



# SIGMA THETA TAU INTERNATIONAL

The Honor Society of Nursing  
Iota Sigma Chapter Newsletter

Fall 2009

## Chapter Officers and Leaders

President:	Lourdes Salandanan
Immediate Past President	Marilyn Klakovich
President Elect:	Annie Odell
Vice President:	Patricia Perry
Secretary:	Alison Riggs
Treasurer:	Pam Cone
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Newsletter:	Vicky Bowden & Cathy McPhee
Webmaster:	Cathy McPhee

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## IOTA SIGMA CHAPTER 232 PRESIDENT'S MESSAGE

By: Lourdes Salandanan MSN, RN-BC, FNP  
President Iota Sigma Chapter

### Chapter Key Award

Congratulations Iota Sigma Chapter Members! We are the recipients of our third Chapter Key Award. The Chapter Key Award was established in 1991 to honor chapters that excel in chapter-related activities such as professional development, leadership development and collaboration with local, national, and international communities. Submission of award application is limited to chapters in good standing which have been in attendance at the most recent House of Delegates.

Numerous exemplars of our members' activities that adhere to the honor society's strategic directions of knowledge, leadership, service, community, and sustainability were incorporated in a comprehensive document that served as the award application. Our chapter's award entry is an outstanding reflection of the vibrant work of our members and our contribution to the community, its members, and Sigma Theta Tau International.

Well done Iota Sigma! I am looking forward to our working collaboratively to achieve our 4th Chapter Key Award by the 2011 Biennial Convention.

CONTINUED ON PAGE 2

## PRESIDENT'S MESSAGE, CONTINUED FROM PAGE 1

### **Book Drive**

Iota Sigma is coordinating a Book Drive to replenish the Nursing Library of our Iota Sigma Chapter Member Jerome Babate. Jerome resides in General Santos, Philippines where he is a faculty member of the College of Nursing at Notre Dame of Marbel University. If you would like to donate healthcare related textbooks which were published in the last 5 years or journals published in the last 2 years, please bring the items to the APU School of Nursing where Dr. Annie Odell has agreed to collect the items. The items will be shipped to the Philippines by November 30, 2009.

### **Fall Induction**

Our second Annual Fall Induction is scheduled to take place on Friday, December 18th at 8:30 am at the Upper Turner Center. Remember how you felt when you were first inducted? Our students feel the same way so please make sure you plan on joining us at this extraordinary occasion. Invitations will be sent to members via e-mails. You may also contact our chapter vice-president, Patricia Perry at [pperry@apu.edu](mailto:pperry@apu.edu) for further inquiries and to RSVP for this event.

### **Homeless Outreach Health Clinic**

Once again, it is the time of the year to prepare for our Homeless Outreach Health Clinic. Many of us receive messages from Dr. Connie Brehm about the planning and implementation phase of this annual project. This issue of our newsletter contains an article written by Dr. Brehm about this project which remains very special to her and Iota Sigma.

### **Membership**

Lastly, I would like to challenge all of you to continue to maintain active membership with STTI. According to the latest report I received from STTI we have an astonishing total of 821 lifetime members. Out of the 821 lifetime members, only 432 members are active while 389 have become inactive. Active membership includes paying annual dues. Although our membership in STTI is lifetime, the annual dues are needed to sustain the numerous activities of both STTI and Iota Sigma as a chapter. So if you haven't renewed your membership please do so by visiting:

[https://ssl12.pair.com/stti/membership/renewal/2003\\_renewal\\_preform.html](https://ssl12.pair.com/stti/membership/renewal/2003_renewal_preform.html)

## MEET UNDERGRADUATE STUDENT INTERN: MICHAELE HOLMAN

I was born and raised in Fallbrook, California (known for its avocados :-). I love the performing arts-acting, singing, and dancing especially. It amazes me how they allow a person to express themselves and can depict emotion and messages that words could never fully express. I also enjoy running to exercise and release some of the stresses of life. People are my favorite part of life. Each person is so wonderfully unique and interesting, I could spend my whole life getting to know just one person and still never know everything about him/her.

