In our last newsletter, stories of caring were requested so they could be included in the Quest. Caring is the essence of nursing and is both an art and a science as we all know. However, it is in the stories about caring that the meaning of caring is captured. The following story is one that I will always remember. Some of the details may not be quite accurate, but it is the intentional actions taken by nurses that makes this memorable for me.

An elderly woman was admitted to an inpatient hospice unit. It was apparent that her death was imminent. She and her husband had been life partners for many years. Their bond for one another touched staff caring for her. Shortly after her admission, her husband was admitted into critical care with a massive myocardial infarction. He told the doctors and nurses caring for him that he wanted no heroics. He wanted to die a peaceful death.

The next morning, the nurses caring for the couple, discussed what needed to be done. It was decided to offer the couple the option to transfer the husband to his wife’s room. This was exactly what the couple wanted. The nurses put their beds adjacent to one another. The couple reached over to one another and held hands. Not long after, the wife died. The nurses were there to support the husband. He needed to be alone. A few minutes later, the nurses went back to his room to find that he too had died. The couple was still holding hands.

The gift given this couple by compassionate nurses was irreplaceable. Nurses created and participated in exquisite moments of caring. There was no technology involved. There were no complicated procedures to follow. What was done came from the heart and was an example of what it means to love and be loved.
I attended many nursing events this fall. The first event was the Annual Research Forum conducted Friday, September 19, 2008 at South Central College’s Conference Center. The theme was “Collaboration and Relationship Building in Health Care”. Approximately 150 people attended. It was my pleasure to present “The Sum of the Parts is Greater Than the Whole.” In my presentation, I discussed how collaboration was the outcome of healthy interpersonal relationships, and research demonstrated that the quality of the healthcare relationships affected the quality of patient outcomes. The importance of relationships with self, colleagues, patients and families were reviewed. The elements of healthy relationships were discussed along with barriers to collaboration, and collaborative lessons. Linda Olson Keller, DNP, RN, FAAN presented, “The Essence of Nursing Leadership.” She discussed healthcare challenges and research about determinants of health. She presented additional data about the importance of healthy relationships and collaboration in achieving positive patient outcomes. She included information about the nursing shortage, complexity compression, Emotional Intelligence, and the need to be politically savvy as well as being courageous.

Additional presentations were given. Jennifer Ellstrom, RN, BSN, presented “A Community Alert: The Silent Killer of Recreational Boating” which was her research about carbon monoxide poisoning caused by the exhaust fumes of boats. Children are especially at risk. This is of particular interest to people in Minnesota where boating is a common form of recreation. Emily Wohlhuter, RN, BSN, presented “Kangaroo Care with Preterm Infants: A Meaningful Experience”. Her research about kangaroo care for preterm infants demonstrated that increased bonding led to better clinical infant outcomes. Jamie Hugoson, RN, BSN presented “Parents of Pre-Mature Infants: Establishing the Parental Roles and Building Competencies”. Her research indicated that parents desired to be involved in their infant’s care, and involving parents in the care of their infant while in the hospital increased their competence to care for their baby. A study about foot care for diabetic patients was shared by Deborah Christopher. Patient education done by an RN was the focus of her study. Finally, Margaret Brewer shared a presentation on MRSA.

The September, Heidi Riehl, Mu Lambda’s President-Elect, and I attended the Sigma Theta Tau’s Leadership Academy in Indianapolis, Indiana. The commitment that nurses had for practice was impressive. The quest for knowledge was ever present as the information was shared about Chapter Key Awards and the Showcase of Excellence projects. Both of these honors have been awarded to Mu Lambda. Heidi and I attended a luncheon for the Showcase of Excellence recipients. The efforts featured in Mu Lambda’s application included Melissa Meger, BS, RN, National Guard deployed to Iraq, outreach done in Honduras by Regina Smith, MSN, APRN, BC, CNS, and her students, Norma Krumwiede, EdD, RN and her students for outreach done in Guatemala, Alice Weydt MS, RN for involving the chapter in supporting an orphanage in La Paz, Mexico, Sonja Meiers, PhD, RN for helping to induct community members into Mu Lambda, one being a nurse in Ghana. This work was impressive and reflected the passion Mu Lambda members have for nursing. Mu Lambda is an outstanding chapter.

