

# THE TORCH

fall 2004 edition

## NSA Convention

*VNSA's 53<sup>rd</sup> Annual Convention is going to be February 4-5, 2005 at the Omni Hotel and Convention Center in Charlottesville, Virginia. Check the VNSA website for registration and hotel booking information at [www.vnsa.us](http://www.vnsa.us). This years' convention theme is titled, "Diversity of Opportunity". There will be 25-30 speakers from various fields of nursing, a*

*free NCLEX review for seniors, recruiters, vendors, awards, dinner, and much fun to be had. The winner of the student of the year award will receive a scholarship from NSNA!*

*State positions for the 2005/2006 VNSA board of directors will be open to run for at convention, so outline your speeches and take to the stage! It's more rewarding than you'll ever know from the outside looking in.*

*If you are registered to do so...*

***ROCK THE VOTE***

*Seriously nurses to be, stand up for the freedom to choose the one to lead our country in this difficult time. Go online to see each candidate's view on health care policy. Be informed.*

**A nurse dies and goes to heaven. She is met at the Pearly Gates by St. Peter who asks her questions about her life. Over St. Peter's shoulder the nurse spots a man**

in a white coat sitting on a cloud with a stethoscope around his neck. "Oh brother!" she cries. "Is that a doctor?" St Peter glances over his shoulder and says, "No, that's God. He just thinks he's a doctor."

## **Born leaders...**

**Leadership University** is a program initiated by the NSNA that enables faculty members to offer college credit for students who are leaders or interested in leadership. Carol Lynn Maxwell-Thompson, faculty advisor for University of Virginia's SNAV and VNSA faculty consultant, offers this independent study to students. The purpose of this independent study is to promote leadership, educate students about leadership in professional organizations, promote legislative interest, and give recognition for other leadership activities. Carol Lynn's syllabus can be accessed at [www.vnsa.us](http://www.vnsa.us) and visit [www.nsna.org](http://www.nsna.org) for more details.

## **The Reason**

The VNSA has a board of directors at its head that coordinates all aspects of the association between state members. The board handles all finances, communicates to local members, and plans all VNSA events. The board is elected annually at the Convention in February. Any student who attends is eligible to run for a state office. This group meets monthly and any VNSA member is welcome to attend the meetings to observe and/or participate.

## **Our Purpose**

To assume responsibility for the contributing to nursing education in order to provide for the highest quality health care,

To provide programs representative of fundamental and current professional interests and concerns, and;

To aid in the development of the whole person, and his/her professional role, and his/her responsibility for the health care of people in all walks of life.

## **Break on through to the other side...of nursing!**

*Breakthrough to Nursing is a program created by the National Student Nurses Association that promotes nursing students across the country to go and speak to elementary through high school students, minorities, men and others about opportunities in nursing.*

*Johnson and Johnson have been instrumental in promoting nursing and in helping with the nursing shortage. Materials for students to use in these presentations are available free of charge from Johnson and Johnson.*

*This year is the 40<sup>th</sup> anniversary of the BTN project...so be thinking about the program in your chapter and how you can get out in the community to bring nursing to the masses.*

## **THE TWO FACES OF NURSING**

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### **Holy Daytona!**

*NSNA's 22<sup>nd</sup> Annual Midyear Conference, known as its "Career Planning Conference," takes place November 11-14, 2004, in Daytona Beach, Florida. It offers nursing students a unique opportunity to hear nationally-known speakers discuss trends and issues relevant to nursing today, and offers a broad selection of activities, including workshops, panels, exhibits, and an NCLEX® Review, to help prepare them for careers as professional nurses. Over 120 exhibitors will be on hand to greet you in the exhibit hall. Bring your resume and plenty of business cards for raffles and follow-up.*

*\* State Board Review:*

*The Midyear Conference offers an 8-hour State Board Mini Review Course sponsored by the NSNA. Registration for only the review course is available or you may combine it with the registration for the Career Planning Program. These conventions are a blast and so helpful with planning your future. The next one after Daytona is ours in February, then the next one after that is in Salt Lake City, Utah.*

*"Giving back, going forward" ...*

**Community service projects for November and December we will be doing state-wide..**

November: canned food drives for Thanksgiving.

December: making care packages for American troops overseas.

