Mu Lambda Chapter
Sigma Theta Tau International Honor Society of Nursing

Cordially invites you to a very special event celebrating New Inductees, Spring Awards & Installation of New Officers

2009 Induction Ceremony and Celebration
With Invited Guest Speaker

Sonja Meiers RN, PhD
Professor
School of Nursing
Minnesota State University, Mankato

Presenting
“Studying Families, Improving Care: Local and Global Perspectives”

Saturday, April 25th, 2008
10:30 a.m. – 12:30 p.m.
Centennial Student Union 253, 254, 255
Minnesota State University, Mankato
Cost: $15/person for a mid morning brunch buffet

Reservations Required

Name: ____________________________________
Address: _____________________________________________
City: __________________ State: ______ Zip Code: ____________
Telephone: ___________________ Email: __________________

Please submit your reservation and check for $15.00 per person payable to Mu Lambda Chapter by April 14, 2008 to Diane Witt, Minnesota State University, Mankato School of Nursing, 360 Wissink Hall, Mankato, MN 56001.

Your check is confirmation of your reservation. Reservations are required to guarantee a meal. No refunds after April 21, 2008.
March 2009

Three Lessons
By Alice Weydt, RN, MS
President, MuLambda

As a graduate student in one of Mary Huntley’s classes, I did a concept analysis about caring. I remember typing the paper at 3 A.M. energized by the words I was putting to paper. I was fascinated with the topic. The assignment helped me gain clarity about my beliefs for nursing practice and patient care. Caring is a profound concept embedded in other concepts, such as love and nurturance, with a distinct connection to the relationship we have with ourselves and with others. Caring is demonstrated through relationships.

Relationships are tricky. When they work, life is great. When they falter, life can crumble. Relationship management is not rocket science and is pretty straightforward, but life makes it complicated and not necessarily easy to do. It has taken me over 40 years of marriage and a lifetime of loving, caring, and wondering about how this all works to have concluded that I have only learned three lessons about relationships.

The first lesson is about love. Love is the most powerful force I know. It withstands the tests of time and distance. Love is passionate. It fuels our being and gives us life. It is intentional, and it is a choice. However, love alone is not enough. It can be crushed with a glance or broken with silence. It can be fleeting and evasive. It is what we all want—to love and to be loved. It is the foundation to relationships.

The next lesson is about commitment. Commitment is what sustains and protects love. Commitment is where the rubber meets the road. But, commitment and love are a delicate balance that demands constant diligence. It is not enough to love without being committed to purpose, and conversely, it is not enough to be committed without love. Commitment without love becomes bitter.

Forgiveness is the last lesson and perhaps the hardest lesson I have learned. It is the safety valve that allows us to be human. In forgiveness we are given the grace to be imperfect. Forgiveness allows us to be seen for who we are, knowing that it is our imperfection that makes us vulnerable and therefore, loveable. Being vulnerable, however, is extremely uncomfortable. For those of us who need to be in control, vulnerability is avoided at high cost. However, when we forgive ourselves, we then can forgive others. Forgiveness, just as with love and commitment, is a choice and is the path to unconditional love.

We choose to love, to commit, and to forgive. They go hand-in-hand. Choosing one without the other will not sustain healthy relationships. These relationships first start with us. The relationship to self is the prototype we have for all others. If we do not care for ourselves first, we cannot care for others.

Chair Reports Participation in Education Increasing

Undoubtedly most nurses went into nursing to care for patients and families and not necessarily to spend time teaching. However, participation in the education of nursing students is increasingly being included in the expectations of staff nurses. It is my personal belief that faculty members cannot manage clinical groups of students in the same way that was successful in the past. Rising acuity levels make the job of being a clinical instructor especially challenging. The role of nursing staff in nursing education is a very important one. Studies have demonstrated that the relationship students have with staff nurses is the most important factor affecting learning in the clinical setting. There is a direct relationship between the level of acceptance and amount of time that a student spends with a nurse and the development of a student’s knowledge and abilities. I, and my faculty colleagues, appreciate the efforts you make towards optimizing the educational and socialization experience of our students. We truly are partners in education. Thank you.

