



Otherwise known as the minutes of the Membership Committee Meeting, please find the game plan below for your review. This is a DRAFT, so please send any corrections, comments or questions to my attention: Asst Coach Julie: ona@oklahomanurses.org.

Just because you were not able to attend the meeting, does not mean that you have been cut from the team. We still need every team player we can get! Skim through this and print off the flyers or forward them to your colleagues.

Attendees of the meetings (notes in parenthesis say thank you for your contribution).

| Oklahoma City (6/19/2010) | Tulsa (6/26/2010) |
|-------------------------------|--|
| Eileen Grubs (Fruit Salad) | Karen Burgess, Head Coach (Chair) |
| Marie Ahrens (Region History) | Marie Ahrens (Haystacks!) |
| Teresa Frazier (cookies!) | Donna Fesler (social media 101) |
| | Teresa Frazier (more cookies!) |
| | Tina Thompson (Set-Up & Pasta Salad) |
| Everybody- Great Tailgating!! | Reba (not signed-in) |

Despite a low turnout, these meetings were successful. From creating our own "Jerseys" to share "war stories" over lunch and exchanging delicious recipes, we had fun. The Team discussed and decided the following:

- A. Nurses on the RUN-way, a zany fashion design competition
 - a. Details are on the attached flyer
 - b. Open statewide to non-members
 - c. Opportunity for members to recruit new members and demonstrate the sense of ONA community
 - d. Opportunity to cultivate more nurses to attend convention and to stay longer for fun networking opportunities
- B. Summer Time Membership Drive
 - a. The goal of a 2.5% increase in this next quarter was established
 - b. Details per region are attached.
 - c. Increases membership while affording the RUN-way competition as a recruitment tool
 - d. Recognizes Regions and the top single recruiter, issues report to HOD
- C. 2011 Membership Drive
 - a. Tentatively, the team thinks that 5% will be manageable
 - b. Waiting to see how well the Summer Drive works
- D. Region Support Services
 - a. Regions don't know about what ONA has to offer, a feeling of swaying in the wind since end of districts
 - b. See the attached "Region Support" packet that will be introduced to the Region Leaders
- E. Recipes for strengthening our Community-
 - a. Delicious recipes attached
 - b. Taste Tested at the Rally- guaranteed Yummy
 - c. Send me your favorite summer recipe to share!

{Please let me know if I need to add or subtract or amend anything.}

Recipes to Rally Spirits

Recipe for Haystacks, Marie Ahrens

12 oz bag of chocolate chips (semi-sweet or milk chocolate),

1/2 package of FiberOne or All Bran cereal sticks,

2 tblsp of peanut butter if desired.

Melt choc chips in Microwave being cautious to not burn them! Add PB. Stir in the fiber stuff and mix until coated.

Makes 24 clusters/haystacks at least. If you make 24, each haystack is **1 Weight Watcher Point** only!

Crunchewey Cran-Nutty Carrot Cookies, Teresa Frazier

Makes: 4 1/2 dozen cookies

Prep time: 15 minutes

Bake time: 10 to 11 minutes

Nonstick cooking spray

3 cups quick-cooking oats

1 cup all-purpose flour

1 teaspoon baking soda

1 1/2 cups SLENDA No Calorie Sweetener, Granulated

2 large eggs

1/2 cup canola oil

1 (8-ounce) can crushed pineapple in juice, undrained

1 cup flaked coconut

1 cup shredded carrots

1 cup dried cranberries

1 cup chopped walnuts

1 teaspoon vanilla extract

Preheat oven to 350 F. Lightly spray cookie sheets with nonstick cooking spray.

Combine oats, flour, and baking soda; set aside

Combine SLENDA, eggs, and canola oil in large mixing bowl, stirring until blended. Add pineapple with juice, coconut, carrots, cranberries, walnuts and vanilla, stirring until blended.

Add dry ingredients, stirring until blended.

Drop dough by tablespoonfuls, 1 1/2 inches apart, onto prepared cookie sheets.

Bake 10 to 11 minutes or until lightly browned. Transfer to wire rack to cool.

Send your recipes to ona@oklahomanurses.org and we'll share them!