



# Heartbeat of HOSA

Volume 2, Issue 2, Spring 2005

## On Your Mark . . . Get Set . . . GO to the 2005 State Leadership Conference!

BY LINDA GAYLOR  
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### On Your Mark

**Advisors:** The 2005 SLC Registration Guide has been mailed to chapter advisors. If you need an additional copy, go to [www.cal-hosa.org](http://www.cal-hosa.org) and download a copy of the guide and registration forms. **Members:** It is time to select the competitive events you want to enter. You will find a full list of the events that California offers in the 2005 SLC Registration Guide. Once you select your events make sure you are studying from the latest edition of the competitive event guidelines, which can be found at [www.cal-hosa.org](http://www.cal-hosa.org).

### Get Set

**Advisors:** March 15 is the deadline to submit your conference and hotel registration forms. Check your SLC Registration Guide for complete details. Check HOSA competitive event updates at [www.hosa.org](http://www.hosa.org) to make sure your chapter is working from the latest version. **Members:** PRACTICE, PRACTICE, AND PRACTICE SOMEMORE!

Did you know that you can download all 300 questions of the test bank for the parliamentary procedures test online at [www.parliamentarians.org/membership.htm](http://www.parliamentarians.org/membership.htm). Look for the heading, How can I prepare for the test? For those of you who obtain a score of 70% or higher at the NLC you will be invited to join the National Association of Parliamentarians.

### GO!

The SLC planning committee under the direction of conference chair Margie Shamblin has a new and innovative conference planned for this year. In addition to the leadership building activities, competitive events, and informative educational workshops, the Cal-HOSA Board of Directors, SLC Planning Committee, and your state officer leadership team have added some new and exciting elements to this year's conference.

### Friday

• Friday night's social event will include a trip to HOSAWOOD, where members will be able to have pictures taken with a Hollywood star, enjoy a stroll on the 'Walk of Fame', participate in a commercial, and meet the 'Mystery Guest'.

### Saturday

• Members will have an opportunity to take the National Health Care Foundation Skill Standards Assessment...free of charge. Check the registration guide for details. • Visit the Career Fair and meet members of the healthcare community; discover new and exciting career options, college information, and employment opportunities. • Join fellow HOSA members for an array of desserts at the Celebration Reception.

### Sunday

• Advisers, join us for the Advisor's Recognition Breakfast, sponsored by the California Mental Health Planning Council Human Resources. • State Champions should plan to participate in the Competitive Events winner's meeting to learn about the National Leadership Conference. • Newly elected state officers will participate in a State Officer's Orientation. • Enjoy your day in Southern California before heading home



## Events Calendar

### APRIL

6: Board Of Directors Meeting  
7-10: SLC - Hyatt Regency Irvine  
22: NLC Letters of Intent Due  
29: Newsletter Articles Due

### MAY

6: NLC Registration Due to HQ  
13-15: State Officer Training

### JUNE

22: California Mandatory Meeting  
22-25: NLC - Nashville, TN

### JULY

18-19: Executive Council Meeting  
18-21: State Officer Meeting

## The Right Stuff

BY WENDY WEBB

*Chair, Cal-HOSA Board of Directors*

One year ago at the Cal-HOSA, Inc meeting, I addressed the advisors about the need for adult leadership within our organization. I admit...I was a little panicky. I was facing a year for which I scarcely felt prepared. Who was I to be the board chair? What if someone asked me a question, and I could not answer? What if I could not represent Cal-HOSA as a picture of everything that is good about HOSA? And, what if no one else stepped up and committed

to serving this organization? Well, it's one year later. I survived. Cal-HOSA survived. I learned. My students learned. Most of all, I found out that I can do it. I discovered what it takes to represent Cal-HOSA.

I am glad to say that several of you have asked, what does it take? What it takes is just a few hours a month, a little understanding from your students, and your existing professional skills that you already use to promote your program, network with your community partners, and organize your classroom. Mostly, it takes a heart that believes that

what HOSA offers your students is irreplaceable. Although my term is almost up, and, as with any project, I did not accomplish as much as I set out to, I cherish the friends, opportunities and fun I have had.

Do you have what it takes? If you love Cal-HOSA and what it does for your students, you do. If you have the HOSA Fever, you have what it takes. There are five positions open for the 2005-2007 term. If you would like more information or need an application, please contact Cal-HOSA Headquarters or Wendy Webb at [wwebb@avhs.net](mailto:wwebb@avhs.net).

