WE HOPE TO SEE YOU IN NAPA SOON!

*Our Spring Conference* registration deadline of March 10 is approaching quickly. Put some Spring in your step and another great conference on your calendar, because you don’t want to miss out on this one. For more details, hotel and local information, speaker notes if provided and online registration go to http://www.ncsgna.org/conference/. Stay tuned for information about a Friday night course.

The conference is on Saturday, March 25th, 2017.

Would you like to be more involved? Or do you see things that you could improve? Don’t just talk about it - Talk to us, volunteer, and consider joining the Board!

AND AFTER NAPA, NEW ORLEANS!

*SGNA’s Annual Course is May 7 - 9* in New Orleans, Louisiana. Some of our local stars are scheduled to speak already, and you will be sure to find a variety of topics to bring value to your job and patients every day. For more information, the full program guide, and registration information, visit https://www.sgna.org/2017annualcourse.

**Invest in Yourself Inspire Others**

*Jazz Up Your Journey*

44th Annual Course | May 7 – 9, 2017
New Orleans, Louisiana, Pre-meeting events: May 5 – 6

YOU can apply for a scholarship to offset $1000 of your fees to attend the annual course! See page 8 or the NCSGNA website for details.

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- Keep Your Membership Up-to-Date—SGNA wants to ensure that you have uninterrupted access to year-round member benefits. Visit the Member Center to renew your membership today!
Message from the President

Starting out the New Year, it's time to set resolutions. Many people think of dieting, exercise, and fulfilling some personal goal.

For myself, besides having a resolution of staying dry, which is next to impossible this year, I would like to be the best person I can be. This resolution includes fulfilling all my responsibilities as President of the NCSGNA. I have to say, that my resolution is made easier as a result of the NCSGNA Board, since every member of the team is dedicated to his or her individual role, as well as supporting each other.

As a board, we are busy volunteering throughout the year to accomplish everything that is required to operate a region of the SGNA. This includes; communicating with and submitting documentation to SGNA, providing educational courses (last year we provided 35.5 CEUs to nurses), lobbying the legislature, publishing triannual newsletters (including this issue of the Guiding Light), maintaining our website and social media site, responding to membership needs, coordinating speakers and vendors for conferences, projecting budgets and completing audits, and all activities associated with running a large regional chapter. This commitment consumes many volunteer hours each - and every - year.

The next time you’re at one of the NCSGNA courses stop for a moment, take a look around, and think of all of the time and effort that is required to provide you and others with an exceptional educational course. While reflecting upon this, remember that the course you are attending has been provided entirely by volunteers, who want the very best for its members and other attendees.

We are really looking forward to our next course in Napa on Saturday, March 25th at the Marriott Hotel. While there, please introduce yourself and, if you’re so inclined, offer to volunteer at the next course in the Fall, at the South San Francisco Conference Center, or think seriously about running to be on the NCSGNA board of directors, or assisting our chapter with our other programs and activities.

I wish you all the very best in 2017 and success in achieving your New Years resolutions.

Hope to see you all in Napa!

Ted Miller
NCSGNA President
Who Goes to our Conferences?

If you throw a rock (although please don’t, since this is just for illustrative purposes) into the audience at one of our 250-300 attendee conferences, you are likely to hit an RN who works in an Endoscopy department in our Northern California region. You would be about equally likely to hit someone who is a member of SGNA vs someone who is not. That is just the overall picture, though.

We have a wide variety of people attend. Some are technicians. A few attendees don’t work in GI or Endoscopy but need a lot of continuing education in one shot. Some registrants come from other states or other regions, and either just happen to be passing through at the right time or actually make a point of being here for our conferences. We have nurse practitioners and nurse anesthetists who attend.

I talk to MDs who attend these conferences, even though they don’t use the continuing education credits, because it gives them a broader overview of the subjects and they find our conferences more useful than some of the physician-run gastroenterology conferences that may devote time on the molecular level.

