Letter from the President

Mu Lambda Chapter’s Annual Meeting January 27, 2005 was informative and the book discussion was very enlightening. I would like to include some of the highlights from our Annual Meeting. Kathy Sheran and Pat Earle, Faculty Counselors, along with the rest of the Governance Committee, Julie Hebenstreit, Mary Bliesmer, and Sandi Eggenberger, presented a list of eligible undergraduate students, graduate students, and nurse leaders for prospective membership. Chapter members who attended the Annual Meeting approved the list of eligible individuals. The Governance Committee is now in the process of inviting the candidates to join Sigma Theta Tau International while also preparing for the actual induction. (Publicity for induction is included in this newsletter.) The Annual Induction is not just for new members. Induction is a great opportunity for active members to renew professional friendships and for inactive members to reconnect with the Chapter. We hope to see many of you there!

The three members of our Leadership Succession Committee, Laura Willaert (Chairperson), Emily Goetzke, and Nicole Deutsch have spent many hours preparing a ballot for new members to the Executive Board. A sincere thank you goes to them and also to all the members who have consented to serve the Chapter for the next term. The Leadership Succession Committee has also been discussing retention of members and member involvement.

Carol Brown, Treasurer, reported on the financial position of the Chapter. The Chapter has a total balance of $7,745.22 in all accounts (CD, checking account, and MSU account). Phyllis Roseberry, Chairperson of the Fundraising Task Force, reported that fundraising events for this year include Herbergers’ Community Day participation on February 26th and a garage sale to be held on May 7th. The proceeds of these fundraising efforts will go towards nursing scholarships and research awards.

Program Committee members Julie Hatleli and Deb Krosch have arranged programs that include a joint spring program with 5th District MNA, Gregory Katcher, MD and Sharon Schneller, RN, ISJ-Mayo Health Systems’ Vice President of Hospital Operations, will provide an entertaining program and lead a discussion based on the book The Five Dysfunctions of a Team, by Patrick Lencioni. (Publicity is included in this newsletter.) Additional people are welcome to assist with one or more programs during the year. In addition, the Chapter still needs an individual to serve as Chairperson of the Program Committee. If you are interested in serving on the Program Committee, please contact Julie Hatleli or any current Board member.

Other task forces gave reports as well, and are by no means any less important. When hearing all of the committees and task forces give their reports, I was taken aback by the commitment involved. So many others have been giving their time and talents to the Chapter. To name a few more (though the list does not end here)...Susan Lampe (Chairperson of the Research Forum), Karen Neu, Pat Fahey-Bacon, Marilyn Swan, Linda Wenkel (The Quest’s Editor), and the Chapter Key Council (Mary Huntley, Annette Benson, Beverly Bomirager, and Linda Welch).

The Chapter is blessed because of all the contributions given by volunteers. On behalf of Mu Lambda Chapter, I would like to thank all volunteers (both past and present) that have shared their time and talents with us.

Kelly Kramwoled, President
Thoughts from the Interim Associate Dean

I have been the Interim Associate Dean since July of 2004. Acting in this administrative role after 25 years of teaching in the School of Nursing (SON) has been interesting, to say the least. Challenges and rewards have been numerous.

A recent reading of a book entitled Managing Transitions - Making the Most of Change, by William Bridges, reminded me of the four rules that the late Diane Manahan lived by while she was teaching in the School of Nursing. In January, I shared these with the nursing faculty, stating that they are particularly important to me during this time of transition in the SON.

These Four Simple Rules for Living are:

* Rule 1: Show Up - We miss precious opportunities by taking ourselves out of them.
* Rule 2: Be Present - Bring all your energies and talents to the table.
* Rule 3: Tell the Truth - Telling the truth may be the most powerful action you can take.
* Rule 4: Let Go of Outcomes - We cannot ultimately control outcomes. Do all that you are able, then let go.

These 'rules' may resonate with many of you as well, since every organization/group seems to be in transition most of the time.

I am looking forward to seeing many of you on April 23rd at the 2005 Induction Ceremony that will be held in the newly remodeled Centennial Student Union on the MSU campus.

Mary Blesmer, DNSc, APRN, BC, Interim Associate Dean
School of Nursing - Minnesota State University, Mankato

Upcoming Events...

Mu Lambda:

* March 31, 2005
(Change of Date) Spring Program with 5th District MNA will be held at Applewood with the meal starting at 5:30 p.m.

