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Editor: Dr. L. Naidoo



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Kid's CHRISTMAS Party

Talk about Toy Story, Winter Warmth, Gift of the Givers... Boy oh boy! That's minute compared to the love and joy felt by all the kids that attended the Christmas Party held at CBH on 11 December 2007. Over 150 children and some parents felt the Christmas spirit shared by our generous party organizers.

Dr. Pillay led the party arrangement, and he and his family sponsored a whole lot of goodies and sumptuous

meals for the children and their parents. Hundreds of teddy bears, toys, party packs, cakes, hot-dogs, sweets, juices, chocolates, biscuits, etc. were kindly donated. We even had our own Santa Claus dancing and entertaining the crowd! Christmas decorations galore! The smiles on the kids' faces were a sight to remember! They danced and sang with rapture. Some won huge prizes in a few dancing and singing competitions!

Dr. Thandrayen and Mrs. Gcabashe graced the function with their presence. Blessing Mthethwa was the MC.

Special thanks goes out to all those who helped with the party... Kelly and Prinolan; Dr. Govender and Dr. Sookrajh; Avisha and Dr. Naidoo; Skhosana; Dr. Pillay's family; Kitchen staff; cleaners; amongst the many Santa's little helpers that lent support! **THANK YOU!**

By: Dr. L. Naidoo



Father Christmas with our jika-ma jika runner up



Children having a ball



Our Choir doing what they do best



Father Christmas with our jika ma jika winner

"Thoughts to bear in mind":

- People gather bundles of sticks to build bridges they never cross.
- Live your life so you won't be ashamed to sell the family parrot to the town gossip.

Hospital Christian Fellowship News

Pastor Sinokubekezela Mbatha's Farewell—20/11/07:

CBH's Hospital Christian Fellowship managed to do wonderful preparations for the farewell of a beautiful well-dressed lady, Pastor Mbatha, who has been preaching the word of God amongst us for the past 2 years.

Oh, what a day! Have you ever heard Mr. Vundla doing a solo? You would not believe your ears. What a beautiful song!

The day was full of interesting music from the main choirs of CBH, the Hospital Choir and the HCF choir. Mrs. P.Z. Mbonambi wayeshaya kwani as it was a combination of congratulating the nurses

who succeeded in their studies.

A word of God was delivered by Pastor Sino Mbatha. It was full of spiritual emotions. The anointing of God was present. When the worshipping of God reached the climax, the Holy Spirit led some of the people to forgiveness of trespasses by Pastor's holy hug during alter call. May God bless those and keep them safe in His mercy.

This was a joyous celebration. The day was blessed with gifts from the hospital staff and HCF members. Many presents from individuals were handed to Pastor Sino Mbatha.

Evening service was very exciting too. Singing, dancing and worshipping was the or-

der of the night. I wish you could have been there... Filming...photography...singing... Rest assured, you will observe the day by watching the DVD very soon. Be ready with some money.

We welcome everybody to join us when we worship God on Wednesdays at 1-2pm and every evening. CBH staff and HCF members wish Pastor Sino Mbatha a bright future, and may God keep her safe in his arms.

Thank you to the members of management, HCF members and others who contributed towards making this day a success.

God Bless!

By: Sr. T.C. Dube (Theatre)



Seasons Greetings

The prayer day touched all. The article on the left takes of from last months issue praising the sentiment of all

Kid's Party Photos...



Above left father Christmas with our third place jikama jika winner

Above right Matron Gcabashe getting the kids to jiva

Left Our pop idols winner

You know you are a nurse when...

You believe that all bleeding stops ... eventually.

You find humor in other people's stupidity.

You believe that 90% of people are a poor excuse for protoplasm.

Discussing dismemberment over a gourmet meal seems perfectly normal to you.

Your idea of fine dining is anywhere you can sit down to eat.

You get an almost irresistible urge to stand and wolf your food even in the nicest restaurants.

You plan your dinner break whilst lavaging an overdose patient.

Your diet consists of food that has gone through more processing than most computers.

You believe chocolate is a food group.

You refer to vegetables and are not talking about a food group.

You have the bladder capacity of five people.

Your idea of a good time is a cardiac arrest at shift change.

You believe in aerial spraying of Prozac.

You disbelieve 90% of what you are told and 75% of what you see.

You have your weekends off planned for a year in advance.

You encourage an obnoxious patient to sign a self discharge form so you don't have to deal with them any longer.

You believe that "shallow gene pool" should be a recognized diagnosis.

You believe that the government should require a permit to reproduce.

You believe that unspeakable evils will befall anyone who utters the phrase "Wow, it's really quiet isn't it".

You threaten to strangle anyone who even

starts to say the "q" word when it is even remotely calm.

You say to yourself "great veins" when looking at complete strangers at the grocery store.

You have ever referred to someone's death as a transfer to the "Eternal Care Unit".

You have ever wanted to hold a seminar entitled "Suicide ... Doing It Right".

You feel that most suicide attempts should be given a free subscription to "Guns and Ammo" magazine.

You have ever had a patient look you straight in the eye and say "I have no idea how that got stuck in there".

You have ever had to leave a patient's room before you begin to laugh uncontrollably.

Your favorite hallucinogen is exhaustion.

You think that caffeine should be available in I/V form.

You have ever restrained someone and it was not a sexual experience.

You believe the waiting room should be equipped with a Valium fountain.

You play poker by betting ectopics on ECG strips.

You want the lab to perform a "dumb shit profile".

You have been exposed to so many X-rays that you consider radiation a form of birth control.

You believe that waiting room time should be proportional to length of time from symptom onset.

Your most common assessment question is "what changed tonight to make it an emergency after 6 hours / days / weeks / months / years)?".

You have ever had a patient control his seizures when offered some food.

Your idea of gambling is an blood alcohol level pool instead of a football pool.

You shock someone with an unrecognizable rhythm ... until you get one you DO recognize.

You believe a book entitled 'Suicide: Getting it Right the First Time' will be your next project.

You call subcutaneous emphysema "Rice Krispies".

Submitted by: Avisha Bajjnath



Employee of the Month

Dr L.Pillay

December was a time of giving and thanks to Dr L Pillay and team we hosted the best Christmas party ever. With their efforts we were able to get sponsors for the eats ,presents and a whole lot of goodies. Dr Pillay even got his mom to cook the meals

So the month of December goes out to Dr L Pillay for his efforts to bring a little joy to the children of Catherine Booth Hospital.

By: Dr. M. Thandrayen

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Wishing all our readers a MERRY CHRISTMAS
and PROSPEROUS 2008!



Department of Health

All news published herein is free of discrimination and bias, and is fair and factual. If anyone has any constructive criticisms, comments, suggestions or interesting news that they feel should be published, please feel free to contact me.

Please submit your letters with concerns and/or grievances, and any other important information that you would like to be published.

We hope to keep you informed!

Take care during the festive season.

Dr. L. Naidoo (Editor)



PLEASE NOTE THIS IS THE FINAL ISSUE FOR VOLUME 1. THERE WILL BE A NEW EDITOR FOR UMBIKO IN 2008. GOOD BYE AND TAKE CARE!
Dr. L. Naidoo

Laughter, the best medicine

By Avisha Baijnath



"I started training as a nurse but the work was too exhausting!"

Life after Death...

"Do you believe in life after death?" the boss asked one of his employees.

"Yes, Sir." the new recruit replied.

"Well, then, that makes everything just fine," the boss went on. "After you left early yesterday to go to your grandmother's funeral, she stopped in to see you"



SEE YOU IN THE NEW YEAR!
KEEP SAFE & BUCKLE UP!