



**THE GREYPE-VINE.
GREY'S HOSPITAL
Pietermaritzburg.**

August 2003.

**1st September
Arbor Day**

**10-17 September
Back Week**

**3 November
National
Children's Day**

**13-17 October
Eye Care Week**

**14 November
World
Diabetes Day**

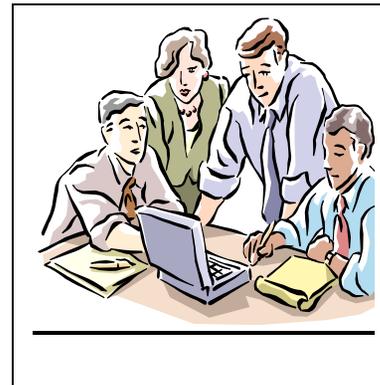
**11-30 November
Skin Cancer
Awareness
Campaign**

**21 September
International
Alzheimer's Day**

Editorial Committee.

Editor: Alison Guise-Brown
Pager 515

Members: Mrs A Chetty. Pager 200
Sister E Harper. OPD.
Mrs E Vosloo Ext 3273
Mr W Hoosen Pager 314



Letter from the Editor.

I apologise for the lateness of this edition but my family has been hit by the latest round of 'bugs' and we were all 'man-down' for a couple of weeks. Even the dog has been sick. Thankfully we all seem to be back on the road to recovery and life has returned to as close to normal as possible.

On behalf of the committee, and I am sure all the staff at Grey's, I would like to thank Miss Findlay and Mrs. Gee for their commitment and for all the effort and hard work they have put into the running of Grey's since the beginning of the year. I would also like to welcome Dr Ruben Naidu, our new Hospital Manager, and wish him a long and happy stay at our hospital.

When in doubt keep moving.

Over the past few months we have had to say goodbye to some staff members who have given many years to Grey's. Mrs Shirley Rawstorne, Sr Di Linscott and Sr Liz Keane-Murphy have all retired and we wish them many happy hours of relaxation and 'fun in the sun'. May they look back on their time spent at Grey's with fondness and may they look forward to the future with expectation and enjoyment.

We have decided to leave the regular competition out of the magazine for the next few editions as the response has been somewhat poor and we feel that the number of entries submitted do not warrant the amount of effort involved.

Unfortunately Senior Sister M Fletcher-Campbell resigned from our committee a few months ago and we are now looking for an enthusiastic, willing replacement. We have a meeting once a month where we discuss possible future articles, that could be put into the magazine, and then we try to motivate people into writing these articles for us. If there is anyone who would like to join our committee, please contact me on pager 515, as soon as possible. We would like to thank Sister Fletcher-Campbell for her invaluable input over the last two years.

**Most of us go to our graves with our music
still inside us.**

My Comrades euphoria is fading away. It has been two months since I finished the Comrades Ultra Marathon. While most people enjoyed a few hours of extra sleep on Youth Day, June 16th, I along with thousands of athletes braved the icy winter morning to be at the City Hall for take off! We waited in anticipation as "Chariots of Fire" blared across the center of Pietermaritzburg. Then the moment of truth had arrived. It was 5:30am and the gun was about to go off. Reality struck! I realized it was time to wake up and flatten the course in front of me. I remember having mixed feelings, feeling nervous, scared, but also very excited. I knew it was a long and difficult route but I also knew that I could do it. The many months of training had to finally show for something.

I had sustained a back injury in April, on one of my qualifying races, so I had planned to take it easy (that's what we runners say when we aren't 100% ready), but is anyone ever 100% ready to run 89.17km?

The support: I am sure I can speak on behalf of all the runners; the public were amazing. The cheers and music along the way really motivates you. You seem to draw strength to keep moving. Running past a school at the foot of Inchanga made me thankful for what I have. On the road stood about fifty mentally and physically handicapped children who had come out of the school yard to support the runners. I was so emotional to see that just touching the runner's hands as they went by made these children so happy. Seeing their excitement made me realise that giving up was not an option.

I was physically and mentally well and had 49km to go. I made it to halfway with plenty of time to spare before the cut-off gun, but then anything could happen; and it did. I met two experienced Comrades Runners who belong to the same club as I do. They have twenty Comrades Medals between them, so I

figured if I stuck with them I could make it. They set a good pace and we kept to it. I just kept thinking it would be like working a 7-7 and being on my feet for 12 hours, but fortunately I completed the race in 10hours 44 minutes. I was ecstatic as I ran into Kings Park Stadium at 16:14pm. I felt like I could still keep on running.....

