nursing. Director, School of Nursing.



MISS CLASINA STOKVIS, S.R.N., S.C.M.,
M. T. D., Instructor in maternal and child care
(maternal and infant care). Assistant Director of
School.

The publication of this year's "Bibs and Beanies" is of particular significance in that it marks the Tenth Anniversary of Metropolitan School of Nursing.

Looking back over the past decade we become singularly aware of the progress, growth and development of our School, and it is with pride that we observe our graduates capably performing in the many avenues of professional nursing.

As your teachers, we therefore, take even greater pleasure this year in congratulating the 1967 graduates upon reaching this plateau of their professional career. We would hope that having obtained this level, some of you may have been stimulated sufficiently to seek further learning towards increased professional advancement.

To all of you, may we say that in this dynamic world of today, fraught with uncertainties, yet stimulating in its marvellous social and scientific achievements, you will recognize your responsibilities, not only as nurses but as informed vitally interested and participating citizens. Keep foremost in your thoughts and in your hearts, our Motto, "SALUS HOMINIBUS" -- "Health and well-being for all men."

TEACHING STAFF

Metropolitan School of Nursing



MRS. LYLA HUBBS, Reg. N. D.N. Ed.
Instructor in Maternal and Child Care.



MRS. EVELYN WEMYSS, Reg. N. D.N. Ed.
Instructor in Psychology and Psychiatric Nursing.



MRS. DOLLY GOLDENBERG, Reg. N., B. Sc. N., M. A., Instructor in Science and Medical-Surgical Nursing.



MRS. PATRICIA POCOCK, Reg. N., D. N. Ed. Instructor in Health Education and Medical-Surgical Nursing.

WE, the graduating class of 1967, wish to express our sincere appreciation to our teachers and to all those connected with our school, who have made our three years of nursing education at Metropolitan School of Nursing so meaningful and rewarding.

May we bloom from the seeds of knowledge that you have planted in our minds.



MRS. RUTH DISHER, Reg. N., B. Sc. N. Instructor in Fundamentals of Nursing and Medical-Surgical Nursing.



MRS. LOUISE ROWLAND, Reg. N. Clinical Instructor in Operating Room Technique.

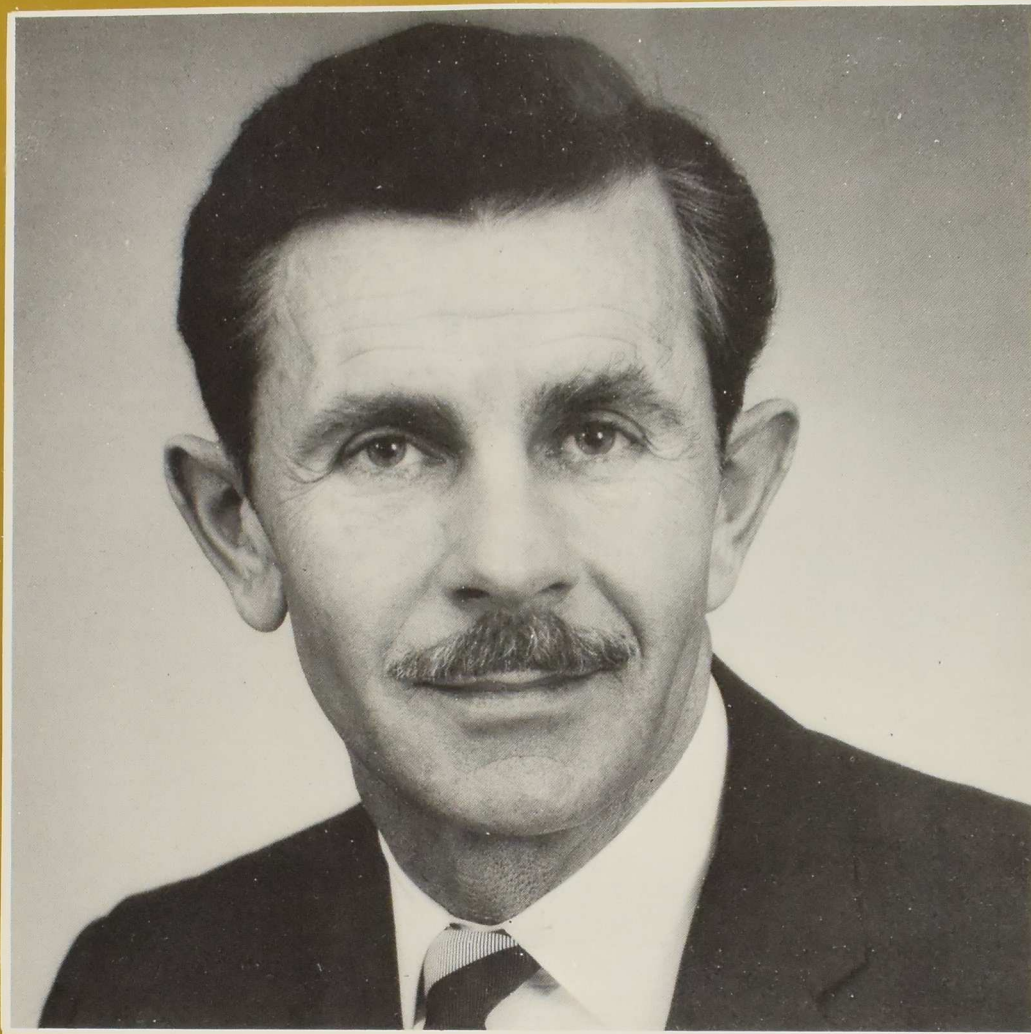


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Mr. L. J. Parent
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Mr. D. Wilson
Mr. W. R. Mitchell
Mr. F. J. Quinlan
Dr. I. A. MacPhail
Dr. R. Bell
Mr. A. E. Downing
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Mr. J. P. Morand
Dr. E. S. Winbaum

Nursing Advisory Committee

Mr. G. A. Dew
Miss L. Saunders
Miss M. Weller
Mrs. J. James
Mrs. J. K. Jaggs
Dr. E. S. Winbaum
Dr. M. A. Lever
Mr. C. W. Griffith
Miss D. Smith
Miss K. Moderwell



I know that this Yearbook will always serve to remind the Class of '67 of their life at 'Met.' Some of this period may have involved difficulties -- yet the hard work and responsibility, along with companionship shared, are recollections well worth recording within these covers. Your Hospital has been privileged to assist you toward attaining your profession, and so to the Centennial Class of '67 my sincere congratulations and best wishes to each of you for a most satisfying personal and professional future.

COLIN W. GRIFFITHS,
Administrator.



***DIRECTOR
OF
NURSING SERVICE***

Congratulations on the publication of your Yearbook. Those of you who are responsible for its publication must be proud of your accomplishment.

The satisfaction of work well done is a fine experience for you and will serve you well in the future. It is well to remember the words of Gibran in relation to diligence and to use them as guidelines:

"All knowledge is vain save when there is work.
And all work is empty save when there is love."

The Nursing Service Department joins me in extending our congratulations and best wishes to you.

DORIS H. SMITH
Director of Nursing Service

Philosophy

The philosophy of Metropolitan General School of Nursing combines philosophies of life and of education as practised in a democratic society. The individual has worth; the capacity for emotional and social growth; the intellect to strive for that inherent good. Thus she has respect for herself and for others, and a responsibility to herself and to others.

