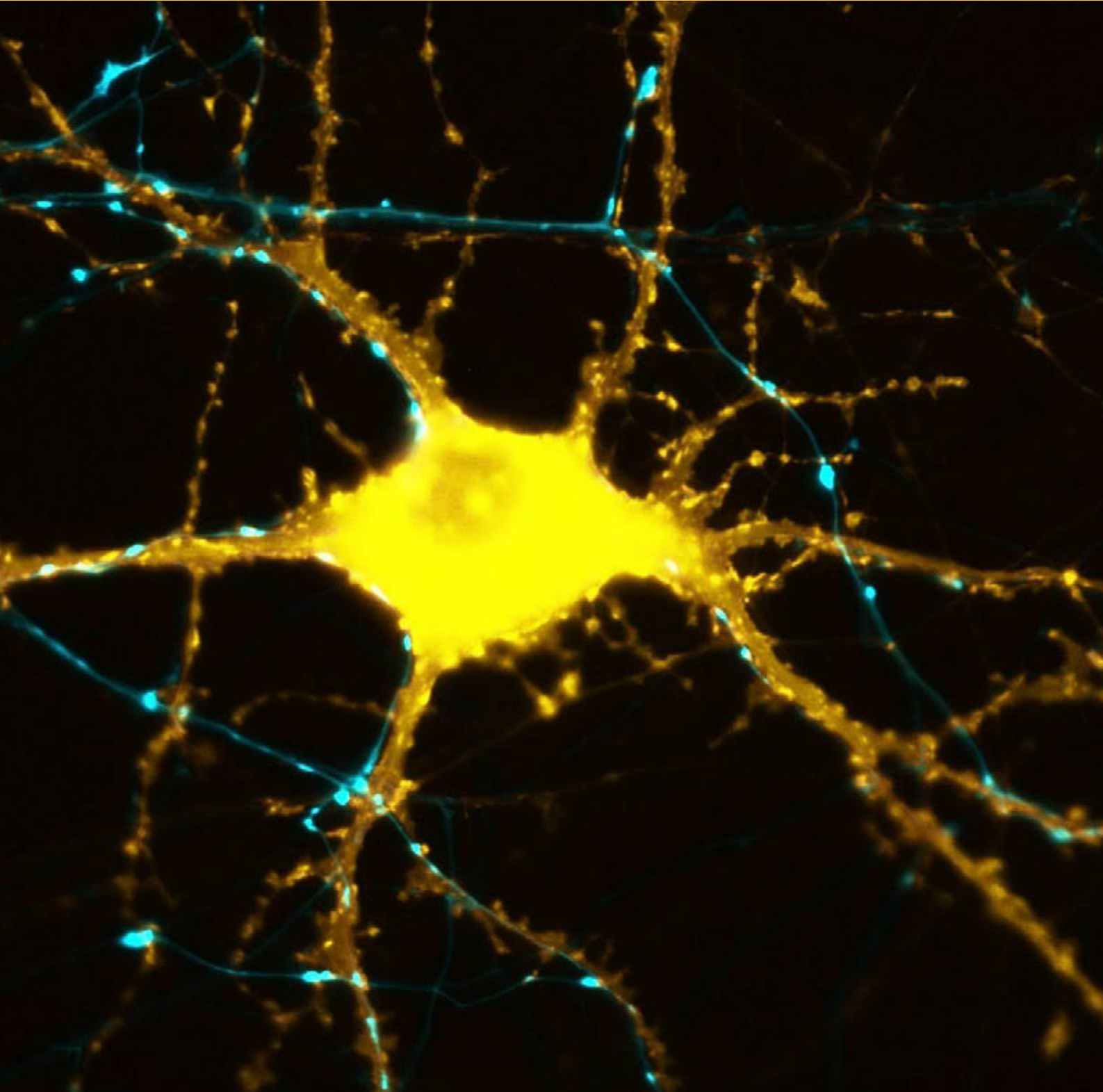


# ARIZONA HOSA SYNAPSE

VOLUME 9 ISSUE 9



## Interested in what is new in HOSA this month and upcoming month?



Arizona HOSA is happy to introduce to you our new state advisor, Mr. Aden Ramirez! Mr. Ramirez is very passionate about HOSA and all the opportunities that it offers! Recently, he has worked with Nevada and Oregon HOSA, acting as their state advisor and state officer coach. However, his HOSA journey began nearly a decade ago when he was an

