Bring on the warm weather!!! I’m sure that all of you are as happy as I am to see sun and melting snow. This is a nice change from the winter that we have had.

Speaking of change, I want to fill you in on some new exciting changes from the ONS National office. This March, ONS launched two web courses in the new ONS University, the new learning management system for ONS. We still have some web courses in the old system (Blackboard) but by May, all of ONS web courses will be housed in ONS University.

ONS University offers many benefits including streamlined navigation and interactivity, enhanced ability to socialize and interact with others who share your interests, and improved features that help you stay organized.

Please visit the ONS website to learn more about this new system: http://www.ons.org/CNECentral/ONSUniversity

I also want to make you aware of something that the Chapter Board voted on to help improve Chapter membership and prevent local memberships from lapsing.

GPC-ONS used to have rolling Chapter membership where everyone’s membership renewal date could be different. To make things easier for members as well as the Membership Committee, we will now make annual Chapter membership renewal officially October 1st of each year and we will collect membership dues at both the September and October Chapter dinner meetings at a discounted rate.

Lastly, I look forward to our Chapter’s 25th Anniversary celebration in May and hope to see you all there. Thanks for making this Chapter a true success!

Please see page 7 for the archives of GPC-ONS foundation -
**What’s New at GPC-ONS**

**GPC-ONS Board**

**Raffles and More:**

We will once again great raffles and auctions at our dinner meetings this year and looking forward to an fun-event-filled year at GPC-ONS.

We also hope that you will consider joining one of the committees to get more involved- it really does not take as much time as you would think and is a great way to get involved-

---

**GPC-ONS Virtual Community**

Don’t forget to visit us on [http://greaterpitt.vc-ons.org/](http://greaterpitt.vc-ons.org/) for the latest updates and news

---

**Upcoming GPC-ONS Elections**

Looking for ways to contribute to oncology nursing? Well, your time has come!!!

Take the next step in your oncology nursing career by considering volunteering a small amount of time on the GPC-ONS Board!!! The time is manageable and rewarding both professionally and personally!!!

Consider nominating yourself or someone you know for the following positions:

**President elect- (1 year 2010-2011) –**

Learn the duties of President. Succeeds the President at the completion of the President’s term or the resignation of the President. Performs presidential duties in absence of president. Consults with President throughout his/her term of office and to provide for continuity of leadership and smooth transition of chapter leadership. Commits to one year term as post President at completion of Presidential year.

**Treasurer – (2 years 2010-2012)**

Supervises the financial transactions of the chapter and oversees the budget process. Maintains all financial records of the chapter. Received annual dues from membership chair, educational program fees from program committee and reports the number of respondants to the program chairperson, Prepare a Treasurers report to be presented at each business meeting and prepares the quarterly and annual financial report to be submitted to the national office .

**Director –at-Large – (2 years 2010-2012)**

Serves on committees of interest, including community outreach projects such as Camp Raising Spirits or ONS foundation grant projects or spearheading fundraising efforts. Fills temporary, unanticipated Board members roles/responsibilities at a chapter and/or Board meeting. Is a presence at Chapter functions to welcome new members, connect with members, and discuss and promote Chapter activities.

**Nominating**

Conducts annual chapter election by e-mail/mail. Responsibilities include recruitment f candidates, ensuring candidates meet the established criteria for chapter officers, and accuracy of ballot tallying according to chapter policy and procedures.

---

See Page 3 for more information on exciting GPC-ONS Board and Committee opportunities
Meet the Board
By Anna Vioral MSN, MED, RN, OCN
Welcome to the 2009-2010 GPC-ONS Board members!

We look forward to the new Board members who will bring new ideas, flavor, and talent to this chapter and guide us in new directions as we continue to grow and develop as a local ONS chapter.