"Education is the process whereby students are prepared to adjust to the society in which they find themselves and to make the necessary adaptations in the environment so that the most enduring satisfactions may be secured for the individual and for society. Nursing education further prepares the student to make the necessary adjustments to the requirements of the nursing profession in order to function effectively and continue personal growth through service to mankind and through participation in professional and community activities."*

"Nursing is a vocation, an art, and a progressive service dedicated to the betterment of human welfare through co-operation with other health and social disciplines. Its aim is total care to man in all his aspects -- spiritual, mental and social as well as physical."*

Our aim is to promote development of self and group discipline through a student organization which: formulates and implements house rules and regulations; plans recreational and social activities; acts as a medium between students and faculty; contributes to school spirit; promotes the highest standards of conduct in the student body; and provides opportunity for practicing democratic organization in a professional organization.

Governed by the aforesaid; it is our hope to grow toward becoming competent bedside nurses, with ability to give total patient care which include attention to the emotional, social and spiritual welfare of the patient as well as to the maintenance of health and prevention of disease; to grow toward emotional maturity, thereby to become more self directing, to gain a feeling of security, and to gain a feeling of responsibility for ourselves, our fellow man, and our school; and finally to use the knowledge we have acquired toward the goal of becoming a nurse able to aptly apply the basic principles we have learned, and those that we will continue to learn.

* Curriculum Development -- 1960 edition by Amy F. Brown, page 132. Publisher -- W. B. Saunders Company.

* Ibid page 132.



Our Cap

Our cap is a distinctive one which had its design and origin in the very beginnings of Canadian nursing. Inspiration for the cap came from the skull cap, referred to as a beanie, worn by Jeanne Mance, who was won of the first Canadian nurses. First and second year students wear a navy blue skull cap with detachable white cuff. The cap without the cuff is worn during community visits. At commencement of the third year, the blue and white cap is replaced during a candle light capping ceremony with a similar cap all in white. Graduates wear the same all white cap.

Our Uniforms

Basically military in style and colour, the dress part of the uniform is navy with a double breasted row of white buttons and upstanding collar. It is a complete unit in itself and is worn without apron and bib for all classes, community visits and at meal times. The bib and apron, which button onto the dress, are strictly utilitarian in style and concept and are worn only for patient care. They are simply a means of dress protection.

Many people wonder how they can tell the difference between Juniors, Intermediates and Seniors. At first, it was planned to have no distinction between the different years, in order to discourage the idea of rank and to maintain the difference as one of increased skill and knowledge. The students expressed the desire to have a distinguishing mark. Students going into their second year wear a badge on their left sleeve with the school motto and colours on it. Students going into their third year wear all white shoes and stockings as well as a white cap.

Our Insignia

Our insignia appears on our crest, school pin and ring. The figure represents Hygenia, Greek goddess of health, with the serpent of wisdom entwined about her neck and arm signifying the application of wisdom and knowledge to the promotion of health. The motto "Salus Hominibus" in literal translation means "Health and well-being for all men".

Our Program Of Study

The first year consists of the development of the basic knowledge and skills for the preceding two years. Some of the courses outlined are anatomy and physiology, fundamentals in nursing, medical-surgical nursing, and pharmacology. Along with these various courses, a certain number of hours are spent on wards and integrated with the classroom studies.

In the first term of the second year, field trips are made to Red Cross, Nursery School, V.O.N., and other various places to observe. The latter part of the year, the specialities which include pediatrics, obstetrics, psychiatry, and operating room technique are further carried out from the first term.

The third year offers a period of "Internship," during which time the student assumes a more responsible role. Her schedule consists of a rotation of day, evening and night duty.

Opportunity is given for six months experience in medical-surgical nursing and six months optional experience.



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***PRESIDENT
OF
THE
STUDENT
BODY***

To the editor of "Bibs and Beanies", may I congratulate you and your staff on another splendid yearbook.

To all who worked so hard in 1966-67, may I extend a sincere thank you. Without faculty, students and executive, success in so many of our activities would have been impossible.

To the future executive, may I extend best wishes for your term of office yet to come.

In ending, I would like to wish all of you much happiness and success in this, your chosen profession.

Yours sincerely,

SHARON GIRLING.

YEARBOOK COMMITTEE



As editor of "BIBS AND BEANIES 1967", it has been both a satisfying and an enjoyable experience. Besides celebrating the centennial of Canada, we attribute ten years of nursing education and lasting memories to the establishment of Metropolitan School of Nursing -- first graduating class was in 1957.

The Yearbook committee had many successful events throughout the year -- car wash, bake sale, fashion show, chocolate bar sale, and others.

Without the help of each and every student, the publication of this book would have been an impossible task.

I extend my gratitude for your assistance, even the smallest, and most of all for the cherished memories that I will behold for many years to come.

Sincerely,

MARY BEZAIRE.



BACK ROW: Beverley Baptiste, Marlene Koop, Diane Langley.

FRONT ROW: Priss Conrad, Judy Wilson, Marian Leslie.



HOUSE COMMITTEE

The House Committee as one facet of Lampadian gives the student body the privilege to organize and provide the controls in the school's judicial system. The committee members work in close association with the student, housemother, student advisor and director of nursing providing a democratic disciplining body which appeals to all concerned.

I wish to take this opportunity to thank all the committee members, the entire student body, and all those who helped maintain and improve our system in this past year.

I would like also to encourage those who follow to uphold the standards of this system which has already served us well. Remember to keep an open mind. Never be afraid to change or enforce regulations when it will be "your school", you students who reap the benefits.

Sincerely,

MARYANNE MacROW

BACK ROW: Sharon O'Mara,
Joyce Storey.
FRONT ROW: Janis Fleming,
Emina Arseneau.



SOCIAL COMMITTEE



The social committee is responsible for organizing the social events throughout the school year. The first event of the year was the September welcoming party in honour of the new Junior Class. In turn, they presented us with a delightful and original Hallowe'en Party. November saw us with a Hootenanny which was well received. Our annual prom was held the end of February. This semi-formal had an oriental theme. Several casual dances have been held throughout the year which we hope you have enjoyed.

As Chairman of the Social Committee I would like to thank all who have worked so hard and co-operated so fully.

Sincerely,

BONNEE ATMORE



BACK ROW: Barbara Larking,
Diane Maynard.

FRONT ROW: Nelly Van de Reer-
den, Bonee Atmore, Linda Davies.



FINANCE COMMITTEE

The Finance Committee is made up of members representing and elected by the student body, the Head being an Intermediate and associate-treasurer from the Junior class.

The function of this Committee is to collect and bank proceeds from the various projects along with the annual student dues. All bills and donations are paid through this committee as well.

Through the hard teamwork of this and other committees supported by all our, I can say this has been a successful and enjoyable year.

SHARON JOHNSON
Head of Finance

NURSES' CHRISTIAN FELLOWSHIP



This organization is a nondenominational group -- part of International Fellowship of Evangelical Student.

The aim of our organization is to make each other stronger in our faith in Christ and to witness to others around us that they, too, might believe in a living God who cares for each one of us and is with us always.

Our group met every other week throughout the year with the meetings consisting of Bible studies, hootenannies, guest speaker and hot dog sales. Our sponsor, Rita Braun, a graduate of our school, helped us very much. It seems that to take time out to sing, study, and pray together lifts one's spirits and helps one face the world with renewed courage.

Students have been able to attend weekend meetings with nurses from other hospitals. One such weekend was spent skiing. There is also an opportunity to go to Expo '67 and work in an Intersivity Booth.

I feel certain that the success this year has brought us an answer to prayer and I would like to thank all who helped to make it such a success. May God bless you.

