



VANS E-Newsletter

Valdosta Association of Nursing Students VSU College of Nursing

September 2008

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President's Message

Lauren Walter

Hello students! I am so happy to see the eagerness in everyone who attended the September 3 VANS meeting! I know that with everyone's greatest effort, we can make VANS the best it has ever been! If you missed out on the meeting, be sure to contact an officer to get pertinent information about the organization's upcoming events.

As you all know, GANS convention is coming in October to Columbus, Georgia. We are so excited to attend this year, and we welcome any pre-nursing or nursing student interested in attending. Remember, though, you must be a current NSNA member with a valid ID number to register. Also, know that VANS will be doing everything we can to help interested students in attending. So if you need help to raise funds or if you need to discuss arrangements for missed assignments, please do not hesitate to contact one of the officers. We will be setting up some VANS fundraisers very soon, so please keep a lookout for more information!

VANS is also working on a few service projects. Southwestern State Hospital is a government-funded mental health facility in Thomasville, Georgia. Often, patients come in to the facility with no clothes other than those on their backs. SSH relies on donations to help clothe their patients. VANS is asking you to bring in any unwanted, conservative clothing to donate to SSH. Please make sure the clothing is clean and neatly folded. We will be setting up a box for donation drop-off in the Computer Lab in Martin Hall. Also, you can drop-off clothing in Dr. Flower's office or with any VANS officer.

Along with clothing donations, we are also collecting Thanksgiving themed (green beans, pumpkin, etc) non-perishable food items for a local church. You can drop off these donations in the same areas as the clothing donations. For those of you who would like to donate via cash or check, please see a VANS officer. Proceeds will be used to purchase food donations.

As I said before, I am looking forward to working with everyone this semester. If anyone has any ideas or suggestions, as well as questions, please email me at lwalter@valdosta.edu. Have a good semester!

Secretary's Message

Crystal Gomez

I have been asked by many students lately on how to keep apprised of upcoming events with VANS. There is a BlazeNet group where we post up to date announcements that you may not find on the VANS website. Please follow the directions below to add yourself to your BlazeNet group!

How to sign up to become a member of the VANS Group under BlazeNet and get announcements sent to you:

1. Sign into BlazeNet
2. Go to Groups at the top right
3. Go to Groups Index
4. At the bottom of the page, type in Vans under Group Search
5. Click on VANS Members
6. Join Group!

<http://www.nсна.org/> ←Become a member and join NSNA!

- \$30 for new membership of one year, \$40 for one year renewals, \$70 for two year membership
- Go to Member Services/Join or Renew
- Sign up. You will receive a membership card in the mail along with information on product discounts and benefits

<http://www.ganursingstudents.org/> ←Georgia Association of Nursing Website

- Info on Conventions, leadership opportunities, legislative issues and running for state office

<http://www.valdosta.edu/vans/> ←Valdosta Association of Nursing Students Website!

Here is the executive board contact information if you need any assistance. This is also located on the VANS website now!!

Valdosta Association of Nursing Students Executive Board Contact Information

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Also, just a reminder, VSU Event Services has requested that we provide student ID numbers to them in order to become an official VSU "club". If you have decided to become a member of Valdosta Association of Nursing Students, then

please get in touch with me so I can add you to the list. The suspense that we have been given is 09-24-08. Please call or email me if you have any questions or concerns.

Vice President's Message

Alanna Reed

One of the most exciting new benefits of being a part of VANS, GANS, and NSNA is class credit! By taking part in our organization you already have so many great benefits such as networking, building lasting connections, travel, scholarship, and leadership opportunities, service projects, being exposed to information on the cutting edge of nursing, and having a say in your nursing program. But now, you can simultaneously earn class credit while taking part in all these opportunities. By getting active now, you can build up hours towards your Leadership class in your Senior II semester. About twenty percent of your grade in Leadership can come from these activities if you start now! What more can you ask for than starting off your last semester with twenty percent of your work already done! You can also use the time you spend in community service projects and attending focus sessions at conventions for your Community Health class in your Junior II semester.

There is no better time to get involved than now! Start earning credit while taking part in the best opportunities you can receive as a student nurse. See you there!

Newsletter/Website Message

Barry Jones

Updates have been made for the website and newsletters. Please wish VANS luck as we apply for the Website and Newsletter Awards offered by GANS at their annual convention in Columbus! We look forward to the results!

Treasurer's Message

Shanta Bunkley

This is your treasurer speaking once again. I am glad this semester is getting off to a great start and I know we will get a lot accomplished this semester! Don't forget, GANS annual convention is coming up this October the 16th-18th in Columbus, GA. We hope to send as many interested students as possible this year. I know that with all of your hard work through fundraising events we will do just that. Keep up the good work and contact me with any new great ideas!

VANS News

Leadership Course Credit Awarded to Students Active in VANS

This semester, Senior II active member in VANS were surprised to learn that course credit is awardable for active GANS/VANS participation throughout nursing school in Nursing 4230 also known as Nursing Leadership. You are eligible for 5 points for each semester (to a maximum of 20 points) that you have been an active member of GANS / VANS. You must provide proof of your active participation for each eligible semester (holding a local, state or national office; letter from VANS officer). In

addition, it is a requirement, in collaboration with other VANS members, that you provide a brief spoken presentation to each of the other 3 semester classes about the advantages of VANS membership – including the class credit that will be received in NURS 4230 Nursing Leadership in the final semester. For grading purposes, you will post on Web CT a one-page summary outlining the evidence you wish to be considered for credit and the key points you will make in the class presentations.

Grading Criteria: Active Participation and Promotion of VANS - possible 5 points / semester

*Note: If you have been actively involved in VANS for fewer than 4 semesters, credit will be given for those semesters when you were actively involved, and an additional assignment will be negotiated to make up the difference.

Anyone have any questions, contact me or a member of the VANS executive board (see bulletin board or website for names and faces)

With this new credit available to all students VANS strongly encourages College of Nursing students to become involved even at a Junior I level as this new opportunity adds to the already exciting possibilities seen by members through VANS and GANS. Please visit www.nсна.org to sign up for membership. If you have any questions, please feel free to contact any executive board member.