**PRESIDENT**: KRISTAN BAILEYS RN,MSN, CRNP, AOCNP

**PRESIDENT ELECT**: PATRICIA GORDON MSN, OCN, NP-C

**PAST PRESIDENT**: LAURA FENNIMORE

**SECRETARY**: VICKY CUNNINGHAM RN, BSN, OCN

**TREASURER**: LISA DIPERNA CRPN, AOCNP

**DIRECTORS AT LARGE:**

NEW: EILEEN MILAKOVIC RN, BSN, MA, OCN
    MARY KERN RN, OCN
    JUDY COLLINGS RN, OCN

2ND YEAR: MARY BURGUNDER RN, MSN, OCN
    ANNA VIORAL RN, MSN, MED, OCN

NOMINATING COMMITTEE:

**CHAIRMAN**: JOAN LATSKO MSN,CRNP, AOCNP
    LINDA MEYERS BSN, OCN

**NON-VOTING**: SHARLENE R. WYLIE RN, BSN

VIRTUAL COMMUNITY COORDINATOR: KRISTEN BAILEYS/LAURA FENNIMORE

AWARDS: MARY BURGUNDER

GOVERNMENT AFFAIRS: ANNA VIORAL

ACHIVIST: MARY KERN

NEWSLETTER: ANNA VIORAL

MEMBERSHIP COMMITTEE: HEATHER BELANSKY – LISA WILT

PROGRAMS COMMITTEE:

COMMITTEE DESCRIPTIONS

GPC-ONS has many exciting opportunities for you to become more involved without a huge time commitment. Please consider a small amount of your time to join a committee of your interest.

**Nominating**. Recruits board members/assembles ballot for GPC-ONS elections.

**Programming**. Develops educational opportunities for GPC-ONS

**Membership**. Identifies innovative ideas for attracting new members and retaining current members including outreach projects and updating the membership directory.

**Newsletter**. Recruits articles, event, news in oncology for quarterly newsletter.

**Strategic Planning**. Constructs plan, mission, vision, and goals for GPC-ONS with the Board.

**Virtual Community**. Maintains the chapter’s virtual community on consistent basis.

**Awards/Scholarships**. Formulates process for Congress and IOL scholarships along with the Joseph W. Schafer Jr. and Exemplar annual awards.

**Archives**. Coordinates the history of GPC-ONS

**Government Affairs**. Generates reports and updates on governmental issues related to oncology lobbying efforts in conjunction with OnStat.
2010 Camp Raising Spirits June 4-6, 2010

Update by Mary Burgunder RN MSN OCN

The 17th annual Camp Raising Spirits, a community service project of the GPC-ONS will take place June 4-6, 2010. Camp Raising Spirits (CRS) is a weekend getaway for adults with cancer and a guest that is focused on wellness and relaxation. The event is at Laurelville Mennonite Camp in the beautiful Laurel Mountains.

This weekend cannot take place without your support and there are a few ways for you to support your chapter project.

1) **Share this information with any patient who may wish to attend.** Flyers are available by contacting Mary Burgunder, RN MSN OCN, Camp Co-chair at burgundermr@upmc.edu or 412-276-9288.

2) **Volunteer – small or larger amounts of time, before or during Camp.** Please consider volunteering your time as it takes around 60 volunteers to run the program and activities. You help is needed for a day or all weekend to assist with things such as crafts, entertainment, bingo, and transporting campers around the grounds via golf carts! A volunteer application is available by contacting Louise Kowall at lulu6211@verizon.net

3) **Donate to offset camper fees** – any donation is greatly appreciated and goes directly to the Camp activity – this is a non-profit organization and your donation is tax deductible. For donation information please contact Eileen Milakovic at milakovic@aol.com

Your support of this program will enable us to touch the lives and lift the spirits of so many people with cancer and their caregivers.

"What’s New from page 2"

GPC-ONS – Oncology Nurse Immersion Program (ONIP) Updates

On January 27, 2010, the mentors and mentees of the ONIP program presented Roundtable Discussions from their Fall IOL experiences as part of the ONIP program.

It was very exciting and rewarding to participate in this event to witness the professional growth this program has offered to our members and the students!!!

