



Sigma Theta Tau International
Honor Society of Nursing

Eta Upsilon Chapter Newsletter

March 2004

Vol. 19 No. 1

*President's
News*

Greetings from the land of cold temperatures and sunny skies. I don't know about you, but I love blue skies and bright sun and if I have those two ingredients the temperature doesn't matter to me. Even though I may be alone in this thought, I am in fact, invigorated by the cold temperature. The Finance Committee has been invigorated as well, since sending letters to the membership regarding our Endowment Campaign. Follow up phone calls are being made to members and will continue until spring to give members the opportunity to support this new endeavor. The yearly payout from the endowment will continue forever and will help fund grants, scholarships, and awards to our membership. What better way to support the work of nurses and improve the health of the world's people?

The year 2004 has special meaning for our chapter. It was twenty years ago that our Sigma Theta Tau Chapter, Eta Upsilon was chartered. The idea for a STTI chapter at the University of North Dakota was initiated by Dean Elizabeth Zinzer, several faculty and a nursing student. In fact, STTI was started by a group of nursing students at Indiana University, so it was very appropriate that our chapter origins began in that way as well. We hope to celebrate this milestone throughout the year, at the winter meeting in February and at

the Induction Ceremony in May. We are grateful to the many members throughout the history of Eta Upsilon who have contributed to the growth of our local STTI chapter. Because of their dedication we have a vigorous and healthy chapter that is active and visible in the nursing community.

There is much to read about in this newsletter edition; the winter meeting, report from the biennium convention, changes in the bylaws, award nominations, and other items. Please enjoy and take advantage of the offerings when they come your way. I will complete my term as President of Eta Upsilon this spring and I have to say it has been a most rewarding experience. I wish that each of you could have the opportunity to become a member of the executive board and enjoy the rewards of working with an exceptional group of people at the local and international level. You are the membership of Eta Upsilon and Eta Upsilon is you. Let's continue our rich heritage.

*Patty Vari
President*

Please report any changes in your name, address, phone number, or email address to Bette Olson, Eta Upsilon Chapter Secretary at: bette.olson@mail.und.nodak.edu or 701-777-4535, UND College of Nursing, Box 9025, GF ND 58202.

*Sigma Theta Tau International
Honor Society of Nursing
Eta Upsilon Chapter
College of Nursing
University of North Dakota*



*Pictured left to
right:*

*Debbie Swanson
Heather Busig
Patty Vari
Sara Shelkoph*

*Twentieth Anniversary
1984-2004*

The Eta Upsilon Chapter joined Sigma Theta Tau International Honor Society of Nursing when it was chartered in 1984. Preparation to become a chapter had begun in 1979 when Dean Elizabeth Zinzer and several faculty at the College of Nursing identified a need to establish an Honor Society in Nursing at the University of North Dakota. These individuals had been members of Sigma Theta Tau chapters at other schools of nursing. A student who transferred to UND from a college nursing program in Delaware led the students who were interested in forming an Honor Society.

A steering committee was formed in 1980. An Honor Society must be formed and exist for at least one year, prepare a report, and undergo a site visit from a national officer, before applying to be accepted for chartering as an official chapter of Sigma Theta Tau. The Lamp of Knowledge Honor Society was formed and inducted 107 members at its first induction ceremony on April 30, 1981. Three years later the Lamp of Knowledge Honor Society was chartered as the Eta Upsilon Chapter on May 3, 1984.

During the past twenty years, the Eta Upsilon Chapter has carried out the goals of Sigma Theta Tau by promoting, supporting and recognizing excellence, scholarship, and leadership in nursing. Many dedicated nurses have contributed to the establishment and continued existence of the Eta Upsilon Chapter of Sigma Theta Tau. At the Tenth Anniversary, a scholarship was established for a nurse returning for an advanced degree. During the Twentieth Anniversary, an endowment campaign is underway to establish a continuing source of funding for supporting nurses through scholarships, awards, and grants. Nurses have much to contribute to the health of the world's peoples and the Eta Upsilon Chapter of Sigma Theta Tau will continue to help make those contributions possible.