I will be graduating in May 2010. I am not sure what area I would like to work in yet. My current first choice is pediatrics because I enjoy working with children, but I am also interested in ICU and ER. It seems that the whole world is open to me, and I am excited to see where God will lead. I am glad that Iota Sigma (STTI) will be a part of my journey.

I was excited to be invited to join STTI because I knew it was a huge privilege. At that time, I didn't really understand what the benefits were of being involved in the honor society, but I knew it was a huge honor to be invited.

I enjoy being part of a group that is known to be elite and professional. When I first was introduced to research in nursing, I was skeptical as to the validity of its purpose. Within my courses I have become more aware of the different areas of research that are available. My recent participation in STTI has provided the extra exposure and incentive to be interested in research. I feel as though I am finally beginning to understand how important research is to nursing as a profession. I hope that STTI will continue to provide avenues that will encourage and teach me as a nurse and a person.

I applied to be the student leadership intern on the Iota Sigma Board because I thought it would be the best possible way to learn about STTI firsthand. I like to jump into new activities and get involved right off the bat. Being actively involved in a group makes my membership worthwhile. I don't like to belong to organizations when I belong in name only. Really belonging to a group means getting involved, so that is what I try to do. Being the student leadership intern is also the ideal way for me to see what it is like to be a leader within the nursing profession. All of the leaders I have encountered within the Iota Sigma Chapter are so accomplished and dedicated to the nursing profession that they inspire me to be involved and make a difference in any way that I can.

I am relatively new to the Board, but so far I am impressed with their professionalism and the wide range of activities that Iota Sigma supports. I am learning more and more about the importance of research in the nursing profession.

## MEET UNDERGRADUATE STUDENT INTERN: MICHAELE HOLMAN, CONTINUED FROM PAGE 3

I have most enjoyed the opportunity to interact with nurses and nurse leaders of a high caliber. I am so intrigued by the interesting lives that are lived by most nurses I have encountered. I know I will benefit from my new relationships and will learn a lot about my profession and myself from the members of the Board themselves. Each of them has a host of knowledge and ideas that I am excited to delve into and learn from. It is rare that I am surrounded by such a wide variety of nursing professionals who are willing to teach me and I hope to embrace the opportunity.

I hope that STTI will enable me to serve as a nurse who uses evidence-based practice in my daily nursing care. Hopefully STTI will help keep me well informed on the most recent research, so I can be the best possible nurse. Iota Sigma will also provide me with a community of nurses I can refer to whenever need be for support, whether professional or personal. I think it is important to have relationships with nurses who are dedicated to the same level of higher care that I am. Being involved with a group who has dedicated themselves to research and excellence in healthcare is an ideal form of accountability.



## 6th Annual School of Nursing **RESEARCH DAY**



**Conference Themes:**

### **International Health, Pandemics & Vulnerable Populations**

*Includes featured speakers, breakout sessions, poster sessions,  
networking opportunities and much more!*

**Thursday, April 8<sup>th</sup>, 2010  
9:00 am - 4:00 pm**

**Felix Event Center  
Azusa Pacific University**

Continuing Education Units available. Lunch & refreshment breaks provided.

Note: There is no charge for Research Day.  
For more information or to be placed on invitation list,  
please email Marilyn Klakovich at [mklakovich@apu.edu](mailto:mklakovich@apu.edu)

*Sponsored by Iota Sigma and APU School of Nursing*



# Announcing our 2nd Fall/Winter '09 Induction

**Iota Sigma Chapter 232**  
**December 18, 2009**  
**Upper Turner Campus Center (East Campus)**

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THE IOTA SIGMA BOARD WOULD LIKE TO INVITE  
ALL CURRENT MEMBERS  
TO ATTEND THE DECEMBER INDUCTION EVENT  
TO BE HELD ON THE SAME DAY AS  
NURSING PINNING CEREMONY.  
PLEASE COME AND SUPPORT YOUR  
IOTA SIGMA CHAPTER  
AT THIS FALL/WINTER INDUCTION

