Warm Greetings! Fond greetings to all: new inductees, members, and visitors to our Eta Upsilon Chapter of Sigma Theta Tau International (STTI). Based at the University of North Dakota, the Eta Upsilon Chapter has members from the University, the Grand Forks community, the surrounding region, and beyond! I am Julie Anderson and it is my privilege to welcome you to our Chapter! I am proud to be serving as Eta Upsilon’s Chapter President for the 2008-2010 term.

STTI Mission: The mission of the Honor Society of Nursing, Sigma Theta Tau International is to support the learning, knowledge, and professional development of nurses committed to making a difference in health worldwide. Membership is by invitation to baccalaureate and graduate nursing students who demonstrate excellence in scholarship. Importantly, membership is also open to nurse leaders exhibiting exceptional achievements in nursing.

From its inception, the honor society has recognized the value of scholarship and excellence in nursing practice. In 1936, the honor society became the first U.S. organization to fund nursing research. Today, the honor society supports these values through its numerous professional development products and services that focus on the core areas of education, leadership, career development, evidence-based nursing, research and scholarship.

Exciting and Dynamic: STTI offers something for every nurse! Leadership, Scholarship, Education, and Research; these are the four cornerstones that comprise the foundation of the Honor Society of Nursing, Sigma Theta Tau International. Started in 1922 by six students of nursing at Indiana University, the society has grown to include more than 463 chapters across the globe, with more than 400,000 inducted members who are active in more than 90 different countries and territories.

The founders of the society named the honor society for the following words, Storgé, Tharsos, and Timé. These words mean “love,” “courage,” and “honor.” The founders believed these to be the enduring values that are at the root of the nursing profession. Changing the status of nursing and improving health care were their ideals as they are ours. Today, as in 1922, the pathways for nursing excellence begin with scholarship, leadership, and research applied in clinical practice settings.

History of the Eta Upsilon Chapter: In 1979, several faculty at the University of North Dakota College of Nursing felt the need and had a desire to establish a nursing honor society within the College. This included Dean Elisabeth Zinser and many faculty who were members of Sigma Theta Tau chapters elsewhere in the nation. Again a nursing student stepped forward. Alison Fogg, a transfer student from Delaware, identified the absence of a nursing honor society on campus. Together the needs of both the student and faculty were combined and preliminary planning was begun. The goal was culminated in 1984 when the Eta Upsilon Chapter of STTI was officially recognized.

Eta Upsilon Activities: Today, the leaders and members of the Eta Upsilon Chapter of Sigma Theta Tau International carry on that rich tradition that began so many years ago. Each year, the chapter holds an Induction Ceremony that welcomes new members to the society. The Board, consisting of several members, meets on a monthly basis and is comprised of several committees that also meet as
their tasks. While our chapter will continue with many of the traditional activities (newsletters, Heyse-Cory Lectureship, membership meetings, etc.) we are also excited to bring about some new strategies. We are increasingly involving our newest members in chapter activities, many of which involve service activities in our local community and region.

All of Eta Upsilon’s members are VIPs! It takes all of us to be a successful organization. All levels of involvement are welcome in our chapter and organization – and STTI is always there for its members, offering a wide variety of leadership, practice, and scholarship/research opportunities at the local, regional, national and even international arenas. We have an exciting year ahead of us, and I hope you will be able to join us for some of our activities.

Please feel free to contact myself or any of our many members to find out how you can become more involved in our Chapter. STTI is the only nursing honor society and membership in the society offers rich rewards for its members. If you know of other nurses who would be excellent candidates for membership – please feel free to share that information with our chapter!

Sincerely,

Julie Anderson, RN, PhD, CCRC

Phone: 701.777.4543

julieanderson@mail.und.edu

From the Eta Upsilon Treasurer

The Treasurer is a two year term. There are five accounts that are utilized by Eta Upsilon Chapter. These are reported on monthly at the Board Meetings and at the General Membership meetings. The treasurer is also responsible to coordinate deposits of member fee payments from International three times a year. Our goals include increasing recruitment and retention for membership as membership is the viability of this chapter, campaign to further build Endowment funds within UND Foundation. All levels of giving are appreciated!

There are levels of contribution:

- Sapphire - Above $1000
- Diamond - $500-$999
- Pearl - $250-$499
- Gold - $100-$249
- Silver - $5-$99

The treasurer works with the chapter Finance Committee to ensure fiscal responsibility of the Eta Upsilon Chapter.