Continued on Page 3.
Mu Lambda Chapter President’s Column Continued

Continued from page 2.

During the Leadership Academy gathering, Region 4 members met several times to discuss how to strengthen our relationships with one another. Talent runs deep within Region 4, and people want to share and learn from others. Collaboration was discussed as being a key factor to continued growth and success for STTI chapters. A report of the Academy proceedings is included in this edition of the Quest.

This fall I was also in Salt Lake City, Utah for the Magnet Conference. Over 5,000 nurses attended. Sessions were held to give updates on the Magnet applications and standards. The best sessions were given by nurses at the point of care who shared the results of their research and how they implemented their findings to change their practice to improve patient outcomes. These outcomes were possible because of the support nurses received from their organizations and the relationships they have with their leadership, colleagues, and patients and families. The nurses were inspired and the organizations provided the infrastructure to support decentralized decision making. The nurses doing the work were considered the experts and given the time and resources to find better ways to care for patients and families. They spoke about how empowering this process was for them.

Even though these conferences were in different locations, with different sponsors, and attended by different nurses, the theme about relationships emerged. At the Research Forum collaboration was highlighted. Collaboration was the outcome of healthy interpersonal relationships. At the Leadership Academy, leadership was about influencing others. The quality of the interpersonal relationships determined the success in implementing change. Shared decision making and implementing evidenced based practice requires healthy interpersonal relationships. This was featured at the Magnet Conference. The most predictive factor for positive patient outcomes is the ability for the nurses, physicians, and other members of the health care team to have healthy interpersonal relationships. Healthy interpersonal relationships depend on conscious efforts to honor everyone’s perspective and contribution to patient care.

Alice Weydt
2008-2009 Chapter President

Renew Your Membership

Give a gift to yourself by renewing your membership in Sigma Theta Tau International. The Journal of Nursing Scholarship arrives at your doorstep and many things come to you online with your membership. The networking opportunities to Heal, Learn, and Lead through STTI and Mu Lambda are plentiful.

Renewal is easy. Have your membership number ready and go to the Mu Lambda Chapter website, click on links, STTI, membership, and renew. If you do not have your membership card and number, go to the website anyway and the website will assist you to get your number. Invite your nurse colleagues who have baccalaureate degrees and have demonstrated leadership in their professional roles to become members.

If you are interested in how to become a more active member, please contact any of the Board members. 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!
One of the foci of health care reform is on solving the challenge of educating adequate numbers of students for filling predicted increases in staff nurse vacancies. Attention has been directed towards determining why it is increasingly more difficult to recruit and retain nursing faculty and what is contributing to the high turnover rate for newly employed graduates.

There are many potential answers for the questions that have been raised. These answers can give us ideas for beginning to solve the cycle of not enough nursing faculty resulting in lower enrollment resulting in less graduates able to assume current and future vacant positions. Some of the answers have to do with revising the nursing education curriculum in such a way that a smaller number of faculty can teach a greater number of students. Another has to do with agencies responding to workplace stress issues, such as poor teamwork and horizontal violence, which cause a rate of about 13% of nurses nationwide leaving their first job after one year (Kovner, Brewer, Poornima, Hongsoo, & Djukic, 2007).

I'm delighted to report that Directors, Chairpersons, and Dean's from higher education nursing programs in Minnesota (Minnesota Association for Colleges of Nursing) are working very hard to determine how we can collaborate and respond to this very challenge. Just this past month, the group submitted a proposal to study how undergraduate nursing program curriculums can change so that new baccalaureate prepared graduates more easily transition into clinical practice. I recently joined other members of this group at a conference in Washington DC. We shared the message of our planned collaboration with state senators. Using a collaborative, rather than competitive, model is an exciting approach and represents a very thoughtful response at a state level to what has become a national problem.


