The Eta Sigma Gamma Vision

Presidential Address
Dr. Marianne Frauenknecht

Hopefully, this newsletter finds you well rested and eager to return to or continue with academic life! It is one of my favorite times of the year, when students and instructors are excited about engaging in new opportunities and learning new skills. Students are full of anticipation (defined in Webster’s New Collegiate Dictionary as “pleasurable expectation”) about courses and social events, and some are even excited about getting down to work. How can we keep this positive attitude and ardent sense of commitment ongoing throughout the semester? I think the answer lies in purposeful planning and prudent goal setting.

What does Purposeful Goal Setting Entail?
As members of Eta Sigma Gamma (ESG), you are some of the best health education students across the U.S. It would serve to reason that you have already developed good planning skills, or you would not have achieved recognition in an honor society. I would, however, encourage the majority of you to reflect on your goal-setting abilities and ask yourself this question: “Do I maximize the use of my time to achieve my life’s mission and professional aspirations, while minimizing the stress that often accompanies the demands of student life?” Students who have developed and practiced goal-setting skills will be more likely to do the following:

• Set priorities for long-term professional development based on a vision for one’s life purpose as well as one’s personal values;
• Specify the process goals, or specific short-term requirements and tasks that will ultimately lead to long-term outcome goals;
• Stay motivated to complete tasks in a timely fashion; and
• Self-monitor their progress and apply meaningful self-rewards when a goal is achieved.

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In helping students develop goal-setting skills so that they can attain their professional ambitions, I use concepts presented by Covey, Merrill, and Merrill (1995) in their book titled, First Things First. In this book, the authors distinguish between “urgency” and “importance,” whereas urgent tasks are related to time, and important tasks are related to one’s purpose, values, and in this case, professional success. A time management matrix is constructed on page 37, which includes four boxes that helps one determine in which tasks to engage: (a) first, do tasks that are urgent and important, (b) secondly, complete tasks that are important but not urgent, (c) thirdly, engage in tasks that are urgent but not important, and (d) spend remaining time doing tasks that are neither Important nor urgent. I ask students to self-monitor their use of time over a period of several days (always including the weekend) to determine how much time they spend in each of the four boxes within the matrix. This process of time management as it relates to goal setting can help students become more efficient at reaching their professional aspirations while minimizing the related tension and stress. Many students have expressed that this approach helps tremendously.

In addition, if you are passionate about health education and aspire to be a leader in this profession, I would also encourage you set aside time (important but not urgent) to read Covey’s latest book, The 8th Habit: From effectiveness to greatness. Consider this excerpt: “When you engage in work that taps your talent and fuels your passion—that rises out of a great need in the world that you feel drawn by conscience to meet—therein lies your voice, your calling, your soul’s code” (p. 5). Using your time wisely to complete professional tasks may seem urgent, but devoting time to fulfill your life’s mission is important!

**Setting Professional Development Goals for 2006-2007**

ESG chapter members and officers can use effective goal-setting strategies and Covey’s time management principles to plan for the upcoming year. In this case, a chapter would need to refer to or develop the mission statement that describes the purpose of their chapter. (Many chapters that have become nonprofit corporations are required to update this on an annual basis, but all chapters should develop a mission statement.) This statement would be used to guide the chapter priorities (long-term or outcome goals) for the upcoming year. They would then need to establish the short-term or process goals that would lead to these outcomes. Finally, chapters that create systems that help members and committees with motivation, self-monitoring, and self-rewarding, are more likely to meet their yearly goals.

**Utilizing Resources**

Some chapters have great ideas, but fall short in making these come to fruition. One reason may be for lack of funds. The following are some financial resources that chapters may use in not only setting their annual goals and planning for the upcoming academic year’s activities, but actually receiving funds to do so.

**Project grants.** Make sure you take advantage of the “Project Grants” offered by the national office that are intended for chapters to support innovative teaching, research, and service activities. Another advantage to submitting proposals for project grants is that it forces a chapter to carefully consider the need and intended outcomes for the activity as it relates to their goals (review of literature and justification); the design, implementation, and evaluation of the project; and the budget to support the activity. Either individual members or chapters can submit proposals for project grants. Check out the ESG website for more information on project grants.