# Chapter News

We are excited to share your chapter's news! Send articles, pictures or descriptions of what's happening with your chapter. Your chapter news can be sent to calhosa@cupomona.edu.

## **Ygnacio Valley HOSA Raises Money for Alzheimer's**

BY CHRISTINE CHIEN  
*Ygnacio Valley High School*

Homecoming week was spirited, exciting, and stressful week. All the girls struggled to find dresses as well as a date for the big dance on the weekend. All the football players practiced harder for the 'big game' and the campus came alive with activities to show their spirit. It was a perfect time for our 'Angels for Alzheimer's' donation event. HOSA students made halos out of blue and gold garland and ribbon. These colorful, school color halos sell for \$1.00. On Friday at lunch and at the game, we sold over 300. It was a great spirited way to raise money for Alzheimer's



On November 4, 2004, our chapter organized a 'memory walk'. We made signs and walked for family members and friends who have been affected by this devastating disease. We walked to Kaiser Permanente, Shadelands and raised \$253.00. Even though it was raining, the team was determined to complete the walk. Actually we did not care one bit about the rain; it was easily forgotten because we knew it would be a memorable day for a very worthwhile cause.

After the holiday break, on January 5th, an Alzheimer's Association representative came to our school to accept our donation of \$553.00. The representative spent time with us, talking about the history, etiology, and treatments now available for Alzheimer's patients and their families.

We are planning another 'memory walk' in the spring. I can definitely say that it felt good to be a part of this community service project.

## **Ygnacio Valley HOSA Helps Spread Cancer Awareness**

BY GABRIELLE BROWN-WING  
*Ygnacio Valley High School*

The morning of January 12th, 2005 found the Ygnacio Valley High School campus plastered with hand-lettered signs bearing anti-smoking slogans; "Teens Kick Ash", "Let the Tobacco Industry Die, Not You", "Smoking isn't Joking", "Smoking's Really Attractive- If You Like Wrinkles". The signs blared to passing students and staff, many of whom were sporting stickers and bright yellow 'Livestrong' bracelets.

Those responsible for the wave of anti-smoking publicity headed to class, sat down, and waited for Mrs. Gower to begin lecture. They were Health Academy students and members of Ygnacio Valley's HOSA chapter. The posters, stickers, and bracelets were part of a year-long project to support cancer research and raise awareness.

Students worked long hours during lunch and after school to put on the many activities. 'Livestrong' bracelets were sold and the proceeds given to the American Cancer Society. Representative, Heather Deiss, who had given us the stickers and educational pamphlets, came on January 12th to join in the campaign and accept a check for \$350.00.

The posters remained up for several weeks. Stickers crying 'Kiss me I don't Smoke' were found stuck to notebooks and backpacks. We hope that our student body and staff got the message- Cancer is a Cure for Smoking!

## **"HELP US": Tsunami Victims**

Ygnacio Valley HOSA Answers the Cry  
BY GAUEN CHOI  
*Ygnacio Valley High School*

One of the most powerful earthquakes in history hit Asia on December 26, 2004, unleashing a tsunami which devastated coastal areas of Sri Lanka, India, Indonesia and Thailand. While we were home celebrating the holiday break, many people were crying out for help from our country. The Ygnacio Valley HOSA chapter took up the challenge to help these poor victims.

Our chapter arranged a 'Change to Bring About Change' for Tsunami victims. We decorated boxes and placed them in 9 math classrooms. After one week of collecting we gathered up the boxes and counted the money. Students of Ygnacio Valley High School were very generous. We raised \$1026.09. The money will be donated to the American Red Cross. Our thoughts and prayers are with the people who have been touched by this disaster.

## **Carols by Candlelight**

A Musical Volunteer Experience  
BY MARCELA HASBUN  
*Ygnacio Valley High School*

The week before school let out for winter break, Ygnacio Valley HOSA students volunteered for the school's annual musical show, Carols by Candlelight. The show took place on December 13 and 14, 2004. The choral program is directed by Mr. Carter and he depends on our volunteer services to assist with serving and seating the audience. It was a fun experience and didn't really seem like work.

Each night we came by 6:30, dressed in HOSA attire and helped people to their seats, serve drinks and cookies, and clean up after the show. During the show, we were able to find a seat and enjoy the performance.



The show was magnificent. Our school has many talented students. It was a wonderful time to share with family and friends. It certainly got us into the holiday spirit. I have to admit that the clean-up was long and hard work, but we all knew that we were helping to make the show a success. I am looking forward to next year's show and I plan to volunteer again.

