

BlogBooker

From Blog to Book.

[HTTP://NEWSLETTER.CNSA.ORG](http://newsletter.cnsa.org)

Contents

1	2008	5
1.1	December	5
	Yes, We Can. CNSA Looks to the Future (2008-12-01 08:03)	5
	The Word for the Day: Communication! (2008-12-01 08:14)	6
	Letter From the Editor (2008-12-01 08:54)	6
	Breakthrough To Nursing (2008-12-01 09:12)	7
	Community Health (2008-12-01 09:13)	8
	Legislative Position Farewell (2008-12-01 09:14)	9
	Greetings one and all! (2008-12-01 09:19)	9
	One of My Best Decisions in Life (2008-12-01 09:24)	10
	Be The Change You Wish To See In The World (2008-12-01 09:26)	11
	Cut, Print. 2008 Convention is a Wrap! (2008-12-01 09:28)	12
	Council of Chapter Representatives - South (2008-12-01 09:34)	12
	Secretary / Treasurer (2008-12-01 09:36)	13
	COCR Co-Chair, North. Vision for this year! (2008-12-01 10:01)	14

Chapter 1

2008

1.1 December

Yes, We Can. CNSA Looks to the Future (2008-12-01 08:03)

I am so honored to be serving as CNSA Legislative Director for the 2008-2009 term. With the local and national election season behind us, we can begin to look forward to the implementation of new policies and the leadership of new officials. We have been assured that major reform to healthcare policy is on the horizon. As nurses, these changes will have a huge impact on our profession and our patients. It is imperative that we advocate for the future of healthcare by staying informed and getting involved.

Some of the ways that you can get involved with legislation are:

- Know what is going on. Read and research information on proposed legislation.
- Voice your opinions. You can do this by writing letters to government officials and voting.
- Taking an active role in local, state and national student nurses associations.

My goals as Legislative Director are aimed at encouraging student nurses to engage in the political process. Three projects that I am looking to continue/implement are: communication with local chapters about writing resolutions, organizing Get-Out-The Vote campaigns within each chapter, and increasing both involvement in RN lobby days and applications for the Nursing Student in Sacramento Internship (NSSI). I look forward to working with the Legislation/Resolutions committee to put these endeavors into action.

If you are interested in joining the committee or want to help implement any of the above mentioned projects please contact me at schwa049@cougars.csusm.edu.

Thank you for giving me this opportunity to serve you as Legislative Director. I look forward to the great accomplishments we will make over the next year.

Angela Schwab, SN
CNSA Legislative Director, 2008-2009
[1]legdirector@cnsa.org

1. <mailto:legdirector@cnsa.org>

The Word for the Day: Communication! (2008-12-01 08:14)

At the 2008 CNSA convention in Universal City, each perspective new board member mentioned “communications” in their plans for making CNSA the most vibrant and productive group possible. As your 2008-2009 Communications Director, I am committed to supporting this board, school chapters, and individual members in the upcoming year. California is the most populous state, the third largest in land mass, and our Gross Domestic Product is greater than most countries. This environment positions us for significant achievement, but also presents challenges to effective communication. Our members are extremely busy and focused on the demanding role of nursing education and practice. At the same time, our organization supports a wide range of student nursing excellence, which covers legislation, community health, scholarships, employment, and the continued development of nursing and nurse education, to name just a few. How do we get the word out to this geographically and culturally diverse group, solicit the talent and ideas, and harness the great potential of our golden state?

The internet has allowed us to communicate cheaply and over wide areas, but it can be impersonal, static, and down right boring without a community. So the real answer to our success is: you! First, thank you for taking the time to go online and read our Range Of Motion (ROM) newsletter. ROM, cnsa.org and our monthly email blasts are three significant venues for communication. Second, my goal in the upcoming year is to provide the tools to enable you to help CNSA follow your passion, get involved, and succeed in the specific area that energizes you. We have so much to offer, and in the coming months the cnsa.org site will be reengineered to better present information for our community, including a better presentation for chapter resources. Additionally, we will be adding forums and blogs to foster the exchange of ideas. Please take the time to read our future email blasts for important updates and information.

