Message from the President

There is nothing like attending a biennial convention to spark “Gung Ho” feelings for an organization. STTI has done it again! The welcome, the readiness, the graciousness and the ability to take care of every question were amazing. The speakers, the variety of scholarly power point presentations and everyone’s preparedness for their colleagues was phenomenal. The research investigations, the passion for people and the commitment to scientific work, clinical practice and leadership was exciting and enlightening. The scholarship shared through book publications was impressive.

Nowhere in the world do I believe there was such a powerhouse of knowledge and caring all in one place for five days. I attended sessions about the nursing shortage, the faculty shortage, collaborative strategies to prevent a shortage of peri-operative nurses, reflective practice, health promotion through exercise for sedentary middle-age women, transforming care at the bedside and cultural competence of faculty, to name a few. The major themes were always reflective of quality education for students and quality care for patients. I took notes and I have the names of people who shared their presentations. If you would like specifics, I would be happy to share more on an individual basis—just email me, huntley@hickorytech.net.

Phyllis Roseberry and I are very grateful to Mu Lambda Chapter for the wonderful experience of being your delegates. We will continue to be designated delegates until the next Convention. The role of designated delegates was decided at the Convention so that electronic voting could take place on issues that could not wait two years, mainly chartering of new chapters. Attending the Convention and being a delegate was a very energizing experience and one that provides much food for thought and many growth-promoting ideas for chapter vitality. Thank you for giving us this wonderful opportunity. Mu Lambda Chapter Delegates 2005-2007: Mary Huntley and Phyllis Roseberry.

You may recall from the September 2005 issue of The Quest, I gravitated to the term “Gung Ho.” It is a term originating from WWII days that means, “to describe boundless enthusiasm, energy, and dedication applied to some task” (Blanchard & Bowles, 1998, p. 63). In the book, Gung Ho!, three main principles are described to create energy, productivity and good feelings about what people do. The principles are conveyed through stories titled: “The Spirit of the Squirrel”, “The Way of the Beaver”, and “The Gift of the Goose”. Leadership development is an important goal in STTI and likewise in Mu Lambda Chapter. I invite you to read this book and use it as a tool in your work environment to make a difference, to foster success and to inspire others. For even more enjoyable learning, read the book, Leadership Jazz, by Max Depree. Join us in January for a “jazzy” discussion led by a leadership expert (see details in this newsletter).

This is also the time of year that we try to be “Gung Ho” about a lot of things. We want to be Gung Ho about the Holidays and celebrations with family and friends. We want to be Gung Ho about ending a calendar year, reflecting on goals achieved and those that need to be carried over to the next year. We want to be Gung Ho professionally, even though it is difficult during these days of challenging times. I hope the “FRED”, Marie Manthey talks about will not continuously invade your life. (FRED is Frantic Running Every Day). Between now and the end of 2005 I hope you take time to pause and reflect on the beauty in you, the talents you have and the spirit that captures your inner heart and soul—that which gives you passion for your nursing practice and that which creates renewal for you, gives you the Gung Ho spirit, and moves you forward.

Most of all, take time to laugh, enjoy life, and make health-filling choices. May your Holidays be uplifting.

Mary Huntley, President, Mu Lambda Chapter
Happy Holidays
from Minnesota State Mankato!!

Please note the “new name” above. It is now recommended that the campus community use Minnesota State Mankato as we refer to the University. As you probably know, the name of this educational institution was first Mankato Normal School (1867), followed by Mankato State Teachers College (1921), Mankato State College (1957), Mankato State University (1975), and then Minnesota State University, Mankato (1998). One reason Minnesota was added to the name was to let people in the global community know just where we are. Now since so many local and regional people still say Mankato State University and the formal name is so long, we are encouraged to shorten the name to Minnesota State Mankato (2005). I would be interested in knowing how long it takes for you to use this name easily. I almost “live” at Minnesota State Mankato and still have trouble adjusting to new names for this great learning institution.