Sincerely,
ANITA KONRAD



BACK: Carol Kivell, Marlene Koop.
FRONT: Anita Konrad, Eleanor Neufeld.



STUDENT NURSES OF WINDSOR

The first regular meeting of the R.N.A.O. interest group for student nurses was held October 13, 1966. Since then we have had monthly meetings with an average attendance of nineteen students. Although we are still laying the foundation on which to build our group, we have achieved a growing fellowship among nursing students of Windsor's hospitals.

We hope that meeting together will further enhance our knowledge of nursing and our scope as individuals as well as create an active interest and future participation in our professional organization.

Our first social venture was a St. Valentine's dance, "Cupid's Caper" held on February 10 at the Masonic Temple. With the proceeds we are sponsoring a centennial project in the service line.

In the spring a new executive for the 1967-68 season will be elected. It is hoped that this season will bring about an even closer association with nursing students of Windsor and a sharing of ideas, thoughts and experiences.

A special quotation for S.N.O.W. has been chosen, as follows:

"To live life is to love life,
And to love life is to live life".


SEATED: Beverley Baptiste, Nancy Clark,
Barbara Larking.





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In Memoriam



MRS. MURIEL LARKING

God hath not promised
Skies always blue,
Flower-strewn pathways
All our lives through;
God hath not promised
Sun without rain,
Joy without sorrow,
Peace without pain.

But God hath promised
Strength for the days,
Rest for the labor,
Light for the way.
Grace for the trials,
Help from above,
Unfailing sympathy
Undying love . . .

WELCOME . . .

Mrs. Tanner arrived March 16, at which time the students arranged an informal tea reception. We hope you feel as much at home here as we do.





OUR FORMER SECRETARY

ELIZABETH SCHNIKART

OUR PRESENT SECRETARY

MRS. MORTIMER



HOUSEKEEPING STAFF



KITCHEN STAFF

LADIES' AUXILIARY

In January of 1965, the afternoon and evening groups of the auxiliary merged to become one functioning unit. To the students of the school the auxiliary has come to have a special significance. Both at Hallowe'en and Christmas they have sponsored get-togethers at the residence for all the students and have this year donated various games and albums. Our diploma cases and corsages for graduation are also usually gifts from the auxiliary. Within the hospital their library cart and Hospitality Shop and Cart are familiar sights. The proceeds from auxiliary activities, such as the pre-Christmas Bazaar and Tea, are used to purchase equipment for the hospital as well.



HISTORY OF THE SCHOOL

The Metropolitan General Hospital School of Nursing registered its first class on September 7, 1954. Although the hospital had been founded in 1929, it had not previously had its own nursing school. The school building, opened in 1948, housed until 1952 the Metropolitan School of Nursing, a demonstration school conducted by the Canadian Nurses' Association, which was discontinued at the end of its experimental period.

Our school is a separate department of the hospital with its own director. This differs from a traditional hospital nursing school in which the hospital depends on the students as staff for the full three years. In our "2 and 1" program, the first two years are spent partially in the classroom but also on the wards giving nursing care to patients under the guidance of instructors. The students are depended on for service in their third year only; therefore all student experience is arranged for its educational value, providing opportunity for patient-centered learning. Thus the student has more time for study, recreation and more time is available for learning the highest quality of nursing care in the ward situation. Relieved of long periods of night duty, more opportunity is given for instructor guidance of students and for normal community living.

At the end of second year, she completes her basic undergraduate work, writes school exams and assumes responsibilities as a staff nurse in the hospital nursing service. This year, still under school guidance, augments and consolidates the experience of the first two years.

METROPOLITAN SCHOOL OF NURSING ALUMNAE ASSOCIATION

The Metropolitan Nurses' Alumnas has acquired many members in the past ten years. Although not all members are active and many live out of town, we can be proud of having a very organized association for our size. Throughout the year we meet once a month and carry on many vital projects. The next few pages will sum up many of the events that were carried out in our Alumnae year.

Every year we donate fifty Christmas stockings stuffed with new and used toys and bags of candy to the Children's Aid Society of Windsor. These are then distributed to the needy children and orphans.



OUR DANCE

Our main event every year is our annual "METRO BALL" held every February just before lent. It takes a great many hours of organizing and planning to make it the success it usually is. The proceeds are used to take the new graduating class to dinner and to provide them with year pins. The last three years we have offered a hundred dollar bursary to a student who plans to further her education. Last year's winner was Jeanne Bergman (Graduate in 1963) who was also editor of Bibs and Beanies. Jeanne has been attending McGill University this past year. This spring she has been doing field work at Montreal General Hospital. She has been working with patients having kidney transplants and has been having the opportunity to use all the latest techniques in medicine. She has worked with both the artificial kidney and cardiac unit. She has nursed post-operative patients having cardiac surgery, particularly Vineburg and his famous procedure.

BAKE SALES

At least two bake sales are held every year with the proceeds used to strengthen our bank balance which is quickly depleted.



MEETINGS

Our meetings are held once a month in the school recreation room and are very informal. Our business meeting is conducted much like other meetings with everything put to a vote. At the end of each meeting coffee and cookies are available to all who wish to stay. This is provided by two different members each month. To increase interest we have had guest speakers, games and displays which everyone enjoyed very much.



NEWSLETTER

A newsletter is published each month and sent to all the Alumnae members who wish to receive one. It contains all the news discussed at our meetings and the decisions we have made about different discussions. The members find that this newsletter keeps them in touch with the Alumnae, although many are out of town and cannot attend meetings. There is always the interest in knowing what other members of your class are doing and this is one way of following up.

MEMORIES

THE OLD FAMILIAR SCENES

THAT NEVER CHANGE



LEARNING TO TAKE A BLOOD PRESSURE.



GIVING MEDICATIONS.



WARD GROUP WITH INSTRUCTOR.



A VISIT TO RED CROSS.



GIVING REPORT TO SUPERVISOR.



DISPLAYS WITH TEACHING.



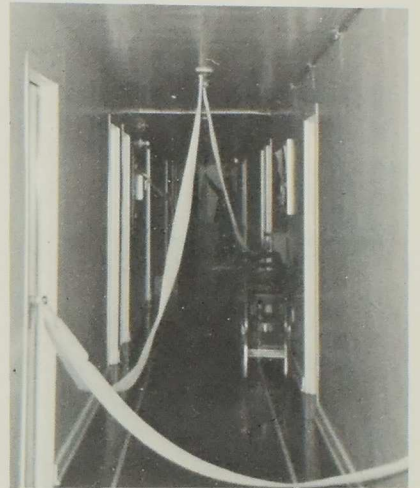
THE EXPERIENCE OF SMOKING -- A CIGAR??



A FAMOUS INSTRUMENTAL GROUP.



WE ALL LOOK FORWARD TO SANTA.



DECORATING -- IMPORTANT FOR MANY OCCASIONS.



THE ANNUAL FASHION SHOW.



VITAL EQUIPMENT.

MEMORIES- - - - OF 1966-67



BIG SISTER - LITTLE SISTER DINNER AT RIVIERA.



SENIOR CLASS DAYS.



JUNIOR CLASS GROUP AND INSTRUCTOR.



FASHIONS BY NELLY KELLY -- HOW POISED THE MODELS!



LITERARY

Residence Life!

Residence life is a mixture of things,
of little unobtrusive friendly things,
The "Anything-I-can-do-for-you" things
That make remembrances light.