Marcia Stevens, RN, DNSc
Minnesota State University, Mankato
School of Nursing Chairperson
Leadership Academy Report
Alice Weydt and Heidi Riehl
Mu Lambda President and President-Elect

We (Alice and Heidi) had the privilege of attending the Sigma Theta Tau International (STTI) Leadership Academy in Indianapolis, Indiana September 25-27, 2008. As representatives of the Mu Lambda Chapter, we gathered with nurses from around the world to make connections, learn how to gather chapter resources, and develop leadership skills. The objectives for the conference were to describe strategies to strengthen and revitalize chapters, stimulate networking with colleagues by building new connections, identify needed leadership qualities for personal and professional development, and recognize Showcase of Regional Excellence recipients.

Plenary and break out sessions were offered over the three days. Plenary I focused on leadership, and Plenary II focused on the skill of networking. Highlights included discussions about global nursing and what needs to be done to support those efforts. What is significant is that Mu Lambda was included in the Showcase of Regional Excellence with the work done with international projects. It was validating to listen to STTI’s strategic plan and know that our efforts are already underway.

Sessions about developing leadership skills that strengthen STTI chapters were offered. In addition, regional meetings were held. Collaboration between chapters is now more likely because of the relationships established during the meetings. There was a mutual desire expressed from Mu Lambda and chapters from Rochester and Winona, as well as the Twin Cities, to jointly sponsor STTI events. Maureen Greene, our Regional Director, is a STTI resource.

Of particular interest, are the changes that have been made with the documentation requirements for the Chapter Key Award. An online process has been developed with chapters assessing if they meet the criteria. Supporting evidence will be filed locally and is to be available if an audit is done. STTI’s goal is to build Chapter Key membership. In listening to other chapter’s work, however, it was clear that Mu Lambda members are doing an excellent job in meeting STTI strategic initiatives. The work done by Mu Lambda’s membership needs to be celebrated and taken to other arenas.

STTI is exploring other arenas, specifically the concept of virtual chapters. STTI intends to complete an international IT upgrade, which should be complete within the next year. Initial plans are to institute a centralized virtual chapter whose membership would be comprised of community leaders and military personnel who do not have an active chapter in close proximity.

A tour of the STTI headquarters was taken. Buses provided transportation across town to the University of Indiana campus where the STTI building is located. The grounds were beautiful. This is where we saw Dr. Mary Huntley’s paver. Our chapter’s block is in the building’s entrance right behind the information desk. Many nursing artifacts are housed in the STTI headquarters building. If you’re ever in the Indianapolis area, be sure to stop by for a tour of the building and grounds.

A full report of the Leadership Academy proceedings has been submitted to the Mu Lambda Board of Directors and can be accessed on line.

Thank you to the chapter for providing financial support and nominating us to attend the 2008 STTI Leadership Academy conference. We sincerely appreciate the honor of attending and the opportunity to represent you.
This is the letter the School of Nursing received after this year’s Memory Walk. Norma Krumwiede, Alice Weydt and Jackie Halvorson walked with many students and almost $1000.00 was donated to the cause. First Year Experience Seminar students, the sophomore Essence of Nursing Learning Community and junior gerontological nursing students participated.

September 18, 2008
Alzheimer’s Association
MinnesotaNorth Dakota
Memory Walk

Dear Friend:

We would like to take this opportunity to thank you for your generous donation to the Alzheimer’s Association Memory Walk. This year's walk was held on Tuesday, September 9 at Sibley Park in Mankato. The event was very successful! About 200 walkers were there to support the mission and to raise money for the Alzheimer’s Association. Over $25,000 was raised by individuals, teams, businesses and area facilities that provide long term care to persons with dementia.

Memory walk is the national signature event, the largest public awareness tool of the Alzheimer’s Association. The proceeds from the event support the mission of the Alzheimer’s Association which is to improve the lives of all individuals, families and care partners throughout their journey with Alzheimer’s and related diseases by providing leadership, support, education, advocacy and research.

Thank you again for your support of the Memory Walk! We look forward to working with you again next year; mark your calendar for the 2009 Alzheimer’s Association Memory Walk on Tuesday, September 8!

