

The Synapse!

Volume 7, Issue 8
February 5, 2016

Arizona's Top Parli Tips



Hello my fellow HOSA members! Welcome to another A.T.P. article. This month's addition is for all you parliamentarians out there: Arizona's Top Parli Pro Tips.

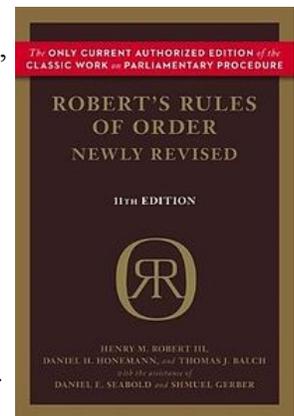
Parliamentary procedure wasn't always called exactly that, and was naturally used in if not all than most politics. This amazing thing called Parliamentary Procedure is the tradition of rules and customs that has grown in our world to keep the proficiency of meetings and politics orderly and mature. Without rules or customs in a formal meeting nothing would ever truly be decided upon or discussed. Henry Martin Robert, a brigadier general in the army, developed and wrote *Robert's Rules of Order* in 1876 after retiring. Robert was a self-taught student when he created the book we now use for Parliamentary Procedure. When the book was first published it was 176 pages that became incredibly popular in the meeting setting. Since then the book has been revised and extended as well as put in brief. Many organizations use *Robert's Rules of Order Newly Revised: In Brief* because it is a condensed version of the full book making it easier to understand, especially for young aspiring parliamentarians.

It's important to always use Robert's Rules in a formal meeting setting, just like in HOSA, in order to get the most successful and efficient results at the end. If a meeting had no structure or rules the meeting would easily go off topic and at the end there would be no decisions made. For a student Parliamentary Procedure is beneficiary because it allows the student to get their voice heard. Everyone has an equal chance to speak their piece and cast their vote on an important decision within the organization. For example, in the 2014-2015 SLC Annual Business Meeting, each voting delegate had the chance to stand up and allow their Chapter's voice to be heard by the use of Parliamentary Procedure. It was no surprise that the HOSA members took advantage of that opportunity.

Now here's some easy tips to get your parli-pro super powers into action: when your team is meeting in order to make decisions it is called **deliberate assembly**, once in your meeting your president will be the **chairman**, or Madame/Mister Chair, unless the president is absent, then the vice president

Assumes the chair. When the meeting begins be sure to use the Standard Order of Business or, more in detail, the **Agenda**. When all initial business is taken care of, new motions can be made by the other members at the meeting by stating "**I move that...**" For a motion to be discussed it must be **seconded** and before discussion the chair will say "**It is moved and seconded that**" then repeat the motion. Each person may only debate on the same motion twice and when debate is over it comes to a vote. The chairman asks if the assembly is ready for the question and restates the motion. The Chair will then ask, "All those in favor say **aye**, all those opposed say **no**." The chair will then announce the vote by stating the 'ayes' or 'no's' have it; if the ayes have the most votes than the chairman will state "**The ayes have it, and the motion is adopted.**"

There you have it! The beginning tips to starting and performing a meeting with Parliamentary Procedure! It's not too hard, it just takes a little practice. I hope you all can gain the passion for Parliamentary Procedure that many others have around the world!



Past Sate Officer!

Hello Arizona HOSA members! This month's Past State Officer article is about Alyssa Turner, 2014-2015 Region 2 Vice President! Continue reading to hear about her story!

1. What was your position, during your term as a State Officer?

During my term in office, I served as the Region 2 Vice President for Arizona.

2. What were your responsibilities?

I represented high school students from the western half of the valley. This means that I participated in meetings with fellow state officers and discussed how we could implement plans that we thought would benefit the state organization as a whole.

3. What inspired you to go into HOSA?

I joined HOSA because I knew that I was interested in a career in healthcare, however I was intimidated by the number of people that were in the local chapter, and I rarely participated in any events throughout my first year. I would have to say that Mrs. Sheryl McCully and William Waidelich, influenced my participation by encouraging me to become more confident and teaching me that it is okay to be myself.