Submitted by Beth Nelson
<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Address</th>
<th>Phone numbers and email</th>
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<tr>
<td>President</td>
<td>Julie Anderson</td>
<td>22687 Northwoods Trail, Cohasset, MN 55721</td>
<td>O 701-777-4543, Cell 218-791-3845, H 218-999-7152, FAX 701-777-4096, <a href="mailto:julieanderson@mail.und.edu">julieanderson@mail.und.edu</a></td>
<td>2008-2010</td>
</tr>
<tr>
<td>President-Elect</td>
<td>Cheryl Stauffenecker</td>
<td>731 N 1st Street, Warren, MN 56762</td>
<td>O 701-777-4545, Cell 218-201-0273, H 218-745-5762, FAX 701-777-4196, <a href="mailto:cherylstauffenecker@mail.und.edu">cherylstauffenecker@mail.und.edu</a></td>
<td>2008-2010</td>
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<tr>
<td>Vice-President</td>
<td>Marcia Gragert</td>
<td>30211 State Highway 1 NW, Warren, MN 56762</td>
<td>O 701-777-4549, H 218-745-137, <a href="mailto:marciagragert@mail.und.edu">marciagragert@mail.und.edu</a></td>
<td>2007-2009, 2nd Term</td>
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<td>Secretary</td>
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<tr>
<td>Treasurer</td>
<td>Beth Nelson</td>
<td>27 Garden Court NW, East Grand Forks, MN 56721</td>
<td>H 218-773-0481, <a href="mailto:bnelson@gra.midco.net">bnelson@gra.midco.net</a></td>
<td>2008-2010</td>
</tr>
<tr>
<td>Governance Committee</td>
<td>Beth Roder</td>
<td>11003 County Road 24, Langdon, ND 58249</td>
<td>H 701-256-2927, Cell 701-370-0299, <a href="mailto:b_roder10@yahoo.com">b_roder10@yahoo.com</a></td>
<td>2007-2009, 1st Term</td>
</tr>
<tr>
<td>Governance Committee, Chair</td>
<td>Roxanne Hurley</td>
<td>3799 21st Avenue S, Grand Forks, ND 58203</td>
<td>O 701-777-4525, Cell 218-230-4378, H 701-775-6071, FAX 701-777-4096, <a href="mailto:roxannehurley@mail.und.edu">roxannehurley@mail.und.edu</a></td>
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<tr>
<td>Governance Committee</td>
<td>Darla Adams</td>
<td>901 62nd Avenue SE, Grand Forks, ND 58201</td>
<td>O 701-777-4509, H 701-772-0047, FAX 701-777-4096, <a href="mailto:darlaadams@mail.und.nodak.edu">darlaadams@mail.und.nodak.edu</a></td>
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<tr>
<td>Counselor/Eligibility</td>
<td>Roxanne Hurley</td>
<td>3799 21st Avenue S, Grand Forks, ND 58203</td>
<td>O 701-777-4525, Cell 218-230-4378, H 701-775-6071, FAX 701-777-4096, <a href="mailto:roxannehurley@mail.und.edu">roxannehurley@mail.und.edu</a></td>
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<tr>
<td>Leadership Succession Committee</td>
<td>Angela Zafke</td>
<td>602 S Woodland Dr, Thompson, ND 58278</td>
<td>H 701-599-2256, <a href="mailto:skorheim@hotmail.com">skorheim@hotmail.com</a></td>
<td>2008-2010</td>
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<tr>
<td>Leadership Succession Committee</td>
<td>Cindy Braseth</td>
<td>106 Reeves Court, Grand Forks, ND 58201</td>
<td>O 701-780-5181, H 701-772-5016, Cell 701-740-8121, <a href="mailto:cbraseth@altru.org">cbraseth@altru.org</a></td>
<td>2007-2009, 2nd Term</td>
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<tr>
<td>Leadership Succession Committee</td>
<td>Katie Pence</td>
<td>1296 S 38th St, Grand Forks, ND 58201</td>
<td>H 701-741-9204, Cell 701-741-9204, <a href="mailto:kpence@altru.org">kpence@altru.org</a>, <a href="mailto:ndtika@aol.com">ndtika@aol.com</a></td>
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| **Finance Committee**                | Chairperson: Brad Horner    | 2750 S 40th St #223 Grand Forks, ND 58201 | O: 701-330-0339  
               |                             |                                           | Cell: 701-330-0339  
               |                             |                                           | bhorner@altru.org | 2008-2010 |
| **Heritage/Archivist**               | Gina Esslinger (co-chair)   | 428 Belmont Road Grand Forks, ND 58201    | H: 701-775-8208  
               |                             |                                           | vesslinger@gra.midco.net | 2008-2010 |
|                                      | Lois Ustanko (co-chair)     | 1814 22nd Ave S #201 Grand Forks, ND 58201 | O: 701-777-4545  
               |                             |                                           | H: 701-775-0852  
               |                             |                                           | Cell: FAX 701-777-4096  
               |                             |                                           | lustanko@wiktel.com | 2008-2010 |
| **Public Relations**                 | Chairperson: Becca Hardy    |                                           |                                          |               |
| **Research Chairperson:**            | Bette Ide                   | 63 Parkview Circle Grand Forks, ND 58201  | O: 701-777-4531  
               |                             |                                           | H: 701-780-8786  
               |                             |                                           | FAX 701-777-4096  
               |                             |                                           | betteide@mail.und.edu | 2008-2010 |
| **Awards/Scholarship**               | Chairperson: Pat Thompson   | 1103 – 20th Street NW East Grand Forks, MN 56721-1159 | O: 701-777-4501  
               |                             |                                           | H:218-773-2986  
               |                             |                                           | FAX 701-777-4096  
               |                             |                                           | patthompson@mail.und.edu | 2008-2010 |
| **Student Intern:**                  | Susan Payne                 |                                           |                                          |               |
| **Advisor:**                         | Helen Melland, Interim Dean |                                           | O: 701-777-4555  
               |                             |                                           | FAX 701-777-4096  
               |                             |                                           | helenmelland@mail.und.edu | No term limits –  
               |                             |                                           | Role filled by UND CON Dean |               |
| **Immediate Past President:**        | Carma Hanson                | 2508 Olson Drive Grand Forks, ND 58201    | O: 701-780-1489  
               |                             |                                           | H: 701-772-0638  
               |                             |                                           | FAX: 701-780-1507  
               |                             |                                           | Cell: 701-739-1591  
               |                             |                                           | chanson@altru.org | 2008-2010 |
| **Region 4 Coordinator:**            | Maureen Greene              | 1136 Noridge Trail Port Washington, WI 53074 | O: 414-447-2716  
               |                             |                                           | H: 262-268-1328  
               |                             |                                           | mgreene12@wi.rr.com | 2007-2009 |
| **Winnipeg Chapter President**       | Dianne Brown, RN, MN        | Red River College 2055 Notre Dame Ave. Winnipeg, MB R3H 0J9 | O: 1-204-632-2155  
               | Rural DNA Program Assistant  |                             | Cell: 1-204-918-4278 |               |
Research Conference 2009

