



CADA News

Learning, Leading, Living



CADA Convention—Reno

Make your plans now to be a part of the 2006 CADA State Activities Director's convention in Reno, Nevada, March 1-4 2006. With the theme of "the CADA Film Festival" these four days promise to be jam-packed with information, inspiration and skills to help you make a difference at your school in the areas of leadership development and student activities. Consequently we also know that improving these aspects, in turn, will reap powerful benefits on campuses in areas extending into the classrooms and academic achievements of our students.

The four-day program includes incredible keynote speakers, plus over 100 workshops and 100 "Meet the Pro's" presenters including the new Curriculum Roundtable format where you will take away actual lessons that can be used in your classroom the next week. Workshops are provided for newer advisors and more

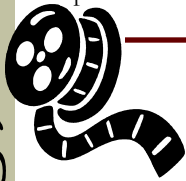
experienced advisors plus sessions for specialists including cheerleading, finance and administration.

Sessions begin Wednesday afternoon with special presentations including Micah Jacobson of the Boomerang Project and Mike Smith of Differencemakers Ltd. These afternoon sessions precede the opening General Session featuring the incomparable Jeanne Robertson. Don't miss Jeanne's return to CADA! See the entire conference brochure and registration forms at www.CADA1.org

Check out the new Advanced Learning Seminars
(Continued on page 3)



The CADA Store is now online for your convenience. Not all products that are sold at Convention are available online. Check us out at www.cada1.org. If that's not the way you want to go you can email us at LSURFWestfall@aol.com or call (951) 830-6380.



22 Reasons To Attend the Convention in Reno

Are you looking for justification to attend the CADA Convention out of state? Here is a listing you can give your school, district or board. As an Activities Director you should attend the state convention because:

- Standards aligned with state- ASB Class Curriculum
- Building relationships
- School climate
- Articulation with other ASB Advisors across the state
- Shared skills with budgeting and following district procedures
- Networking for best programs and products for our students
- Leadership training
- Lessons on leadership for students
- Hearing potential keynote speakers to bring to our campuses
- Resources, books, materials, ideas
- Networking within the county as well as state
- Legislative updates/education on laws affecting schools
- Staff collaboration ideas
- Rejuvenation for all unpaid hours spent by ASB Advisor
- Buying opportunities from vendors via show discounts
- Renewal



- A much needed SECOND WIND-- motivation to continue the year,
- The CADA Convention helps me make it through the rest of the year with enthusiasm!
- Learn about programs and resources for the invisible student
- Programs to improve, attendance, school involvement and test scores
- New and improved fund raising techniques for everyone including the PTSA
- Resources for Staff Development

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There are several electronic newsletters that you can sign up for, these services are free and come right into your home weekly, monthly or quarterly. Michael Josephson's fills up my mailbox weekly. The purpose of these commentaries -- and of all the work of the nonprofit, nonpartisan Josephson Institute of Ethics -- is to emphasize the importance of character and to educate people about ways to live more ethically. To learn more about Mr. Josephson and the Institute, please go to www.charactercounts.org. Below is just a sample stories you can get when you subscribe.

What I've Learned: The Perspective From 13 Year Olds

A few years ago I got a note from Sam Rangel, an eighth-grade teacher in Corona, California. He distributed some of my commentaries on "What I've Learned" to his students and asked them to write down what they'd learned over the past year or in their lives. Here's the world of growing wisdom from the 13-year-old perspective:

- I've learned that work comes first; fool around later.
- I've learned that being popular isn't everything.
- I've learned that being pretty on the inside is better than being pretty on the outside.
- I've learned that not everything in life is fair.
- I've learned that all people want is someone to listen to them.
- I've learned that girls seem to fight with their friends a lot, but almost never with their enemies.
- I've learned that it takes a long time to make a friendship and a fraction of a second to destroy it.
- I've learned that your imagination is as important as your knowledge.
- I've learned that to say no to someone is not wrong.
- I've learned that by following others, you aren't following yourself.
- I've learned that the harder it is to do something, the stronger it makes us.
- I've learned that I am responsible for me.
- I've learned to give everybody a second chance.
- I've learned that teenagers will do dumb things.
- I've learned that if you respect your elders, they will respect you too.
- I've learned that words do hurt people more than sticks and stones.
- I've learned that when I come to a fork in the road, ask for help.
- I've learned that the easy way is not the best way.