(Continued on next page)
Travel grants. Other grant applications are also accessible from the ESG Web page. The travel and professional development grant application form is available that allows Gammans to request funds to offset the expenses of travel to conferences. This form also requires that students think about how to budget for professional travel as well as the expected outcomes or goals of attending professional conferences.

State and regional conference grants. Most recently, the Board of Directors has approved funding for planning, implementing, and evaluating regional or state conferences. State grants encourage one or more chapters within a state to convene other chapters within the same state for sharing research and project ideas, and/or providing professional development. Regional grants allow chapters from two different states to plan and convene the meeting with similar purposes as state conferences. This is another great opportunity to fund your innovative ideas while developing important health competencies (i.e., assessing, planning, implementing, evaluating, coordinating, and communicating) while networking with other Gammans and professionals.

Planning for Professional Development Conferences in 2006-2007

As Gammans, you should start planning for a number of important professional development opportunities now, some more urgently than others. Here are some examples.

First Eta Sigma Gamma (ESG) Regional Conference. The first regional pre-conference workshop will be held in St. Louis in conjunction with the American School Health Association (ASHA) national conference. This workshop, funded through a grant by the National ESG Office and co-hosted by the Gamma Delta (Southern Illinois University Edwardsville) and Gamma Rho (Truman State) chapters, will be held on Wednesday, October 11th. Designed for Gammans only, this workshop will provide leadership development, including sessions on CDCynergy as well as training for public health leadership, ethics, and chapter officer roles. For more information about this professional development opportunity designed expressly for Gammans by Gammans, see the article in this newsletter titled “Professional Development Activities in St. Louis” by Mal Goldsmith.

National ESG meeting at ASHA in St. Louis. On October 12th and 13th, ESG will hold its national meeting. This meeting will include the student poster session on Thursday and presentations by award winners that have been planned specifically for Gammans and faculty sponsors on Friday. The national business meeting will be held later that afternoon when national awards will be given, and the social and T-shirt exchange will follow. Gammans will be able to monitor sessions in exchange for the conference registration and a 1-year membership with ASHA. What a deal! Check out the ASHA Web page at http://www.ashaweb.org/annual_conferences.html.

National Health Education Week. Immediately following the conference is the annual observance of national health education week (October 16-20). The theme for this year is “Healthy Kids: Creating Safe Communities and Schools.“ Planning for this observance will enable chapters to implement activities specifically related to the role of health educators in providing injury prevention information and skills. Contact the National Center for Health Education or the Society for Public Health Education for promotional materials. Other annual health observances for which chapter activities can be planned are found at the following URL: http://www.healthfinder.gov/library/nho/nhoyear.asp?year=2006.
Society for Public Health Education (SOPHE) conference. Another national conference that should be included on your list of important professional development events is the national SOPHE conference. This year the conference will be held November 2nd through the 4th in Boston. The theme for this year’s conference is “Health as a Human Right: Health Education, Equality, and Social Justice for All.” Check out the Web site for more conference information at http://www.sophe.org/content/57th_Preliminary_Program.pdf.

ESG 40th Anniversary Celebration! Next year, ESG will celebrate 40 successful years as a national health education honor society. The celebratory activities will take place during the 2007 SOPHE conference in Washington, DC. While these activities seem distant, it is important for all Gammans to know that the ESG annual meeting, including the business meeting, recognition of awardees, and student poster session will occur at this national conference in November. Look for more information about this celebration in this newsletter, as the national office has already begun planning for this event.

ASHA in Hawaii! While ESG will not be holding its annual meeting in conjunction with the 2007 ASHA conference, students and faculty sponsors are still encouraged to attend this conference to be held in Honolulu, Hawaii, July 9th through the 13th. This exciting opportunity may require a bit more planning and fund raising, but will definitely be worth the effort!

