



Summer 2001
Volume 74, Issue 2

Spotlight on the Board

Erin Dame, CSU-Fresno—Vice-President

I am looking forward to the year ahead of us. I would like to personally thank each and every one of you for electing me as Vice President of CNSA and would like to congratulate you on choosing nursing as a career. I have met many of you, however, many of you I have not. Throughout the next year I hope to make many new friends and I hope through our friendship and common passion for nursing that we can pursue and can accomplish great things for California and the nation.

When I first began nursing school I never thought that I would be a member of the CNSA board...I was apprehensive about approaching them. Now I wish I would have gotten more involved earlier. Never hesitate about getting involved; it will always be a rewarding experience. I don't want anyone to feel as if they cannot contact me. I am available to every nursing student whether it is regarding matters of CNSA or just to share a heartwarming or even discouraging story. We all know that nursing school is challenging but together we can all attain our goals. Please feel free to email me at any time. My email is ekj03@csufresno.edu or there is a direct link on the CNSA website.

I look forward to seeing many of you at Midyear in Reno and many more of you at the CNSA annual convention in Sacramento.

Aimee Cutler, Golden West College—Secretary/Treasurer

Hi everyone. My name is Aimee Cutler and I am the current secretary/treasurer for CNSA. I attend Golden West College in Huntington Beach. After completing the program, I wish to specialize in pediatrics.

As secretary/treasurer I take notes at the meetings to keep a record of what has been decided upon, look over our finances, and maintain the paperwork of the nominees for offices. I will also be in charge of the finance and nomination committees. I urge you to get involved in your school's local chapter and be a vital member of CNSA and NSNA.

Mike Rouse, San Diego State —Website Director

Hello everyone. My name is Michael Rouse and I am this year's first Website Director. I look forward to working with this year's board to help build CNSA's membership and broaden membership involvement.

I just finished my first year of nursing school at San Diego State University. Along with being a SDSU nursing student I am also an Army ROTC Cadet. I am very much looking forward to receiving my commission as an Army Officer once I finish my degree. Once I receive my commission I will be a part of a great organization, the Army Nurse Corp. I would like to specialize in the ER and then further my education by receiving my Masters as a CRNA (hopefully, the Army will pick up the tab).

As far as my personal life, I have two wonderful boys that I spend as much time with as I can. Again, I look forward to hearing from you. Please email me if you have any questions.

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Benefits - CNSA Membership

Meet other Nursing Students!
***Range of Motion* Newsletter**
***Imprint* Magazine**
CNSA Scholarships
NSNA Scholarships
Leadership experience
Service Project experience
Fundraising experiences
HAVE FUN!!!

Student discounts on:
Convention registrations
NCLEX review
Nursing Journals
Membership in professional nursing organizations
Nurse's Protection Group—malpractice insurance.
Kinko's Copy Centers

**CNSA 2001-2002
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*Feel free to email
your Executive Board and
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information for your chapter.

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Reader's Forum

**Welcome back to a new school year—communication is the key!
Contact your chapter liaison or COCR Co-Chair for help.**

Deadline for submissions for next newsletter is November 5

Announcements

At the COCR meeting is was voted on and decided that the State Service Project for California would be for each chapter to participate in a **Walk against Diabetes**. Because these walks are held at different times throughout the state, each COCR rep. or President should email John Beadle to report how many people from their chapter participated in the walk and when it was held. As a state, we hope to make a statement about our recently passed resolution at the NSNA convention, apply for a state award and support the fight against Diabetes. John's email: jbeadle@csufresno.edu.

The CNSA Convention will be held on February 15-17, 2002 at the Doubletree in Sacramento across from the mall. Rooms are \$105/single and \$115/double occupancy. The theme for this year will be: **Nurses: The Heartbeat of the Golden State**. Tshirts with this theme will be able to be pre-ordered for a discount. Chapters wishing to sell at convention should pre-register to ensure a table on a first come, first serve basis. Cost is \$10/half table and \$20/table. A CPR class and Blood Drive will also be sponsored at the Convention. Please access the website for future updates.

At the COCR meeting held on August 11, 2001, the following **Foundation Trustees** were elected: Biana Grogg—CSU-Fresno and Jerry Cook—Point Loma College. They, together with the President, Vice-President and Secretary-Treasurer form the group who will decide upon recipients of CNSA scholarships. Congratulations!

At the COCR meeting, in order to be more cost effective, it was voted upon and decided that this issue will be the last mailed copy of the *Range of Motion*. This and all other issues except the Convention Issue in January will be available on the website at www.CNSA.org. Each annual Convention issue will be mailed. If you are unable to access the website, please call the business office and a paper copy will be mailed to you.

Making it Financially

Scholarships—Scholarships are awarded by CNSA and NSNA at the annual conventions. CNSA Scholarship applications are available from the CNSA business office after October 1 or can be downloaded from the website. Deadlines for applications will be published in subsequent issues. Also, ask your program director about school nursing scholarships. Private organizations will also often support students.

Financial Aid—California and Federal governments have financial aid. Submit the Financial Aid form through your school.

Job placement—Look into student nurse positions at your local hospitals.

Hospital agreements— Ask your local hospital if they'll agree to sponsor you while in school or help pay back student loans if you agree to work there after graduation. There is a nursing shortage and many hospitals already have this plan in place.

