So nice, we had to do it twice! Our conference at Walnut Creek had such rave reviews for its amenities, location, food and attention to details that we had to see if they are just as fantastic a second time around. Of course we will have our speakers, who are just as entertaining as they are experts in their fields. Our vendors have a variety of products to demonstrate and are happy to show you the newest developments. As always, the energy and passion to be gained from meeting with your peers is immeasurable.

NCSGNA’s Spring Conference will be at the Marriott in Walnut Creek on Saturday, March 16, 2019.

• 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

Growing and Moving Forward

As we get closer to the end of 2018, I start reflecting back on my time as NCSGNA President. I remember feeling quite hesitant in taking on the role in a previous board meeting. In fact, I remember thinking, “How in the world am I going to be a Regional Society President?” Actually, there were probably a few expletives sprinkled in there to be honest. As someone who was still relatively new to the board of directors, I did not see myself as a leader. However, I soon realized that I was not alone in managing the activities of our region. So, in actuality, I did not need to be scared in stepping up as a leader when I had a room full of people willing to support me. I learned to speak up and to become a little bit more comfortable in my skin. Even the small things like speaking in a board meeting and speaking in front of a rather large group of people at our conferences have gotten a lot easier and less terrifying. I am a rather shy and awkward person, so working on my speaking skills even in a small way is a big deal for me. The more I step out of my usual comfort zone, the more confident I feel in my skills as a board member. In a way, it is much like working at the bedside and perfecting a nursing skill (practice makes perfect).

It also does not hurt that the application that I turned in (that highlighted our regional society’s achievements) led to our Outstanding Regional Society Award. So, 2018 turned out to be pretty darn great. Moving forward, I hope to see new faces join our board of directors. We need new folks with enthusiasm to keep NCSGNA alive. Without a functioning board of directors, we as a regional society will not thrive. Simply put, these conferences are definitely not going to plan and be executed by themselves. Without board members, I would not be able to carry out my duties as President. I am incredibly blessed to have a wonderful group of GI nurses support me this year in keeping our region running smoothly. So, for those of you who are hesitant in participating in our regional society, I just want you to know that serving on our board is a worthwhile endeavor. I have learned a great deal from serving as past Director of Education and as President. Believe me, I did not know much about serving on a board of directors, but with the support of everyone else, I grew into my role.

We all have to start somewhere...why not ask a current board member and maybe even attend a board meeting? Perhaps you could be the future of NCSGNA...because without our members, NCSGNA will not have a future.

Shaleena Kumar, MSN, RN, CGRN
NCSGNA Board Meeting Minutes
Friday, March 16, 2018
San Jose Room
Walnut Creek Marriott

In Attendance:
Shaleena Kumar   President
Ted Miller       Immediate Past President
??              President Elect
Kendall Yoshisato  Treasurer
Sheila Nuqui    Secretary
April Heuschel    Director of Education
Ann Hayes        Director of Community and Legislative Relations
Elena Gomez      Director of Exhibitors
Lydia Blethrow   Director of Publicity and Scholarship
Janelle Del Rosario Guest
Nancy Schlossberg Guest

Approval - Board Meeting Minutes Fall 2017 (sent via email previously)
Email was sent out for approval; board members approved
Sheila needs to upload corrected version

Introductions (Guest attendees: Janelle Del Rosario, and Nancy Schlossberg)
Nancy Schlossberg: Consultant, Digestive Health Services at John Muir Health
Janelle Del Rosario: Clinical Nurse II at UCSF Health

Board Member Reports
Shaleena Kumar-President
For spring 2018 conference, we have 220 registrants; if all goes well with details, we might be back here for spring 2019 conference
Fall 2018 conference, Hyatt Monterey is booked for Oct. 6, 2018
To save cost: skip printing syllabus (attendees can download/print from the website), evaluations and certificates online, like SGNA conference, they use company EXPRESS Evaluations: $250 one time fee, $4.25 per evaluation/person;
Kendall: another suggestion- online registration, can validate attendance (are we meeting the attendees’ requirement for the contact hours given?), cost around $400 syllabus and another for brochures, roughly around $800/year for printing syllabus and $1,000 printing/sending out brochures. Anne: mailing brochures is an advertisement, especially for older group that are not onboard online, but we can totally rid of printing syllabus
Continue printing brochures
Skip printing syllabus
Print out evaluation form, raffle ticket
Will re-visit using online companies for online registrations, evaluations, printing certificates; on hold for now

April Heuschel – Director of Membership
Evaluations from last conference: Comments not included in the syllabus but people still found areas to write their personal comments: most were complaining about “too cold”, audio visual (video malfunctioning)
Fall conference: Dr. Victoria Yung – Water Exchange Colonoscopy; Dr. Robindra Watson – New Endoscopic Bariatric Procedures: an update on their implementation; Dr. Arek Keledjian: ERCP lecture; Need liver/hepatic topics; For Fall conference 2018, 1 night stay will be provided
Sheila: any GI Tech related topics/ideas (some GI technicians were asking), April has a speaker about abdominal compression?
April need speakers for Fall conference 2018
Ted: UCSF team may be able to reach out to hepatology

Elena Gomez – Director of Exhibitors
21 vendors (companies have merged through the years)
Olympus class tonight: UNIFA platform (digital program) in the Contra Costa Room
Any new vendors: contact Elena (GI meds, equipment, accessories)
IMS merged with Steris, EndoChoice merged with Boston Scientific
With merges, harder to get more vendors
Currently charging $550 from $400 from a few years ago
Electrical outlet should be available in the whole room
Ted: some conferences are charging vendors up to $1000
Maybe charging more depending on the layout is worth discussing
Vendors like when the food is in the vendor room

Ann Hayes – Director of Community and Legislative Relations
Nothing to report, she’s RETIRED!