Summary
Take time and care to use goal-setting skills to plan for individual and chapter professional development activities and outcomes that will enhance your abilities to practice effective health education for the upcoming year! Good luck on all your chapter activities and please make plans to meet me in St. Louis!

References

Marianne Frauenknecht, PhD
National President, Eta Sigma Gamma Professor, Western Michigan University m.frauenknecht@wmich.edu

Inspirational Quote
“The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.”
-Marcel Proust
Call for Manuscripts
Student Issue—Eta Sigma Gamma Monograph Series
Dr. Mohammad Torabi

Since 1984, Eta Sigma Gamma has annually published a special Student Issue of the Health Education Monograph Series. The Student Issue has been dedicated to publishing papers written by student members of the Honorary. A Guest Editor is selected for each Issue. The following are general guidelines provided to the Guest Editor to assist in the call for manuscripts:

Who Can Submit Manuscripts?
Any undergraduate or graduate student who is a member in good standing within Eta Sigma Gamma can submit a manuscript for consideration. Students may submit their manuscripts individually, or two or more students may collaborate on a single manuscript.

What type of Manuscripts are Appropriate?
Empirical research papers, critical literature reviews on specific topics, case studies about aspects of program planning, practical perspectives, commentaries and position papers, and other creative papers related to health promotion, health education, and health science are encouraged. Students should consider revising and submitting appropriate papers, which they have written during their professional preparation. Only original manuscripts that have not been accepted or published previously will be considered.

How are Manuscripts Evaluated and Selected for Publication?
Each manuscript will receive a blind review from at least three reviewers. Selection criteria will include relevance of topic, timeliness, originality, writing style and grammar, content accuracy, clarity and economy of expression. Based on the results of the review and availability of space, the Monograph will select and publish as many manuscripts as possible.

When is the Deadline for Submitting a Manuscript?
Manuscripts must be postmarked January 20. The Journal is published in the fall.

Format
Specific instructions regarding format are included when the call for manuscripts is distributed. Space does not allow for all instructions to be listed in this publication.

Responsibilities of the Eta Sigma Gamma Chapter Sponsor
The student’s Eta Sigma Gamma chapter sponsor or another faculty member should review the manuscript for grammar, spelling, format, and content, and complete the Faculty Sponsor Form prior to submission of the manuscript. Include one copy of the completed form with the manuscript.

Mohammad R. Torabi, Ph.D.
Editor, Eta Sigma Gamma Monograph Series
Professor, Indiana University
torabi@indiana.edu
Each year Eta Sigma Gamma hosts its annual meeting in conjunction with the American School Health Association’s (ASHA) National Conference. The ASHA meeting is October 11-14, 2006 with ESG’s meeting being held on Friday October 13th. The Gamma Delta Chapter of Southern Illinois University Edwardsville and the Gamma Rho Chapter at Truman State University, supported by a Grant from the ESG National Office, are sponsoring a regional conference prior to these meetings for all interested Gammans. This is an excellent opportunity to network with other Gammans, obtain leadership training, and develop skills to aid your performance as a health educator.

When: Wednesday October 11th (arrival Tuesday evening)
Where: Southern Illinois University Edwardsville (just across the river from St. Louis)

Focus of Training:
- Four hour CD Cynergy Training – focusing on CDC’s innovative planned approach to community health education
- Leadership and Ethics Training
- Strategies for Enhancing Chapter Success and Growth
- Networking

Cost: $5.00 Registration Fee (Registration limited to 40 participants)

The Grant will enable participants to obtain free lodging for Tuesday Evening at the Comfort Inn in Edwardsville

Additional Information: Letters will be sent to each Chapter with additional details and more information will be posted on the ESG Website. Be sure to register early to assure your place.

After the regional training you can attend ASHA’s and the National ESG meeting. The American School Health Association waives their conference registration fee for Gammans who agree to serve as Monitors at their meeting. This is a fantastic way to attend a National Conference at limited expense. Contact me at mgoldsm@siue.edu or ASHA for more details. Remember there are easy ways to attend National Meetings at limited expense. Ideas include:

- Securing funds from your student government office,
- Requesting travel grants from the National Office,
- Fundraising to support travel, and
- Sharing a room with many students.

