

# *Synapse*

## **Mission Report: Operation Recognition**

Arizona HOSA- Future Health Professionals

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On behalf of Arizona HOSA, we hope that you all had wonderful and safe holidays! As the New Year begins, we wish prosperity to you all. The AzHOSA Holiday dinner included the AzHOSA Board of Directors, the State Officers and their families and advisors, Past State Officers and local CTE directors. The food was delicious and the children played a great Saran Wrap game! Everyone that attended brought an unwrapped children's gift for Toys for Tots. All these gifts were donated in the Phoenix area.



We are looking forward to jump into online testing as the dates are rapidly approaching. We wish each and every member the best of luck in each one of your events!

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## **Mission Report: Chapter Recognition**

### **Grant Award Helps Verrado HS HOSA Chapter Improve Their School**

by Harshpreet Kaur



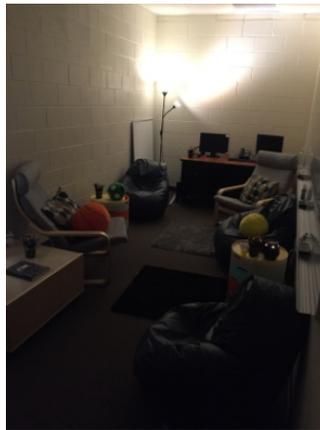
Last year, Verrado High School's HOSA chapter devoted their time to participate in competing for grants to better their high school. By working as a team, the chapter members were able to win a grand total of \$3,000 to make Verrado a healthier and happier school environment. The project HOSA decided to focus on was opening a mental health room on the campus to cope with stress, anxiety, and other mental disorders. The room was envisioned to incorporate therapy animals, and training teachers on how to talk and handle different student situations.

We are proud to say, we have accomplished and efficiently used the grant money to bring our vision for the school into reality. Over the summer, chapter members were motivated to have the mental health room running as the new school year began. By teaming up with our school psychologist, we were able to create a schedule for teachers to be in the room to assist any student in need. There are soothing bean bag chairs along with coloring books, a positive whiteboard, scented candles, and much

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more. The mental health room has been a project HOSA takes pride in each time the chapter sees it being put to use. Recently, we were interviewed by Adcap, which was organization the money was given from. They plan to use our story at future competitions so they can show how such a small group of people can make a difference in the school that would continue years after they are gone.

The mental health room has made our school a safer environment. Many students feel relieved knowing that there is a safe room for them to go to if they happen to experience any sort of panic attack. The HOSA chapter plans to improve our room taking advantage of any opportunity that comes our way.



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## **Mission Report: Past State Officer**



This month's past state officer is Martin Loehr!  
He served as the AzHOSA 2015-2016 Region 3 Vice President.

### **1. How did you first get involved in HOSA?**

I first got involved in HOSA my junior year of high school. I attended EVIT and took a Human Anatomy and Physiology course, and every health science program joins the HOSA organization! Though every health student was enrolled in HOSA, I chose to be an active member, and thank goodness I did, because it opened so many doors for me.

### **2. What sort of impact has HOSA had on your life?**

HOSA has had a HUGE impact on my life. Full disclosure, before I joined this wonderful organization I actually hated school. I often found myself asking "What's the point of all this? Why am I even here?" After joining HOSA, my eyes opened. I had a goal; a vision that I will be a future health professional. HOSA allowed me to get my priorities in order, and strive for success.

### **3. What's been your favorite experience in HOSA so far?**

Such a hard question to answer, for I have many great experiences that are at the top of my list! Attending my first FLEX Conference was eye-opening, becoming a state officer was life changing, and attending the Washington Leadership Academy was awesome. But if I am to choose my favorite HOSA memory, it would have to be running for National Office.

Running for National office this past summer in Nashville, Tennessee was very impacting. It challenged me both physically, and mentally. Even though I didn't get

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elected into office, I gave it my best shot and I'm so glad I tried. I've made many friends from across the nation while campaigning, and I've learned much from the National Executive Council during my time there. I truly became a stronger individual in doing so. That is my favorite HOSA experience... So far!