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**When: December 18, 2009**  
**Where: Upper Turner Campus Center**  
**Time: 8:30 am - 11:00 am**

CONTINENTAL BREAKFAST WILL BE SERVED  
PRIOR TO THE INDUCTION  
8:30 AM - 9:30 AM

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*If you have any questions, please email:*

*Patricia Perry*  
*Vice President - Iota Sigma*  
*pperry@apu.edu*

*Please RSVP as per  
invitation instructions!*



## APU SCHOOL OF NURSING - HOMELESS HEALTHCARE OUTREACH

By: Connie Brehm PhD, C. FNP, RN - Professor of Nursing,  
Director of the Homeless Healthcare Outreach

The APU School of Nursing's Winter Shelter Outreach to the Homeless will be starting soon! The local chapter of Iota Sigma has selected the Homeless Healthcare Outreach as a philanthropic focus in recent years. Iota Sigma sends volunteer nurses and contributes donations to augment these health services. The first Winter Shelter Health Outreach for the 2009-10 season will be Thurs. Dec. 3 from 4:00 to 10:00 p.m. (and every Thurs thereafter except holidays until March 11). Planning meetings are scheduled for: Thurs. Nov. 5 at 4:00 p.m. and Thurs. Nov. 12 at 4:00 p.m. in the School of Nursing. All APU nursing students and faculty are invited to participate in this outreach effort. Notices and sign-ups are all managed via e-mail. If interested, please contact Connie Brehm at [cbrehm@apu.edu](mailto:cbrehm@apu.edu).

### **History and Information about the School of Nursing's Winter Shelter Outreach**

Azusa Pacific University School of Nursing has partnered with the East San Gabriel Valley Coalition for the Homeless since the fall of 1997 to bring health care to the homeless clients of the Coalition's Winter Shelter Program. The Coalition operates the shelter program within selected churches throughout the East San Gabriel Valley during the months of December through March each year. Up to 230 homeless persons may be housed within a church per night. The faculty and students of the School of Nursing bring health services to the shelter's clients on a weekly basis. Clients are provided a health assessment, first aid care and treatment for minor acute health problems. The nurses also provide a referral service for those with more urgent or complex problems. Health education and some preventive care services are also offered. Over the past several years

### **Expansion of APU Homeless Healthcare Outreach**

With the support of a recent grant of \$10,000 from Kaiser Permanente Baldwin Park Medical Center, Dr. Brehm is expanding the APU School of Nursing's Homeless Healthcare outreach to the Emergency Assistance Center (EAC) of the East San Gabriel Valley Coalition for the Homeless <http://esgvhomeless.org> located in at St. John Vianney Church in Hacienda Heights. Dr. Brehm is assisted by Nicky Burroughs RN, a recent APU-BSN graduate and by Abigail Badillo (also an APU grad) and several assigned nursing students, who all work together to provide outreach healthcare services to EAC clients on Tuesday mornings on site. This venue allows for more time with the clients for health assessments, treatments, and health teaching, and also for more effective referral services, since it is a weekday time frame. The students, staff, and faculty who are operating this new outreach effort find that partnering with the other service providers in the local community is the key to access for the homeless. If you would like more information about any of the Homeless Healthcare opportunities, please contact Connie Brehm at [cbrehm@apu.edu](mailto:cbrehm@apu.edu)

## SCAN AND IOTA SIGMA MENTOR EVENTS

Iota Sigma and the SCAN Team hosted two mentor events at the beginning of the fall semester. SCAN Cohort 6 students and mentors attended an introductory dinner where they learned about the mentoring program and had an opportunity to meet their respective mentors or mentees. Iota Sigma President, Lourdes Salandanan, provided information about the mission of the Honor Society of Nursing, Sigma Theta Tau International including benefits of belonging to this organization and becoming an active member of our APU chapter, Iota Sigma. Dr. Felicitas dela Cruz, founding director of SCAN, shared information about the history and nature of the Second Careers and Nursing (SCAN) accelerated master's entry into nursing program. Maria Mazza, who has been a SCAN mentor since the program's inception, shared her experiences of being a mentor and of being mentored herself.

