



Heartbeat of HOSA

FROM THE DESK OF THE PRESIDENT

Chad Burry, Cal-HOSA State President



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Jacob Hefter, a 2008 graduate from Palmdale Health Academy, was fatally injured in the Metro Link crash on Friday September 12, 2008 in Chatsworth, CA. Jacob had been a member of Cal-HOSA for three years and won repeated gold medal awards in CPR/First Aid at the SLC. He was also a recipient of the 2008 Founder's Scholarship. He just started college at California State University, Long Beach to pursue a degree in kinesiology.

What you may not know is that in addition to being an outstanding HOSA member, Jacob was also my best friend. He was equally as talented at HOSA competitions as he was on the golf course, where we spent much time hanging out, competing and practicing in one of our favorite hobbies. His mother, Angela Hefter, is also my advisor and one of my biggest supporters, friend and advocate.

This is why I am excited to announce that Cal-HOSA is honoring Jacob by establishing a scholarship in his name. There will be a special presentation at the Cal-HOSA State Leadership Conference (SLC) to introduce the scholarship and share thoughts and memories of our fellow Cal-HOSA member.

Those chapters who would like to contribute to the scholarship fund are asked to host mini-fundraisers where 100% of the proceeds will go to the Jacob Hefter Memorial Scholarship fund that will be available to Cal-HOSA members. Details on how to apply for the scholarship will be made available on line at www.cal-hosa.org The deadline is February 28, 2009 for scholarship donations to be turned into Cal-HOSA Headquarters. More information can be found on the Cal-HOSA website.

Contributing to a scholarship that gives directly back to the organization that he loved so much would have thrilled Jacob! Thank you for your consideration and support to our newest scholarship opportunity...and for remembering my best friend.



CAL-HOSA:
Stake Your Claim in Healthcare

Join us for the 2009 Cal-HOSA
State Leadership Conference!

[March 20-23, 2009]

Calendar Highlights

January

- 9 SLC Planning Meeting
- 30-31 Professional Development Institute

February

- 6 SLC Planning Meeting
- 17 SLC Registration, Candidate and Scholarship Applications Due
- 22-24 Educating for Careers Conference
- 27 Competitive Events CC and EM Meeting

March

- 2 2nd Semester HOSA Memberships Due to National HOSA
- 20-23 State Leadership Conference

FOR THE MOST CURRENT INFORMATION, DATES, AND NEWS, log on to www.cal-hosa.org



Happy
New Year!

Your 2008-2009 Cal-HOSA State Officers wish you a safe and happy new year!

Front row: Leslie Castaneda, Region 5 Vice President; Ileana Ceja, Region 3 Vice President; Candy Nisthal, Member at Large

Back row: Chad Burry, President; Kristin Sy, Member at Large; Ahmed Danwala, Post Secondary Representative; Izela Michel, Region 2 Vice President; Lily Fu, Region 4 Vice President; Abraham Rubio, Vice President; Tekla King, Secretary

BRINGING SUCCESS TO THE NEW SEMESTER WITH CAL-HOSA'S FLI'S

Lily Fu, Region 4 Vice President



Lily Fu was elected to be the Region 4 Vice President at the her region's FLI.

The third week in October brought Cal-HOSA members from across the state together at the annual Fall Leadership Invationals (FLI). Held across the state of California, approximately 500 chapter members and advisors participated in leadership activities and networked with other HOSA members in their regions.

At the FLI's, chapter advisors had the opportunity to learn more about how to implement National HOSA week, ways to fund raise for SLC, and about HOSA's many academic values. Students had the opportunity to participate in leadership training, provided by Amy Gallimore, Director of Leadership for TRI Leadership Resources, LLC. The training was filled with high energy energizers that were designed to promote networking and of course, having fun! Highlights of the day also included a dining etiquette session, state officer candidate speeches and elections, HOSA TIME trivia, and discussion about the 2009 State Leadership Conference (SLC) that will be held in March in Sacramento, CA.

Participants were able to get into the SLC spirit by learning about the many ways they can get involved. A special FLI edition of *The Heartbeat of HOSA* outlined how students can get creative by participating in the pin and theme contest. A multiple choice Medical Terminology Mock Competitive Event Exam was given to preview one type of competition that members can register for at SLC, as well as a mock poster contest that highlighted the national service project, Autism Speaks.

