Message from the President/President-Elect

One of my favorite books was written in 1984 by Karen Kaiser Clark, *Grow Deep, Not Just Tall*. Her wisdom shared in this book is as relevant today as it was 20 years ago. The beginning of the book suggests that “seasons of life weave a pattern” (p. 7).

> Life is ever changing, always new. Many yesterdays slip into today. Yet, each sunrise offers a fresh new day...
> Make the most of your moments and remember, change is not merely necessary for life. Life is change...Growth is optional...Choose wisely... (p. 15).

A change in one person’s life creates change in the lives of others. It is part of the pattern of an ever changing life. Kelly Krumwiede’s life changed when the opportunity to advance her education arrived. Managing family, work, and academic roles required her full-time attention. She resigned her position as President of Mu Lambda Chapter in February.

As President-Elect for 2004-2006, I agreed to step into the role of President a year early. Julie Hatfield, Vice President until July 2005, has agreed to complete my term as President-Elect. We will co-team the President and President-elect roles for 2005-2006. We know Kelly chose wisely considering the changes in her life; we believe Julie and I have chosen wisely given the variables in our respective lives. We express our gratitude to Kelly for her leadership as President-Elect and President. My personal experience with her as a leader has been wonderful-organized, faithful, great communicator, focused, knowledgeable, patient, resourceful. We wish her well in meeting her goals and welcome her continued participation with us as a member of Mu Lambda Chapter.

As our 2004-2005 year comes to a close, I am awed by the many talented people working together in Mu Lambda Chapter. We have a wonderful chapter. Everyone doing their part to serve creates excellence. As you read this newsletter, you too will be impressed by the many who contribute to what Mu Lambda is all about. You will find a message from the MSU School of Nursing Interim Associate Dean; information about the election of officers for 2005-2007; new inductees to Mu Lambda Chapter; reports of meetings and activities held in March, April, and May; planning for the Research Forum October 14; recipients of awards; how to use the listserv; and more. A transition meeting is scheduled for July 6, 9:30 AM - 3 PM, at the School of Nursing. This is a time when the new, continuing, and outgoing officers, committee chairs, and committee members gather to share in the planning for the coming year and learn new roles. Stay tuned for more happenings in the coming months.

We all care deeply about Mu Lambda Chapter of STTI and the overall mission:

> To provide leadership and scholarship in practice, education, and research to enhance the health of all people.
> We support the learning and professional development of our members, who strive to improve nursing care worldwide.

Thus, it is important for us all to work together, staying focused on our mission, knowing that collectively we make a difference in the lives of patients, families, colleagues, and new nurses entering the profession.

In keeping the mission in focus, I also want to share a quote that is meaningful to me from Daniel Pesut, President of STTI, published in the October 2005 issue of *Reflections on Nursing Leadership*, (p. 37). He shares the mission in the following way:

> We create knowledge through research. We derive learning through education. We provide service through practice. We provide leadership through social responsibility. We build community through relationships. We transform lives through caring. We must talk about education, practice, and research as well as knowledge, learning, and service in the same breath and within a unified frame of reference with attention to the greater good.

I look forward to sharing the new year with you in 2005-2006. Best wishes as you experience life’s changes through the seasons of Spring, into Summer, and on into Fall—Grow Deeply.

Mary Huntley, President
Mu Lambda Chapter, STTI
Thoughts from the Interim Associate Dean - Soon to be Department Chair

I served as the Interim Associate Dean for Academic Year 2004-2005. As stated in the previous Mu Lambda Newsletter, I have been challenged and rewarded. Beginning July 1st, I will be Department Chair of the School of Nursing that remains within the College of Allied Health & Nursing. This structure for the School of Nursing has been chosen as plans are made to achieve a future goal, that of being a separate School or College of Nursing with a Dean of this School or College of Nursing.

I do have good news to share. We just received notice of full accreditation of both our undergraduate and graduate programs by the Commission on Collegiate Nursing Education (CCNE) and are celebrating this achievement!

This summer, a group of faculty will spend several days focusing on undergraduate curriculum review and another group of faculty will be planning for the submission of a grant proposal in December 2005 that will support the development of a nursing education focus in our graduate program.

Of course, I know that next year will bring new challenges and opportunities to the School of Nursing and I look forward to them. I did see several Mu Lambda Chapter members on April 23rd at the 2005 Induction Ceremony that was held on the MSU campus. I hope to see even more of you at future meetings of the society.