The "Laugh-with-me-its-funny" things
And its the jolly, joking things,
The "Never-mind-the-trouble" things,
That make the world seem bright.

For all the countless famous things,
The wondrous record-breaking things,
These "Never-can-be-equaled" things
That all the memories cite.

Are not the little human things,
The "Everyday-encountered" things,
The "Just-because-I-you" things
That make us happy quite.

So here's to all the little things,
The "Done-and-then-forgotten" things
Those "Oh-its-nothing" things
That make life worth the fight.

SHARON GIRLING

A Friend's House

It's never far to an old friend's house,
And the way is smooth and fine,
The path bears many a telltale mark
Of footsteps -- hers and mine.

The day is always bright and fair
When I, on a friend would call
Who's been a friend in time of stress
And "stood by" -- through it all --

Time never drags at an old friend's house,
The hours are filled with joy,
And miles are short, when I go forth,
To the house of an old, old friend.

AUTHOR UNKNOWN

If you walk in honour
then honest men
Will meet you along the way,
But if you are false
You will find men false
Wherever you chance to stray.
For good breeds good
and bad breeds bad,
We are met by the traits we show
Love will find a friend
at the stranger's door
Where hate will find a foe.

For each of us builds
the world he knows,
Which only himself can spoil,
And an hour of hate
or an hour of shame
Can ruin a life of toil,
And though to the utmost
ends of the earth,
Your duty may bid you fare,
If you go with truth
and a friendly heart,
You will find friends waiting there.

AUTHOR UNKNOWN

The best way to have a friend is to be one.

In this restless world of struggle
It is often hard to find
Answers to the questions
That disturb our peace of mind,
And our hearts are lost and lonely
As we search to find the key
To the meaning of all living
And to IMMORTALITY
But We'll never find the answers
In science, graphs and charts,
For the only real solution
Must be found within our hearts
For the answer to all living,
God holds safely in His keeping,
And only when we know Him
Will we find WHAT we are seeking
And to KNOW HIM is to LOVE HIM,
And to LOVE HIM is to find
The answer to all questions
That fill every troubled mind.

HELEN STEINER RICE

That's A Friend

One whose grip is a little tighter
One whose smile is a little brighter
One whose deeds are a little whiter
That's what I call a friend.

One who'll lend as quick as he'll borrow
One who's the same today as tomorrow,
One who'll share your joy and sorrow,
That's what I call a friend.

One who is always willing to aid you,
One whose advice has always paid you
One who's defending when others scorn you
That's what I call a friend.

JOHN BURROUGHS

Life

When this world's life is
slipping
away and the
cup of joy
no longer bares the breadth
of the sea.

Where can we go?
Is there no ideological sample of
Bread Crumbs?
Do we only eat this dust?
Perchance the dismal surface
of bitter validity can no
longer sustain our
plodding.
Our desires are there.
Let there be the transient motion of
eternity
Or we are
dead.

JOHN DORNER



Blessed are the rewards for those
who write;
Blessed are they who treasure
those words;

Our Country

Over the years they tried so hard,
To travel across the plains,
By and by they settled down
To plant their own few grains.

They made Canada what it is
With all their stress and strife,
There are a great many stories,
Of how Canada came to life.

Today we are modernized
And look a different way,
Canada began to slowly reform
With each and every day.

We should be most grateful
To those who plowed the soil,
They're the ones who gave us life
Under all this toil.

RENEE BEZAIRE
(11 year old grade 6 student)

I Know Something Good About You

Wouldn't this old world be better,
If the folks we meet would say; --
"I know something good about you!"
And then treat us just that way?

Wouldn't it be fine and dandy,
If each handclasp warm and true
Carried with it this assurance:
"I know something good about you!"

Wouldn't life be lots more happy,
If the good that's in us all
Were the only thing about us
That people bothered to recall?

Wouldn't life be lots more happy,
If we praised the good we see? --
For there's such a lot of goodness
In the worst of you and me.

Wouldn't it be nice to practice
That fine way of thinking, too: --
You know something good about Me,
I know something good about You!

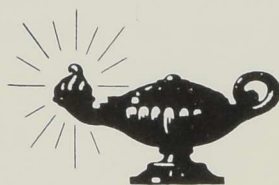
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WHAT HAVE YOU DONE ?

The nurse stood by the Heavenly gates
Her features pinched and cold.
She bowed before the man at the gates
Seeking admission to the fold.
"What have you done", St. Peter asked,
"To get admission here?"
I was a student nurse, Sir
For three, long and weary years --
The pearly gates swung open wide
As St. Peter pressed the bell.
Come in and choose your harp he said
You've had your share of Hell.

ANONYMOUS



A HEAVY LAMP MADE LIGHT

So young, and bright, and eager too,
A student in your right,
Determined to achieve your goal,
No matter what the plight.

Your eyes are set beyond the stars,
And yet, you know 'tis true,
That though the task be long and hard,
This will not hinder you.

You'll be a nurse, a good one too;
Careful and kind you'll be;
The patient always first of all,
In thought and word, you'll see!

But this takes practice, this takes time
You'll find as you progress:
Beams still that goal, and close it is,
When you'll achieve success.

May God be with you as you go,
And will you think on this?
That Him you must not push aside;
With Him you cannot miss.

A nurse with Christ within her heart,
Like stars that shine at night,
Will take her lamp where e'er she goes,
And He will make it light.



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SEPTEMBER 1966



The transition from second to third year is marked by a Candle Light Capping Ceremony.

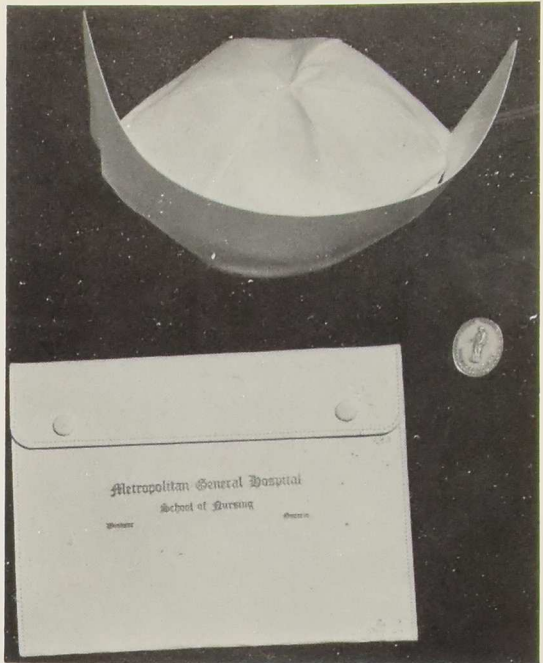
The student emerges from the dark and standing momentarily removes her blue cap, as Miss Smith, Director of Nursing Service, replaces it with a white one. From the flame of the candle, held by Miss Moderwell, Director of Nursing Education, the student lights her own candle. As she takes her place with her other classmates on the platform, all the candles burn brightly together.

To each student, at this time, come different thoughts. Thoughts of responsibility, ambition, satisfaction and relief. However, armed with knowledge and love for her profession, each is confident of fulfilling her task.

RECEPTION AFTER CEREMONY. . .



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1967



CHERYL FRANCES (LANGFORD) ANDERSON
London, Ontario

"When it pays better to talk than
to listen, change your company."

CAROLYN KATHLEEN E. BAKER
Windsor, Ontario

"The days that make us happy,
make us wise."



MARY FRANCES BEZAIRE
Amherstburg, Ontario

"Patience and fortitude conquer
all things."



