



HANDS ON LEADERSHIP

Oregon Association of Student Councils Bimonthly Newsletter | October/November 2016

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Upcoming Events

- **Nov 5:** SEC Retreat/Executive Board Meeting
- **Nov. 5:** Pre-Conference with Phil Boyte
- **Nov. 6-7:** OASC Fall Conference
- **Nov. 18:** Winter Energizer Staff Apps Available
- **Dec. 1-4:** NASSCED Winter
- **Dec. 16:** Winter Energizer Staff Apps DUE
- **Dec. 16:** Camp Staff Apps Available
- **Jan. 6-7:** SEC Retreat
- **Jan. 8:** OASC Executive Board Meeting

"Look at the possibilities. A possibility is all you need to get started."

HARRIET TURK

SERVICE: BEING A POSITIVE EXAMPLE

by Alison Ford, OASC Executive Board Member

Service is a wonderful way to get involved in your community and give back. There are countless ways to get involved, and while it can be great on a personal level, it can also be incredibly rewarding to do as a group or team. It can even be a great team builder. There is always a need, so any level of service no matter how large and small adds value.

One of my favorite ways to give back is volunteering at the Oregon Food Bank. They have two different locations in the Portland Metro Area to volunteer, six days a week. But anyone can host a food or fund drive at any location in the state of Oregon. I've volunteered alone, as well as with a team,

and the experience is very rewarding, and fun! According to the Oregon Food Bank's website, one in five people are food insecure (being without access to a sufficient quantity of affordable, nutritious food). So the need is a great need in our state, and the Oregon Food Bank really helps fulfill that need in our communities.

Another great opportunity is serving at a local soup kitchen. I've often volunteered at Blanchet House in Downtown Portland, where they serve meals to those in need, three times a day, six days a week. My team at work volunteered one day and served lunch. Working together as a team, and discussing our experience

after, brought us all closer and more dedicated to making service something we do on a regular basis.

An important characteristic of being a leader, is setting a positive example in your community. There is no better way to lead by example, than with service. When I've organized groups to volunteer, I've always been overwhelmed with a positive response, and positive feedback after. I encourage all of our OASC leaders to find a way to help in the community with service this fall, and year-round. There are countless organizations, big and small, that are happy to have volunteers.

ALUMNI SPOTLIGHTS

OASC has many notable Alumni that we want to tell you about. Many of our alumni trace back their leadership roots to their days in their HS leadership classroom and attending OASC Events. Check out the OASC Blog to read more about our great Alumni!

Adam Slaton: Head of School Cap Cana, DR

Jennifer Hicks: Nurse Practitioner

Jason Wetzler: FFA National Officer

Hector Miranda: Blazer Cheerleader

Amy Nelson: President of Point West Credit Union

DID YOU KNOW?

You can read all OASC Newsletters online at **OASC.org!**

ALUMNI SPOTLIGHT: MICHELE PORTMANN

By Katie Beer

Editors Note: We thank Tony Fuller for nominating Michele Portmann as an OASC Alumni Spotlight. If you would like to nominate someone, please email Katie at Katie@oasc.org.



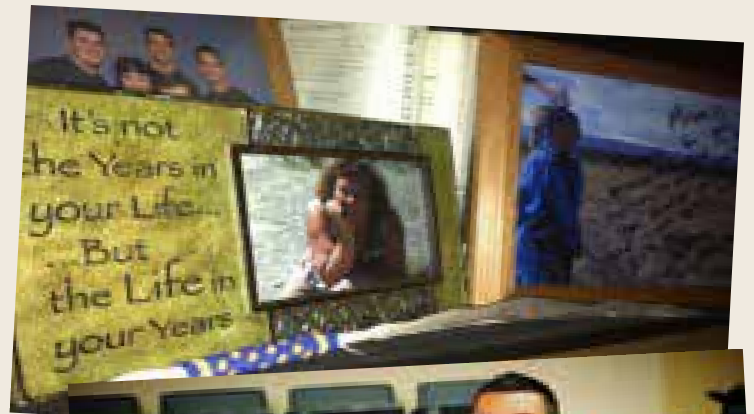
Next to a picture of Former Cottage Grove High School Student Council Adviser Michele Portmann, a plaque reads “It’s not the Years in your life... but the life in your years.” As November begins it’s close and Thanksgiving day approaches, former OASC State President Tony Fuller remembers

the life in the years of his Leadership Adviser. “There isn’t a day that I don’t think about all the professional and social skills I gained from OASC...Michele Portmann created that for me and many others.”

