

The Connection

April 2019

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President's Message

Hello ASCLS members!

It is heating up outside, and things have started to heat up for ASCLS-ND as well. This past week was the state meeting held in Minot. I want to commend the planning committee as I thought the meeting was well-organized with a great education program. The state meeting is always a nice

way to get together and network and also have a fun time. This year did not disappoint. Be sure to try to make the state meeting next spring in Bismarck if you can. I also want to point out the regional meeting is in Fargo this this Fall (September 26-27th). You will never regret going to a state or regional meeting, I promise.

This past month, Linda Ray and Leah Runyan, represented ASCLS-ND and discussed important topics regarding the lab profession to our state legislatures. Be sure to take a look at their update in this newsletter, I believe they made some good progress. It is another good example of how ASCLS advocates for our profession!

This "President Message" will be my last one for the newsletter, as this summer the presidency will transition to Linda Ray! I just wanted to thank everyone that helped me along the way this past year, such as current and past board members. If anyone is hesitant on taking on a board member position for ASCLS-ND, rest assure you will have a great amount of support and help from numerous individuals. Lastly, I want to thank you, the members. ASCLS-ND is nothing without strong membership.

Hope you all have a great summer!

Zac Lunak



MEET YOUR NEWLY ELECTED BOARD MEMEBERS



PRESIDENT ELECT TAMMY WINDISH

Tammy Windish is an MLT with the current position of Laboratory Manager at Cooperstown Medical Center in Cooperstown, ND. She has 9 years of experience in the laboratory setting with the last 3 years as a Laboratory Manager.

She has been an involved member of ASCLS since she was a student and is currently involved in the Region V Leadership Academy. Tammy has also been a board member at large for ASCLS-ND where she was lucky

enough to attend the ASCLS National Meeting, graduated from the Region V Leadership Academy, and is willing to help the ASCLS organization whenever possible.

When Tammy is not at work you will find her relaxing at Big Pine Lake in Perham, MN, listening to books on tape or with family. She has a supportive husband of 30 years and three adult children that are accomplishing their goals for life while leaving their parents to wait for grandchildren.

If you have any questions about her or have questions to ask, feel free to contact her at the following:

Tammy Windish at email address twindish@coopermc.com or work phone: (701)797-2221 ext. 7120.



THE RESULTS

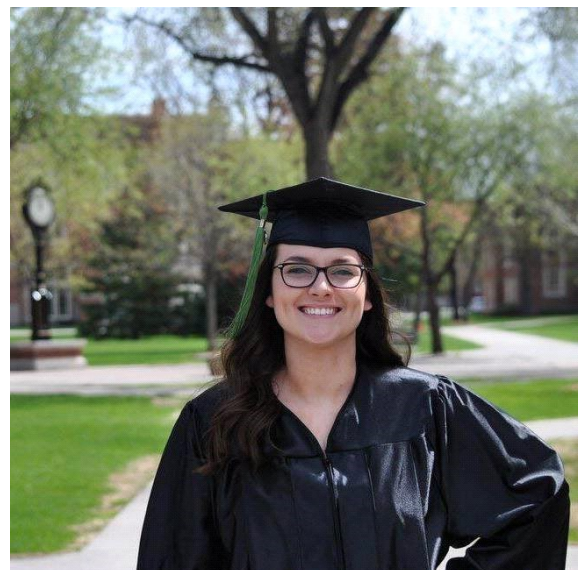


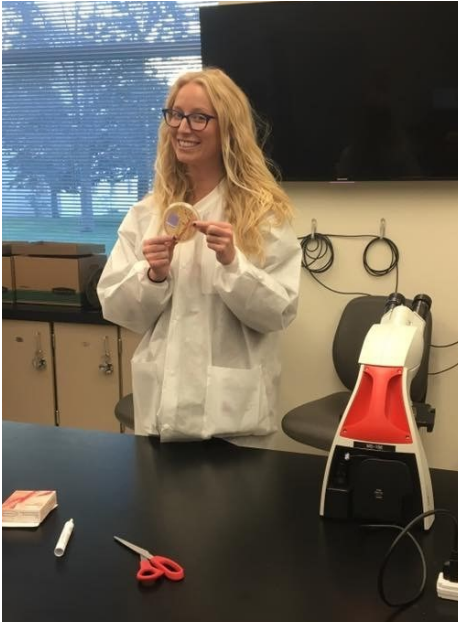
BOARD MEMBER AT LARGE JOZEY KEITH

Hello all! My name is Jozey Keith . I live in Minot, ND, with my husband, Jacob, and our two dogs and one cat. I currently work at Trinity Health as a Medical Technologist in the Microbiology and Hematology departments. I have been a member of ASCLS since I was a student and have done various roles such as Student Rep, New Professional Rep and Secretary/Treasurer. In my spare time, I like to drink coffee, snowboard, hang out with my small herd of animals, curl, spend time at Lake Metigoshe and decorate my house.

