



**You Will Not  
Want to Miss**

• **FEB 25<sup>th</sup>, 2008**  
GANA Day at the  
State Capitol

• **Jan 20<sup>th</sup> - 26<sup>th</sup>**  
Listen to **GPB  
Radio** 'spots'  
proclaiming  
**CRNA Week**

• Volunteer for a  
**GPB-TV Live  
Broadcast**  
featuring GANA  
CRNAs  
(March Date TBA)

**Individual Highlights**

<b>GPB-TV &amp; Radio..</b>	<b>2</b>
<b>CRNA Day.....</b>	<b>2</b>
<b>ED &amp; Pres-Elect..</b>	<b>3</b>
<b>Research.....</b>	<b>4</b>
<b>Practice.....</b>	<b>5</b>
<b>Letter from Region 2's Director.....</b>	<b>6</b>
<b>GANA PAC .....</b>	<b>7</b>
<b>Student's Corner.</b>	<b>8</b>

**Plans and Changes for 2008**

**Cheryl McRae-Bergeron, CRNA, DNP, President, GANA**

1. Electronic delivery vs hardcopy delivery of the **To & Fro**. Do you want to have only electronic delivery or hardcopy delivery once or twice each year?
2. Updated/easy to navigate GANA website @ [www.gana.org](http://www.gana.org) with features that will include (i) a Member's only Section w/secure sign in for voting and "other things" and (ii) the ability to vote-on-line w/automatically tabulated results.
3. Do CRNAs have name recognition? Does the public know what we do or who we are? Tune into GPB-Radio during CRNA Week, January 20<sup>th</sup> – 26<sup>th</sup>, and listen to some 42 radio spots emphasizing CRNA Week in Georgia.
4. Plan to visit the State Capitol on February 25, 2008 for **GANA Annual Capitol Day**. Join us in Atlanta....Make an appointment to visit your Senator and Representative to help familiarize them with yourself and your important contribution to healthcare.
5. **CRNA Day at GPB-TV**. Save a Saturday in March (date TBA) and help us to man the phones for this worthy cause (broadcasted throughout the state...and they feed us well!!!).
6. Come to a GANA Board Meeting as we travel to Macon and to Augusta.
7. Mark calendar now to join **us Oct 3<sup>rd</sup>-5<sup>th</sup>, 2008**, at Stone Mountain for the Annual GANA State Meeting.

***Change is not easy...but inevitable.....***

Change is not easy, especially for someone my age. But change is inevitable...and the trick is to do accommodate this modernization or transformation without causing too much unrest.

We plan to update the **To & Fro** about every four months on-line. By the time we go to press, too many things have changed or have become 'old news'. This way, you can be kept up-to-date with happenings within our state.

Your may ask, "Why go the electronic route?" In 2005-

06, our yearly costs for the **To & Fro** & for voting by paper ballot were running in excess of \$9,000.

In addition, we are contemplating either publishing the **To & Fro** entirely only on-line or condensing the hard-copy edition to the 'nuts & bolts' (as with this issue) while searching for more economical ways to publish.

Last year, in a survey published in the **To & Fro**, less than 10 out of 700+ members requested to continue receiving

hardcopy editions. We do not want to alienate anyone, but we need your input. What are your thoughts on this edition that lacks many pictures? What would you like to see included or excluded? Please, let us know what you want from the **To & Fro**, including publishing versus on-line, content, etc.

If you want to continue to receive hardcopies of the **To & Fro** you must contact the GANA Office.

Please add the GANA to your email list, and please notify us if you change your email address.

***Continued on Page 4***

**In Celebration of CRNA Week in GA**  
**Tune into Georgia Public Radio...as We Inform GA about WHO WE ARE & WHAT WE DO**

**Sun Jan 20<sup>th</sup>**

Weekend Edition (8AM-10AM)  
 GA Gazette (10AM – 11AM)  
 St Paul Sunday (12Noon-1PM)  
 Prairie Home Companion (2PM-4PM)  
 Infinite Mind (7PM-8PM)  
 This American Life (9PM-10PM)

**Mon Jan 21<sup>st</sup> - Fri Jan 25<sup>th</sup>**

Morning Edition 2 times each day (5AM – 9AM)  
 Midday Music once each day (11AM-2PM)  
 Fresh Air/ GA Gazette once each day (3PM-4PM)  
 All Things Considered 2 times a day (4PM-6:30PM)