Gammans who have attended these meetings in the past have come to value their profession more fully, have networked to enhance finding graduate programs or jobs, and have developed a stronger sense of professionalism. As St. Louis is located in the middle of the Country, it provides an excellent opportunity for many of you to gain these benefits. As members of the Honor Society you can take a major step toward enhancing both your success and that of your chapter through these professional development activities. Best wishes for the start of a successful academic year.
The Alpha Alpha Chapter was founded on the campus of Southern Illinois University, Carbondale (SIUC) on May 2, 1976. SIUC has a long storied history in health education and Eta Sigma Gamma has been a strong part of that growth. Throughout its existence the Chapter has been recognized for excellence. Individuals honored include:

**McGovern Award**
Kathryn Henningson, Alpha Alpha, 1983  
Joyce Craven, Alpha Alpha, 1988  
Marilyn Karaffa, Alpha Alpha, 1989  
Nancy Koontz, Alpha Alpha, 1996

**Gamman of the Year**
Michele Hawkins, Alpha Alpha, 1986  
Joyce Fetro, Alpha Alpha, 1987  
Sheila Patterson, Alpha Alpha, 1990  
Adrian Renea Lyde, Alpha Alpha, 1997

The chapter received the following awards:

**Research Activity of the Year, 1999, 2001**

In 1987 Alpha Alpha was voted National Chapter of the Year. In 2003 the Chapter organized an Advocacy Conference to educate Gammans on that important role. That year the chapter received the Advocacy Activity of the Year Award. Over the years the chapter has conducted numerous service projects to the University and broader community. They have also been very supportive of the Robert Russell Symposium held each year on their campus.

The following officers are guiding the chapter in 2006-07:

- **Melissa J. Haithcox, MA, CHES** - President  
- **Shanel Winfield, MS** - Vice-President  
- **Emily Whitney, MS, CHES** - Secretary  
- **Fredanna McCormack, MS** - Treasurer  
- **Joe Visker, MS** - Sergeant-at-Arms  
- **Piyali Roy** - Historian-Editor

The chapter is directed by:

- **Mark Kittleson, Ph.D., Co-Sponsor**  
- **David Birch, Ph.D., Co-Sponsor**

We congratulate the efforts of the Alpha Alpha Chapter and encourage them to continue in their history of excellence. If you would like to have your Chapter spotlighted please contact Dr. Mal Goldsmith at mgoldsm@siue.edu.
Welcome!
Dr. Marianne Frauenknecht, President

Board of Directors Welcomes Two New Members

This past summer, Gammans voted on two new members for the Board of Directors, the Professional At-Large Member and the Student At-Large Member. It is my pleasure to welcome Regina McCoy Pulliam and Gina Goebel to the ESG Board!

Regina Pulliam is an assistant professor in the Department of Public Health Education at the University of North Carolina at Greensboro. Her term on the BOD will commence after the October 2006 business meeting and last through October of 2009. In addition to attending BOD meetings and conferences, Regina’s primary responsibilities will be to coordinate and co-chair the National Awards Committee.

Gina Goebel, a graduate student pursuing a masters degree at Texas State University in San Marcos, will also join the BOD in October 2006 and remain through October 2008. Gina’s primary responsibilities will be reviewing proposals for the poster session, planning the poster session for the annual meeting, and publishing the biannual electronic newsletter, The Vision. Once again, congratulations to both of you on your election to the ESG Board!

Four New Chapters Approved

This past year, four new chapter were approved, three of which have been installed. These chapters are Delta Psi at Northern Illinois University (Dr. Tina Lamb, faculty sponsor); Delta Chi at Texas State University at San Marcos (Dr. Kelly Wilson, faculty sponsor); Delta Phi University of Michigan at Flint (Dr. Shan Parker, faculty sponsor); and a chapter at Baylor University to be installed in fall 2006. Congratulations to these new chapters and their faculty sponsors!
• Graduating Gammans are now eligible for joint membership in Eta Sigma Gamma and the American School Health Association. Joint member status is available to Gamman’s within one year of their graduation.