Respectfully,

Mary Milbrath, Chair
Alzheimer’s Association Memory Walk

The Make-A-Difference project for the Learning Community raised just over $200 for the Memory Walk. It was a wonderful evening! In the picture you will find Back row, L to R: Hattie Degnan, Sammy Theno, Karissa Krenke, Carrilee Cluever, Katie Gottwalt, Caitlin Christopherson, Amanda Meierbach-tol, Norma Krum wiede and TinaMarie Nel-son. Front row, L to R: Megan Kaldun, Amanda Walker, Alicia Fennell, Jenny Fabian and Jackie Eldred.
Victoria Bubunyo Bam
(Inducted into MuLamda as Community Leader)

Born on 16th January 1965 in the Volta region of Ghana, West Africa. Spent childhood in Ho, the regional capital of the Volta Region.

Marital status: Married with three children

Education: Started formal education at age 5 at the Methodist Experimental Primary School. Gained admission to the Awudome Secondary School in 1978 for secondary education and finished at Keta Secondary School for her Ordinary level certificate of Education. Continued to Mawuli Secondary for two years for the Advanced level of education certificate. Was admitted to the University of Ghana, Legon in 1987 to pursue a Bachelor of Science degree in Nursing. Graduated in 1990 and spent an additional year to prepare and write the State Registered General Nursing Exams in 1991. Continued her education with a two year Masters programme in Health Services Planning and Management at the Kwame Nkrumah University of Science and Technology (KNUT) and graduated in 2000. Obtained a Diploma in Research Methodology from DBL-Centre for Health Research and Development, Denmark. Presently pursuing a PhD programme in Community Health at KNUST with focus on malaria in pregnancy.

Professional background: State registered nursing, Midwifery, Public health nursing

Work experience: 1. National service person at Ho Government Hospital.
2. Practicing General Nurse, Korle-Bu Teaching Hospital, Maternity Unit: working with pregnant women with Sickle Cell haemoglobinopathy
3. Practicing general nurse: Komfo Anokye Teaching Hospital. Worked in the medical and paediatric surgery wards.
4. Worked at the Kumasi Health Education Unit: responsible for community and workplace health education programmes.
5. Research and editing programme officer: Health Learning Materials Centre, Kumasi. Responsible for identification of priority areas for development of learning materials for health workers, editing and pretesting of the materials.
6. Appointed at KNUST in 2002 as a lecturer at the Department of Nursing. Appointed as the head of department in 2005 and has held the position since then. My teaching courses include General Nursing (Fundamentals), Medical Nursing, Health Management and Nursing Administration, Research Methods. Involved in clinical supervision and supervision of undergraduate students’ research work.

Membership of University Committees: Member, Board of Faculty of Allied Health Sciences; Cognate member, School of Medical Sciences’ Board; Member, Board of College of Health Sciences; Member of Academic Board; Cognate member, College of Sciences, KNUST

Academic and professional interest: Community health, Maternal and Child health, Malaria

Conferences attended: West African College of Nursing conference; Ghana Registered Nurses Association conferences; Multilateral Initiative on Malaria (Pan-African MIM)