#### **4. What are your current career goals?**

My current career goal is to become a Veterinarian! Science and animals are my passion, and combining the two seems like a dream career to me! I'm currently working as a Veterinary Technician at an animal hospital and I am loving it! Each day is different and challenging and I absolutely love it. Any day where I can help make a furry friend feel better is a good one. I'm only a sophomore in college majoring in Biology, so I have a long way to go to get my DVM (Doctor of Veterinary Medicine), but I've never been more determined to meet this goal.

#### **5. Do you think the skills you've learned in HOSA will benefit you in the future?**

Most definitely! The skills I learned through HOSA are helping me currently, in fact! Through HOSA, one of the most important skills I've learned is how to effectively communicate.

Working in the veterinary field (or any healthcare field) requires exceptional communication skills. Most people don't realize this, but as a veterinary technician, you spend most of your time talking, educating, and instructing pet owners. If something gets lost in translation, or if something gets miscommunicated while instructing a pet owner, things can turn drastic, even deadly. An owner not understanding medication dosing instructions and accidentally overdosing their cat for example. It's a mistake that can be easily be avoided by good communication.

HOSA has allowed me to hone my speaking skills through the years. Be it through competing in the "Research Persuasive Speaking" competition at the Spring and

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International Leadership Conferences, attending educational symposiums at FLEX about effective communication, or taking the "Secrets to Exceptional Speaking" course as a State Officer. Without the lessons I learned through HOSA, I wouldn't be where I am today.



## **Mission Report: Parli Pro Tips**

By Gregory Carnesi, AzHOSA Parliamentarian

Happy New Year Arizona HOSA members! This is your Parliamentarian Gregory Carnesi here for the first edition of Parli Pro Tips in 2017! In the past we've covered many types of motions, both main and secondary. After a motion has been made and debated it is voted on by the assembly. Different motions use different types of votes, which is what we'll be covering today. With that said, I call this edition to order!



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To begin, there are different ways to vote, being by voice, standing, showing hands, or counting. The typical method of voting is by voice, with the vote being determined by the “ayes” or the “nos.” Standing votes are situational, mainly being used for two-thirds votes, or when the chair or a member is unsure of the result of a voice vote. A member can call for a standing vote without recognition by calling out, “Division!” after a voice vote. When voting by standing or show of hands the chair determines what side has the majority without actually counting. If the chair is unsure of a result, or expects a vote to be close, they can call for a counted vote. A counted vote is a standing vote with the chair counting the votes for each side.

Most motions require a majority vote, which is a majority of the members who vote, excluding abstentions and blanks. This is different from a plurality vote, which is the largest number of votes when voting between multiple options.

Other motions, such as the previously covered motions to alter the rules of debate and the previous question require a two-thirds vote. Similar to a majority vote, a two-thirds vote is two-thirds of those members who do vote, excluding abstentions and blanks. A two-thirds vote should always be taken by standing vote, and never voice vote.

If the assembly is in agreement over the passing of a motion, then the motion can be passed by unanimous consent as opposed to a vote. Using unanimous consent, the assembly can pass a motion without having to state the question and put it to a vote. To use unanimous consent, the chair can ask “is there any objection to this motion?” If no member calls out “I object,” then the motion is instantly carried or passed. If a member does call out, “I object,” then the chair must state the question and follow to complete process for handling a motion. I highly suggest utilizing unanimous consent in your meetings to use your time as efficiently as possible.

All members have a right to vote, even if they haven’t paid club dues. However, a member’s voting rights can be suspended if they abuse them. Members should not vote on a motion in which they have personal interests, but are not required to abstain. Unlike members, the chairperson cannot vote in most cases. This is so that they can maintain impartiality and ensure that members feel equal regardless of which side they’re on. The chair can only vote if the vote is by ballot or if their vote will change the result of a vote in the event of a tie.

As you can see, there are many different ways and types of votes. In most cases though, you’ll simply be using a majority vote by voice to pass your motions (or unanimous consent if you want to be efficient). There is one more way to vote, being by ballot. However, we’ll be covering that alongside officer elections in the next edition of Parli Pro Tips! Until then!