The most recent Mu Lambda Chapter activity I attended was special for the School of Nursing Family Nursing Research Team, of which I am a member. Dr. Helen Lee presented “Rural Nursing Theory: Where are we now?” Four current undergraduate nursing students were my guests at this dinner meeting held at Gustavus Adolphus College November 17, 2005. The students showed excitement and pride when they heard from Dr. Lee that five of their very own instructors have a chapter in a new book edited by Dr. Lee. The citation for this new book is:


The School of Nursing has begun a collaboration with other state universities that also have graduate programs (Metropolitan State, Winona State and Minnesota State-Moorhead), to plan a nursing curriculum that will lead to a completed doctorate in nursing. The goal is to enroll students in the fall semester of 2007. In addition, an undergraduate curriculum review is underway and a federal grant will be submitted in December that, if funded, will support the development of a nursing education focus in our graduate program. So you can see that there is never a dull moment in the School of Nursing at Minnesota State Mankato.

Seasons Greetings and Happy New Year!

Mary Bliesmer
Professor and School of Nursing Chairperson

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**Mu Lambda Chapter Officers 2005-2006**

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<thead>
<tr>
<th>Office</th>
<th>Officer Name</th>
<th>Term Ends</th>
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<tr>
<td>President</td>
<td>Mary Huntley</td>
<td>2008</td>
<td>507-388-3690</td>
<td><a href="mailto:huntley@hickorytech.net">huntley@hickorytech.net</a></td>
</tr>
<tr>
<td>President Elect</td>
<td>Julie Hatleli</td>
<td>2006</td>
<td>507-386-0647</td>
<td><a href="mailto:hatleli.julie@mayo.edu">hatleli.julie@mayo.edu</a></td>
</tr>
<tr>
<td>Vice President</td>
<td>Kara Anderson</td>
<td>2007</td>
<td>507-375-4879</td>
<td><a href="mailto:kkkddanderson@cpinternet.com">kkkddanderson@cpinternet.com</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Phyllis Roseberry</td>
<td>2006</td>
<td>507-387-6395</td>
<td><a href="mailto:roseberry.phyllis@mayo.edu">roseberry.phyllis@mayo.edu</a></td>
</tr>
<tr>
<td>Secretary</td>
<td>Mary Johnson</td>
<td>2006</td>
<td>507-385-1218</td>
<td><a href="mailto:mtjohnson54@aol.com">mtjohnson54@aol.com</a></td>
</tr>
<tr>
<td>Faculty Counselor</td>
<td>Patricia Earle</td>
<td>2006</td>
<td>507-345-5479</td>
<td><a href="mailto:patricia.earle@mnsu.edu">patricia.earle@mnsu.edu</a></td>
</tr>
<tr>
<td>Faculty Counselor</td>
<td>Sonja Meiers</td>
<td>2007</td>
<td>507-345-1470</td>
<td><a href="mailto:sonja.meiers@mnsu.edu">sonja.meiers@mnsu.edu</a></td>
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*If you are interested in how to become a more active member, please contact any of the board members or Jani Johnson (johnson.jani@mayo.edu), Chair of the Membership Committee. We desire to reach for the stars, and we need our members to help forge our paths into the future. You can choose to be active on committees or consider running for a future office.*

Together we can achieve our highest aspirations!
Celebrating 15 Years - Spotlight on Past Presidents:

Julie Hebenstreit, MA, RN, CNE, Mu Lambda Chapter President 1990-1992

Tell us about your nursing career.

Upon completion of a BSN from the University of Iowa, my first employment was as a staff nurse in a postoperative unit. After that I was employed as an Assistant in Instruction in the College of Nursing at the University of Iowa teaching medical-surgical clinicals. While working on my thesis for Masters degree in Medical-Surgical Nursing, I took a teaching position in the Nursing Department at Mount Mercy College in Cedar Rapids, Iowa. During this time I spent one summer working in a small community hospital in Delta, Colorado as a staff nurse on nights. After teaching for Mount Mercy College for five and one-half years, I assumed a faculty position at Wichita State University in Kansas. While in Wichita, I extended my teaching experience from beginning foundations to nursing research to the senior level capstone clinical. I also kept up my practice skills by working as a staff nurse on medical-surgical hospital units during the summer. Five years later, I began teaching at what was then Mankato State University. Twenty years later I continue to thoroughly enjoy the academic community, especially my colleagues in the School of Nursing.

