



Ten EZ Ways to Earn Contact Hours by Lydia Figueroa, CSH President

When you think about having to accumulate 36 Certification Maintenance Program Points every three years for your ASCP recertification, your first thought is “When and How can I do this?”. Your next thought is “How much will it cost?”. Here are a few ways that I have been able to meet my ASCP CMP requirements and at the same time save some money while having a little bit of fun along the way.

1. Attend your local CSH chapter meetings. Most chapter meetings have a guest speaker whose presentation can be worth 1-3 Contact

Hours, or 1-3 CMP points. Keep informed of the educational activities of your local CSH chapter meetings by visiting the CSH website, www.californiahistology.org. The chapter may host a lunch or dinner meeting often for a small fee, or perhaps free to the chapter members. Keep in mind that transportation to and from the meeting and your meal is tax deductible as educational.

2. Become involved in the activities of the local chapter. Think about serving as an officer, or perhaps be

a presenter. Two CMP points per year for committee involvement, presenters can earn up to 3 contact hours.

3. Keep track of any in-service training sessions that your employer provides, such as fire extinguisher use, first aid and CPR training classes. Keep a log of all of the classes you attend and whether they apply towards meeting safety CMP point requirements.
4. Keep track of any instrument training sessions, or vendor training, provided when you purchase

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Happy New Year from Kathy Rohrbach, NSH Region VIII Director!

The NSH Board of Directors will be holding their first teleconference of the year on March 3, 2011. Please contact me at krohnbach@msn.com or 206-909-3373 if you have any items you would like be to bring forward to the board for discussion.

Here are some of the Highlights from the NSH Board of Directors Meeting held during the Seattle Symposium Convention, September 2010. A full copy of the minutes will be posted on the NSH website.

Treasurer’s Report :
Total adjusted revenue

minus the gain and loss for up to 7/31/10 is \$950,331.68. The expenses to date = \$653,999.12. Net to date = \$296,332.56. Interest income \$24,270.22. Investments are up 3.5% and are recovering from losses from 2008 and doing really well.

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Special points of interest:

- CSH Annual Symposium /Convention May 13-15, 2010
- CSH ballots will be mailed March 1. They must be returned by mail; postmarked no later than March 28, 2011.
- CSH Award nominations must be sent in by April 15. Check the website for information.

News from Kathy Rohrbach: (cont'd)

Membership Report for 2010: Carrie Diamond reported that as of 9/27/10 there are 3824 members. That consists of 182 students, 121 retired, and 3521 regular members. We have 33 sustaining members.

Ratification of Teleconference Votes 2010: The Agreement with the College of American Pathologists as it relates to the HistoAIP program and the application to become an affiliate organization of AALAS was ratified.

NSH Code of Ethics & Conflict of Interest: A Code of Ethics and Conflict of Interest policy for NSH was approved. It has been sent out to all officers and board of directors.

Publishing Research Group – Update: It was suggested to “Partner” with a publisher rather than doing the actual publishing. NSH would still have a way of owning the rights to sell the book and publish the book and retain the revenue that comes from the book. The board has asked Carrie Diamond, the Executive Director, to investigate the possibility in partnering with the American Society of Clinical Pathology to co-publish educational material.

CLSI Representative Report: Janet Kliethermes gave a brief overview of the CLSI activities this year. She attended the annual leadership conference in Baltimore, MD in March. It is important to have a representative from NSH to help review documents that relate to the field of histotechnology, especially for the clinical laboratory settings. We are able to have an opportunity to make comments from the floor and be involved. GP28 – the microwave device guideline is up for renewal. One of the things that CLSI does is to try to maintain a balance of people to work on their consensus documents between professionals, industry and government. This gives great credibility to their documents. We as an organization have the ability to propose a standard or guideline to be developed if we feel there is a deficit in some area with histology. We can bring forward a proposal and they will review that for movement forward into either a standard or a guideline with CLSI.

JOH Update: Karen Burg provided a

JOH update to the board. A brief overview of the submissions for the past year 9/1/2009 - 8/31/2010 show we were down slightly in submissions. The year prior we had 30 articles submitted not including case studies. This year we were down to 26 although the summer months had a pretty steady surge of contributions. We have a new 2010 collector’s magnet and deck of cards that have a design from the cover of one of the journals. The 2008 magnet is no longer available.

Nominations & Elections Committee Report: Cindy Higgerson reported a very successful electronic balloting process and election results. There were many positive comments from members. We increased our voter response rate from 21% to 25.7%. Compared to 2008 there was an overall savings of almost \$6,400 with electronic voting. We received 9 comments wanting more candidates, 3 comments asking candidate qualifications. Members are still questioning vendor participation on the board. We received 2 comments about Region V and 1 random comment about spam and concerns about email going to spam folders. The vast majority of the comments were very positive.