Michele Portman was an educator and Leadership Adviser at Cottage Grove High School for over 20 years. She was a supporter of OASC throughout her leadership career participating as a Senior Counselor at OASC Summer Leadership Camp and helping over 500 students from Cottage Grove participate in the program. Michele focused on the lives of many throughout her service as a counselor, and took time to focus on the individuals in her own classroom.

“My goal of becoming OASC State President was accomplished because of Michele Portmann,” says Fuller. “I told her my freshman year I wanted to run and for the next four years she continually helped me stay on track and prepare for the opportunity. I didn’t even know what OASC was until Michele sent me to a middle school summer camp in 1995. I was hooked and later served as Middle School SEC Representative, Midwest Region SEC Representative, State President, as well as 2 years as a first session Junior Counselor and 3 years as a Senior Counselor.

“Michele helped me become a better public speaker. She would put me on the spot in front of my leadership class,



taught me how to facilitate student council meetings, and be the master of ceremonies and numerous school assemblies. Those skills were later put to the test as I became a television news anchor after completing my journalism degree at the University of Oregon. Michele was the first educator who made me realize that college could be a reality.”

In September 2011, Michele Portmann was tragically killed in a bike vs vehicle accident on the Row River bike trail in Cottage Grove. Even after her death, she inspired the community to have the trail redesigned and made safer because of what had happened to her.

“Every year on September 21st I remember her by re-reading notes and leadership quotes she gave me,” says Fuller. I miss her but I know that her being honored as the alumni spotlight would make her smile.” **OASC**

Committed to Leadership Development with a Vision of Service, Involvement and Action

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WWW.OASC.ORG

LEADER

By Amaya Addy

I am a leader
Although I may struggle
I am a leader
I am not perfect,
Believe me.
I am just a leader
I may speak up and take control
Or watch from the back when it is not my turn
But I can assure you that I am just a leader,
Not a superhero,
Or superhuman,
Or extraterrestrial,
Just a leader,
A humble leader,
A cooperative leader,
A strong leader.
But why?
Who gave me the qualifications to call myself this?
Is it because I care about others?
Or because I can be myself.
Because my "me-ness" is stunning?
What does it mean to be a leader?
Does it mean I am always busy
Or stressed
Or nice?
Does it mean I am too focused
Never unfocused
Am I perfect?
Does it mean I think I can do anything?
No.
Being a leader is being myself,
Letting my natural abilities shine,
Letting myself be vulnerable so
people can learn from me.
When I have done that
I can say to myself
I am a leader
A strong leader.

CANNED FOOD DRIVES

from the Newsletter Archives

It's never too early (or too late) to begin planning for the multitude of activities your Leadership program will sponsor. Many schools have traditions that encompass their school's Canned Food Drive. If you struggle to meet your school's goal, or community wide goal, or if you just want to try something new, here are a few suggestions to "Mix Up" the same old canned food drive.