Hobbies: Reading, baking, site-seeing
1. **Tell us about your nursing career.**

I believe that Nursing provides a life time of careers. We each create our own path based on different factors. Our interests and passions, geography and location (s), role models and mentors, opportunities and realities may affect our journey(s) to and through education and practice. My career path has been rather like a maze with periodic stops and starts which has made life incredibly interesting! My experiences as a patient in hospital when I was 6 years old (mastoiditis) and age 7 (rheumatic fever) were strong motivators in my career choice. I became a nurse’s aide in our local community hospital at age 16 and worked in that role every weekend, school, and summer vacations while I was in high school, observing the many different facets of nursing roles. I chose to attend a 4 year liberal arts college and pursue nursing in a post baccalaureate program because I felt I needed to grow and mature a great deal before I would be ready to begin nursing studies. My first job in nursing as a registered professional nurse was in public health nursing (community health nursing in Boston, MA. The public health nursing clinical in the post baccalaureate nursing program and this first practice experience in an inner city district provided me the experience base to know that this area of practice would always be my clinical focus. My career in nursing has spanned my home state of New Hampshire, Massachusetts , Ohio (acute care and rehabilitation), New York (military service during the Vietnam war took us to a SAC base in northern NY where I taught at SUNY and experienced nursing practice in the local community hospital and public health agency, and in Montreal, Canada where we took students for clinical experiences using a bus equipped with circular seating, head sets and microphones to do pre and post clinical conferencing during our travel time); and Minnesota where we settled 35 years ago. My career has spanned nursing service in public health nursing, acute care medical surgical nursing, neurovascular rehabilitation nursing; independent consultation; continuing professional education national program development and implementation; and nursing education in undergraduate and graduate programs. The final 12 and ½ years of my career were in southern Minnesota where I had the opportunity to lead the Health Bond Consortium for the 6 years of a million dollar RWJF-Pew Charitable Trusts grant involving MSU and the Technical College as Consortium Education ‘partners’ and ISJ, Arlington and Waseca Hospitals as ‘members’. My passion for bridging the gap between education and service found full expression in this amazing experience. The final 6 ½ years I was honored to be a faculty member in the School of Nursing working with so many other colleagues within the university and the state to develop the Graduate Program in Nursing. I was privileged to direct the MSN Program during the last 3 ½ years of my career. I retired from nursing December, 2002.

2. **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?**

I have been fortunate to have experienced the guidance, coaching, modeling, encouragement, and mentoring of many remarkable people. Nurses and non nurses alike have been mentors for me in my nursing career and life. They were visionaries; encouragers, coaches, role models of commitment and discipline, and they lived courageously. Of the many, I have selected a few to highlight the unique gifts and challenges they shared.

- **My mother and father,** first generation Americans from immigrant families, and children of the Depression, believed that an education is invaluable, worth sacrificing for, and forms the basis for life. They modeled lifelong learning. My parents shaped my pursuit of a liberal education prior to beginning nursing studies. They taught me that ‘luck’ is spelled ‘work’.
- **Mary Bunting,** a biologist, became president of my college when I was a junior, and encouraged undergraduates saying, “As women you will do many things in your life……and, you will not be able to do them all simultaneously.” Dr. Bunting’s career path involved detours, and as my life has taken many twists and turns, her words have guided wisely.
- **Sylvia Perkins,** Director and Tizrah Sweet, public health nursing instructor, in my post baccalaureate nursing program modeled scholarship and an inquiring mind for the professional nurse and committed, knowledge based caring in nursing practice.
- **Families** I worked with in my first position as a public health nurse were my mentors for a life long question: What makes for health in people whose environments pose so many obstacles to healthful living? Long before the terms ‘Resilience’ and ‘family coherence’ appeared in the Social Science literature, these families were demonstrating these qualities for me.
- **Charlotte Pflug,** Masters Progam in Public Health Nursing, S of PH, UMN, was my mentor for Piagetian, experiment based, assessment of child development, and the important learning which comes from reflection on one’s lived experiences.
- **Judy Johnson,** Oncology Nurse in a leading Minneapolis hospital, was a doctoral student two years ahead of me at Minnesota. Judy developed the ‘I Can Cope Program’ for her doctoral dissertation research, and was my mentor for pursuing doctoral research related to a clinical nursing concern in the context of a non-nursing doctoral program (the doctoral program in nursing at Minnesota started about 10 years later). My research focused on Parent Coping following the SIDS Death of an Infant or Child. Judy subsequently had a stroke. She then became a mentor for attaining optimal wellness given significant health challenges. Judy lived what she taught in the I Can Cope Program, continuing her work in Minnesota and nationally.
- **Angela McBride,** Psychiatric Nurse, former Dean of the School of Nursing at Indiana, and President of STTI, is a nursing leader I first met through our respective participation in MAIN (the Midwest Alliance in Nursing) and MNRs (Midwest Nursing Research Society). Angela taught me to risk growing beyond my comfort zone. Angela invited my participation in the Distinguished Lecturer Program for STTI. Through this program, I was a STTI Distinguished Lecturer for a year. During that time I was invited to speak at MSU SON as a Distinguished Lecturer as the school’s Mu Lambda chapter was forming.
- **Mary Huntley** and I have worked on many initiatives over the years together including the Health Bond Consortium and establishing the Masters Program in Nursing at Mankato. Mary has been a mentor for the dignity of leadership and followership. Her presence, research, and writing on laughter and wellness inspired my work with students and faculty and continue to inspire me daily.