**Also on Friday, Jan 25<sup>th</sup>**

Friday Piano Jazz once (9PM-12MN)

**Sat Jan 26<sup>th</sup>**

Weekend Edition (8AM-10AM)  
 Car Talk (10AM-11AM)  
 Marketplace Money (12Noon- 1:00PM)  
 Music Americana (8PM-9PM)  
 Green Island (9PM-10PM)

A Total of 42 Radio Spots

**CRNA Day @ Georgia Public TV: “We Need YOU”**

It has been said that “*The mark of a true professional is giving more than you get.*” This is exactly what happens when you give a Saturday to Georgia Public TV. We, the GANA, are giving of ourselves to help raise money to support public television in Georgia, and the GANA gets positive publicity as well.

Some 28 of us met at the GPB-TV station in Atlanta last year and donned our

free, bright yellow t-shirts that read “CRNAs Caring for Georgia”. After an orientation on proper phone etiquette, how to record pledges and being served a delicious catered lunch, we were ready for ‘show time’.

The rest is GANA history. To my knowledge, this was the first ‘live TV interview’ of a GANA President. Matt Kervin explained to the TV audience the work and

history of CRNAs in Georgia.

At every break we were ‘fed and watered’. It was fun, and all seemed to have a good time.

São Berkowitz will be coordinating our Saturday in March. Look for an email asking for you to volunteer or please call the GANA Office or you can contact São directly for more details.

*Cheryl*

**From the Desk of the President-Elect...Steve Smith, MA, CRNA**

It is my intention along with the rest of the GANA Board of Directors to bring about transparency to this association to its fullest extent. What’s ours is yours.

In order to achieve this we need your help by communicating with us. Nothing is to be kept from the membership. Please notify us for suggestions, information, questions, advice, complaints, and,

most of all, any assistance you can offer to us. Remember, the primary reason for this association is to protect our patients and practice rights and to support our members.

Our current president and board members have initiated some new changes we hope will have a positive impact on the association in the near future. I won’t go into

detail about the changes because they are being mentioned throughout this issue. Just know that we have made every effort to maintain fiscal responsibility in every decision we have made.

If you haven’t already, please take a moment to read Brent DuBois’ article on page five. This is an example of the kind of things we feel and know

***Continued on Page 5***

Mark your calendars!

**National Nurse Anesthetists Week**

**January 20-26, 2008**

***The Professional Quality You Expect,  
 The Personal Care You Deserve***

***In Celebration of CRNA Week in Georgia...***

***"According to the Spring 2007 Arbitron survey,... we have about 206,400 different weekly listeners, and with the GANA schedule, we will reach virtually all of them" stated Ms. Jeanie Allen of GPB Radio.***

How could we recognize you in a very special way during CRNA Week?

We know how very hard you work, and how, sometimes, you may not feel appreciated (also confusion as to who you are, your credentials, and

what exactly you do).

We realize that you are the greatest asset in the delivery of anesthesia care to the entire population of Georgian’s.

GANA really does appreciate and cherish each and every one of

you. We want to say “THANK YOU”, and we want all Georgian’s to know about you and your practice of Nurse Anesthesia.

Tune into Georgia Public Radio...listen to the broadcasts...and hear about YOU!!!!

*Cheryl*

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**GANA's Executive Director & Legal Counsel—****Christy Dunkelberger, Esquire**

The 2007 GANA Annual Fall Meeting was held at the Savannah Marriott Riverfront Hotel. Thanks to Bernie Kuzava and IPGE, we had another successful meeting. During the meeting, Leslie Jeter was presented with the 2007 Rosalie McDonald Award. The 2007 Outstanding Student Award was presented to Jeff Cryder a student at MCCG. Congratulations to Leslie and Jeff.

Please take note of the new Officers and Board members listed in this edition as well as on the GANA website. During the 2007 Business Meeting, the membership voted in favor of three (3)

amendments to the GANA Bylaws. These changes include: (i) changing the fiscal year of the GANA to November 1 to October 31, (this change allows the budget to better coincide with the term of the Board); (ii) allowing for the ballot to be sent out by electronic means rather than mail; and (iii) allowing for elections to be done by way of electronic means. Anyone who wants a copy of the revised Bylaws should contact the GANA office.

