

(Remembering ... continued from page 1)

For some of us, the future we worked for is now. For others the future is as ongoing as our daily workloads and we will be bringing nursing into the future - based on the past as well as the now - for years to come. We recognize the research that has provided us, our families and our patients a brighter future. Without these advances we would not be able to envision an even greater future from the past that is today. We applaud nurses - all at the grassroots level - who put themselves and their profession on the line to make a better future for those of us in practice today. We honor nurses who have been and are political activists - making "noise" to the right voices within the government - city, county, state and national. For it is - as it has been - the single voice who gathers support forming a foundation that moves us into the future.

It has been said that "all politics is local" and indeed that is true - for it is you at the local level talking to your representative at any point in the government structure - "local to local" taking a stand on an issue of importance. It is you at your worksite - local involvement - who practices the best possible nursing you can, improving standards of care at the local level that then implicates the best in nursing practice that will bring all of nursing into the future. It is you, making ethical decisions about your individual practice that supports the futures of our patients today and our own care tomorrow. It is the local education - at work and at the district workshops - that stimulates better practice, more forward thinking, ongoing learning that is expansive.

You make a difference here at Fourth District. You will help us remember our future. Your support of our programs that will enhance all of nursing for you and your colleagues in all of your nursing futures. Although we, as a District, do not engage in any form of collective bargaining, our programs support that local activity through nursing practice, community outreach, education, political action, etc. We enhance the image that will garner support for our future nursing ambitions.

So as you remember your future this holiday season, think of all the good things that have happened because you chose to remember your future in a professional manner. New Year's resolutions are a way of "remembering the future" - make one of your "self-promises" a commitment to participating in one activity at the district level - education, community outreach through volunteering to take blood pressures, talking to youth about nursing as a career, writing an article - or in some other way stimulating your own future through the many possibilities you have at your District Association.

Remember - we can only improve the future by bettering the past and acting on it today. Participation betters the image of nursing and garners support in the community for the future we want to remember.

Happy Holidays to each of you and your loved ones. Hoping 2010 brings forward an even stronger commitment to each other, to the practice of nursing, to Fourth District and to a future well worth remembering.

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REPORTER

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The Reporter

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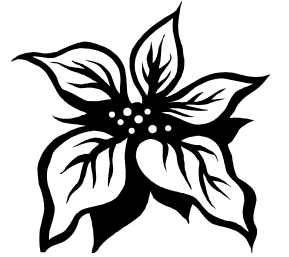
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Remembering The Future



By Barbara C Miller, BA, RN
Executive Director

This is the time of year when traditions are important to many people. Traditions bring the past and the future together. Perhaps it's the special meal or the games families play or the way individuals and groups give back to their community. Maybe it's a "most memorable holiday experience" from days gone by that pulls at our heart-strings and fills us with emotion. But no matter what it is, there is something about this time of year that sparks the past but in reality brings us into the future.

For it is the past that in so many ways prepares us for our futures. It is the past that sets the foundation for what is yet to be. When there is a birth in the family it is often the past that provides us with a name - one that remembers the past as a new generation comes to life. And in whatever type of faith we choose to practice, it is the past that carries us into the future with promises of hope and eternity.

So it is within our profession. As we look to the past, light is given to our future. Some of us remember the old Central Supply Departments where normal saline was made in mighty big volumes by placing a specific number of large salt tablets into the bottle of distilled water, capping it with a huge rubber stopper and autoclaving it for a specific amount of time. Voila - normal saline for all the uses we had then and still have today - and will still have in the future. (Didn't know I was that old did you?)

Or maybe it was those days, when I was still a nursing student, that my Director of Nursing, Minna Moehring, told us we were required to belong to MNSA (Minnesota Nursing Students Association.) It was important because we were going to be RNs some day and we needed to start acting professional right away. We were introduced to political action, nursing practice, education and ethics issues. We knew then that, in all probability, our future would mean participating in union activities through our employment. All of this depicted a bright future in a profession that I still love today.

Sometimes we remember the future in our lives by "preaching" old techniques - like "wash your hands," "wash your hands," "wash your hands," or "cover your cough." Sounds like a plan to keep us from spreading H1N1, seasonal flu, or some other communicable diseases. Some things just never grow outdated and we remember them into the future.

At the District we remember the future too. The future has been built on scores of issues that have gone before us - issues that threatened to break the soul of the profession, issues that left "cracks" in relationships and professional attitudes. It all started with grassroots mobilization emanating here at the grassroots to proclaim a broader message - that the future was ours as a profession and that we would, as that profession, ensure competency, political action for the betterment of the profession, maintain and participate in an education that started now but brought us into the future and that we deserved to be compensated in a manner that would help us to survive as individuals into the future. It all began here in 4th District in 1898 - nine graduate nurses beginning to remember the future.

(Remembering ... continued on page 4)



Freedom to Breathe - Around the State

by Deb Kruse, RN

Association of Non-Smokers, Minnesota and Ramsey Tobacco Coalition is seeking grant funding for a project that would include seeking policy change that would level taxes added to all tobacco products and support initiatives to protect children from second-hand smoke. They have asked Fourth District to, once again, join with them on this effort. We are hoping that the grant is approved so that we can partner with them on policy and environmental change initiatives. We have been a loyal coalition partner for over a decade. We will utilize grass roots organizing approaches to build support for the policy initiatives by recruiting our local nurses. The push is on now to protect our children as they travel in vehicles with parents/adults who smoke in their presence. Our involvement would include meeting with elected officials, generating letters to the editor, and to elected officials with educational information about smoke-free vehicles for kids, smoke-free foster care homes, smoke-free building entrances and increasing the price of 'other tobacco products' to make them equitable to cigarettes. We will continue to keep our members informed of the grant project and ongoing involvement in our District newsletters and electronic publications.