Educational Events: Carrie Diamond reported the summer symposium was challenging this year and was not as successful as it has been in the last 2 years. There were about 253 attendees last year and we had about 95 this year. Obviously the financial impact of that was devastating to the budget so we will be regrouping. We would like to do it one more year before we decide if this will be something that is part of our permanent format. Some of the things we identified as being a problem were formatted the meeting being on a Monday or Tuesday. We were in a region that we didn’t consider had quite a few region and state meetings. We try to pull from local speakers to offset the cost and a lot of people already hear those speakers. There were 2 regions that hosted meetings in June. We had originally picked that date because no meetings were scheduled at that time. But then Regions II, VII, TN meetings were in June. As we look forward we will consider these things. We are not sure of the impact of the location

of the Symposium Convention versus the location of the summer symposium. Attendance for VIR Forum, HT Forum and teleconferences was good. SC is still very viable and most of our profit is derived from this meeting. Proposed 2011 teleconference schedule was presented. Carrie is working with VIR Committee about a teleconference series.

Coordinating Council of Clinical Laboratory Workers: Kerry asked Jan Gardner to attend a CCCLW meeting on behalf of NSH to get a firsthand perspective on this group then report to the board about their organization and their meeting. She attended the meeting in Chicago on March 6th. There were several different groups represented there like ASCP, CLMA, the med techs, microbiologists and cytotechnologists. Jan thinks that the histologists need to be represented. They discussed how to get students and people interested in the workforce because there are not that many people coming into the profession. The other thing we need to address is that the VA was requested to review the grading scale and the histologist were at the GS7 level and after the VA met and discussed the information they lowered it to a GS6 which means they have taken it a step down. This is why CCCLW contacted Kerry and asked them if we wanted to be involved. Jan informed the board that there is a onetime membership fee and they meet four times a year. Attendance is not mandatory. They meet in Chicago on a Monday 8am-4pm. The board approved to apply to become a member of CCCLW. The initial membership assessment is \$2500. A decision was made to have the additional funding motion for travel expenses to be added to the agenda for the Post Board meeting.

NSH Office Staff: Brenda is taking on more membership responsibilities and will be working with committee chairs in developing their goals and needs as well as looking at the benefits that we offer. Aubrey primarily works on the meetings and communicating the programming. She works on the contract negotiations. She also helps Carrie with the strategic planning, developing the website and updating the content to keep it current. Jessica will be doing the smaller meeting

Kathy Rohrbach: (cont'd)

logistics, teleconference management and S/C registration. Beth is our administrative assistant. She answers the phones, opens mail, monitors front office, she does all the data entry and serves as the point of contact for state meeting contact hours. They all do a great job of keeping on task and on target with the things they are supposed to do. Aubrey has been with us 5 years in May. Brenda 4 years in November, Beth 2.5 years in January; and Jessica started in July.

Life Insurance Policy – Office Staff :

A \$25,000 basic life insurance policy for NSH office staff was approved. The costs are nominal in comparison for what is already provided for short term disability and they can be rolled into the existing policy that we have. The increase of \$283 is a nominal price to pay especially for the recognition and benefit offered to the office staff.

JOH Managing Editor: An agreement with Clemson University to provide ad-

ministrative support to the current editor in chief of the Journal of Histotechnology was approved by the board. Through the following agreement with Clemson, they have agreed to provide the administrator compensation to an employee identified by Karen as the managing editor. This will allow the editor in chief to have direct control over the duties and schedule of the administrative functions of the journal and the person performing those functions. The budgeted amount for this is \$18,000 paid on a quarterly basis which is the same as it has been in the past. The person in this position has already been assisting Karen in the last 2 issues of the journal.

JOH Publisher: Maney Publishing was approved to be the new JOH Publisher upon completion of an acceptable agreement being worked out with the attorney.

Fraud Policy: A committee was appointed to establish a corporate fraud policy to facilitate the development of

controls which will aid in the detection and prevention of fraud against NSH. Carrie said this came about as a result of the recent audit. The accountants sent a letter that noted that we did not have a formal fraud policy in place which represented a significant deficiency in internal controls.

HistoQIP Committee Member : The board voted to recommend Christa Hladik to the CAP to represent NSH on the HistoQIP committee to serve a 6 year term from January 1, 2011 to December 31, 2016.

Task Force for organizational Structure: A task force of five will be formed to initiate, review and recommend a new organizational committee structure with an update to the BOD by June. The president will appoint the task force members.