Thank you for electing me as your Communications Director. I look forward to interacting with fellow students from all over our fabulous state. If you would like to get involved in this very exciting time for CNSA, please contact me at [1]commdir@cnsa.org and join the Communications Committee!! It would be a privileged to collaborate with you and incorporate your ideas and expertise on how we can continue to make CNSA the best student nursing organization in the U.S.

Christopher Passanisi, SN
CNSA Communications Director, 2008-2009
[2]commdir@cnsa.org

1. <mailto:commdir@cnsa.org>
2. <mailto:commdir@cnsa.org>

Letter From the Editor (2008-12-01 08:54)



Welcome to our second online version of Range of Motion. As I announced at the 2008 California convention, CNSA has ‘gone green’ and suspended printed copy of our newsletter. The advantages of an online format are many, such as opening up distribution to a wider audience, making a more seamless connection to information on our website, cost savings, and the obvious reduction in natural resources required in printing and mailing. I hope you like our new format— feedback is always welcome and encouraged.

This issue of ROM is the first for our newly elected 2008-2009 Board of Directors. You will find articles that will give you an idea of who they are and what direction they envision for the upcoming year. You will read about Community Health goals for underprivileged communities, Council of Chapter Representative meetings for your area, Breakthrough to Nursing's planned focus on elementary aged children and young adults, and Legislative's spotlight on resolutions and RN lobby days, among others. The theme that runs throughout all of these is a sense of excitement and collaboration. I hope this energy is infectious, and you can find time in your busy schedule to join the respective committees in areas that speak to you. Coming from my personal experience, getting involved in CNSA is both fun and rewarding.

Each issue, I will also take a moment here to highlight an area of our cnsa.org site that is of particular interest. This time I'd like to focus on a benefit to all members which is currently underutilized: the job postings. We currently have over 135 job postings with more being added continuously, and the vast majority is specific to California or new grad programs. This is a great resource. It takes just a moment to enroll, is free, and could end up launching your new career. Please click on Jobs from cnsa.org to get started... after you are done enjoying this issue of Range of Motion, of course!

Sincerely,

Christopher Passanisi, SN
CNSA Communications Director, 2008-2009
[1]commdir@cnsa.org

1. <mailto:commdir@cnsa.org>

Breakthrough To Nursing (2008-12-01 09:12)

My name is Dazel Mary Roberts and I will be your CNSA Breakthrough To Nursing (BTN) Director for this term. I feel I must start out by saying that the 2008-2009 Board of Directors is excited and eager to work with you all! After our first official meeting, it seems that we are all so thrilled to be working together so you can look forward to some great projects for you to get involved in this year.

I can not tell you how excited (and maybe a little nervous!) I am to dive right into a project. Within the scope of BTN, there are many different directions available to inform the community about social issues in nursing. Along with these different directions are many different audiences, such as men and minorities, high school and elementary students, and pre-nursing and community college students. As much as I would love to spearhead projects for all of them, it is necessary to find a focus and work within that area. After much discussion with former BTN Director Trina Eagal, I have chosen elementary aged children and young adults as the focus audience for the upcoming year.

There are chapters that do not have BTN positions, or have a position but aren't quite sure where to begin their efforts. I plan to compile a "Get Started" package that will consist of a general outline of activities, handouts, and presentation materials using a variety of different learning styles. This package will be available to any school looking for assistance in enhancing their BTN position.

With the help of the Breakthrough To Nursing Committee, I am also going to put efforts toward the Bridge Project. This program promotes professional organization membership as we transition from nursing student to registered nurse. I hope to make progress with this project by bridging the gap that is sometimes present between faculty and students regarding CNSA. With the support of local faculty, students can understand the importance of being a member of a professional organization and entering organizations at

leadership levels.

I would like to welcome all interested bodies to join our committee, as any bit of help will be useful. The more hands we have, the further we can reach. I encourage you to contact me with any questions or ideas. Don't be afraid to test the water! There are big roles and little roles, but together we can make things happen. I look forward to hearing from and, hopefully, working with you!

