

December 2012

# The *Torch*

The Official Newsletter from the  
Virginia Nursing Students' Association

# VNSA

# Breakthrough to Nursing Luncheon



*Dear Colleagues of Virginia,*



VNSA would like to thank each and everyone of you who came out on November 3rd to Virginia State University in Petersburg, VA for the 5th Annual Breakthrough to Nursing Luncheon! We had a great turn out with a total of 125 students and 10 speakers. The beautiful day began with the 'Welcoming' from the President of the Virginia State University Dr. Keith Miller and also Ms. Patricia Lawson, the Chair of the Nursing Department at Virginia State University. The keynote speaker for the Luncheon was Dr. Janie Heath, the Associate Dean for Academic Programs at the University of Virginia! We had various focus sessions consisting of Men in Nursing with Mr. Lavon Bray, DNP vs PhD with Dr. Janie Heath, VA Action of Coalition with VNA President Dr. Loressa Cole, International/Public Health Nursing with Dr. Audrey Snyder, Nurse Anesthesia with Mr. Gary Cuccia, BSN/Education and Beyond with Dr. Susan Bodin, Oncology Nursing with Ms. Elizabeth Carter, Nursing Externship with our very own VNSA President Tomaris Smith and VNSA Member-at-Large Lilay Gebreselassie, Pediatric Nursing and becoming a PNP with Dr. Susan Ameringer, and Travel Nursing with Ms. Geraldine Blake. Lunch was served and we were blessed with wisdom from VSU Faculty member and former Director-at-Large for the American Nurses Association Ms. Florence Jones-Clarke. She ended this educational day with advice for us nursing students to always apply the Nursing Process and to never give up.



# Hurricane Sandy Relief

## Rockaway Beach, NY

As we all know, Hurricane Sandy devastated many parts of the east coast and many towns are still dealing with its effects. A nursing student at UVA from Rockaway Beach, NY has asked for help rebuilding what Hurricane Sandy violently destroyed. Here is her story:


“ Dear SON faculty, students and staff,

*If any of you have watched recent coverage of Hurricane Sandy chances are you have seen or heard of my hometown Rockaway Beach, New York. We are a small tight-knit community in NY's borough of Queens that is actually a Peninsula: Jamaica Bay on one side and the Atlantic Ocean on the other. On Monday night, October 29, Rockaway suffered a devastating amount of damage from Hurricane Sandy. The ocean and the bay met one another so that there was not a single square inch of land that was not under water. Houses were lifted from their foundation and rammed in other homes or dropped yards away from the original locations. The boardwalk was completely ripped apart and cars floated away. In addition to this already devastating damage, a huge fire destroyed approximately 140 homes, one of which was my uncle's and another of my cousin's. According to my Dad, they have estimated 1000 homes destroyed and unsalvageable. If home destruction wasn't enough my hometown has reportedly lost four residents to the storm. This has been devastating to every person I know and love and I am struggling daily being so far away from these loved ones. Despite this catastrophe, I know that if there is a community that can get through a tragedy like this it is my hometown. Rockaway is home to the bravest, strongest, and kindest people I know and we will rebuild but we need your help.* ”



*Sincerely,*

Kathryn Edwards  
UVA SON Class of 2014



For further information about the devastation in Rockaway, please feel free to watch this video [HERE!!!](#) If you are interested in donating to the fund that her class, the Nursing Class of 2014 has started, please click [HERE!](#)

**On behalf of VNSA, we are donating soon to the American Red Cross in order to give back to the hurricane-damaged communities.**



# State Convention at University of Virginia



**Date:** Saturday, February 2, 2013

**Time:** 7am - 4pm

**Location:** UVA School of Nursing  
225 Jeanette Lancaster Way, Charlottesville, VA



## *Registration*

Members (early registration) - \$30  
Members (on-site) - \$50  
Members (NCLEX) - \$30  
Non-members (early registration) - \$40  
Non-members (on-site) - \$55  
Non-members (NCLEX) - \$40

To preregister, please click [HERE](#) to register online. To have pre-registration status, please register and pay for convention by February 1, 2013 at 1700.

To become a member of NSNA/VNSA, click [HERE](#).

Are *you* interested in running for a position on the **2013-2014 VNSA Board of Directors**?

Join NSNA and contact our Nominations and Elections Chair for more information! Our meetings are open to all VNSA members, so come see what it's like to be on the VNSA board. The tentative dates for our upcoming 2012-2013 monthly meetings are Dec 15, Jan 19, and Feb 16. If you would like to attend a meeting, please feel free to contact anyone on our board of directors for finalized dates, times, and locations. *VNSA positions are important time commitments*, but once you see firsthand how great being a board member would be, come to our annual VNSA convention and run for a position! Candidates must be in good academic standing, be an NSNA member, and receive signature from faculty member/advisor. To view/print the application form, click [HERE](#) & to pre-slate send application to [vn-sanominations@gmail.com](mailto:vn-sanominations@gmail.com) by DATE!

## Board Positions

*President:* Presides over all meeting; appoints committess; cosigns checks with Treasurer; represents VNSA in matters relating to association.

*First Vice President:* Assumes the duties of President in the absence/vacancy of the President; responsible for the planning of the Annual Convention.

*Second Vice President:* Reviews and gives recommedations for the Bylaws; serves as a resource person in the parliamentary procedures; assumes the position of the First Vice President when there is a vacancy.