Betty Shumaker from UVA has been newly elected to the BTN position! *Go Betty. Go Betty!*

## **Greetings from el Presidente...**

### **Tiffany Musselman**

*I would like to welcome each of you back to fall semester! Classes are not the only things in full force. Your VNSA Board of Directors had been working hard over the summer to create a most memorable and successful year. This year the VNSA has many exciting opportunities for students. First is our annual convention to be held February 4-6th at the Omni Hotel in Charlottesville. We are in the process of planning an exciting line-up of speaker, exhibitors, and vendors all there to provide opportunities of enhancement in your studies and in your career as a graduating registered nurse. Is at this time our new Board of Directors is elected for the 2005-2006 school year. Currently the Board of Directors is looking at making serious changes to the flow of convention, in doing about the VNSA may be viewed on the so we hope to make this the most successful convention ever!*

*I encourage you to contact me with any questions or concerns about the upcoming year, more information VNSA website [www.vnsa.us](http://www.vnsa.us).*

## **VICE PRESIDENT SQUARED...**

*Hi! My name is Pam Weirich and I am Second Vice President of Virginia Nursing Students' Association (VNSA). I am also actively involved in the local James Madison University chapter of the Student Nurses' Association. I am currently a senior at JMU and look forward to graduating in May 2005. I hope to return home to Northern Virginia and begin my career as a Registered Nurse. I am very excited about our new Board of Directors and anticipate a challenging, but rewarding year.*

## **PUBLIC RELATIONS GURU...**

*Hi Virginia Nursing Students!!! I'm Christina Russell, serving as your Public Relations director this year. I am a senior at James Madison University and am really excited to be a RN! Aside from nursing I love the mountains, volleyball and skiing. Check out the VNSA website this year for updates and 2005 Convention Information @ [www.vnsa.us](http://www.vnsa.us)*

## **SECRETARY OF THE STATE...**

*Hi, my name is Allison Ballos and I am your VNSA secretary for the 2004-2005 school year. I am currently a senior nursing student at VCU. I am excited to return to the VNSA board and look forward to a great convention. Please feel free to contact me if you have any questions regarding your school's involvement in VNSA.*

**WE ENCOURAGE YOU TO SUBMIT ARTICLES, WRITINGS, OPINIONS, ETC. TO THE VNSA NEWSLETTER. WE REALLY WANT TO UNITE VIRGINIA'S NURSING STUDENTS THROUGH THE TORCH. SEND PIECES TO BARBARA STELLS AT: [s2bstell@vcu.edu](mailto:s2bstell@vcu.edu).**

You know you are a nurse...

You know you are a nurse when discussing dismemberment over a gourmet meal seems perfectly normal.

You know you are a nurse when you compliment a complete stranger on his veins.

You know you are a nurse when you find yourself betting on someone's alcohol level.

You know you are a nurse when you know that K-Y jelly is optional.

### **You Might Be a Nurse if...**

- when using a public restroom, you wash your hands with soap for a full minute and turn off the faucets with your elbows.

-- when you tell a man you meet for the first time you're a nurse, you're expected to laugh hysterically when he asks you for a sponge bath, as if it was the most original and wittiest thing you've ever heard.

-- your favorite dream is the one where you leave a mess at a patient's bedside and tell a doctor to clean it up.

-- men assume you must be great in bed because of the 9 billion porn movies about nurses.

-- everyone, including complete strangers, tells you about each and every ache and pain they have.

-- you want to put your foot through the TV screen every time you see a nurse on a soap opera doing nothing but talking on the phone and flirting with doctors.

-- you can almost SEE the germs on doorknobs and telephones.

-- you can watch the goriest movie and eat anything afterwards, even spaghetti with lots of tomato sauce.

you use a plastic 30cc medicine cup for a shot glass.

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## **A Nurse's Wish**

To be a nurse requires dedication,  
With years of study and preparation.  
I pray for guidance and humbly ask,  
That I will do well with this chosen task.  
When illness strikes or pain demands,  
And a life is placed within my hands,  
Give me compassion, knowledge and skill  
To do the things that comfort and heal.  
Suffering makes patients' fear grow worse  
And they seek reassurance from their nurse.  
Help me see things from their point of view  
And always to know what is best to do.  
May I have a part, in some small way,  
In restoring good health to someone today.  
Let my work be all that I want it to be--  
I ask the great healer to work through me. –Unknown