Of course, our board members attend regularly, as do the vendors who support our efforts and your education. The speakers who travel to our meetings do so mainly out of generosity of spirit and to share their knowledge and because our audience is so engaged and appreciative.

I had the pleasure of speaking with Francisco Muñiz at our September conference. He was there first thing in the morning, and he was so enthusiastic I thought I would chat with him to see what motivated him in particular to come to these meetings.

Mr. Muñiz has worked at Salinas Valley Memorial as a GI Technician for almost 10 years. Prior to that he was a porter in the OR and a housekeeper. He pays to come to conferences without reimbursement. Originally from Mexico, he said he wants to “Learn as much as I can,” and he wants to be always improving. He is interested in learning any new information that comes out. When I spoke to him later on in the day he pointed out that one of the speakers mentioned that the technology is developing so fast, it is important to stay informed.

Francisco Muñiz, your enthusiasm is contagious! Thank you for being our first portrait of a conference attendee.

Lydia Blethrow, Editor

Our newest board members are all that and a bag of chips
Meeting Minutes

NCSGNA Board Meeting Minutes
Friday September 23, 2016
Holiday Inn South San Francisco

Present:
Imelda (Aimee) Merrera President
Heiti DeLucchi Past President
Ted Miller President Elect
Kendall Yoshisato Treasurer
Sheila Nuqui Secretary
Shaleena Kumar Director of Education
Dawn Neblett-Cross Director of Membership
Elena Gomez Director of Exhibitors
Ann Hayes Director of Community and Legislative Relations
Lydia BLETHROW Director of Publicity and Scholarships
Kristine DeGuzman Director of Social Media

Director of Community and Legislative Relations
Anne
- NP VA expanded role to order all meds and procedures
- Medicare reimbursement for colon cancer screening; the state is separating sedation, procedure costs

Director of Membership
Dawn
- There are 220 registrants - 5 cancellations = 215 total; 53% members
- Next conference is at Marriott Napa, requires 200+ persons

Director of Publicity and Scholarships
Lydia
- Updating website autonomously – square spare platform
- One member could not register online, possibly due to web traffic
- Members registered on time
- Receipt print out format has changed to 2 pages (used to be just on one page) – Lydia will look into the format when Dawn sign in using her laptop

President Elect
Ted
- Fall conference location ideas: parking issues at past venues – Sacramento and San Jose. Ted and Aimee will look into a location in Sacramento, will ask the members via evaluation.
- Some UCSF colleagues of Ted, Kristine and Sheila have asked to volunteer at the conference. A guideline has to be written regarding volunteers – will they need to pay to attend or will it be waived?, what are the CEU recipient guidelines?, How will we utilize them? Sheila has volunteered to write a proposal re: conference volunteers and will be discussed more at the next board meeting. The guideline proposal should include their
Meeting Minutes, continued

- their possible duties (name tags, registration table)

**Director of Social Media**  
**Kristine**  
- Add Facebook BOOST to create viewabilities, increase “like” stats; can target specific audience - medical professionals. The cost will be $5/day. Kristine also suggested to do a trial for 10 days -- $5/day x 10 days = $50. Do we need to vote? Kristine will email more info, board members can respond with a nay or yay  
- Congratulations Kristine!! A baby is on the way!!

**Director of Education**  
**Shaleena**  
- Feedbacks from Tenaya: Most feedbacks were position. Some feedbacks as follow: “Hard boiled eggs”, “Skim Milk for their coffee”, “Great location”, “Great conference”, “need more cokes, pepsi, diet soda”, members love Rich Fidler, meals are excellent. Overall, Tenaya was a great conference.  
- Takeda will sponsor a speaker in Napa, if you know anyone, send to Shaleena; Dr Terdiman from UCSF is interested.  
- Motility physician speaker: if you know anyone, send info to Shaleena.