Marcia Stevens, RN, DNSc
Minnesota State University, Mankato
School of Nursing Chairperson

A committee has been formed regarding the research forum. The question is, should the research forum be combined with the induction ceremony in the spring? The committee has not met yet. We are waiting for information from other chapters that have been doing this. We will then decide if this is something that our chapter might try. If this happens, the next research forum will be in the spring of 2010. Please send your input to Margaret Brewer at margaret.brewer@mnsu.edu with your ideas and suggestions.

Research Forum Spring 2010
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!

The Leadership Succession Committee wishes to extend warm congratulations to our chapter’s newly elected Officer(s)/Committee Chair(s). We are pleased to present to the chapter membership the names of the following newly elected along with their respective office/committee position:

♥Mary Date — Vice President
♥Phyllis Roseberry — Treasurer
♥Julia Hebenstreit — Faculty Counselor (2nd Counselor)
♥Colleen Royle & Angie Stransky — Leadership Succession Committee

We (the Leadership Succession Committee) thank these members for their willingness to serve our chapter & chapter membership in the capacity of their respective positions and look forward to an exciting & rewarding year learning, serving, and growing together!

Please join us in congratulating the presented 2009-2011 Mu Lambda Officers & Chairs.

The Leadership Succession Committee

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 web site, click on links, STTI, membership, and renew. If you go not have your membership card and number, go to the web site anyway and the web site 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.
Immanuel St. Joseph’s — Mayo Health System is seeking:

- **Practice Advancement Specialist**, full-time, day shift:
  - **Education**: Graduate of an accredited Baccalaureate Nursing Program required. Masters degree required, Masters of Nursing (MSN) preferred or must obtain Masters of Nursing or related within 3 years of obtaining position. Current MN RN Licensure required.
  - **Experience**: Demonstrated leadership skills to include problem solving, communication, organization and goal setting. Three to five years acute care experience required.

- **Learning and Development Specialist**, full-time, day shift:
  - **Education**: Graduate of an accredited Baccalaureate Nursing Program required. Masters degree required, Masters of Nursing (MSN) preferred or must obtain Masters of Nursing (MSN) or related within 3 years of obtaining position. Current MN RN Licensure required.
  - **Experience**: Demonstrated 3 years experience in teaching and patient care required.

To apply online, visit our Web site: www.isj-mhs.org

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*with Mayo Clinic*

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Mu Lambda

Global Connection

This is a picture of the new kitchen in the orphanage in La Paz, Mexico. Mu Lambda donated funding to help purchase appliances. Children from the La Paz area stay in the orphanage until they can either return home or graduate from high school. Last year, one of the girls went on to college to study nursing.
Sandra Eggenberger presented a paper, "Development of the Family Nurse Presence Instrument in the Adult Critical Illness Setting" at the 2008 Midwest Nursing Research Society in Indianapolis, Indiana. The research paper was a part of the family health symposia titled Measurement and Intervention in Family Health: State of the Science.

David Darter-Saunders demonstrated and discussed Thai Massage as the program for the Student Nurses’ Association meeting on October 16. David, a pre-chiropractic student and biology ma-or at MSU, traveled to Thailand during the summer of 2008 to learn this unique massage method and he registered with Mary Bliesmer in Nursing for this Individual Study opportunity.

Mary Regan was presented an award for research from the Association for Women’s Health, Obstetric and Neonatal Nurses.

Marcia Stevens was featured in the October 2008 Minnesota Valley Business Magazine in the Question and Answers section: On MSU’s Nursing Program.


This summer Patricia Young was asked to continue serving (for the second year/round of grant funding) as the Project Director for the National League for Nursing/Johnson & Johnson Faculty Leadership and Mentoring Program. This program pairs five early and mid-career faculty members with five recognized leaders in nursing education. Over a 12-month period protégés and mentors work in pairs on individual leadership development as well as on a group project to be presented at the 2009 NLN Education Summit.


Bess Tsaoose, has received the Clarence E. Harris Humanitarian Award.