MARILYN ROSE BONDY
Windsor, Ontario

"This is the time for looking
ahead."

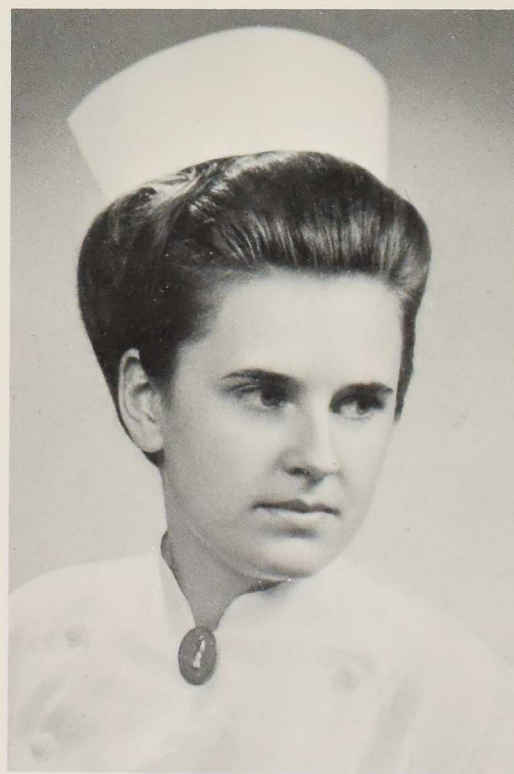


PATRICIA ANN BOOTH
Windsor, Ontario

"Good things come in small
packages."

JUNE MARY BREHCOW
Windsor, Ontario

"If I can put one touch of rosy
sunset into the life of any man
or woman, I shall feel that I
have worked with God."





SHARON MAY GIRLING
Windsor, Ontario

"Life without hope is valueless;
Life without value is hopeless."

MICHELE ANN GUITTARD
St. Thomas, Ontario

"May all the sweets of life
combine,
Mirth and music, Love and wine."



GLORIA JEAN M. HASSON
Kingsville, Ontario

"May you live as long as you
like,
And like what you have as long
as you live."



MARY LOU ALTHEA HICKSON
Leamington, Ontario

"A smile is a curve that costs
nothing but gives much."



CARO INNES JONES
Windsor, Ontario

"Live, Love Laugh
And be happy'."

MARIAN LOUISE LESLIE
Leamington, Ontario

"Keep a song on your lips and a
smile on your face,
Tis God's greatest gift to the
human race."





MARY ANNE MACROW
Kingsville, Ontario

"Distance makes the heart grow fonder."

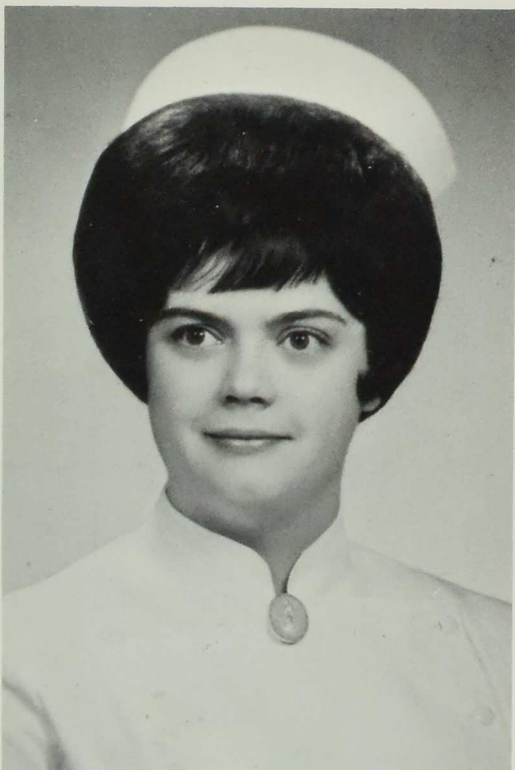
CATHERINE EILEEN MAHAITS
Windsor, Ontario

"Many are the wonders, but none is more wondrous than man."



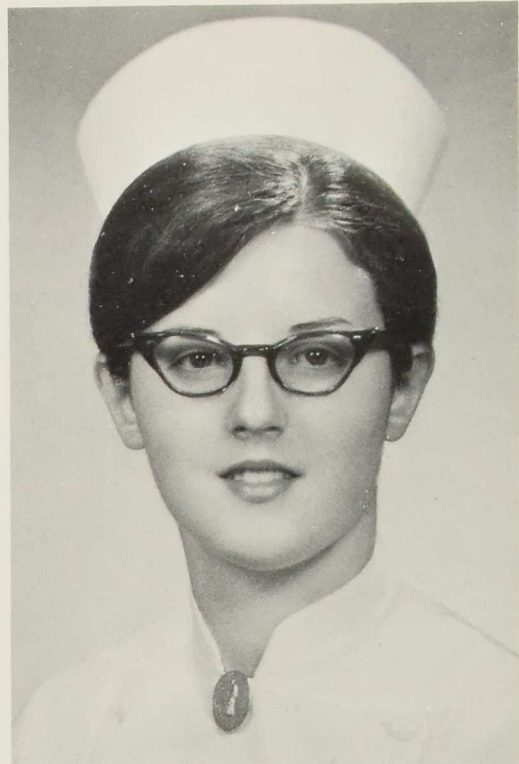
SHARON LOUISE (NUSSIO) MORRIS
Windsor, Ontario

"With love in your heart and peace of mind
Your fondest dreams will come true."



NANCY GAIL McMULLIN
Leamington, Ontario

"It is better to light one candle
than to curse the darkness."



JANET CATHERINE (KNUCKLE) REAUME
Windsor, Ontario

"Laughter is the best medicine."



JOAN ELLEN SANDERS
Windsor, Ontario

"Life is very short and uncertain;
Let us live it the best that we can."





CATHERINE LILLIAN SKEGGS
Windsor, Ontario

"All climbing to high places is
by a winding stair."

KAREN ANNE (MOODY) STRNISA
Windsor, Ontario

"Determination and fortitude are
essential to conquer your goal."



LINDA KAYE TILDEN
Essex, Ontario

"To love and be loved is the
greatest gift of all."



WENDY LEE WALPER
Windsor, Ontario

"Seek first His kingdom and you
will possess the world's greatest
riches which is true happiness."



A GRADUATE'S PRAYER

Father, I have Knowledge,
so will You show me now
How to use it wisely
and find a way somehow
To make the world I live in
a little better place,
And make life with its problems
a bit easier to face . . .
Grant me faith and courage
and put purpose in my days,
And show me how to serve Thee
in the most effective ways
So all my education,
my knowledge and my skill,
May find their true fulfillment
as I learn to do Thy will . . .
And may I ever be aware
in everything I do
That knowledge comes from learning
and wisdom comes from You.

Author -- HELEN STEINER RICE

VALEDICTORY ADDRESS 1967

A decade has now passed since the Metropolitan School of Nursing conducted Graduation Exercises for its first class. Since that time, many happy girls have donned the uniform of their chosen profession and stepped forth to receive their pin and diploma. Today we, the tenth graduating class, stand in the realization of our dream fulfilled. Our mutual goal for which we have strived and laboured is now attained. No longer a student, we now assume the status -- graduate nurse!

Many events in the course of our lives motivated our entering the profession of nursing. As a tiny tot in the imaginary world of play we eagerly received that first nurse's kit. The years flew like birds on wing until we entered high school. For some of us the decision to become a nurse was made, yet for others the decision was still to come. Time gradually passed until we were seniors completing our application forms to enter the school. Remember registration September tenth, nineteen sixty-four? We numbered twenty-seven. From all directions our paths converged at our new home on Kildare Road. Together we began our three years of nursing education--yes, three years which we would remember for a lifetime!

