

Dr. Tillie Jantjies



Dr Tillie Jantjies, one of 11 children, was born in George, to parents Jacobus and Louisa Arries, and grew up in the Paarlodorp settlement. In 1973, she matriculated from George High, where she developed a love for music, and was also made Head Girl. A bitter-sweet memory of her school years was having to walk miles each day, past two former "whites only" schools, to reach her school.

She commenced her tertiary education at the University of the Western Cape in 1974, completing her BCur degree in 1978. She went on to obtain her BCur Hons (specialising in advanced midwifery and neonatal nursing science), MCur and DCur, along with diplomas in Nursing Education, Community Nursing Science and Nursing Administration at the former University of Port Elizabeth (UPE) and Nelson Mandela Metropolitan University (NMMU).

She started her professional clinical career at Tygerberg Hospital in Cape Town, after which she worked in the paediatric and maternity departments at Livingstone Hospital in Port Elizabeth. She then worked in nursing education until 2010, at Charlotte Seane Nursing College, UPE and NMMU. She is currently employed as a manager at Dora Mngiza Hospital in Port Elizabeth, where she is also involved with clinical research.

Looking to the future, she aims to play a more active role in collaborative clinical research, which she intends to continue after her retirement from full-time employment.

Dr. Cheryl Benn



Dr Cheryl Benn was born in Bloemfontein, to parents Peter and Ursula Emile, and later moved to Natal, where she matriculated from Kingsway High in Amanzimtoti.

In 1978, she graduated with a Bachelor of Social Science (Nursing) degree from the University of Natal, and registered as a nurse and midwife. Passionate about midwifery, she then completed her honours degree in Advanced Midwifery, also at the University of Natal, while working as a research midwife at King Edward VIII hospital in Durban.

She then went to the United States and Japan for 18 months, where she studied and taught English and Bible Study, before returning to Bloemfontein, where she worked as a registered nurse in the Surgical ICU, followed by a stint in the labour ward, at Universitas Hospital.

In 1984, she took up a position lecturing midwifery at the then University of Port Elizabeth (UPE), where she also completed a Diploma in Nursing Education, and an MCur in Midwifery.

In 1993, while completing her DCur degree, the family emigrated to New Zealand, where Dr Benn took up a position as a nursing lecturer at Massey University, Palmerston North.

She completed her DCur and went on to head up various programmes and committees, including being appointed to the Nursing Council of New Zealand by the then Minister of Health.

At Massey University, she was promoted to senior lecturer and then associate professor, before becoming Director of Midwifery programmes (Bachelor to Doctoral) from 2000 to 2007, after which she took voluntary redundancy. Since then, she has been working as a self-employed caseload midwife, and has been appointed as midwifery advisor to two district health boards.

She was recently appointed by the Minister of Health to the Health Practitioners Disciplinary Tribunal, and has also chaired the National Maternity Clinical Reference Group. She is the immediate past chair of the International Lactation Education Approval and Accreditation Committee.

Dr Benn is married to Kenneth Benn. They have a son, 27, and a daughter, 24. She is grateful to her family, friends and colleagues along the way for enabling her to step outside of her comfort zone and stretch herself - and she aims to "pay it forward" by supporting others, to help them achieve what they never dreamed possible.

Dr. Louisa Ferreira



Born in Quthuthoorn, Dr Louisa Ferreira matriculated from Outeniqua High, as the Dux of the school, in 1957. Years later, in 2013, she would receive an honorary award from the school, for her research in the Southern Cape, and its contribution to community and primary healthcare.

Her qualifications include a Diploma in Nursing Education (cum laude) from the University of the Free State (1978), BA Cur (cum laude) through the University of South Africa (UNISA) (1978), MCur (cum laude) from the then University of Port Elizabeth (1983), followed by her DCur degree (1990), also from UPE.

She is registered as a general nurse, midwife, nursing educator, community nurse and nursing administrator.