Eta Upsilon Twentieth Anniversary Celebration

The winter meeting was held on February 19th, 2004. Rather than presenting another academic lecture, we thought it would be nice to celebrate the 20th Anniversary of our chapter. We were able to meet in the gallery of the North Dakota Museum of Art, and were served a lovely variety of appetizers along with punch, coffee and wine. Entertainment was provided by Pluck/Struck, the Jazz duo of Jeff Anvinson on guitar and Mike Blake on vibes. After a short presentation on our chapter's history with recognition of the chartering members, we were treated to a slide show from 15 years ago and saw many familiar faces. The Velvatones



provided further entertainment with some beautiful harmonizing. The evening concluded with one of the briefest chapter meetings in recent history. A wonderful time was had by all who attended. We hope that this was just the beginning of what will be a yearlong celebration of Eta Upsilon's 20th Anniversary. My thanks go out again to committee members Debbie Swanson and Mary Adkins, as well as Patty Vari and Sara Schelkoph.

Heather Busig

Pictured Top: Ellen O'Connor, Susan Hunter, Mary Adkins, and Chris Burd

Pictured Left: Velvatones

Pictured Right: Pluck/Struck, Jazz Duo



ENDOWMENT CAMPAIGN UPDATE

Many of you have been personally contacted and asked to participate in the STTI Eta Upsilon Chapter Endowment Campaign. It has been such fun talking with you or hearing of you through other callers. THANK YOU for your contributions. As you know, the Endowment money will be used to encourage and fund scholarships, grants, and other awards. We are well on our way with \$6,000 already deposited and other pledges yet to be realized.

We have discovered that our phone number data base is out of date and inaccurate. Please contact us @ 701-777-4174 or 701-772-4560 or ceclambeth@gra.midco.net with your current address and phone number so we can contact you for this campaign and keep you updated on STTI Chapter news. Thanks!

For 20 years, since we became a chapter of STTI, the Board of Directors, Finance Committee, and members have worked hard on a variety of projects to earn money to provide grants, scholarships, and other awards. This year we chose a different approach. With an endowment funded at \$10,000 or more, (after the first year) we will receive between 4 and 5% of the money we have accumulated each year. Additional funds will promote growth and more awards, grants, and scholarships.

Our goal is to have \$10,000 in the endowment fund in 2004! We realize this is a LOT OF MONEY and that not everyone is able to contribute at this time. Consider this: ... if our 275 members could contribute an average of \$40 we would be over our \$10,000 goal,... if at least some of our members continued to contribute to the fund as part of their charitable giving each year, we would be able to support scholarship, research, and other awards at an ever increasing level. Please contribute to the fund at this point if you have not yet done so, and on an ongoing basis as you are able. Your money will fund very worthwhile endeavors. Thank you for your help in reaching our goals.

Please make your checks payable to the UND Foundation and indicate that you want your contribution to be deposited in the Sigma Theta Tau International (STTI) Endowment fund. Gifts made to this account are tax deductible. Send your contribution to UND Foundation, University of North Dakota; PO Box 8157; Grand Forks, ND 58202. Contact Cec Volden Lambeth Finance Committee Chair at ceclambeth@gra.midco.net or 701-772-4560 for further information.