Mary Bliesner, Interim Associate Dean
MSU School of Nursing

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<th>Mu Lambda Chapter Officers 2004-2005</th>
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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 (joni.johnson@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!

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.
Mu Lambda Chapter Spring Meeting

The spring meeting and program in cooperation with Fifth District MNA was held at the Applewood Restaurant on March 31, 2005. Over fifty-five MNA and SSTI members enjoyed a delicious meal and Immanuel-St. Joseph’s Medical Center (Mayo Health System) Vice Chair of Operations Sharon Schneller’s presentation about Patrick Lencioni’s book The Five Dysfunctions of a Team. Ideas shared included:

* Teams must be framed as partners that help build the future. In order to do this, there must be a basic foundation of trust. Members of teams who have a foundation of trust are able to admit weaknesses and mistakes, ask for help, and appreciate others’ skills. Without trust, members will conceal weaknesses, jump to conclusions, and fail to recognize each others skills and experiences. Without trust, team members waste time and energy managing behaviors for effect verses focusing on solving issues creatively.

* Once trust is established, team members can engage in creative tension or conflict. Trust enables team members to feel that every idea is a valuable idea and allows problems to be solved quickly. Playing politics goes away and the entire team works for the good of the whole.

* With trust, creative conflict may be accepted. Commitment to team decisions creates clarity and aligns the team around common objectives. Teams that function at this level take advantage of opportunities and realize that mistakes are wonderful opportunities. While all members might not agree in total with a decision, they need to believe they have had input and commit to the final team decision.

* Holding each other accountable in a team is the next step in the pyramid of building an effective team. Poor performers feel pressure to improve and problems are addressed quickly.

* When a team is fully functioning, all team members pay attention to results. Individuals do not look for self-credit but enjoy the successes of the team as a whole.

* When one level of function for a team is missing, the team is prevented from progressing to the next level. The elements of a team build on each other and need to be in place in order for a team to function at its highest level.

The concepts shared can be applied to any team in which one participates. The concepts may be applied to families, administrative teams, departments, and short-term work groups.

The Five Dysfunctions of a Team can be read quickly, is very entertaining and provides a great guide for making your team function more effectively!

Book Discussion Follow-Up

After the January Chapter Meeting and book discussion, Patricia Young sent a letter with thoughts and questions that surfaced about the book When the Emperor Was Divine to the author Julie Otsuka. The following is the author’s response to those inquiries.

Dear Professor Young,

Thank you so much for your letter - so good to hear that the book has got people talking and wondering and discussing. The ending of the book is meant to be sarcastic and satirical in tone, and an almost burlesque version of what the father’s supposed disloyalty would entail. That father is angry - he is also speaking on behalf of all of the Japanese men on the West Coast who were unfairly arrested by the FBI in the days and weeks following the bombing of Pearl Harbor. Many of these men were imprisoned for years, yet none was ever found guilty of committing a single act of espionage or sabotage. The father’s apology is not meant to be sincere, because he has nothing to apologize for. He is guilty of nothing. He is certainly not responsible for anything the Emperor has done, and has nothing whatsoever to do with Japan’s attack on America. His only crime is that of belonging to the enemy race. He has been wrongly imprisoned for a crime - that of disloyalty - which he did not commit. He, in fact, is the one who is actually owed an apology - by the US government.

The “they” (“And if they ask you someday what it was I most wanted to say, please tell them, of (sic) you would...”) refers to white people, and not to his family.

Thank you again for taking the time to read my book.

Sincerely,

Julie Otsuka

Thank you, Tricia, for writing a letter to Julie Otsuka and sharing her response with us.
Congratulations and welcome to the following new members who were inducted into Mu Lambda Chapter Sigma Theta Tau International Honor Society of Nursing Saturday, April 23, 2005 in the Centennial Student Union.

**Baccalaureate Students**

Amanda Adam  
Katie Amen  
Amy Banut  
Nichole Dreth  
Jennifer Freitag  
Jennifer Fritsche  
Immaculate Gohla  
Mary Keane  
Tara Lobitz  
Charles McNear  
Rebekah Olson  
Shanda Phillips  
Casandra Plotz  
Shanda Porter  
Sarah Sandberg  
Laraine Smit  
Nichole Sowieja  
Colette Swenson  

**Graduate Students**

Amy Fitzgerald  
Michelle Owens  
Elizabeth Stuckey  
Lisa VanWatermulen  

**Community Leader**

Michele Doyle Brielmaier  

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**Dr. Beverly Reigel: Induction Ceremony Speaker**

Dr. Beverly Reigel, Associate Professor from the College of Nursing, University of Cincinnati, Ohio was the keynote speaker for Mu Lambda's Induction Ceremony April 23, 2005. Dr. Reigel is currently a regional coordinator of Sigma Theta Tau International Honor Society (STTI) with significant leadership experience in STTI. Her professional life has embodied the characteristics of a scholar with an unending commitment to nursing research and building a path of scholarship.