Mark your calendars! A date has been set for the 4th Biennial International Nursing Research Conference, hosted by Xi Lambda and Eta Upsilon Chapters of Sigma Theta Tau International. Historically, the conference alternates sites every two years between Grand Forks and Winnipeg. In 2009, the conference will be held in Winnipeg, Manitoba on Friday September 25th, 2009, with Xi Lambda’s Chapter Induction occurring the evening of Thursday September 24th.

The theme of the conference is *Building Capacity in Nursing.... Strengthening on the Pillars of Research, Education, Leadership, and Practice*. The Xi Lambda Chapter has secured Karen Morin, DSN, RN - President elect for STTI, as the keynote speaker. Dr. Morin is the Graduate Programs Director and Professor at the University of Wisconsin-Milwaukee. Her areas of research include exploring the effects of obesity on pregnancy, gendered issues in health care, and faculty development issues. In addition to being a Virginia Henderson, Sigma Theta Tau, and Billye Brown Fellow, Dr. Morin has served as faculty in the STTI and Johnson & Johnson Maternal-Child Health Leadership Academy Planning Committee, as well as the Board Leadership and Mentored Leadership Programs. She co-chaired the STTI/WHO Global Nursing Education Standards Conference held in Bangkok, Thailand in December, 2006. She is recognized nationally and internationally for her education and leadership expertise.

The conference will be held at the Clarion Hotel. The hotel has a spa so lots of amenities women would enjoy, not mentioning a very short walk away from the Polo Park Mall. Information on the Clarion can be accessed at [http://www.clarionhotelwinnipeg.com/](http://www.clarionhotelwinnipeg.com/)

STTI members and nonmembers from all areas of nursing are welcome to attend and to submit abstracts for either oral or poster presentation. Watch your email, the Call for Abstracts will be coming out very soon!
In late September, Katie Pence and I had the honor and privilege of attending the 2008 Sigma Theta Tau International Leadership Academy in Indianapolis. Chapter involvement is a fairly new experience for both Katie (Leadership Succession Officer) and me (Finance Chair). It is exciting to be involved with the Eta Upsilon chapter and representing our chapter at the Leadership Academy. We were thrilled to have such a fun and exciting event to learn more about our organization.

The event began with an opening from our STTI President, Carol J. Huston, a Professor for the School of Nursing at California State University. She began the Leadership Journey with the skills required of nurses in the 21st century. She noted that nurses must be business/marketing savvy, have vision and be able to take risks, become involved in political and legislative action, and continue to be expert team builders. The ongoing leadership issues will need to focus on healthcare reform and addressing the ever-increasing international nursing shortage. Stephen Covey suggests that Management is “efficiency in climbing the ladder of success” but Leadership is “determining whether the ladder is leaning against the right wall.”