From 1960 to 1972, she worked as a clinical nurse and midwife. From 1973 to 1982, her career shifted to nursing education, working as a lecturer and senior lecturer at Sharley Cribb Nursing College in Port Elizabeth. She was then appointed as lecturer and then senior lecturer at UPE until her retirement in 1996.

During her career, she was involved in countless publications and conferences - "too many to list".

Dr Ferreira is married to Philip Ferreira. They have a daughter, Charmaine, and two grandsons, Jan-Paul, 24, and Jan-Hendrik, 21. "What am I doing now? Rather ask what I'm not doing! There is a wonderful life after retirement," she says.



Dr. Anna-Marie Bruwer



Dr Anna-Marie Bruwer was born in Potgietersrus (now Mokopane). She began her nursing career in 1967 after undertaking a Diploma in Nursing, which she followed up with diplomas in midwifery and psychiatry. She then completed her BCur (I et A) at the University of Pretoria. She later completed her MCur and DCur degrees at the then University of Port Elizabeth (UPE).

She kicked off her career as a student nurse with the then Cape Provincial Administration, then moved to the former Transvaal Provincial Administration, after which she worked as a sister at Weskoppies Hospital in Pretoria. She then took up an appointment at the Department of National Health, where she was promoted several times, firstly to Head Office to direct the Psychiatric Nursing Education at colleges, then to Deputy Chief Nursing Officer, initiating psychiatric community service, and then to Chief Nursing Officer in 1982. In 1988, she was transferred to Tygerberg Hospital as Chief Matron, a position she held until 1994.

During this period, she also served on the South African Nursing Council (SANC), and was elected President of the then SA Nursing Association. She was also a part-time lecturer and examiner at various universities.

From 1994 to 1998, she was Public Service Commissioner: Western Cape. She then worked overseas for 10 years, as a Quality Management Director for the Saudi Military Service. She also worked in several other countries, specialising in upgrading hospitals to accreditation level, and participating in university programmes.

Since returning to South Africa, she has worked as a consultant, teacher, examiner and moderator. For the past two years, she has been auditing facilities for Older Persons in the Western Cape. Dr Bruwer, who will be retiring soon, lives with her sister and two dogs on a wine estate in Riebeeck Kasteel in the Western Cape.



Dr. Hettie de Mendonca



Dr Hettie de Mendonca was born in 1958 in Bethal, Mpumalanga. She completed her basic nursing degree as well as her Master's degree in Nursing Science at the former Potchefstroom University for Christian Higher Education (PU for CHE), now North-West University. She also completed several diplomas and certificates at PU for CHE and at UNISA. She obtained her diploma in nursing education with honours, and then went on to complete her doctorate in nursing science at NMMU.

Dr Mendonca began her nursing career at Potchefstroom and Klerksdorp Provincial Hospitals, working as a registered nurse. After she qualified as a nurse educator, she worked at Witrand Rehabilitation Centre (Potchefstroom), and at Gold Fields Nursing College (West Rand). She also managed her own occupational nursing care practice, called HetMen Health Care, which provided occupational health care to gold mines all over South Africa. She also completed contract lecturing work at NMMU and, for the past five years, has been employed by Lliitha College of Nursing, Port Elizabeth Campus.

She is 56 years old, has had varied and interesting work and life experiences, and says she is happy with what she is doing at the moment, which is teaching nursing students. However, she does apply for managerial positions where possible, because she feels she has a lot of knowledge and expertise still to share.

She married Joao (John) in 1981 and has two sons, aged 32 and 30, and two granddaughters. Her elder son is a civil engineer, working in Nigeria. Her younger son is an architect in Cape Town.

Dr De Mendonca loves cooking, reading and watching rugby and football with her husband.

Dr. Jill von der Marwitz



Dr Jill von der Marwitz was born in Kirkwood, and schooled at Outeniqua High School in George and then Knysna High but, with no set career plans, left before matriculating.