• The joint membership costs $65 for an annual membership in both organizations. Gammans will continue to receive the publications (The Health Educator, the Monograph, and The Vision) from Eta Sigma Gamma as well as the Journal of School Health. For additional information, contact the national office at (765) 285-2258.

• A reminder to Eta Sigma Gamma chapters. Collegiate chapters are eligible for travel grants from the national office. Applications are available on-line. To be eligible for the travel grants, chapters must file an annual activity report with the national office that includes a brief budget report.

News from the National Office

Update Your Info!!!

If your contact information has changed, please contact the National Office at:

Eta Sigma Gamma
2000 University Avenue
Muncie, IN 47306
800-715-2559

Eta Sigma Gamma Board of Directors

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ESG at SOPHE 2006

Health as a Human Right: Health Education, Equality, and Social Justice for All

Society for Public Health Education (SOPHE) 57th Annual Meeting

Join ESG this year at the 2006 SOPHE Conference in Boston!

When: November 2-4, 2006

Where: Sheraton Boston Hotel

Conference Objectives:

- Influence policy and promote environmental systems change by collaborating with other disciplines working on conditions necessary for health.
- Explore global and multicultural challenges related to eliminating disparities in environmental health.
- Apply the latest marketing principles to the design, communication, implementation and evaluation of health education interventions.
- Explore targeted determinants of global health, such as gender, poverty, wealth, and war and identify successful programs that build capacity to integrate a human rights based approach in their work.

For more information, visit www.sophe.org today!
Announces its first joint membership for just $65 which gives a 1-year membership into each organization. This opportunity is open to graduating seniors and graduate students. Joint membership is available
When individuals ask me if they should sit for the CHES exam, to become a Certified Health Education Specialist, my answer is always, unequivocally, YES! Here’s why.

Our health education profession is still a relatively young profession. As our profession has evolved over the years, our founding leaders (which included the founding leaders of Eta Sigma Gamma) participated in several processes which ultimately led to the development of the National Commission for Health Education Credentialing, Inc. (NCHEC), the certifying body for the health education profession. The CHES credential, a “Certified Health Education Specialist,” is the only national certification designated for the health education profession. The CHES credential helps create a professional identity for those who are qualified to serve in health education positions, and a clear sense of profession for all of us.

Credentialing as a “Certified Health Education Specialist” serves as a standard of excellence, recognizing that health educators who bear those initials have not only studied requisite health education coursework, but have passed a national examination attesting to their knowledge. If we are to grow and strengthen our profession, we must be united in creating, if you will, a symbol of excellence for our profession. Let’s compare ourselves and our profession with accountants.

If you found out you were going to be audited by the IRS, would you rather hire someone who says they’re an accountant (and may have lots of impressive initials after their name), or would you rather hire a “certified” public accountant (CPA)? Most answer they would want a CPA. Why? Because having the CPA initials attached to one’s name has become synonymous with quality and skill and we automatically assume this person is more qualified to do our taxes/audit than others who might call themselves an accountant.

Our job as the current generation of health educators is to create the environment where, when one considers hiring a health educator, they immediately prefer to hire a “certified” health educator, a.k.a. CHES, over anyone who calls themselves a health educator, regardless of the initials after their name. The other initials after our name identifies our level of education attainment, not necessarily that we’ve been trained appropriately for our profession.

We still struggle with our professional identity, and we are still a profession divided over the issue to become certified or not. We still have to fight for positions as health educators, convincing employers why they need a degreed health educator over any other healthcare-related professional. We have to compete for positions with those who call themselves health educators but are not academically prepared (according to our profession-wide standards) as health educators. This competition will continue until we, as a profession, have created an identity for ourselves, one that automatically identifies us as degreed health educators, one that serves as the standard of excellence. And for our profession, our founding leaders have chosen the initials C-H-E-S to serve as that identifier.