Arizona HOSA state officer. Mr. Ramirez served two consecutive terms as Vice President, and following his terms, he attended Northern Arizona University to study sports medicine. Mr. Ramirez looks forward to getting reacquainted with AzHOSA advisors and members! If you have any questions for him, please feel free to email him at [aden.ramirez@azed.gov](mailto:aden.ramirez@azed.gov)

## FLEX Webinar

Want to know all the latest information about the upcoming Fall Leadership Extravaganza (FLEX)? Then tune in to the Arizona HOSA Facebook page for the October Webinar! On October 20th from 4-6pm your state officers (Gregory Carnesi, Alexandra Rolfness, and Ryan O'Hara) will be covering topics such as what to bring to FLEX, what to expect once you arrive, and all of the coolest workshops and attractions! Make sure to tune in!  
*anim id est laborum.*

## Competitive Event Video Contest

**Your Arizona HOSA state officers are excited to announce our first Competitive Event Video Contest!**

With so many different competitive events offered, it can be challenging to choose what to compete in. Your state officer team hopes that this competition will make that decision process easier. Should your chapter decide to participate, you may choose one or more competitive events to create a video about. Each submission should explain how a chosen competitive event runs and summarize the online event guidelines in an informative and engaging video; make sure to get creative! The chapter that creates the best video will be given front section seats at both the opening and closing sessions of this year's Spring Leadership Conference! Please do not hesitate to contact a state officer at <http://azhosa.org/wordpress/governance-2/student-executive-council/2017-2018-state-officers/> if you have any questions!





## Upcoming Events

**October 16, 2017 Deadline for FLEX Registration**  
**November 1, 2017 All AzHOSA Chapters Required  
paperwork due**  
**November, 8, 2017 FLEX Conference, Phoenix, AZ**



# How can you get involved and help in HOSA this year?

## This Month's Symptoms of Success is about our National Service Project, NAMI

**A**s some of you might know, HOSA's National Service Project this year is the National Alliance on Mental Illness, or NAMI. As the school year starts to kick into gear, we would like to encourage you to get involved in any way you can! Now surely, you must be asking yourself, "how do I get involved with our National Service Project?" Well you're in luck, because here are 3 ways that you can get involved with NAMI!

### Participate in a NAMI Walk

Walks are an amazing way to raise awareness and a fun way to get active with your chapter! For those of you in the Phoenix area, NAMI is going to be having a walk at the State Capitol Grounds on the 21st starting at 8:30am. If you or your chapter is interested, you can register at [https://www.namiwalks.org/index.cfm?](https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=664)

[fuseaction=donorDrive.event&eventID=664](https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=664)

## Freeze or Pop the Stigma with these fundraisers

Raising money is one of the most direct ways to get involved, and fortunately there are already some great fundraising ideas for your chapter to use!

**To Freeze the Stigma, have students pay for popsicles, and challenge them to eat the popsicles as fast as possible!**

**To Pop the Stigma, have students pay for a balloon, which is then blown up and tied. Let the students write down a stigma that people with mental illness face, and then pop the balloon to eradicate it!**

Alongside these ideas, you can also hold your own fundraisers and events, including fair booths, bake sales, and any ideas that your chapter can come up with!

## Find your Local NAMI

# Symptoms of Success

Freeze and Pop the Stigma around Mental Illness in your School and share it on social media!



## Find your Local NAMI

Get in contact with the nearest NAMI organization to your chapter and see how you can help them. There are 10 different NAMI affiliates across the state, and they'd all be more than glad to hear from you! You could ask for ideas on awareness and

fundraising events, share your stories about mental illness, ask a member of NAMI to come speak to your chapter, and much more. Contact information for the state of Arizona can be found here: <https://www.nami.org/Local-NAMI?state=AZ>

Stigmafree

# Your state officers are constantly working to become better leaders for you, the members of Arizona HOSA!

**Y**our Arizona HOSA state officer team just finished attending the 11th annual Washington Leadership Academy (WLA) in our country's capital. Here they learned about the importance of emotional intelligence, networked with officers from all around the world, met with representatives of congress to discuss CTE funding and the importance of CTSOs, met with industry representatives, learned how to be better leaders for their state, and even heard from Deputy Surgeon General, RADM Sylvia Trent-Adams.