President Huston (2008) identified the ten lessons she learned on her personal leadership journey:

1. Find a mentor and positive role models to share your journey
2. Be self aware – “Authentic leadership suggests that in order to lead, leaders must be true to themselves and their values and act accordingly.”
3. “Be able to laugh at yourself and leave your ego at home in a jar.” (www.words4ever.com)
4. Be visionary, take risks, and ask for permission only when really necessary.
5. Keep gas in the tank and money in the bank.
6. Recognize power as an asset and learn to use it wisely.
7. Perfect the art of communication – Is it as clear as it should be?
8. Remember that followers are an important part of the leadership equation.

9. Use your time and energy doing what is really important to you!

10. Enjoy the journey.

You may enjoy more of President Huston’s wisdom at

http://www.nursingsociety.org/STTIEvents/ChapterLeaderAcademy/

DocumentsOpening%20Plenary-the%20Leadership%20Journey.pdf

Topics for the remaining conference included membership, *Chapter Philanthropy in Action*, *In Order to Make a Circle you have to Start with a Straight Line: Allowing your Sleeping Leadership to Awaken*, *Making Cent$ out of Chapter Finances*, and *Chapter Operations in a Virtual World*. I would probably say our favorite part of the event was the regional excellence awards and recognitions. It inspired us to do more with our chapter and help make a difference. It was amazing to see how different chapters are getting involved at all levels of nursing leadership and the many avenues to make a difference. There was truly something for everyone at the conference and we appreciated the opportunity to gather resources and networking connections.

Thank you for the opportunity to attend the academy. We look forward to applying what we learned and strengthening our chapter!
REMINDER TO RENEW YOUR MEMBERSHIP!

Please remember to renew your membership as they come due. Online renewal is easy and secure. Please follow the directions below:

Go to STTI website http://www.nursingsociety.org/default.aspx
Click on MEMBERSHIP
Click on MY MEMBERSHIP [to update and renew]

Active members can update contact information and keep us posted about name or address changes. Visit the E-Directory and login to find other members in your area or those with whom you graduated. If your membership has lapsed and you need to update your contact information, please click here.

Renew your membership here! Be sure to complete the demographics.

Member Benefits / Resources

Honor society membership can be designed to meet your specific needs at every stage of your career. Use the links below to discover how you can experience membership.

Get Connected - Connect with other members in-person at the local level or electronically via online forums.
Get Involved - Involve yourself in the honor society by participating in a local chapter, volunteering, and attending or presenting at events.
Get Career/Education Assistance - Assist your career by utilizing online professional guidance resources, earning Continuing Education credits, or partnering with a mentor.
Get Services/Products - Services, products, and partnerships have been developed to support you and your career.
Get Recognized - Recognize those that have made contributions to the nursing profession and receive recognition for your own successes.
Stay Connected - Always a Nurse - Stay connected as you transition into retirement by reading about nursing and honor society news, getting to know fellow members, and participating in travel opportunities.
A Benefit to Belong - Watch a video to gain a broader understanding of the products, services, programs and resources given to honor society members. This video contains member testimonials and helpful tips on how to make the most of honor society membership.
Debbie Swanson
Completes Award
Hat Trick for
Grand Forks Public
Health Department

Debbie Swanson of the Grand Forks Public Health Department has been named the North Dakota Public Health Association Public Health Worker of the Year for 2008.

This is the third straight year a member from the Grand Forks Public Health Department has won this award.

Swanson, who’ll be honored this spring, will be the third consecutive recipient of the state award from Grand Forks.

While some organizations systematically rotate such honors around the state, the state Public Health Association considers each nomination separately, regardless of where it comes from, according to Paula Flanders, Bismarck, who served on the selection committee.

“The committee just looks at the candidate, and what they’ve done,” Flanders said. “The candidates that won for the last three years have worked on some very large projects. Debbie’s done that, but she’s also been very, very involved, she’s been such a big leader in the North Dakota Public Health Association.

Swanson has served as the Grand Forks Public Health Nursing and Nutrition Division Supervisor since 1996. She is the past president of the North Dakota Public Health Association.

During this past year, she successfully obtained a strategic planning grant from the American Public Health Association for the N.D. Public Health Association. She was also instrumental in organizing the Grand Forks obesity summit conference held in September 2008. The summit included nationally known speakers, and a large, enthusiastic audience.

We are proud of having Debbie as an Eta Upsilon Chapter member and equally are proud of her many accomplishments.