A subsequent desire to be a nurse saw her enrolling at Sharley Cribb Nursing College, where she spent a year as a Cadet Nurse before being able to register for the professional nurse education diploma.

During this time, she married her first husband and had a son, Stephen. When her husband was transferred to Pietermaritzburg, she had to give up her training, and worked temporarily at Frere Hospital.

She later re-enrolled in the formal nurse education training, but had to redo her last two years. She then registered for her Diploma in Midwifery at Sandford Provincial Hospital, and then her Diploma in Intensive Care Nursing.

Wanting to become a degree graduate, she matriculated through UNISA, and then set about working part-time to fund her studies at UPE. She also remarried at this time, gaining three stepdaughters, and had two more sons, Karl and Dieter.

She enrolled for the BCur (I et A) programme and, after completing her first year, successfully applied for a teaching position at Sharley Cribb Nursing College. While on two years' study leave, she completed her Nurse Education diploma and her degree (cum laude), graduating while pregnant with her fourth son, Reiner. She went on to complete her BCur Hons, MCur (cum laude) and DCur.

She was later employed by NMMU's Nursing Department, where she established the HIV/AIDS Research Unit. She also successfully applied for European Union funding to establish South Africa's first on-campus Anti-retroviral Clinic.

She is now married to a Frenchman residing in France. She aims to continue her work as a research associate at NMMU, and also see more of the world with her husband.



Prof. Sindiwe James



Cradock-born Prof Sindiwe James, the second youngest of 11 children, was brought up by parents who believed in strict discipline and the importance of education. Though they have both passed away, they continue to play a huge role in her family's spiritual support.

Prof James completed her junior secondary schooling in Cradock, finishing among the top 10 learners in the province. She was then awarded the Juba bursary to study matric at Newell High school in New Brighton, Port Elizabeth.

She trained as a nurse at Livingstone Hospital Nursing College, qualifying as a General Nurse and Midwife. Thereafter, she registered for a Diploma in Intensive Care.

After working at Livingstone Hospital for many years, she applied for study leave, with the aim of obtaining a Diploma in Nursing Administration at UPE. However, she was encouraged by the then HoD of the nursing school, Prof WJ Kotze, to register for a degree instead.

She graduated with a BCur (I et A) degree (1995), followed by an MCur (2002) and DCur (2006). Owing to her change of specialty from GNS to Midwifery, she registered for and qualified with an additional MCur degree (2009) at the University of Fort Hare.

Prof James, who is employed by NMMU, was promoted to senior lecturer in 2007, at which time she was also awarded NMMU's Emerging Researcher of the Year Award for the Faculty of Health Sciences, and appointed as an associate professor in 2013.

She has successfully supervised a number of Master's and Honours degree students and plans to do the same for doctoral candidates. She also plans to increase her publication record significantly in order to make a substantial contribution to the field of midwifery before she retires.

Prof James is a single parent of two sons and a daughter, and has one grandson.

Prof. Esmeralda Ricks



Prof Esmeralda Ricks was born in Cape Town, to parents Lambert and Madge Alexander, and moved to Port Elizabeth as a toddler.

She started her nursing career at 17 at the then Livingstone Hospital Nursing School, where she was among the last intake of student nurses with a Junior Certificate (Standard 8). She completed matric part-time at Gelvandale High School.

Prof Ricks obtained diplomas in General Nursing Science (1974), Midwifery (cum laude) (1975), Community Nursing Science (1979) and Nursing Administration (1984). She later completed her BCur (I et A) (1989), BCur Hons (1993) and MCur (2000) degrees through the former UPE, and her DCur degree at NMMU (2008).

She commenced working as a registered nurse at Livingstone Hospital in 1975, where she gained experience in the medical wards, casualty and out-patients department.

Her passion lies in primary health care and the community and this is where she gained most of her experience as a nurse. She was a school health nurse for 13 years before moving to Sharley Cribb Nursing College, where she taught Community Nursing Science for four years. She then moved onto Port Elizabeth Technikon, where she was appointed to start the campus health care service for students and staff, a career highlight.

