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## THE DAILY BUGLE HEADLINE: IT'S TIME FOR FLDA!

*By Rishab Talwani,  
State President*

As Autumn (the best season of the year, some would argue) rolls around, there's one VERY exciting thing that awaits us... Florida HOSA's Fall Leadership Development Academy (FLDA)! Aunt May once said, "I believe there's a hero in all of us." Well, Team 23 believes that there's not only a hero in all of us, but a leader, as well! We want to facilitate the growth of our members as leaders through hosting this year's FLDA. Through engaging and interactive workshops, you can expect to walk away feeling better equipped to utilize your leadership skills in your local chapter or region. In addition to the workshops, there will be lots of entertainment consisting of fun activities, engaging and dramatic skits, icebreakers, an Earth 2023 Field Day, and even a campfire! Finally, members from across the HOSA-verse will be able to network and make new lifelong friends; it's almost like the Spider Society within the Spider-Vers, except for HOSA members! Team 23 can't wait to welcome you to Camp Kulaqua to join us in expanding the web of healthcare as we travel across the HOSA-Verse at FLDA! We hope you walk away feeling like a leader who "Dares to Create" change and aims to inspire those around you! .

## OPEN IF YOU DARE FOR MORE

*State  
Officer  
Articles*

*Regional  
Articles*

*HOSA  
Week*

*HOSA  
Service  
Project*

*FLDA Info*





## 1...2...3...4, WE DECLARE A PENNY WAR!

*By Yashvi Purohit, State President-Elect*

Florida HOSA, get excited for another year of supporting HOSA's Premiere Service Project, **Be The Match!** Be The Match serves as a registry for the National Marrow Donor Program, which connects patients in need of bone marrow transplants to potential donors, saving many lives. So how does HOSA help? Penny Wars! Penny Wars is an interactive fundraiser in which regions collect different coins, some to gain points for their region and some to take away points from other regions. Each coin will have a different point value. Pennies are positive, and everything else is negative. One penny in a jar is worth one point, while cash or any other coins will give you negative points based on the cent amount: nickel = -5, dime = -10, quarter = -25, and 1 dollar = -100. At the State Leadership Conference, all the funds from each region will be placed in their own jars. Your job is to add as many pennies as possible to your region's jar, and as many other coins to other regions' jars! The region with the highest POINT-VALUE will be crowned the Penny Wars winner at SLC 2024! Every penny makes a difference. Remember Pennies = Positive; Everything else = Negative.



## THE WEB OF SCHOLARSHIP FUNDRAISING

*By Chloe Vong, State Southern V.P., Secondary*

Autumn has come, Florida HOSA members and advisors! Although it only gets a little chilly in the latter months of the year in Florida, thinking about the price of college sends a shiver down my spine! Just like many busy seniors this year, I am in the process of applying to colleges and for scholarships. Fortunately, the Florida HOSA Foundation offers scholarships to Florida HOSA seniors and post-secondary members planning to continue their education in a health science program at a Florida postsecondary institution.

This year, the application will be filled out using SurveyMonkey. You can access the application by going to the Florida HOSA website at [www.flhosa.org](http://www.flhosa.org), hovering over "Resources/Publications," and then "Scholarships." From there, you can view the Florida HOSA Foundation Scholarship Application Instructions, as well as information about the HOSA Scholarship sponsored by Global/National HOSA and their partners.

The Florida HOSA Foundation Scholarship application requires an official transcript, current grades, proof of membership, three letters of reference (including one from a HOSA Advisor), an activities summary of HOSA involvement, leadership activities, and community involvement, as well as a 350-750 word essay describing your chosen health career, occupational goals, personal goals, and other information such as financial need that may assist in the selection process. The application, in its entirety, is due on February 28, 2024 by 11:45 p.m. Eastern Time.

So, where does the money come from, you ask? We fundraise at the Fall Leadership Development Academy (FLDA)! At this year's FLDA, members are able to swing through different universes in the HOSA-verse with a passport to keep track of their experiences. For only \$3, members can have a limited-edition passport book with space to collect stamps from workshops, activities, and challenges to keep as a long-lasting memory.

Also, the highly anticipated Pet Pumpkin Palooza will be returning this year! At only \$4 for a small pumpkin or \$6 for a large pumpkin, these pet pumpkins are the perfect companion this fall! And last, but not least, this year's custom FLDA long sleeve t-shirt, designed by your own Team '23 State Officers, displays this year's FLDA theme and can be purchased for \$20! If you didn't pre-order the t-shirt, or the passport book or pumpkin, don't worry because limited quantities will be available for purchase on-site! It is first-come, first-serve, so make sure to bring cash with you to Camp Kulaqua! The money raised from these fundraisers at FLDA goes right back to you, Florida HOSA members, in the form of scholarships, so what are you waiting for? Don't lose out on getting an FLDA t-shirt, passport book, or pet pumpkin!