Mary Kern and Aleshya Williams presented on caregiver coping
Judy Collings and Allison Neal presented on lab values
Paula Eubanks and Devon George presented on the mentor/mentee relationship

As many of you may recall this program was made possible through a Grant from the ONS Foundation to help mentor local nursing students who are interested in a career in oncology nursing. It is a 14 month program (October 2009 - December 2010) and includes partnering the students with an oncology nurse mentor, attending the GPC-ONS Chapter’s educational dinners, and attending the ONS Institutes of Learning with their mentor.

Upon completion of the Fall IOL experiences, GPC-ONS wanted to further embellish the grant at a local chapter level to further expose the students in all aspects of oncology nursing. Therefore, this Spring the students will be mentoring in oncology as part of their curriculum practicum’s in radiation oncology, palliative care, and in – and out-patient patient care arenas.

These are very exciting opportunities as the GPC-ONS mentors and facilitators of this project continue to evaluate the program and mentor the students as they transform into graduate nurses this May!
2010 GPC-ONS Scholarships

Please remember that at any time forward you may submit an application to nominate someone for one of the awards that GPC-ONS offers.

Complete the application on [http://greaterpitt.vc.ons.org/](http://greaterpitt.vc.ons.org/) and return postmarked by April 5th to

Mary Burgunder  
c/o: GPC Awards  
144 Arla Drive  
Pittsburgh, PA 15220

Joseph W. Schafer, Jr. Award  
The Joseph W. Schafer, Jr. Award was established by GPC-ONS in order to commemorate Mr. Joseph W. Schafer, Jr. who volunteered with the chapter providing enormous contributions to the evolution and growth of the GPC Chapter. GPC-ONS offers the Joseph W. Schafer Award in order to recognize and reward any registered nurse in the Pittsburgh oncology nursing community who exemplifies the truest sense of the “Volunteer Spirit.” Any GPC-ONS member is permitted to nominate another GPC-ONS colleague, a non chapter member or even themselves for this award. The Joseph W. Schafer Award recipient will receive a cash award of $250.00 at the annual Celebration Dinner in May 2010. **PLEASE NOTE:** This award can be given to any registered nurse in the Pittsburgh oncology nursing community, but the nominee must be nominated by GPC members. **DEADLINE DATE:** April 23, 2010. For more information, please contact Mary Burgunder at 724-778-4613 or burgundermr@upmc.edu.

Exemplar Award  
GPC-ONS offers the Exemplar Award in order to recognize and reward any registered nurse who exemplifies oncology nursing practice which has made a difference in the life of a cancer patient; a family who is supporting and coping with a loved one’s cancer or a nurse providing care to cancer patients and their families. Also, GPC-ONS wants to acknowledge the GPC member who recognizes as well as acknowledges the performance of exemplary nursing practice in the oncology field. Any member of the Greater Pittsburgh Chapter (GPC) of the Oncology Nursing Society (ONS) may nominate a fellow GPC colleague for this award. The Exemplar Award recipient will receive a cash award of $100.00 and the nominating member will receive a cash award of $25.00. Both awards will be announced at the annual Celebration Dinner in May 2010. **PLEASE NOTE:** This award is only given to GPC members who are nominated by GPC members. **DEADLINE DATE:** April 23, 2010. For more information, please contact Mary Burgunder at 724-778-4613 or burgundermr@upmc.edu.

Congress Awards  
Each year the GPC-ONS offers scholarships in the amount of $750.00 to chapter members to both Congress as well as the Fall IOL – there is an application process and the recipient is expected to submit a summary/article to the GPC newsletter.

Updates from National ONS  
The new ONS website has been launched [www.ons.org](http://www.ons.org)  
There are many new courses being launched through ONS including symptom management, CINV, EBP and soon clinical trials  
Don’t forget about early bird specials for Congress ends April 8, 2010  
ONS University – Coming Soon to a computer near you!!!
Major American Cancer Society Study Looks to Western Pennsylvania for Participants

Local Residents Can Have Direct Impact on Cancer Research

The American Cancer Society continues to look to Western Pennsylvania residents to play a direct role in improving the lives of future generations by participating in an historic study. The Society is also asking oncology nurses to help others know about the study and enroll, if eligible. The Society will be signing up volunteers for its Cancer Prevention Study-3 (CPS-3) at the Relay For Life at Chartiers-Houston on May 22, from 1:00 to 5:00 p.m. at the Chartiers-Houston High School Stadium (Washington County), and at the McDowell Relay For Life on July 17, from 1:00 to 5:00 p.m. at McDowell High School (Erie County). The study, which will enroll a diverse population of half a million people across the United States, will help researchers better understand the lifestyle, environmental, and genetic factors that cause or prevent cancer, and will further efforts to eliminate cancer as a major health concern for future generations. These Relays are among nine Pennsylvania enrollment sites currently scheduled for 2010.