Controlling the Weather

While teachers can have a lifelong effect on the way students think, psychologist and teacher Haim Ginott has focused on a more immediate aspect of impact: the creation of a positive or negative physical and emotional environment that can determine the quality of a child's life.

"I've come to a frightening conclusion," he said. "I am the decisive element in the classroom. My personal approach creates the climate. My daily mood makes the weather. As a teacher, I possess a tremendous power to make a child's life miserable or joyous. I can be a tool of torture or an instrument of inspiration. I can humiliate or humor, hurt or heal. It is my response that decides whether a crisis will be escalated or de-escalated, and a child humanized or dehumanized."

Yet as profound as this observation is for professional educators, it's even more so for parents. Parents' power to create the daily climate and lasting environment in which their children grow is so awesome it must be used consciously and responsibly.

Since our daily moods make the weather, we should try to shield our children from the thunder and lightning of our frustrations and anger. Instead of the dark clouds of cynicism, fear and depression, we should discipline our own emotions and give them the light and warmth of love, hope and good cheer. Conscious efforts to be positive, enthusiastic and supportive can have a huge impact not only on the emotional well-being of our children, but on their ability to experience the joys and pains of childhood in healthy and constructive ways.

This is Michael Josephson reminding you that character counts.



CADA Convention Continued

(Continued from page 1)

featuring 3-hour seminars with leading presenters, Tom Jackson or Phil Boyte. Expand your skills with these sessions going beyond “the what” on to “the hows and whys”. Due to the limitation of 50 participants per session, registration for these seminars must be made online at www.CADA1.org.

The CADA Leadership Standards are a central piece of the convention with each workshop aligned to at least one standard. Each attendee will leave with a copy of the CADA Leadership Standards and be more prepared to affect their campuses in a positive way. Curriculum promoting leadership development will be a part of your repertoire as you leave the convention

The Exhibit Hall will feature nine hours of opportunity to experience the products and services of over 200 exhibit booths. Take advantage of this time to stretch your ASB dollars by knowing what is out there to improve your programs.

Incorporating the power of film into the convention will not only provide new perspectives on teaching leadership but also a terrific backdrop for entertainment and fun as we interact around meals, music, and film sponsored by Coca Cola, Herff-Jones, Jostens, Lifetouch and USA Student Travel.

Be a part of this annual convention bringing together over 2000 individuals dedicated to improving schools and promoting leadership development and student activities.

Be in Reno from March 1-4 at the Reno Hilton for the CADA Film Festival!

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the CADA Film Festival

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CADA MEMORIAL SCHOLARSHIP

CASL Convention , Leadership Camp, NASC Convention

*Circle appropriate scholarship, only one scholarship in each of the three categories will be awarded. Fill out one scholarship application per scholarship

| | |
|-----------------|----------------------|
| NAME: | |
| HOME ADDRESS: | |
| CITY/ZIP | PHONE: |
| EMAIL ADDRESS: | |
| SCHOOL: | |
| SCHOOL ADDRESS: | |
| CITY/ZIP: | PHONE: |
| ADVISOR NAME: | |
| CADA/CASL AREA: | 2005-06 GRADE LEVEL: |

- this CADA/CASL program benefit the students at your school?*
7. Your Activity Advisor/Director must submit a brief letter of recommendation.
 8. Forms must be submitted to:

CADA Scholarship Committee
 C/O Dave Boddy
 CADA Central
 3540 Soquel Ave. Suite A
 Santa Cruz, CA 95062
 9. Application must be postmarked by: December 15, 2005
 10. Recipients will be notified on or before January 15, 2006

Scholarship Amount = \$200

REQUIREMENTS:

1. Your school must be a current member of CADA/CASL.
2. Your advisor must also attend the leadership program for which you are applying (except NASC Convention)
3. You must hold a leadership position, either an appointed or elected position in your school's ASB.
4. You, your parent/guardian, and ASB Advisor/Director must sign this form.
5. The scholarship will be paid directly to the CADA/CASL leadership program and is not transferable.
6. You must submit a type-written one page essay answering the following question: *How will the experience you gain from attending*

| |
|------------------------------|
| ASB Advisor's Name: |
| ASB Advisor's Signature: |
| Applicant's Name: |
| Applicant's Signature: |
| Parent/Guardian's Name: |
| Parent/Guardian's Signature: |