**"THERE ARE BIGGER THINGS HAPPENING HERE THAN ME AND YOU."**  
~ SPIDERMAN





## THAT'S A WLA-WRAP!

**By Trisha Sakamuri, State Northern V.P., Secondary**

A huge THANK YOU to all our Florida HOSA members! Because of you, our State Officer team had the honor of attending the Washington Leadership Academy hosted by Global/National HOSA in Washington D.C. this September! It was an amazing opportunity to learn more about ourselves, each other, leadership, and our beloved organization. We had the pleasure of meeting Jennifer McNelly and Jeff Koeninger as they coached us through the process of understanding our strengths and natural instincts in leadership situations, which allowed us to learn about who we are, how we can excel in our positions, and how we can foster the growth of our team as a whole. The next day, we were able to implement the skills that we learned at WLA, as we visited Capitol Hill and spoke to our representatives and legislative aides. While at WLA, we were also able to have some fun! As a team, we took a Twilight Tour to the memorials, visited the Smithsonian Natural Art Museum, and witnessed the changing of the guard at the Arlington Cemetery. WLA was an incredible experience we will never forget, and we are so thankful to our members, HOSA-Future Health Professionals, the International Executive Council, and the Florida HOSA staff for allowing us to attend!



Speaking of becoming leaders... it's almost time to start your application to become part of the 2024-2025 Florida HOSA State Officer team! In December, Florida HOSA will be releasing this year's State Officer application; it must be completed FULLY, postmarked, and mailed to the Florida HOSA State Office by the February 3rd, 2024 deadline in order to be considered! Late entries **will not** be considered. Once you submit an application and are approved to run by the State Office, be prepared to take a knowledge test, potentially complete an interview where you will be slated for a State Officer position, then attend a meet and greet. Additionally, all slated candidates will present a speech at the Business Session at SLC. Take it from me – it may seem daunting, but it's going to be okay! Don't stress; just prepare and practice!

Also! GET EXCITED, FLORIDA HOSA, because – for the first time EVER – we are hosting a State Officer Candidate Application Webinar for all of our members and advisors! If you are a member who has always dreamed of being a State Officer, or you've thought about running but don't know what being a State Officer entails and want to learn more, or you just have questions about the application itself, please join us on **December 6th, 2023 at 5pm via Zoom**. If you're an advisor and want more information on the State Officer Candidate Application process, please join us, as well! The Zoom link will be shared on our @flhosa Instagram page soon. To anyone interested in running, Team 23 wishes you the best of luck!

## HOW TO SPIN SUCCESS FOR COMPETITION

**By Ron Thomas, State Parliamentarian**



Hello, Florida HOSA! We are a few months into the school year, and you know what that means – competitive event preparation time! So, how can YOU get ready for your competitive event?

You might not even know where to start or what competitive event to choose, but have no fear, HOSA has you covered! Visit the Global/National HOSA website ([www.hosa.org](http://www.hosa.org)), hover over "Competition" and select "Competitive Event Useful Tools." From there, under "What Competitive Event is Right for You" you can watch a video or read a flow chart to determine the best competitive event for you!

You've selected your competitive event – great – but now what? How do you know what you need for your event or what to do to prepare? The answer is simple – guidelines, guidelines, guidelines! You can find the guidelines for each event on the Global/National HOSA website by hovering over "Competition" and selecting "Guidelines." From dress code, to study resources, to potential skills, to final scoring rubrics, everything you need to know about your event will be in your guidelines, so make sure to READ THEM FULLY! Also be sure to read through HOSA's General Rules and Regulations for competitive events so you know what is required of you as a competitor!

Once you've selected a competitive event and have memorized the guidelines, you're ready to start preparing to compete at your regional competitive events conference, then hopefully for SLC and ILC! I can't wait to see what you all **Dare to Create!**

**"YOU ARE MUCH STRONGER THAN  
YOU THINK YOU ARE. TRUST ME."  
~ SPIDERMAN**





ISSUE NO.1 | OCTOBER 2023

# SUNCOAST HOSA FALL '23



## MEMBER ONGOINGS!

At our Fall Leadership Conference, the question "What event are you doing?" came up a lot. With the new event's, American Red Cross Volunteer Service, Phlebotomy, and Respiratory Therapy, everyone's eager to learn more about them.

Currently at Middleton High School and Strawberry Crest High School, some of the more popular ones are Public Health, Health Education, and Public Service Announcement!