Jean Umezu presented "Somali Benadiri Women’s Childbearing Experiences in Somalia and Minnesota" at the poster session for the 34th Annual Convention of the Transcultural Nursing Society in September, 2008.

Thank You!

Thanks to everyone who attended the Annual Meeting & pot-luck on January 22nd @ Rasmussen College. Attendees enjoyed a great meal, chance to support new inductees, Mary Kay face and hand care— and an informative presentation on SCENAR. Special thanks to our presenters for the evening:
Sharell Comnick-SCENAR, & Betty Widmer-Blace— Mary Kay

Send E-Mail Address

We have many active member email addresses from Sigma Theta Tau International. To make sure you are included, please send your present or updated email address to Mary Bliesmer using: mary.bliesmer@mnsu.edu so you may also receive meeting reminders in a timely way.
Mu Lambda Chapter and Fifth District present...

"MN Doctors for the Poor: A Mission Opportunity"

March 19, 2009* date change
Mu Lambda Chapter Board Meeting: 4:15 pm
Fifth District Board Meeting: 5:00 pm
Meal: 5:30 pm Program: 6:30 pm

Applewood Restaurant
11 Telemark Drive, Mankato

Speakers: Susan Peller, RN; Angie Bastien, RN; and Michelle Heichel, RN, will highlight their mission trip to Guatemala in 2008. Information will be presented about MN Doctors for the Poor and how nurses can get involved in mission trips.

There will also be an update on the SPRTC service opportunity to Africa.

1 Contact Hour provided for nursing.

Pre-registration required by March 14. Complete the form and return to Coni Rodgers, 28204 Ridge Road, Cleveland, MN 56017. Make checks payable to Fifth District MNA.

Name: ___________________________________________ Workplace: ___________________________
Address: __________________________________________

Phone: ________________________________
__MNA Member ($8) __ Mu Lambda member ($13) __ Student ($6)

An opportunity to sponsor student attendance at this meeting may be done by adding $6/student to your registration!

This is a wonderful way to introduce students to professional memberships.
# Mu Lambda Chapter Officers 2008-2009

<table>
<thead>
<tr>
<th>Office</th>
<th>Officer Name</th>
<th>Term Ends</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<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>
</tr>
<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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<thead>
<tr>
<th>Committee</th>
<th>Chairperson</th>
<th>Term Ends</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Governance</td>
<td>Diane Witt</td>
<td>2009</td>
<td><a href="mailto:diane.witt@mnsu.edu">diane.witt@mnsu.edu</a></td>
</tr>
<tr>
<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>
</tr>
<tr>
<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>
</tr>
<tr>
<td>Research Forum</td>
<td>Margaret Brewer</td>
<td>2009</td>
<td><a href="mailto:bigbru@chartermi.net">bigbru@chartermi.net</a></td>
</tr>
<tr>
<td>Awards</td>
<td>Yvette Dulohery</td>
<td>2010</td>
<td><a href="mailto:yvette.dulohery@mnsu.edu">yvette.dulohery@mnsu.edu</a></td>
</tr>
<tr>
<td>Membership</td>
<td>Linda Wenkel</td>
<td>2010</td>
<td><a href="mailto:linda.wenkel@mnsu.edu">linda.wenkel@mnsu.edu</a></td>
</tr>
<tr>
<td>Publicity</td>
<td>Mary Bliesmer</td>
<td>2009</td>
<td><a href="mailto:mary.bliesmer@mnsu.edu">mary.bliesmer@mnsu.edu</a></td>
</tr>
<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>
<tr>
<td>Program</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>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>
</tr>
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## 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  
extail: mary.bliesmer@mnsu.edu.  
Thank You!
To keep our mailing labels up to date, please notify the Mu Lambda Chapter concerning any name or address changes by completing this form.

**Name:**  Changed from:  Changed to:

________________________________________  ____________________________

**Address:**  Changed from:  Changed to:

________________________________________  ____________________________

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**Email Address:**  Changed from:  Changed to:

________________________________________  ____________________________

Effective date of change: ________________