NEW PROFESSIONAL DELEGATE LEAH RUNYAN

Hi all! My name is Leah Runyan. I graduated last May from the University of North Dakota. After graduating and passing my boards, I began working at Vitalant, the blood center in Fargo. I began membership with ASCLS as a student, and was chosen to be the Student Representative last Spring. I loved traveling to Chicago for the annual meeting and then to the Legislative Symposium in Washington, D.C. It's been great advocating for students and trying to get them interested in joining ASCLS, while also growing as professional and learning more about my career. I look forward to having the opportunity to be an advocate for new professionals.





NOMINATIONS CHAIR BECCA PERRY

Becca Perry is an instructor and clinical education coordinator for the Medical Laboratory Science department at UND. Before beginning at the University in August of 2018, she spent 5 years working in the clinical laboratory at Children's Hospital Colorado in Denver. While at Children's she specialized in Microbiology, specifically bacteriology, mycology, and mycobacteriology. In addition to her role in the MLS department, she also recently began working part-time in the laboratory at UND's Student Health Services. In her free time, she enjoys reading, drinking coffee, and staying active with yoga, hiking, running, broomball, and curling.

*And the
Winners
are...*

STUDENT REPRESENTATIVE LAUREN BRATBERG

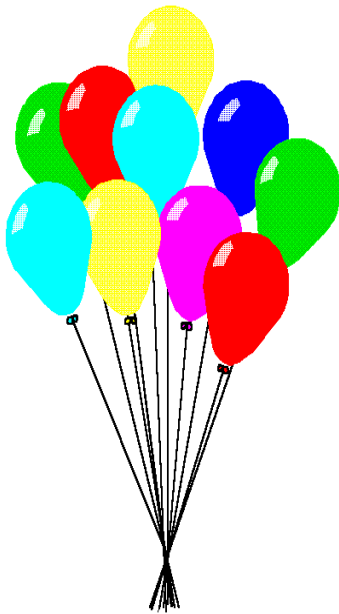
I am graduating in May from NDSU with my BS in MLS. I have accepted a job at the Sanford Health broadway campus. In my free time I like to spend time with my family, camping, and reading. I am so excited to expand my career opportunities as the ND ASCLS student representative.



MEET OUR 2019 ASCLS SCHOLARSHIP WINNERS

Each year ASCLS ND offers scholarships to ASCLS student members. This year we gave out six \$500 scholarships to some well deserving students.

Kirsten Schumacher
Jenna Karsky
Teresa Mccowan
Briena Jarvi
Allison Busta
Alexa Gathman



ND STATE SCIENCE FAIR - ASCLS ND AWARD WINNERS

Every year ASCLS ND gives out six \$50 awards to individuals at the state science fair. This year our winners were :

Senior Division

Isabelle Chambers, Woodhaven Academy School District, "A New Method to Study Human Microbiome"

Braden Prochnow, Hankinson School District, "Can Spectroscopy Indicate Bacterial Quantities?"

Daniel Gathright, Grant School District, "Just Believe It: Placebo Effect"

Junior Division

Jada Bonogofsky, Flasher School District, "Germs! Germs! Everywhere?"

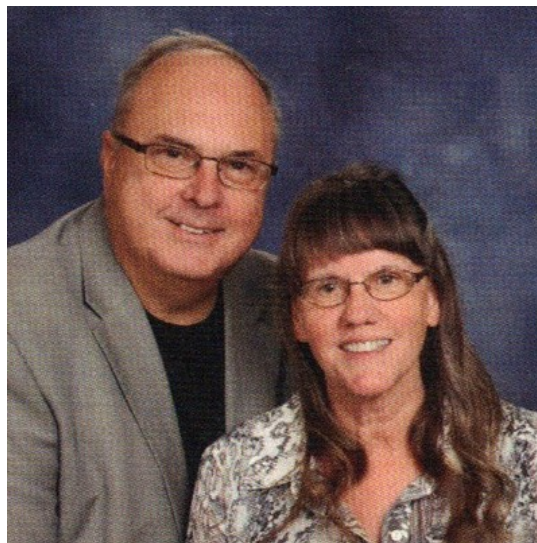
Ashtyn Auch, Schroeder Middle School - School District, "Pop Quiz"