Eight Laws of Leadership

Take a look around. Business, education, politics -- if there's one thing we don't have enough of, it's good leaders, men and women who have the vision and the ability to change things for the better. Former Air Force General William Cohen has written a fine book called "The Stuff of Heroes" in which he identifies eight laws of leadership. Here are his rules:

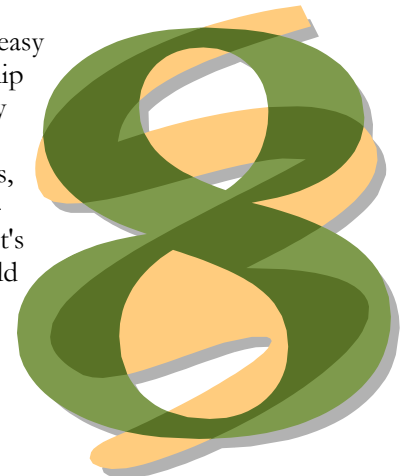
1. First, maintain absolute integrity.
2. Second, know your stuff.
3. Third, declare your expectations.
4. Fourth, show uncommon commitment.
5. Fifth, expect positive results.
6. Sixth, take care of your people.
7. Seventh, put duty before self.
8. And finally, eighth, get out in front.

His laws embrace important competencies like knowledge, communication skills, commitment, optimism, caring and a powerful sense of duty. But General Cohen recognizes that

the foundation of a successful leader is character, including complete trustworthiness, honor and courage. The best leaders draw on these moral qualities to influence others through inspiration, persuasion, trust and loyalty. They do the right thing, despite the costs and risks, and do it not because it will yield approval or advantage, but simply because it is the right thing.

In these cynical times, it's easy to think that such leadership is unattainable, yet in every walk of life, hundreds of men and women -- parents, teachers, coaches, civic activists -- fit the mold. What's more, every one of us could be among them.

This is Michael Josephson reminding you that character counts.



Complaint Handling With Finesse



When people call to complain, their problem is usually with some specific aspect of your company's products or services, not with you. Keeping this in mind will remind you not to take a caller's anger personally. Here are some guidelines for staying calm and focused while handling complaint calls:



Keep your emotions under control.

Never fall into the trap of responding to a caller's anger with annoyance or antagonism. Stay calm and cool no matter how indignant the caller is.

Apologize sincerely.

Even when a problem is not your fault-and much of the time it will not be-tell the customer how sorry you are about the inconvenience. Be specific and take responsibility for the problem. Personalize your apology by using the customer's name. Example: "Mr. Jackson, please allow me to apologize. I am very sorry this happened to you. Please be assured that I will handle this right away."

Be empathetic.

Assure the caller that you are sorry about the problem, you understand why he is upset and you will do something to fix it. Repeat back to the caller what he has said to convey your comprehension of the situation and reassure the caller that you really do understand.

Focus on fixing the problem that upset the caller.

Allow the customer to vent a bit, and then guide the customer back on track by asking focused questions pertaining to the problem. Get to the root of the issue so you will be able to offer the best solution. Whenever possible, offer a couple of solutions and allow the caller to select the one he would prefer. This helps the caller feel more in control, which helps to defuse much of the person's tension.

Remember to follow up.

Whenever you've solved a caller's problem, always make sure to call the customer back within a few days to ensure that the person is satisfied with the solution. If the customer is not satisfied, discuss the issue and offer an alternative solution. You will win the loyalty of your customers by demonstrating your commitment to "making it right."

Source: "Making Every Call Count: Best Practices for Business Telephone Communication," by Briefings Publishing Group.

There is always something to do. There are hungry people to feed, naked people to clothe, sick people to comfort and make well. And while I don't expect you to save the world, I do think it's not asking too much for you to love those with whom you sleep, share the happiness of those whom you call friend, engage those among you who are visionary and remove from your life those who offer you depression, despair and disrespect.

Nikki Giovanni, African-American poet (b. 1943)

Leaders are visionaries with a poorly developed sense of fear and no concept of the odds against them.

Dr. Robert Jarvik, American co-inventor of the first durable artificial heart (b. 1946)

I don't want to get to the end of my life and find that I have just lived the length of it. I want to have lived the width of it as well.

Diane Ackerman, American author (b. 1948)

Integrity is not essentially about winning; it's about staying whole and being worthy of self-respect and the esteem of loved ones. It's about being honorable, not as a success strategy, but a life choice.