- Contact your local food bank/shelter to see what their most needed items are. Have your council create a BINGO form that has those items listed. Challenge each Homeroom to complete as many BINGO forms as possible.
- For each day of your collection week/period, create a different theme for collection. For example: Monday- Meat Day (all staff and students bring in canned meat/protein products); Tuesday -Italian Day (all staff and students bring in pastas and sauces); etc.
- Offer an incentive for students to bring in cans on one of your collection days. Ideas range from offering a hat day, pajama day, early dismissal to lunch, reduced rate at a dance, etc.
- Have your Leadership group/ASB kick off the school's Canned Food Drive by 'trick-or-treating' for cans. Be sure to contact your local newspaper so community members know you are coming around for a good cause.
- Have a "Can Castle" building contest. Each homeroom will create a design/castle with the items their class brought in. The winning class earns a prize (or just bragging rights).
- Host your own Civil War battle. Have staff and students donate cans towards the team they hope will win the Civil War game.
- Challenge your school to fill a certain item (a school bus, classroom, the principal's office) with the items collected.
- If your staff is only allowed to wear jeans on Friday, offer the incentive that if they bring in a certain number of items on a collection day, they can wear jeans for the entire week.

With most competitions, there is the chance to earn Spirit Points, bragging rights, a tangible prize. What types of fun and creative activities does your school and Leadership program do to promote your school's canned food drive? Share your ideas and thoughts on your school's Canned Food Drives, or other activities your school is doing with OASC via social media! (@OASCleaders)

FOOD TRUCKS

By Sydney Adams, Eastern Representative

With the warm summer nights turning into cold October days the word service really starts to stand out. Throughout the month of October there are so many opportunities for service projects. In our school to raise money quickly for things like breast cancer awareness and other charities (like ODFL), we do small class competitions during our assemblies that are quick and easy. We pass around a bucket to each class section and give them two minutes to pass it around and raise as much money as they can. After the two minutes, ASB counts the money and the class that raised the most money gets to choose a teacher of their choice and throw a whip-cream pie in their face. Last year at our school, we also did a Food Truck Friday. Food Truck Friday is when our leadership gets about 10 food trucks from around the city and ask them to come set up in the parking lot before

the Friday football game. We invite all our students, teachers, and community to come out and have a little tailgate party. We gave them everything they needed, like power, good music, and customers, and they all made donations to our school, which we gave back to the community. Another idea for service and charity work is No Shave November. Our school starts preparing at the end of October by getting a group of teachers that have great beards and asking them if they would participate by shaving their face at the beginning of November. We ask them to pick a charity of their choice and we give them buckets at the beginning of November and then we tell students to vote on their favorite teacher or who they think will grow the best beard by the end of November and the teacher with the most money gets to donate all the money combined to their charity of choice.

LEADERSHIP LESSON

KNEE 2 KNEE

Time:

Adjustable

Supplies:

- **2 rows of chairs facing each other (Or 2 lines of students sitting on the floor facing each other)**

Directions:

Line up 2 rows of chairs facing each other. Participants sit in the chair so they are “knee to knee” with a partner (actually about 1 foot apart). Leader explains this is a get acquainted activity. What participants will do is introduce themselves to each other and then answer the question you ask. Each person has approx. 1 min. to answer the question. (I usually direct them to shake hands and introduce themselves because I think shaking hands is a nice way to connect and is also a life skill).

When time is up, ask participants to stand up and move X seats to the left (or right). Persons on the end rotate around to the other end of their line. Always have people move the same direction for each switch, otherwise you end up with people getting back to a partner they’ve had before. They then introduce themselves to their new partner and answer a new question you give them. Play as long as you like or as time allows. Usually 5 or 6 questions is a good amount.

Questions...

1. Tell about a favorite vacation you’ve taken.
2. If you were a vending machine, what would you dispense?
3. Tell about your favorite way to relax.
4. Something that always makes you laugh when you think about it.
5. If you could invent something, what would you invent?
6. Tell about a favorite toy/game you had as a child.
7. If you could win an award or prize for something, what would you like to win it for?
8. Tell about the first job you ever had.
9. What is one thing you want to accomplish this year?
10. If you were a hot air balloon, where would you go?
11. If you won \$1000 on a call in radio contest today, what would you do with the money?
12. Tell about a favorite book you’ve read.
13. Tell about your favorite thing to do in your free time.
14. Other questions can also be used.

Note: Even in the middle of a school year, it’s great to slow down and let your students find common ground again. They might learn something new about a person!