Who has been a mentor or someone who has influenced you greatly in your nursing career? How has she/he influenced your career? What is the most important piece of advice that she/he has given you?

An important mentor in my career has been Dr. Kathryn Schweer. Kathryn was very helpful in facilitating my participation in research. We worked together on a project investigating faculty workload. Kathryn was also a driving force in forming the SON Honor Society and its eventual chartering as the Mu Lambda Chapter of Sigma Theta Tau International. Although I can’t remember specific advice that Kathryn gave me, I found her to be a great role model for involvement in the nursing profession.

Why are you an active member of Mu Lambda Chapter?

Active membership provides opportunities to support scholarship activities that build nursing knowledge and further the profession. In addition, I enjoy working with nurses who care deeply about the profession and health care.

What advice would you give to other Mu Lambda nursing leaders today?

Continue to persist in endeavors to promote active involvement of our members. While I have been inactive at various times in my career, I returned when I found a Chapter that was actively involved in working toward the goals of the Honor Society.

Is there anything else that you would like other Mu Lambda members to know about you?

I thoroughly believe in life-long learning. I recently took the Certified Nurse Educator exam at the NLN Education Summit 2005, passed the exam and can now use the designation of CNE. Hopefully by the end of this academic year, I will have earned an EdD in Leadership from Saint Mary’s University in Minnesota. My husband tells people that I keep going back to school until I get it right! I wonder what’s next?

Annual Meeting & Book Discussion

Join us for Mu Lambda Chapter’s Annual Meeting Thursday, January 26, 2006 in downtown Mankato at smoke-free Maverick’s. In continuing our focus on leadership, we will be discussing Max Depree’s Leadership Jazz (1992), ISBN 0-440-50518-6. Read this small book and come share your thoughts and questions.

We are fortunate to have Dr. Brenda Flannery, Associate Professor of Management in the College of Business at MSU, as our discussion leader. Dr. Flannery teaches courses in entrepreneurship for undergraduates and graduates and leadership in the graduate program. It should be an interesting discussion with a great management professor!

Mark your calendar now and look for a postcard with more information early in January 2006!
Reflections from a First Time Delegate

“Create the Future through Renewal” was Sigma Theta Tau International’s Biennial Convention theme. Renewal of spirit, of pride in nursing, of dedication to STTI, and renewal of energy to further my knowledge were definite outcomes. The convention brought rich opportunities to network with nurses from all over the world. Nurse leaders and scholars alike came to learn and share knowledge. Many opportunities existed to attend clinical, scientific, and leadership sessions. There also were abundant occasions to celebrate and award nurses that have made significant contributions to their profession and to the patients they serve.

I especially enjoyed the leadership sessions for the applicability to my role as a nurse leader. Sara Horton-Deutsch and Gwen Sherwood presented “Reflective Leadership - Creating a Transformative Environment Where Others Want to Belong”. This presentation emphasized the need to be present and attentive. Personal development was identified as being core to leadership. Three critical steps for creating a healthy work environment were shared:

* Match philosophy with action
* Overall mission matches the reality
* Behaviors match the consequences

The need to build consistency was also emphasized. Dissatisfaction with relationship is a major reason for leaving the workplace.

I attended another leadership session “Leading a Change to EBP Through Collaborative Partnerships” presented by Bernadette Melnyk. Dr. Melnyk gave an enthusiastic presentation reviewing the importance of incorporating EBP (Evidence Based Practice) in clinical settings and how this has been accomplished in Arizona through a state-wide collaborative effort. Research courses need to emphasize how to critique an article quickly and how to search for evidence. Health care systems need to have mentors to enhance nurses’ beliefs that they can implement EBP and that EBP improves outcomes.

The final leadership session I attended was titled “Creating a Leadership Legacy: The Time is Now” presented by Rose Sherman. This was a qualitative study that asked “What are the factors that influence the decisions of younger RNs to consider or reject nursing leadership positions?” The major overall themes influencing consideration of a leadership role included:

* Potential in role to make a difference
* Need for true power in the role
* Compensation and perks were important
* Mentoring and education are critical
* Current messages from nurse leaders are not positive (stressful, unrealistic expectations, loss of clinical skills, long hours.)