***"WLA is one of those life-changing experiences that you never forget. It really makes you appreciate the healthcare field, the advisors and mentors that help us along our journeys, and the organization that we are a part of. Between the networking, leadership trainings, and touring around D.C., it is really hard to believe that in such a short amount of time we can***

***learn so much. I'm so grateful that I was able to attend."***

Elizabeth Church, AzHOSA President

***"I think it was an amazing learning experience and WLA gave me so much to bring back to the Arizona HOSA members."***

Angelique Manriquez, AzHOSA Region 1 Vice President

***"It was an incredible opportunity to learn from such outstanding leaders!"***

Marissa Bower, AzHOSA Region 2 Vice President

***"WLA was an amazing experience. I loved networking with other state officers, learning about different leadership strategies and having the opportunity to advocate for CTE programs while talking to members of Congress. It was an incredible journey that I will always take with***

***me and I am so thankful I was able to attend."***

Kaylyn Petersen, AzHOSA Region 4 Vice President

***"It was an amazing opportunity to learn and network with other leaders across the nation."***

Gregory Carnesi, AzHOSA Secretary

***"WLA was an amazing experience where I learned more about leadership while being surrounded by other inspiring state and international officers and professionals from the healthcare field. I can't wait to bring back what I learned to Arizona HOSA!"***

Alexandra Rolfness, AzHOSA Historian/Reporter

***"WLA gave me the amazing opportunity to network with other state officers and learn more about becoming a better leader."***

Ryan O'Hara, AzHOSA Parliamentarian





Thank you Queen  
Creek HOSA for being  
the first ever local  
chapter from Arizona  
to attend the  
Washington  
Leadership Academy!

# PAST STATE OFFICER INTERVIEW:

## Meet the 2015-2016 State Secretary, Rachel Campbell

### **What was your position during your term as an AzHOSA State Officer, and what were your responsibilities?**

I was the Secretary during my term as an AzHOSA State Officer. My responsibilities included keeping detailed notes of all meetings, preparing the minutes for Spring Leadership Conference, and overall working with the team to facilitate conferences and to guide our members through the organization.

### **Why did you join HOSA?**

Initially, I joined HOSA because my best friend did, but it quickly became something I aspired to maximize my involvement in. Eventually, I realized I joined because it was the jump-start I needed to become a health professional.

### **What was your favorite thing about HOSA?**

My favorite thing about HOSA was the vast amount of opportunity available to every

single member across the nation and the world. It was incredible! I could travel, meet renowned professionals, receive scholarships, and network with people from all over the globe (Plus more, too!).

### **Why did you want to run for state office?**

I tended to stick to my shell throughout high school, but HOSA was the one thing that I let myself open up to. I developed such a passion for it. My advisor at the time encouraged me to run for state office. At first, I was reluctant. I was terrified to run! Speaking in front of who knows how many people? No, thank you! Eventually, I gave in because I craved to serve HOSA to the maximum, no matter how far out of my comfort zone I had to go. It was a very humbling process, and I am extremely grateful for the support system I had throughout it and for the opportunity overall.

### **What is your favorite**

### **HOSA memory?**

My favorite HOSA memory... There are too many to count! But if I had to pick, I think I would say my first time at Nationals. It was in Orlando, which was my favorite location! We had just come out of opening session and everyone was feeling energetic, most notably the Puerto Rico Chapter. They were playing instruments and singing and laughing-- they were totally carefree! It was such an honor to meet all of them, so we asked if we could trade pins. Their pin was a frog native to Puerto Rico, and I still have it after 4 years! It was so inspiring and refreshing to be exposed to such positive and enthusiastic attitudes.

### **What do you do outside of HOSA?**

Outside of HOSA, I focus mostly on classes and grades. A couple hours each week, I am a volunteer for the Steele Innovative Nursing Center at the College of Nursing, and I am



"My favorite thing about HOSA was the vast amount of opportunity available to every single member across the nation and the world"



am also a part of the club PAIN-- Professional Associations in Nursing. When I get the chance, I really enjoy spending time with my family and dogs in Prescott Valley.