CPS-3 began enrollment in 2006 and will continue to enroll participants beyond 2010. Participants must be between the ages of 30 and 65, must never have been diagnosed with cancer (exception: basal or squamous cell skin cancers), and must be willing to make a long-term commitment to the study. This simply means filling out follow-up surveys at their home periodically. To enroll in the study, individuals will be asked to complete a brief written survey, provide a waist measurement, and give a small blood sample at the Relay enrollment site, in addition to completing a baseline survey at their home. For the first time in more than 50 years of conducting these kinds of studies, the Society is making it possible for participants to complete their baseline and follow-up questionnaires online.

“This is a once-in-a-generation opportunity for Americans to participate in lifesaving cancer research,” said Alpa V. Patel, Ph.D., American Cancer Society strategic director of CPS-3, who is overseeing the study. “While we have been conducting these types of studies for decades, our world-class research department can only study new and emerging cancer risks if members of the community are willing to become involved.”

Researchers will use the data from CPS-3 to build on evidence from a series of American Cancer Society studies that began in the 1950s and involved hundreds of thousands of volunteer participants. These studies have played a major role in understanding cancer prevention and risk, and to the development of public health guidelines and recommendations. They confirmed the link between cigarette smoking and lung cancer, showed that obesity increases the risk of several cancers, and linked aspirin use to a lower death rate from colon cancer.

While initial enrollment takes just 20 to 30 minutes, the study is expected to produce benefits for decades to come. “While science can do a lot to explain the biology and genetics of cancer, some of the most valuable information we have is a direct result of the contributions of dedicated individuals over several generations,” said Dr. Patel. “We are once again looking to the dedication, compassion, and generosity of Americans to come through and help us provide answers that we know will save lives and improve the outlook for future generations.”

For more information or to learn how to become involved with CPS-3, visit www.cancer.org/cps3, email cps3@cancer.org, or call toll-free 1-888-604-5888.

The American Cancer Society is dedicated to eliminating cancer as a major health problem by saving lives, diminishing suffering and preventing cancer through research, education, advocacy and service. Founded in 1913 and with national headquarters in Atlanta, the Society has 13 regional Divisions and local offices in 3,400 communities, involving millions of volunteers across the United States. For more information anytime, call toll free 1-800-ACS-2345 or visit www.cancer.org.
“Preserving the Past and Forging the Future”

This quote was part of the title of a pamphlet published by the National Office of ONS in 2001. It was a guide to archives and records management. This handy eighteen page booklet had a wealth of information regarding the planning and implementation of strategies to deal with the deluge of documents related to chapter activities. Succinctly stated “The purpose of an archives is to identify, preserve, and make accessible records of long-term value...It safeguards the memories of your organization, sustains its culture, and preserves its history...Overall, the archives should mirror the activities of your organization and provide answers to the basic questions: who did what, when, why and how?”

Mary Kern has been doing an outstanding job as our current Archivist. Working closely with Christine Maloney, Associate Archivist at the National, Mary has familiarized herself with all of the GPC files, continually transfers ongoing chapter records, and reorganizes information as needed making sure that records are accessible to those who need them. Recently, Mary has been assisting with the anniversary celebration of our chapter. In honor of the 35th Anniversary of the Greater Pittsburgh Chapter of ONS please enjoy the following excerpt from archives of the early years.