A second dinner was held for existing mentors for Cohorts 4 & 5 and their mentees. Updates were provided on Iota Sigma and School of Nursing events including Iota Sigma's fall induction, the 6th Annual Research Day for the School of Nursing, the Homeless Health Outreach Project, (see announcements for these events in this newsletter), the November 18 Nursing Recruitment Fair, and the Western Conservancy of Nursing History. Mentors and mentees shared suggestions for enhancing the SCAN/Iota Sigma Mentoring programs.

If you are interested in more information about our mentoring programs or are interested in becoming a mentor, please contact Marilyn Klakovich, Past President of Iota Sigma and member of SCAN Team: [mklakovich@apu.edu](mailto:mklakovich@apu.edu)



## MISSIONS WORK IN OAXACA, MEXICO

By: Emily Tracy RN, BSN,  
APU Alumnus and Iota Sigma Member

I never would have imagined myself living in Oaxaca, Mexico. Many people cannot even pronounce this southern state of Mexico ("wah-haak-kah" - for those of you who want to practice), but that is exactly where God has placed us. My husband, my one year old daughter and I live in the mountains in the northeast of Oaxaca working with Mixtec Indians.

When I was little, I thought it was really cool when missionaries came to speak at church, but I told myself that I wanted to have a good job to make lots of money to buy the things that I wanted. (Notice all the I, I and I's.) But after going on a short term mission trip to Tijuana, Mexico, my life was never the same. I was hooked and God began to work on my heart. The next year, at age 13, I felt God's leading to be a full-time missionary in Mexico, serving the poor physically to reach them spiritually.

Each year I continued visiting Mexico and each time I felt I was leaving more of my heart there. I decided to study nursing at Azusa Pacific University to fulfill my dream of becoming a missionary. Those four years were tough but so well worth it. I graduated in May 2001 and in July of that same year I moved to Mexico. My dream finally became a reality. I thought I was ready to conquer the world, but I soon learned how little I really knew about what I was doing. (It is so important to have an apprentice attitude, especially on the mission field.) But God has been faithful each step of the way to lead and guide me.

My husband and I are the directors of a learning center for children and youth in a village of about 8,000 people in Oaxaca. We provide a wide variety of courses to the community including health classes. We also assist in the local schools and health center in the village. As a nurse, I organize the medical outreaches that we host and do follow up care on the patients that we consult. We believe that education will help prevent or reduce drastically the effects of many illnesses. Recently we branched out into two more communities. In these smaller villages there are no health care personnel working. This is something that always surprises me-- to see a nice health clinic built and sometimes even with equipment and supplies, but no one available to work in it. The need for health care workers in remote communities is so great. In these two areas we have begun teaching how to read and write and health classes as well. There is a lot of work to be done still, but little by little we are seeing changes being made.

## MISSIONS WORK IN OAXACA, MEXICO, CONTINUED FROM PAGE 9

The community that we live in is run by traditions and customs. They are an autonomous indigenous group and do not follow the Mexican constitution but make their own rules and regulations. People often ask us if the village has accepted us after all these years. My husband believes that the people do not fully accept us but rather tolerate us for the benefit that we are bringing to their community. At any moment they can run us out. However, we trust that through the service that we have provided and the relationships that we have made that will not happen.

Through the years we have been able to build relationships with people and share our lives with them. This is the way that we have been able to share Christ's love with them. We started the first evangelical church in the village a year ago after many years of just focusing on social service efforts. Presently there are four families that are part of the church, Comunidad Cristiana Torre Fuertes (Strong Tower Christian Community).

Nursing is an incredible tool on the mission field. And I am grateful for the training I received at APU. I believe the greatest tool that I received was critical thinking. It is crucial knowing how to think on your feet and make wise decisions in moments of crisis. I would have to say though that nurses must never forget that people need to know how much we truly care for them. We can have tons of knowledge and great nursing skills, but people need to feel our warmth so that they can be touched physically and spiritually.