Dazel Roberts
CNSA Breakthrough To Nursing Director, 2008-2009
[1]btndirector@cnsa.org
619.957.9433

1. <mailto:btndirector@cnsa.org>

Community Health (2008-12-01 09:13)

My name is Elena Rilleau and I am privileged to be the new Community Health Director for CNSA. I have several goals for my time in this position and I hope that those of you who are interested in community work will join me in making a difference in our state.

The first thing I hope to do is continue the hard work of former director Kelley Stewart, by maintaining her project in Disaster Preparedness. This very important project provides local chapters with the information we need as nursing students to be involved and prepared in the event of a disaster. Since the groundwork has already been laid for this project, I encourage local chapters to learn more and become active in this effort.

Information and easy steps will be included on the CNSA website so that chapters can easily participate. With the help of the Community Health Committee, my second undertaking will be a new project involving underprivileged communities in California's cities and towns. My goal is for each local chapter to create a pamphlet for their area that will provide people of the community with resources that are free or discounted. People are often unaware of the resources available to them and my hope is to collect the information and make it available to this target population. A few examples are: free clinics, battered women's shelters, legal assistance, continuing education, work assistance programs, and nutritional programs. These pamphlets could then be distributed within each community.

Finally, I am also compiling a list of smaller projects that can help guide local Community Health Directors as they search for ways that their local chapters can be involved. I find that we often want to become active in our area but are not sure where to start. This list of projects will be posted on the CNSA website and can help inspire us to be more active. I encourage all of you to go to the Community Health blog spot at [1]<http://cnsacommunityhealth.blogspot.com/> to share projects your school may have done at your own school or in your town.

We are all passionate about different aspects of nursing and different aspects of our communities. I encourage everyone to find something that they love and get involved. Join the Community Health Committee or post on the blog to share ideas or ask questions. There is so much we can do as nursing students and I'll need your help to make this a successful year! I am so excited to be the new Community Health Director and look forward to working with all of you.

Elena Rilleau

CNSA Community Health Director, 2008-2009
[2]communityhealthdirector@cnsa.org

1. <http://cnsacommunityhealth.blogspot.com/>
 2. <mailto:communityhealthdirector@cnsa.org>
-

Legislative Position Farewell (2008-12-01 09:14)



It is amazing how fast a year can pass. I am sad to be stepping down from my position as the California Nursing Students' Association (CNSA) legislative director for 2007-2008, but I am looking forward to the year ahead with Angela Schwab taking over the position. She has some excellent ideas for projects and chapter level participation in the upcoming term. My involvement with CNSA will continue as I have decided to join the legislative committee until my graduation in June. As a board member, I had an excellent time getting to know each and every one of the advisors, board members, and participants that took the time to get involved throughout the year. I recommend the position to all that are interested in running for it in the future. It allows for the opportunity to get involved with current legislation pertaining to nurses, resolutions, and the logistics of running an organization. It is also an excellent opportunity for networking or just having a good time.

Working on the board this year gave me an opportunity to do something extra special: a chance to visit with the international students at the 56th annual National Student Nurses' Association (NSNA) convention in Grapevine, Texas. This year, the CNSA board sponsored two international students, helping off-set the financial burden of their attendance at a convention so far from home. Because of CNSA's sponsorship, the board was invited to a social event to meet with all of the international students. Listening to everyone talk about the differences in health systems, professional organizations, school curriculums, and scopes of practice from each country was fascinating! Furthermore, seeing the global unity towards the nursing profession put this event at the top of my list of cherished experiences while working as a CNSA board member.

Ian St. Martin
CNSA Legislative Director, 2007-2008
[1]ianstm@gmail.com

1. <mailto:ianstm@gmail.com>
-

Greetings one and all! (2008-12-01 09:19)



I'm very happy to have been given the opportunity to take on the role of CNSA President for the upcoming term. I thank you for entrusting me with this responsibility and I look forward to working with you to build upon an already fantastic organization. I would also like to thank the 2007-2008 board

for not only their hard work and leadership last year, but their continued efforts in helping to educate and inspire the 2008-2009 board as we transition into our new roles.

