



## Constituent Association #3 2015 Newsletter

Members of CA #3 Board were recently asked, "Why are you active in ONA?" and here are a few of their responses.

### ***Kay Carnegie***

When I was in nursing school it was stressed that nurses need to be involved in their professional organization. ONA has been that professional organization for me. I am not represented by ONA in a work setting but I appreciate the professional side of the organization. I have found the networking to be a huge plus for me. Through ONA, I have met people that helped me make connections for clinical placements and an articulation agreement between Chemeketa and Linfield when I was working as the Dean of Health Sciences at Chemeketa. I currently serve on the ONA Cabinet on Education and feel the Cabinet keeps me informed on a range of nursing education topics. As an ONA member, I strongly encourage others to be involved at the state level, too. Being active at the state level has given me the opportunity to see a broader perspective on many nursing issues. Recently I participated in the ONA Lobby Day at the capitol. I have done this in the past, too. This experience has provided me with a better understanding of the legislative process and has taught me that as nurses we can make an impact on decision making by visiting with our representatives and senators. I also enjoy meeting with the local nurses and being involved in local activities such as the annual program and the family gathering for incoming Chemeketa nursing students in the fall.

### ***Norma O'Mara***

ONA as your professional organization offers you at least three different avenues for you to choose where to focus your interest and participation at the local or state level. Those interested in labor and collective bargaining can work with our labor leaders; those interested in how to work for our profession through the legislative branch can work with our government relations leaders and if your interest is in nursing practice, you can work with our professional services leaders.

My interest and work in nursing practice with my organization was through the professional services entry point. I starting at my local level as PNCC Chair for several years, and then was appointed to a state level position on the Cabinet on Practice and Research where I spent the next seven years. I was appointed and then elected to seven years on the ONA Board of Directors. I was asked to finish out the second year of the Treasurer's office when the current treasurer resigned expectantly. I spent seven years as Treasurer and then elected for two terms as Vice President.

I believe in the nursing profession and as a clinic supervisor in Public Health, I have committed to being a preceptor site for most of the schools of nursing and two distance education schools of nursing. I am now supporting my local unit, CA #3, as we strongly support the nurses of Marion, Polk and Yamhill counties as well as the Chemeketa nursing students in pursuit of their nursing education.

## ***Jeanna Thurston***

I became active in ONA early in my nursing career. I was encouraged by a fellow nurse to see “what else ONA does” the hospital had just recently finished negotiations shortly before I was hired and there was still a lot of talk about our Union. So, I joined her at one of the monthly district meetings. I met some wonderful nurses, as our district was unique. We have educators, Community Health, college, and two different hospitals represented. I got to connect with nurses with years of experience, which encouraged me each time we met.

I became a delegate shortly after and went to my first House of Delegates, where I was inspired to be a voice not only for myself, and my patients but also my fellow nurses. I joined the board for our district the next year filling a hole, as Vice President. I was able to be part of a Lobby Day, which showed me the power of one voice when joined with others. I heard a legislator say, we trust nurses; they are seeking to better the whole not themselves. I still believe that today.

Our president stepped down and I was asked to be President. I have had the honor of being the president for several years now. I have an amazing group of nurses I work with. The Board makes being the President effortless.

Our CA hosts the annual picnic for Chemeketa Community College first year nursing students on their orientation day. We give money to the Blizzard Fund at the second year pinning ceremony. We have supported students in other ways as well, such as the group that went out of country to do a health mission.

I am honored to be the president of CA #3. This group of nurses inspire me daily to do my best, stand up for what is right, help others and most of all to never give up.

ONA is more than a union, it is an organization run by nurses, supporting nurses, and I am proud to be a member.