2011 NSH Teleconference Schedule:

Wednesday, February 23

A Palette of Nuclear Stains. Presented by Ada Feldman, MS, HT(ASCP)HTL and Dee Wolfe, AA, HT(ASCP), Anatech Ltd., Battle Creek, MI

Wednesday, March 23

The Evolution of Digital Pathology. Presented by Elizabeth A. Chlipala, BS, HTL(ASCP)QIHC, Premier Laboratory, LCC, Boulder, CO

Wednesday, April 27

The Effect of Pre-Analytical Factors on IHC Quality and the Optimization of Antibodies for Formalin Fixed Paraffin Embedded Tissue
Presented by Mark Rees, PhD, Leica-Microsystems, Banockburn, IL

Wednesday, May 25

What's so "Big" About Macrosections in the Histology Laboratory?
Presented by Jennifer Lehmann, BS, HTL(ASCP), Beaumont Hospital, Royal Oak, MI

Wednesday, June 22

Clone Wars: Muridae vs Leporidae (Are You Team Mouse or Team Rabbit?)
Presented by Jeff Gordon, BS, Cell Marque, Rocklin, CA

Wednesday, July 27

The Cell Cycle and Cancer
Presented by Traci DeGeer, BS, HT(ASCP)HTL, QIHC, Ventana Medical Systems, Tucson, AZ

Wednesday, August 24

Estrogen and Progesterone Testing Standardization for Breast Cancer
Presented by Beth Sheppard, MBA, HT(ASCP), Ventana Medical Systems, Tucson, AZ

Wednesday, September 28

Lower Gastrointestinal Tract Biopsies: Tissue Identification, Diseases and Stains (Special Stains and IHC)
Presented by Mitual Amin, M.D., Beaumont Hospital, Royal Oak, MI

Wednesday, October 26

Taking it to the Bio "Bank": The Journey of a Biospecimen to a Biomarker .
Presented by Barbara Pruetz, BS, HTL (ASCP), Biobank, Beaumont Hospital, Royal Oak, MI

Wednesday, November 16

Violence in the Workplace: What Can We do to Prepare?
Presented by David Tate, MS, Purdue University, W. Lafayette, IN

Wednesday, December 21

Safe Storage of Laboratory Chemicals
Presented by Peggy A. Wenk, HTL (ASCP)SLS, Beaumont Hospital, Royal Oak, MI

Check out the NSH website (www.nsh.org) for complete descriptions of these teleconferences and how to sign up for them.

First LA/CB Chapter Meeting: January 15, 2011

The first LA/SB Chapter meeting of 2011 was held on January 15th at the Old Spaghetti Factory in Duarte CA. We had an overwhelming response. Thank you to all whom attended, we were sorry that we could not accommodate everyone. We look forward to another meeting hopefully in late March or early April. Please watch the CSH Website for updates.

Special Thanks to our lecturers for their presentations on Immunohistochemistry and Instrumentation:

Isaac Milos - Antibody Staining Consultant, Leica Microsystems

Ben Goodwin - IHC Sales Specialist, Leica Microsystems

Special thanks to **Amber Fimbres, Irving Ortiz** and **Renee Zaragoza** for all the help that they provided.

We also look to the membership for any ideas or suggestions that you may have for future meetings. Please send your comments or suggestions to any LA/SB Chapter officer.

Melinda A

**Sokol-Hamilton HT
(ASCP)**

LA/SB Chapter President



2010 NSH Symposium (Seattle):

The 36th Annual NSH Symposium/Convention was held in the Emerald City of Seattle WA September 24-29, 2010. The meeting was met with excitement for the wide array of workshops and lecture series. Evening hospitalities were provided by the convention and sponsored by vendors, such as Leica Microsystems and Ventana Roche.

Leica Microsystems held their event on the top two floors of the Space Needle. The view was exceptional with a 360⁰ view of Seattle. Everyone enjoyed the food and entertainment, and I must say that the desserts were “**to die for**”!



Pikes Market Place, Seattle

Thank you Leica for providing everyone with a night full of fun and laughter!

The Ventana Roche event was held at the BOEING Museum of Flight. This museum covered everything from the Wright Brother's first flight to the Space Shuttle. It was an exceptional learning experience to be able to walk around all of the suspended planes, plane cockpits and simulator. There was a copy of the moon Land Rover as well as a miniature copy of the space shuttle.

Food and libation was everywhere. Everyone enjoyed the Ventana contest, which had you walking around the museum searching for clues to answer raffle questions. Prizes included training and IHC products from Ventana. The suspended space suit was a great photo shoot and everyone had lots of laughs on that one!

Pikes Market Place was wonderful with extremely large salmon flying through the air. The stores along the marketplace enticed us with great food, wine and kitchy tourist “stuff”. This year's NSH

meeting introduced attendees to see a piece of this great city. Everyone loved it!

Thank you Seattle and NSH for providing everyone with a great educational experience, wonderful food and fun for all.

**Kathy Hardy, HT(ASCP), LATG
CSH Northern Chapter President,**

Public Relations

and

interim Newsletter Editor



Home of the famous flying fish at Pikes Market Place.