A day well spent, what a rewarding feeling knowing I had made my family and friends so proud. More importantly I had achieved what I had set out to accomplish.

I REMEMBER THINKING: "WHEN IN DOUBT, KEEP ON MOVING!"

Sister Sue-Ellen Mapstone.

Comrades Results:

We would like to congratulate the following staff members who ran Comrades on 16th June 2003.

Sue-Ellen Mapstone: 10hrs 44min.

Dr Paul Hatfield: 7hrs 48min. (Novice)

Dr Mike Smit: 11 hours 25 min (6th run.)

Mr M Gafoor: 10th run, so he now has his Green Number.

Some Chinese words of wisdom.

- Don't believe all you hear, spend all you have, or sleep all you want.
- Never laugh at anyone's dreams. People who don't have dreams don't have much.
 - Don't judge people by their relatives.
- Don't let a little dispute ruin a great friendship.
 - Give people more than they expect and do it cheerfully.

Gael Meter: A Pen Portrait.

The patients who attend the Out-Patient Department these days are greatly blessed. This is because not only is Snr Sr Gael Meter, the sister-in-charge of the department, a fluent Zulu linguist but they are met by a welcoming smile and a sympathetic, kindly and helpful nurse.

Gael spent her early years on her parents' farm in the Nottingham Road district and it is as a result of these formative years that she is able to speak Zulu. Due to distance it was necessary for her to go to boarding school in Class 1. She started at Estcourt Junior School and completed her education at Estcourt High School.

It is fortunate for Grey's and the patients who have passed through her hands that Gael chose to become a nurse. Her other choice of career was to be an art teacher,, which certainly would have been Grey's loss. Her elder sister, Lyn, was in training when Gael commenced her training in 1964, so no doubt she encouraged her younger sister. During her first year of training Gael was chosen to represent the hospital as Miss Grey's in the annual Azalea Beauty Contest as part of the Azalea Festival. She is emphatic that it was not she who entered her name to take part in the contest. Not surprisingly she went on to wear the Azalea Queen Crown.

Shortly after completion of training Gael married and proceeded to produce four children in rapid succession and was lost to the profession until she reappeared at Grey's in 1983. She worked briefly in a Urology Ward, then assisted with the commissioning of the new hospital prior to the move there in 1984. In 1985 Gael went to work in the specialist clinics in the Out-Patient Department which was, at that time, a much less busy place compared to the present time.

Japan.

During the nineteen eighties it became clear that Primary Health Care was going to become extremely important in order to provide adequate care for patients at grassroot level. And so in 1989 Gael went to Clairwood Hospital in Durban to attend a four month Primary Health Care course and returned to Grey's to become the first P.H.C nurse. She practiced as a PHC nurse for nine years until 1997 when she became second-in-charge in O.P.D. In 1998, when the sister-in-charge of the department, Snr Sr Shelly Norval, left Grey's Gael became the Acting Sister-in-charge. In 2000 she was appointed as the Senior Sister in O.P.D.

In 1994 and 2002 Gael received the Light of Learning Trophy. This is an award presented annually, by the July finalist students, to the sister whom they consider to have been the most motivational in clinical teaching, a well deserved reward for Gael for her diligence in and liking for teaching.

Her love of beauty is reflected in her flower drawings, her watercolour paintings and the charming gardens she creates. She maintains her physical fitness through playing tennis, a daily walk and yoga.

Job satisfaction. Not only for herself but for the other members of the O.P.D. team are priorities for Gael. To that end she accepts only high standards of nursing care and sees the Quality Improvement Programme as a means to achieving that. Patient satisfaction and the service received by patients she views as crucial. Gael is selfless with regard to everything she does, is the ultimate in professionalism and a role model for any aspirant nurse.

Elspeth Ferguson.

Land of beauty and culture. I was fortunate to spend a months holiday in Japan with my daughter and son-in-law. They lived in Sapporo, which is the capital city of Hokkaido, the northern most island of Japan. It was December, the middle of winter and the snow lay everywhere, thick and very cold. The fairytale landscape and the clean fresh air made up for any chills we felt.

Hokkaido is the only island of Japan that still has vast tracts of natural land. The harsh winters and Japanese legislation help to protect this beautiful environment. Today, the average Japanese regards this island as an escape from their confined everyday lives.