Mark your calendars for the **GANA Annual Fall Meeting** to be held October 3-5, 2008, at Stone Mountain.

The GANA has

established a scholarship award for the SRNAs at the nurse anesthesia program at the Medical Center of Central Georgia. GANA will award two (2) five hundred dollar (\$500.00) awards on an annual basis to MCCG students, the same as it does for the nurse anesthesia program at MCG. The 2007 winners were Carmen Simmons and Daniel Dell at MCG, and Bryan Justice and Amanda Jones at MCCG.

**2007 Non-deductibility of Dues:** Federal legislation excludes that portion of professional dues used for grassroots lobbying efforts for income tax purposes. Thirty-six dollars (\$36.00).

**The GRC Report (Government Relations Committee) Steve Smith, Chair**

I would like to start off by giving a final thanks to the membership that participated in letter writing, emails, and calls to their legislators in order to help get SB222 (reinstitution of the grandfather clause) passed. As you probably know by now, all CRNAs that graduated before January 1, 1999, can practice in the state of Georgia without a Master's Degree.

The General Assembly convened on Monday, January 14, 2008, and will run for 40 calendar days. During this time, your government relations committee along with our Lobbyist, Monty Veazey, our ED & Legal Counsel,

Christy Dunkelberger, and the AANA will watch and track any legislation that could be potentially harmful to our practice.

Please make plans to join us on **Monday, February 25, from 9:00am – 3:00pm** at the state capitol for the GANA Annual Capitol Day. This is a unique opportunity to visit with legislators, tour the capitol, and promote CRNAs and the association. Contact me for more details.

Mid-Year Assembly this year will be held in Arlington, VA on April 13-16. Last year we were able to visit the office of every senator and congressman from GA.

This is a wonderful chance to get to hear from and meet the folks from the AANA's Washington Office, who, by the way, are keeping watch over us all and doing a great job.

Last but not least, the "PAC FUND". This past year every single PAC donation was personally delivered by one or more CRNAs in that legislator's district. This was money donated by you to our local state senators and representatives who are sensitive to our cause. Hopefully, this money will help in their re-election so that we can continue our relationship.

Steve

## Research in Action....

According to the *Bylaws of the Georgia Association of Nurse Anesthetists*, two of the 'objectives' of the Association are: "to advance the science and art of anesthesiology" and "to publish literature pertinent to the objectives of the Association". In keeping with these objectives, we would like to introduce you to the first of many 'scholarly efforts'. This is a great opportunity for our students and members to actually publish, and for us to learn. The first published article is "pretty heavy".....so read on.....

### **Inhibition of Hypoxic vVasoconstriction by IP<sub>3</sub> Receptor Antagonists in Sea Lamprey Dorsal Aortas and Isolated Smooth Muscle Cells**

Hypoxia produces a profound vasoconstriction (HV) in post-gill arteries of jawless fishes. In the dorsal aorta (LDA) of Sea lamprey (*Petromyzon marinus*) intracellular calcium (Ca<sup>2+</sup><sub>i</sub>) is used almost exclusively for HV.

In the first part of this study we showed that inositol 1,4,5-trisphosphate (IP<sub>3</sub>) receptors were utilized during HV in isolated LDA, and these results were presented at a national meeting. For these studies LDA were excised and sectioned into vascular rings and hung on stainless wires, which were attached below to hooks suspended in smooth muscle chambers, and above to Grass FTO3 force transducers. Signals processed through physiological amplifiers were then converted to mg of tension and archived to a proprietary software program on a personal computer.

Baseline tension was established and each vessel contracted with 80 mM potassium to assess viability before experimentation. The IP<sub>3</sub> receptor blocker 2-aminoethoxydiphenyl borate (2-APB) was used to block Ca<sup>2+</sup> release from the sarco-endoplasmic reticulum and entry through store-operated Ca<sup>2+</sup> channels. HV was dose-dependently inhibited in the presence of 2-APB and it was reduced to 53.6±12.3% (n = 6) of a control HV in the presence of 10<sup>-4</sup> M 2-APB. However, HV was 121.3 ±61.3% (n = 4) of control in the presence of norepinephrine (NE, 10<sup>-5</sup>M) added to 2-APB treated vessels. These results indicated that IP<sub>3</sub> receptors are involved in HV signaling in LDA.