Over the past few weeks, I've had the chance to get to know your new state board of directors much better. They are a wonderful group and I feel truly privileged to be surrounded by such intelligent and motivated individuals. They have a lot of great ideas for enhancing our association that we will be rolling out in the coming months.

As with any organization, a steady influx of new membership is necessary to keep it alive and ours is no different. We plan on trying new avenues to increase our numbers, but we'd also like to focus attention on getting each of you more involved. We know this begins with a good foundation of communication and we are all committed to making it happen.

I invite each of you to share your thoughts with us, no matter how trivial you think they may be. We're here to learn from each other and improve this organization together. I look forward to hearing from you.

Forever learning,

Jeff Huber, SN
CNSA President, 2008-2009
[1]pres@cnsa.org

1. <mailto:pres@cnsa.org>

One of My Best Decisions in Life (2008-12-01 09:24)

My experience as your CNSA 2007-2008 Chair of the Ad Hoc Image of Nursing Committee (ION Committee) has been an incredible life-changing journey. I am truly honored to have worked with such an inspirational group of nurses and leaders: the Association of California Nurse Leaders (ACNL), the American Nurses Association California (ANA\C) advisors, and the Board of Directors. Together we worked relentlessly and were committed to providing a voice and making positive change for nursing students across California and the nursing profession itself.

After getting settled in with the first semester of nursing school, I still felt a void and wanted something more. I quickly learned I didn't want to be a nursing student "trapped in a bubble" and only be concerned with finishing the next nursing care plan or getting an "A" on the next test. No, I wanted something more out of my life and education. I wanted the CNSA. I joined my local CNSA chapter and discovered the organization was more than just a "club" to meet other nursing students or something to put on my resume. Rather, the CNSA is a pre-professional organization which can serve as a stepping stone to join the American Nurses Association (ANA). The CNSA is an organization where students can develop their leadership skills to become actively involved and educated about the many factors we face in becoming a professional nurse. In essence, the CNSA is a great organization that gets nursing students more involved and thinking about the broader issues that effect the profession.

Becoming actively involved with the CNSA is one of the best decisions I have ever made. I am honored to have served as your Ad Hoc Image of Nursing Committee Chair. The image of nursing in the media and public is an issue that we must face everyday and in the future. I have worked very diligently in dispelling misconceptions about nursing and re-educating the community at large. During the second year of the committee, we built upon the foundations of the many previous ION projects: media watch letters to address

the positive and negative media portrayal of nursing, surveys to assess the perception of nursing by students and the general public, an analysis of the survey data to give the committee a starting point to address future projects, and an online blog compilation of the media watch letters and progress the committee has made.

As my term comes to a close, I am proud to say that serving as the Chair of the ION Committee was one of the best decisions and most rewarding experiences of my life. I encourage each and every one of you to become actively involved with the state and local chapters of the CNSA. I promise the experience will change your life for the better!

Judy Chang, SN
Chair, CNSA Ad Hoc Image of Nursing Committee, 2007-2008
[1]judychang.cnsa@gmail.com

1. <mailto:judychang.cnsa@gmail.com>

Be The Change You Wish To See In The World (2008-12-01 09:26)

The impact we can have on the lives of others is unique to nursing. As my year-long term as the CNSA Community Health Director ends and graduation from nursing school draws ever closer, I have just begun to comprehend what my future career in nursing has to offer.

I am finding it invaluable to consider the people and experiences that have shaped my road to this point. In particular, CNSA has been such a valuable stepping stone into the professional organizations and possibilities I have to look forward to. Involvement with my school's faculty and others whom I admire has provided motivation and appreciation of the opportunities that lie ahead. Their guidance has been inspirational.

Making time for anything other than studies was a difficult task until I realized how healthy and happy it made me to get involved in other aspects of the nursing world. I took on the role as community health director in my local NSA and then moved to the state position. Many of you may agree that the title of "Student Nurse" has become your identity. At times it may not seem possible to step back from the amount of work required; it can seem all consuming. However, one of the most beneficial lessons I have learned is how to maintain a balance and take time to step out of the text and into the community. It enriched my nursing education and my life.