We all went skiing and skating and I must say my daughter and son-in-law put me to shame with their accomplished snowboarding, skiing and skating.

Wendy and I spent a week in Kyoto, which has flourished as the heart of Japan for over 1000 years. This is the cultural center of Japan where traditional crafts such as ceramics and weaving are very popular. There are many old buildings, beautiful gardens and some magnificent Temples. As a foreigner, in a land where no English is spoken, it can be extremely daunting especially if you are visiting outside of the main cities, such as Tokyo and Osaka. I was in a very fortunate position as both Wendy and Brian are fluent in Japanese and as long as I was with them I wasn't lost.

I can wax lyrical about this country but time and space forbid it. This holiday was a definite culture shock for me but I learnt so much about a nation which is not very well known about in the West. There is so much to learn about Japan, as a nation, to broaden one's mind and outlook on

life. God willing, I will one day return to this “Land of the Rising Sun.”

Sister Sandy Bartels.

The Red Planet.



Never again in your lifetime will the Red Planet be so spectacular! Last month and this month the Earth is catching up with Mars, an encounter that will culminate in the closest approach between the two planets in recorded history. The next time Mars will be

this close is in 2287.

Due to the way Jupiter's gravity tugs on Mars and perturbs its orbit, astronomers can only be certain that Mars has not come this close to Earth in the last 5000 years but it may be as long as 60 000 years.

The encounter culminated on 27th August 2003 but Mars is still clearly visible as the brightest object in the night sky. Presently Mars rises in the sky at nightfall and reaches its highest point at 12:30am. That's pretty convenient when it comes to seeing something that no human has seen in recorded history. So, if you haven't already done so, go out there this evening and look towards the East to see something no one alive today will ever see again.

For the love of sport.

A quadrangular Natal Country Districts Hockey Tournament was held in Pietermaritzburg during the weekend of 23/24 May 2003, involving both men's and ladies A and B sides. The teams involved included Midlands, Zululand, Northern Natal and Southern Natal. I was lucky enough to be selected for the Midlands Country Districts B Team and our accommodation was in the City Royal Hotel while the men stayed in The Imperial Hotel. While entertainment was provided on both nights and much fun was had by all, we did also play some good hockey and our B side clinched the trophy for the most number of goals being scored by one team.

On the final night at prize-giving, a Natal Country Districts A and B side was announced and I was delighted to hear that I had been selected for the B side. A tour was planned to Port Elizabeth for a week to attend the South African Country Districts Tournament. This tournament is usually only for the Provinces A sides but this year for the first time the B sides were also invited.

Our journey began with an exhausting 18 hour bus trip leaving Pietermaritzburg at 4am on Saturday 28th June. After booking into our hotel accommodation, initiation games began, both on and off the field.

The tournament consisted of 12 sides namely: Natal Midlands A and B, Mpumalanga, Southern Cape, Northern

Transvaal, Border, Eastern Province A and B, Natal A and B, Free State and Boland. We were divided into two pools and it was a treat to have no 'double headers' (two matches on one day). The weather was not always kind to us and there were often days, while playing on the Astroturf, where it was pouring with rain or frost was still evident on the ground. We were blessed to have a physiotherapist in our A side and then I was appointed 'First Aid Nurse'. Fortunately no teeth were lost but injuries were frequent, ranging from strained muscles to septic roasties, stitches and dislocated knees. One player broke three fingers in her first match and insisted on playing for the rest of the week despite tears of agony on completion of each match. Now that's what one calls commitment to your team!

Unfortunately our B side was placed in the stronger pool and at the end of the week we were lying second last. Our A side did us proud and came out tops by coming first place.

It was a fantastic week where high standards of hockey were played, new friendships were made and we didn't get 'short-changed' in the socializing department either! It is for these reasons that I have such a great love and appreciation for sport.

We returned home on the evening of Saturday 5th July, having left P.E. immediately after the prize-giving with 30 injured, stiff, aching and exhausted bodies.

When I arrived at work the following Monday a colleague of mine was astonished at my "elephantitis" of my legs

and feet. I replied by saying I wasn't sure if it was as a result of the tedious 18 hour bus trip or from abuse of my body during the week. I think it would be safe to say that it was probably a combination of both.

Cathy Dukes.