Brittany McFadden, is the Program Director for 'Tobacco-Free Youth Recreation' and 'Live Smoke Free' (for apartments/condos). For information please check these websites: www.tobaccofreeparks.org, www.mnsmokefreehousing.org, and www.ansrmn.org but most of all continue to support your 'Freedom to Breathe' . . . Feel free to contact Deb at debkruse4district@hotmail.com or Barb at district4nurses@prodigy.net for more information about the program and how you can get involved.

"We All Pay the Price for Tobacco"

Knowledge is the Key

We continue to do our best to keep you informed about what's happening at Fourth District as well as how this impacts programs within MNA and how the programs at MNA are meaningful to you.

We do this in a variety of ways - this hard copy newsletter, a monthly update on the activities of the organization, in-person updates of current importance at all educational offerings and meetings.

If you are not receiving our monthly updates - sent out once a month in between the "REPORTER," please send us you non-work email so that we can keep you informed of what's happening east of the Mississippi River.

You can also find us on Facebook at Fourth District Minnesota Nurses and on Twitter at 4thDistNurse.

It Never Hurts to Be Careful

1. Tip from Tae Kwon Do: The elbow is the strongest point on your body. If you are close enough to use it, DO!
2. From a tour guide - If a robber asks for your wallet or purse: DO NOT HAND IT TO HIM . . . Toss it away from you - chances are that he is more interested in your wallet or purse than you, and he will go for the wallet/purse. RUN LIKE MAD IN THE OTHER DIRECTION.

It's That Time Again

Starting January 1st, we will be accepting nominations for the District Outstanding Service Award and the District Excellence in Practice Award. We will also start taking applications for the District Scholarships. We will provide two scholarships this year. Call the office for more information on how to apply. Applications will be due April 9th. Presentation of will occur on May 11, 2010 at our Annual Meeting and Awards Banquet.

THANK YOU...

... to Kay Bauer, Stella Essien, Deb Kammerer, Deb Kruse, Kim Love, Barb Miller, Donna Nelson, Muriel Olson, Rozann Reyerson, and Ann Warec for volunteering at blood pressure screenings



Image and Service Opportunities

We will still take leftover yarn and fleece for our Marvelous Mitten Knitters. We will also take used cell phones - must have charger - for adapting for battered women. Left over craft materials can also be donated here for use by elementary children and incarcerated women.

Helping the District Move Forward

During difficult economic times, your district also finds itself looking for ways to supplement the coffers so that we can continue to provide quality education, meaningful community outreach and support, communications and resources to our members without raising dues. In order to make the most of what we have, we offer ways for you to contribute. Non-members, family and friends are welcome to "shop" with us.

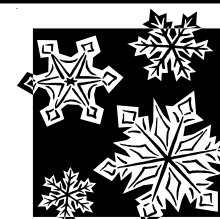
Available here at the office are **Lucinda Pins**. Each is unique and represents an issue close to the souls of most nurses. We also have a few of the **handmade gift boxes**. We also have hand made (by Deb Kruse) **dishcloths** and **crocheted placemats**. Deb Kammerer has made some **handmade nurse cards**. **Reusable, foldable tote bags** are also available.

RADA cutlery, candles, recipe books & other home products are available. We have a limited supply on hand that you can purchase or you can simply go to the website www.helpourfundraising.com and purchase online. We do have catalogues so you can do some browsing before you order. Enter the **Internet ID 501856** with the **password: nurse04**. Fourth District receives the profits monthly from this program. Through your continued support in these and other ways, we will remain strong.

Thought for Today

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.

Mark Twain (1835-1910)
Humorist & writer



FOURTH DISTRICT MNA CALENDAR OF EVENTS December 2009 - February 2010

December 17.... *MNA Board of Directors*

January 44:30 p.m. - *Nurse Writers Group*

January 7 4:30 p.m. - *District Board of Directors*

February 4.... 4:30 p.m. - *District Board of Directors*

February 10... 4:30 p.m. - *Workshop: Cardiac Current Events*

Faculty: Joan Somes PhD, RN

Future Blood Pressure Screening

Needs Include:



Montreal High Rise: 1st Wednesday 11-12:00 pm
Jan 6 - Feb 3 - Mar 3

Winslow Commons: 3rd Wednesday 1-2:00 pm
Jan 20 - Feb 17 - Mar 17

W 7th Community Center: 4th Monday 12:15-1:00
Dec 28 - Jan 25 - Feb 22 - Mar 22

Osceola Place: 3rd Thursday 1-2:00 pm
Dec 17 - Jan 21 - Feb 18 - Mar 18

Rivertown Commons: Tuesdays 10-11:00 am
Stillwater Dec 8 - Jan 12 & 26

Workshop Drawing Winners

Sept 15 - Eileen Weber - Free Workshop
Barb Wulf - Red Tote Bag
Pam Dalsasso - Champps Gift Card

Oct 7 - Suzanne Clarke - Free Workshop
Liz Ann Anderson - Wellness Gift Card
Dick Hebrink - Maplewood Comm Pass

Oct 21 - Carolyn Koch - Green Tote Bag
Ann Warec - Free Workshop
Sue Bieri - Maplewood Comm Pass

Nov 17 - Karen Argo - Midway Uniform Gift Card
Phyllis Casper - Free Workshop
Jan Nicol - Lotion & Bag Clip