Dear Upsilon Family:

As we embark on another academic year, we are hoping to build on our great successes of 2016-2017. One of the most important aspects is our increase in member engagement. Our committees have worked hard to increase our offerings, both educational and professional and this, in turn, has demonstrated the benefits of belonging to an organization like Sigma and Upsilon Chapter. Over the coming year, Upsilon is looking to also offer some general social and networking events to further increase member engagement and involvement.

For those interested in getting involved with us, please review our Committee Corner sections. You will find contact information for all of our committee chairs, who you can email for more information and/or if you would like to join a committee. Your input is always welcome, whether formal or informal!

I also recently came back from Sigma’s 44th Biennial Convention (see brief from Karyn Boyar, Counselor). Upsilon Chapter was honored twice at the convention. We received our second Chapter Key Award, which I was honored to accept. In addition, we received the International Chapter Publicity and Communications Award. This shows outstanding recognition for the work our Communications Committee has done since it was initiated in 2016. Special thanks to all of our Communications Committee members!

For 2017-2018, we want all of our members to remember some important upcoming timelines:

1. Leadership Intern Applications
   Newly inducted (Fall 2017) undergraduate students who will be entering into the 4th sequence in the spring are eligible to apply for one of three intern positions. For more information, see the “Leadership Succession” committee corner.

2. Scholarships and Grants Applications
   All NYU Meyers undergraduate members, as well as any members in graduate programs, are eligible to apply for Upsilon’s scholarships and grants. For more information, see the “Scholarships, Grants, and Awards” committee corner.

3. Spring Induction Applications
   The spring Upsilon induction cycle for graduate students and nurse leaders will open in January/February. For more information, see the “Governance” committee corner.

4. Spring Elections
   The call for nominations for the Upsilon Board will come out in March of 2018. We are always looking for members to move into leadership positions! For more information, see the “Leadership Succession” committee corner.

We are looking forward to a wonder year. We hope that you will continue to stay engaged with Upsilon and look forward to your continued support!

Regards,

Larry Z. Slater
President, 2016-2018
Upsilon Chapter
Sigma Theta Tau International held its 44th Biennial Convention in Indianapolis, Indiana this past October. More than 2,000 nurse professionals and students gathered to share information, learn and network with one another. The five-day convention took place Friday October 27 and lasted through Wednesday Nov 1, 2017. The convention theme was *Influence through Action: Advancing Global HEALTH, Nursing, and Midwifery*. Over 1,000 oral, symposia and poster presentations illustrated the amazing work being done by outstanding researchers and leaders in clinical innovation and scholarship. Attendees were encouraged to participate in their appropriate regional meetings and chapter leader sessions.

*Karyn Boyar, Counselor*

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**STTI House of Delegates**

**44th Biennial Convention**

*Dr. Selena Gilles, President-Elect, and Dr. Karyn Boyar, Counselor, served as Upsilon’s delegates at the STTI House of Delegates held on October 30 and November 1. They participated in the election of international officers, directors, and committee members, and debated and voted on bylaws changes and international resolutions.*

*Thank you for your service!*

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**Highlights from the 44th STTI Biennial Convention**

Sigma Theta Tau International held its 44th Biennial Convention in Indianapolis, Indiana this past October. More than 2,000 nurse professionals and students gathered to share information, learn and network with one another. The five-day convention took place Friday October 27 and lasted through Wednesday Nov 1, 2017. The convention theme was *Influence through Action: Advancing Global HEALTH, Nursing, and Midwifery*. Over 1,000 oral, symposia and poster presentations illustrated the amazing work being done by outstanding researchers and leaders in clinical innovation and scholarship. Attendees were encouraged to participate in their appropriate regional meetings and chapter leader sessions.

*Karyn Boyar, Counselor*

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**Upsilon members Dr. Selena Gilles and Dr. Theresa Bucco enjoying dinner with STTI colleagues.**

**Region 14 Dinner out at the Biennial Convention attended by Upsilon members Selena Gilles (President-Elect), Jackie Cassagnol (Leadership Succession Chair), and Larry Slater (President).**

**Our Leadership Succession Chair, Jackie Cassagnol, presenting at the conference on “Influence Through Action: STTI Members’ Experience in Haiti.”**

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Also at the Convention, Sigma unveiled its new branding and logos.