*Emily Tracy, R.N., class of 2001 giving a health class to the local high school.*



*Emily giving the indications of a prescription with the use of a Mixtecan translator*



*Dental work, a huge need on the mission field.*



Breakfast Program in the Ministry Center

## BEYOND THE PATHOPHYSIOLOGIC DIAGNOSIS IN TREATING OBESITY: A CASE STUDY USING THE DUAL PROCESS MODEL IN ASSISTING WITH DIAGNOSIS AND TREATMENT

By: Anne P. Odell, PhD, Kristy Sutton, MSN, April Stratton, MSN,  
Sharon Kirchheimer, MSN, Graciela Magana-Salas, BSN,  
Leslie Chapman, MSN, Pensri Smithedajku, MSN  
Azusa Pacific University

The purpose of this case study is to engage the Dual Process Model (DPM), which focuses on stress and coping that occur with loss experiences, for the pathophysiologic diagnoses through the treatment of causation of poor health maintenance behaviors. This study is of a 48 year old, widowed, Caucasian female. She was an established patient who had a chief complaint of inability to lose weight and desired a routine physical evaluation. The patient had been struggling with her weight for most of her adult life. She confessed to eating poorly and limited exercise. Patient stated her job as a legal assistant and her relationship with her boyfriend add tremendous stress to her life and she turned to food for comfort. She reflected the habit of overeating probably escalated when she lost her husband seven years ago to colon cancer and could not cope with her grief in any other way. This patient also noted a series of losses including moving away from a grandmother at a young age, psychological absence of a mentally ill father, and physical absence of her mother who worked constantly and was rarely at home. It would be ineffective to merely promote diet and exercise without addressing these issues. Instead, by using the DPM we were able to better understand how this patient's losses and her response to her losses have defined this patient's identity and behaviors. Health promotion strategies develop as a result of this understanding.



## MEMBERS “IN THE NEWS”

**A chapter written by Jan Bazner-Chandler, School of Nursing, was published in a recent book co-edited by Margaret Brady, Adjunct Professor.**

**Bazner-Chandler, J.** (2010). The limping child. Chapter 32 in C. Burns, B. Richardson, & M. Brady (Eds.), *Pediatric primary care case study series*, Sudbury, MA: Jones & Bartlett.

\* \* \*

**An article written by Dr. Vicky Bowden, School of Nursing, and Dr. Cindy Greenberg, Department of Nursing, California State University, Fullerton, was published in a journal.**

**Bowden, V., & Greenberg, C.** (2009). Should family members be present when their child is being resuscitated? *Pediatric Nursing*, 35, 254-256

\* \* \*

**One chapter written by Dr. Pam Cone, School of Nursing, two chapters written by Dr. Cone and Dr. Barbara Artinian, and one chapter written by Dr. Cone, Dr. Artinian, former faculty, School of Nursing, and Dr. T. Giske, Haraldsplass Diaconal University College and Hospital, were published in a book co-edited by the three authors.**

**Cone, P. H.** (2009). Implementing Reconnecting Theory in Community Practice (pp. 343-350). In B. M. Artinian, T. Giske, & P. H. Cone (Eds.), *Glaserian Grounded Theory in nursing research: Trusting emergence*. New York: Springer Publishing.

**Cone, P. H., & Artinian, B. M.** (2009). Bending the directives of Glaserian Grounded Theory in nursing research (pp. 35-47). In B. M. Artinian, T. Giske, & P. H. Cone (Eds.), *Glaserian Grounded Theory in nursing research: Trusting emergence*. New York: Springer Publishing.

**Cone, P. H., & Artinian, B. M.** (2009). Mutuality: Reconnecting to overcome homelessness (pp. 343-350). In B. M. Artinian, T. Giske, & P. H. Cone (Eds.), *Glaserian Grounded Theory in nursing research: Trusting emergence*. New York: Springer Publishing.

**Cone, P. H., Giske, T., & Artinian, B. M.** (2009). Learning Glaserian Grounded Theory through mentoring and scholarly dialogue (pp. 73-38). In B. M. Artinian, T. Giske, & P. H. Cone (Eds.), *Glaserian Grounded Theory in nursing research: Trusting emergence*. New York: Springer Publishing.

