

# FALL NEWSLETTER

DECEMBER



2025



# WLA RECAP

State Community Service Rep Nicholas Debowey

WLA was a great experience learning how to be a leader. We got to go around and talk to other officers from different states, and even the International Officers, who all gave amazing advice on how to be better guides. Learning about how to be a leader was great, but seeing the sights of DC was fun. The museums and monuments were all so cool to look at. We got a lot of work done as we planned, we FLC, and got ready to meet some representatives of the Senators. Overall all it was fun being in DC and learning how to be a good teammate and guide to our members.

## MEMBER SPOTLIGHT

Kendall O  
Grand Forks Red River

Kendall exceeded expectations of her chapter by putting an exemplary amount of work into the red river bake sale. She continues her hard work outside of the bake sale as well. She always looks for something she can do to help her community.



## CHAPTER SPOTLIGHT

Legacy High School - Blood Drive and Mental Health Event

In September, Legacy hosted a Mental Health awareness event for students. They had dogs from Central Dakota Humane Society and had students be able to pet the dogs.

In October, they had a halloween blood drive. They collected 28 units of blood which will go to 84 area patients.





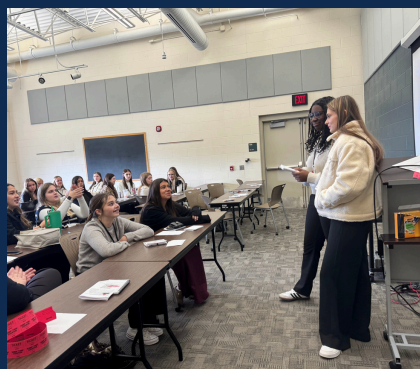
# Fall Leadership Conference Recap

## OCTOBER 20TH IN JAMESTOWN



Thank You to Our Sponsors, Breakout Sessions, and Keynote Speakers!

University of Jamestown  
UJ Nursing  
Jamestown Regional Medical Center  
Vitalant  
Mike Delfs - CEO JPMC  
Alyson Leas - UJ Admissions  
Crosses for Cameron  
HOSA State Team

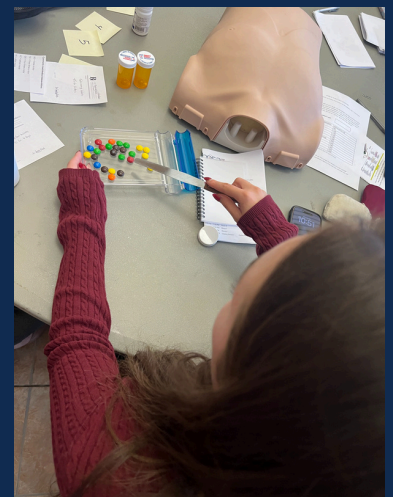


### New Chapter Shoutout

Central Cass

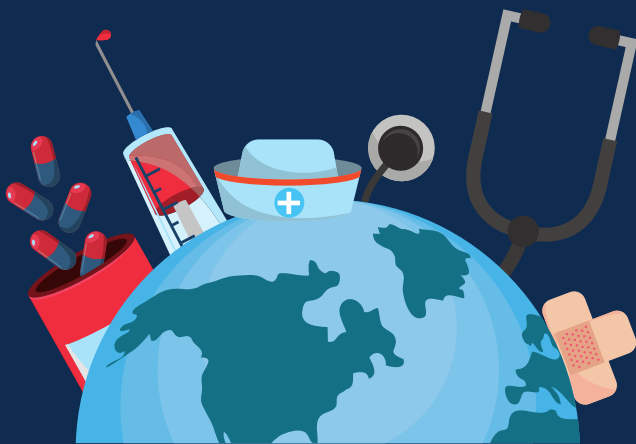
Mayport-CG

Bismarck State College



# T-Shirt/Pin Design Contest

1. Design should include "North Dakota Hosa" - May Include HOSA theme or North Dakota Motif.
2. Design can be digital or hand drawn, but in the end must be submitted in PDF format
3. Theme representing North Dakota and Healthcare is Preferred
4. Submissions must be made to [ndhosa@mayville.edu](mailto:ndhosa@mayville.edu)



**MEMBERSHIP**  
**829**  
**As of 11/24**

## 01 DISCUSS

- Tell your advisor(s) and your parents/guardians that you would like to run! They are your biggest support system!
- Reach out with any questions!