So if you’re already working as a health education professional and do not carry the CHES credential, it is important for our professional identity for you to sit for the exam and become certified. If you’re still in school, make sure you have completed the necessary coursework to be eligible to sit for the exam and become certified. Let everyone know that “CHES” identifies our profession and is our standard of excellence. Wear the CHES initials as a testament to your commitment to our profession.

For more information about becoming a Certified Health Education Specialist (CHES) visit the National Commission for Health Education Credentialing, Inc.’s website at www.nchec.org.
Eta Sigma Gamma Celebrates 40 Years in 2007!
Dr. Kathleen Conley, Immediate Past President

Planning is now underway for our 2007 Annual Meeting, where we will celebrate the 40th Anniversary of the founding of Eta Sigma Gamma. We hope that you will begin now to plan to be with us for this special event!

Our 40th Anniversary celebration will be a mix of both old and new. For the first time, ESG will hold its Annual Meeting in conjunction with The Society for Public Health Education’s (SOPHE) Annual Meeting, to be held in Washington, D.C. from November 1 – 3, 2007. On Thursday evening (November 1st) Eta Sigma Gamma will host a 40th Anniversary Party to celebrate our history together. Join us for food, fun, networking and special presentations! On Saturday afternoon (November 3rd) we will have our concurrent sessions, business meeting, and award presentations. In between, there will be many opportunities for Gammans to participate in the SOPHE annual meeting.

As you may know, ESG has historically held its annual meeting in conjunction with the American School Health Association’s (ASHA) Annual Meeting. This year we will be meeting with ASHA in St. Louis, on October 13th. In 2007 ASHA will hold their annual meeting July 9 – 13 in Honolulu, Hawaii. This is an exciting opportunity for summer travel and professional development. While we will not hold our annual meeting with ASHA in 2007, I know that many Gammans will be making the trip to Honolulu.

You will be hearing more details about our 40th Anniversary Celebration as we get closer to the date. For now, SAVE THE DATE! November 1 – 3, 2007

Inspirational Quote
Is the bell ringing?
Or is the stick ringing?
Between the bell and the stick,
It rings.
-Japanese Poem
Eta Sigma Gamma Officers to Lead the Coalition National Health Education Organizations (CNHEO)
Kelly Bishop Alley, MA, CHES

Eta Sigma Gamma’s immediate past-president, Kathleen Conley, PhD; and vice president, Kelly Bishop Alley, MA, have both been elected to leadership positions within the Coalition of National Health Education Organizations, Inc. (CNHEO).

Dr. Conley assumed the role of CNHEO Coordinator in August 2006 and will serve a three-year term. The Coordinator’s responsibilities are many and include convening any face-to-face or conference call meetings of the Coalition, keeping member organizations and partners apprised of issues affecting the health education profession, overseeing the budget and representing the Coalition as needed.

Kelly Bishop Alley assumed the role of the CNHEO Deputy Coordinator and also serves a three-year term. The Deputy Coordinator is responsible for serving in the absence of the Coordinator and for taking minutes at all Coalition meetings. “It’s a great honor for both of us to be elected to leadership positions,” says Bishop Alley. “We hope to increase the visibility of Eta Sigma Gamma as a leader within the CNHEO. This group is responsible for coordinating and strengthening health educators, the health education profession, and for creating opportunities for collaboration among members and partners.”

The Coalition of National Health Education Organizations (CNHEO), is a non-profit 501(c)(3) federation of 10 national organizations, each of which is a professional health education organization or has an organizationally distinct health education component with principal membership of professional health educators. CNHEO member organizations include: American College Health Association (ACHA), Public Health Section; American School Health Association (ASHA); American Public Health Association, Public Health Education and Health Promotion Section (APHA-PHEHP); American Public Health Association, School Health Education and Services Section (APHA-SHES); American Association for Health Education (AAHE); Directors of Health Promotion and Education (DHPE); Society for Public Health Education (SOPHE); and the Society of State Directors of Health, Physical Education and Recreation (SSDHPER). For more information, visit the CNHEO website at www.cnheo.org.

