

The Eta Sigma Gamma Vision

Check it out!

Eta Sigma Gamma is on the web!!!

Visit:

www.etasigmagamma.org

Also...

Check out the new online store!



Presidential Address

Dr. Kathleen Conley

Greetings Gammans!

Spring is finally here, and as the academic year comes to a close it is a good time to reflect on our recent accomplishments and then plan for the future. This year our chapters have been involved in a number of interesting projects, providing teaching, service, advocacy and research assistance to their campuses and communities. I want to take this opportunity to thank each of you for your efforts!



Before you wrap up your year, remember to write your chapter's annual report to share your successes with the National Office. We will post highlights of the year to the Eta Sigma Gamma web site so that you can learn about projects run by other chapters, as well as share your own Chapter's project ideas. Brandy LoPilato, our National Executive Director, needs your Annual Reports by June 1, 2005. You can also turn them in before that date. It is a good idea to have your report turned in before you leave campus at the end of your semester. Forms were emailed to your Faculty Sponsor. If you need an additional form, contact Brandy at the National Office.

Highlights from the 2004-2005 Academic Year

This year, Gammans had the opportunity to participate in Eta Sigma Gamma meetings at several national health education conferences, including our ESG Annual Meeting, The American School Health Association's Annual Meeting, The SOPHE Annual Meeting, and the AAHE National Conference.



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The 2004 Eta Sigma Gamma Annual Meeting.

This past October, we held our Eta Sigma Gamma Annual Meeting in conjunction with the **American School Health Association's (ASHA) Annual Meeting** in Pittsburgh, PA. This year our Student Poster Session was held as a part of the ASHA Professional Poster Session, with nine posters presented by Gammans on various teaching, service, advocacy and research projects. The posters were wonderful and represented the skills and professionalism of Gammans across the country. Additionally, we had two sessions for Gammans focusing on chapter development strategies. One session focused on financial management and fund raising, and the other session on advocacy and awards. At our annual business meeting we presented a number of awards including: The Founder's Scholarship to Sarah Shelton, from Gamma Rho Chapter, Truman State University; Gamman of the Year to Carla Palazzi, from Eta Chapter, Central Michigan University; Teaching Activity of the Year to Eta and Gamma Mu Chapters, Central Michigan University and Western Michigan University; Service Activity of the Year to Alpha Mu Chapter, The University of Tennessee; the Chapter Excellence Award to Gamma Rho Chapter, Truman State University; and the Distinguished Service Award to Dr. Marlene Tappe, Purdue University. The award ceremony was followed by our fun T-shirt exchange and a social hour.

If you were with us at the Annual Meeting we were so pleased to spend time with you! If you were not with us, plan to join us for our next Annual Meeting to be held in Burbank, California in October. **Mark your calendars now for the ASHA conference, October 19th -23rd, and our Eta Sigma Gamma meeting on October 21st.**

The 2004 SOPHE Annual Meeting in Washington, D.C.

For the past three years, Eta Sigma Gamma and SOPHE (The Society for Public Health Education) have been working together to enhance opportunities for Gammans within the SOPHE organization. At the 2004 SOPHE Awards Banquet this past November, I was pleased to present Dr. Robert S. Gold with our highest award, The Eta Sigma Gamma Honor Award. Earlier in the day Dr. Gold was the ESG Keynote speaker at our concurrent session, and made a presentation titled *Perception, Technology and Social Change*. Dr.

Gold's presentation focused on the role technology has played in shaping our current lives, institutions, culture, and professional practice. Dr. Gold's examination of "futures" based on events dating to pre-history--a six millennium look at technology and its influences--was a stimulating session for Gammans and SOPHE members. Throughout the SOPHE meeting, Gammans were also encouraged to network with each other as part of the *Building Bridges* activity. Be sure to read about this activity in this issue of *The Vision*.



I hope that you will think about joining us at the 2005 SOPHE meeting to be held in New Orleans. Mark your calendar now for the SOPHE Annual Meeting, November 4th -5th.