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**Dr. Selena Gilles, President-Elect, getting up early to participate in the 5K Race for Research.**

**Also at the Convention, Sigma unveiled its new branding and logos.**

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**Sigma Theta Tau International**

**Upsilon Chapter**
LEADERSHIP SUCCESION COMMITTEE

The Leadership Succession Committee consists of three elected members who are responsible for developing members in organizational roles, selecting nominees for chapter leadership, preparing the election ballot, and notifying candidates of election results. The Committee is also responsible for recruiting and selection Upsilon Chapter Leadership Interns.

CHAIR: Jackie Cassagnol, jackiecassagnol@gmail.com

The Leadership Succession Committee will be holding elections for Upsilon Board positions in the spring of 2018. Terms are for two years. See the list of available positions to the right. The election timeline will be as follows:

- March 19, 2018 — Call for Nominations
- April 13, 2018 — Nominations Closed
- April 23, 2018 — Voting Opens
- May 12, 2018 — Voting Closes
- May 14, 2019 — Candidate Notification

Be on the look out for announcements! We are always looking for engaged members to get more involved with us!

https://nursing.nyu.edu/alumni/stti/running-leadership-positions

BECOME AN UPSILON LEADERSHIP INTERN

Are you a born leader? Do you ever wish you could be more of a leader than a follower? Would you like to be mentored by other leaders in the nursing profession? If you answered “yes” to any of these questions, then the Leadership Intern Program might be for you!

The Leadership Intern Program provides three new members (those entering their 4th sequence at NYU Meyer) the opportunity to work closely with the leaders of the Upsilon Chapter of Sigma Theta Tau International. As a Leadership Intern you will function as a leader-in-training within the organization.

You will receive various benefits for your service including:

- Leadership skill development
- Great resume builder
- Payment of your first-time NCLEX examination (up to $200.00)
- Ability to network with nurse leaders
- Creativity in engaging others
- Love of archives, scrapbooking (electronic or hardcopy), history of the chapter
- Strategic planning
- Budgeting
- Organizational culture, structure, and bylaws

Our three nursing interns will be assigned to the following roles. Below the roles, we have listed some key qualities that may make you especially qualified for the work of the role or perhaps you may want to develop these skills!

1. Events and Education Intern – Planning of Events and Educational Activities
   - Formal ceremony and event skills
   - Strong organizational skills
   - Professional and continuing education skills
2. Membership Engagement Intern - Archivist and Reactivating Inactive Members
   - Strong social media skills
   - Love of archives, scrapbooking (electronic or hardcopy), history of the chapter
3. Presidential Intern – Assistant to the Upsilon President
   - Strategic planning
   - Budgeting
   - Organizational culture, structure, and bylaws

Leadership Interns are strongly urged to remain active members of Sigma Theta Tau International after graduation, either through the Upsilon Chapter or one of the hundreds of other local chapters. More importantly, Leadership Interns are also encouraged to consider leadership positions within Upsilon Chapter.

Make a difference! Be a Leadership Intern! Apply today!

For more information and for application submission, contact the Upsilon President, Larry Slater (larry.slater@nyu.edu).

Applications due by December 22, 2018
At the 44th Biennial Convention, Upsilon delegates, along with those from around the world, voted on international bylaws amendments. In the spring, Sigma will release a new template for chapter bylaws, and Upsilon Chapter will then submit its bylaws for the 2017-2019 biennium based on the template.

**Induction**

Upsilon just completed its Fall 2017 induction cycle. A total of 157 undergraduate students, graduate students, and nurse leaders were invited to join Upsilon Chapter.

Upsilon will have a second induction cycle for Spring 2018, which will primarily target graduate students and nurse leaders, although fourth sequence undergraduate students will still be eligible to apply. The call for applications will go out on January 29, 2018 and will be due on February 16, 2018.