Kennedy Vagts, Tioga School District, "Animals pH"



SOMEONE WE ALL SHOULD KNOW

I would like to introduce you to Chuck and Nancy Kramer. They are the owners of the *I Keating's Furniture World* chain. Chuck is also a Deacon at St. John the Apostle Catholic Church. I had the honor and pleasure of meeting them during the ASCLS ND state meeting. I was told by Stacy Askvig that Chuck was a wonderful motivational speaker and to see if he would be willing to give our opening keynote. So I contacted him and he said yes. Fast forward to the meeting.



Chuck and Nancy Kramer

Nancy stopped by a couple of times the morning of the first day of the meeting, before Chucks talk to “look things over” and “drop things off”. There were some bikes from Val's Cyclery that were sitting in the corner of the room that we were told were to be used by Chuck for his talk. Rory Schell from Val's stopped by and partially dismantled all 8 of the bikes then left again. Rory and his son Carson came back about 15 minutes before the beginning of Chuck's talk and just sat over by the bikes.

Chuck's talk was titled :[The Main Thing Is To Know The Main Thing, So You Can Keep The Main Thing The Main Thing](#) . Really makes you stop and think. So he starts his talk and about 10 minutes into it he has all of us split up into 8 groups and head over to the unassembled bikes. He then tells us to work together to put the bikes together, and we would have about 15 minutes. Rory and his son Carson are there to help us if needed. At the end of 15 minutes he had us go back to our seats and continued his talk. He repeated this 2 more times. Oh, I forgot to mention that at the first bike break he informed us that each group was to decide what they wanted to do with their bike. Each group would also need to decide if they wanted publicity for what they

do or not. His final statement to all of us was: **ALWAYS DO THE RIGHT THING, ALWAYS.** This statement was printed onto cards and laminated for all participants to take with them and remind them of how they should approach life.

Chuck and Nancy’s generosity in donating 8 bikes for us to give to whom/what we think is worthy is a true testament to their character and compassion to others. Rory and Carson Schell, who gave their time to help us put together these wonderful gifts was greatly appreciated. Below you will find a picture of each group, their bike and what they chose to do with it. (if a decision had been made by the group).



Roel, Macaballug,
Romel Canapi
Arthur Rayawal

Bike will be raffled off to a child at the Presentation Medical Center Health Fair



3 GENERATIONS OF VAL’S CYCLERY OWNERS

Valentine Schell, Rory Schell, Carson Schell (back)

Alice Hawley, Mary Coleman, Shelly Heilman
Michelle Steiner, Larissa Unruh, Chantel Stener

Status of this bike unknown



MEET OUR 2018-2019 ASCLS ND
MEMBER OF THE YEAR
ELAINE RAMSTEAD



ZAC LUNAK - ASCLS ND 2018-2019 PRESIDENT
ELAINE RAMSTEAD

Elaine Ramstad has been an ASCLS member for over 35 years. She has always been active in ASCLS-ND, serving on various board positions (including president). She does a fantastic job maintaining our website on an annual basis, and is always willing to help out when she can. Elaine is a microbiologist at Altru Health System in Grand Forks, ND. She works on the bench and is very involved in teaching future MLS students. Her overall work for ASCLS-ND and the profession is greatly appreciated. She is well-deserving of the Member of the Year award.

LEGISLATIVE SYMPOSIUM WASHINGTON DC

Attending the Legislative Symposium was all I could have imagined and more. The few short days Linda and I spent in Washington, D.C. were jam packed, and I'm still surprised so much happened in such a short amount of time. Our first day arriving, we planned on getting in as much sight-seeing as possible. Unfortunately, mechanical issues with our plane delayed our flight and we missed out on most of that day. However, we still managed to squeeze in time throughout the trip to check out some of the monuments and more notable buildings (Lincoln memorial, the White House, Capitol Hill, and more!) in the afternoons. The second day was a crash-course on the political climate in D.C. along with what Legislation was particularly pressing for ASCLS delegates to share opinions on with state representatives in Congress. Then, the next day, we "stormed the Hill." We met with Legislative Assistants who were very attentive listeners. We urged them to let our Congressmen know that we want them to; Propose an Allied Health Workforce Shortage Act that will hopefully help with replacing our ever dwindling workforce, mend issues with PAMA affecting reimbursement in the lab, and support VALID in order to give lab developed testing proper regulation. Hopefully they will take our proposals and put them into action. I am grateful to ASCLS for giving me the opportunity to be a voice and advocate for our profession.