Michael Josephson



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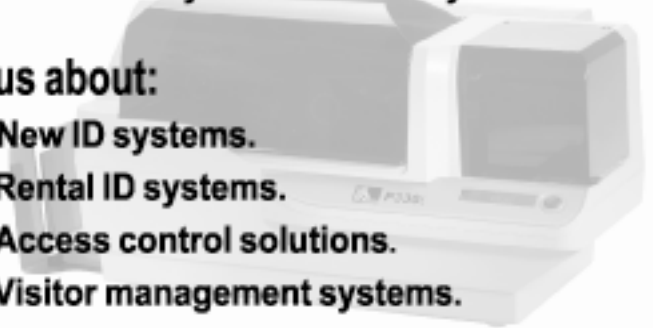


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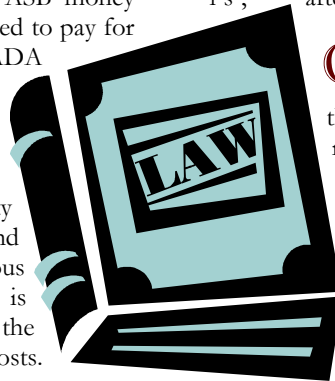
Legal Matters with J. Peter Cahn

The following are questions from our CADA members and the answers are either based on law or best practices.

There doesn't appear to be any mention in the California Education Code that would prohibit a school from having a credit card to be used by ASB. It's important to remember that students should not be authorized to use the card. However all expenses or purchases should be controlled by the students. It is, after all, their money.

Q Can ASB money be used to pay for an activity director's registration fees for the CADA Convention?

A The general rule is that ASB monies be spent BY and FOR the benefit of the students who raised the money. Certainly having their activity director participating in the workshops and networking and having access to the various resources will benefit the students. There is nothing in State or Federal law to prohibit the Student Governance group from paying the costs. Always check with your school district policies.



Q A new high school is opening in the district and we have been told that we need to give them a percentage of our ASB funds. What are the regulations here?

A State law only addresses districts that divide or combine. If a new school opens up in the same district and some of the students who are currently attending your school will now go to that school, it's common practice to give the school some of the funds. However if you open a new school and phase in the students, then it's up to the existing schools to give or not to give funds. Best practice is to allocate some funds to help the new school get started.

Q Is there any state code or regulation that prevents schools from having a credit card for ASB?

10 Unique Time-Management Tips

This article was taken from an e-newsletter that came from Successories. You may know them best for their inspiring quotes and thoughts put to majestic pictures. For more ideas go to Successories at <http://www.successories.com/index.cfm/fuseaction/home.home/home.cfm>.

We're heading full speed into 4th quarter...and that means it's time to focus and invigorate everyone on your team for the busy months ahead. And it's also a great opportunity to organize your team and make sure everyone is managing time wisely. We've put together 10 unique time-management tips. Incorporate these simple steps into your workday and share them with members of your team. You'll find these easy changes can truly make a difference:



1. Have a plan.

Each morning, make yourself a to-do list. As each task is accomplished, cross it off your list. It's a nice reminder not only of what you need to do, but also of what you've already accomplished.

2. Plan for the Unplanned.

Don't fill your entire day up with meetings and tasks. All it can take is one unscheduled phone call or a small emergency to throw off your entire day. Give yourself room every day to answer e-mails, make phone calls and to deal with unexpected tasks.

3. Tackle the Big Stuff First.

Our tendency is to put off the big or difficult tasks for later. But studies have shown that most of us are more alert and productive in the morning. And accomplishing the major assignments first will energize your afternoons.

4. Take the 10-Minute Challenge.

Is your desk filling up with papers? Put aside 10 minutes every other day—you may even want to set a timer—to go through and file, pass along or trash those piles of papers. A clutter-free desk can add some much needed calm and makes other tasks seem less frenzied.

5. Make big tasks small.

Here's another use for the timer: when you have a large task, break it up into 10- or 15-minute increments of work. Set the timer, and just do that amount of work. You'll find that, like small amounts of exercise, small amounts of work make any task less intimidating.

6. Learn to negotiate your time.

Every project has a deadline, but if you need more time, ask for it. Communicate your needs with the project manager and work with them to get the time you need to complete the tasks at hand.