All sessions were thought provoking and informative. The business component was well organized and bylaw changes were passed with little debate. Mary and I had an opportunity to go to STTI headquarters for the Brick Paver dedication. Headquarters, or what is otherwise known as “the house that nursing built”, is impressive.

Thanks to Mu Lambda Chapter for the opportunity to attend the 38th Biennial Sigma Theta Tau International Convention!

Phyllis Roseberry

Biennial Convention Volunteer

One of my pleasures as a 13-year Mu Lambda Chapter member is that attending Sigma Theta Tau Conventions is sort of like “coming home”. When you come home, you get to start where you left off. Where I left off was 2003 in Toronto as a presenter in the Creative Arts poster session with my colleagues Sandi Eggenberger and Norma Krumwiede. I picked up this time as a moderator for a concurrent session. As a moderator for an 8:15 a.m. Sunday morning session, I was pleasantly surprised to see Cynthia Haugsdal, a Mu Lambda Chapter member, as a presenter in the first group on Obstetric Strategies. It was nice being in a position to put Cindy at ease, affirm her and all the presenters for their contributions toward excellence in care worldwide, and be gentle when raising the green “5-minute card”, yellow “2-minute card” and red “stop” card. Who knew that timing could be so stressful! The presenters all did an excellent job and it was clear they had worked very hard to be ready; seeing everyone’s best work is one significant aspect of an STTI Biennial Convention. I truly gained as much from the experience of volunteering as I did from presenting a paper.

Volunteering in some way will certainly be in my plans when I “come home” to future conventions. Serving other nurses on their own scholarly journey is a pleasure. I recommend volunteering at a future convention to you, also.

Join us November 2-6, 2007 in Baltimore!

Sonja J. Meiers, PhD, RN
Election Time is Approaching!

Elections are approaching for Mu Lambda Chapter. Now is your chance to run for an office. Following are the offices to be vacated in June at which time the new officers will assume their positions. All members are eligible to run for offices. If you are interested in running for one of these positions please contact Laura Willaert at willaert.laura@mayo.edu or (507) 345-1409.

President-Elect (2-year term):
* Succeed into the presidency at the end of a two year term of office.
* Communicate to the public the purposes of the society
* Be chair of committees, as needed
* Learn the chapter operations and facilitate the achievement of Chapter goals and mission of Sigma Theta Tau International
* Oversee the process for completing and submitting the Chapter Key Award application.

Treasurer (1-year term):
* Be custodian of the funds
* Prepare a quarterly financial report and present a current financial report to the Board of Directors at each meeting
* Prepare and submit an annual budget to the Board of Directors with appropriate committee advisory council or task force
* Prepare and submit the Annual Chapter Financial Report
* Work with an accountant on the biennial audit and submit a copy to headquarters
* Obtain and complete necessary tax forms for the Internal Revenue Service
* For inductons, cut checks needed for International induction fees and jewelry and honor cords orders
* Oversee and manage the investment plan of the organization with support from the Board of Directors
* Develop and maintain fiscal policies and procedures in collaboration with the appropriate committee. Submit new policies or modifications of existing policies to the Board of Directors for approval.

Secretary (2-year term):
* Record and arrange for typing the minutes for each Board of Directors and business meeting
* Distribute minutes to all members of the Board of Directors
* Keep an official record book of the minutes of all Board of Directors’ and business meetings to present to the succeeding secretary
* Prepare an annual report to the chapter membership
* Send a list of new officers to Headquarters within two weeks following officer elections; maintain accuracy of the list with Headquarters
* Order all stationery, forms and mailing labels for the chapter
* Arrange for typing and mailing of correspondence for the chapter
* Send membership invitations to all elected candidates, in cooperation with the Governance Committee
* Serve on committees as needed

Faculty Counselor (2-year term):
* Serve as the chair of the Governance Committee
* Lead the procedure for determining membership eligibility and inducting members
* Develop strategies for publicizing and informing students and community nursing leaders of eligibility for membership in conjunction with the Membership Involvement Committee
* Secure necessary data from the official records of students to determine eligibility status. Notify students of their eligibility status and send out the appropriate membership application materials
* Manage or delegate the oversight of Chapter bylaws changes