The FLI's provided a valuable learning experience for all local chapter members and advisors across the state, both new and experienced. From the classroom walls to the competitive stage at State and National Leadership Conference, the FLI experience provided something for everyone, at any level of their HOSA involvement!



STATE OFFICERS ATTEND WASHINGTON LEADERSHIP ACADEMY!

Abraham Rubio, Cal-HOSA Vice President

In the fall of 2008, HOSA hosted the second annual Washington Leadership Academy (WLA) for State Officers. Cal-HOSA sponsored the 2008-2009 State President Chad Burry, Vice President Abraham Rubio, and Apple Valley High School advisor, Harold Jones. Nearly 100 of HOSA's state leaders and their advisors from around the nation gathered at Washington DC for four days of intensive training, incredible networking, opportunities to meet with federal officials and advocate for health science education and to have an unforgettable experience in Washington, DC!



IN HIS WORDS! Cal-HOSA State Vice President Abraham Rubio talks about his HOSA experience in action!

The WLA program was led by keynote speakers and leadership trainers Ryan Underwood and Kelly Barnes from TeamTRI. For three days, state officers worked together in teams on everything from speaking and planning skills to learning all about HOSA and how to promote our incredible organization back home. From ambassador skills to networking, the state officers worked hard to share ideas, set goals, and plan innovative ways to reach the 100,000 member mark. Personally, the WLA gave me the courage to network with HOSA officers from other states, as well as illustrated the importance of knowing how to be prepared and professional in all situations.

At the academy, we had the opportunity to put our networking skills to practice when we met Congressman Jerry McNerney, US House of Representative for the 11th District in California. HOSA state officers conducted more than 100 visits in the offices, hallways, and even the steps of the U.S. Capitol. Leaders and their staff from the House and Senate were welcoming, supportive, and excited to learn about HOSA and the many benefits we offer students and the health care community.

The HOSA WLA provided a great training and leadership experience to the state leaders that were in attendance. I was proud to be a part of the second graduating class and am thankful for the incredible opportunities that my HOSA experience continues to offer me.



January 30-31, 2009

California HOSA is offering its fifth Professional Development Institutes (PDI) for new and potential advisors. This exciting opportunity will be held on January 30-31, 2009 Professional Development Institute (PDI) in Rancho Cucamonga. PDI's are available for new and prospective teachers, advisors and for individuals who just want more help with organizing and maintaining their Cal-HOSA chapter.

At the PDI, advisors and interested individuals learn about starting a chapter, developing a chapter yearly plan of work, involving students in a way that develops the student's leadership skills, running state officer candidates, competitive events, conference participation, and financial situations. These topics are just to name a few of the exciting sessions that are offered during the two day, hands-on workshop.

Interested? Log on to www.cal-hosa.org and download information and registration materials by clicking the links. Registration is open to the first 15 individuals registered so log on today!



*E*MERGENCY TRAINING Put INTO ACTION FOR NOCROP

Amy Gallimore, TRI Leadership

The North Orange County Regional Occupational Program in Anaheim, California was holding a medical back-office training class at its Career and Technical Institute when the roof caved in around 9:20 a.m. Monday, December 15, 2008.

According to a report by an ABC news affiliate in Los Angeles, students heard what they say sounded like thunder or an earthquake before the roof gave way. They described the scene as complete chaos, as everyone ran out of the building.

The Anaheim Fire Department report a drain above one of the class rooms in the educational center failed. Water then built up on the roof and caused it to collapse. An air conditioning unit on the roof fell through into the classroom along much debris. A partial collapse in the hallway made it necessary for surrounding classrooms to also evacuate. About 150 people were evacuated from the building in all.

At least 13 people were injured, and all were taken to area hospitals. Fire department officials said some of those hurt had muscular-skeletal injuries to the neck and back, anxiety and difficulty breathing.

Betty McPeak, Director, Vocational Nursing Program, NOCROP, stated, "it was quite the scene, and I never want to go through something like that again. It pays to go through emergency training but at the time, it is never by the book."

It was McPeak's emergency training that has her cited as being a hero. Bridget Wulff, Instructor at NOCROP, cites Betty for saving the life of a student that was trapped under the debris.

"Betty saved the student that was unconscious face down in the water. She is truly a hero, she did not hesitate ran into the disaster and our maintenance person Clyde was able to get the debris off the student and Betty turned her over saw she was blue and started mouth to mouth immediately. She was amazing," said Wulff.