* April 23, 2005
Induction will be held at Minnesota State University, Mankato in the Student Union.

Scholarly Opportunities at South Central Technical College:

April 8, 2005  Colorectal Cancer: New Approaches to Prevention, Screening, and Treatment

April 14, 2005  Codependency: Close to Home

April 15, 2005  Are You the Boss of Me?

April 21, 2005  Managing Skin Tears

April 28, 2005  DISCUS: Tardive Dyskinesia Monitoring

Contact www.mnsu.edu/ctn/education.html for more information.

The Quest is published quarterly in Mankato, Minnesota. Comments or corrections regarding articles in this newsletter may be addressed to Linda Wenkel, Editor, at 507-389-6825 (linda.wenkel@mnsu.edu). Layout by Brenda Garbers.
In January 2005, a turning point occurred for the Chapter Key Council and Mu Lambda Chapter. After considerable discussion at the Annual Meeting, it was agreed that Mu Lambda Chapter delay applying for a Chapter Key Award until the next biennium, 2005-2007. The Council has faithfully worked to verify that criteria for the award application have been met or will be met by June 2005. There is uncertainty about meeting the 2005 goal. Thus, we will take our learnings from these two years to the next step and prepare even more diligently for the next application time in 2005-2007. The Council is meeting in March to prepare guidelines for each committee and officer to use in a very intentional way to assure that criteria are being met and documented throughout the two years of the application period of time.

Striving to achieve the Chapter Key Award requires work, diligence, and careful documentation of all that we do as a Chapter. Thus, the rightful question is asked: Why do we want to do this? What is to be gained?

The Chapter Key Award was established in 1991 for the purpose of honoring a chapter’s overall excellence. It provides an evaluation process for the chapter and measures the vitality and health of the chapter. Chapters can apply every two years. Mu Lambda Chapter applied once before in 1997. The application was beautifully done; however, a Chapter Key Award was not granted. Now the criteria have changed and more assistance is available from Sigma Theta Tau International (STTI) headquarters.

There is no requirement that we apply. However, the goal of being among the best and meeting a quality standard is a strong motivator. Like any accreditation process, this award speaks to us as a chapter and to all other chapters about our collective effort to be the best we can be in advancing the mission and goals of STTI. It is an award we achieve for ourselves and one that communicates to others about our membership recruitment and retention, chapter outreach, and professional and leadership development.

Current recommendations are to establish a leadership internship, work further on membership retention, reach out to inactive members, encourage continued response of members to completing the Volunteer Interest Profile (VIP) on the STTI website, encouraging more members being active at the regional and national levels of STTI, and sponsoring new members' attendance at STTI conventions/conferences. We have learned from our newest members to Mu Lambda Chapter that the newsletter is a very important link to our members and is a key means for them to stay connected to our chapter. We are moving in the right direction; the Council is committed to continuing to facilitate the pathway to success.

Chapter Key Council, 2004-2005
Mary Handley, Chairperson
Annette Benson, Linda Welch, Beverly Bornrager, & Kelly Krumwiede

Kudos & Recognitions

Marilyn Swan
...is the 2004 recipient of the Julia Hebenstreit Presidential Scholar Grant for work on her thesis "Collaborative Practice Between Nurse Practitioners and Physicians."

Sandra Goblirsch
...was awarded a scholarship by the American Association of Critical Care Nurses for her thesis work "Critical Care Nurses' and Families' Perceptions of Family-Nurse Interaction."

Margaret Brewer
...received MNA's Mentorship in Nursing Award at the Minnesota Nurses Association Convention on Sunday, October 17, 2004.

Continuing Education Opportunities Online
Sigma Theta Tau International provides case study presentations and evidence-based articles on line with corresponding contact hours. The educational modules are authored by nurse experts in many fields: Adult Health, Cardiovascular, Disaster Readiness, Ethics, Evidence-Based Nursing, Genetics, Infectious Disease, Leadership/Management, OB, Oncology, Pain Management, Palliative Care, Pediatrics, Personal Development, Psychiatric/Mental Health, and Women's Health.

Both members and nonmembers can access the educational modules at www.nursingsociety.org/education/ceonline.html.
Mu Lambda Chapter and 5th District MNA Spring Joint Meeting
Thursday, March 31, 2005
Applewood Restaurant - Mankato
5:30 p.m. – 7:30 p.m.