Dr. Reigel's presentation, The Cost of Achieving Excellence, was an inspiration to inductees and their families, as well as to current chapter members and leaders. She shared the history of STTI recounting six students from the Indiana University Training School for Nurses in Indianapolis, Indiana founded the honor society of nursing in 1922. These six nursing students recognized the value of scholarship and excellence in nursing practice. Dr. Reigel encouraged others to follow in the footsteps of these early nurse scholars and be leaders that strive for excellence in practice, research, and service in the nursing discipline. Her thought-provoking words were an energizing element in the Mu Lambda Induction Ceremony.

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**Installation of New Officers**

The following individuals were officially installed by Vice President Julie Hatleli into Mu Lambda Chapter leadership positions during the Annual Induction Ceremony held Saturday April 23, 2005 at Minnesota State University, Mankato.

*President:* Mary Huntley  
*Vice President:* Kara Anderson  
*Treasurer:* Carol Brown  
*Faculty Counselor:* Sonja Meiers  

It was announced that Sandra Eggenberger will be serving on the Governance Committee, and Emily Goetzke and Nichole Deutsch will serve on the Leadership Succession Committee.
The Kathryn Schweer Nurse Mentorship Award

The purpose of the Kathryn Schweer Nurse Mentorship Award is to recognize outstanding nurses whose contributions to nursing fulfill the goals of Sigma Theta Tau International (STTI) Honor Society. The award honors the nurse who has demonstrated mentorship through sustained and significant leadership to nurses and nursing by modeling values, attitudes, and behaviors consistent with those of the profession. Selection criteria include evidence of a significant impact on the professional development of a nurse or the development of a chapter. The first Mu Lambda Mentorship Award was given to Dr. Kathryn Schweer in 2000. When Dr. Kathryn Schweer became Dean of Nursing in 1987, one of her goals was to increase the number of chapters at Minnesota State University, Mankato (MSU). She had experience in helping other Schools of Nursing form Sigma Theta Tau chapters and, through Kathy’s mentoring, the School of Nursing’s vision of beginning a chapter became a reality in 1990.

This year the Nurse Mentorship Award was given to Julie Hebenstreit, Associate Professor in the School of Nursing at Minnesota State University, Mankato. Julie graduated from the University of Iowa in Iowa City with her Bachelor of Science and Master of Arts degrees in Nursing. She is currently a doctoral student at St. Mary’s University of Minnesota. Ms. Hebenstreit has been an enduring force that stimulated the growth and development of the Mu Lambda Chapter of STTI since its beginning. As the first President of Mu Lambda Chapter and with continued active involvement on several committees throughout the chapter’s history, Julie has been a leader. She is always available to answer questions, teach others, and offer support needed to finish a task or goal. Julie’s commitment to Mu Lambda Chapter of STTI has been unwavering. The Mu Lambda Chapter would not be the chapter it is today, without the hard work, time and effort of Julie Hebenstreit.

Linda Wenkel Outstanding Undergraduate Student Performance Award

The Linda Wenkel Outstanding Undergraduate Student Performance Award is given to a nursing student at the time of induction into Mu Lambda Chapter Sigma Theta Tau. The student selection is based on demonstrated skills in one or more areas including clinical practice, research, and creative expression, active involvement in the School of Nursing and participation in the University community.

This year’s recipient of the Outstanding Undergraduate Student Performance Award is Katie Marie Amen. The following are some of the activities that contributed to Katie’s selection for this award.