4. Why did you want to run for office?

I wanted to run for state office because I thought it would be a great opportunity to push myself out of my comfort zone. I also wanted to be able to meet and network with other HOSA members to learn about the different careers they were interested in and why.

5. How has HOSA changed your life?

HOSA has changed my life because I have made some of the best friends through state office. I also think that if it were not for HOSA, it would be much more difficult for me to be able to present in front of lecture halls at school. HOSA really changed the way that I view myself.

6. What is your favorite HOSA memory?

My favorite HOSA memory is probably the first time I stepped out onto the Suns' basketball court for FLEX. It was incredible to see all of the people there surrounding me and knowing that each and every one of the members has such a bright future ahead of them. It was so inspiring and just unlike anything I have ever experienced.



Past Sate Officer!



7. What would you say to a new member hoping to get involved with HOSA?

I would tell them that if they have any interest in the medical field, joining HOSA would be extremely beneficial in helping them understand and establish a greater idea of their dreams. Also, it is a great opportunity to meet new people and make lifelong friends. The best part about HOSA is that there is something different just waiting for EVERYONE!

8. What is something not many people know about you?

Many people probably do not know that I have an extreme love of tigers!

9. What was AzHOSA's theme when you were a State Officer?

The theme for my year was "Transform into a Health Hero!" The state officer team and I wanted to combine the Transformers with Superheroes as well as incorporate the fact that healthcare professionals are everyday heroes!

10. What made you want to go into the healthcare field?

In eighth grade, I decided I wanted to be an athletic trainer, but my dreams changed when I took the certified nursing assistant course, available from my local CTE program. I had the most wonderful, inspiring instructor, Mrs. McCully, who taught me what it means to be a nurse. It was my senior year of high school that I decided I wanted to pursue nursing as a career.

11. Are you currently working on any exciting projects?

If you consider nursing school a project (which I absolutely do), I would say it's a pretty exciting one!

12. What is your favorite thing about HOSA?

My favorite thing about HOSA is the wonderful people that make up the entire organization worldwide!



The Synapse!



Verrado HOSA

Grant Award Helps HOSA Chapter Make Their School Healthier and Happier!

by Savannah Neu

This past fall, Verrado High School's HOSA chapter devoted much of its time to competing for several different grants. The first was an event centered on making your school a healthier place through AdCap. Verrado brought a team of five students to the competition and collaborated to come up with two different ideas. The boys, Tanner Radloff and Daniel Rivera, drew up a plan to bring allergy awareness to the school, while the girls, Jenny Torres, Savannah Neu, and Harsh Dhaliwal, worked to help with the mental health of students. They focused on providing students with means to cope with stress, anxiety, and disorders, including creating a safe room, incorporating therapy animals, and training teachers on how to talk to and handle student situations. For their "Healthy Mind, Healthy Body" idea, they were awarded first place, a \$2,000 grant to jumpstart their plan, and the chance to compete further at the national level. Additionally, the boy's allergy idea made it into the top ten, so it was given \$1,000, too.

The second grant Verrado HOSA, specifically the students from the Rehab and Modalities class, applied for was the Dominos grant for spreading awareness of Celiac Disease and lactose intolerance. Their plan was to make sure that every high school student had a variety of foods to choose from, and that no one was left out. Verrado HOSA hoped to create a specific area in their school's cafeteria, known as the Snack Shack, that serves as a gluten and dairy free zone. This would provide students who struggle with diet restrictions with healthy, celiac-friendly meals, and also lactose-free options. They plan to use soy, almond and coconut milks as dairy alternatives in the Snack Shack. For this idea, a Verrado HOSA representative, Ayla Pehlic, and their chapter advisor, Nicole Sweer, traveled all the way to Ann Arbor, Michigan to the Domino's headquarters, where they won a \$3,000 grant.

All in all, for their bright ideas and dedication to making Verrado High School a healthier and happier place, Verrado HOSA managed to earn \$6,000 to change their school for the better.