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➤ **Student Poster Session Abstracts for the 2005 ESG Annual Meeting**

If you or your chapter were involved with an exciting teaching, service, research or advocacy project this past year, consider submitting an abstract application for the Student Poster Session at our 2005 Annual Meeting in Burbank, California. The call for abstracts information is on our web site (click on the *Poster Session* button), and the due date for submissions is July 1st.

I hope that you have a productive and pleasant spring and summer, and that you come back in the fall energized for a new academic year. If I can be of assistance to you in your Eta Sigma Gamma adventures, please let me know!

Kathleen Mullen Conley, Ph.D.

National President, Eta Sigma Gamma

kathleen.conley@emich.edu

Spring Cleaning For Chapters

Dr. Mal Goldsmith

-Past-president and Director of Chapter Development

The success of any chapter, much like a successful home, depends upon a variety of factors. Good leadership, helpful mentoring, committed members and a good organizational structure all play key roles in keeping chapters productive and active. To keep each of these elements effective it is necessary to do some “spring cleaning” and transition chapters from one school year to the next. Failure to invest in this effort can result in chapters losing momentum, lacking direction or having to start anew when the Fall semester arrives. In this column, 10 tips for conducting spring cleaning will be shared in an effort to help your chapter improve accountability to its future members.

1. **Develop officer manuals:** Each officer should highlight key responsibilities, deadlines, and other information that will help the new officer transition into his/her new role. It does not have to be long – simply functional and helpful
2. **Conduct elections as early in the spring as possible:** This will allow the new officers time to learn from the present ones. An apprentice type program works best.
3. **Provide training for the new officers:** Have meetings to go over the training manuals or discuss opportunities for mentoring the new officers. They need to learn the key requirements of funding, networking on campus, helpful resources, deadlines, recruitment, working with the National Office, etc.



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4. **Recruit potential new members:** If you conduct an initiation in the spring, this is not as critical, but if you do them in the fall it is important to have an orientation meeting in the spring to encourage ESG involvement and to review important dates for the fall.
5. **Develop a fall agenda:** By putting together a calendar of meetings/events for the fall you will help your chapter hit the ground running and avoid the pitfall of a slow start. This can also help people set aside key dates early in their planning. Some activities are year to year and dates are known. Others can be added at the early meetings.
6. **Solicit funding from University/Student Governance:** If your University provides funds for student organizations, these allocations are determined during the spring semester. Be sure to check deadline dates and have all the necessary paperwork completed on time. For those that seek other sources of funding be sure to complete any forms in time to meet guidelines. Also be sure to spend any appropriate funds that might be lost if not allocated.
7. **Keep your organizations records up to date:** Many Universities have their student organizations register their new officers. In addition if you have bank accounts you need to turn over the financial officers information and records. Ideally there is a place where all records and supplies can be securely kept.
8. **Send thank you letters:** Any quality organization takes time to thank those who have aided their success. Letters can go to officers, members, chapter advisors, department chairs, deans, secretarial staff or any other individuals/offices who have helped you function effectively throughout the year. We don't do this as much as we should in life.
9. **Complete a chapter annual report for the national office:** Quality chapters hold themselves accountable and the easiest way to do this is to file the annual report. You can find the information on-line at www.etasigmagamma.org



10. **Participate in Award Recognition Programs:** Successful chapters take time to recognize contributions from members and others who have helped. These include distinguished service awards, scholarship key awards and other local awards you may choose to give. Also it is important to apply for chapter recognition awards within your University and through the national office of ESG. Individuals can also submit their papers for individual awards from the national office. Check the ESG website for deadlines and information of the award process.