**Director of Exhibitors**  
**Elena**  
- Response to Evaluation: a member wants NCSGNA to respond or give feedbacks to comments, complains, questions and maybe post on syllabus or newsletter. Board members agreed to add to the newsletter.  
- Another complain was about the classes not open for everyone.  
- There are 21 vendors and 23 tables available. Vendors loved when we put the food where they’re located. Food will be where the vendors are. For future reference and visiting venue sites, the food and vendors room should be checked. The room at Hillside in Sacramento was not big enough.  
- Western Governor’s School, Crohn’s and Colitis foundation will be at the conference. Tables are set aside to pass out information.

**Treasurer**  
**Kendall**  
- Handed out a financial budget report. He stated “we are pretty much on budget”  
- Rising Conference Costs: At some point, the cost for conference will cost more.  
- The prices for vendors: We used to have around 50 vendors, now around 20-21 vendors (some companies merged)  
- Registration fee should be increased?: Per Kendall, we are not struggling but we need to try resolving the future issue now than later. Food costs are going up, same food from $25 to $35. Just for food/catering, we pay $20,000 for 250 persons. We have a $50,000 budget for 2 conferences and we are just breaking even. Kendall suggested to get ahead and look into raising the registration price. It costs $84 per person for food alone.  
- Heiti’s rate increase proposal: $60 to $75 for members, raise a little for techs, non-members to $150.  
- Wait until after Fall 2016 conference and year end budget: Raise the rate? Lower the food costs? Kendall will look into some numbers, reasons why we should raise the membership rate  
- Napa conference: at least 200 people minimum -- $20,000; larger venues will cost more  
- Kendall will send an email regarding fee increase for discussion
Meeting Minutes, continued

Open Issues
- Facebook BOOST: Kristine will e-mail a proposal
- Registration fee increase: Kendall will email more info
- Conference Volunteer Guidelines: Sheila to write a proposal
- Fall 2017 location: Sacramento Convention Center-- logistics issue; Monterey-- members like the area per Kendall; San Ramon-- 200 people capacity limit; cannot place food and vendors in the same area
- Take out food evaluation and replace with locations, vendors, future topics suggestions/comments
- SGNA pins: we have enough for this conference, will need to order later per Dawn

Annual Business meeting
- President-Elect: Shaleena? Shaleena accepted the position !!
- Vote on President Elect - Shaleena, Treasurer - Kendall, Director of Membership – Dawn. For even year, members or board members voting?
- Elections committee before the board meeting
- As President Elect, Ted can make an appt to fill the vacancy
- Director of Education – vacant, open it to the floor
- For the people that currently hold position, they can remain and just voted by board members
- Passing of the baton from Aimee to Ted
- Ann will make the announcement such as, to like our FB page, breaks
- Business meeting at 12:45

New Business
- Social Media Job description: Ted has a rough draft and will finalize in 2 weeks
- Fall SGNA: November 4-5 in Illinois. Shaleena will go

Recorded by:
Sheila Nuqui
NCSGNA Secretary
## Leadership Directory
Contact information for the NCSGNA leadership