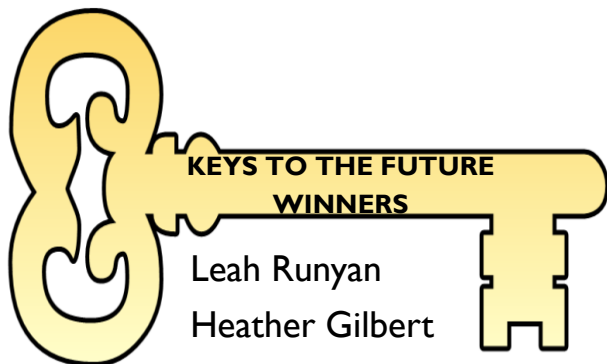
Best wishes,
Leah Runyan



Leah Runyan
ASCLS ND 2018-2019
Student Representative



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NATIONAL WINNERS

Brooke Solberg

Alice Hawley

REGION V WINNERS

Brooke Solberg

Kristie Schwartkopf

Tammy Windish

Linda Ray

Alice Hawley

Christie Masson

Zac Lunak

STATE WINNERS

Sharon Reistad

Elaine Ramstad

Lacey Shultz

Larissa Unruh

Linda Ray

Samantha Peterson

Brooke Solberg

Heather Gilbert

Shannon Jongeward

Tammy Windish

Ali Hassan

Leah Runyan

Alice Hawley

Mary Coleman

Jozey Keith

ASCLS MEMBERSHIP RECOGNITIONS



Samantha Peterson
Wanda Gottus
Erin Westby



Nicole Lemieux
Pala Waswick



Alice Hawley
Shannon Jongeward



Jane Voss



Lois Greisen
Heidi Brosius



Patricia Hanggi



Continued from page 7



Lauren Bratbert, Elizabeth Russell
Breienajarot, Jenna Karsky

Donated to CCRI in Fargo



Kim Villbrandt, Kaylie Haufschild
Pat Halvorson, Jezzele Salazar
Alnea Maria Altre, Laura Kissel

Will be given away in Mobridge, SD



Names and status of this group
unknown.





Mary Dhuyvetter, Peggy Nelson
Laura Mastel, Stacey Alexander

Given to Burley County social Services Foster
Care



Bret Fried, Tom Mickelson, Jozey Keith,
Elizabeth Yffert, Lacy Gabor, Vonjy Razafinjatova
Pala Waswick, Becky Richards, Jody Grunseth



Heather Gilbert, Brooke Solberg, Linda Ray
Wanda Gottus, Tammy Windish, Samantha Peterson
Leah Runyan, Zac Lunak

This bike was given to the Minot Hockey Boosters to
be auctioned off at their annual fundraiser.



SAVE THE DATE!
September 26-27, 2019
Holiday Inn
Fargo, ND



**Calling All Clinical Laboratory Professionals
& Industry Partners!**
Mark your 2019 calendars!

★ ★ ASCLS Region V ★ ★
Fall Symposium

Hosted by: ASCLS-MN, ASCLS-ND, ASCLS-SD & ASCLS-WI
Location: Holiday Inn
Fargo, ND

Hot Topic CE Sessions
Keynote Speakers
Exhibits & Social!
Networking at its Finest!

Registration, Meeting Updates & Program Info Posted in 2019 as available

Visit:

<http://www.regionvascls.online>



ASCLS Members! Are you....

Looking for an opportunity of a lifetime?

Want to enhance your leadership skills?

Interested in taking that next step up in your professional career?

Want to expand your network of professional friends?

Looking for ways to enhance your professional life and path to professional success?

Leadership Academy

might be just the opportunity you've been looking for!

Visit the Leadership Academy website to learn more about this amazing opportunity.

The website contains information on the academy curriculum, time involvement, accountabilities, individuals to contact if you have questions, and complete information on the application/selection process.

We are accepting applications now!

We'd love to have you in our next class!

Application DEADLINE: June 1, 2019



www.regionvascls.online/leadership-academy.html