She resigned after eight years to pursue an academic career at UPE/NMMU and is currently HoD in NMMU's Department of Nursing Science. In 2013, she received the Faculty of Health Sciences' Emerging Researcher award.

Prof Ricks has a keen interest in research supervision, and conducting research in her niche area: "Using mobile technology to enhance clinical decision making and the health of the community".

She is married to Wallace and has two children, Cuan and Carmen, a stepson, Karl, and four granddaughters. Her interests include 3D decoupage, sewing, doll-making, knitting, crocheting and reading.

40
YEARS
40
NURSES

Prof. Johanita Strumpher

Prof Nita Strumpher, one of six children, grew up in a family rich in love but poor in worldly goods, yet her parents persevered and helped each child prepare for a fulfilling adult life, in which they could also contribute to society.

On matriculating from Rustenburg High, she chose to study nursing on a whim, following friends who were planning to go this route. However, she ended up being the only one enrolling for first-year Nursing Science at the University of Pretoria. By then, however, she knew she wanted to nurse.

In her first degree, she learned how to care for people in physical or psychological discomfort. In her second degree, she learned how to manage, help communities, and teach. Some years later, in 1991, she obtained her doctorate from the then UPE, which saw her combining her interests in community nursing with caring for the mentally ill and the elderly - by seeing how they could be helped in the community.

Prof Strumpher started her nursing career as a professional nurse in the Orthopaedic Hospital in Pretoria for four years. She then joined the staff of UPE as a lecturer, specialising in both community and psychiatric nursing. The move to teaching was ironic - as she had previously "really hated nursing education". Nearly 37 years after joining UPE, she is still teaching - and is now a Professor of Nursing, with a deep passion for research.

She has taught a number of subjects, but mental health/psychiatric nursing is still the topic she loves most. "I find it very fulfilling to help the mentally-ill or intellectually-disabled individual find comfort or a bit of meaning in life."

She is now preparing for her retirement, during which time she plans to spend quality time with her dogs - and also continue her existing research projects.



Ms Karen Gerber



Pretoria-born Ms Karin Gerber moved to Port Elizabeth at the age of eight, completing her schooling at DF Malherbe High in 1986. She then began a BSc in Microbiology at the University of Pretoria, which she was not enjoying, when a chance opportunity to be a "pink lady" at Pretoria's Eugene Marais Hospital saw her falling in love with nursing.

She completed her BCur degree (1991) at UPE and her Postgraduate Diploma in Nursing Education at NMMU (2010). She also obtained certificates in health and safety, and management, through Life Healthcare.

Ms Gerber began her nursing career at Provincial Hospital. In December 1993, she took up an appointment at St George's Hospital, where she spent the next 17 years of her career, working in neuro, surgical and medical wards, and involved in testing the viability of projects, such as having oncology and paediatric nursing units.

In 1998, she was promoted to unit manager of the surgical unit for GIT and vascular surgery. In 2008, she joined the hospital's new teaching department, where she initiated, established and managed the wound care clinic. In 2010, she was offered a contract position as a clinical lecturer in NMMU's Department of Nursing Science. She was permanently employed the following year, and promoted to full lecturer in 2014.

She is currently completing her Master's degree in nursing, and plans to complete her PhD by her 50th birthday. She has a passion for her profession and says teaching will be her focus for the next decade. She truly hopes to make an impact to better the nursing profession in South Africa.

Ms Gerber is married to Johan Gerber. They have two sons, Rynhardt and Tiaan. As a Christian, she believes in sharing her blessings, by helping out with community events, organising fundraising teas and assisting the youth.

40
YEARS
40
NURSES

Dr. Sihaam Jardien Baboo

Dr Sihaam Jardien-Baboo was born in Uitenhage, to parents Jameel and Amina Jardien.