Kendall Yoshisato– Treasurer
Refer to the past conferences cash summaries handout, the budget is starting to go in the positive direction, starting to make cash flow
With the increase in registration, the budget is starting to balance out
This conference projects to make a positive cash flow
Projecting this conference will hit around $35,000 which is our normal conference budget
Spring and Fall conferences combined, we’ll likely balance out
In 2017, we gained around $11,000 in grants
Board Meeting Minutes, cont.

$2,000 grant pending from Cook
For now, syllabus will still be printed until further notice
We need brochures to be done early for grant application requiring at least 60 days
April will go to HOD with Shaleena to Florida
BUDGET is PASSED
Refer to Treasurer’s report handout given by Kendall
Marriott Walnut Creek is projected to cost around $24,000 which is way below our $35,000 budget

**Ted Miller – Immediate Past President**
Nothing to report

**Lydia Blethrow – Director of Publicity and Scholarship**
Thank you for the newsletter articles
Dawn wrote a great article, a little glimpse of being a GI nurse in her unit
The next newsletter is in July, an email reminder will be sent in June
Lydia may be interested in Director of Exhibitors
Annie may be interested in Lydia’s position, she is planning to attend the meeting in October
The early bird pricing was easy to implement on the website; Dawn had more registrations early on and made it easy for her; the prices are set up on the website
Brochure template uploaded on google drive and the new prices are reflected:

<table>
<thead>
<tr>
<th></th>
<th>Early bird</th>
<th>Regular</th>
</tr>
</thead>
<tbody>
<tr>
<td>Members</td>
<td>$85</td>
<td>$110</td>
</tr>
<tr>
<td>Non-Members</td>
<td>$150</td>
<td>$175</td>
</tr>
<tr>
<td>Techs</td>
<td>$55</td>
<td>$80</td>
</tr>
</tbody>
</table>

The master list given was from a few conferences ago
Kendall has access to the online registration
Kendall is requesting SGNA to provide a secured storage space
Dawn got about 150 through the early bird registrations
If Anne is planning to retire from board members, then maybe we can switch her position to a volunteer activity: writing publications?

**Sheila Nuqui – Secretary**
Nothing to report
Open Issues

Budget
   Board members voted unanimously

Open Board Position
   Sheila nominated as president elect
   Janelle Del Rosario as acting secretary
   Lydia will be trained as Director of Exhibitors, Elena’s last conference will be Fall 2019
   April’s position as Director of Education will be Fall 2019
   Nancy may be interested in Anne’s position
   Dawn will be taking another 2 year term
For fall conference, we will be voting for :
   -Director of membership
   -Treasurer
   -Director of Publicity and Scholarship
   -Secretary
   -Director of Social Media

c. Venues & Speakers
   1. Fall 2018: Monterey Hyatt
      Need to know if any board members are staying for more than one night, so
      Kendall can secure the rooms for board members before releasing the
      block of rooms

   2. Spring 2019 Conference
      TBD, any suggestions?
      The Nationals will be on April 12th in Portland, Oregon, so for our Spring 2019
      conference, we will shoot for early March or mid-March
      Require speakers to send their notes to be reviewed by the board, but not to
      post if they’re opposed to it. April need the speakers’ Title and Objectives
      for the brochure

New Business

Open discussion
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>Shaleena Kumar</td>
<td><a href="mailto:Shaleena.kumar@gmail.com">Shaleena.kumar@gmail.com</a></td>
</tr>
<tr>
<td>President-Elect</td>
<td>Sheila Nuqui</td>
<td><a href="mailto:snuqui@comcast.net">snuqui@comcast.net</a></td>
</tr>
<tr>
<td>Immediate Past President</td>
<td>Ted Miller</td>
<td><a href="mailto:ted3129@gmail.com">ted3129@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>Acting Secretary</td>
<td>Janelle Del Rosario</td>
<td></td>
</tr>
<tr>
<td>Director of Education</td>
<td>April Heuschel</td>
<td><a href="mailto:a3heuschel@icloud.com">a3heuschel@icloud.com</a></td>
</tr>
<tr>
<td>Director of Membership</td>
<td>Dawn Neblett-Cross</td>
<td><a href="mailto:lilcity2@yahoo.com">lilcity2@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:escapereality@sbcglobal.net">escapereality@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

September 21-22, 2018
GALA San Diego Conference
Waived registration for NCSGNA members!

October 6, 2018
NCSGNA Fall Course
Hyatt Regency Monterey Hotel and Spa

April 12-16, 2019
SGNA’s 46th Annual Course
Portland, Oregon
The NCSGNA Scholarship is open to members only. This information is for informational purposes only. Please download your application from [www.ncsgna.org](http://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.

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**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, monitor 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 2019 SGNA Annual Course!!!