And don’t forget our Annual Induction and Awards Ceremony on Monday, April 2, 2018!

https://nursing.nyu.edu/alumni/stti/becoming-upsilon-member

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**GOVERNANCE COMMITTEE**

The Governance Committee consists of three elected members and the two Upsilon Chapter Faculty Counselors. The committee oversees bylaws compliance, makes recommendations for bylaws changes, and oversees chapter membership and chapter eligibility issues.

**Chair:** Gloria Chan, chan.gloria@nyu.edu

**Bylaws**

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**EVENTS COMMITTEE**

The Events Committee is responsible for planning and implementation of chapter events, including the fall Founders’ Day Celebration and the spring Annual Induction and Awards Ceremony. The committee also assists other committees with their events (e.g., Annual Meeting, New Member Orientation).

**Chair:** Debra Drillings, dd1133@nyu.edu

Upsilon Chapter held its second annual Founders’ Day Event on October 5, 2017. The event took place in the Smilow Conference Room at NYU Langone Medical Center, the chapter’s first event to be held at the home of NYU Meyers’ academic medical center. For more about the Founders’ Day Event, please see the article in this edition of Upsilon News! by our Newsletter Editor, Erin Kearins.

Our second major event of the year will be the Upsilon Annual Induction and Awards Ceremony (see insert below). At the Ceremony, we will honor our Fall 2017 and Spring 2018 inductees, congratulate our 2018 scholarship, grant, and award recipients, recognize our members for their service to the Upsilon Board and Committees, and review the outstanding accomplishments of the chapter over the course of 2017-2018.

Please join us at this most important celebration of Upsilon and Sigma.

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**Upsilon Annual Induction and Awards Ceremony**

Monday, April 2, 2018
6:00 pm - 9:00 pm
Rosenthal Pavilion, Kimmel Center
60 Washington Square South
New York, NY 10012
On October 12, 2017, the Upsilon Chapter Mentorship Cohort II held its second networking meeting at Bowlmor Lanes in Times Square. The attendees were (see top picture to the right) Karla Rodriguez, Aileen Tanafranca, Nina Hwang, Adam Hadas, Vincenza Graci (back from left to right), Maryann Peterson, and Caitlin Cantando (front from left to right).

This was their 6-month update meeting in which the mentors and mentees gave information on the status of their mentor/mentee pairs so far this year. The night was filled with laughs and cheers as they tried to compete for the best bowling score.

Mentorship Cohort II will end its one-year commitment on January 24, 2018 with a Wrap-Up meeting, and it will also be the date to usher in the third mentorship cohort at a later meeting, to be headed by the incoming chair, Nina Hwang.

Aileen Tanafranca, Chair
Mentorship Cohort II
**Education Committee**

The Education Committee plans journal clubs and other continuing education activities, including the selection of themes, topics, and speakers and preparation of CE applications.

**Chair:** Karla Rodriguez, kgr215@nyu.edu

The Education Committee has had some interesting guests for the Journal club. Upsilon has had Dr. Sandy Cayo speak about lack of Bone Narrow donors among the African American community and Dr. Ellen Kamhi speak about Adventures in Natural Nursing. We ended the semester with Dr. Sherry Derren on World AIDS Day (December 1) addressing the research and progress needed to end the HIV epidemic.

Upsilon will also be taking part again in judging posters for the undergraduate Integrating Evidence Into Clinical Practice and Contemporary Issues courses as well as the graduate Research course. The chapter is excited as to now include a graduate cohort, which we didn’t in the past. Upsilon awards Certificates of Achievement to each student in the top 3 groups, and the Committee is looking into a swag item to award as well for the winners in the upcoming semesters.

**Leadership Grant Program**

Upsilon Chapter is looking at potential applicants for our Leadership Grant Program, with up to 5 grants being awarded each year. With this grant, awardees will receive a $500 stipend toward registration, travel, lodging, and food cost for presenting at a Sigma event (e.g., Leadership Connection, International Nursing Research Congress, Biennial Convention, Nursing Education Research Congress). The requirements for submission and for receipt of the grant are listed on the application, available from our Education Chair, Karla Rodriguez (see contact information above).