Our first year consisted of intensive study of the basic nursing subjects such as nutrition, pharmacology, anatomy, and physiology. Concurrently, we were introduced to actual patient care as we entered the hospital corridors. Here, our first awkward attempts at nursing skills began to improve with perseverance and practice. Memories of our first patient, first bed bath or first injection--these will never be forgotten.

Our second year opened the door to many fields. Specialized skills of caring for the newborn baby, the new mother, the sick child or the mentally ill patient--these, all became part of our ever-growing knowledge. We viewed with amazement and wonder the skill and speed exhibited by the surgeons and nurses of the operating room.

A white cap, a pair of white shoes, the lighting of our white candle, these were symbolic of our final year. At our capping ceremony last September Miss Moderwell stated, "You are entering an exciting but exacting year." As we began our internship year we soon realized the message in her words. Maintaining a high standard of nursing practice as well as a realization of our own limitations was now part of our responsibility.

Today, we feel joyful for our success and accomplishment but we also feel a great sense of gratitude to many people who have given of themselves in order that we might benefit.

First of all, we offer a sincere thank you to our parents. Their never-failing love and understanding throughout these past three years often gave us the incentive to go on and reach our goal.

Miss Moderwell, we thank you for your guidance, encouragement and true concern for our becoming responsible professional nurses.

In a seemingly short period of time we have changed from timid students to confident graduates. This has been the difficult task of our instructors. Today, we thank each of you for your patience and perseverance.

We are truly grateful to the hospital staff, supervisors and doctors who so often took the time to answer our questions or explain procedures. Also, a gentle word of thanks goes to the many patients whose humour and encouragement made each step a little more rewarding.

The Board of Governors has given our school program unfailing support and guidance throughout the past three years. We deeply appreciate your every effort.

The kindness shown us by the Women's Auxiliary and the Alumnae Association will never be forgotten.

Finally, a word of thanks goes to our housemothers--Mrs. Amlin, Mrs. Larking and Mrs. Tanner--in each of whom we found a true friend.

To the first year students--the class of 1969--we say a fond farewell. Soon you will enter your second year of nursing education. You will be intermediate students! Continue to work hard and enjoy your student days for time will pass quickly until you also will reach your graduation day.

To our "little sisters,"--the class of 1968--we wish you continued success for the future. You are approaching the time when you will receive your white cap. Soon you will be senior students! The experiences of your final year are precious. Hold each of them (good or bad) to your hearts, for close at hand is the time when you will say, "We have reached our goal--our graduation day!"

And now to my classmates, to each other, to whom we owe so much. Soon our paths will again diverge; but as we look back over the time since we met our memories can only be good. Remembering the parties and dances at the residence, the sing-songs in our rooms, the half-way party or the day of capping when we heaved our "granny boots" over the side of the ambassador bridge--these and many more activities will always bring back joy and happiness to our hearts. Each new experience brought us closer together as we helped each other to reach this--our special--the culmination of our hopes and dreams.

For the future our paths are manifold. Some of us will gain further hospital experience; others will continue their formal education at university; still others will pursue a new family life. No matter what path we choose--the knowledge, the experience and especially the friendships, which we have gained in the past three years, will always remain with us. In closing I would just like to quote a verse from a poem by Edwin Markham,

"There is a destiny that makes us brothers,
None goes his way alone.
All that we send in to the lives of others
Comes back into our own."

CATHIE MAHAITS
Valedictorian -- 1967

SENIOR CLASS

The following song was composed and sung by our class to our grandmothers in 1965 at the last fling party -- it holds a special place in our hearts;

LINGER

Mmm I want to linger
Mmm a little longer
Mmm a little longer with you.

Mmm it's such a perfect night
Mmm it doesn't seem quite right
Mmm that it should be my last with you.

Mmm and come September
Mmm I will remember
Mmm our nursing days and friendships true.

Mmm and as the years go by
Mmm I'll think of you and sigh
Mmm this is good-night and not good-bye.

Mmm I want to linger
Mmm a little longer
Mmm a little longer with you.



IF YOU WILL JUST LET ME EXPLAIN



BEAUTY AND POISE



MAKE-SHIFT UNIFORMS



BASICS OF A UNIFORM



CAN'T I PRETEND I AM READING WITH
CLOSED EYES?



IF YOU DON'T LIKE IT--GET YOUR CAMERA
OUT OF HERE



NO-O YOU DON'T



A REFRESHING SMILE

CLASS PROPHECY

As I strolled up the walk to Metropolitan residence a queer feeling overcame me. Just 8 years previous to this I had a similar feeling. Met. remained much the same, although plans were being made for a new residence in the next year. The new hospital would be opened then too. There would be a swimming pool at the residence which was donated by a grateful wealthy patient. Oh, the times we dreamed of having a pool and now it was coming true! It had been five years since we graduated and I, like many others, was so anxious to see the girls again. I opened the door and was greeted by the housemother and no sooner had I shaken her hand than SHARON GIRLING came barrelling down the hall. She was so tanned and looked the picture of health. Without delay she told me of her adventures. After two years of university, she worked in a missionary in Australia. She said she enjoyed it so much she was going to another missionary in South America in the spring. She and I started down the hall and who should we meet but LINDA TILDEN. She had come from Toronto where she is now living. She told me about her little girl and said Norm is doing fine except that she does not see him enough because he is on the road most of the time. We trailed to the Rec. Room. I was surprised to see that most everyone was able to come. MARYANNE wired us from Germany sending her fondest regards. She and Peter now have three kinder. Sitting off in the corner were a group of married ones. You could distinguish them because they were showing off pictures of their children. CATHY MAHAITS was in the circle, showing off her two boys. Her home, which they just finished furnishing last summer, is beautiful. Next to Cathy, was CATHY SKEGGS overwhelmed by just everything and even more so now for she was expecting. She had been working for the V.O.N. but now instead of teaching prenatal classes she attends them. KAREN STRINSA was there too. She now has three children. She is still at Met. and is working on OB. It seems to have some effect on her. I really should not talk, because Gary and I have twin boys and a little girl. I have been so busy at home that I have not been able to work since a year after I graduated.

Who should come through the door a half hour late but MARILYN BONDY. She is working at I.O.D.E. Hospital with neurological patients. She says she really enjoys it. She too is married -- Al of course! MARIAN is one of the few single girls left from our class, but not for long. She is engaged to an insurance salesman. It seems she needed a more secure environment. Sitting next to Marian was WENDY, all bubbling. She came from Ottawa where she and Ted set up housekeeping four years ago. Since then there has been two additional Williams'. NANCY MCMULLIN came to announce that lunch was being served, so naturally everyone beetled to be first in line. When it comes to food our class will never change! Nancy is an old married lady of four years and is expecting her second. She found out last week (Garnet wants another girl). She is still working part-time at Leamington Hospital. Little MARY LOU, I noticed, was first in line. She has not grown an inch! She is teaching OB. at Victoria Hospital in London. She and Hutch are saving for a house. He is teaching at Western. Down the hall came that old familiar sound of running little feet and everyone knew it was PATSY. The corridor rang with laughter as Patsy told us of her adventures while working in San Francisco. She met a fellow two years ago and last year they got married just the way she intended to -- they eloped!