Give a Scholarship Key!

Eta Sigma Gamma (ESG) was founded to recognize health education students for their academic achievement and to provide a mechanism for student involvement in education, service, and research activities. With this in mind, the award for scholastic success was created as a Scholarship Key that can be presented to an undergraduate senior member who is graduating. This award is to the senior with the highest accumulative scholastic average above 3.0 (on a 4.0 scale) in the total program of courses. In addition, any graduating senior member of a chapter with an accumulative grade point average above 3.5 is eligible to procure and wear the Scholarship Key at their own or the chapter’s expense. Each chapter is encouraged to recognize their graduating senior member or members who have attained scholarship at the highest level!

For more information, see the following resource:
Muncie, IN: Eta Sigma Gamma.
Chapter Advisor Spotlight

Amy Thompson: Rho Chapter - Kent State University
Mal Goldsmith, Director of Chapter Development

There is a recipe for success in creating an Eta Sigma Gamma chapter advisor that is rooted in three key ingredients. First you start with a pound of heart found in an individual whose goals are prioritized around helping and motivating others. Add in a huge tablespoon of being mentored by outstanding role models, and complete the recipe by spicing it up with hard work that translates into experience and growth. These ingredients have been an integral part of the success that Amy Thompson has brought to the role of Chapter Advisor at Kent State University.

Amy graduated from Central Michigan University in 1997. As a central part of the Eta Chapter, Amy was mentored by highly motivating chapter advisors in Dr. Jodi Brookins-Fisher and by Dr. Loren Bensley, whose commitment to Eta Sigma Gamma is almost on par with our founding fathers. Amy served the Eta Chapter in three leadership positions during her years there, and Eta was selected chapter of the year three times. Amy moved on to the University of Toledo where she served as President of the Iota Chapter for 4 years while completing her Masters and Ph.D. Degrees. In 2001 she was honored as the recipient of the Eta Sigma Gamma McGovern Scholar Award.

Last year Amy took a new position at Kent State University. Despite the challenges facing a young Assistant Professor, Amy took on the responsibility of resurrecting their Eta Sigma Gamma Chapter. The mentoring, the motivation, and the willingness to work hard all translated to a successful blossoming of the Rho Chapter. In her first year her Gammans received a project grant from the National Office, advocated for changing tobacco policies on campus, were trained in tobacco cessation methods, planned a campus tobacco forum, hosted a sexual assault program and participated in World AIDS Day. In addition they constructed a life-size Barbie model to draw attention to eating disorders on campus.

Chapter advisors play a crucial role in contributing to the success of ESG chapters. Often there is very little extrinsic incentive to putting in a lot of time as a chapter advisor. Eta Sigma Gamma is extremely proud of Amy’s commitment and accomplishments. Gammans in the Rho Chapter are very fortunate to have her. Perhaps one day, several of her Gammans will find themselves in a similar role and fondly look back at the mentoring they received from a truly dedicated and talented young professional.

Note: If you have a special advisor that has really made a difference in the success of your chapter, please contact me. Mal Goldsmith, Director of Chapter Development. mgoldsm@siue.edu.
Chapter News

Gamma Rho Chapter - Truman State University
Gammans Attend 2006 Advocacy Summit in Washington, DC
by Emily Krogmann

The SOPHE-sponsored 9th Annual Health Education Advocacy Summit was held in March 2006 in Washington, DC. Six Gammans from Truman State University’s Gamma Rho chapter attended this conference in order to broaden their skills as health educators. In attendance from Truman State were Alisha Hahn, Rebecca Verhaeghe, Emily Krogmann, Laura Kresl, Jessica Morgan, Nancy Reid, and chapter sponsor Dr. Carol Cox. The Summit was intended to develop advocacy skills, articulate key priority positions on behalf of health education related to legislation on selected health issues, walk through the legislative process, and visit legislators to advocate for the selected health issues. The selected health issues for the 2006 Summit were health specifications in No Child Left Behind, funding for the CDC’s REACH 2010 Program, and funding for the CDC’s Coordinated School Health Program. Gammans attended training sessions for 2 days and then used these new skills to meet with both Missouri and Illinois senators, and lobbied and advocated for the three different issues. They also met many different professionals in the field of health education. They definitely recommend this opportunity for any other Gammans!