Recognitions for STTI Eta Upsilon Chapter Members

- Ginny Guido and Nancy Joyner had a poster, “Ethical Considerations at the End of Life” accepted to the ANA Convention 2004 in Minneapolis. They also will be presenting, “Food and Fluid Considerations at the End of Life”.
- Bette Olson presented at the WACE (World Association of Cooperative Education) 2003 International Symposium on Work-Integrated Learning in Pensacola Beach, FL on November 18, 2003.
- A podium presentation by Bette Ide, Barb Dahlen, and Marcia Gragert, “Problems and Resources of American Indian Elder Diabetics” was given at Future of Rural Peoples Fifth International Symposium on October, 19-23, 2003.
- A poster presentation by Barb Dahlen and Bette Ide, “Needs Assessments of Elders on Two Reservations” was given at the Future of Rural Peoples Fifth International Symposium on October, 19-23, 2003.
- Susan Henly, Roxanne Struthers, Bette Ide, Barb Dahlen, B. Patchell, and B. J. Holtzclaw had a poster presentation, “Research Pathways for Native American Nurses: Bridge for the MS to PhD transition” at the National Alaska Native American Indian Nurses Association Summit, in September.
- Cindy Anderson received her PhD in Physiology.
- Cindy Anderson and Loretta Heuer each received a UND Research Seed Grant worth \$40,000.
- Carla Symons (Langdon) presented at the National Tech Prep Convention held in Nashville in October on “Summer Academies: A Fun Way to Teach, Learn, and Explore.” Her emphasis was on the Health Academy.
- Evelyn Labun and Eleanor Yurkovich are presenting the “Mountainbrook Needs Assessment” at the National Association for Rural Mental Health in St. Cloud, Minn.
- Babara Dahlen was asked to be on the Advisory Board of Johnson and Johnson for NANSI
- Ellen O’Connor, Cindy Anderson will be presenting at the Annual Dakota Conference on Rural and Public Health, Bette Ide and Barbara Dahlen will be doing a poster presentation at the conference.
- Barbara Dahlen will be doing a poster presentation at Western Institute of Nursing (WIN). Bette Ide is doing two podium presentation at WIN
- Donna Grandbois has done a book review “Family Violence the Cultural Perspective” for The Journal of Family Violence.

Eta Upsilon Chapter of STTI Research Committee Activities Spring 2004

The Research Committee reviewed and awarded Chapter Research Grants to the following people: Cindy Anderson was awarded \$1000.00 for her proposal, “Effects of Reduced Utero-placental Perfusion in Pregnancy-induced Hypertension and Fetal Growth Restriction: Consequences for Future Development of Cardiovascular Disease”; Ann Crawford (a UND graduate and chapter member) and Suzanne Belt were awarded \$1000.00 for their proposal “How Older Hispanic Clients Experience Accessing Healthcare Services in Texas.” The proposals were excellent this year and we wish the researchers a productive and rewarding year ahead and look forward to them sharing their results with us all.

*T*oronto was Tops

The Honor Society of Nursing, Sigma Theta Tau International 37th Biennial Convention was held in Toronto, Canada on November 1-5, 2003, with the theme of “Building Diverse Relationships.” The convention was well attended by the eight representatives from our Eta Upsilon Chapter who gave various presentations. The keynote speakers gave captivating talks ranging from post-traumatic stress disorder of US nurses in Viet Nam to the Nursing Clinical Doctorate program at Columbia University. The winners of the various awards were inspiration to all who heard their stories. There was a video of the ceremony last July in London of the Princess Royal accepting a STTI award. The princess gave a touching speech about her respect and dedication to the nursing profession. There were twenty-one new chapters to join STTI from diverse places around the globe. There were five chapters from South Africa, one each from Botswana, Tanzania, Swaziland, Mexico, Canada, and eleven from the US. There were breakout sessions for Clinical Presentations, Scientific Presentations, and Leadership Presentations.

New officers elected to serve during the next biennium included:

President Elect: Carol Picard
Vice President: Clarann Weinert SC
Secretary: Suzanne S. Prevost
Treasurer: Nancy C. Sharts-Hopko
The President for the next biennium is: Daniel J. Pesut



Toronto at dusk

Our two delegates to the convention who participated in the House of Delegates were President of Eta Upsilon, Patty Vari, and President-elect, Ginny Guido. There were major bylaws revisions passed during the House of Delegates. The bylaws revision included changing the way the induction and renewal fee charges are approved. Previously, fee changes were voted on by the active membership. With the bylaw revision, fee changes can be approved by the International Board of Directors and the Chapter Board of Directors. As of January 1, 2004 renewal fees went up \$10, which increases the amount of money going to the international office. There had not been an increase in eight years. Another important bylaws revision reflects a change in the minimum of standing committees required by each chapter. Previously, there were six required standing committees. With the bylaw revision, there are two required committees. These changes will be discussed by the Eta Upsilon executive board and appropriate bylaws revision incorporated into the chapter bylaws.