The process of selecting events is essential as it can shape a student's HOSA experience and future career aspirations.

## UPCOMING EVENTS:



-Our schools are preparing to go to FLDA and learn more about new things for HOSA, including the new events.

-WLC is not too far! 2 more months! Our officer team is starting preparations and are so excited!

## FALL LEADERSHIP CONFERENCE

September 29th 2023, SUNCOAST HOSA held our Fall Leadership Conference, in which our region elected our officers for this school year at the Rusty Pelican. Candidates campaigned and introduced themselves to our members, later proceeded to induction.





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# TREASURE COAST UPDATE

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## Hello there, Florida HOSA!

There are so many activities going on in our Treasure Coast region!

Last year, our treasure coast regional officers were able to visit some schools within our region and promote HOSA. These chapter visits encouraged more people to join HOSA, choose their competitions, and provide some background information on what HOSA is and upcoming events. The schools visited included, Lake Worth High School, SLAM! Palm Beach High School, Independence Middle School, West Boca Raton High School, Woodlands Middle, and Jupiter Middle School. Each regional officer was allowed to visit a school and introduce HOSA.

At John I Leonard High School, there has been a huge event going on and it involves lots of pennies! John I Leonard has been doing Penny Wars! Their advisor, Tania Martinez, and their HOSA chapter officers came up with the idea to collect pennies for HOSA's National Service Project, Be The Match! They have been collecting pennies every Friday during both lunches, to help raise money for Be The Match, and help the Treasure Coast Region win this year at States! Creative work, John I. Leonard, and an amazing idea!



## We also have some events for our region!

Our FLC (Fall Leadership Conference) occurred on October, 26th, 2023 at John I Leonard High School. This is where we elected our new regional officers, voted on a t-shirt design, discussed Be The Match, and reviewed some HOSA rules and regulations.

## Attention!!!

FLDA Camp is also coming up!

The deadline to register for camp was October 13th. Can't wait to see everyone there!





HOSA CHAPTERS ARE SAVING LIVES!

As the PREMIER Service Project Partner of HOSA, Be The Match is thrilled to welcome you to an exciting new year with easy ways your chapter can save lives. Start collecting your pennies and loose change for Penny Wars at the SLC!

Register & download the 2023-2024 syllabus today at: BeTheMatchHosa.org

NEW! Monthly Webinars!

"YOU CAN'T THINK ABOUT SAVING THE WORLD. YOU HAVE TO THINK ABOUT SAVING ONE PERSON."

~ SPIDERMAN



HOSA Week

November 5 - 11, 2023 (or whenever your chapter designates!)

HOSA Week is a time for HOSA members to get out into the community and provide services, inform about opportunities in health care, show appreciation to health professionals and promote HOSA! While the first full week in November is usually designated as HOSA Week, chapters can select any week to be HOSA Week for their school. For activity ideas, follow this link to the National HOSA webpage:

<http://www.hosa.org/hosa-week-ideas/>



HOSA eMagazine FALL 2023

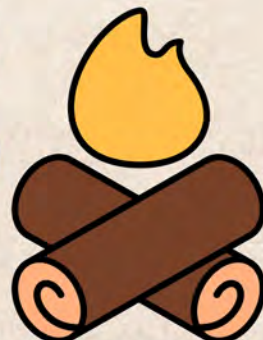
The HOSA eMagazine shares news and updates from HOSA-Future Health Professionals, HOSA Chartered Associations, Local Chapters, HOSA members and alumni, as well as health industry and career and technical education news.

The HOSA eMagazine is published three times a year, in the Fall, Winter, and Spring! We encourage all HOSA chapters and members to share their stories with us.

Check out the latest FALL 2023 edition at <https://hosa.org/hosa-emagazine/>.

FLDA 2023

CAMP KULAQUA



NOVEMBER 17th - 19th

This is a camp; please dress casually. Nice jeans (no rips or holes) and shorts are permitted; however, shorts must be no shorter than two inches above the knee. Please keep in mind that the facility is caffeine-free, but you may bring your own coffee, if you wish. Suggested Items to bring with you:

- >>Jacket and warm clothing (It can get cold during FLDA!)
- >>Alarm clock
- >>Comfortable walking shoes
- >>Flashlight
- >>Insect repellent
- >>Sunscreen
- >>Umbrella
- >>Cash for the Foundation Scholarship Fundraisers & HOSA Boutique

Limited supplies of the FLDA 2023 student passport book (NEW), Pet Pumpkins, and commemorative Long Sleeve t-shirt will be available at registration check-in.

(All proceeds will go towards the Florida HOSA Foundation Scholarship)





W L A



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