Congratulations Debbie!
Northlands Rescue Mission Receives Center for Community Engagement Award

*Nominated by Lois Ustanko, Archives Co-Chair*

It is with great pleasure that I nominate the Northlands Rescue Mission for the 2008 Community Partner Award. As a clinical instructor, I have had the privilege of working with nursing students in this setting for their public health nursing course. The Mission improves the quality of life in our community by directly providing services, resources, and direction when people need it most. This setting allows students to reflect upon their own beliefs, attitudes and values when working with diverse populations. As one student said, “When the resident told me about his rough life, my heart just ached; all of a sudden I knew I had just one more reason why I wanted to become a nurse—to help people just like him.” Another stated, “These residents taught me more about myself than I could have imagined; things like the value of little things and being optimistic about the future.” A third student commented, “I felt appreciated and valuable at the Mission. I was surprised to find the population concerned with and positive about their health.”

David Sena, Director, and Deb Stinar, Outreach Coordinator, enthusiastically welcome UND students to the Mission. They take the time to provide a personal introduction between students and residents in a manner that role models acceptance and respect for these individuals. The students are encouraged to sit down for lunch with the residents to facilitate getting to know each other better; this develops a level of trust which becomes a foundation for interactions between the students and residents for work completed during the semester. The student orientation to the Mission includes a tour which gives students a behind the scenes view of what it is like to be homeless. Through the efforts of Dave, Deb and other staff members, the UND students become aware of services available in our community and the value of working collaboratively on important health issues.

Deb Stinar meets with faculty to review learning objectives of the students then identifies opportunities available at the Mission which will enable the students to fulfill these objectives. Nursing students have learned how to conduct a community assessment by evaluating the needs of this population. Information acquired from the students’ assessment of this population are valued and used in the agencies planning process.

Students are given the opportunity to develop valuable job skills at the Mission. They have been allowed to plan and conduct relatively complex projects in this setting. For example, one group of students designed a meal donation program that encourages agencies or groups to prepare and serve a meal to the residents. These students were able to design informational brochures, participate in the planning committee, and make contacts with churches or businesses to promote the program. Since the inception of this program, numerous churches and businesses have come to prepare meals at the mission which creates a broader awareness within our community about the needs of this vulnerable population; chefs from the Blue Moose prepare the evening meal every Tuesday, at least one church group prepares a picnic meal once every week in the summer and the donations of food products has increased.

Another group of students worked on a project called *Shanty Town* which brings awareness to the needs of the homeless through a “lived” experience of sleeping under the stars. These

*Continued on next page*
students took the lead in marketing this event which included designing posters and working with the media. The students worked with a variety of agencies to arrange for facilities and to coordinate details to make this a successful event.

The Northlands Rescue Mission is a valuable site for student experiences. Nursing students in both public health and mental health conduct assessments and develop plans to address the health needs of individual residents. Occupational therapy and psychology majors are also using this setting to develop the clinical skills of their students. Furthermore, law students acquire valuable experience at this site; they file claims or appeals on behalf of residents and research laws which relate to specific resident issues. This agency openly embraces students from the University of North Dakota. They allow students to apply what they have learned in the academic setting through service in a manner that improves the quality of life for some of the most vulnerable residents in our community.

“Northlands Rescue Mission is a place of choice, not a place of last resort. When we look at the scores of men and women sitting at our dining table each day, we don’t see failure. We see lives ready for transformation...opportunities to restore dignity and life”

(http://www.northlandsrescuemission.org/)

On February 6, 2009 - the Eta Upsilon Chapter will be purchasing, preparing, and serving a meal for the residents of the mission. Approximately 100 individuals will have their evening meal at the mission. Please consider volunteering your time and talents for this very worthwhile project. We will meet at the mission at 3:00 pm to make preparations for serving the evening meal. You can also make a monetary donation to support the meal. For additional information contact Brad Horner at 701-330-0339.

Eta Upsilon Community Service

Northlands Rescue Mission
420 Division Ave – Grand Forks
February 6, 2009
3:00 pm with serving at 5 pm
STTI members and Families are welcome!!
Retired Member Initiatives

Retiring soon or are you retired? Don’t leave your involvement in STTI behind! Honor society headquarters has some initiatives directed toward retired members that can be both beneficial and fun!

**Trip for Members Age 55 or Older with Their Friends and Family**
The honor society’s first chartered trip, to the Georgia Isles, USA, was a great success with the participants having only positive things to say. Because of this success, the honor society is hosting a second trip to Santa Fe and Taos, New Mexico, USA.

The trip, chartered by the honor society through Elderhostel, a not-for-profit organization providing learning opportunities to adults, is scheduled for 3-9 May 2009. The tentative itinerary includes a city tour of Santa Fe, a musical southwest performance and lecture and a visit to the Paul Speckled Rock studio in the Santa Clara Pueblo. Additional outings will include a day-trip to Taos, New Mexico, visits to the George O’Keeffe Museum, the Museum of Indian Art and Culture and a few evenings of free time to explore on your own. More information on the trip, including a full itinerary, is available on the honor society’s Membership portion of the Web site, [www.nursingsociety.org/Membership](http://www.nursingsociety.org/Membership), under “Always a Nurse.” For additional questions, please contact Janell Jackson via e-mail at janell@stti.iupui.edu or via telephone at 888.634.7575.