Those Eta Upsilon members presenting at the convention included:

Julie Anderson, Roxanne Hurley (poster):
“*Assessment of Patient Satisfaction and Healthcare Professionals’ Knowledge, Practice, and Attitudes Pre and Post Implementation of Pain Practice Initiatives*”

Julie Anderson (poster):
“*A Clinical Trial to Determine the Impact of a Skin Integrity Program on Skin*”, with Patricia Thompson, Susan Hunter, Diane Langemo, and Darlene Hanson.

Julie Anderson, (oral):
“*North Dakota Nursing Report Card: Benchmarking Indicators of Nurse and Patient Satisfaction in Acute and Long-Term Care Settings*”, with Diane Langemo, and Cec Volden

Amy Tallackson (poster):
“*Knowledge of Today’s Women, Ages 50 and Above, Regarding Breast Cancer Treatment Options*”

Patty Vari (poster):
“*The Effects of Spousal Relationships on Nausea and Vomiting in Pregnancy*”, with Glenda Lindseth

Tracy Evanson (oral):
“*Reflecting on the Call of Nursing Through a Service-Learning Experience*,” with Barb Zust from Gustavus Adolphus College

Elizabeth Nichols (oral):
“*Health Care Choices*” with Jean Shreffler, Clarann Weinert, and Bette Ide

Elizabeth Nichols (poster):
“*Primary Care Training Partnership*” with Jean Shreffler, Clarann Weinert, and Bette Ide

Richard Brown (oral):
“*The Development of an Instrument for the Evaluation of Teaching Effectiveness Among Nurse Anesthesia Clinical Faculty*”

Submitted by
Patty Vari

New Member Sponsors Needed

An important part of being a member of Sigma Theta Tau is to welcome our new members and mentor them to develop as future leaders of our organization and the profession of nursing. This is your opportunity to get involved! I am in need of individuals to be sponsors for our new chapter inductees. This is an easy way for you to share your expertise about the chapter with a new member and help them to feel comfortable in attending chapter functions throughout the first year of membership. You will be given materials to help you in your efforts as a mentor, and are asked to attend the Induction Ceremony in May so you can meet your inductees and welcome them into STTI. If you are willing to sponsor a new member or 2 for the next year, please contact Roxanne Hurley at 777-4537 or Roxanne.hurley@mail.und.nodak.edu

“Where Can I find Chapter Services?”

On the web: www.nursingsociety.org

By e-mail: chapserv@stti.iupui.edu

By phone: 888.634.7575

Fall Membership Night a Huge Success!

Our annual membership night which highlights clinical scholarship of our chapter members was held November 18, 2003 at Parkwood Place. Featured speaker, Dr. Chris Burd presented, “Community Health Representatives: The Vital Link in Health Care for American Indian Communities”. Dr. Burd shared her enjoyable stories, slides and life experiences about the development of this important program for improving the health of the native people. The event was well attended and provided members with a wonderful opportunity to network with colleagues from around the community. Thank you to all who supplied food for the evening meal!

Mark Your Calendar!

The Eta Upsilon Chapter Induction Ceremony and annual meeting will be held on Saturday, May 15th at the Townhouse Hotel in Grand Forks. The Induction Ceremony begins at 9:00 am followed by the annual meeting. Brunch will be served immediately following the program. Family and guests are welcome. Complete the brunch RSVP form enclosed in this newsletter.

**Sigma Theta Tau International
Eta Upsilon Chapter
2004 Awards & Scholarship Information**

Nominations and applications are now being accepted for the following 2004 awards and scholarships. The deadline for all submissions is **March 26, 2004** to allow for adequate time to review and notify the award recipients. Please refer to the attached forms for specific criteria for each award/scholarship. Each award nomination or application form is on the back of the criteria for each award. Listed below are some of the individuals who have previously received the awards.

Excellence in Nursing Leadership. This award rotates between Nursing Practice, Research, Leadership, and Education. Previous recipients include Judith Euler (Education, 1993); Helene Kahlstorf (Practice, 1994); Patricia Vermeersch (Research, 1995); Lois Ustanko (Leadership, 1996); Helen Melland (Education, 1997); Susan Goebel (Practice, 1998); Susan Henly (Research, 1999); Debbie Swanson (Leadership, 2000); Cindy Anderson (Education 2001); Kim Haug (Practice, 2002), Glenda Lindseth (Research, 2003).

