

1980

• It's a girl! •

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WEDNESDAY, JANUARY 2, 1980



New Year's baby

PENNY THOMAS HOLDS daughter Carradawn, the first baby born in Fort St John in 1980. Penny and husband Mat became proud parents at 5:53 pm yesterday with the help at Dr William Watt, and Penny says they had a name picked out several days ahead of time. Carradawn's timing makes her the winner of the First Baby Contest sponsored by the Alaska

Highway News. Other sponsors were the IGA, the Overwaitea, Danny Boy's Restaurant, Baby Bear's Children's Wear, the Mackenzie Inn, Gaye Shoes, the Co-op, Kiddiesland, the Northern Alberta Dairy Pool and the Bay. All sponsors contributed prizes for the couple and their new daughter.

JAN 2, 1980

Hospital staff finding ways to save energy and money

MAY 14, 1980

The hospital has held a contest amongst its staff members to brainstorm ideas, whereby the hospital can reduce its fuel, electricity, water consumptions and create energy savings.

Many suggestions from Department

Heads were received in the suggestion box, and evaluated by the hospital's Director of Engineering and Administrator for their suitability and potential result. From amongst the winners the Laboratory Department were the departmental winners for their suggestion relating the functions

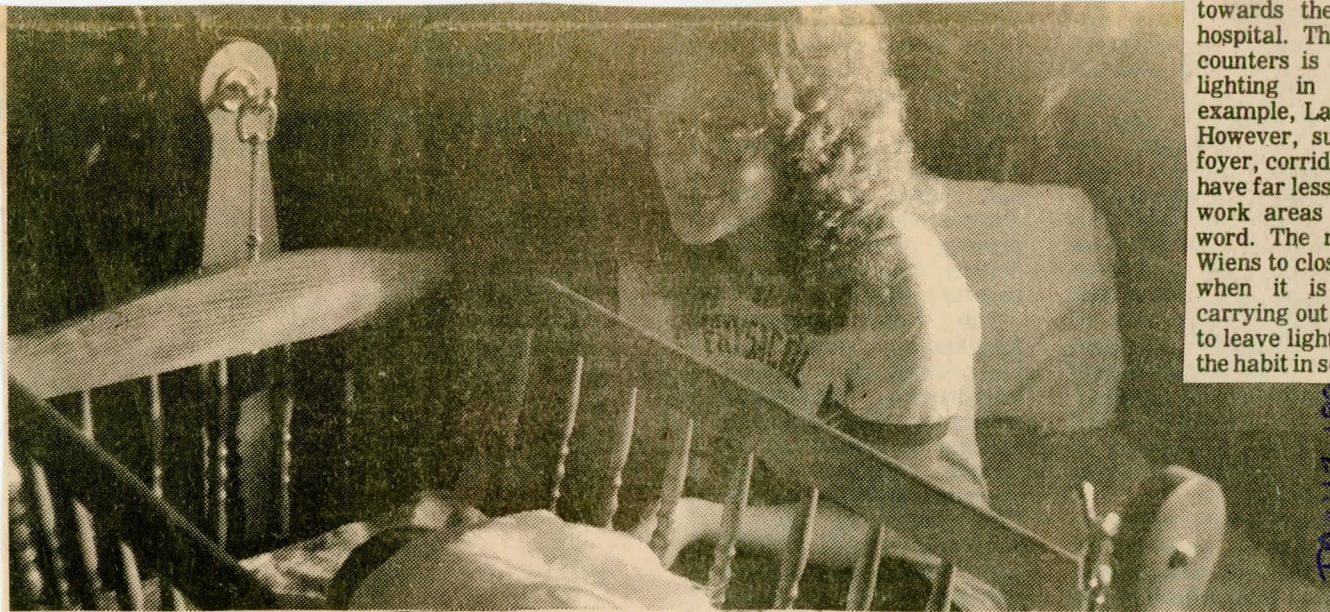
of fitness to reducing the use of the elevator. Few people realize the amount of power consumed when a large elevator motor is started up, this surge is part of the higher costs of operation at the hospital, therefore anything which reduces this activity is an economy in power usage.

Winners for individual suggestions were Claire Penfold, a nurse at the hospital, who suggested the use of thermal blinds on the windows as a reducer of heat loss in the winter months. The hospital is a 16-17 year old building and many of the costs were not significant many years ago, thus, the hospital was not set up with windows of today's quality, triple glazing, etc. Congratulations go to Claire Penfold for her innovative suggestion.

