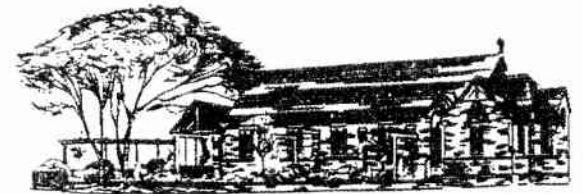


IN TOUCH

NURSES' MEMORIAL CHAPEL
NEWSLETTER



MARCH 2010

P O Box ~~28328~~ CHRISTCHURCH

33357 Barrington
Christchurch 824

PRESIDENT'S REPORT

Dear Members

The Chapel Committee sends greetings and good wishes to all our members.

LET US REMEMBER THEM

During the Napoleonic Wars, the poppy drew attention as the mysterious flower that bloomed over the graves of the fallen soldiers.

In the 20th Century, the poppy again was widely noticed after soils in France and Belgium became rich in lime from rubble during the First World War. The little red flowers flourished around the graves of the war dead as they had 100 years earlier.

In 1915, Guelph, Ontario native John McCrae, a doctor serving with the Canadian Forces Artillery, recorded this phenomenon in his famous poem *In Flanders Fields*.

Two days before the Armistice, Moina Michael, an American woman from Athens, Georgia, read the McCrae poem and was inspired to wear a poppy year round in memory of the war dead.

In 1920, Madame E Guerin of France visited the United States and happened to meet Miss Michael at the YMCA at Columbia University, where the latter was a volunteer. Madam Guerin then resolved to sell handmade poppies around Armistice Day to raise money for poor children in the war torn areas of Europe.

In 1921, Field-Marshal Earl Haig, the former Commander-in-Chief of the British Armies in France and Belgium and the principal founder of the British Legion, was sold on Madam Guerin's fundraising idea and approved organisation of the British Poppy Day Appeal by the Legion to raise money for poor and disestablished veterans.

Similarly we adopt the poppy as a symbol of remembrance.

Lorraine Shannon
President

In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

By Major John McCrae

Snippets from the Past

1895 Christchurch Hospital

The Operating Theatre was used not only for surgery, but it was here that the coroner held all the local inquests.

Ward 3 was a small building at a distance behind Ward 6. The path to this ward led past the morgue, known in those days as the "Dead House"! Our night watchman was an elderly man who walked the corridors with a smoky lantern. He disliked passing the morgue in the dark, and often asked the night nurse to accompany him on his trips to Ward 3. It was this man, when reprimanded for leaving the "Dead House" door unlocked, excused himself in a husky whisper by saying:

"The folks wot's inside can't get out, and no folks wot's outside want to get in!!"

ANZAC SERVICE

Saturday, April 25 2010, at 10.00 am

Will be led by
The Very Reverend Michael Brown, Former Dean of Wellington,
Rtd Senior Army Chaplain.

Speaker: Major Brendan Wood, Chief Instructor Joint Health Services. Burnham Military Camp.

Once again we will be joined by Health Support Group of the
Canterbury Regiment and Army Cadets.

Morning tea will be served at the conclusion of the service.

ANZAC morning: Parking along Riccarton Avenue should be easy.
No sports in Hagley Park. No parking meter readers till afternoon.

A kiwi a day keeps the doctor away

Pathologist Professor Robin Fraser of Christchurch has seen many unhealthy livers in his day. He is now a convert to daily eating of kiwifruit.

Fraser likens the liver to a sieve that when working properly effectively filters cholesterol, as well as keeping white blood cells healthy.

But those holes could be closed because of excess drinking, a fatty diet, illicit drug use and stress.

That can lead to atherosclerosis, a major killer through heart failure, strokes, gangrenous feet and aortic aneurism.

A daily dose of kiwifruit, along with a healthier lifestyle, appeared to be able to reopen the holes in the liver.

Kiwifruit is also the most efficient way of getting the recommended daily dose of Vitamin C.

Memo for Supervisors

If you know you are going to be away, or on holiday, or wish to use the Chapel car park at any time, please ring Fay 372 9272.

Do you know anyone who would join our band of Supervisors. We need replacements for the 3rd and 4th Monday each month.

ANNUAL GENERAL MEETING

Saturday, May 22 2010, at 10.30 am

A short meeting will be followed by morning tea.

This is a good opportunity to catch up with everyone.

SUBSCRIPTIONS

A friendly reminder to let you know that your subscriptions are now due.

Single	\$10.00
Double or Family	\$15.00
Group	\$25.00

COMMITTEE

President	Lorraine Shannon	338 1657
Vice-President	Rae Wooten	384 4275
Secretary	Bern Brunton	342 4439
Treasurer	Ann Morrison	338 8800
Bookings	Helen Cummack	357 0441
Supervisors	Fay Sim	389 3318 372 9272
	Val Averill	355 7354
	Joan Herring	981 7870
	Dorothy Ainsworth	389 3153
	Robin Bisset	358 2802
Trust Chair	Mark Holdsworth	