In June this year, Mater welcomed Callan Battley into the newly created position of Chief Nursing and Midwifery Officer, responsible for partnering with key leaders and staff across Mater to support the delivery of safe, high-quality, evidenced-based healthcare.

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**A message from the committee**

Welcome to the Christmas edition of Alumni News. As I write this message, I’m reminded of just how quickly 12 months pass by, and how much has been achieved in 2016 here at Mater by you, our Nursing and Midwifery Alumni.

In September, we bid a sad but fond farewell to Cheryl Clayton, Mater Nursing and Midwifery Chairperson and Director of Nursing Mater Private Hospital. Cheryl has been instrumental in the continued development of our alumni for many years, and we are so very grateful for her significant contribution. She will certainly be missed; however we look forward to staying in touch and seeing her at future alumni reunion events.

This year’s Mater Past Nurses Association (MPNA) Mass and Luncheon was attended by almost 80 guests, and as always it was a wonderful afternoon of celebration and reminiscing. Everyone, including President Betty Kennedy, enjoyed the opportunity to return to the Whitty Building which was formerly the Mater Public Hospital—and a space where all of our guests had spent their nursing training days. As one Mater past nurse said; “this is the place where it all began.”

In this edition, we introduce you to Callan Battley who was welcomed to Mater earlier this year in his role as Chief Nursing and Midwifery Officer. You can read more about Callan and how he came to join Mater Health on this page.

Once again, many thanks to all alumni members for your continued support of the Mater Nursing and Midwifery Alumni. I wish you all a very Happy Christmas, a safe and happy festive season and all the very best for 2017.

**Jackie North**
Mater Nursing and Midwifery Alumni

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**Callan’s coming home.**

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Callan’s career in healthcare spans almost two decades, starting in clinical nursing roles before he transitioned to numerous senior management positions.

Although originally interested in engineering, Callan was drawn to a career in healthcare during what was a difficult and challenging time for his family.

“Initially I was interested in engineering and envisioned that I would become a third generation engineer in my family,” Callan explained.

“That was until I was in high school and my mother became seriously unwell. It was during that time that I began to see healthcare in a different light.”

It was this family situation, combined with a deep motivation to be able to “do good” in the community through his work, which led Callan to a career in nursing.

“My mother spent a lot of time in hospital and during those days and weeks I met many nurses. I saw the care that they gave to my mum and importantly I saw that this job could make a difference,” Callan said.

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Happy Christmas
“I was motivated then, and still am now, by the opportunity to do good, and for me, nursing represented a valuable opportunity to do that for the community.”

Following university, Callan took up his first nursing role in oncology at Townsville’s Mater Hospital, and in the years that followed he cared for patients in a number of different clinical areas and settings.

“I started out nursing in oncology, which linked with a family connection to cancer. I then moved on to many different areas of healthcare before finding my clinical niche in intensive care nursing,” Callan said.

“For me, I enjoyed intensive care for its ability to show the full spectrum, from life to death.”

“I became particularly interested in the strength of humans when seemingly all is lost and how we, as clinicians, could play a vital role in helping life to prevail.”

For Callan, joining Mater Health in 2016 has felt like a homecoming and a return to the vision and mission of the Sisters of Mercy.

“I have loved returning to Mater Health this year, I do feel as though after all this time I have come home to Mater once again,” Callan said.

“In the few months that I have been in my new role, I have been truly touched by the commitment of staff to Mater and to our patients. I have been truly moved by the inspirational things that staff have already said and done.”

In his new role as Chief Nursing and Midwifery Officer, Callan will support and lead Mater’s nursing and midwifery team in the provision of exceptional care.

“It’s my fundamental belief that nursing and midwifery care must be great, as our nurses and midwives have the greatest and often most significant contact during a patient’s journey,” Callan said.

“This role is also a rare opportunity to lead an exceptional staff group, in a role that is well supported by education and research integration.”

Furthermore, through this role, Callan looks forward to improving the amount of healthcare research that translates directly into clinical practice, together with the wider group executive.

“We know that only a small percentage of healthcare research translates into improved clinical practice,” Callan said.

“I hope that in time we are able to improve funding for research to help nurses and midwives address clinical issues that exist in front of them every day.