## 02 FILL OUT THE APP

If it is a good fit for you, fill out the state officer application booklet which will be updated online in early December. Applications are due in January.

## 03 INTERVIEW

- If you are selected from the candidates who submit their booklet, you will have an interview with Brandy (State Advisor), Kyan (State Officer Coach), The region coordinators of AHEC, and members of the HOSA Board of Directors

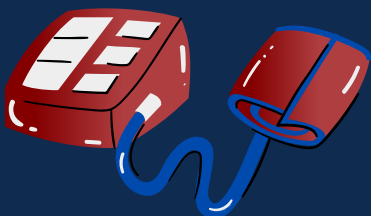
## 04 SLC

- If selected from the interview group, you will have a chance to speak at SLC.
- Build on your platform and acquire as many votes as possible!

# BECOMING A STATE OFFICER

## 05 STATE OFFICER

As a state officer, you are required to attend all meetings and conferences. There is an additional conference called WLA in Washington D.C. and a leadership training with the other CTSO's in Bismarck in June.





# HOSA ALUMNI NETWORK

Want to stay involved in HOSA after you graduate?

## Join the HOSA Alumni Network!

- be a mentor to current students
- volunteer at competitions to give back
- join the network
- maintain your HOSA membership throughout your life
- unlock a diverse range of new opportunities

Google HOSA - Alumni to fill  
out the *FREE registration*

## HOSA WORDSEARCH

N L U X C C T E E V E N T S A G J O X W F D K Z Q E V N G W  
H U B R U O H I Q C U V E M I D F S I M Q L E A D J P A Z B  
H N U C E Q F A R H S C U D E M S N S V A P H P O M T M Q T  
X F H U Y O O Y M R O C H Y X S N Q E X M O I E J Z P D P H  
U V D K P Q V K K P E L O Q V Q X G E Y B M F X A Y J F Q Y  
T X A K K M A E V L I G G I B O N C T T Y M X F L L Q H W E  
O T W J W Y J K C I T O S Z B J H L U E B G Z M H N T X J E  
Q V S H N T I W O G G H N G I F U J N U J X G X S G Q H A X  
L S Q E G E N J M I A O V S X N S W T Z B A D V O C A T E S  
U W O Y K A N A P L C V M R F P S E Z J S S T N B C I F W H  
Y Y P A J M O H E C T W O W U G H P R X X Z R X U A O L N Y  
S H D B H W V O T M Y M B B U I C Z I V D I Z M I X O V U T  
P R V P O O A S E V G D U N I Y X H F R I D K Z S A J S U H  
K N C X W R T A T R O R D L D V Z H N B E C V C C C A N P W  
I H T R C K I G I A O Y V Z L R S F F K E J E D Q K A B L F  
R Z C I G B O E V T L U B I N T E B U E V F I F T Y K G C E  
U A O C L U N J E E M G X C N Y J D T Y O D D X U Y Q P N U  
L E Z P H R T V S L H P C V L U Z Y U F S M C H A N G E Z D  
Q I I L E A R N I N G Z P N Q L I J R G N H G M A T G O O D  
N A Q N F Q Y P V H Q Y K M K L Q F E Z M N V S X K M A K V

Competitive  
Innovation  
Champions  
Fifty  
Advocate  
Learning  
Teamwork  
Lead  
Inspire  
Service  
Future  
Change  
Health  
Events  
HOSA



## Upcoming Events:

- **ND Pin/Shirt design - due by January 27th**
- **State Officer Applications - due by January 27th**
- **STATE LEADERSHIP CONFERENCE**

**Grand Forks, ND**

**March 22nd - 24th**

**Registration: December 15th - January 27th**

**Online Testing Window: February 2nd-20th**

**[www.ndhosa.org](http://www.ndhosa.org)**