*Secretary:* Keeps files and records all minutes; keeps register for roll call of all official delegates; conducts general cørrespondence for the VNSA as requested.

*Treasurer:* Acts as custodian of VNSA funds; keeps accurate files and gives reports at Board Meetings.

*Legislative Director:* Keeps the Board informed of current legislation; educates VMSA constituencies on how to become politically active; serves as representative and attends meetings of the Legislative Coalition of Virginia Nurses.

*Breakthrough to Nursing Director:* Coordinates activities for general recruitment; advises constituent associations of recruitment affairs and programs.

*Director-at-Large:* Assists the First Vice President in planning the Annual Convention, assists the Torch editor.

*Torch Editor:* Responsible for writing, editing, publishing, and distributing the official publications of VNSA, The Torch.

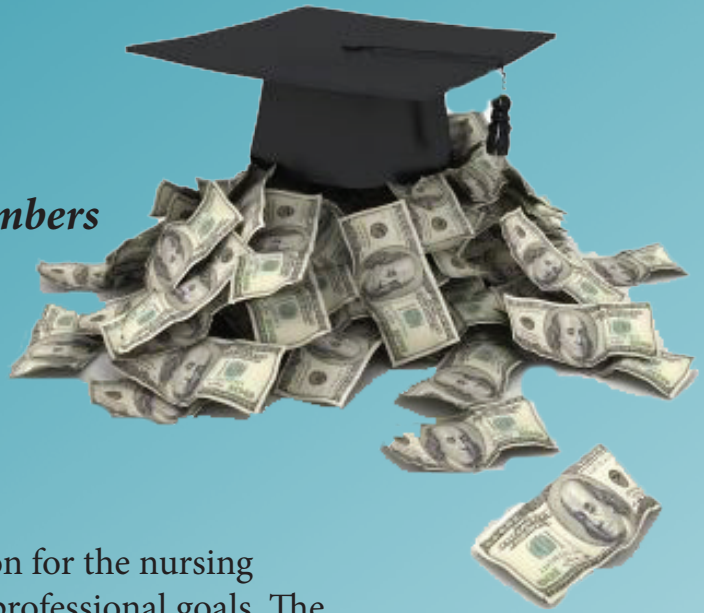
*Nominations and Elections Committee Director:* Responsible for organizing and running elections at the VNSA Annual State Convention; keeps accurate files and gives reports at the Board Meetings.

*Public Relations Director:* Responsible for updating and maintaining contest of the VNSA website.

*Historian:* Collaborate with the Public Relations Director and the Torch Editor pertaining VNSA publications; makes a yearly scrapbook, which will be available for view at the Annual State Convention.

# Scholarships

VNSA scholarships are presented to VNSA members who demonstrate leadership and dedication to the nursing profession.



## Second Degree or RN-BSN Scholarship

Award amount: **\$500**

The recipient of this scholarship will demonstrate a passion for the nursing profession and exemplify the desire to achieve his or her professional goals. The candidate will answer the following questions in less than 750 words: *What led you to pursue nursing as a second degree and how will your prior educational experiences contribute to the nursing field? How do second degree students, like you, contribute to the nursing profession?*

## Parent Scholarship

Award amount: **\$500**

The VNSA Parent Scholarship was created to address this need, providing encouragement and support to single parents entering or enrolled in an accredited nursing program. The recipient of this scholarship will demonstrate a passion for the nursing profession and exemplify the desire to achieve his or her professional goals. The candidate will answer the following question in less than 500 words: *What can parents bring to the nursing profession?*

## Traditional Nursing Student Scholarship

Award amount: : To be determined based on VNSA's Annual Fall Luncheon proceeds

The VNSA Traditional Student Scholarship was created to provide encouragement and support to traditional students entering or enrolled in an accredited nursing program. The recipient of this scholarship will demonstrate a passion for the nursing profession and exemplify excellence in both the academic and clinical setting, as well as the desire to achieve his or her professional goals. The candidate will answer the following questions in less than 500 words: *What makes you uniquely qualified to be a nurse? What contributions will you make to the nursing profession?*

For more information, please go to [vnsa.us](http://vnsa.us) and click on 'Awards and Scholarships.' Applications and qualification requirements can be found there, as well as clicking the scholarship name that is posted on this newsletter. Winners will be announced at state convention 2013.

**Deadline: January 20th, 2012**

Like us  
on Facebook



Facebook is a social utility that has dominated social connection within the last few years. It is the world's largest social network, with more than 900 million users as of May 2012. It has altered the way people share and receive information as well as how they connect with friends and family. With this in mind, VNSA is now apart of this social frenzy in hopes to unite nursing students across the beautiful state of Virginia. We will post upcoming VNSA events and topics for discussion, and of course, allow you to keep in touch with your nursing friends throughout the state!

Group name:

VNSA-Virginia Nursing  
Students' Association

"Like" us  
TODAY!

# CONTACT US

VNSA@gmail.com



VANursingSA

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## On the Web

**VNSA**

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**Welcome to the VNSA**

The Virginia Nursing Students' Association is a student managed organization representing future nurses from over 75 nursing education programs throughout the Commonwealth of Virginia. We foster the professional and personal development of student nurses by providing educational resources, leadership opportunities, and career guidance.

**Recent News/Announcements:**

Interested in finding scholarships and jobs? VNSA is here to help!

<http://www.vnsa.us>