Contact Karla Rodriguez kgr215@nyu.edu for any questions.
**Scholarships, Grants, and Awards**

*The Scholarships, Grants, and Awards Committee oversees the application process and selection of recipients of Upsilon’s scholarships (graduate and undergraduate), research grants, and other awards as determined by the Upsilon Board.*

**Chair:** Selena Gilles, sg141@nyu.edu

The Upsilon Chapter offers up to $6,000 in scholarships and grants each year. At its Annual Induction and Awards Ceremony in April, the chapter will award three undergraduate scholarships at $500 each, and three graduate scholarships at $500 each, along with research grants of up to $1,500 for a maximum of $3,000 in grants funded. The timeline for scholarship and grant applications will be as follows:

- January 2018 — Call for Applications
- February 2018 — Applications Closed
- March 2018 — Winners Notified

Winners are expected to be present at Upsilon’s Annual Induction and Awards Ceremony, which will take place on Monday, April 2, 2018.

Application forms for scholarships and grants are available on the NYU Meyers website at the web address provided below.

https://nursing.nyu.edu/alumni/stti/upsilon-scholarships-grants

**Communication Committee**

*The Communication Committee works to inform membership of all activities and meetings while helping to maintain the Chapter’s history.*

**Chair:** Vincenza Coughlin, Upsilon Secretary

**Publicity:** Larry Slater

**Webmaster:** Sophia Pavlatos

**Archivist:** Maryann Petersen

**Newsletter Editor:** Erin Kearins

At the 44th Biennial Convention of Sigma Theta Tau International, Upsilon Chapter was honored to receive the Chapter Communications and Publicity Award. This high honor is thanks in large part to members of the Communications Committee, first formed in the 2016-2017 year.

Upsilon Chapter also like to thank our 2017-2018 Communication Committee personnel (see above), as well as our past committee members from that 2016-2017 initial year:

- Jin Jun, Publicity
- Jennifer Reed, Webmaster
- Erica Liebermann, Newsletter Editor

Upsilon is thankful for their dedication and commitment to the success of the chapter!

Upsilon President Larry Slater receiving the Chapter Communications and Publicity Award from Sigma President Cathy Catrambone and Sigma Executive Director Patricia Thompson.
A Day in the Life of a Sigma Nurse

Maryann Peterson
Archivist

Love, courage and honor is the translation of Sigma Theta Tau chosen by the Founders in 1922 at what was then called the Indiana University Training School for Nurses. Scholarship, leadership and service are the core values of the mission statement for Sigma Theta Tau and that’s exactly what it means to be a nurse... to be a nurse who is a member of Sigma Theta Tau.

I am a night nurse in the Pediatric Intensive Care Unit. That means that I sleep during the day and then start on the floor at 7pm. In our unit, we see patients from zero days old to late twenty year olds. Patients with disease processes that aren’t seen as much in adults usually stay with us for continuity of care, i.e. cystic fibrosis, congenital cardiac patients etc. The night starts with a Brief, where we briefly go through the census, which patients are a 1:1 (or which patients require their nurses’ to be exclusive only to them), if any patients are DNR/DNI and other information that is necessary to know for the next twelve hours. We get our assignments and head to the day nurses for report.

I refer to my patients as “mini-superheroes” because they are amazing, resilient and can often have a sense of humor at the worst moment of their lives. After checking my orders and making a draft of a plan, the night starts with my first set of vital signs and head to toe assessment. I go through my plan with patients and family and explain what to expect overnight. Depending on how acutely ill a patient is, they will require more care. Patients who are 1:1 are usually sicker, vital signs and assessments will happen more often, fluid intake and fluid output is measured more frequently and you have to keep your eyes open for those minuscule signs that something may be changing in the patient’s status. In pediatrics, these signs can be quite small. A great example of this is in pediatric sepsis. For the “mini-superheroes,” a rapid decline in blood pressure (usually a tell-tale sign used in adult care) is a late warning sign for sepsis. Other symptoms that we use include tachycardia, tachypnea, hyperthermia and/or signs or symptoms of decreased blood flow to the distal extremities, i.e. extended capillary refill or loss of distal pulses. Continually searching for those tiny signs of a status change can be exhausting, but we persevere because we are given the awesome responsibility for caring for these patients and their families.