Leadership Succession Chair (2-year term):
* Develop members in organizational leadership roles across the span of their careers
* Mentor members to assume positions at all levels of the organization
* Oversee the selection of well-qualified members who can provide the necessary leadership to achieve Chapter goals and to meet the needs of members
* Oversee the preparation, distribution and tallying of election ballots
* Notify all candidates (elected and non-elected) of the election results
Research Forum 2005

The 2005 Mu Lambda Research Forum took place on Friday, October 14, 2005 at South Central College. The theme was “Research and Practice: Connecting the Dots.” Sharon Tucker, DNSc, RN, CNS, keynote speaker, informed us about her work with translating research into clinical practice. Sharon is Clinical Nurse Researcher and Nurse Administrator at Mayo Clinic in Rochester, MN. In the afternoon, Sharon led small group discussions where attendees shared examples of how they currently use evidence-based practice.

Evaluations from attendees were enthusiastic and included “Good topic applicable to clinical and practical knowledge”, “Very applicable to my practice and increased my knowledge”, and “Great speaker and very motivating. A very eloquent and knowledgeable speaker.”

Thank you to all those who supported Mu Lambda Chapter through presenting their research projects. We enjoyed a wide variety of topics and perspectives:

**Donna Brauer, PhD, RN:**
The Fatigue Experience of Persons Living with Chronic Rheumatic Disease

**Sonja Meiers, PhD, RN and Candence Mortenson-Klimpel, MSN, APRN:**
Pilot Testing of a Family Nursing Intervention in the Adult Critical Care

**Pam Friesen, PhD, RN:**
The Role of Peer Group Interaction in the Initial Socialization of Junior Students into Baccalaureate Nursing Education

**Shirley Newberry, DNSc, RN:**
Health Promoting Behavior of Well Older Adults in the Rural Setting

**Jean Humphries, MS, RN:**
Sleep Disruption in the Hospitalized Adult

**Marilyn Swan, MSN, RN:**
Collaborative Practice between Nurse Practitioners and Physicians: A Pilot Study

**Elizabeth Harrison, PhD, RN:**
Investigating Human Suffering Through the Analysis of Imaginative Literature: Expanding Options for Qualitative Inquiry in Nursing

**Sue Ellen Bell, PhD, APRN, BC:**
Individual and Organizational Ethical Orientations in Public Health Nursing

**Karen Willette-Murphy, PhD, RN:**
Exercise as an Intervention for Sleep Enhancement

**Jennifer Pittman, RN:**
Registered Nurse Job Satisfaction and Collective Bargaining Unit Membership Status

**Amy Christianson, MSN, RN:**
Coping Strategies and Global Functional Health Outcomes in Rheumatoid Arthritis

**Cindy Scherb, PhD, RN; Janet Specht, PhD, RN, FAAN, and Jean Loes, MS, RN:**
Describing the Correlation between Nurse Accountability, Decisional Involvement, Job Satisfaction and Nurse-Sensitive Patient Outcomes

Many thanks to the Research Forum Planning Committee: Marilyn Swan, Co-Chair; Karen Neu, Cindy Scherb and Linda Welch. Through their efforts we were able to present a full day of learning and sharing! Thank you to everyone who attended and helped contribute to this memorable day.

_Susan Lampe, Co-Chair, Research Forum Planning Committee_

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**Share Yourself with Mu Lambda Chapter**

In addition to filling a ballot with members who are willing to serve in an elected capacity, many volunteers are needed.