## MEMBERS IN THE NEWS, CONTINUED FROM PAGE 13

**A paper written Dr. Pam Cone, School of Nursing, and Dr. Tove Giske, Haraldsplass Diakonale Hogskole (University College), was presented at an international conference.**

**Cone, P. & Giske, T.** (2009, July). *Spiritual care giving: A comparison of the US & Norway*. Paper presented at the 4th Annual International Interdisciplinary Conference on Social Sciences, Athens, Greece.

\* \* \*

**A poster prepared by Dr. Pam Cone and Dr Connie Brehm, was presented at a national conference.**

**Cone, P. & Brehm, C.** (2009, June). *Homeless mothering and health care: Disconnection to reconnection*. Paper presented at the National Health Care for the Homeless Council Conference and Policy Symposium, Washington, D.C.

\* \* \*

**A workshop, prepared by Dr. Pam Cone, School of Nursing, was presented at an conference in another country.**

**Cone, P.** (2009, April). *Spiritual care giving by Norwegian nurses and nursing students*. Workshop presented at the International Student Conference on Spiritual Care. Bergen, Norway.

\* \* \*

**The SCAN Team had an article published in Chapter Leader Emphasis, a publication of the Honor Society of Nursing, Sigma Theta Tau International.**

**Klakovich, M., dela Cruz, F., Farr, S., & Esslinger, P.** (2009). Iota Sigma Chapter developed professional community mentoring program for Second Career and Nursing (SCAN) Master's entry students. *Chapter Leader Emphasis*, 16(2), 4.



## MEMBERS IN THE NEWS, CONTINUED FROM PAGE 14

\* \* \*

**A paper written by the Second Career and Nursing (SCAN) Program team, Dr. Felicitas A. dela Cruz, Dr. Marilyn Klakovich, Professor Emeritus Phyllis Esslinger, and Ms. Shirley Farr, was presented at a national conference.**

**dela Cruz, F., Klakovich, M., Esslinger, P., & Farr, S.,** (2009, September). *Process evaluation using focus group triangulation.* Paper presented at the National League for Nursing 2009 Education Summit, Philadelphia, PA.

\* \* \*

**A poster prepared by Dr. Felicitas A. dela Cruz, Ms. Maria Brigette Lao Nario, and Dr. Catherine Heinlein, School of Nursing, was presented at a national center.**

**dela Cruz, F. A., Nario, M. B. L., & Heinlein, C.** (2009, October). *Dietary patterns and food preference changes in Filipino Americans in Southern California.* Poster presented at the Center for the Study of Asian American Health, College of Medicine, New York University, New York.

\* \* \*

**An article written by Ms. Patricia E. Perry and Dr. Major King, School of Nursing, was published in an online journal.**

**Perry, P. & King, M.** (June, 2009). Course development: Nursing informatics. *Online Journal of Nursing Informatics (OJNI)*, 13, (2). Available at: [http://ojni.org/13\\_2/Perry\\_King.pdf](http://ojni.org/13_2/Perry_King.pdf)

## 2009–2010 IOTA SIGMA CALENDAR

<p><b>11 Transition Meeting</b></p> <table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <thead> <tr style="background-color: #1a237e; color: white;"> <th colspan="7">JUNE '09</th> </tr> <tr style="background-color: #e6e6fa;"> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td style="background-color: #c8e6c9;">11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr> </tbody> </table>	JUNE '09							S	M	T	W	Th	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					<table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <thead> <tr style="background-color: #1a237e; color: white;"> <th colspan="7">JULY '09</th> </tr> <tr style="background-color: #e6e6fa;"> <th>S</th><th>M</th><th>T</th><th>W</th><th>Th</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td style="background-color: #ffcdd2;">4</td><td></td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </tbody> </table> <p><b>4 Fourth of July</b> <b>13-17 Research Congress Vancouver</b></p>	JULY '09							S	M	T	W	Th	F	S			1	2	3	4		5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31									
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## 2009–2010 IOTA SIGMA CALENDAR

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