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The AAHE Annual Meeting

This semester Gammans have the opportunity to attend a session sponsored by Eta Sigma Gamma at the AAHE (American Association for Health Education) Annual Meeting at New Orleans. The session, titled *Emerging Philosophies: 50 Years of Philosophical Debate on Health and Health Promotion* will provide Gammans and other health educators with the opportunity to hear the perspectives of James F. McKenzie, Becky Smith and Thomas W. O'Rourke, long-time leaders in Health Education. Additionally, at this session on April 14th, the Warren E. Schaller Presidential Citation will be presented to Dr. Loren B. Bensley, Jr., in recognition of 21 years of service as Eta Sigma Gamma's first National Historian, and first Director of Chapter Development. Eta Sigma Gamma will also be represented during the HEDIR Technology Seminar at the AAHE Meeting, on April 15th. The ESG Advocacy Committee will be giving an electronic poster session about the *ESG Voting is Healthy* Advocacy Project. **I hope that you will be able to join us at the AAHE meeting in Chicago, April 14th-15th!** It's also not too early to think about attending next year's AAHE conference at Salt Lake City, Utah, April 25th – 29th.



**AMERICAN ASSOCIATION
FOR HEALTH EDUCATION**

Current Opportunities for Gammans

In the next three months several important opportunities will be available for Gammans. On behalf of the Eta Sigma Gamma Board of Directors, I urge each of you to participate in these important events.

➤ National Elections

This spring we need to elect our next National Vice President. The person elected to this position will serve 2 years as Vice President, 2 years as President, and 2 years as Immediate Past President. Your vote is important! Please participate.

➤ Individual and Chapter Award Nominations

It is that time of year when nominations are due to the National Office for individual awards and scholarships, as well as for chapter project awards (teaching, service, research, and advocacy) and overall chapter awards (Chapter Recognition, Chapter Achievement, and Chapter Excellence). ***Has a Gamman in your chapter gone above and beyond the call of duty?*** Nominate him or her for one of our individual awards (Gamman of the Year; John P. McGovern, M.D. Scholarship Award, or the Founders Scholarship Award). ***Did your chapter have a project this year that was especially successful or innovative?*** Submit that project for a Chapter Project Award. ***Did your chapter function especially well as a group this past year, demonstrating great leadership and chapter management skills and having teaching, service, advocacy and research projects?*** Submit your chapter for the recognition it deserves! Check out the criteria for Chapter Recognition, Achievement, and Excellence Awards, and apply for the award level that fits your chapter's accomplishments. ***The most important thing is to participate, so that we can recognize and honor your successes!*** (Award applications are due June 1st. For more information on awards, click on the *Awards* tab on our web site.)

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Success is something that always emerges from effort. Everyone is always busy, has commitments and struggles with managing time. By following these tips you can help institutionalize these efforts into something that future officers and chapters can follow and improve upon. Work together, take it slow, but have a clear target of what you are trying to do. It will serve both individuals and chapters in the long run. As your Director of Chapter Development, please feel free to contact me for any assistance that you might need.

Best wishes for a healthy and happy spring and summer!

“Building Bridges”

Kristine Buchholz, CHES

Action is the new mantra among members of the Beta Phi chapter at the University of Wisconsin-La Crosse. We have been making a shift from campus and community projects to further our involvement in advocacy and policy. Currently we are organizing a community-wide collaboration for World Health Day, 2005. It began, however, with the November elections and our hugely successful “Voting is Healthy” campaign, a non-partisan, educational and action-provoking campaign coordinated on campus. Around the same time, our chapter also began to prepare for the SOPHE conference in Washington D.C. With a desire to connect with other attendees who were members of Eta Sigma Gamma, we created “Building Bridges.” Through this project we provided a networking note card to Gammas that was brought to sessions in search of other Gammas. Once connected, the members exchanged contact information as well as shared their areas of interest or expertise.



The Building Bridges winners pose with ESG national officers at the SOPHE meeting. From left to right: Dr. Kathleen Conley, National President; 1st Place Winner, Maya Frumkin from Nu Chapter at Indiana University; 2nd Place Winner, Krista Ariail from Nu Chapter at Indiana University; Dr. Keely Rees, National At-Large Member.

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Dr. Keely Rees presents Krista Ariail with her 2nd Place Prize.

After the conference, attendees had a keepsake of new cohorts for future reference (Plus, the Gammans with the most names received a prize!) Our hope is that we can implement this project at other conferences and meetings, and continue building a superb network of personal contacts. We are using the momentum from Building Bridges, and other projects, as way for our chapter to continue moving towards future action-oriented initiatives.