KATIE BAKER sat across from me at the dinner table. She was one of the smart girls. She now owns a brand new Volvo and has been from Vancouver to Halifax in it. She takes a leave of absence every six months and just goes. She has been engaged three times but just cannot seem to make up her mind! CARO sat next to me. We have kept in touch since graduation. She just finished her Medical Arts course in Boston last spring and is now making plans for her fall wedding to the boy of her dreams. She has been on another starvation diet but gained five pounds. GLORIA was eating away and telling everyone about life in Moosanee, Ont. She lives in a little village of about 500 people. She helps deliver babies while Hank keeps the peace.

After lunch we all went back to the Grey Room and I got the surprise of my life. JUNE BRECHOW was smoking! Of course the windows are opened even wider now. She teaches at Met. and thinks it's great -- all those weekends. However she cannot get away from the nursing care studies. CHERYL and JOAN were gabbing away and I discovered after butting in that Cheryl is three months pregnant and is still working. She and Ron are living in London and are now ready to buy a house. Joan says Bob still wants to get married but she just got back from a European tour and is not ready to settle down yet. There was MICHELE with a group around her, telling them that the Ouija was right. She married Paul whom she met in England. They're living in Montreal and starting on a family. MARY BEZAIRE was sitting there looking at the recent yearbooks and recalling when she was Editor in 1967. She just left California where she was working as a Head Nurse in a large hospital. SHARON MORRIS lives in Windsor still, but could not be here. She had a good reason. She just had a baby girl yesterday and sends her best wishes and said she will attend our next reunion five years from now.

It was a great unforgettable day and I am sure we are all anxious to see what the next five years will bring.

Sincerely,

CATHY (KNUCKLE) REAUME



CLASS OF 1968



INTERMEDIATE CLASS

BACK ROW: Beverly Baptiste, Barbara Larking, Carol Courtney, Joyce Storey, Nelly Vandereerden, Sharon Johnson, Diane Langley.
MIDDLE ROW: Anita Konrad, Kathy Taylor, Nancy Clark, Karen Kelly, Jennifer Lediett, Brenda DeJong, JoAnne Hungler, Carol Tiessen.
FRONT ROW: Marlene Koop, Barbara Conrad, Sharon O'Mara, Jackie Rivard, Bonnee Atmore, Carol Kivell.

AT OUR CLASS REUNION IN 1978 WILL WE TALK ABOUT AND REMEMBER -

SHARON J. -- her headaches on 1st. East.
JACKIE R. -- Her favourite type of boy being Greek, French, Italian, etc., etc.
CAROL T. (GERT.) -- sitting on a delusional chair.
ANITA K. (NITA) -- miss going home to her mother because of a late delivery.
JOANNE H. (JO) -- the hours she spent brushing her fangs.
SHARON O. (SCARECROW) -- when Miss S. asked her how Lenni was?
BRENDA D. (B.D.) -- when she was mistakenly called "VD" by one of the seniors.
MARLENE K. (KOOPER) -- the night she dangled from her window in her "watsons".
CAROL C. -- thought a certain Mrs. Chase was her roommate.
NELLY V. (BURELL) -- the gypsy savage who was called a streak of pumpwater.
CAROL K. (KIVY) -- the girl who never "caught on" to any of our "jollies".
BONNEE A. (BATMORE) -- the girl who lost out due to "Plain Janeness".
KATHY T. (EDWINA) -- the Tom Thumb of the O.R.
KAREN K. -- the child who was going to give her a "love bite" and did.
JENNIFER L. -- a week that went by with the same boyfriend.
JOYCE S. -- misplaced a testicle in the O.R. with her two favourite doctors.
BARBARA C. (CONNIE) -- nice things come in small packages -- but so does dynamite.
BARBARA L. -- was lulled to sleep by the sounds of the Beatles, Lettermen -- coming through the wall.
NANCY C. -- the girl with the violent temper.
BEVERLY B. (FLOSS) -- the two days in a row that her room was clean.
DIANE L. (LANG) -- those sleepless nights before assignment deadlines.



ARTISTS AT WORK FOR SEMI-FORMAL.



HALF-WAY PARTY AT TOP HAT. MARCH.



LITTLE SISTER-BIG SISTER-GRANDMOTHER.



LEAVE MY DOUBLE CHIN ALONE!!!



SMILE -- THEY'LL THINK WE'RE DANCING.



CONSTIPATION OR CONCENTRATION??



NO BOYS ALLOWED???



BUT . . . BUT I WAS BATHING.



ONE OF THE MANY SNOWFALLS.



KIUV'S MENAGERIE.



SO YOU CAUGHT ME AGAIN.



SEMI-FORMAL FEBRUARY 1967.

CLASS OF 1969



JUNIOR CLASS

BACK ROW: Linda Miner, Janet Liebrock, Judy Woodall, Linda Davies, Sandra Scott, Shirley VanRooyen, Judy Wilson, Janice Fleming, Faith Andrews.
MIDDLE ROW: Elizabeth Manningham, Roberta Stevenson, Dana Brock, Irene Boldizar, Shirley Thiebert, Eleanor Neufeld, Diane Maynard, Gail Easter, Priscilla Conrad.
FRONT ROW: Sally Platsko, Jackie Burr, Linda Kwasnycia, Sandra Lloyd, Emina Arsenau, Cathy Teakles, Ruth Loewen, Julie Humenick.

WHO??

- . . . Likes greasy bangs.
- . . . Got an empty diamond box for Christmas.
- . . . Put a thermometer in a visitors mouth.
- . . . Lost 70¢ in a hot poker game.
- . . . Smashed her thumb in a bedpan flusher.
- . . . Made french fries in the Nut. Lab. and ate them by candlelight.
- . . . Shook so much when she gave her injection that she cut her finger on the ampule, then dropped the needle on her hand, injecting herself.
- . . . Went skiing for the first time -- and was sore the rest of the week.
- . . . Yelled out "Kwasnycia" and heard the reply "God bless you".
- . . . Exercises to music every night.
- . . . Put red nail polish on an elderly patient's nails, causing her to cry -- she thought it was blood.
- . . . Sits in the greyroom from 1P.M. - 11P.M. watching television on Sundays.
- . . . Can't go the bathroom alone.
- . . . Whistles everyone out of bed -- Six o'clock!!!
- . . . Wears Paul Bunyan boots.
- . . . Sleeps all day in classes.
- . . . Rides chariots up and down the hall.
- . . . Whose window contains a private property sign.
- . . . Puts soggy cracker crumbs in beds.
- . . . Believed firmly in ouija.
- . . . Fed the wrong breakfast to a patient.



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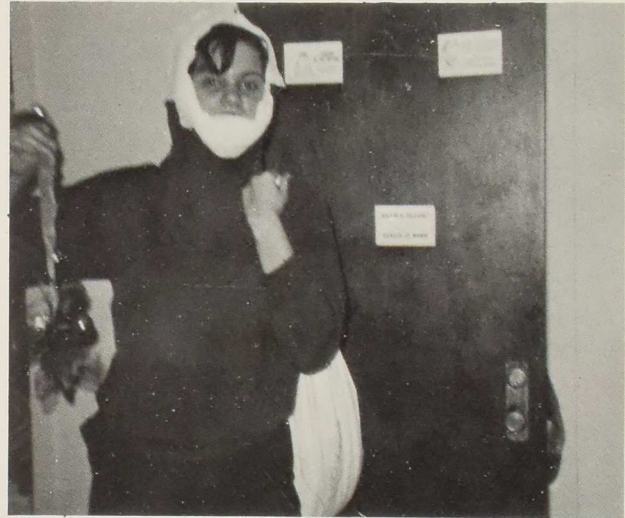
SO-O . . . MY MOTHER IS PRETTIER THAN YOURS.