**Always a Nurse Newsletter and Web site**
The honor society also offers a newsletter and Web site segment dedicated to retired and/or retiring members. The newsletter, delivered three times a year, offers book reviews, member profiles, financial advice and other honor society updates and advice for the retired or retiring segment of membership. If you are retired or are retiring soon, do you currently receive *Always a Nurse*? If not and you wish to, please contact Janell Jackson via e-mail at janell@stti.iupui.edu or via telephone at the numbers listed above. The Always a Nurse web portion is available online at [www.nursingsociety.org/Membership](http://www.nursingsociety.org/Membership) by clicking on “Always a Nurse.”

*Continued on next page*
The honor society’s second trip to Sante Fe and Taos, New Mexico, USA, is scheduled for 3-9 May 2009. More information is available online at www.nursingsociety.org/Membership by clicking on “Always a Nurse.” While the honor society hosts the trip, Sigma Theta Tau International is only acting as intermediary with regard to this travel promotion. Sigma Theta Tau International is not associated with Elderhostel in any way and will not be liable for any claims arising out of or in any way relating to such travel tours. Photo shown is reflective of the area to be visited but may not be included in the actual tour itinerary.
Report from Heritage/Archives

Preservation of materials that illustrate the history of our chapter is not only interesting, but is a requirement by Sigma Theta Tau International.

My co-chair, Lois Ustanko, and I are in the process of collecting materials from the last four years that we do not have. We are especially in need of photos from:

- 2004 Induction
- 2005 Induction
- 2006 Fall Induction
- Research Days
- Membership nights
- Other Eta Upsilon events

Any photos that anyone may have would be appreciated and can be sent electronically to me at vesslinger@gra.midco.net. Some may be available in the CON electronic files as they have been included in newsletters. If all you have are prints, I would be happy to collect them from you.

Lois and I are conducting an inventory of archival materials collected since the establishment of the chapter. Some of my predecessors as Heritage/Archive chairs have done a wonderful job of collecting photos and other materials. We now are looking at methods of collecting and storing archival materials in the future. We also are discussing with the Board the options for a permanent location for archival materials. Currently, some are at the CON in storage and some are at my house.

We appreciate any and all suggestions, ideas, assistance and materials to consider for the archives.

Virginia Esslinger

Stay Connected with Eta Upsilon!
Your help is needed!

It is often assumed that information and communication technologies offer improved and savvy means for business and interpersonal communication. There is also no doubt in anyone’s mind that we are in a technological age where we depend heavily on technology for communication. Eta Upsilon Chapter of Sigma Theta Tau is no exception. We now rely almost exclusively on Email communication to connect with our members.

You are an important member of our chapter! We need your help to maintain an accurate email address for our chapter members. It is very challenging to keep an updated email list of our members. I am asking all of you to remember to update your STTI chapter with any change in email addresses that you have. If you would like to keep more than one email address on file with us, you are welcome to do so! Please update STTI at www.nursingsociety.org with any address and email changes. Don’t forget to also forward any changes to your contact information to your local chapter, Eta Upsilon, by contacting Beth Toay (our chapter secretary). Beth can be reached at bethtoay@mail.und.edu

Thank you! Julie Anderson
“I am a nurse...and I am a Member of a Global Nursing Community”

What is Biennial Convention?

con·ven·tion/ n. [kuhn-ven-shuhn]
Latin convention, to come together

1. A gathering of individuals who meet at an agreed place and time in order to discuss or engage in some common interest. The most common conventions are based upon industry or profession. Professional conventions focus on issues of concern to the profession and advancements in the profession.*

2. An assembly of persons met for a common purpose; especially: a meeting of the delegates of a political party for the purpose of formulating a platform and selecting candidates for office.*

What can you expect to see at the Biennial Convention?

1. The business of the society conducted at the House of Delegates
2. Delegates from all chapters
3. Evidence-Based Clinical Project presentations
4. An international audience
5. International induction including honorary members
6. Leadership initiative presentations and best practices in leadership
7. Nursing education initiatives including curriculum analysis and best practices in education
8. Presentation of over 30 awards to honor and recognize nursing excellence and chapter best practices
9. Translational research presentation

Contact Sigma Theta Tau International
For more information, e-mail convention@stti.org or call 888.634.7575 (U.S./Canada) or +1.317.634.8171 (International).
Abstract Submission Deadline 28 January 2009
Abstracts being accepted now.
UNDERGRADUATE STUDENTS

Natalie Bakke
Jessica Brunner
Erin Cavanaugh
Traci Dahl
Elizabeth Fristad
Michael Gay
Laci Ginder
Jennifer Good
Lindsay Gray
Nicole Hardy
Stephanie Hensel
Christina Hoffman
Grace Irish
Tasha Kane