The North Orange County Regional Occupational Program is an accredited career-technical training program. Each year the program serves more than 22,000 high school students and adults. Classes are taught in 25 high schools, five centers and more than 600 local businesses, hospitals, offices, restaurants, day-care centers, and other places of employment. Classes are scheduled to resume during the first week in January.

*E*VENT CLARIFICATION FOR CERT EVENT

The CERT event is designed to align with the CERT (Community Emergency Response Team) Program designed by the U.S. Citizen Corps and supported by FEMA. It is a program to prepare citizens (friends, families, neighbors, co-workers) to respond effectively in a disaster when first responders are not available.

HOSA members who are trained as first responders should participate in the CPR/First Aid or EMT events. Visit www.hosa.org to find out more!



Congratulations to the new and potential advisors who attended the Professional Development Institutes (PDI) facilitated by Mike and Sandi Hanlon!

September

Cindy Dolan
Jayne Harrower
Lorra Wells
Susan Dahn
Barbara Bonner
Kristine Miyata
Irene Brucker
Maleah Brooks
Heather Kenward
Kristi Sedlak
Donna Erlewine
Diana Sochor
Tracy Marsh
Lesly Hess

October

Becky Beckett
Cheryl Behler
Colette Betters
Nancy Boring
Betty Brooks
Sheri Colburn
Ann Crocker
Kip Glazer
Stephanie Hjelmsted
Linn Karmelich
Donna McQuillan
Lucia Medina
Jessica Payne
Marie Sliney
Elizabeth Tabb
Jackie Valadez
JD Wright

November

Stephanie Chavez
Lillian Crawford
Valerie Easton
Mike Erwin
Ernestina Escareno
Dena Fiora
Tari Gibson
Marti Hipp
Amy Johnson
Lupe Rodriguez
Oriana Ruggiero
Cyndi Soraoka
Toby Spencer
Sarah Steen
Kim Thomas
Allison Walters
David Yee

MEMBERSHIP UPDATE

Cal-HOSA is proud to announce that we have

1,584 members!

We also begin the new year with **11** new chapters!

congratulations to these new chapters and WELCOME!

Beverly Hills High School
Cerritos High School,
Dozier-Libbey Medical High School
Esperanza High School
Hayward Adult School
Marywood-Palm Valley High School

San Bernardino County ROP
Hesperia DA
Serranos High School
Sultana High School
UC Davis
Valencia High School
Washington High School

*S*TAKE Your CLAIM in Healthcare at THE STATE LEADERSHIP CONFERENCE

Kristin Sy, Member at Large



Kristin Sy was elected to the State Officer team at the 2008 SLC.

It has been over 150 years since the famous California Gold Rush, but visitors to Sacramento, California are still discovering gold! And Cal-HOSA members are no exception! Join over 900 of your fellow Cal-HOSA members as we converge on California's capitol city for the State Leadership Conference held on March 20 - 23, 2009! Hosted at the Hyatt Regency Sacramento at Capitol Park and Convention Center, SLC participants will be right across from the state capitol building and minutes away from seeing all of Sacramento's unique Gold Rush history!

In it's 22nd year, the Cal-HOSA State Leadership Conference's purpose is to provide leadership opportunities for members by offering competitive events, educational workshops, official business sessions, state officer elections, networking, motivational activities, contacts with healthcare professionals, and a special Legislative Day to visit the capitol and representatives.

This year, we will have the opportunity to go our state's capitol, which has much to offer! Log on to California State Capitol Museum web site to see some of the unique features of the capitol. It can be found at www.capitolmuseumca.gov! Also, log on to www.sacramentocvb.org and access the Sacramento Convention and Visitors Bureau for interesting, must-see sites in Sacramento!

*THE 2009 REGISTRATION PACKET
is NOW AVAILABLE AT WWW.CAL-HOSA.ORG*

*REGISTRATION DEADLINE IS
FEBRUARY 17, 2009*

*A*UTISM SPEAKS SLATED AS NATIONAL SERVICE PROJECT

Autism Speaks returns for the second year as the national service project for HOSA. At both the State and National Leadership Conference, HOSA members can join a workshop and learn about autism, its many challenges and how to help.

Get involved, be informed, and be an active participant in helping find a cure! Be sure to check out sessions specifically designated to autism at the state and national leadership conferences and learn more about how we can be a part of the cure for this disorder. To learn more, you can also log on to www.autismspeaks.org!