Dr. Keely Rees congratulates Maya Frumkin on her 1st Place finish in the Building Bridges Activity at the SOPHE Annual Meeting.

Eta Sigma Gamma Honor Cords

Attention all graduates!!!



Don't forget to order your official Eta Sigma Gamma honor cords for graduation. The cords are green and gold and are to be worn on graduation day with your cap and gown to show your support for Eta Sigma Gamma.

The cost is \$10 and more information can be found on our website under "Online Store."

Call for Abstracts—ESG National Meeting



2005 Eta Sigma Gamma Poster Session Submission Guidelines

ESG National Meeting in Burbank, California

October 21, 2005

Eta Sigma Gamma is soliciting proposals of original and creative student poster presentations for the upcoming ESG National Meeting at the 79th American School Health Association Conference.

Using the attached form, prepare and submit the following by July 1st, 2005:

1. One completed application
2. Four (4) copies of a proposal abstract (see guidelines below)
3. A one-page resume for each presenter
4. **DO NOT INCLUDE YOUR NAME ON THE SUBMISSION—AS IT WILL BE REVIEWED BY A PANEL OF RESEARCHERS IN A BLIND REVIEW PROCESS!!!**

Information on the elements of a student poster session proposal:

- **Abstract**—Each poster session proposal should include a 250 word abstract. The contents of the abstract should reflect the requirements of one of the 3 categories below that best fits the student project:

Poster Session Proposal Types:

- **Research**—(related to the goals and ideals of Eta Sigma Gamma by chapter or individual Gammas) In a 250 word abstract, the following information must be included: title of presentation, research purpose, significance, methods, results, conclusions, recommendations
- **Teaching**—(community/school/university educational program, etc.) In a 250 word abstract, the following information must be included: title, brief description of the project, project objectives, discussion of degree to which objectives were met, implications for health education and/or Eta Sigma Gamma, conclusions
- **Service**—(community/school/university service programs/activities, etc.) In a 250 word abstract, the following information must be included: title, brief description of the project, project objectives, discussion of degree to which objectives were met, implications for health education and/or Eta Sigma Gamma, conclusions

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- **Participant Behavioral/Learning Objectives**—Please indicate, in complete sentence format, the intended learning outcomes for viewers/participants of your poster presentation. You may include up to two objectives. Complete the following sentence for each objective on the application form. “At the end of the poster session, participants will be able to:”

Send Proposals and/or Questions To:

Eta Sigma Gamma
National Office
2000 University Avenue
Muncie, IN 47306
800-715-2559
765-285-2258
765-285-3210 (fax)
etasigmagam@bsu.edu

Application for Eta Sigma Gamma STUDENT Poster Session

Held at the ESG National Meeting in conjunction with the 79th Annual Conference of the
American School Health Association

Burbank, California—October 21, 2005

1. Title of Poster Session Proposal:

2. Primary Presenter's Name: _____

University: _____

Major: _____ Year in School: _____

Chapter Name: _____

Street address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ E-mail: _____

3. Additional Presenters (Include names, school, chapter, and contact information)

4. Poster Session Proposal Type:

_____ Research _____ Teaching _____ Service

5. Poster Session Proposal Participant Behavioral/Learning Objectives:

At the end of the session, participants will be able to: _____

6. Chapter Sponsor's Name: _____

Chapter Sponsor's Signature: _____

Date: _____

*(Signature by Chapter sponsor indicates sponsor has reviewed student proposal in full. Proposals submitted WITHOUT
Chapter sponsor's signature will NOT be accepted)*

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765-285-2258

765-285-3210 (fax)

etasigmagam@bsu.edu

**Proposals must be POSTMARKED
by July 1st, 2005**



Wrapping it Up!

Dr. Bev Mahoney

An End to the Competency Update Advisory Council

It has been my privilege to represent Eta Sigma Gamma as a member of the National Health Educators Competencies Update Project since its inception in 1998. At that time, I was completing my term as your national president, and moving into the past president position. Having representation on this advisory council was one more step for Eta Sigma Gamma to be actively involved in national initiatives that will affect the future of health education, and we were honored to be involved.