* Currently represents the School of Nursing on the College of Allied Health & Nursing Student Advisory Board.
* An active member of the MSU Student Nurses’ Association. In her role as Vice President of the Student Nurses’ Association, Katie has provided opportunities for practicing nurses to share their work experiences with the students, has led many activities such as “Rake the Town”, CADA House, Welcome Inn and VINE volunteer opportunities and represented MSU at the recent National Student Nurses’ Convention in Salt Lake City, Utah.
* A student mentor providing support for newly admitted nursing students. As a student mentor, Katie has also responded positively to a faculty request for assistance with guiding a pre-nursing student in her decision about the MSU nursing program.
* Has been awarded a Clarice Joan Amundson Scholarship for Fall Semester 2005.
* Recognized as a “natural” leader among her peers as she often takes the leadership role in post-clinical conferences and group academic projects.

We look forward to Katie sharing her professional gifts with the Chapter and Sigma Theta Tau International in the years ahead.

Initial Membership Support Fund

Past Eligibility and Induction Committees and the current Governance Committee have realized a dilemma often facing students who are eligible for membership in Sigma Theta Tau International (STTI) at the time of receiving an invitation. While students may like to accept an invitation to membership, they are often hesitant to join STTI because of cost. At the May 2005 Board meeting a new resource was approved. Students will be able to apply for assistance to meet the initial dues requirement of membership in STTI and Mu Lambda Chapter.

A special Initial Membership Support Fund is being established. The honorarium for Dr. Beverly Reigel, Induction Ceremony Speaker, was returned to the Chapter and will be used to seed this fund. Mu Lambda members and any interested persons may donate to this fund which will be used to support students. The Research Awards Task Force will develop criteria which will be publicized in a subsequent newsletter. Great enthusiasm was expressed by Board Officers and Committee Chairs about this new opportunity.
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.

Kudos & Recognitions

Cindy Haugdahl, RN/CNP and Sandy
Clawson, RN/CNP will be presenting at
the Sigma Theta Tau International
Biennial Convention in Indianapolis,
November 2005. The title of their presenta-
tion is “Prenatal Care Plus: A Collabora-
tive Model for Obstetrics”.

Cindy Scherb, PhD, RN presented
“Nursing Research: It’s Always About
Patient Care” April 21, 2005 at the
Franciscan Skemp - Mayo Health System

Cindy Scherb, PhD, RN presented
“Standardized Nursing Language:
Benefiting Practice, Quality, and Re-
search” at Sioux Valley Hospital USD
Medical Center in Sioux Falls, SD May 2,
2005.

The following Mu Lambda Chapter
members were awarded Master of Science
in Nursing degrees from Minnesota State
University, Mankato at the May 14, 2005
Commencement.

* Kara E. Anderson
Thesis: Continuous Passive Motion Treatment
Outcomes: A Retrospective Study With Patients
Who Have Undergone Unilateral Total Knee
Arthroplasty Surgery

* Margaret A. Kalm
* Holly J. Kotewa
Thesis: Effect of Parental Presence During
Induction of Anesthesia on Pediatric Patients’
Preoperative Level of Anxiety: A Retrospective
Study

* Sandra J. Schuette
Thesis: Laughter and Wellness as Perceived by
Older Men: Replication and Expansion of a
Grounded Theory Study

* Bonnie M. Steel
Thesis: Perceived Needs of Parents of Infants
in Level II Nurseries

* Marilyn A. Swan
Thesis: Collaborative Practice Between Nurse
Practitioners and Physicians: A Pilot Study

* Lisa M. VanWatermulen

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:

Minnesota State University, Mankato
School of Nursing
360 Wissink Hall
Mankato, MN 56001
507-389-6825
email: linda.wenkel@mnsu.edu
Sigma Theta Tau International
Honor Society of Nursing

“Research and Practice: Connecting the Dots”
Research Forum 2005

Mu Lambda Chapter of Sigma Theta Tau International
Honor Society of Nursing
Minnesota State University, Mankato

CALL FOR ABSTRACTS

DATE: Friday, October 14, 2005

SITE: Conference Center, South Central Technical College
North Mankato, MN (1 hour, 30 minutes south of Minneapolis, MN)

PURPOSE: The purpose of the eleventh annual research forum is to promote the utilization of
nursing research through dissemination of research findings. The day-long conference will
include a keynote address, concurrent paper presentations, and poster sessions.

KEYNOTE SPEAKER: Sharon Tucker, DNSc, R.N. Sharon is Clinical Nurse Researcher and
Nurse Administrator at the Mayo Clinic. Her current research involves early intervention for
families at risk.

TOPICS: Nurses in practice, education, administration, and research are invited to submit
abstracts of completed research in any area of nursing practice, nursing education, and research
utilization for poster or podium presentation. In-progress research may be presented in a poster
presentation. Undergraduate or graduate level nursing students are invited to submit abstracts of
proposed or in-progress research for poster presentation.