A large part of the night shift has to do with transfers and admissions. In the PICU, you must always have beds available for any possible transfer from an outside hospital, any trauma that may need an ICU bed and for any patient who may have a Rapid Response called on them. It is very common to start your night with two patients, but transfer one or both of those patients to either the step-down unit or a medical-surgical floor. Once report is given by both doctors and nurses, the patient is taken to their new spot and your room is cleaned and ready for your next possible incoming patient. Transferring a patient is a labor of love because most of the time you took care of them for a few shifts and they have become accustomed to ICU attention and to you. I always tell these families that leaving the ICU is a good sign... a step closer to going home.
And at the worst of times, we have to let some of our patients go. From the kids on palliative care to the ones you code out of the blue, it is never easy. If someone calls for help or if you hear the code bell coming from a certain room (there is a special lever you can pull to get immediate help), those nurses who can leave their bedsides and all the doctors from resident to fellow to attending all come from wherever they were to assist you, the patient and their family. After a patient is declared, we observe a moment of silence to honor who they were, that they leave behind a family and that we cared for them.

Being a nurse takes courage. The founders of STTI were keenly aware of this courage 95 years ago, and even though nursing is different now than it was back then, the core values are still the same. Love, courage and honor are required to be a Pediatric nurse. You have to love coming in to work or you won’t have the courage to face what we as nurses face nightly. On my unit, scholarship is necessary and encouraged. There is always something to learn or a committee to join to better the care of our patients and families. We work together with our doctors, management and our ancillary staff to elevate our care, and nurses are born leaders to facilitate this.

On Thursday, October 5, STTI members and prospective members all enjoyed an evening of food, photo booth posing, networking, cake, and a sparkling cider toast to celebrate Sigma’s Founder’s Day. The theme of the evening was Nurses: Shaping Everyday Practice through Innovation, Research, and Quality Improvement. An informative presentation was given by Mary Jo Vetter, DNP, RN, AGPCNP-BC about a nurse’s role in innovation. A presentation was also given by President Larry Slater about the history of Sigma Theta Tau, and information about the Upsilon chapter.
The Honor Society of Nursing, Sigma Theta Tau International
Upsilon Chapter
Organizational Structure
2017-2018

Executive Board
- President
  - Larry Slater
  - 2016-2018
- President-Elect
  - Selena Gilles
  - 2017-2018

Board of Directors
- Vice President
  - Sandy Cayo
  - 2017-2018
- Treasurer
  - Tiffany Folks
  - 2017-2019
- Secretary
  - Vincenza Coughlin
  - 2015-2018
- Counselor
  - Karyn Boyar
  - 2016-2018
- Counselor
  - Michele Crespo-Fierro
  - 2017-2019

Standing Committees
- Leadership Succession
  - Jackie Cassagnol, Chair, 2016-2018
  - Lisa Konopko
  - 2017-2019
  - Jennifer Reed
  - 2017-2019

Ad Hoc Committees
- Membership Engagement
  - Chair: Monika Dixon
- Events
  - Chair: Debra Drillings
- Communication
  - Publicity: Larry Slater
  - Web Master: Sophia Pavlato
  - Archivist: Maryann Peterson
  - Newsletter Editor: Erin Kearins
- Education
  - Chair: Karla Rodriguez
- Scholarships, Grants, and Awards
  - Chair: Selena Gilles
**Upsilon 2017-2018 Calendar of Events**

For more information on meetings, programs, and events, including locations, speakers, or other event descriptions, visit our Events page on the NYU Meyers website at:

[https://nursing.nyu.edu/alumni/stti/events](https://nursing.nyu.edu/alumni/stti/events)

**Note:** All Upsilon General Board Meetings and Journal Clubs are held at 433 First Avenue, Conference Room 760, unless otherwise noted. Light dinner is provided for those in attendance. Also, call-in conferencing is available for all General Board Meetings so members can attend virtually. Call-in information will be provided with each meeting agenda.

