

GASN IN THE KNOW FLYER

What's Going On with GASN:

GASN is Glendale Association of Student Nurses, we have elected to send out a flyer with all of our current information involving GASN, if you have feedback with what you would like to have included please don't hesitate to notify us... Good luck to all of you this year!!!

Did you Know:

- **New GASN Board Members are, President Laurie Moore, Vice President Sally DeRosia, Secretary Debra Prager, and Treasurer Lori McBride.
- **Fall of 08's candle fundraiser helped earn GASN \$467 which enabled us to support our community service project and the pinning ceremony.
- **We only have a few T-Shirts left to sell (available for \$5 in the Nursing Lab). As soon as they are gone we will be ordering new designs.
 - **Coffee mugs are also available for sale in the Nursing Lab.
- **All communication from GASN will now be communicated via email.
 - **The GASN website has been updated, check it out!
- **Community service projects Spring 09 are Local Food Bank and Maggie's Place, more info to come.

Fundraiser Info:

- **GASN has approved our first ever \$10 for 10 lbs fundraising activity. In short, we as nursing students and faculty will be volunteering to shed a few extra pounds, allowing us to promote good health, nutrition and weight loss. For every pound you lose a sponsor will donate \$1, up to 10 lbs. The goal is to have 50 members participate, those 50 will each have 10+ sponsors willing to donate up to \$10, in return each participant will help us reach our goal of raising \$5,000 in a short amount of time, and it is that simple. (More information and forms will be available at the 1st GASN meeting; we strongly encourage ALL to attend).
- **This fundraiser will also be a competition between the blocks and the faculty, whichever group can earn the most \$\$ will win a lunch-in party and of course BRAGGING RIGHTS!!!
- **Smoking cessation will be the other part of this GET HEALTHY fundraiser. You pick a stop smoking date and get your sponsors to pledge \$10 if you stop smoking, and it's that simple.
- **In addition to the GET HEALTHY Campaigns, the candle fundraiser was successful enough that we have elected to give it another try, see dates and contacts below to find out how to help.

Important DATE'S to Remember:

****February 6th:** All Block 4 students who wish to participate in the Pinning Ceremony must pay the \$40.00 GASN membership fee (a \$10 late fee after 02/06/2009)

**February 12th: 1st GASN Lunch-in and fundraising kick off!!!

Where? HT-1, RM 124... from 11:45-1:00pm
Motivational Health Promotion Speaker

****February 13th:** Official weigh-in for \$10 X 10lbs fundraiser (see Belinda or Mary in the Nursing Lab)

**March 12th: 2nd GASN Lunch-in

Where? SU, RM 104ABC... from 11:45-1:00pm
Legal Nursing Issues Uncovered

****March 25th:** Candle Orders are due
Mid-Semester \$10 X 10lbs weigh-in

**April 2nd: 3rd GASN Lunch-in

Where? SU, RM104ABC...from 11:45-1:00pm
Therapeutic Touch

GASN Board Nominations Begin

****April 10th:** Last day for GASN Board Nominations

****April 13th-18th:** GASN Elections Ballot box will be in the Nursing Lab

**** April 24th:** Final Weigh-in for Fundraiser

****April 27th:** All Money is due for GET HEALTHY Fundraiser

**April 30th: LAST GASN Lunch-in

Where? SU, 104ABC...from 11:45-1:00pm

GASN Election Results will be announced

& LAST BLAST PARTY!!!

****REMINDERS and UPDATES WILL BE SENT via EMAIL throughout semester****