Outstanding Undergraduate Student. This award is given to an undergraduate student with at least a 3.0 GPA and demonstrating outstanding performance. Previous recipients include Lisa Ellefson (1992); Carol Hirschhorn (1994); Kimberly Nutz (1996); Tami Siewinski (1997); Elizabeth Miller (1998); Jennifer Dukart (1999); Sandy Becker (2000) and Maria Rosa (2001); Andrea Bartholomay (2002); Megan Geiszler (2003).

Outstanding Graduate Student. This award is given to a graduate student with at least a 3.5 GPA and demonstrating outstanding performance. Previous recipients include Colleen Holzwarth (1992); Loretta Heuer (1994); Mary Lynn Eaglestaff (1996); Polly Dunn (1997); Karen Semmons (1999); Nancy McEnroe (2000) and Kathleen Schweitzer (2001); Kathy Holt (2002); Heidi Stahl (2003).

Tenth Anniversary Scholarship. This scholarship was created in 1994 to commemorate the 10th Anniversary of the Chartering of the chapter. This \$250 scholarship is given to a nurse who is returning to UND to obtain a baccalaureate or higher degree in nursing. Previous recipients include Julie Anderson (1995); Sherry Burg (1997) Carrie Wise (2000); Candy Homstad and Heidi Stahl (2001); None awarded (2002); Julie Lavelle (2003).

Caring Award. This award was established in 1994 to recognize a STTI member for excellence in nursing as demonstrated by caring. Previous recipients are Barbara Dahlen (1995); Ellen O'Connor (1996); Virginia Esslinger (1997); Liz Tyree (1998); Nancy Klatt (1999) Cec Volden (2000) Pam Engel (2001) and Christine Burd (2002); Nancy Joyner (2003).

The chapter awards are a special way to recognize nursing colleagues for their accomplishments and to reward outstanding undergraduate and graduate students.

Please consider nominating someone!

Return Completed Forms By **March 26th, 2004** To:

Rick Brown

923 5th Ave. NE

Thompson, ND 58278

phone 701-777-4509, fax 701-777-4096, e-mail rick.brown@mail.und.nodak.edu

**Sigma Theta Tau International
Eta Upsilon Chapter**

Excellence in Nursing Leadership Award

General Criteria

1. Sigma Theta Tau International member
2. Peer/faculty recognition
3. Two letters of endorsement and/or support from nursing and/or community leaders.
4. Vitae

Specific Criteria (Evidence of meeting one or more criteria as listed)

1. Influences leadership in nursing through visionary and innovative approaches to leadership.
2. Creates an environment that enhances the image of nursing and nurses.
3. Participates in the development of nursing leaders and leadership.
4. Receives local, regional, national, and/or international recognition as a nursing leader in education, practice, administration, and/or research.

**Sigma Theta Tau International
Eta Upsilon Chapter**

Award for Outstanding Graduate Student Performance

General Criteria:

1. Sigma Theta Tau International member
2. 3.5 GPA
3. Peer/faculty recognition
4. Two letters of endorsement and/or support from nursing and/or community leaders
5. Vitae
6. Has not received award previously

Specific Award Criteria:

Demonstrates outstanding performance in two or more of the following activities: clinical, academic, creative, research, leadership, or community service as evidenced by a number of criteria such as:

- a. Excels in communication skills.
- b. Carries out projects in a creative manner.
- c. Participates in the development of other nursing students.
- d. Creates an environment that enhances the image of nursing/nurses.
- e. Demonstrates superior preparation and organization consistently.
- f. Develops creative approaches to nursing practice that contribute to quality client care.
- g. Demonstrates sound knowledge base in clinical judgements and practice.
- h. Participates in community affairs, legislation, or organizations that affect nursing practice.
- i. Receives local, state, or national recognition as a nursing leader.
- j. Demonstrates wellrounded interests and potential for future contributions to the profession.
- k. Participates in nursing research.
1. Creates publishable materials.