“Above all, I look forward to connecting and remaining well connected with Mater patients and staff and ensuring the ongoing provision of exceptional healthcare; for me that will be a key indicator of success in this role.”
This year’s Mater Past Nurses Mass and Luncheon

On Saturday 22 October, 80 guests gathered in South Brisbane for the annual Mater Past Nurses Mass and Luncheon. This year three groups celebrated significant milestone anniversaries, including a group who were celebrating 60 years since commencing their nursing training.

The day began with Mass in the Salmon Building Chapel; with thanks going to Father John Barlow for celebrating Mass and Sister Chris Watt who played the keyboard. Following Mass, everyone adjourned to the Corbett Room in the newly refurbished Whitty Building—or as most of our guests affectionately remember it, “the old ward 4” which was a female medical ward when the building was the original Mater Public Hospital.

Mater past midwife Joan Bremner was our MC for the afternoon and thanks to her extensive knowledge of Mater’s history, everyone enjoyed learning about the refurbishment of the Whitty Building; and of particular interest was the fact that hundreds of nurses are now being educated within the new precinct. For many, this felt like the building had done a ‘full circle’ in returning to its origins as a training hospital.

Guests were also very grateful to Maree Reynolds, Director of Nursing and Midwifery—Mothers, Babies and Women’s Health Services, who provided a very informative update on what has been happening at Mater over this past twelve months and what they could expect in 2017. All guests enjoyed learning about Mater’s Simulation Program which included the successful 24 hour Mater Private Hospital Springfield simulation that took place prior to the hospital opening twelve months ago.

Many thanks also to Jackie Chamberlin, Mater Archivist, who organised a wonderful memorabilia display.

The date for the 2017 reunion is yet to be announced, however it will be in October so stay tuned for more information early in the New Year.

For more information, please contact Jackie North on 1800 440 155 or email alumni@mater.org.au

Farewell Cheryl Clayton

After 17 years of dedicated excellent service to Mater, we recently bid a fond farewell to our Alumni Chairperson Cheryl Clayton. Prior to undertaking her most recent role as Director of Nursing at Mater Private Hospital Brisbane, Cheryl previously held senior roles at Mater Mothers’ Hospitals, Mater Children’s Hospital and Mater Private Hospital Redland.

She remained focussed on creating a strong culture of engagement with nursing, was instrumental in the establishment of the Mater Nursing and Midwifery Alumni Scholarships and has been a wonderful champion for our Alumni for many years, ensuring our motto of Honouring Yesterday, Celebrating Today and Investing in Tomorrow was at the heart of everything we do.

I’m sure you will all join us in congratulating Cheryl as we wish her every success in this next stage of her career and thank her for many years of dedicated service.
Official opening of Whitty Building celebrates new era of learning

On Wednesday 20 April 2016, the newly refurbished Whitty Building was officially opened and blessed, celebrating its transformation into a unique education precinct for Mater and The University of Queensland’s (UQ) medical, nursing, midwifery and allied health services students.

Mater and UQ entered into an Alliance Agreement in 2013 to create an outstanding clinical teaching environment which allowed students to experience the best of theory and practice in a tertiary teaching hospital.

The refurbishment of the Whitty Building formed part of this agreement. After almost two years of construction, the building was blessed by His Grace, The Most Reverend Mark Coleridge, Archbishop of Brisbane at an official opening, attended by Director-General, Queensland Health, Mr Michael Walsh, Mater and UQ Board and Executive, and those involved in the project.

“The Whitty Building has always had significant historical value to the Mater community and it is wonderful to see it returned to its former glory as an educational facility for Mater and UQ students, now and into the future.”

Dr Shane Kelly, Chief Executive Officer, Mater Group

This collaboration is just one way in which Mater is working to integrate health, education and research for a healthier community.

Quick facts about the Whitty Building

• The original Curio in the roof attic from which the students would observe surgical procedures in the theatres below is still preserved.

• The new adaptation of spaces makes the verandahs work as circulation paths that link the four ‘wings’ of the hospital.

• The new Clinical School accommodates 400+ students in Nursing, Midwifery and Medicine.
This Christmas, will you consider leaving a gift in your Will to Mater Foundation?

By including a gift to Mater Foundation in your Will, you can make a huge impact on the lives of others, now and into the future. Once you have provided for your loved ones, you may wish to include a percentage of the remainder of your estate to Mater Foundation.

It will save lives.

There will always be people in need in our community—seriously ill and premature babies, young adults, cancer patients, the elderly, disadvantaged communities, the homeless and others. Your gift will play a crucial role in ensuring Mater’s team of doctors, clinicians and other staff can continue to respond when and where they’re needed. You’ll also be helping our researchers to discover better treatments and potential cures for diseases—like cancer and diabetes—that affect so many of our loved ones.