Continued on Page 9.
December 2008

Spotlight on Members Continued
Sharon P. Aadalen, PhD, RN
Professor Emeritus, MNSU, Mankato

Continued from page 8.

• Diane Manahan and Mary Johnson, Nurse educators and clinicians – were nursing mentors in our state promoting integration into nursing education of complementary and alternative modalities in health maintenance and restoration. Diane lived holistically and demonstrated holistic nursing as she faced the challenges of breast cancer. Mary Johnson, St. Olaf School Nursing Program introduced me to the services available at the Institute for Health and Healing. I was able to experience the benefits of healing touch, acupuncture and other modalities before and after each of the four surgeries I have had in the past four years. I am a breast cancer survivor and the impacts were and continue to be profound in reclaiming my life for renewed commitment and service.

• Nurses who have cared for me and my family over the past four and a half years represent the best in our profession. They demonstrated the quality of their education and their own affirmation for patients to be partners in their own healing. They provided care for the body, mind, and spirit, with profound respect for the person(s) entrusted to their care. I try to emulate them in my new pursuits.

• Mary Bliesmer and Kathleen Sheran, SON colleagues, have been my mentors for political advocacy and action, and the fine art of negotiating successfully to “Yes”.

• My mentee through the GMCC (Greater Minneapolis Council of Churches Community Justice Program) is reentering life in her community since her discharge from the county correctional facility. For the past year I have been and continue to be her mentor walking with her in this process. She has been my mentor for the lived experience of trans gendered persons and convicted felons. My mentee knows everything about how hard life can be, and she is determined to make the very most of the life she has by is carving out a new direction for her life. She is committed to ‘passing forward’ to others the ‘hand up’ she has received. Through her, I continue to learn about courage, endurance, and the indomitable nature of the human spirit. I am reminded all over again of the interdependence involved in mentoring relationships.

3. Why are you an active member of Mu Lambda Chapter?
I have had the opportunity to be active in many professional nursing organizations. Sigma Theta Tau (the Chapter at Western Reserve University in Cleveland, Ohio) was the first nursing organization I joined and is the one I cherished most because of the mission related to scholarship, leadership, and service. The honor of invitation to STTI membership is unparalleled. The diversity of my positions in nursing led me to participate in a variety of different professional nursing organizations to support my ongoing education for expanding practice expertise, to assist in resolving practice issues and challenges, and to allow me to join colleague nurses to work together on nursing research to enhance the growth and development of the profession and achieving access to quality health care for all citizens.

I am active in my financial support for STTI and Mu Lambda Chapter and in living out the values and ideals of Mu Lambda in new realities in my home community. Since retiring from MNSU I have focused my energies in three related directions: creating healthful environments for people; nurturing the growth and development of children and youth; and participating in and supporting the creative arts. Whatever my involvements, all that I have learned and become through my nursing career guide me. I am in my 4th year as a member of the Residence Board of Directors, was Vice Chair Person for one year, and am in my second year as Board Chairperson for a long term care facility in Minneapolis. This center provides assisted living and skilled care (including 5 memory loss neighborhoods and a Transitional Care Unit) services. The facility supports a remarkable Wellness Center including strength training center, arthritis resources, and heated full sized therapy pool for residents and community members. I am a member of the Mission and Personnel Committees of my church. Through the mission committee, I became involved in the GMCC Community Justice Project (I am in my third year serving as mentor). During the summer we travel to New Hampshire and work hard there to protect lakes from invasive species and protect forests for future generations. Clean air, clean water, and preserving virgin land for future generations is a passion we share and live wherever we are. My husband and I both sing in and are very involved in our 90 voice community chorus. We will be singing with a massed choir in the Vienna Austria Opera House over the 4th of July summer of 2009. Before returning home our group will travel to Budapest and sing several concerts on our own. For me, creative arts lift the spirit and are an essential part of holistic health and wellness. One of the great joys in this new stage of discovery in our lives is being a grandmother to four grandsons and three granddaughters ranging in age from ten to two years old who all live nearby. They are my most wonderful coaches and teachers of laughter and wellness!!