**Council of Chapter Representatives (COCR) Meeting Summary
Saturday, August 11, 2001
Pasadena City College**

Chapters from the north:

City College of San Francisco
 CSU-Bakersfield
 CSU-Chico
 CSU-Fresno
 CSU-Hayward
 CSU-Sacramento
 CSU-San Francisco
 CSU-San Jose
 Monterey Peninsula College
 Sacramento City College
 Samuel Merritt College
 University of San Francisco

Chapters from the South:

Azusa Pacific University
 Biola University
 Chaffey College
 College of the Canyons
 CSU-Long Beach
 CSU-San Bernardino
 CSU-San Diego
 Cypress College
 Golden West College
 Grossmont College
 Imperial Valley College
 LA County College of Nursing
 Los Angeles Pierce College
 Los Angeles Southwest College
 Los Angeles Valley College
 Mt. San Antonio College
 Mt. St. Mary's College
 Pasadena City College
 Point Loma University
 Rio Hondo College
 Riverside Community College
 Saddleback College
 San Diego City College
 Santa Ana College
 Victor Valley College

Planning Your Chapter's Year

CNSA is trying to establish a contact data base of CNSA chapters to better serve you. If your chapter has not done so yet, please email the following to Erin Dame at ekj03@csufresno.edu or another board member: Your school's name, President, COCR rep and Advisor with phones, addresses and emails.

The following chapters were represented at the COCR meeting: College of the Canyons, CSU-Fresno, CSU-Hayward, CSU-Sacramento, Golden West, LA Valley, LA Pierce, Monterey Peninsula, Pasadena City College, Point Loma, Riverside Community, San Diego State, Santa Ana College and Victor Valley College. Chapters exchanged ideas about what they were doing and projects that worked. Some of their ideas may help your own chapter to have a great year!

To start a chapter: Have 10 nursing students from your school apply for NSNA/CNSA membership and establish bylaws consistent with NSNA. Download "Getting the Pieces to Fit" and "Guidelines for Planning" from www.nсна.org. to use as guides. Contact your COCR Co-Chair for help.

Increase your membership: reach out to your prenursing students so they can become involved early! California won the NSNA award in 2001 for having the most enrolled prenursing students! Get donations for books, supplies, etc and hold a raffle for new students joining CNSA. Some schools have mandatory enrollment in NSNA/CNSA.

Fundraisers: Silent auctions, picnics, barbeques, raffles, bake sales, selling T-shirts, supplies, uniforms, "Healthy Holidays" sweatshirts, tote bags and license plate frames, getting donations from companies, hospitals, clinics and pharmaceutical reps; gift wrapping at Christmas for donations, family lab-night, paid audience for TV shows, selling flowers at the pinning ceremonies, graduation videos, tail-gate parties, entertainment books. Collaboration with other service groups such as Sigma Theta Tau, Soroptomists or other nursing schools.

Service Projects: Halloween Trick-or-Treat night on campus, baskets for the homeless on holidays; toy, clothing and food drives, assisting with health clinics and fairs; Walks against diseases, blood drives, collaboration with other service groups such as Sigma Theta Tau, Soroptomists or other nursing schools.

Student Support: Job fairs 1 month before graduation, speaker series, externship program, mentor programs, welcome-back parties, providing a stress-reducing area for students on campus, Scholarships toward convention or books.

Breakthrough to Nursing: Reach out to elementary schools and make nursing caps as a prop. Adopt a School and present hygiene modules periodically. Have middle school children come to your campus lab for demonstrations. Attend career days of local high schools or community Job Fairs. Do presentations at places in which people are ready to start new careers—shelters, etc. Promote the male image by advertising concurrent enrollment in ROTC programs. Make presentations for CNAs and LVNs in hospitals or classes to encourage them to continue their education.

Start a newsletter: A newsletter can help to unite faculty and students, will communicate your activities to nursing students and can honor those who have helped with projects. For help, contact Sue Gibson at big1green@aol.com.

Writing a resolution: Resolutions encourage support for certain issues. For help in writing a resolution, contact John Beadle. The deadline for submitting a resolution to John Beadle is January 14, 2002.

Elect officers including a COCR rep. Send the COCR rep. to our next meeting on January 12 9am-6pm at CSU-Fresno!

See you at Mid-Year - Reno, NV Hilton November 1-4, 2001!

California Nursing Students' Association
1250 Long Beach Avenue, Suite 323
Los Angeles, CA 90021

What's the pulse ...



...of California?

Advertising with CNSA

If you know of anyone who would like to advertise with CNSA, we accept advertisements for *Range of Motion* which is available four times per year at our website www.cnsa.org. Rates and requirements may be downloaded from the website. Links to the our website are also available for companies who are located throughout California. Businesses catering to the student nurse population may be more likely to be interested. If you know of anyone or would like to find advertisers, please have them contact the business office and either Mike Rouse for the website or Sue Gibson for the *Range of Motion* newsletter. Any advertiser is welcome. We reserve the right to review all advertisements submitted for publication.

Resources

Website resources: CNSA: www.cnsa.org Check out our updated website for information and future issues of *Range of Motion*. NSNA: www.nsna.org
Nursing jokes - nursefriendly.com; nurse stuff - allheart.com; PowerPoint presentation: cncc.org; coloring book: pronurse.com If you know of others, email Sue for inclusion in the next newsletter!
Free NSNA Membership Video: **NSNA: The Sky's the Limit** — register for *Project in Touch*
Free NSNA Breakthrough to Nursing Video: **Nursing-The Ultimate Adventure**— register your BTN rep.

Calendar

Executive Board Meeting: Saturday, October 13, 9am-6pm @ CNSA Business Office
NSNA Mid-Year Conference: November 1-4, 2001 Reno Hilton, Reno, NV
COCR Board Meetings:

Saturday, January 12, 9am—6pm @ CSU-Fresno, Fresno
CNSA Convention: February 15-17, 2002 Doubletree Hotel, Sacramento, CA
NSNA Convention, 2002—50th Anniversary—April 3-7, 2002—Philadelphia, PA