# State Leadership Conference Information

## Conference Tips and Tricks



BY MARIBEL HERMOSILLO  
*Region 2 Vice President*

It's Spring, and you know what that means.....The State Leadership Conference is right around the corner. That means you need to start thinking about what events you are going to sign up for. It is very important to know what event you are going to be participating in, so you can get right to work and start studying. Another thing to think about is "How we can make SLC affordable?" The key here is fundraising and lots of it. Here are some tips and trick that might help you in getting ready for the State Leadership Conference.

### Categories I and II: Health Occupations and Skill Events

First and foremost, study hard! Gather all the material once you know what event you're competing in. Remember that you will be going up against a lot of competition. Be willing to give it your all and keep in mind that time is very important. You need to find and take the time to study. Practice all you can and even have some one quiz you. You can get all your information off the Cal-HOSA website in Section B. Finally, don't forget to BE MOTIVATED!

### Category III: Individual Leadership Events

It's important to be determined, be motivated, and practice, practice, practice. Give it your all! Be prepared, have a positive attitude and don't forget to study hard!

### Category IV: Team Leadership Events

Make sure you have a hard working team. Don't forget that if one member fails, you all fail. Therefore, work as a team – not as individuals. Be a team player, be motivated, and be prepared by gathering all the materials you'll need. Have fun!

### Category V: Recognition

The more you set the more you get! Have all you materials ready to go and don't forget to be positive.

### Chapter Fundraising Ideas

Sell cookie dough, candy, halos, sponsor a car wash, set up a lemonade stand, distribute a catalog, or start a pizza sale.

When choosing an event you need to remember that you're only able to compete in one event for categories I and II and one event from categories III and IV. But you can compete in as many events in category V as you want and can qualify for. Hopefully these tips can come in handy while getting ready for the State Leadership Conference and we'll see you in Irvine!

## What is there to do in Irvine?

BY CARLOS SALAZAR  
*At-Large Representative*



"What is there to do in my free time at the State Conference," you ask? Well, there is plenty to do in and out of the hotel. Remember you are in OC now and most of your officers are from here and they know their way around. The following is a list of many things for you to do; you can always get more information from the concierge desk as well.

If you are from the north, you should try some of our most beautiful beaches. Corona Del Mar in Newport Beach is only 8 miles away; Laguna Beach is 15 miles. If you don't have means of transportation there are many small shops in the area and some trendy places to eat close by. If you like miniature golf, bumper cars, arcade games and more, you can take a short walk over to Boomers Amusement Park. An All Day Play Pass (All Day Wristbands) is \$19.95. That's a deal you don't want to pass up. Hopefully you get a chance to catch that opportunity.

If you have the chance, try to visit one of world's best amusement parks. I know all of us want to catch this opportunity. Shuttles are available to take you to these magical theme parks. Disneyland resort prices are \$53 for a One Theme Park Ticket, or \$73 for the Park Hopper. Some other things you might find exciting are:

### Entertainment

AMC Theaters, ESPN Zone, House of Blues, Ralph Brennan's Jazz Kitchen, Y Arriba Y Arriba

### Restaurants

Catal, Compass Café, Haagen-Dazs, La Brea Bakery Café, Naples Ristornate e Pizzeria, Rainforest Café, Wetzel's® Pretzels, Uva Bar

### Shops

Basin, Compass Books, Department 56, Hoypoloi, Illuminations, Island Charters, LEGO, Imagination Center, Liquid Planet, Main-spring, Marceline's Confectionery, Petals, Sephora, Soliton, Something Silver, Starabilias, Tin Pan Alley, World of Disney

If that's not enough to keep you busy remember that you are staying at one of southern California's best hotels and trust us, there are many things to do there; including swimming, golfing, playing tennis, playing basketball and much more. I hope that you enjoy you stay and good luck with your competitions.

For more information visit  
[www.cal-hosa.org](http://www.cal-hosa.org)

# Spice Up Someone's Life - Part Two

BY CARRIE UNDERWOOD  
carrie@teamtri.com

It's usually during the Holiday Season that we really concentrate on family and friends. We search for the perfect gifts. We send Holiday cards to share our well wishes. We join each other in setting resolutions to be better people in the New Year. And, once the Holiday Season comes to a close (and the sales are over) we quickly return to the hustle and bustle of our everyday lives.

