

# Towards Healthy Families

*Ija Mulanggari, Goodtha Mulanggari*

*Thriving Mothers, Thriving babies [Ngunnawal meaning]*

**Summer 2015**

## Happy New Year

The Canberra Mothercraft Society and Queen Elizabeth II Family Centre take this opportunity to wish you a happy and prosperous new year.

In this Summer edition of the newsletter we report on some 2014 highlights for QEII and CMS, and ease into the activities for 2015, which is shaping up to be another busy and productive year.

## CMS Presidency

The 2014 CMS 88th Annual General Meeting held in November marked the end of **Jane Smyth**'s 3 year term as President.

During her Presidency, Jane led and contributed to numerous significant Board accomplishments and celebrations, including the QEII 50th Anniversary Celebrations and QEII's "gold standard" Accreditation under the Australian Health Service Safety and Quality Accreditation (AASSQA) Scheme.

At the AGM, Jane's hard work, energy and continued commitment to the work of CMS was acknowledged. Jane will continue to serve as a member on the Board and it's Committees.

**Viola Kalokerinos** has been a CMS Board member for several years, holding leadership roles such as Treasurer and Vice President. At the 2014 AGM Viola was appointed and welcomed as President of the Board.

Viola is a busy woman! In addition to going above and beyond her Board commitments, she is, through her volunteer work and contributions, a passionate advocate and leader within the ACT community. She has showcased the Capital's diversity for over 40 years through her contributions to her local community, to her neighbourhood, to people who need assistance and to community organisations. She feels she owes much to the community, which supported her and her husband for all the years they were in business in the Curtin Milk Bar (1971-2008).



Jane Smyth and Viola Kalokerinos

## CMS Board Membership

At the 2014 AGM, **Louise Allison**'s resignation from the Board was accepted. We thank Louise for her 'can do' attitude and her diligent input during her 3 years as a Board member, in which time she chaired the Governance Committee and the Community and Public Relations Committee.

The AGM also saw the continuing appointment of Chin Wong, Fiona Smith Du Toit, Lisa Donkin, Lynne Johnson, Maria Edwards, Philippa Lynch, Wendy Saclier and Dr Sue Packer.



Viola Kalokerinos and Louise Allison

## The Hydrangeas

QEII's 50th Anniversary in 2013 was about relevant traditions and connections from the past being part of the present and influencing the future of QEII and the families we serve. The importance of staying connected and being able to appreciate and draw on the experience and wisdom of our former colleagues was highlighted as an important part of this process, hence an 'old girls' organisation was formed, named "The Hydrangeas" in memory of long term Board member Gwladys Cheel. Gwladys was much loved and known for the armfuls of hydrangeas she bought into and arranged at QEII in Civic.

Former staff and colleagues are invited to stay connected with QEII and CMS by joining The Hydrangeas. The seasonal gatherings held so far have proven to be popular, pleasant, informative and fun. The next one will be a morning tea on:

**Thursday 26th February, 10:30 - 12:30**

Australian National Botanic Gardens, *Floresco in the Gardens Cafe*

RSVP by 19th February QEII Reception 6205 2333

To get in touch with The Hydrangeas you can contact Robyn Steele by emailing [robynsteele@grapevine.com.au](mailto:robynsteele@grapevine.com.au) or Lynne Johnson by emailing [lynnejohnson@grapevine.com.au](mailto:lynnejohnson@grapevine.com.au) or telephone 62816771.



## QEII Family Centre—A “Gold medal organisation”

At its 88th Annual General Meeting, the Board and staff celebrated the achievement of accreditation under the Australian Health Service Safety and Quality Accreditation Scheme.

CMS at QEII has achieved unreserved accreditation to the National Safety and Quality health Service Standards. This achievement also included a suite of supplementary standards as part of Quality Innovation and Performance Safety and Quality Plus.

In their feedback the external surveyors described CMS at QEII as a ‘gold medal organisation’. This is a huge achievement for a small organisation and is reflective of the approach to safety and quality being embedded throughout the organisations systems and structures.

Congratulations to the Board and staff on this major achievement with a special thanks to our Safety & Quality Manager, Ellen O’Keeffe.