"Skheshekeshe, Qhawe lam"

Ngu:-Khethiwe Christine J Ka Mtshali.

Iqonde Ku:-Dr Scholfield.

"HmMMM! Hhelele!

Shosholoza Mashosholoza.

Washosholoza okuzinhlungu

Kwaded'endleleni.

Sikheshekeshe, qhawe lamaqhawe;

Mfoka Scholfield

Mwelela kweliphesheya ungenkonjane.

Mangothobana, sangom'esibhula ngogesi,

Ezinye? Bezibhula ngonyezi.

Kheshezela mfo,

Wakheshezela kwavukamathemba.

Abesefiphala akhanya bha.

Hho! Hhayi, wawudons'owakho,

Kwathintek'owami,

Okuzinhlungu kwakhwintsh' imisila

Nyang'eyathwas' eDesikini,

Ezinye bezithwas'emanzini,

S'kheshekeshe, makhalegijima njengempungushe,

Makhal'endiza njengenkankane.

Nyanga etshopa ngenalithi,
Ezinye 'bezitshopa ngenzenga.
Mxumi wethamb 'umalifohlokile,
Mcangcathi wokufohlokile, ungelishabhu,
Sgila mkhuba nem'mangalis'unge Jehova,
Mana njalo mfoka Scholfiels, mana njalo"

Christine Mtshali.

Τησις ις της ενδ οφ Χηριστινε Μτσηαλις αρτιχλε σο λετσ ηποσ σηε δοεσνετ ωριτε ανοτηε

The first correct entry drawn of the Cross word Puzzle Competition, in the May edition of the Greype Vine, was Dr Jim Muller's. He won a chocolate cake sponsored by Chatters Coffee Shop.

TEAM.

TOGETHER
EVERYONE
ACHIEVES
MORE.

Human Resources News.

We would like to welcome Mr. H.K.S.Hlongwa, our new Human Resource Manager. He officially assumed duty at Grey's Hospital on 28 July 2003.

We are extremely busy processing the pay progression for all staff that qualified. To all staff please take note that it is only a 1% increase per annum. PLEASE DO NOT EXPECT A BIG INCREASE!!

The Human Resources Office will only be available as follows, effective from 15.9.2003: Mondays, Wednesdays and Fridays from:

07h45 - 10h00

10h30 - 12h30

13h30 - 15h00

We will be bidding a sad farewell to Gertie Mduli who will be retiring at the end of September 2003 after serving Grey's Hospital for 40 years.

She will now be able to work fulltime in her vegetable garden.

The following staff has completed twenty years service:

KE Goba Nurses Home

BW Madonda Nurses Home

JN Maphalala CMCS

D Harripersad	Stores
V Gopichand	Pharmacy
BT Mncwabe	Patient Administration
MP Shange	Kitchen
TB Sithole	Linen Room
BL Zuma	Linen Room
S Pillay	Nursing
RSM Magrimo	Nursing Campus

The following staff has completed thirty years service.:

EJ Mngadi	Nurses Home
PN Ndima	Nursing Campus
AB Nkosi	Nurses Home
MT Sibiya	Workshops
MC Amod	X-ray
LB Khanyile	Workshops
MJ Mdlalose	Kitchen
TS Mohale	Linen Room
GE Ngubane	Patient Administration
NF Xaba	Messenger
G Govender	Nursing
HC Duguid	Senior Admin Officer

Ciska Mackay-Smith.

Give a man a fish and he will eat for a day. Teach him how to fish, and he will sit in a boat and drink beer all day.

FITNESS HOPEFULS.

Watching people running the Comrades Marathon looks like it is an easy thing to do. So my colleagues and I decided if those runners can do it so can we. (I must say that we are not the fittest people around.) Talk about enthusiasm and determination. We decided to get some advice from another colleague who has run three Comrades.

As first time runners who hope to be doing the Comrades one day this is the advice she gave us.

1. Walk the length and run the width of a rugby field. (Two or three times depending on what we are capable of.) We tried this and the first lap was not too difficult but to finish the second lap was quite a mission.
2. When we feel we are fit enough we can run around the field without walking and slowly increase the number of laps that we do.
3. When we are confident enough we will run on the road.

The above sounded like a breeze, but two months down the line we are still walking the length and running the width. If you ask me, we will be able to run the Comrades in the next fifteen years with it taking us five years to graduate from each stage.

Xoli Mtunzi.



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