Thank you for the wonderful opportunity over this past year!

Kelley Stewart, SN
CNSA Community Health Director, 2007-2008
[1]cnsakstewart@gmail.com

1. <mailto:cnsakstewart@gmail.com>

Cut, Print. 2008 Convention is a Wrap! (2008-12-01 09:28)

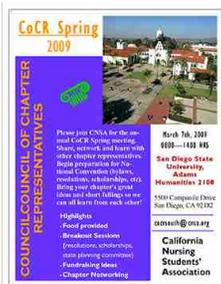


This past year on the CNSA board of directors has been an incredible experience. I feel like I have learned and grown so much and been given many once in a lifetime opportunities! One of my favorite parts of this position was having the opportunity to meet so many new CNSA members from around the state. It was such a pleasure to plan the 2008 CNSA convention and a wonderful feeling to see it become such a success. I would like to give a huge “thank you” to the convention planning committee for all your help and thank you to all members for letting me represent you as the 2007-2008 Convention Director. It has truly been my honor.

Megan Munz, SN
CNSA Convention Director, 2007-2008
[1]munz.cnsa@gmail.com

1. <mailto:munz.cnsa@gmail.com>

Council of Chapter Representatives - South (2008-12-01 09:34)



Greetings all! Let me start out by thanking everyone for allowing me the honor to serve as your new Council of Chapter Representatives (COCR) Co-Chair, South, for the 2008-2009 term. I'm also thrilled to be serving along side Fatima Arastu, your new Co-Chair, North; this year promises to be one of growth and improvement! We are so lucky to be working off a wonderful foundation built by Co-Chairs of the past.

In keeping with Co-Chair tradition, my primary goal and duty is to be an approachable and available liaison between Southern California nursing schools and the CNSA Board of Directors (BOD). As a representative for the South, I assure you that I will give every student and school a voice that is clearly heard. I will work diligently with the Co-Chair North and the rest of the BOD to address concerns, share chapter achievements and ideas, and explore where things did not work well so we can all learn and benefit from example. I will use existing strategies created by past Co-Chairs and help perfect them further in order to develop new strategies in promoting CNSA at schools that are interested in joining or becoming more involved. Also, I will always be available for advice and support for both existing chapters and schools building new chapters. If I can not meet their needs or give them immediate answers, I will find the proper resources or people who can.

The main project this year will be a joint effort between South and North, which will ask for everyone in the state's help and input. It is the development of a grass roots pilot Mentoring Program, plus a new

chapter resource book; these will support and foster growth of new chapters, as well as strengthen the bond and communication between chapters, in the state. The premise is to pair a new budding chapter (mentee) with a strong active chapter (Success Chapter). The Success Chapter will be able to consult with the mentee chapter on such things as writing bylaws, setting up meetings, fundraising, and community outreach. Mentoring chapters may wish invite the new chapter to their meetings and/or events so they can get a real feel of what it's like to have an active chapter, and take home some ideas. Fatima and I have agreed to establish a two school pilot program this term, to evaluate whether or not this is something that will benefit CNSA. I believe it is going to be a great success, sparking conversation and idea sharing throughout the state.

You may also look forward to our annual spring and summer COCR meetings. I will be heading up the spring meeting to be held on Saturday, March 7th at San Diego State University. This is a time for chapters all over the state to come together to share ideas, ask questions and build alliances in a more informal atmosphere than state or national conventions. The spring COCR meeting will have two main focuses. The first is to collect both chapter and CNSA perspectives, which will be used to develop the resource book distributed to new CNSA chapters or schools that are interested in starting a chapter. The other main focus will be preparing for the 2009 NSNA convention in Nashville, TN, including breakout sessions dedicated to scholarships and resolution writing. At Nationals in April, we will begin to form a convention planning committee for the California convention in Fall of 2009. Please keep tuned for more information regarding dates and details. I look forward to seeing the biggest turnout ever!