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Ted Miller</td>
<td><a href="mailto:ted3129@gmail.com">ted3129@gmail.com</a></td>
</tr>
<tr>
<td>Immediate Past President</td>
<td>Aimee Merrera</td>
<td><a href="mailto:iamerrera@gmail.com">iamerrera@gmail.com</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Kendall Yoshisato</td>
<td><a href="mailto:kyoshisato@prodigy.net">kyoshisato@prodigy.net</a></td>
</tr>
<tr>
<td>Secretary</td>
<td>Sheila Nuqui</td>
<td><a href="mailto:snuqui@comcast.net">snuqui@comcast.net</a></td>
</tr>
<tr>
<td>Director of Education</td>
<td>Shaleena Kumar</td>
<td><a href="mailto:Shaleena.kumar@gmail.com">Shaleena.kumar@gmail.com</a></td>
</tr>
<tr>
<td>Director of Membership</td>
<td>Dawn Neblett-Cross</td>
<td><a href="mailto:lillacitty2@yahoo.com">lillacitty2@yahoo.com</a></td>
</tr>
<tr>
<td>Dir. Comm. &amp; Legislative Relations</td>
<td>Ann Hayes</td>
<td><a href="mailto:ann.hayes@va.gov">ann.hayes@va.gov</a></td>
</tr>
<tr>
<td>Director of Exhibitors</td>
<td>Elena Gomez</td>
<td><a href="mailto:excapereality@sbcglobal.net">excapereality@sbcglobal.net</a></td>
</tr>
<tr>
<td>Director of Publicity and Scholarships</td>
<td>Lydia Blethrow</td>
<td><a href="mailto:lydia@lyds.org">lydia@lyds.org</a></td>
</tr>
<tr>
<td>Director of Social Media</td>
<td>Kristine DeGuzman</td>
<td><a href="mailto:deguzmankr86@gmail.com">deguzmankr86@gmail.com</a></td>
</tr>
</tbody>
</table>

## NCSGNA Calendar of Events

### March 25, 2017
**NCSGNA Spring Course**
Napa Valley Marriott Hotel and Spa

### May 5-9, 2017
**SGNA’s 44th Annual Course**
New Orleans, Louisiana
ABOUT THE NCSGNA SCHOLARSHIPS

The NCSGNA Scholarship is open to members only. This information is for informational purposes only. Please download your application from www.ncsgna.org. You will be asked to provide your:

Name: __________________________
Address: __________________________
City/State/Zip Code: __________________________
E-mail: __________________________
Home Phone: __________________________
Employer: __________________________
Work Phone: __________________________

What is the scholarship for?

The goal of this scholarship is to help a regional member attend the SGNA Annual Course. One $1000.00 scholarship will be awarded to be used for registration, airfare, and hotel accommodations. Recipients must provide documentation of actual use of funds.

What criteria are used to award the scholarship?

- The applicant’s support of SGNA, both regional and national;
- The applicant’s promotion of GI nursing;
- The applicant’s activities within their hospital and community;
- The applicant’s participation within local, state, and federal government on behalf of nursing and health care issues;
- The applicant’s participation in other nursing organizations.

What is the application process?

Begin by checking off any activities in which you have participated (each category is assigned a point value by the Scholarship Committee). Expand upon these activities, include other areas that you feel demonstrate your qualifications for this award, and add any additional comments. Return this entire form and your comments to the Scholarship Committee Chairman.

Eligible applicants must have been a voting licensed nurse or associate of NCSGNA for two years or more, must demonstrate support of NCSGNA’s goals and objectives, must currently be employed in gastroenterology. Members of the Board of Directors and those who have received an NCSGNA Educational Course grant within the past three years are ineligible.

ACTIVITIES

When did you join SGNA/NCSGNA? __________________________
Years in GI Nursing: __________________________
Academic/Professional Credentials: __________________________
Northern California SGNA: __________________________
President: held office
President-Elect: held office
Past President/Historian: held office
Secretary: held office
Treasurer: held office
Director of Exhibits: held office
Director of Scholarship/Publicity: held office
Director of Membership: held office
Director of Education: held office

National SGNA or ABCGN (e.g., HOD Speaker or Vice Speaker; national Board Member):

SGNA Foundation Board Member; SIG Group Coordinator;
Annual Course poster presenter, speaker, committee member, moni-
tor or moderator):

Education (e.g., staff in-services, community presentations, teaching student nurses, mentoring new employees):

Government (e.g., special projects, resolutions):

Health Fairs/Other Professional Organizations/GI Nurses Day:

Miscellaneous:

Research/Educational Posters

If your poster is accepted for display at the Annual Course, you may be eligible for a monetary subsidy.

Here’s hoping you will join us at the 2017 SGNA Annual Course!!!