



Region 10 Ottawa

COMMUNIQUE

Fall /L'Automne



September 2014

Special points of interest:

- Interested in becoming Regional Rep! Application through :
 - plammana@rnao.org.
- Applications must be in by December 8th 2014
- RNAO Emeritus and Life Time Achievers (Honorary members) re :CNA

RN Emeritus and Lifetime Achievement Award (formerly Honorary Life Members) recipients will continue to have their membership fees in the CNA covered by the RNAO. In the spirit of membership by choice, they would need to choose to include membership in the CNA. On July 21st, an email was sent to all RN Emeritus and Lifetime Achievement Award recipients asking them to register their choice. In addition, those who have not responded will have another opportunity to do so on the letter/reply form we send them every year. A letter/reply form is sent to all RN Emeritus and Lifetime Achievement Award recipients every year for them to choose optional benefits like interest group and LAP.

Meet your Executive 2014-2015!



From left to right: Melanie Skinner -Student, Kristine MacNaughton –Communications, Sandra Stec– Membership, Debra Kaye– Advisor , Doniya Quenneville– Student, Caroline Bala– Student, Riek van den Berg– Advisor and Historian

Back Row left to right: Cecile Diby-Past leader, Gigi van den Hoef-Leader, Una Ferguson-Regional Rep, Aster Marasa –Student, Jill Courtemanche-Recorder

Missing: Tracey Bungay– Clinical Nurse Representative, Jennifer Achim-Treasurer. The Policy and Political Action position is vacant at present.

Message from the Board Representative!

Dear Region 10 Members,

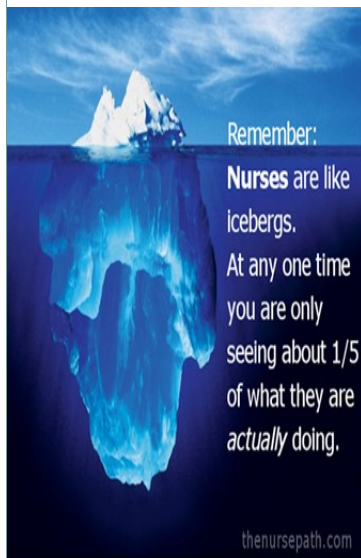
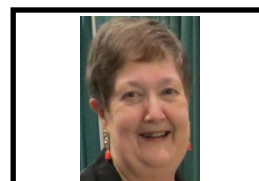
It is hard to believe that it is my final year on the board of RNAO and I can honestly say I am still in awe of the whole board experience. It really has been a learning curve to be part of the board decision making of such a great organization. A look in our Registered Nurse Journal and In the Loop shows us the variety

of issues RNAO has been involved in during the past year and the amount of influence the nursing profession has on healthcare issues in Ontario. We do and can make a difference!

Our executive is working very hard on your behalf and, 2014-15 should bring some new events which I think will be enjoyed by all. I look forward

to meeting you at meetings and events.

Una Ferguson



Remember:
Nurses are like
icebergs.
At any one time
you are only
seeing about 1/5
of what they are
actually doing.

thenursepath.com



Meet your New Leader !

In January 2014, I attended an RNAO meeting with the goal of becoming the Leader to help develop my political side. I met a wonderful group of colleagues who immediately welcomed me as the soon to be new leader.

I was pregnant with my first child when I applied to nursing at Algonquin College. Two children later, I graduated from the 4 year part-time RN program in 5 years. I immediately started my nursing career at the Children's Hospital of Eastern Ontario. A few years later, I started in Research as a Research Nurse in Nephrology and Endocrinology. Five years after being involved in research and being the first Ottawa Chapter Chairperson for the Society of Clinical Research Associates (SoCRA), I became the

Canadian Project Manager for a large international study with Type 1 diabetes. After nearly 14 years at CHEO, I decided to leave the hospital setting and work with a biopharmaceutical company as a Medical Science Liaison and later in a healthcare company as a Clinical Consultant. Early in 2014, I returned back to school working towards my Masters . In March 2014, I started my current position as the Research Program Manager at the Kidney Research Centre - Clinical Trials Group at OHRI.

I look forward to being the Ottawa Region 10 Leader for the next 2 years. I believe that

through my personal experience, I truly mirror the new vision of the RNAO. I look forward to meeting the nurses within other institutions and working with the new executive team. Together we can continue planning for tomorrow's health system.
Gigi van den Hoef



Membership !

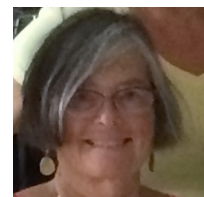


I am a recently retired RN and have over 35 years experiences in Gerontological nursing and have held positions in management, clinical, and as consultant in Manitoba & Ontario. I believe, as a professional, you must commit to actively participate

in and support your professional organizations. I have been an active member and supported and held executive positions in various nursing associations at both provincial and national levels.

I look forward to contributing to RNAO, Region 10, as Membership Chair.

SANDRA STEC
RN MN.



Region 10 Students!



The 2014-2015 Student representatives for RNAO Region 10 are Caroline Bala, Melanie Skinner, Doniya Quenneville and Aster Marasa. Representing the University of Ottawa campus are Caroline (4th year BScN), Melanie (4th year BScN), and Aster (2nd year BScN). Doniya (3rd year BScN) will be representing the Algonquin College campus. This is a new role for all these students and they are eager to begin representing their fellow classmates.