7. Lend a helping hand.

If you have some extra time, share it with a co-worker. Even if it's just to make copies or get them some coffee, that little helping hand can make all the difference.

8. Respect other's time.

If you have a meeting scheduled for 10 am, be there at 10 am. If you're meeting is only suppose to last a half hour, do your best to stick to 30 minutes. Don't abuse other people's time, and hopefully they'll respect yours as well.

9. Make work fun.

It may seem like there can't possibly be time for fun, but that's when you need it most. Take just five minutes a day to free your mind of work and just relax. Take a short walk, learn to juggle, share a joke of the day—you'll return a little more refreshed.

10. Reward yourself (and others!).

Celebrate your accomplishments—big and small. Give yourself a snack break, take a short walk or literally pat yourself on the back. Also make sure you acknowledge other members of your team who work with you to get the job done.

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Remember when grandparents and great-grandparents stated that they only had an 8th grade education? Well, check this out. Could any of us have passed the 8th grade in 1895? This is the eighth-grade final exam from 1895 in Salina, Kansas, USA. It was taken from the original document on file at the Smokey Valley Genealogical Society and Library in Salina, KS, and reprinted by the Salina Journal.

8th Grade Final Exam: Salina, KS -1895

Grammar (Time, one hour)

1. Give nine rules for the use of capital letters.
2. Name the parts of speech and define those that have no modifications.
3. Define verse, stanza and paragraph.
4. What are the principal parts of a verb? Give principal parts of lie, play, run.
5. Define case; Illustrate each case.
6. What is punctuation? Give rules for principal marks of punctuation.
7. Write a composition of about 150 words and show therein that you understand the practical use of the rules of grammar.

Arithmetic (Time, 1.25 hours)

1. Name and define the Fundamental Rules of Arithmetic.
2. A wagon box is 2 ft. deep, 10 feet long, and 3 ft. wide. How many bushels of wheat will it hold?
3. If a load of wheat weighs 3942 lbs., what is it worth at 50cts/bushel, deducting 1050 lbs. for tare?
4. District No. 33 has a valuation of \$35,000. What is the necessary levy to carry on a school seven months at \$50 per month, and have \$104 for incidentals?
5. Find the cost of 6720 lbs. coal at \$6.00 per ton.
6. Find the interest of \$512.60 for 8 months and 18 days at 7 percent.
7. What is the cost of 40 boards 12 inches wide and 16 ft. long at \$20 per meter?
8. Find bank discount on \$300 for 90 days (no grace) at 10 percent.
9. What is the cost of a square farm at

\$15 per acre, the distance of which is 640 rods?

10. Write a Bank Check, a Promissory Note, and a Receipt.

U.S. History (Time, 45 min.)

1. Give the epochs into which U.S. History is divided.
2. Give an account of the discovery of America by Columbus.
3. Relate the causes and results of the Revolutionary War.
4. Show the territorial growth of the United States.
5. Tell what you can of the history of Kansas.
6. Describe three of the most prominent battles of the Rebellion.
7. Who were the following: Morse, Whitney, Fulton, Bell, Lincoln, Penn, Howe?
8. Name events connected with the following dates: 1607, 1620, 1800, 1849, 1865.

Orthography (Time, one hour) (Anyone know what this is?)

1. What is meant by the following: Alphabet, phonetic, orthography etymology, and syllabication?
2. What are elementary sounds? How classified?
3. What are the following, and give examples of each: Trigraph, subvocals, diphthong, cognate letters, linguals.
4. Give four substitutes for caret 'u.' (HUH?)
5. Give two rules for spelling words with final 'e.' Name two exceptions under each rule.
6. Give two uses of silent letters in spelling. Illustrate each.
7. Define the following prefixes and use in connection with a word: bi, dis, mis, pre, semi, post, non, inter, mono, sup.
8. Mark diacritically and divide into syllables the following, and name the sign that indicates the sound: card, ball, mercy, sir, odd,

cell, rise, blood, fare, last.

9. Use the following correctly in sentences: cite, site, sight, fane, fain, feign, vane, vain, vein, raze, raise, rays.
10. Write 10 words frequently mispronounced and indicate pronunciation by use of diacritical marks and by syllabication.