Gregory Kutcher, MD, Medical Director and Sharon Schneller, RN, Vice Chair of Hospital Operations Immanuel-St. Joseph’s-Mayo Health System will provide an entertaining program and lead a discussion based on the book:

The Five Dysfunctions of a Team by Patrick Lencioni.

Come and learn how any team can be successful when these five areas are addressed successfully. Find out the first obstacle a group must overcome before it can proceed to really act as a team. This program is applicable to your personal as well as professional life!

Please send $12 (checks made out to Mu Lambda Chapter) and your completed registration form to Carol Brown, Minnesota State University, Mankato, School of Nursing, 360 Wissink Hall, Mankato, MN 56001 by Thursday, March 24, 2005.

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Mu Lambda Chapter and 5th District MNA Spring Joint Meeting

Name ____________________________________________

Employer (if applicable) ____________________________________________

Organization: ________ MNA ________ Mu Lambda Chapter

Phone Number ______________________________ E-mail ______________________________

Choice of entrée: ____Chicken Breast ____Fish ____Steak

____ I have enclosed my $12.00 registration/ meal fee and have indicated my choice of entrée.
Breaking news ......
Mu Lambda Chapter now has a list serv!

What is a list serv?
A list serv or distribution list is a way to send a message to a group of people. A message that is posted to the list serv is sent to everyone who is signed up on the list serv.

Mu Lambda Chapter’s list serv is moderated, which means that all messages submitted for posting will be screened by a moderator (a Mu Lambda Board Member) before it is forwarded to everyone.

You do not need to log in to the list serv to see the new messages as they are automatically sent to your email address.

What will Mu Lambda Chapter be using the list serv for?
- Share general information with each other
- Share information regarding upcoming programs
- Put out calls for volunteers
- Perhaps develop an electronic version of the Mu Lambda Chapter newsletter for distribution through the list serv

How do I access the list serv?
The web site for the list serv is http://mail.mnsu.edu/mailman/listinfo/mulambda

How do I join the list serv?
Go to http://mail.mnsu.edu/mailman/listinfo/mulambda
Scroll down to “Subscribing to Mu Lambda”. Enter your email address and your name. Scroll down to “Pick a Password”. Enter a password. Re-enter the password. Click on “Subscribe”.
At this point, a confirmation email will appear. Follow the directions on the confirmation email. You will now be a member of the list serv.

How do I post a message to the list serv?
Go to http://mail.mnsu.edu/mailman/listinfo/mulambda
Scroll down to “Using MuLambda”.
Where it says “To post a message to all the list members, send email to mulambda@mail.mnsu.edu”, hold cursor over mulambda@mail.mnsu.edu and click once with mouse.
An email message will now open addressed to Mu Lambda. Add your subject, type your message and click send.

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To Diane Witt for orchestrating Mu Lambda Chapter’s list serv.

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To Mary Huntley and Linda Wenkel for donating to the Chapter the inspiring book Ordinary People, Extraordinary Lives: The Stories of Nurses. The book is located in the Mu Lambda Room (WH 366) in the School of Nursing and members may check it out.

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Linda Wenkel
Minnesota State University, Mankato
School of Nursing
360 Wissink Hall
Mankato, MN 56001
507-388-6825
email: linda.wenkel@mnsu.edu
Mu Lambda Chapter, Sigma Theta Tau International
Honor Society of Nursing

Invites you to share in the Induction Ceremony,
a celebration of our members and inductees

Saturday, April 23, 2005
Centennial Student Union 201-204
Minnesota State University, Mankato

10:15 a.m. Orientation for New Inductees
11:00 a.m. – 1:00 p.m. Brunch and Ceremony
$12.00 Brunch

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Please submit with your check for $12.00 by April 9, 2005
Send this form with your check to:
Carol Brown, Minnesota State University, Mankato, School of Nursing, 360 Wissink Hall,
Mankato, MN 56001
(Refunds on reservations made no later than April 18, 2005)
***Your check (payable to Mu Lambda Chapter) is confirmation of your reservation.
A meal cannot be guaranteed without your reservation. In case of inclement weather, listen
to KTOE AM or WCCO AM radio for cancellation notice.


Young, P. (2004). Trying something new: Reform as embracing the possible, the familiar, and the at-hand. Nursing Education Perspectives, 25, 124-130.


Mu Lambda Chapter Officers 2004-2005

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<thead>
<tr>
<th>Office</th>
<th>Officer Name</th>
<th>Phone</th>
<th>Email</th>
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<tbody>
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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 Task Force. 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!