Policy and Political Action!

Politically, 2014 has been busy. We have seen an Ontario election with a majority win. There is a city election on the horizon (October 15th) with many changes coming and a federal election is due in 2015. Nurse's voices are important so remember to vote!

Also, the fall begins the cycle of Queens Park on the Road (QPOR)

where we again will get to meet our local MPP's in their constituency offices. This will be followed by Queen's Park in February where the Political Action ENO's get to meet the MPP's in Toronto. Finally, in May the Take your MPP to work event will

commence where local MPPs get to see Nurses in their work environment. If you would like to host an

MPP let us know. Watch the RNAO website for the platform issues. Questions can be directed to

unaf@rogers.com

"The very first requirement in a hospital is that it should do the sick no harm."

— [Florence Nightingale, Notes on Nursing](#)

Communications!



As your new Communications Officer, I look forward to keeping you up to date with what's going on in the Ottawa Region. Follow us on Facebook (RNAO Region 10 Ottawa) or Twitter as well as the website to stay abreast of the latest goings on. Also, if you have any news you'd like to share with

Chapter members, don't hesitate to drop me a line at kmacnaughton@rnao.ca

En tant que votre nouveau responsable chargé des communications pour la Région d'Ottawa, je vous invite à nous suivre sur Facebook (RNAO Region 10 Ottawa) ou

Twitter pour être tenu au courant des activités et événements à venir dans votre Région.

Bien à vous,

Kristine MacNaughton



Region 10 in the past year!



Picnic on the Patio

2014

Thanks to Wendy Pearson
for Hosting!



Politicians

Breakfast

2014 !



Region 10 (Ottawa) Membership Meeting Sept 15, 2014
Financial Officer Report –Submitted by Jennifer Achim

Region 10 Financial Statement - Nov.1, 2013 to Sept.14, 2014

	<i>Budget (2013-2014)</i>	<i>Actual to Date</i>	<i>Balance</i>
<i>Opening Balance: Nov. 1, 2013</i>			<i>\$ 9,995.09</i>
<u>Revenue:</u>			
Membership	\$ 4,000.00	4,184.00	
Development Funds	--	--	
Annual Dinner	\$ 2,500.00	58.70	
Picnic in the Park	\$ 100.00	120.00	
Student Event	\$ 1,000.00	--	
	<i>\$ 7,600.00</i>	<i>\$ 4,362.70</i>	
<u>Expenses:</u>			
Communication (ex: mailing pins, newsletter)	\$ 1,000.00	--	
Student Events	\$ 1,000.00	--	
Meet & Greet (Feb. 2014)	\$ 250.00	122.23	
Breakfast with Politicians (Mar. 2014)	\$ 1,200.00	649.75	
Students AGM (Apr. 2014)	\$ 1,200.00	1,416.44	
Student Recruitment (Sept. 2014)	\$ 250.00	--	
Student Fees*	--	--	
Annual Dinner (Oct. 2014)	\$ 4,000.00	500.00	
Picnic in the Park (June 2014)	\$ 100.00	27.28	
Meetings (Membership & Executive)	\$ 500.00	25.31	
Bank Charges	\$ 60.00	40.00	
Misc. Expenses (ex: gifts & recognition)	\$ 200.00	183.95	
	<i>\$ 9,760.00</i>	<i>\$ 2,964.96</i>	
<i>Surplus (Deficit)</i>	<i>(\$ 2,160.00)</i>	<i>1,397.74</i>	

Actual Balance: Sept 14, 2014

\$ 11,392.83

Membership Meetings Region 10 2014-2015 Save the date!

Date	Site and Time	Event
October 3	RA Center 2451 River-side Drive 5-8:30PM	Dinner: Colleague to Col-league bullying: Why is this lateral violence? Speaker- Rhonda Seidman-Carlson
October 28th (Oct 27th is election day)	Public Health :100 Constellation Dr : Jaguar Room 6:30-8:00PM	Facilitating Client centered Learning-an introduction to the RNAO BPG : Speaker- Debra Kaye
Nov 24 th	CHEO	To be determined
Jan 26th	Royal Ottawa Hospital 1145 Carling Ave: 6:30-8:00 PM	Annual AGM: Election of ENO positions . Select consulting Representatives for RNAO AGM
Feb 9 th	Queensway Carleton	Social evening :Speaker- Paula Manuel (SNIG) Life of a Nurse: from the heart!
March 6 th	Travelodge Hotel: 1175 Carling Avenue 7-9am	Breakfast with the Politicians Come and Discover your political voice!
March 23rd	Bruyere Auditorium 6:30-8:00M	Discussion of resolutions Mandatory for all consulting representatives
April 27th	To be confirmed	Panel on Aging title to be confirmed
June 1	Britannia Park 6:30-8:00PM	Picnic in the Park– Our last event of the season. Help plan the year ahead!



RNAO

Registered Nurses' Association of Ontario
L'Association des infirmières et infirmiers
autorisés de l'Ontario

REGION 10 OTTAWA

www.rnao/region10

Please contact the executive through
the RNAO website.



2014-2015 Board of Directors RNAO