Geography (Time, one hour)

1. What is climate? Upon what does climate depend?
2. How do you account for the extremes of climate in Kansas?
3. Of what use are rivers? Of what use is the ocean?
4. Describe the mountains of North America.
5. Name and describe the following: Monrovia, Odessa, Denver, Manitoba, Hecla, Yukon, St. Helena, Juan Fernandez, Aspinwall and Orinoco.
6. Name and locate the principal trade centers of the U.S.
7. Name all the republics of Europe and give the capital of each.
8. Why is the Atlantic Coast colder than the Pacific in the same latitude?
9. Describe the process by which the water of the ocean returns to the sources of rivers.
10. Describe the movements of the earth. Give the inclination of the earth.

Notice that the exam took FIVE HOURS to complete. Gives the saying "he only had an 8th grade education" a whole new meaning, doesn't it?

Sent by Charley Williams, retired Activities Director in Lancaster, CA. I didn't check sources cuz it's just for fun.

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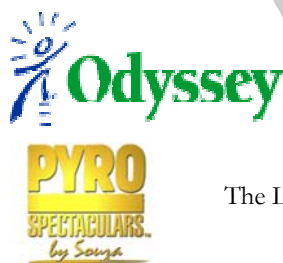


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You Might Be A Micromanager if...



InsiderArchive

By Dave Anderson,
www.learntolead.com

No one likes to be labeled as a “micromanager.” But since your greatest vulnerability is the one you are unaware of, let me hold up a mirror for you to determine which, if any, of the following micromanaging tendencies you display so you can correct your course. After all, being micromanaged is one of the key demotivators for the good people on your team and if you don't change your style you are in danger of running them off.

1. You might be a micromanager if when you take a day off your people call you for answers to simple issues they should be able to handle on their own.
2. You might be a micromanager if when you take a week off, production in your department plummets. Points one and two are evidence that you put too much on yourself and have made your people so dependent on you that they are next to worthless in your absence.
3. You might be a micromanager if you find yourself so buried in paperwork (because you fail to delegate or out-source anything) that you have little or no time left for people-work: training, coaching or mentoring them.
4. You might be a micromanager if the people working for you are rarely promoted. This indicates that because of your over-dependence on yourself, you fail to develop others adequately.
5. You might be a micromanager if the best people working for you often-times leave for better opportunities elsewhere. After all, if you fail to push down power, responsibility, greater latitude and discretion—all of which good people want and need to feel fulfilled on the job—they will find a place that offers the growth opportunities they require.
6. You might be a micromanager if you find yourself making more rather than fewer decisions the longer you are in your position.
7. You might be a micromanager if your people cannot spend a dime to solve a customer problem without checking with you.
8. You might be a micromanager if you find yourself tolerating feedback from others rather than actively seeking it out.
9. You might be a micromanager if you've been in your position for a year or more but still must put in 70-80 hour workweeks in order for the job to get done.
10. You might be a micromanager if low morale is a persistent problem in your department.
11. You might be a micromanager if the people working for you have become accustomed to doing just enough to get by; just enough to get paid; just enough not to get fired. Employee compliance rather than commitment is a sure sign of a boss that micromanages.
12. You might be a micromanager if the majority of your conversations with others focus on what they could have done better rather than acclaiming what they did well.

If you find yourself guilty of more than half the points listed, there is no “might” about it; you *are* a micromanager. This disease will limit your own career and that of your best people. The good news is that being a micromanager is not terminal. It can be cured as you improve and develop better leadership skills to help balance out your strong management abilities. There are many books, CDs and workshops available to help you pull this off. My own book, *Up Your Business: 7 Steps to Fix, Build or Stretch Your Organization* is a good place to start. John Maxwell's, *Developing the Leaders Around You* will also be of great benefit.

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California Sets New Standard for Children's Health

“Governor Arnold Schwarzenegger signed [SB 12](#) by Senator Martha Escutia (D- Montebello), [SB 281](#) by Senator Abel Maldonado (R- San Luis Obispo) and [SB 965](#) also by Senator Escutia at the Governor's Summit on Health, Nutrition and Obesity today in Sacramento.



California is facing an obesity epidemic. That is why today I am signing into law the most progressive school nutrition reforms in the nation. This legislation will take junk food and sodas off the school campuses, and put more fruits and vegetables into school meals," said Governor Schwarzenegger. "This is a great victory for our children and I want to thank Senator Escutia and Senator Maldonado for authoring these landmark bills. Today we are taking some first steps in creating a healthy future for California. It is important that everyone -- businesses leaders, community groups, health care providers, the public health community, parents and government -- rise to the challenge and join in this crucial fight."