SO I SAID TO MYSELF -- SELF.



A MASQUERADE.



WHAT DO YOU MEAN I'M A FAKE!



BETTER READ THE SIGNS -- 15 MPH.



DID YOU WANT SOMETHING?



CHEERLEADERS AT THE BASKETBALL GAME



ONE OF OUR POKER GAMES



FIRST DAY HERE FOR SOME OF US



IT WAS WORTH A CAMPUS



AREN'T I A DEAR?



OH WE'RE JUST ON OUR WAY TO THE "Y"



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NURSING OFFICE

ADMITTING



EMERGENCY ROOM

PHYSIO THERAPY



OCCUPATIONAL THERAPY



FORMULA ROOM

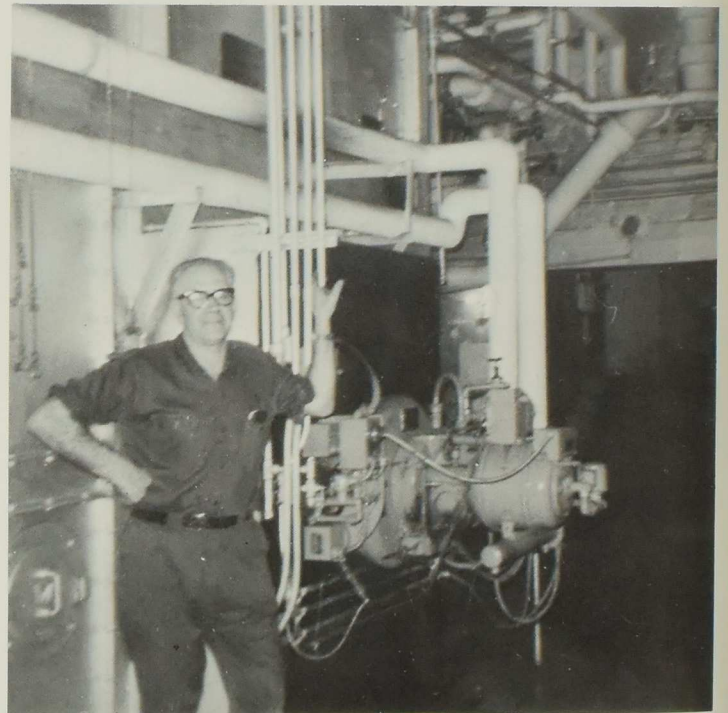


PHARMACY

BLOOD BANK



ENGINEERS



LABORATORY

DIETICIANS



DIET KITCHEN



LAUNDRY



HOUSEKEEPING



SWITCH BOARD

MEDICAL RECORDS



F. A. B.

I WEST



II WEST



III WEST



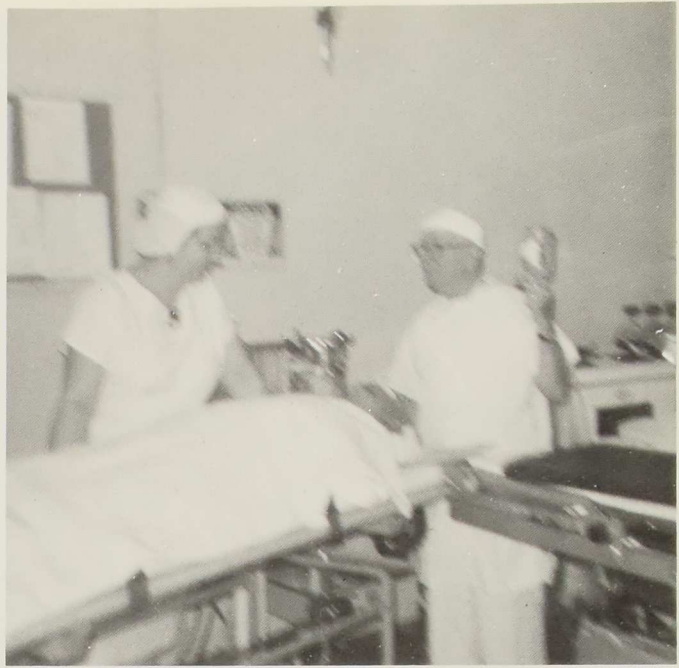
CHILDREN'S WARD

CHILDREN'S WARD



II MAIN

CYSTO



RECOVERY ROOM



OPERATING ROOM





I EAST



II EAST

III EAST



CASEROOM

IV EAST



NURSERY



C. S. R.



I. C. U.

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MR. AND MRS. WILLIAM LESLIE,
Staples, Ontario

MR. AND MRS. WM. WOODALL,
2627 Westminster Blvd.

DR. G.H. SHEPHERD,
Windsor, Ontario

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N.C.F. ORGANIZATION,
Windsor

Tact is the unsaid portion of what you're really thinking.

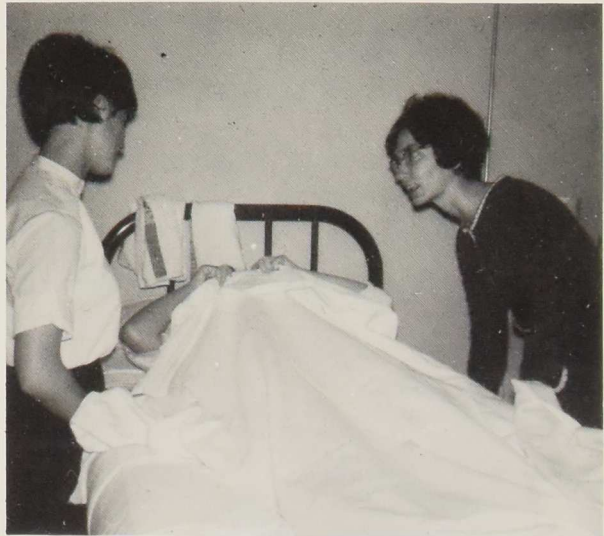
The old philosopher says, Intuition is the strange instinct that tells a woman she is right, whether she is or not.

Some women are able to conceal a secret, but few are capable of concealing the fact that they are concealing one.

A neurotic is one who builds castles in the air.
A psychotic is one who lives in them, and
A psychiatrist is one who collects the rent.

The telephone installer stared doubtfully at the formidable looking animal lying on the doorstep. "What kind of a dog is that?" he asked the little old lady. "Don't rightly know," she said. "My brother sent it from Africa." "Well," the installer hesitated, "it's the oddest looking dog I've ever seen."

The prim lady nodded her head. "You should have seen it before I cut its mane off".



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A. H. Weeks

“

It Would Be Interesting
Members of the Graduating Class
To Cast Your Horoscopes

"You will be better women for the life which you have led here. But what I mean by 'better women' is that the eyes of your souls have been opened, the range of your sympathies has been widened, and your characters have been molded by the events in which you have been participating during the past three years. Practically there should be for each of you a busy, useful and happy life; more you cannot expect; a greater blessing the world cannot bestow. Busy you will certainly be, as the demand is great, both in private and public, for women with your training. Useful your lives must be, as you will care for those who cannot care for themselves, and who need about them, in the day of tradition, gentle hands and tender hearts. And happy lives shall be yours, because busy and useful; having been initiated into the great secret -- that happiness lies in the absorption in some vocation which satisfies the soul."

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