Her nursing qualifications include a BCur degree (1992), a Diploma in Nursing Education (2010) and a PhD in Nursing (2014). She also completed a BA (Psychology) degree (2003) and an MA (Sociology) degree (2006).

Dr Jardien-Baboo worked as a registered nurse at a private hospital for nine years, in the surgical, high-care and gastro-intestinal units. She then worked as a voluntary counsellor at a Counselling Centre, where she facilitated Personal Growth Courses and co-established an NPO to empower women and youth.

She then lectured in Sociology and Group Dynamics in the Department of Sociology at the former UPE, and is currently a lecturer in General Nursing Science and coordinator of the BCur Extended programme at NMMU.

Looking ahead, her vision is to form part of a team that aims to improve the quality of health care rendered, not only in health care institutions, but by health care professionals per se. The team's first objective would be to develop and offer training on patient-centred care, for health care professionals. The second objective would be to incorporate the principles of patient-centred and compassionate care in the education and training of undergraduate students.

She is married to Shaheed Baboo. They have two sons, Jameel, 19, and Adeb, 13, and a daughter Haanim, 17. Her personal values of integrity, honesty, trust and sincerity form an integral part of her life. She strives to: "Continue to seek knowledge, practise it and use it, to contribute to society and serve humanity."

"It is with gratitude that I reflect on the past, am mindful of the present and proceed with hope for the future, for it is in dreaming the greatest dreams and in seeking the highest goals that we build the brightest tomorrows."



Ms Danielle Fataar



Port Elizabeth born-and-raised Ms Danielle Fataar completed her BCur (2008) and MCur (2013) at Nelson Mandela Metropolitan University (NMMU), where she also completed a Self-Development Short Course. She has also obtained a number of qualifications through Netcare Education, including a Critical Care Programme (2009) and a Regional Management Development Programme (2013), which she passed with honours.

She started her nursing career in Livingstone Hospital's Trauma Unit in 2008, and then moved to the cardiac catheterization laboratory (Cath Lab) at Greenacres Hospital the following year. In 2010, she was promoted to Cath Lab Unit Manager, and then in 2014, she was made C-Ward Unit Manager. In October 2014, she took up her current position as Deputy Nursing Manager. Her future aims are to complete her DCur degree - and she aspires to become Nursing Manager or Hospital Manager.

Ms Fataar is married, with two dogs and no children. She enjoys reading, swimming and spending time with her family.

40
YEARS
40
NURSES

Ms Marijke Maarschalk

Born in Port Elizabeth in 1959 to parents Golda and Wiltje Dijkstra, Ms Marijke Kaarschalk completed her schooling at Collegiate, before pursuing a career in nursing.

She obtained all her qualifications from the former University of Port Elizabeth (UPE), including her BCur degree (1982), BCur (I et A) (1985), BA Psych (1987) and BCur Hons (1990).

She started her career in 1986 as Principal Community Health Nurse for Nelson Mandela Bay Municipality (then Port Elizabeth Municipality), focusing on student accompaniment. While in this role, she developed a student accompaniment programme - the Theory, Demonstrations, Practice and Evaluation (TDPE) programme - for NMMU nursing students. They had to complete the programme prior to undergoing Community Nursing practica in the field. The programme included four steps, namely: theory sessions related to practical procedures and techniques; practical demonstrations of the procedures and techniques; practice, where the students had to physically practise the procedures and techniques in a laboratory situation; and evaluation of the students on their practical ability, prior to actually doing the procedures on actual patients.

In 1990, Ms Maarschalk joined Algoa Regional Services Council as Chief Professional Nurse, and then later Cacadu District Municipality as Chief Professional Nurse: Primary Health Care Administration. Over the years, she acted at various times as Nursing Services Manager and Deputy Director of Health Services. In 2011, she was transferred to the East Cape Department of Health.

Her future plans include completing her master's degree in nursing, focusing on the development of a performance management system, linked to actual clinical competency, which is evidence-based and standard-specific to each category of nursing, so as to promote ethical and compassionate nursing service delivery and the accountability of the individual professional nurse.