First runner up was Rubin Wiens, Pharmacist, who put his energies towards the use of lighting in the hospital. The problem a hospital encounters is a need for high levels of lighting in some work stations, for example, Labs, Operating Rooms, etc. However, such areas as the hospital foyer, corridors, waiting rooms, can all have far less lighting since they are not work areas in the true sense of the word. The reminder was left by Mr Wiens to close off unnecessary lighting when it is not necessary for the carrying out of work, and certainly not to leave lights on all night, as has been the habit in some areas.

Another economy conservation item brought to us through the Hydro's auspices, is the use of a capacitor on the transformer systems, which has the characteristic of storing the magnetic portion of current required to start up electric motors. It does not take much ingenuity to imagine the number of motors which exist in a building the size of the hospital, to handle air conditioning, pumping and air movement, not to mention boilers, elevators, etc. The Engineering department is continuing work on this profile and will be seeking provincial grants in order to install the equipment.

"Two heads are better than one", says Wilson, "but 200 heads are certainly more useful than two, and the results of this brainstorming session are self-evident. Congratulations to all involved."



YOUNG CARRADAWN THOMAS certainly looks comfortable in that new bassinet of hers - and she looks good to mum Penny who's rocking her there. Carradawn was this year's new year baby and parents Penny and Pat Thomas have now taken delivery of the things they won in the

Alaska Highway News baby contest. The bassinet came from the Bay, and she also got prizes from Baby Bear's Children's Wear, the Co-op, the Alaska Highway News, Gaye's Shoes, IGA, Kiddiesland, the Mackenzie Inn, Overwaitea Foods, NADP to a total value exceeding \$275.

MAY 14, 1980

1980
JULY



JUL 16, 1980

ALWIN HOLLAND STUDENTS and staff were busy this spring — their fund raising drive resulted in a total of \$1,500 being collected. One third was sent to Africa, and the other two thirds given locally to the Child Development Centre and the pediatrics ward of the FSJ Hospital.

Above, LPN Debbie Roy soothes baby Patrick in a rocking chair bought with part of the \$500. The hospital board of trustees also is appreciative of the many children's books and comics donated by Ambrose, Central Elementary, Robert Ogilvie and Alwin Holland Schools.



OCT 16, 1980

THE HOSPITAL'S NEW board paused last night for a group picture before attending their first regular meeting. Back row from the left, Lawrence Brown (newly elected), Holger Pedersen, Lorne Welsh (chairman) and John Wetzel. Front row, Larry Erickson and Pauline Hannaford, (newly elected), and Gloria Pope. Missing from the picture are Otto Wuthrich and Gerald Law.

New members for hospital

Three new members joined the board of the Fort St John General Hospital last night at a brief annual meeting of the Fort St John Hospital Society. The meeting was attended by fifty people.

Larry Erickson, Lawrence Brown and Pauline Hannaford were elected out of a list of candidates that included Bud Hamilton, Warren Chapman and incumbent trustee Earl Sim.

Erickson, district manager for Dowell of Canada, was later elected vice chairman in a regular meeting which followed the annual meeting. Lorne Welsh was elected chairman and Gloria Pope and Holger Pedersen join them on the executive committee.

Lawrence Brown is a welder and

Pauline Hannaford is a housewife.

It was also the occasion for a farewell to two trustees who had put in the statutory maximum of seven years on the board. Wayne Gretzinger stepped down after serving the last three years as hospital board chairman and Bob Bruce, hitherto public relations director for the board also retired.

Said Bruce later, 'I have thoroughly enjoyed it. I may be back again some day.'

Brown and Erickson are both supporters of the Pro-Life Society but neither ventured any comment on what might happen now.