**You can volunteer: you can self-appoint!** Please consider the following ways for you to contribute to the success of Mu Lambda Chapter:

* Assist with the induction ceremony
* Take pictures of members during various Chapter events/meetings
* Help attract inactive members to being active again
* Assist with fund raising
* Assist with organizing materials to apply for a Chapter Key Award
* Help with publicity of meetings as well as informing the public of Mu Lambda Chapter members' achievements and upcoming events
* Assist with the annual research conference
* Assist with the development and mailing of four newsletters each year
* Form teams for the Memory Walk for Alzheimer's each September
* Create email message meeting reminders to meetings

Think about it and give one of the Mu Lambda Chapter officers a call. Devoting time to just one thing or assisting with one meeting would be a tremendous gift. Or if none of these options work for you right now, just come to meetings; that would be a tremendous gift as well. You will enjoy the networking, collegial connections, and cognitive nurturing.
Campaign 15

Mu Lambda Chapter is 15 years old in 2005. You will receive a letter soon requesting your gift of $15 or a gift in multiples of 15 to honor the Chapter’s anniversary. This is the only fundraiser planned for this year.

Time is valued and members have indicated they would rather send a gift to the Chapter than to support or work at multiple fundraising activities. The Chapter truly needs your support to fund research, scholarships and initiatives that members value. You will have opportunities to designate your gift.

Please look for your letter and share your gift in December. The Past Presidents’ Council is providing leadership for this campaign and thanks you for giving this your thoughtful attention and contribution.

Governance Committee

One of the tasks of the Governance Committee is to identify and present to the Board candidates eligible for membership in Mu Lambda Chapter Sigma Theta Tau International. Many nurses have not had a chapter available to them in the past, or perhaps they could not accept the invitation at the time one was received.

The Committee welcomes any nominations for Nurse Leader applicants. A Nurse Leader must:

* Be a registered nurse, legally recognized to practice in her or his country
* Hold at least a baccalaureate degree in nursing or another field
* Have demonstrated achievement in nursing

Nurse Leaders can be just about everywhere there are nurses. Potential sources include:

* Hospital colleagues
* Nursing faculty colleagues
* Nursing homes/Long Term Care facilities
* School nurses
* Nurses profiled in local or national newspapers or magazines

Please contact me soon with any recommendations or questions.

Pat Earle, Governance Committee Chair

Support Local Leaders

John Brady, MSU School of Nursing alumnus, is a candidate for Mayor of Mankato.

Kathleen Sheran, Mu Lambda Chapter member, has announced she will run for state Senator of District 23.

Watch for details in your local newspapers. Let these colleagues know of your support and willingness to help.

A Special "Thank You"

to Immanuel St. Joseph’s - Mayo Health System

for their support in printing and mailing

The Quest,

Sigma Theta Tau International Mu Lambda Chapter’s newsletter

Treasurer - Thank you and Welcome

As Mu Lambda Chapter’s Treasurer since 2003, Carol Brown has done a superb job of organizing the role, following the prescribed protocols for keeping accurate records, preparing reports for meetings, and assuring that we are in compliance with guidelines specified by Headquarters. While we are sad to accept her resignation, we wish her well in the activities she wanted more time to pursue. Thank you, Carol!

We welcome Phyllis Roseberry back to complete the 2005-2006 Treasurer role. Phyllis’s familiarity with the role will help maintain continuity. Thank you, Phyllis! The office of Treasurer will be on the 2006 ballot for a one-year position (2006-2007) to complete Carol’s two-year term.
Kudos!

Linda Rossow has been selected as an item writer for the ANCC Psychiatric/Mental Health certification exam. She attended training in Silver Springs, MD, September 28-30, 2005 at the America Nursing Association headquarters.

Sandra Eggenberger, PhD, RN presented Being Family: The Family Experience when an Adult Member is Critically Ill for a scientific session at Sigma Theta Tau International’s 38th Biennial Convention.

Norma Krumwiede, EdD, RN was recognized by STTI for her support of the “Brick/Paver Garden” and the purchase of bricks in honor of Kelly Krumwiede, Mary Huntley and Presentation College, Fairmont.

Toot Your Horn...
or Toot a Horn for Someone Else!!!

Perhaps you know of a news item, important event, or professional celebration announcement for you or one of your Mu Lambda colleagues. Please submit your news for upcoming issues of The Quest to:

Linda Wenkel
Minnesota State University, Mankato, School of Nursing
360 Wissink Hall
Mankato, MN 56001
507-389-6825
email: linda.wenkel@mnsu.edu

Thank you!

Happy Holidays