4. What advice would you give to other Mu Lambda Chapter nursing leaders today?
Nursing is a profession which provides the opportunity to be active in many careers. Nursing requires all the diverse talents, interests, knowledges, competences and skills each of us brings. Every nurse can create a career which enables him or her to best share individual, unique gifts. Be true to yourself. Be an authentic person. Have the courage of your convictions. Live by the Golden Rule doing unto others as you would have them do unto you. Join with others because ‘many hands make small work’. Reach out to others. Be inclusive and strive to have ‘a whole brain’ among participants in any group, remembering that from our diversity comes our strength. Enjoy the gift of each day, and creating your own wonderful, unique nursing career.

5. Is there anything else that you would like other Mu Lambda Chapter members to know about you?
Every holiday season I make English Plum Puddings from scratch for my family so our children remember the 50% of their blood line I contributed! My grandparent families hailed from Scotland, Ireland, England, Wales and Nova Scotia. My husband’s family hailed from Norway. Growing up in Minnesota, our children have been blessed with an abundance of wonderful Norwegian food and traditions. The puddings I make have to be made, stored overnight, and steamed for 8 eight hours before being stored in a cold place by Thanksgiving (the brandy needs time to permeate the ingredients for 6 weeks)! On Christmas Eve the highlight of our family meal is the pudding; all the lights go out, the brandy is splashed over the hot (pudding has been steamed for another several hours) domed pudding and brought flaming to the table! Then the children (and now the grandchildren) cut through their piece to see if they find a ‘gift’. Happy Holidays everyone!!!!
Call for Nominations

2009-2011 Call for Mu Lambda Officer Nominees

The Leadership Succession Committee wishes to extend a call for chapter officer nomination for the office/committee positions listed below. Please feel free to nominate a potential candidate or self-nominate to serve your chapter — We need you!!

Positions for the 2009-2011 Ballot include:

♥ Vice President
♥ Leadership Succession Committee (2)
♥ Faculty Counselor

We (the Leadership Succession Committee) thank our members for the opportunity to serve our chapter & chapter membership—and look forward to receiving your candidate nominations. Please email Jackie Halvorson at jackiehalvorson@hotmail.com or call 507-278-3802. We look forward to hearing from you ASAP!

The Leadership Succession Committee

November 3, 2008

Book Discussion

Annette Benson, Vice President

Several people gathered after the November Mu Lambda Board meeting and shared their thoughts after reading The Penny by Joyce Meyer. Themes that were discussed were the virtue of having hope, faith and perseverance through difficult times. Even though we often struggle through life, even small gestures and events can make change. Nurses often complain that we often don’t have the time to spend with our patients/clients, but it is the small things we do that can impact a person's life. After reading this book you too will look at a penny much differently.

STTI-Mu Lambda Invites you to

Take Time for Yourself: Indulge in an Evening of Self Care

Join us for a fun, relaxing evening & bring a dish to share for our Pot Luck Dinner

Thursday, January 22, 2009

Board of Director’s Meeting 4:15pm-5:15pm
Annual Meeting 5:30pm-6:30pm

Special Thanks to our Guest Presenters

♥ Sharon Schneller — Mary Kay
♥ Sharell Comnick — Scenar: Anti-Inflammatory Nutrition & Supplements and more . . .