In the second part of the present study we confirmed that these results reflected a mechanism that was intrinsic to the vascular smooth muscle cells (VSMCs). VSMCs were isolated from LDA using a two-part enzyme digestion and calcium flux was examined using the fluorescent indicator dye Fluo-3 AM.

In these preliminary studies, calcium levels increased during hypoxia, and this response was completely eliminated in the presence of 2-APB, whereas the calcium increase due to exposure to 80 mM potassium was maintained.

Supported by a Medical Center of Central Georgia Foundation Grant.

<sup>2</sup>Jennifer R. Avant, <sup>2</sup>Amanda S. Jones, <sup>2</sup>Bryan L. Justice, <sup>2</sup>Joannie W. Greene, <sup>1</sup>D. Adam Jones, and <sup>1</sup>Michael J. Russell.

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## **Change is not easy...but inevitable..... Continued from Page 1**

Our PROMISE... to only communicate important messages concerning your practice or GANA happenings and to protect your privacy. Call, write or email me personally, as I am open to your suggestions and want to hear from you.

Recently, I asked a fellow CRNA for her email address. She responded: "I receive too much junk email already ...why get more junk from you?" This 'junk' may just have some information that pertains to her paycheck. When I asked my former student, a CRNA who had done his own billing for years, for a GANA PAC contribution, he said: "My retirement is just around the corner, why should I care what happens?" Once again, my heart sank. Will we never learn that we must communicate, & that we must support GANA PAC? I certainly hope so. Both are continuing responsibilities of practice.

Lastly, we have changed the website. We've worked hard to make it not only attractive, but easy to navigate. We hope to update the **To & Fro** on line with current information about every four months.

Cheryl

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**2007-08 Directors****São Berkowitz**

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**Where to Find AANA  
Practice Documents**

Steve Horton at the AANA  
Bookstore.  
Phone: 847-655-1129  
Fax: 847-692-2051  
Email:  
[bookstore@aana.com](mailto:bookstore@aana.com)

Many Practice Documents  
are available on line at the  
AANA website:  
<http://aana.com>  
(look on the left side of  
the page under  
"Resources" and then  
click on "Practice  
Documents")

**From the Desk of the President Elect... Continued from Page 2**

are important to us all.

I would personally like to thank our GANA president for the tremendous amount of effort and work she has put into our up and coming new website, [www.gana.org](http://www.gana.org). It should be close to up and running by the time you receive this newsletter.

We encourage any input, positive or negative, and expect to make plenty of changes from your opinions over the next few months and into the future. This is your website & organization; let's make them the best we can.

In closing, I would like to again encourage all of you to please let me or any of the other board members know what is on your mind. Without your suggestions and ideas, we are limited in what we can do. I hope to hear from you or see you at a meeting in the near future.

Steve

**Brent DuBois – GANA Treasurer**

Currently, the Treasurer and Finance Committee are working in conjunction with the AANA to streamline the GANA's finances. This includes developing a process which follows AANA guidelines and protects GANA's financial interests. Paul Santoro, AANA Treasurer, has been a great help developing a regimented

process which keeps the members and Board of Directors aware of the GANA's Financial Standing.

This year, we hope to put a process in place which will allow the Finance Committee to move capital to the safest and most efficient vehicles for maximum return. This

process will be transparent for all GANA members as well as the Board of Directors.

As Mr. Santoro stated, "The GANA has a lot of money, and is no longer a small organization. We have to maximize the monies for the betterment of the profession."

Brent

**Practice Committee...contact us @ [ganapractice@hotmail.com](mailto:ganapractice@hotmail.com)**

The GANA Practice Committee is a fledgling committee that is starting to flap its wings. Most members are independent CRNAs who have to be in tune with both State/Federal Rules & Regs to include billing practices that govern CRNA practice. To help round out our focus & to help us develop a vision & mission statement, we are soliciting input/membership from CRNAs who are employed by hospitals, groups & anesthesiologists.