Calling all student monitors!
Join Eta Sigma Gamma at the
2006 School Health Conference
Of the American School
Health Association
St. Louis, Missouri
October 11-14th, 2006
“Healthy Bodies, Healthy Minds:
The Mental Health Connection”

Complete application form at
http://www.ashaweb.org/annual_conferences.html
Chapter News

Alpha Alpha Chapter, Southern Illinois University, Carbondale

Chapter Activity of Note-2006

The Graduate Research Symposium is an annual event held at Southern Illinois University, Carbondale. The event, co-sponsored by the Alpha Alpha Chapter of Eta Sigma Gamma, the SIUC Health Education and Recreation Department, and Southern Illinois Healthcare a community based organization, was held on Tuesday May 2, 2006.

The symposium, a long standing Saluki tradition, is the culminating experience for students in the graduate level research methods course to present their research projects to the health education faculty, staff, and students. Eight years ago, it was renamed to honor the retiring Dr. Robert Russell, who was a pioneer and much-loved colleague in the field of health education. In addition to the research poster session, each year an outstanding health educator is selected as the Robert D. Russell Symposium Visiting Scholar. The 2006 Russell Scholar, Lloyd J. Kolbe, Ph.D., professor of applied health sciences at Indiana University, delivered the keynote address entitled “Health Promotion in the 21st Century”. Dr Kolbe also is internationally known as a health education scholar, and founding director of the Division of Adolescent and School Health (DASH). Past scholars included John Seffrin, CEO, American Cancer Society; Lawrence Green, Society and Health Visiting Professor, University of Maryland; Stephen B. Thomas, Professor and Director of the Center for Minority Health, University of Pittsburg; and JoAnn Grunbaum, Centers for Disease Control and Prevention.

As many people are aware, Dr. Robert Russell passed away in December 2005. For those of you who are not familiar with him, he was an outstanding health educator, researcher, husband, and father. During his 48 years as an educator, he belonged to 13 professional organizations, authored 184 publications; including 4 books, and served on more than 115 masters and doctoral committees. Dr. Russell’s greatest asset and joy was teaching. His ability to teach was “effortless,” earning him the AAHE Scholar Award, the Eta Sigma Gamma National Honor Award, and the Southern Illinois University, Carbondale Outstanding Teacher of the Year in 1991, which he deemed his most valued honor. Dr. Russell’s early focus area included education and research in alcohol studies. He had special interests, both professionally and personally, in holistic and ecological views of health, and spiritual elements as factors in personal health. Dr Russell also valued family time and informal gatherings where health education was part of people interacting, laughing, and enjoying good meals. Despite the fact that Dr. Russell is no longer with us physically, his spirit lives on. To recognize and honor his legacy, the members of Eta Sigma Gamma, Alpha Alpha Chapter established the Dr. Robert Russell Spirit Award. The first annual award was given to Brittanii Christensen, a junior community health major at SIUC. Brittanii truly exemplifies the spirit of Dr. Robert Russell and the ideals of Eta Sigma Gamma. She received a cash prize and her ESG membership dues for the 2006-2007 academic year. The award was presented at the annual Russell Symposium on Tuesday May 2, 2006, and will continue to be a coveted award in years to come.

The Spirit Award/ Russell Symposium committee consisted of the following Gammans: Brian Bensema, President; Michelle Quinlan, Treasurer; Ayanna Lyles, Historian-Editor; Shanel Winfield, Vice President Elect; Melissa Haithcox, President Elect, and Joyce V. Fetro, Ph.D., and Judy C. Drolet, Ph.D., SIUC faculty.