*“Quality is not an act it is a habit” - Aristotle*



Ellen O’Keeffe, Jane Smyth, Viola Kalokerinos



Cake made by Kate Richards



Elisha and Julianne Nissen



Mary Kirk, Viola Kalokerinos



QEII staff: Margie, Debbie, Carmel, Adrienne, Frosso, Chris, Julianne



Wendy Sadler, Viola Kalokerinos



Lynne Johnson, Louise Allison



Lisa Donkin and son, Alex



Debbie Tibbles, Chris Laven





Liz Gardiner, Mary Kirk, Emma Baldock



DJ Gosper



Margie Raymond, Carolyn Pettit, Julianne Nissen

## Gold Star Song

We gather here this very night to celebrate the standard gold  
To be proud of what we do, with joy in our hearts to hold  
We sail the waves of stormy seas, our captains wise and ready  
The Board and admin at the helm, give safe passage, true and steady

Since 1926 CMS has led the way,  
Establishing clinics, home help and childcare and groups where kids can play  
From bonnets to beanies, from the bottle to the breast  
Families in and around Canberra are blessed with the best

The Support staff tend the ship in a kind and caring way  
Giving comfort and good cheer to those who come and stay  
With sails raised to full mast, Nursing and Midwifery catch the breeze  
The ship goes forward to meet the swell and makes good speed with ease

From grand jugglers to grandparents, from RiPP and Baby Makes  
Three  
From quilters and Wednesday Knitters, to the hard to love in our  
community  
From bonnets to beanies, from the bottle to the breast  
Our focus is on families, their wellbeing is our quest

There is a spirit of compassion, of quiet achievement and generosity  
Our dedication is strong and that spirit sails on in our hard work and  
history  
Let's not forget why she sails, for families in waters deep  
May she cross - the ocean's blue and our babies learn to sleep

We gather here this very night to celebrate the standard gold  
To be proud of what we do, with joy in our hearts to hold  
From bonnets to beanies, from the bottle to the breast  
There is no doubt it's time to shout CMS and QEII are best



Jane Barnett, DJ Gosper



Dr Sue Vickers



Maria Edwards



Mary Kirk, Kathryn Forster



Sophie and Chris Patterson



Mary-Ellen Hirst, Annette Cole,  
Carolyn Pettit, Chris Patterson



Jacqui Larkham, Liz Gardiner, Mary Kirk



## Vale Val Smith (by Lynne Johnson)



Our dear friend Val Smith, or to give her full name Valma Joan Smith, died at home on November the 15th 2014. Val was one of the very early members of the Wednesday Knitters group in 2003 and was an enthusiastic and adventurous contributor to all our activities. Her specialties were scarves, hats and rugs and she was always keen to show us the latest interesting yarns she had found for her knitting and crochet work. She also made cards. To call them just 'cards' is an insult. Each was a miniature artwork with fabrics, embroidery, beads, laces, whatever, creatively cobbled together. To receive one of Val's cards was to receive much more than a gift.

Val's artistic work with textiles covered a gamut of techniques over the years that I knew her – silk painting, batik, machine embroidery, beadwork and more. I also remember her as a gifted and dedicated teacher.

When she joined our group she was always keen to join in whenever we did workshops with community and school groups – her patience and encouragement have helped many a nervous knitter or crocheter become competent and to share her enthusiasm for colour, texture and technique.

It wasn't only as a textile artist that Val made her mark. She started her working life as a trainee nurse but soon moved into studying science, became a Biology teacher, then a lecturer at Bathurst Teachers College before heading for Canada. Her years teaching there were punctuated by travel to almost every continent and she made lasting friendships world wide.



Val moved to Canberra in the mid 1970s and worked in high schools before moving to Stirling College. During this time she undertook a Women Studies course at the ANU and was keen to introduce wider sociological frameworks into the Biology courses being taught in the ACT at the time. She wrote a Women's Health course which was soon accredited and adopted throughout the ACT. It was a very popular course and I understand it is still on the curriculum in Colleges.

Val was a generous supporter of CMS, its work at QEII and in the community, and on behalf of us, all I pass on our condolences and heartfelt sympathy to her partner Charmaine. Val was a remarkable woman and we miss her dearly.

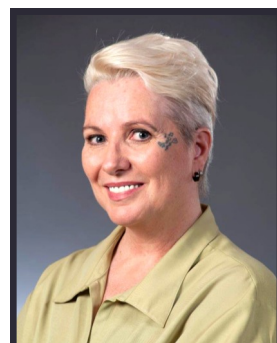


## Stay connected

Contact Dorothy-Jane 'DJ' Gosper, Executive Assistant/Projects Officer:

- For inclusions (photos, articles etc all welcomed for consideration) in upcoming editions of the newsletter
- Opt out of the newsletter mailing list.
- To **SAVE PAPER** by receiving this newsletter electronically.

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