If you have an interest in the GANA Practice Committee please, contact GANA Treasurer & Practice Committee Chairman Brent DuBois @ [topgunanesthesia@aol.com](mailto:topgunanesthesia@aol.com)

There is one caveat of practice that each Georgia CRNA must know, and it pertains to the Authority of Sec. 410-12-.04 of the APRN Rules. The Georgia Board of Nursing's Regulation of Advanced Nursing Practice and encompasses the "Rules for Certified Registered Nurse Anesthetists. Amended."

This section states: "The certified registered nurse anesthetist must practice in accordance with Board-approved *American Association of Nurse Anesthetists' "Current Guidelines and Standards for Nurse Anesthesia Practice"*. Do you know what these standards state? Are you practicing accordingly? If you have any questions, see the

side box to the left of this section to find the answers.

CRNAs, no matter their practice patterns, must fill out billing forms and these forms list different 'modifiers'. Do you really understand billing modifiers, TEFRA rules, ACT Medicare reimbursement, & authority for CRNA Practice? If you don't, you could be jeopardizing your livelihood and facing stiff penalties.

To find out more, read Horowitz & Stanfield's outstanding article in ***Outpatient Surgery***, Dec 2007, pgs 23-27, or go to the GANA website and click under "Professional & Practical Information".

To: All GANA Members

Many members may not realize the variety and complexity of the issues, and the responsibilities, that a state nurse anesthesia association has to face in today's competitive healthcare professions environment. Your GANA Board of Directors is working at evaluating the past and looking at the present state of your association in order to strategically plan for the future. By laying a sound foundation now, they are providing the groundwork for the continued practice of Georgia nurse anesthetists.

While the volunteer members of your state association donate many long hours, and their own money, to securing your profession, there are many other members who have a laissez-faire attitude toward their association and profession. Some do not belong to the AANA, and therefore, the GANA because .dues are too high....what do I get for my dues? The same attitude holds true for your state and national Political Action Committees (PACs).

Our ability to practice, have the professional status we enjoy, and make the kind of living we do has not happened by chance. Those who have come before us have provided us the opportunity to continue our successes. However, we CAN have our ability to practice taken away from us if we do not remain vigilant, and remain players in the healthcare arena. When it comes to the current way our political system works, *money buys an ear*. We did not create the situation, but it is the only game in town.

You do not have a divine right to practice anesthesia; it is a privilege that can be withdrawn by legislation, statute or regulation at any time. Alternative providers are already a reality. Your AANA and GANA are constantly working to preserve your place in the system. However, they cannot do it alone, especially when competing against others who enjoy strong support, activism and money from their members. YOU are equally responsible. Your AANA dues cost less than \$2/day, and return \$202.50 to your state association for its operation, \$55.00 for state organizational health (for small states) and strategic reserve funds available for any state facing a practice battle, and provides us a very visible place and staff on Capitol Hill in Washington, DC. For less than \$5/day (that Starbucks stop in the morning?), you can support your national association, your state association, your GANA PAC, your AANA PAC...and help to secure your future!

Lest you think that your individual involvement and commitment do not make a difference, I quote from Martin Niemoller, a German Protestant Pastor arrested by Hitler for treason:

In Germany, when Hitler and the Nazis first came for the Communists, I

Didn't speak up because I wasn't a communist.

Then they came for the Jews, and I didn't speak up because I wasn't a Jew.

Then they came for the trade unionists, and I didn't speak up because I wasn't a trade unionist.

Then they came for the Catholics, and I didn't speak up because I was a Protestant.

Then they came for me....and by that time no one was left to speak up.

Support our association, volunteer for a committee position, run for an office, and vote in our elections. If you can't, or choose not to, you can still donate generously to our PACs. Come to our state and national meetings, socialize with fellow CRNAs, learn what is going on in other areas of your state, region and the country. There is strength in unity. Your future depends on you!

Sincerely,

Debbie Malina, CRNA, MBA, DNSc  
AANA Region 2 Director

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# GANA PAC – ‘Non-Partisan Political Support’

*Sharon Twibell, GANA PAC Chairperson*  
*Cheryl E. McRae-Bergeron, GANA President*

The GANA PAC is hard at work for ALL CRNAs of Georgia. We are striving to protect your ‘right to practice’; your ‘scope of practice’; to protect your workplace; and to better serve and protect our patients in Georgia. We must be diligent, as there are those who would not only like to control us, but to replace us altogether.