Meeting Place: Rasmussen College
130 St Andrews Drive; Mankato, MN
Visible from Hwy 22—

A Freewill donation to support spring inductees initial membership will be collected
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 Chapter colleagues. Please submit your news for upcoming issues of The Quest to:

Mary Bliesmer
Minnesota State University, Mankato, School of Nursing,
360 Wissink Hall,
Mankato, MN 56001
telephone: 507-389-6825
e-mail: mary.bliesmer@mnsu.edu
Thank You!

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Mu Lambda Chapter Officers 2008-2009

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<th>Office</th>
<th>Officer Name</th>
<th>Term Ends</th>
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<tr>
<td>President</td>
<td>Alice Weydt</td>
<td>2010</td>
<td><a href="mailto:aveydt@chcm.com">aveydt@chcm.com</a></td>
</tr>
<tr>
<td>President Elect</td>
<td>Heidi Riehl</td>
<td>2010</td>
<td><a href="mailto:mhzkriehl@netscape.com">mhzkriehl@netscape.com</a></td>
</tr>
<tr>
<td>Vice President</td>
<td>Annette Benson</td>
<td>2009</td>
<td><a href="mailto:annette.benson@mnsu.edu">annette.benson@mnsu.edu</a></td>
</tr>
<tr>
<td>Secretary</td>
<td>Jolene Tietz</td>
<td>2010</td>
<td><a href="mailto:tietz.jolene@mayo.edu">tietz.jolene@mayo.edu</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Phyllis Roseberry</td>
<td>2009</td>
<td><a href="mailto:roseberry.phyllis@mayo.edu">roseberry.phyllis@mayo.edu</a></td>
</tr>
<tr>
<td>Faculty Counselor 1</td>
<td>Diane Witt</td>
<td>2009</td>
<td><a href="mailto:diane.witt@mnsu.edu">diane.witt@mnsu.edu</a></td>
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<tr>
<td>Faculty Counselor 2</td>
<td>Rebecca Rudel</td>
<td>2010</td>
<td><a href="mailto:rebecca.rudel@mnsu.edu">rebecca.rudel@mnsu.edu</a></td>
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Mu Lambda Chapter Committee Chairs 2008-2009

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<td>Diane Witt</td>
<td>2009</td>
<td><a href="mailto:diane.witt@mnsu.edu">diane.witt@mnsu.edu</a></td>
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<td>Newsletter Editor</td>
<td>Mary Bliesmer</td>
<td>2009</td>
<td><a href="mailto:mary.bliesmer@mnsu.edu">mary.bliesmer@mnsu.edu</a></td>
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<td>Leadership Succession</td>
<td>Jackie Halvorson</td>
<td>2010</td>
<td><a href="mailto:halvorson.jacquelyn@mayo.edu">halvorson.jacquelyn@mayo.edu</a></td>
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<td>Research Forum</td>
<td>Margaret Brewer</td>
<td>2009</td>
<td><a href="mailto:bigbru@chartermi.net">bigbru@chartermi.net</a></td>
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<td>Awards</td>
<td>Yvette Dulohery</td>
<td>2010</td>
<td><a href="mailto:yvette.dulohery@mnsu.edu">yvette.dulohery@mnsu.edu</a></td>
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<td>Membership</td>
<td>Linda Wenkel</td>
<td>2010</td>
<td><a href="mailto:linda.wenkel@mnsu.edu">linda.wenkel@mnsu.edu</a></td>
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<td><a href="mailto:mary.bliesmer@mnsu.edu">mary.bliesmer@mnsu.edu</a></td>
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<tr>
<td>Chapter Key Council</td>
<td>Heidi Riehl</td>
<td>2010</td>
<td><a href="mailto:mhzkriehl@netscape.com">mhzkriehl@netscape.com</a></td>
</tr>
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<td>Program</td>
<td>Annette Benson</td>
<td>2009</td>
<td><a href="mailto:annette.benson@mnsu.edu">annette.benson@mnsu.edu</a></td>
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<td>Past Presidents’ Council</td>
<td>Julie Hebenstreit</td>
<td>2010</td>
<td><a href="mailto:julia.hebenstreit@mnsu.edu">julia.hebenstreit@mnsu.edu</a></td>
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