She also aims to continue supporting her nursing colleagues and promoting Batho Pele principles in nursing. Ms Maarschalk says she believes in the sanctity of life, the importance of the human touch, and in loving one's fellow man.

She is married to Dr Henri Maarschalk. Their daughter, Chita, is studying Physiotherapy at the University of Saxion, Enschede in the Netherlands.

Her interests include 4x4 nature excursions, interior decorating, bike/motorbike riding, fishing, table/flower decorating, antique collecting/restoring, reading, movies and poetry.



Dr. Sharron Frood



Dr Sharron Frood hails from Plymouth, England. From 2002 to 2009, she lived in Port Elizabeth, completing several degrees and developing several ongoing projects in the township communities.

Dr Frood completed her training as a Qualified Paediatric Nurse (RGN/RSCN qualification) at Great Ormond Street Children's Hospital in London. At NMMU, she obtained her BCur Honours (Advanced Primary Health Care) (cum laude), MCur (cum laude) and then her PhD, titled: "Strategies to provide care and support to children who are AIDS orphans living in township communities."

She began her nursing career in Paediatric Neurology at Great Ormond Street Hospital (1992-1993). After attending bible school in Horsham, England (1993-1994), she worked in Uganda, Zambia, Tanzania, Senegal and Lesotho. In 1998 and 2000, she worked as a volunteer at the House of Resurrection Haven in Port Elizabeth.

Dr Frood worked as a Paediatric Sister for physically-disabled and terminally-ill children in Sussex, UK, before spending a year as a Christian worker for Kingdom Faith Church. She then worked in Brighton, England (1996-2001), as a Neonatal Intensive Care Nursing Sister and then a Nursing Sister: Paediatric Ward with Oncology Specialty.

After coming to Port Elizabeth in 2002, she founded the Gogo Trust (www.gogotrust.org), an NGO supporting widows and orphans in township communities.

Her future plans include working for a Christian organisation in the development of social policy, influencing the care, support, protection and development of orphans and vulnerable children; and being involved in project development (and continuing existing research projects), which could improve the lives of widows, orphans and vulnerable children. She aims "to be a voice for the voiceless with words and deeds".

40
YEARS
40
NURSES

Dr. Colleen O'Brien

Dr Colleen O'Brien was born in East London to parents Keith and Eileen Kayton. She completed her high school education at Sacred Heart Convent in King William's Town, and her nursing training at Frere College of Nursing in East London.

She obtained diplomas in General Nursing Science (1974) and Midwifery (1975). She then commenced a BA degree through UNISA (1980), majoring in English and History, followed by a BA (Hons) degree in History (1988), and then a BPhil degree (1995). She later completed her MCur (2005) at UPE and her PhD (2011) at NMMU. By then, she had developed a strong interest in research dealing with diabetes mellitus type 2, with both her Master's treatise and PhD thesis dealing with aspects of the management of this condition.

Dr O'Brien started work as a registered nurse at Provincial Hospital in 1975, followed by a period at Victoria Memorial Home. She then moved to what was St Joseph's Hospital, where she gained experience in surgical nursing. After spending time as a housewife after her elder son was born, she worked in the nurseries at Sandford, the maternity unit of Provincial Hospital. She later moved to the Gastric Clinic at Provincial Hospital, where she spent 10 years as a gastroenterology nurse.

She then worked in the Medical Library at Provincial Hospital, where she was able to assist with the research and training needs of students. On her return to nursing, she obtained a post at the Day Clinic/Gastroenterology Unit at Greenacres Hospital, where she is currently a Clinical Nurse Specialist.

Her future plans include continuing to train staff in gastroenterology nursing. She also hopes to spend more time on research projects, as her retirement approaches.

Dr O'Brien has two sons, Sean and Neil. Her interests include genealogy, quilting, cross stitch embroidery, knitting, reading and travelling.