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

My current career goal is to be a Registered Nurse. This might change once I get through Nursing School, but at this moment I want to work in the ICU or in dialysis.

### **How has HOSA helped you?**

HOSA has helped me in countless ways, but one thing I took away that I think helped the most was learning to have confidence with humility when serving others. I always lacked in confidence, but HOSA taught me that it's crucial to be confident in yourself and in others. However, there's a silver lining between confidence and pride, and the difference is humility. After attending the crazy large conferences, I was so humbled

by the amount of people considering a career in a health profession. I'm not the only one! But this also gave me confidence in myself to achieve my goals because there are thousands of others that are giving it their all, too. HOSA was my first inspiration to go to nursing school!

### **What is something not a lot of people know about you?**

A lot of people may not know that I have a deep obsession for Dachshunds!

### **What would you say to someone who is considering running for state office?**

I would say DO IT! I would also say make sure you're ready to commit yourself to the organization and its members. Go at it with the most positive and encouraging attitude in everything you do because the members look to you to serve them. Stay humble, but never lose confidence!



# Hello Arizona HOSA, and welcome to this month's edition of **Parli Pro** With Ryan O!

I am still your state parliamentarian, Ryan O'Hara. This monthly series aims to teach each and every member the ins and outs of parliamentary procedure through short, easily understood articles. With that, I call this fourth session of "Parli Pro With Ryan O" to order!

## Previously on Parli Pro with Ryan O

*- Debate is used to describe discussion about the merits and shortcomings of a considered motion. There are many rules about debate, all of which make sure that all members are allowed to speak and everyone remains respectful of one another.*

*- A person must be recognized by the chair before speaking during debate.*

*- If a member wishes to end all debate on the current topic, they can move the previous question.*

Picture this. You're sitting through your fifth meeting regarding discussion about your HOSA chapter's planned field trip to the Moon, and no one is agreeing on anything. Everyone seems to disagree on every aspect of the motion, and no consensus can be reached. After thinking it over, you realize that the problem might be in the way the motion has been worded. If you could change the main motion, then everyone might finally be happy about the trip. But what do you have to do to change the way the main motion is worded?

## Make an amendment!

An **amendment** is used to change and/or modify the wording of a main motion currently up for debate. Above all else, it is imperative that amendments are clear and precise; they should state exactly where in the motion a change should be made as

being added or removed. In many cases, it is easiest if amendments are submitted to the chair in writing.

Amendments, just like all other types of motions, must be voted on before they are put into effect. It's important to note that the vote on an amendment does not decide whether or not the main motion being discussed will be adopted. A vote on an amendment decides whether or not the proposed change will be added to the main motion. After an amendment is voted upon, debate on the main motion continues. The main motion is still pending until the chair calls for a vote on the motion (as amended, if the amendment was adopted).

## There are two major rules to be aware of when making amendments:

they must be germane, and they follow the **settled rule**. We discussed germaneness in last month's article; if you make an amendment, it must be relevant to the main motion. If your main motion is about a bake sale, don't make an amendment about repainting your chapter's





second field trip to Mars. As such, you decide to amend the main motion.

After being recognized by the chair, you would stand and state "I move to insert the words 'and Mars' after 'Moon' and before 'next month.'" This is called an amendment to **insert words**, and is one of three possible amendment types. If your amendment is seconded, debate will be carried out (much like with any other motion, following the guidelines discussed in previous articles), before the chair puts the question and has everyone vote on the amendment.

As I mentioned previously, it is incredibly important that every step of the amendment process is clear and precise. When making a motion to amend, your wording should be exact, and explicitly state what you want to change. Similarly, in order to make sure members aren't confused by the amendment, the chair will always

## state the amendment, state the original main motion, and state the amended main motion

before carrying out a vote on an amendment. This makes certain that every member knows exactly what will be changed.

But let's say that you don't want to go to the Moon. Maybe the endless vacuum of space scares you. Maybe you're worried about aliens. Maybe you get space sick. Whatever the reason, you'd rather not leave Earth, but don't know what replacement field trip you'd like to take. This is where an amendment to **strike words** comes in.