*a*PPlications Now Being Accepted For CAL-HOSA Health Careers Honor Roll

The Cal-HOSA Board of Directors is pleased to continue the recognition program "Cal-HOSA Health Careers Honor Roll", intended for high achieving academic members.

The Cal-HOSA Health Careers Honor Roll is designed to recognize those members of Cal-HOSA who excel in academic preparation for a career in the healthcare industry. Cal-HOSA recognizes that in order to succeed as a health careers professional, members need to be well prepared in terms of their academics, career skills, personal and leadership development.

Cal-HOSA members are encouraged to apply for this highly esteemed recognition. Applicants who meet the following criteria will be placed on the Cal-HOSA Health Careers Honor Roll and will be recognized at the State Leadership Conference.

The criteria include:

- Verification of an overall cumulative GPA of at least 3.7 on a 4.0 scale
- Demonstration of leadership ability through service as a chapter officer, committee leader, or other participation in chapter activities
- Have clearly defined career objectives

Complete the application form and submit with supporting documents to Cal-HOSA Headquarters by February 17, 2009.

NLC is Music To My Ears!

After your State Leadership Conference experience in Sacramento, your quest for the goal will have your rushing off to another great state capitol destination! NASHVILLE! Capitol of the state of Tennessee, the 2009 National Leadership Conference will be hosted in Music City on June 24-27, 2009.

Hosted at the famous, Gaylord Opryland Hotel, it is America's largest non-casino resort featuring nine acres of indoor gardens, winding rivers and pathways, and waterfalls where you can explore, shop, dine, and be entertained to your heart's content. The hotel features 2,881 guest rooms (including 200 suites) and is a few short steps away from Opry Mills, a 1.2 million square foot entertainment, shopping and dining destination featuring more than 200 places to shop, eat and play.

Nashville has much to offer as you visit the city in true HOSA spirit! From the Tennessee Titans to the Grand Ole Opry, the HOSA experience in Music City is one you don't want to miss!



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GETTING Creative!

State Pin and Theme Finalist Chosen!

Each year creative California HOSA (Cal-HOSA) members submit pin and theme ideas that capture the excitement, energy, and education enhancement that HOSA brings to health science/careers students. The winning "pin of the year" design is used for Cal-HOSA lapel pins, t-shirts, and SLC programs. Selected by the Cal-HOSA State Officers at their December Leadership Retreat, the winning pin designer is recognized at the SLC, receives \$25, and 20 free lapel pins.

In addition, the state officers select the top themes which are subsequently submitted to the official California voting delegates at the 2009 State Leadership Conference (SLC) for final selection at the state level. The winning theme is submitted to National Leadership Conference (NLC) and is part of the national voting process in becoming the official HOSA National theme for the next year.

With over 40 pin designs, the winning pin will be unveiled at SLC. Of the seven theme ideas submitted, the Cal-HOSA State Officer Team is proud to announce the three themes for consideration at the March 2009 State Leadership Conference. They are:



SO MANY TO CHOSE FROM! Cal-HOSA State Officers Candy Nisthal, Ahmed Danwala, and Tekla King discuss the many pin designs displayed in the room behind them.

*HOSA is an Opportunity to Strike It Rich:
A Golden Opportunity to Find Your Way in
Healthcare.*

submitted by Taylor Copeland from Ygnacio Valley High School



*HOSA: Where Passions Are Ignited and
Legends Are Born*

submitted by Tina Nguyen from Valley High School



*A Pinch of Dreams, A Cup of Education, A Pint
of Success - HOSA's Recipe for Success*

submitted by Breehana Leffall from Ygnacio Valley High School

ADVISORS AND HEALTHCARE PROFESSIONALS CAN GET INVOLVED AT THE 2009 STATE LEADERSHIP CONFERENCE

Want to stake your claim in healthcare for Cal-HOSA? We can use your help! Judges are needed to help at the 2009 State Leadership Conference on March 20-23 in Sacramento, CA. Help our students find their gold on the competitive stage as you assist in the judging process for our competitive events! If you are a seasoned judge, log on to sign up for the competitive event of your choice!

Never judged an event before? That's ok! We would love to get you involved in helping our students practice and perfect their future skills. For more information on the 2009 Competitive Events, log on to the website or contact Cal-HOSA Headquarters at headquarters@cal-hosa.org.

LOG ON TO [WWW.CAL-HOSA.ORG!](http://www.cal-hosa.org)