Kristy Keithley
Emily Kemp
Matthew Lorenz
Heidi Lund
Sascha Milewski
Shannie Mitchell
Jade Nielsen
Amy Oxton
Rachael Petri
Marianne Ramsay
Carissa Ray
Annie Reisdorf
Kayla Stone
Nicole Westerman
Drew Zander

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Celebrating Achievement and Commitment to Excellence!
2008 Eta Upsilon Induction Ceremony

On Thursday, December 11, 2008 the Eta Upsilon Chapter held our annual Induction Ceremony at the UND Memorial Union Lecture Bowl. This event marks the beginning of membership into Sigma Theta Tau International. This celebration recognized 29 undergraduate students and 10 graduate students for their academic achievements, scholarly & leadership potential and 1 nursing leader for her exceptional achievements in nursing.

The keynote address was given by UND Nursing Alumnus Brenda Jo Gillund, Oncology Resource Nurse at the Altru Cancer Center. Her talk entitled, “Putting the CARE in CAREER” encouraged new members to become involved with those they care for and always look for the positive side of every situation. Brenda’s passion and enthusiasm for nursing was felt by those present!

A dessert reception following the ceremony, allowed inductees and their families the opportunity to network with nurses from our chapter. We congratulate and welcome these outstanding new members to the Eta Upsilon Chapter!

Nurse Leader: Lucy Heintz with Chapter President Julie Anderson and Dean Chandice Covington

Pictured are: Stacie Olson, Anna Sackette-Urness, Gloria Ayuck and Tonya Holzer

GRADUATE STUDENTS

Gloria Ayuck
Bibha Gautam
Lauree Hellman
Tonya Holzer
Martha Lystad
Stacie Olson
Karry Pepper
Jody Ralph
Anna Sackette-Urness
Brenda Wolf
Brenda Jo Gillund
Guest Speaker
Presented
“Putting the CARE in CAREER”

Student Inductees
Getting Pinned

Dean Covington Speaking

Cheryl with Lynn Hynek

Roxanne with her Semester 3 Students
Membership Night is an annual event for our Sigma Theta Tau Chapter and this year’s event is bound to provide for great networking with nursing colleagues and the opportunity for some valuable education. Our Eta Upsilon Chapter’s Membership Night will take place on Tuesday - February 24 at Parkwood Place (located on Medical Park). The event will be held in the lower level at Parkwood and will begin at 6 p.m. with a potluck supper being served. If you can, please bring a dish, salad, dessert or treat to share. If you are not able to, come anyway!!!

Following the supper, we will have a presentation by Dawne Barwin who serves the Grand Forks area as the New American Services Refugee Resettlement Coordinator. In Dawne’s role, she assists refugees who are moving to our country from all over the world and helps them get settled in the Grand Forks community. During Dawne’s presentation, she will discuss the types of refugees we have in Grand Forks, the most pressing medical issues and ways in which nurses and others can actively assist with their needs. She will also touch on some cultural issues common to the refugees that are settling in our community.

We hope that you will be able to join us for this night of food, fun, fellowship and education. To RSVP, please e-mail cherylstauffecker@mail.und.edu or call Cheryl at 701-777-4545 to sign up so we can plan accordingly. Hope to see you there.

Submitted by: Carma Hanson
GROWING REWARDS

*a mail-in contribution form...*

The Sigma Theta Tau International Honor Society strives to provide leadership and scholarship in practice, education and research to enhance the health of all people. Certainly, the most valuable resource of Eta Upsilon is the members. Next, financial reserves help the leaders and you, as members, to fulfill our mission and conduct chapter activities.

As a non-profit, we will always strive to maintain support and to strengthen the financial stance of our chapter. encourage financial strength in our chapter. At any time, please be encouraged to help fund the work of our organization with a contribution to the Eta Upsilon Chapter of STTI, by completing the following and mailing to the address below:

This year I would like to be a:

- _____ Silver Contributor (up to $99.00)
- _____ Gold Contributor ($100 - $249)
- _____ Pearl Contributor ($250 - $499)
- _____ Diamond Contributor ($500 - to $1000)
- _____ Sapphire Contributor (above $1000)

Please use this year’s contribution for:

- _____ Chapter Endowment for Scholarships (#46767)
- _____ Heyse Cory Lectureship Endowment (#69015)
- _____ Sponsoring new members with financial needs
- _____ Eta Upsilon operating expenses
- _____ Other ___________________

Name ____________________________________________________________________________

Address __________________________________________________________________________

Phone ______________________ E-mail _________________________________________________

Please enclose this form with our tax-deductible contribution to

Eta Upsilon Finance Chair
UND College Of Nursing
430 Oxford St, Stop 9025
Grand Forks, ND 58202-9025

THANK YOU!
Brad Horner, Finance Chair Eta Upsilon
This is a call for a research grant award from Eta Upsilon chapter. Awards range between $1,000 to $2,000. The application is available from the Eta Upsilon web site. The application deadline is April 1, 2009. Awards will be given out at the Heyse-Corey Lectureship later in April.