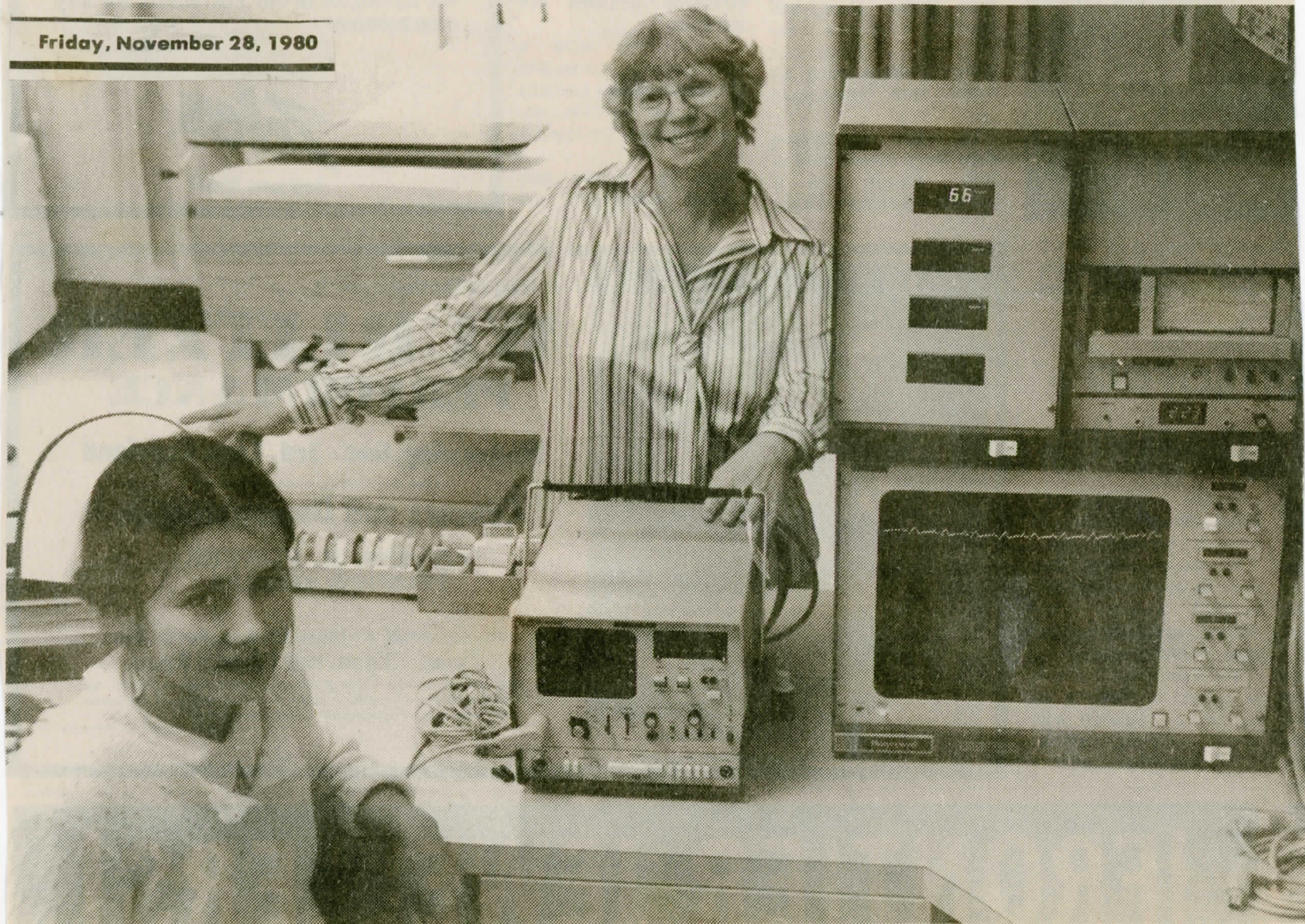
Said Erickson this morning, 'Policy in all health matters is set by the board and this will be no different. We obviously haven't had a chance to have a policy meeting yet and it (the abortion issue) will be just one of many things. We are here to serve al the health needs of the community.'

Hospital administrator Ric Wilson commented this morning that the new board intends to continue working with hospital staff to promote better health care for the community.



Hospital auxiliary does it again

Friday, November 28, 1980



STANDARDS IN THE INTENSIVE care ward took a leap ahead last week with the installation of the new heart and respirator monitors pictured above. Besides displaying the heart rhythms on a nursing station monitor, it records and computes small changes in pattern or frequency, sounds alarms and prints out patterns if a heart strays beyond preset parameters. These units can also be adapted to read blood pressure and temperature continuously. The whole project began when doctors and nurses together with

the biomedical engineer pointed out developing problems in service and stability and scope in the eight-year-old equipment then in use. A presentation was made to the Hospital Women's Auxiliary, which accepted the challenge of raising \$33,000 for this project. The majority of that sum was raised in one year under the guidance of Ruth Bruce, then president of the auxiliary. She's pictured along with nurse Glenda Spottord inspecting the new equipment.