Our efforts in 2007 resulted in protecting the rights of ‘older CRNAs’ (those without Master’s Degrees...I know that when your GANA President graduated, there were NO degrees to be offered!). Through our lobbying efforts Senate Bill 222 became law. Now, if you graduated from anesthesia school prior to January 1, 1999, you DO NOT need a Master’s Degree to practice in the state of Georgia.

We have traveled to the Georgia State Capitol and to Washington, DC on your behalf. We do not spend your PAC \$\$\$ for expenses or travel. We miss work and forfeit pay and time off; however, we feel that this is the LEAST that we can do for our profession. Every penny that GANA PAC takes in is used solely for political purposes to protect our patients and CRNAs. Each dollar stays IN GEORGIA to help you where you live and where you practice. If every CRNA in Georgia gave at least \$100, our coffers would be full. With the pay that we command, is this really not too much to ask?

If you are unable to join us to personally lobby your representative, then write a letter or send an email when called upon to do so; but most of all, PLEASE GIVE to the GANA PAC. We must be able to do what we do best--expertly administer safe and competent anesthesia to our patients. Without your support, our very existence and our patient’s well-being are in serious jeopardy. We can not bury our heads in the sand & hope that things will not change or at least stay the same. There are actually state representatives who are absolutely unaware of CRNAs and are confused as to our practice role.

GANA PAC is nonpartisan, meaning we don’t favor one political party over the other. We are here to look after our PATINETS and YOU; however, you must be willing to do your share. Won’t you please take time to use the donation coupon below to make your voice be heard? The time to act is NOW....tomorrow maybe too late.



Please Clip and Mail with your Contribution to:

**Robbie Pope, GANA-PAC Treasurer, P.O. Box 1572, Tifton, GA 31793**

*I am contributing \$ \_\_\_\_\_ to further  
the legislative efforts of the GANA.*

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

According to PAC Ethics Reporting: All Donations > \$100, Must List Place of Employment and Occupation

Place of Employment \_\_\_\_\_ Occupation \_\_\_\_\_

Would you like to have the option of using a credit card to charge your PAC Donation? Yes \_\_\_ No \_\_\_



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**The Nurse Anesthesia Student's Corner-- THE STUDENT ASSOCIATION  
LIVES!!!!**

Student Contact:  
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**Georgia Association of  
Nurse Anesthetists**

Address  
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Fayetteville, GA 3021

Phone Number  
770-487- 3900

Fax  
770-632-1625

Email  
[ganaoffice@bellsouth.net](mailto:ganaoffice@bellsouth.net)

Greetings! My name is Daniel Dell and I am a Senior Student Registered Nurse Anesthetist (SRNA) at the Medical College of Georgia. I hail from Moultrie, Georgia, and I am 31 years old. I have the honor of serving as President of the Georgia Association of Nurse Anesthetist Students (GANAS).

The student association was resurrected last year by Carmen Simmons, GRNA. We look forward to 2008 and want to wish all of Georgia's Finest Anesthesia providers a Happy New Year!

With the dawn of a new year on the horizon, GANAS would like to

spread our wings and fly in 2008. Our goal is to be more involved in the issues that affect CRNA's in Georgia and to raise our voices to educate the citizens of Georgia about CRNA practice.

I have attempted to set up a dinner for SRNA's to meet with Senator Saxby Chambliss for this year, but due to this being an election year the senator's schedule was booked, but he liked the idea and would like for us to revisit the idea in the future.

We hope to be a strong presence at the PBS telethon again this year. I am also in the process of trying to set up a website for the student

association. If there is any function that GANAS can help as a workforce or for learning purposes, please contact me! We are very eager to be involved in GANA events!

Finally, I want to thank all of the great CRNAs that take their time to promote the education of SRNA's. I am amazed at the care and concern of Georgia's CRNAs and their dedication to this wonderful profession. I know I speak for every student at MCG and Mercer when I say "Thank You!" and that each and everyone of you caring souls make us want to be CRNA's more every day! Until Next time.....We'll be *living the dream!*

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**GANAS**

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