Just to share a quick recap with you, since many current students were not even in college yet when we started, the Competency Update Advisory Council (CUPAC) was convened in 1998 in Allentown, Pennsylvania. At that first three day meeting, we determined to explore levels of practice in our profession, new competencies, and resource development for the project. Twelve national professional groups with interests in health education had been invited to send representatives. During our initial meeting, we agreed that the same representatives, whenever possible, should stay with the project throughout its entirety, to provide continuity and avoid having to bring new members “up to speed” throughout the process. Our steering committee members throughout were Dr. Gary Gilmore, Dr. Larry Olsen, and Dr. Alyson Taub.

Over the six years, we met several times face-to-face, worked continually via email, conference calls, and every other communication method short of carrier pigeons. ☺ The enormity of the project we were charged to accomplish, coupled with the relative lack of any steady stream of funding, made the project a challenge for every member, and demonstrated to me the true meaning of teamwork. After intensive planning and discussion, we arrived at four primary research questions.

1. What is the current generic role of the entry-level health education specialist as compared to the role previously defined?
2. What are the generic areas of responsibility, competencies, and sub-competencies of advanced level health education specialists?
3. Are there commonalities in the roles of entry-level and advanced health education specialists across practice settings?
4. Are there differences in the roles of entry and advanced level health education specialists based on degrees held and years of work experience in health education?



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We each had varied responsibilities throughout the six years, and sometimes the pace was frantic while at other times we were in a “holding pattern” as we prepared to enter a new phase. Our steering committee members worked tirelessly, meeting more frequently than the entire advisory council. Even the phrase “consummate professionals” does not do them justice. They were amazing.

In 2000 and 2001, as we prepared for data-collection, I was able to serve as a coordinator for list acquisition for health educators in the northeastern states. In the end, we completed a pilot study in four states, followed by a major study wherein questionnaires were sent to health educators first in 16 randomly selected states and eventually to health educators in all 50 states and the District of Columbia. Our final number of participants was 4030, and we ended up with the “largest data set ever constructed from practicing health educators, over 1.6 million data points.” (CUP Technical Report). Because of the nature of the study, the survey was lengthy. Those practitioners who took the time to complete and return it provided an invaluable service to our profession by sharing what they do “on the job” as health educators.



So, what did we find? Well, it’s much too involved for me to review that for you here. Official reports will be available through the three copyright holders, The American Association for Health Education (AAHE), the Society for Public Health Education, Inc. (SOPHE), and the National Commission for Health Education Credentialing (NCHEC). You will be hearing more about the results of this study as the months go by, and I encourage you to stay informed about and current with the resultant changes in competencies. It is an exciting time to be in health education!

Throughout the six years, Eta Sigma Gamma contributed to my travel for meetings. Additionally, ESG consistently contributed to the Update fund raising efforts. The Board of Directors’ willingness to appropriate funds for this project demonstrates ESG’s commitment to being a part of national initiatives that will impact the future of Health Education. Eta Sigma Gamma can be proud of its involvement with and support of this project.

This will be the first time since 1991 that I haven’t had an active a role as either a board member or officer for ESG national, or by representing ESG for the Competency Update Project. It feels kind of like the “empty nest syndrome.” 😊 Life is a series of new beginnings though, and so I thank-you for allowing me to serve ESG in these varied capacities over the years, and I encourage you all to investigate ways you can contribute your time and talents at local, state, and national levels.



Eta Sigma Gamma Board of Directors

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Important Dates

ASHA Annual School Health Conference & ESG National Meeting	October 19-22, 2005	Burbank, CA
SOPHE Annual Meeting	November 3-5, 2005	New Orleans, LA
APHA Annual Meeting	November 5-9, 2005	New Orleans, LA
AAHPERD	April 25-29, 2006	Salt Lake City, UT



UPDATE YOUR INFO!!!

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

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