### Board Meetings

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>August 15, 2017</td>
<td>5:30 pm – 6:30 pm</td>
<td>General Board Meeting</td>
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<tr>
<td>September 5, 2017</td>
<td>6:30 pm – 8:00 pm</td>
<td>General Board Meeting</td>
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<tr>
<td>October 9, 2017</td>
<td>5:30 pm – 6:30 pm</td>
<td>Executive Committee Meeting (Closed)</td>
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<tr>
<td>November 7, 2017</td>
<td>6:30 pm – 8:00 pm</td>
<td>General Board Meeting</td>
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<tr>
<td>December 11, 2017</td>
<td>5:30 pm – 6:30 pm</td>
<td>Executive Committee Meeting (Closed)</td>
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<tr>
<td>January 16, 2018</td>
<td>6:30 pm – 8:00 pm</td>
<td>General Board Meeting</td>
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<tr>
<td>February 12, 2018</td>
<td>5:30 pm – 6:30 pm</td>
<td>Executive Committee Meeting (Closed)</td>
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<tr>
<td>March 6, 2018</td>
<td>6:30 pm – 8:00 pm</td>
<td>General Board Meeting</td>
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<tr>
<td>April 19, 2018</td>
<td>5:30 pm – 6:30 pm</td>
<td>Executive Committee Meeting (Closed)</td>
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<tr>
<td>May 1, 2018</td>
<td>6:30 pm – 8:00 pm</td>
<td>General Board Meeting</td>
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<tr>
<td>May 22, 2018</td>
<td>6:00 pm – 7:30 pm</td>
<td>Upsilon Annual Business Meeting</td>
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<tr>
<td>June 12, 2018</td>
<td>6:00 pm – 8:00 pm</td>
<td>Upsilon Transition Meeting (Closed)</td>
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### Programs and Events

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<tr>
<td>September 5, 2017</td>
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<td>Upsilon Journal Club</td>
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<td>October 5, 2017</td>
<td>6:00 pm – 8:00 pm</td>
<td>Founders’ Day Event</td>
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<td>November 7, 2017</td>
<td>5:30 pm – 6:30 pm</td>
<td>Upsilon Journal Club</td>
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<tr>
<td>October 20, 2017</td>
<td>4:00 pm – 5:00 pm</td>
<td>The Natural Nurse - Education Event</td>
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<tr>
<td>December 1, 2017</td>
<td>5:30 pm – 7:30 pm</td>
<td>World AIDS Day - Education Event</td>
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<tr>
<td>December 6, 2017</td>
<td>5:30 pm – 7:30 pm</td>
<td>New Member Orientation — Fall 2017 Inductees</td>
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<tr>
<td>January 16, 2018</td>
<td>5:30 pm – 6:30 pm</td>
<td>Upsilon Orientation</td>
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<tr>
<td>March 6, 2018</td>
<td>5:30 pm – 6:30 pm</td>
<td>Upsilon Journal Club</td>
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<tr>
<td>April 2, 2018</td>
<td>6:00 pm – 9:00 pm</td>
<td>Upsilon Annual Induction and Awards Ceremony</td>
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<tr>
<td>May 1, 2018</td>
<td>5:30 pm – 6:30 pm</td>
<td>Upsilon Journal Club</td>
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<tr>
<td>May 2, 2018</td>
<td>5:30 pm – 7:30 pm</td>
<td>New Member Orientation — Spring 2018 Inductees</td>
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Stay tuned for dates for our future healthcare lecture series educational events!
**Upsilon News!**

A publication of Upsilon Chapter, The Honor Society of Nursing, Sigma Theta Tau International

Be sure to stay connected with Upsilon!

- Friend
- Like
- Follow
- Post
- Share

Twitter: @NYUsion

https://twitter.com/NYUsion

LinkedIn: NYU Upsilon

https://www.linkedin.com/in/nyu-upsilon-21691a38

Facebook: Upsilon Chapter / @upsilonchapterSTTI

https://www.facebook.com/upsilonchapterSTTI/

STTI's The Circle: Upsilon Chapter

http://thecircle.nursingsociety.org/upsilonchapter/home