While March 7th will be the next face to face meeting for our state, I invite ideas, questions, or concerns at anytime. Please feel free to contact me whenever the need arises. I look forward to serving California Nursing Students, and more specifically the South, for the upcoming year. Good luck with your studies and involvement in the great organization that is California Nursing Students Association!

Molly Cocking, SN
CNSA COCR Co-Chair, South
[1]cocrsouth@cnsa.org

1. <mailto:cocrsouth@cnsa.org>

Secretary / Treasurer (2008-12-01 09:36)



I would like to start off my term by thanking all those who attended the CNSA 2008 convention in Universal City. It was a wonderful time and learning experience, and I enjoyed meeting and making new friends. I would also like to thank all those who voted for me.

Here is a brief overview of what I hope to accomplish during my 2008-2009 term:

- Keep membership apprised of what the Board is doing for and on behalf of them.
- Collaborate with other board members to increase membership and membership participation.

- Work with the appropriate board members to get members connected on both Chapter and State levels.
- Build stronger relationships with current exhibitors and establish new ones to increase student opportunities.
- Attempt to contact more organizations to increase scholarship funding opportunities.

I am looking forward to an exciting year working with an innovative board and spectacular membership! Please feel free to contact me with ideas, suggestions, or comments at [1]sectreas@cnsa.org.

Nancy Chiang, SN
 CNSA Secretary/Treasurer, 2008-2009
 [2]sectreas@cnsa.org

1. <mailto:sectreas@cnsa.org>
2. <mailto:sectreas@cnsa.org>

COCR Co-Chair, North. Vision for this year! (2008-12-01 10:01)



It is an honor to be elected as the Council of Chapter Representatives (COCR) Co-Chair North, and I'm ecstatic to be serving you all this year on the CNSA Board of Directors. But first, I would like to congratulate Rafael Ramos for doing such an excellent job as the COCR Co-Chair, North for 2007-2008!

Like Rafael, my foremost goal is to be an effective liaison between CNSA Board of Directors and all Council of Chapter Representatives for Northern California. As your COCR North Co-Chair, I will represent all Northern California School's CNSA chapters and facilitate constructive flow of ideas, information, and concerns. I'll be your advocate, your resource person, and, most importantly, your voice. I will work closely with COCR Co-Chair South, Molly Cocking, to ensure that both regions are aligned and have updated information. I will also guide the Council of Chapter Representatives with various new member recruitment strategies and help them bridge the gap between various student levels at their respective school.

Our main focus for this upcoming year will be to start a pilot Mentoring Program at grassroots level and create a resource book for new chapters that will be made available during the COCR meetings. These initiatives will help grow new chapters with strong foundations. The basic premise of this program is to have one-on-one mentoring sessions between a strong, active chapter (a.k.a Success Chapter) and a new chapter.

The Success Chapter will mentor the new chapter in order to give them an idea of how things are implemented; this could be accomplished by inviting them to their organization meetings or by holding mock meetings. They will also guide their mentee with, for example, an understanding of bylaws or fundraising events and ideas. The goal is to pilot at least two schools and build on it as we see positive results and move ahead. This will be a great opportunity for both groups to learn, collaborate and build!

And speaking of learning, the Spring and Summer COCR meetings will be on full swing this year! Molly Cocking will lead the COCR Spring meeting and I will present the Summer COCR meeting. We will have breakout sessions for different committees, such as Convention and BTN. Scholarship and Nomination committees will be present to answer your questions about the various Board positions. Also, respective chapters will brief us on their success stories and accomplishments. There will be lots of information and exciting ideas to look forward to.

I would love to get your input on how we can create vitalized COCR meetings. I believe that different ideas can be meshed and massaged to create something useful for everybody. So, please share your ideas! No matter how big or small the thought, we can put our heads together to build inspiring programs for the CNSA Community.

Sincerely,

Fatima Arastu, SN
CNSA COCR Co-Chair, North, 2008-2009
[1]cocrnorth@cnsa.org

1. <mailto:cocrnorth@cnsa.org>

BlogBook v0.4,
L^AT_EX 2_ε & GNU/Linux.
<http://www.blogbooker.com>

Edited: February 9, 2013