But why should we wait for one season of the year to give a gift or bring good cheer? It's our job to "season" and spice up people's lives all year! So in honor of counting down the 12 days of the Christmas Season, I submit for leaders 12 "seasons" to use in spicing up people's lives during all 12 months of the year.

## #7 Spice Up Your Outgoing Voice Mail Greeting

One out of six people in the world have a cell phone. You can imagine with a billion people making calls each day how many voice mails are generated. And I shudder to remember how many absolutely horrible, appalling, uncool voice mail greetings I have encountered.



Recently we received a request from a person to help them with their communication skills. When we called her back, here's the awful voice mail greeting we received:

"Hi, this is Alissa. I'm either not available or can't be bothered right now. Leave a message and if I feel like it, I'll call you back."

After hearing that message, we definitely came to the conclusion that she needed communication help! The key thing people forget about voice mail greetings is that they are extensions of your image, personality, and style. It's another opportunity to add some spice!

So now that we have an example of how to leave a bad voice mail greeting, let's talk about some ways you can spice up yours. Julia is a student we coach who challenges people not only to leave a message, but to "sing" and have a great day.

Our friend Byron Garrett gives us another great example. First, he freshens his greeting at least monthly. Second, he always leaves a new quote or leadership thought for the caller. Third, he's always pleasant and professional. Fourth, you feel like he's looking forward to returning your call.

## #8 Pay the Way

If you live in a part of the country where there are roads or bridges with tolls, pay the toll for the car behind you and ask the toll booth worker to tell the driver to "have a nice day." If you are going through a drive-thru to get a bite to eat, pay for the car behind you as well. Have the cashier tell the driver "the car in front of you told me to tell you there is such a thing as a free lunch—have an awesome day!"



## #9 Leave a Larger Than Usual Tip

My friend Tamara works for a well-known steakhouse. Whenever we talk, she always mentions a customer at work who left her a large tip—it makes her day. When you receive superb service and a waiter/waitress makes your meal—make their day. Leave a big tip.

My husband recently shared a school of thought when it comes to tipping. We all know that a tip for good service is usually fifteen percent. He said since most service is standard (not average) leave a standard tip of ten percent. Then mentally track your five percents. When someone gives you exceptional service, give them an exceptional tip of the accumulated five percents you've been saving. You might have a ten dollar bill and leave a thirty dollar tip. Now that's really making a difference!

## #10 Get Back to Basics

We live in such a fast paced world. It seems everyone has cell phones, daytimers, Palm Pilots, high speed Internet, and busy schedules. Sometimes we get so focused on our little bubbles that we forget that other people have worlds that are colliding with ours. In times like this, it's more important than ever to get back to some of the basics of kindness and etiquette. Here are some ways you can get back to basics and spice up someone's life at the same time:

- Hold the door open for someone else
- Let someone else cut in line
- If you borrow a car, fill it up with gas
- Mail a thank you note (not via email)
- Greet the cashier when checking out at a store
- Smile and say hello to a stranger
- Compliment someone's outfit or appearance
- Thank someone for being on time
- Simple everyday kindness speaks volumes about your character, and is a continuous way to add some season and spice.

## #11 Welcome a New Neighbor

We live in a mobile society. Whether it's a neighborhood or an apartment complex, it seems as though

there is always someone moving in or moving out. Because we're so busy it doesn't seem today's society is as friendly as it once. It used to be that everyone knew and looked out for everyone else on their block. Those days aren't too far gone—if you just take a little initiative to reach out and welcome your neighbors.

Friends of ours moved into a new house. During their first week in their new home and getting everything unpacked, their neighbor mowed their lawn for them (without being asked). It created a great way to meet and welcome the "new people" when they went over to thank their kind neighbor. A new friendship has begun.

Our friend Keith Hawkins and his wife Lori are wonderful neighbors. They've facilitated a tight community spirit where they live.

It started with a little note describing who they were and inviting everyone on their block to a party. It has now evolved into a once-a-month event where each neighbor takes turns hosting the others. They now live in a neighborhood where all look out for each other and genuinely care. And it all started with Keith and Lori opening their home to welcome others.



When's the last time you met your neighbors? How well do you know the folks around you? Take the time and a little initiative to welcome those who live nearest to your world.

## #12 Highlight the Success of Others

One way to add zest and season is highlighting people in your life who lead by example and make a difference. Write an article, letter, or poem; paint a billboard; start a web site... all dedicated to the good works and positive examples of others. The world could use some more good news!

Get ready for the  
**National  
Leadership  
Conference**  
June 22-25  
Opryland Hotel  
Nashville, Tennessee