CSH Awards & Scholarships:

The following awards are available to any member of CSH:

NSH SCHOLARSHIP AWARD This award is a grant, not to exceed \$500.00 to defray the cost of attending a NSH Symposium/Convention. The award goes to a CSH member who has demonstrated his/her dedication, contribution and devoted efforts to the California Society for Histotechnology and has the desire to make technical and academic progress within the field of Histotechnology.

PRESIDENT'S AWARD This award is to recognize an individual who has made significant contributions to the California Society for Histotechnology through their counsel, support and service to the Soci-

ety by improving the education of histology technicians and histotechnologists, increasing the effectiveness of administration, stimulating interest and providing inspiration of societal leadership and/or enhancing the public understanding of the importance of Histotechnology and the services provided by CSH members.

CALIFORNIA SOCIETY OF HISTOTECHNOLOGY MEMBER OF THE YEAR AWARD In recognition of a member of the California Society for Histotechnology who has contributed significantly to the Society and/or the histopathology profession, and, who, by outstanding examples, has inspired others.

CALIFORNIA SOCIETY OF HISTOTECHNOLOGY SCHOLARSHIP AWARD

To recognize a member of the society, who, in the opinion of the Awards Committee, best exemplifies the qualities of dedication and service to the profession of Histotechnology.

Nominations for awards and scholarships must be submitted by April 15, 2011.

For further information concerning any of the above awards or to nominate someone for an award, please contact:

*Joan Parsley, HT(ASCP)
ht.jparsley@gmail.com*

Contact Hours: (cont'd from page one)

instrumentation. 50-60 minutes = 1 Contact Hour = 1 CMP Point

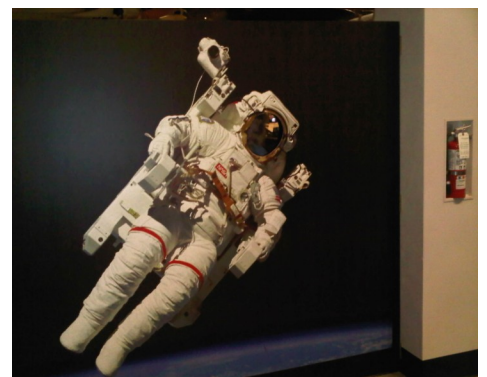
- Have your supervisor, or manager, complete the ASCP Competence assessment form. This is worth 2 CMP points per year; maximum of 4 CMP points every two years.
- Attend webinars or online courses. Several vendors provide free monthly webinars. These are usually worth 1 Contact Hour per webinar. Attending 12 of these webinars in one year will gain you 12 Contact Hours, or 12 CMP points.
- Attend the CSH annual Symposium and Convention (May 13-15, 2011). Why not think about becoming involved as a liaison. You can save on the workshop fee and earn Contact Hours at the same time.
- Participate at the CSH state meeting by being part of the convention committee. Some of your costs for being involved may be reimbursed. Earn 1 Contact Hour.
- Represent CSH as a Delegate to the annual NSH House of Delegate meeting. You will receive one night's hotel room fee and a \$25 meal allowance. You will be able to earn contact hours for being part of a committee that promotes your profession.
- When you renew your annual ASCP membership you will be allowed to take several online classes for free. You can take the courses at your convenience.

For more information on the Continuing Maintenance Program visit the ASCP website at www.ascp.org.

*Lydia Figueroa,
BA, HT, HTL, SLS, LVN
CSH President*



Ventana Roche event at the BOEING Museum of Flight



You too could have your picture taken in a space suit.....



*Debbie Overcash and Janet Matthew
discussing the demise of last year's
"Worst Manager of the Year".*



**CALIFORNIA
SOCIETY
FOR
HISTOTECHNOLOGY**

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We're on the Web!
www.californiahistology.org

Save the Date:

May 13-15, 2011

(Friday through Sunday)

*CSH presents its annual
Symposium and Convention*

*At the Hilton Hotel
in Concord, CA*

Second Annual Histotechnology Professionals Day: March 11, 2011

It's time to start planning for that special day! Are you thinking about ways to celebrate and promote the **2nd Annual Histotechnology Professional Day** on March 10, 2011? NSH provides [guidance](#) and [re-sources](#) online as well as [NEW items for sale with the HPD logo](#) to help you get started.

NSH has also sponsored two HPD contests:

1. Inspire us on with your celebration ideas and pride in

your profession and win **A Special Presentation at Your Lab or An Entire NSH Teleconference Series .**

2. Let's see who is really

creative... Make a video about your career in Histotechnology. Tell us about yourself. We want to know how and why you work in the Histo field. Winners will be awarded **NSH membership for 2012.**

If you have any questions, contact the NSH office at 443-535-4060 or Histo@nsh.org.

***We can't wait to see
what you come up
with.***

(reprinted from NSH website)