An amendment to strike words, as the name would imply, is used to delete words from the main motion. The process to carry out this motion is exactly the same as the amendment to insert words; you receive recognition, state your

amendment - in this case, "I move to strike out the words 'to the Moon'" - receive a second, go through debate, and vote.

A third possibility: maybe you want to go to the Moon, but the field trip would fall on the same day as your SAT. As much as you don't want to go take a test at 8AM on a Saturday, you can't miss this test because college applications are almost due. In order to make sure you can still go on the field trip, you want to change the field trip's date from "next month" to November. In this, you would use the third type of amendment: an amendment to **strike out and insert words**.

This amendment, as you probably guessed, combines the previous two amendment types. You strike out words from the main motion, and insert new words. In this case, you would state: "I move to strike out the words 'next month' and insert the word 'November' after 'to the Moon.'" The regular motion process is carried out, and the amendment is either passed or dropped.

## In some cases, you may want to make amendments to larger chapter documents, such as bylaws.

This may require the addition or deletion of multiple paragraphs, instead of several words. Amendments are applicable here; the process to pass the amendment does not change, but larger chunks of



writing would be added or removed. The only notable change between an amendment of several words and an amendment of paragraphs is the motion to strike out and insert words, called a **substitute** when applied to paragraphs. When you move to substitute, you are moving to replace a paragraph or paragraphs in the main motion with one or more amended paragraphs.

**While the process remains the same, it is important to be aware of the terminology change.**

Now let's make things fun. Let's say that Lizzie has just moved to insert the words 'and Mars' after 'Moon' and before 'next month' into our original main motion, but you don't agree with her and wish to

amend her amendment. Enter **secondary amendments**. I'll go into secondary amendments a bit more in a later edition, as they can get very complicated very quickly, but - by using the terminology previously introduced - you can make wording amendments to the primary amendment. Note that you cannot make an amendment to secondary amendments, because no chair wants to deal with amendments to the amendment of the amendment!

If you want to keep things a bit simpler, the highly recommended path is to vote down an amendment you disagree with, and then propose a new primary amendment. Speaking from experience, amendments in amendments can get incredibly convoluted incredibly quickly.

That just about covers everything this month. With the school year up and running, it's highly likely that you'll find a need to use amendments in your HOSA meetings. Just remember the three types of amendments and the basic rules, and you should be set! Next month, we'll close out our discussion on the basics of a meeting by going over committees and a few more types of motions. I now adjourn this edition of "Parli Pro With Ryan O!"

## Enjoyed Chapter Leadership Camp?





# Fall Leadership Extravaganza

Have you heard of Fall Leadership Extravaganza? There will be educational symposiums, behind the scenes of an operating room, tips on how to run for state office, and so much more! You will get the opportunity to listen to an inspirational keynote speaker, and network with other HOSA members. The fun doesn't stop there! We will be attending a Suns basketball game with entry before general admission. There will be separate pricing to attend this activity. FLEX will be held November 8th at the Talking Stick Resort and Arena in downtown Phoenix. We cannot wait to see you there. If you still need to register be sure to do so at <http://azhosa.org/wordpress/events/flex-conference-11-8-2013/> by October 8th!

**There are no back packs or food allowed in the Talking Stick Resort. Please remind your students of this to facilitate entry to the Center. If you are interested in presenting at the FLEX conference, please fill out the Conference Presenter Form.**

## Arizona HOSA FLEX Conference

This year, Arizona HOSA, FCCLA, and FBLA will partner to bring our members the ultimate conference experience. Check out TRI Leadership's awesome leadership sessions, find new career opportunities, learn about HOSA competitive events and much, much more!

All HOSA sessions will be in the west building of the Phoenix Convention Center. At the Talking Stick Resort Arena.

Registration opens September 25 and closes October 16. Registration will be done through the National HOSA Registration System.

Registration for Members and Advisors is \$30.00, Chaperones have no cost, The optional Evening Activity, includes meal and Phoenix Suns ticket, is \$25.00 (Limited Availability). A 1:10 Ratio of adults to students is required.

## ARIZONA HOSA

AzHOSA#42

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