**Sigma Theta Tau International
Eta Upsilon Chapter**

Award for Outstanding Undergraduate Student Performance

General Criteria:

1. Sigma Theta Tau International member
2. Peer\Faculty recognition
3. Two letters of endorsement and/or support from nursing and/or community leaders.
4. 3.0 GPA
5. Has not received award previously

Specific Award Criteria:

Demonstrates outstanding performance in two or more of the following activities: clinical, academic, creative, research, leadership, or community service as evidenced by a number of criteria such as:

- a. Excels in communication skills.
- b. Carries out projects in a creative manner.
- c. Participates in the development of other nursing students.
- d. Creates an environment that enhances the image of nursing/nurses.
- e. Demonstrates superior preparation and organization consistently.
- f. Develops creative approaches to nursing practice that contribute to quality client care.
- g. Demonstrates sound knowledge base in clinical judgements and practice.
- h. Participates in CON or other preprofessional organizations that affect nursing practice.
- i. Recognized as a nursing leader within College and/or University.
- j. Demonstrates wellrounded interests and potential for future contributions to the profession.

**Sigma Theta Tau International
Eta Upsilon Chapter
10th Anniversary Scholarship
\$250.00**

General Criteria:

1. LPN or RN who is attending the UND College of Nursing to obtain a baccalaureate or master's degree in nursing (membership in STTI not required).
2. Commitment to scholarly endeavors
3. Demonstrated commitment to professional goals
4. Demonstrated commitment to scholarship and leadership
5. Nomination by chapter member

Application is to include:

1. A short essay which addresses:
 - a. Scholarship and leadership abilities
 - b. Future goals and plans
 - c. Role of professional organizations in nursing and in applicant's personal goals
2. Transcript of all academic work
3. Two letters of endorsement and or support from nursing and/or community leaders.

Sigma Theta Tau International Eta Upsilon Chapter

2004 Nomination Form

To nominate an individual, complete this form, attach a paragraph describing how the nominee demonstrates the criteria for the award (include pertinent examples) and return to the address below.

Deadline: March 26, 2004

1 nominate,
(Name of nominee)

(Address of nominee)

(City/State/Zip of
nominee)

(Phone of nominee)

for the _____ Award.

As indicated in my attached statement, it is my belief that this individual meets the criteria set for this award.

Nominated by:

Name

Address

Phone

Return this completed form and your written statement of support
to:

Rick Brown
923 5th Ave. NE
Thompson, North Dakota 58278
phone 701-777-4509, fax 701-777-4096, e-mail
rick.brown@mail.und.nodak.edu

**Sigma Theta Tau International
Eta Upsilon Chapter**

Caring Award

General Criteria

1. Sigma Theta Tau International member
2. Excellence in nursing as demonstrated by caring
3. Nomination by chapter member
4. Two letters of endorsement and/or support from nursing and/or community leaders.

Has a fellow Sigma Theta Tau member demonstrated exceptional caring this past year? If so, who?

Name
Address
Phone

Nominated by:

Address

Phone

Write a brief narrative describing this individual's demonstrated exceptional caring in his/her professional nursing role.

Return this completed form and your written statement of support to:

Rick Brown
923 5th Ave. NE
Thompson, North Dakota 58278
phone 701-777-4509, fax 701-777-4096, e-mail rick.brown@mail.und.nodak.edu

Sigma Theta Tau International – Eta Upsilon Chapter

2004 Induction Ceremony & Brunch

The annual Sigma Theta Tau, Eta Upsilon Chapter Induction Ceremony and annual meeting will be held on Saturday, May 15, 2004 at the Townhouse Best Western Hotel in downtown Grand Forks. The Induction Ceremony will begin at 9:00 AM followed by the annual meeting. Brunch will be served immediately following the program. Family and guests are welcome.

Please complete the information below and return by May 10th to:

Roxanne Hurley
UND College of Nursing
Box 9025
Grand Forks, ND 58202-9025

Sigma Theta Tau International – Eta Upsilon Chapter

Induction Ceremony Brunch RSVP

I plan to attend the May 15, 2004 STTI, Eta Upsilon Brunch.

Number attending: _____

- Cost is \$11.00/person. Please enclose your check payable to STTI Eta Upsilon

Name _____

Address _____

Phone _____

Return by May 10th to:

Roxanne Hurley
UND College of Nursing
Box 9025
Grand Forks, ND 58202-9025