Part I: The Problem  (Includes a title, statement of the problem, statement of the purpose, theoretical/conceptual framework, hypotheses or research questions, definition of variables [theoretical and operational], and significance to nursing science)

Part II: Methods  (Study design, site, sample and sampling procedure, data collection procedures, instrument reliability and validity [as relevant], and analysis method)

Part III. Budget  (detail and justify the amounts requested)
   a. Personnel
   b. Supplies
   c. Travel
   d. Other

Part IV. Appendices
   a. Appendices

Official human subject review approval letter or statement that approval is pending

Consent form

Instruments

Investigator(s) curriculum vitae

Students: Letter from advisor; abbreviated c.v. for advisor

Contact:
Bette Ide, PhD, RN
701-777-4531
betteide@mail.und.edu
Nominations and applications are now being accepted for the following 2008 awards and scholarships. The deadline for all submissions is **March 15, 2009** 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. Listed below are some of the individuals who have previously received the awards.

**Excellence in Nursing.** This award rotates between Nursing Practice, Research, Leadership, and Education. Previous recipients include Diane Langemo (Research, 1989), Judith Euller (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), Roxanne Hurley (Leadership, 2004), Darlene Hanson (Education, 2005), Carma Hanson (Practice, 2006), and Bette Ide (Research, 2007), Loretta Heuer (Leadership, 2008).

**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), Maria Rosa (2001), Andrea Bartholomay (2002), Megan Geiszler (2003), Brittany Grzadzielewski, (2004), Jennifer Gauderman (2005), Melanie Mutnansky (2006), and Crystal Dazell (2007), Linda Kibot (2008).


**Tenth Anniversary Scholarship.** This scholarship was created in 1994 to commemorate the 10’th 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), none awarded 2004 or 2005, Vanessa Hernandez (2006), and Michelle Cooley (2007).


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!**
Sigma Theta Tau International Eta Upsilon Chapter

2009 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 15, 2009

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, your written statement of support and one additional letter of endorsement and/or support to:

Patricia Thompsn, Awards and Scholarship Committee
UND College of Nursing
430 Oxford Street, Room 331
Stop 9025
Grand Forks, ND 58202-9025
Phone: 701-777-4501 (work), 218-773-2986 (home)
E-Mail: patthompson@mail.und.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?  

Sigma Theta Tau International  
Eta Upsilon Chapter  

Excellence in Nursing Education 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  
1. Demonstrates excellence in teaching.  
2. Advances the science of nursing through clarifying, refining, and/or expanding the knowledge base of nursing.  
3. Promotes a theory/research base for nursing curricula and nursing practice.  
4. Influences scholarly development in nursing education, practice, and/or research through teaching.  
5. Influences the professional practice of nursing and the public’s image of nursing through excellence in teaching.
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 judgments and practice.  
h. Participates in community affairs, legislation, or organizations that affect during 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.  
l. Creates publishable materials.
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

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. Exceles 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 judgments 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.
Eta Upsilon Chapter

Save the Date . . . At a Glance

February 6, 2009: STTI Members are serving dinner at the Grand Forks Mission – 3:00 p.m. with serving at 5:00 p.m.

February 17, 2009: Board Meeting, 4:30 p.m. College of Nursing, Room 201 Front.

February 24, 2009: Eta Upsilon Membership Night. Parkwood Place (lower level). 6:00 p.m. Potluck dinner and presentation “New Americans – How can Nurses Help?” Dawne Barwin, Greater Grand Forks New American Services Refugee Resettlement Coordinator, will be the featured speaker.

March 10, 2009 (1 week early): Board Meeting, 4:30 p.m. College of Nursing, Room 201 Front.

April 21, 2009: Board Meeting, 4:30 p.m. College of Nursing, Room 201 Front.


May 19, 2009: Board Meeting, 4:30 p.m. College of Nursing, Room 201 Front.

September 24th, 2009: Xi Lambda Chapter Induction. Winnipeg Manitoba. Eta Upsilon Members are welcome to attend.


October 31-November 4, 2009: 40th Biennial STTI Convention. Indianapolis, ID.

Opportunity Knocks!

Eta Upsilon currently has the position of Secretary open on the Chapter’s Board of Directors. Your help is needed in filling this position. Please contact any member of the Leadership Succession Committee: Cindy Braseth, Katie Pence and Angela Zafke to inquire about filling the position. Contact information for Cindy, Katie and Angela can be found in this newsletter on the Officer List.