Rusty’s reason for giving back to Mater

When Russell “Rusty” Lush and Lorraine met at a country dance it was love at first sight. She was just 18 and he was only 20, but they were married within two years.

Their life together was a real love story. They adored each other, and together they welcomed two beautiful children and three gorgeous grandchildren into the world.

Sadly, in 2005, the good times came to a tragic end when Lorraine was diagnosed with ovarian cancer. By the time the illness was detected, it had already spread and all that Mater’s oncologists could do was give her as much time as possible.

Lorraine passed away after two years and five months of ill health, leaving Rusty bereft but also more determined than ever to keep fighting the disease that took his beloved wife from him.

So with his children’s blessing, Rusty decided to add Mater Foundation to his Will. Lorraine is at peace now, but Rusty knows that millions of Australian women remain at risk from ovarian cancer—including his own family.

It brings him great comfort to know that, because of his actions, Mater’s researchers will one day receive a windfall that will help them to finally beat this terrible disease.

By including Mater Foundation in your Will, you too can help protect your loved ones from serious illnesses.

For more information on how you can leave a gift in your Will, visit www.letyourloveliveon.org.au

We’re also happy to discuss with you the many ways you can include Mater Foundation in your Will, to ensure your bequest will achieve what you want it to. For a confidential discussion, call our Donor Liaison Manager on 07 3163 8000.
### Healthy recipe:
**Lemon-chilli fettuccine marinara**

**No dairy • Low sodium • High protein**

**Serves:** 4  
**Time to make:** 20 minutes

**Ingredients**
- 400 g fettucine pasta  
- 2 tablespoons olive oil  
- 350 g frozen seafood marinara mix, defrosted  
- 1 lemon, juiced  
- 2 cups cherry tomatoes, quartered  
- 1-2 red chillies, very finely chopped (optional)  
- 3 tablespoons chopped fresh, flat-leaf parsley

**Method**

1. Cook pasta following packet instructions. Drain, reserving a little (less than 1 cm) pasta water. Return to saucepan with reserved water. Add half the oil and keep warm.

2. Heat remaining oil in a non-stick frying pan. Add seafood. Heat through for 3–4 minutes, or until seafood is hot.

3. Add seafood to pasta with lemon juice and tomatoes. Toss to mix. Add chilli (if using) for extra spice. Heat through until hot. Serve with parsley.

**Variations**

Swap marinara mix for lemon and pepper canned tuna. Serve with coriander, finely diced red capsicum and ground pepper.

*Source: www.healthyfoodguide.com.au*

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### Healthy tips for flourishing at work,
from Mater Health and Wellness Centre

By age 40, most of us will have spent 38 400 hours at work. By 70 it reaches 96 000 hours. That’s crazy! With this in mind, it’s worth reflecting on the following five tips for flourishing at work.

**1. Seek out opportunities for positive emotion.** Share enjoyable moments with your colleagues, smile at others in the lift, go to meetings and spread positivity and random acts of kindness.

**2. Engage in activities that make you lose track of time and are engaging.** Work with your supervisor or mentor to reflect on where your strengths lie and what you really love doing.

**3. Check in on your relationships and invest in the ones that feel good.** Turn up the volume on those relationships—at work and at home—that leave you feeling good about yourself. It’s okay, and actually very important for your health, to ‘turn the volume down’ on the ones that leave you drained.

**4. Take moments in your day to acknowledge the meaning in the work you do.** Working in health means you belong to a global community of people who want the best for other human beings. When did you last stop to acknowledge the difference you make every day?

**5. Set yourself tasks every day that give you a sense of accomplishment.** Being in action and feeling accomplished breeds motivation and positivity.

For further advice on positive thinking in your life, contact the team at Mater Health and Wellness Centre on 07 3163 6000. Mater Nursing and Midwifery Alumni members receive a 10 per cent discount on all services.
Upcoming diary dates

Mater Ball
11 February

IGA Mater Little Miracles Easter Appeal
February – April

RACQ International Women’s Day Fun Run
5 March

New Zealand Smiddy Challenge
20 – 24 March

Tea for Teal
Month of May

Climb for Cancer
28 May

For more information on any of these events, please visit www.materfoundation.org.au or call us on 1800 440 155.