Chapter History

Oncology nursing in the Pittsburgh area has developed dramatically over the years. Nurses have recognized the needs of their patients with cancer and have sought information, education, and support to help them meet those identified needs. As a result, oncology nurses formed many informal networks for communication. These nurses made contacts with one another, individually or in groups, in an effort to keep current in their practice.

Many of these oncology nurses were members of the Oncology Nursing Society (ONS). They were aware of the benefits of belonging to this national organization but, more importantly, they realized the wealth of resources available within the Pittsburgh area. As a result, many of these oncology nurses decided to gather as an interest group for the purposes of sharing information, raising awareness of ethical and political issues, holding educational programs, and providing support.

A meeting notice was mailed to a nine county area. The first meeting took place on February 21, 1984 at Victoria Hall of the University of Pittsburgh’s School of Nursing to share ideas and goals as well as to discuss the possibility of forming a local chapter of the Oncology Nursing Society. Included in the meeting was a presentation by Joyce Yasko on the ‘History of Cancer Nursing in Pittsburgh’ and by Pearl Moore on the ‘History of ONS, and Benefits of Local Chapter Formation.’ The response was overwhelmingly positive. There were seventy-two (72) in attendance, with another sixty (60) expressing interest.

A volunteer Steering Committee met in March to develop goals and guidelines for the general interest group. Several members of the Steering Committee were also members of the American Cancer Society’s Nursing Education Committee, which has been for many years one of the major sponsors of oncology nursing programs in the Greater Pittsburgh area. Their participation in the Steering Committee facilitated communication and coordination of oncology nursing activities in the area to prevent conflict or duplication of efforts. Steering Committee members included Lynn Barry, Jane Blackburn, Betty Bohn, Nancy Bohnet, Becky Booher, Bridget Culhane, Linda Dudjak, Marian Fedak, Patty Hartman, Kathy Hays, Marc Irwin, Arlene Fleck Johnson, Mary Keter, Beverly Landro, Lucille Meuschke, Lois Nesbitt, Debbie Pollak, Marji Ream Scanga, Sandra Lee Schafer, Ginny Serafini, and Wilma Wojnar.

The general membership decided at the April meeting that officers should be elected from among the members of the Steering Committee. In June, the following officers were elected: President (Sandra Lee Schafer), Vice-President (Kathleen Hays), Secretary (Bridget Culhane), and Treasurer (Virginia Serafini). The President and Treasurer were elected to a two-year term-of-office and the Vice-President and Secretary a one year term-of-office. Steering Committee members divided all remaining responsibilities into the following committees: Program (Debra Pollak and Lyn Barry, Co-Chairs), Newsletter (Marc Irwin, Chair), Bylaws (Lucille Meuschke, Chair), Membership (Kathy Hays, Chair), and Nominating (Linda Dudjak, Chair).

In August 1984, suggestions for the name of the new chapter were solicited from the membership. The Steering Committee chose the Oncology Nursing Association of Pittsburgh (ONAP), and dues were set.

Steering Committee meetings were held in the alternating months at Shadyside Hospital. Education and communication continued to be the major focus as local chapter status of the ONS was pursued. As of November 1984, there were ninety-eight (98) paid members and growing!

On March 15, 1985, ONAP was officially chartered as the Greater Pittsburgh Chapter (GPC) of the Oncology Nursing Society. Inaugural membership was 110 members.

At the Opening Ceremonies of the 1985 ONS Congress in Houston, TX, GPC ONS received its charter. Almost 100 people attended a Pittsburgh Chapter Celebration Reception at Congress.

Perhaps you recognize some of the names in the above excerpt. Thanks to these past and our current leaders as well as all of the membership, our chapter has a very strong history. It is the responsibility of each of us to continue to maintain and retain our documents, photos and memorabilia as we forge the future of GPC ONS.

Sandra Lee Schafer, RN, MN AOCN®
GPC-ONS is **THE PLACE**

to find out what's happening in oncology nursing in the Greater Pittsburgh Area

**Vision:**
To be leaders in oncology nursing and transform cancer care in Pittsburgh and surrounding communities

**Mission:**
To cultivate excellence in oncology nursing

---

**We’re on the Web!**

*Visit us at:*