SUBMISSION GUIDELINES: Please refer to the Minnesota State University, Mankato web site http://www.mnsu.edu/nursing/ to find Mu Lambda Chapter information and abstract
submission guidelines.

DEADLINES: Abstracts are requested by July 15, 2005 for blind review. If you are interested
in presenting but are unable to meet this deadline, please notify Susan Lampe or Cindy Scherb.
Notification of acceptance will be sent to applicants by August 1, 2005. Upon notification of
acceptance, presenters will be requested to submit a written acceptance of participation, a brief
curriculum vita and a request for audio-visual equipment. Partial registration will be provided
for one speaker per podium presentation.

QUESTIONS:
Susan Lampe, RN, MS, Assistant Professor, Minnesota State University, Mankato
Phone: 507-389-2506. E-mail: susan.lampe@mnsu.edu

Cindy Scherb, PhD, RN, Associate Professor Winona State University
Phone: 507-280-5565. E-mail: CScherb@winona.edu.
Fundraising Report for 2005

Two fundraising events were held this year. By participating in the Herberger’s Community Day sale in February, $255.69 was raised selling coupon packets and volunteering the day of the sale. Our second event was a garage sale held on May 6th and 7th. Despite the rain, an additional $170 was gained. Total fundraising dollars for 2005 is $425.69. The dollars raised will go toward nursing scholarships and research.

A big thanks to the following who volunteered time for the events, sold coupon packets and/or donated garage sale items: Mary Huntley, Kathy Sheran, Linda Wenkel, Carol Brown, Pat Earle, Janine Jordan, Linda Rossow, Michele Nielmaier, Cheryl Clendenin, Julie Hatfield and Matt Hatfield.

Phyllis Roseberry, Chair
Fundraising Committee

Immanuel St. Joseph’s
Mayo Health System

Clinic Manager
ISJ Clinic - St. Peter/Le Sueur - Mayo Health System

ISJ Clinic - St. Peter/Le Sueur is currently recruiting for a Clinic Manager to plan, coordinate and direct day-to-day Clinic operations. The individual selected will collaborate with site leadership teams/physicians in decisions related to operational systems and work closely with various components of the ISJ Clinic network to develop and implement systems and policies. Additional responsibilities include fiscal management of site operations to ensure proper utilization of financial resources.

A Bachelors Degree in a clinical or business related area with five years experience in a supervisory/management position in a health care organization is required. Demonstrated leadership, and/or clinical expertise required.

The ISJ Clinic - St. Peter/Le Sueur offers comprehensive family medicine services ranging from prenatal care to geriatrics.

For additional information please click on our website, www.isj-mhs.org
Immanuel St. Joseph’s – Mayo Health System
1025 Marsh Street – P.O. Box 8673
Mankato, MN 56002-8673
507-385-4698

Thanks! 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
The Honor Society of Nursing, Sigma Theta Tau International appreciates your interest in the mission of the society. As we strive to support the learning and professional development of our members, who strive to improve nursing care worldwide, your talents are needed and valued. Whether you consider yourself a novice or an expert, volunteering your time on a chapter, regional or international level for projects or tasks helps you demonstrate your talents, hone new skills, network and grow in your profession.

Please accept our invitation below to be one of the first to utilize VIPProfile, Your Opportunity Connection. By indicating your areas of interest and expertise on this new Web tool, we get to know you and are better able to match you with satisfying areas of service.

You are invited . . .

What: VIPProfile - Volunteer/Interest Profile
Your interests and talents are valued and Sigma Theta Tau International wants to place you in a meaningful volunteer position. The VIPProfile is a new tool designed to assist us in matching volunteers with rewarding volunteer opportunities in the areas of their interest. We invite you to fill out VIPProfile today.

How: How to Access VIPProfile
To access VIPProfile, go to the Sigma Theta Tau International Web site, www.nursingsociety.org and click on the link listed on the right of the main page, or type the following URL into your browser: http://www.nursingsociety.org/VIP. You will need your member number to enter the site.

When: ASAP
We do not want to delay in placing you in an opportunity based on your interests and expertise.

Please contact Angela Miller, manager of constituent involvement, at angela@stti.iupui.edu, or Kelly Kijovsky, constituent involvement specialist, at kellyk@stti.iupui.edu, for more information about VIPProfile.