This legislation ensures California's students will have access to healthier snacks, meals and beverages in public schools. Specifically:

- SB 12 sets food nutrition standards for food served and sold in K-12 public schools.
- SB 281 provides a framework to implement the \$18.2 million in the Governor's budget to include more fresh fruits and vegetables in school meal programs.
- SB 965 extends the ban on the sale of soda currently in middle schools to public high schools, but allows the sale of milk products, juice-based products, water and electrolyte drinks to continue.

In addition to actively working to put healthy food and drinks into California's public schools and ensure more students are physically active, Governor Schwarzenegger has also taken steps to encourage all Californians to live an active, healthy lifestyle.



Today the Governor and First Lady Maria Shriver are hosting a first-of-its-kind Governor's Summit on Health, Nutrition and Obesity. Bringing together leaders and experts from the business, education, government and public health communities, the Summit will immediately produce results that will improve the health and physical fitness of Californians and help combat the state's obesity epidemic.

In addition, at the Summit, Governor Schwarzenegger's vision for a healthy California was unveiled and the Governor called upon his cabinet secretaries to implement new policies throughout his administration to create an environment that encourages the health and fitness of Californians.

Earlier this year, the Governor launched the Governor's

Council on Physical Fitness and Sports, a nonpartisan, nonprofit organization designed to establish California as the "State" by encouraging all Californians to meet their personal health goals. In addition, Governor Schwarzenegger is one of six United States governors responsible for at each site. We recognize the obesity problem with both young people and adults, not only in California, but also around the country. We feel now as we always have, that reducing food and beverage choices at either middle or high school would do little to curb the obesity problem."

“Members of CADA/CASL have always been concerned with the health and welfare of the students they are responsible for at each site. We recognize the obesity problem with both young people and adults, not only in California, but also around the country. We feel now as we always have, that reducing food and beverage choices at either middle or high school would do little to curb the obesity problem.”

This was a press release from the governor at ... <http://www.governor.ca.gov/govsite/>

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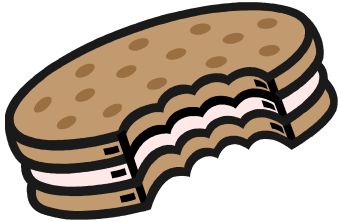
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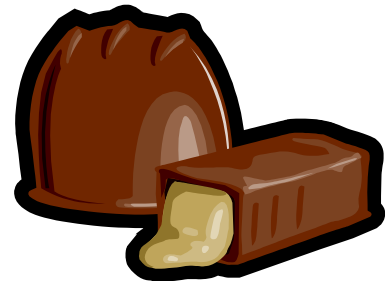
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CASL Delegates at the NASC Convention

NASC June 2006 / Pennsylvania

CALIFORNIA DELEGATION APPLICATION IS ON THE REVERSE SIDE

The National Association of Student Council's 70th Annual Conference is coming this summer at an event that will bring together over 1,600 students from the 50 states and all over the world. The delegates will gain new perspectives and insights on student leadership issues. This year the national conference will be held at North Penn High School in Lansdale, PA from June 24 – 28, 2006. The "Pre-Trip" will go from June 21 to June 23.

The interaction of top student leaders from around the country makes this an extraordinary opportunity for a student leader. About forty students from around our state will represent California in this once in a lifetime event.

The California state delegation will travel together to the conference, building a team and family spirit and becoming a cohesive group prior to experiencing the NASC Conference. This "Pre-Trip" will include historic Philadelphia, Harrisburg, the Harley Davidson Museum, the Hershey Chocolate Factory & Museum and a visit to an Amish farm.

The cost of the trip will be minimal for the eight total days (Pre-Trip and the conference). The fees will include all travel expense, hotel/room costs, meals, admissions, taxes, gratuities, conference T-shirts and trade items, supervision by

credentialed CADA/CASL staff advisors, as well as, NASC Conference staff. Cost of the trip this year will be \$1125.00. Your application is due January 16, 2006 along with a \$250 deposit. If you are not selected for the trip your deposit will be refunded. Applicants will be notified by February 6th as to who is selected.

This is one trip you do not want to miss. Be one of the California delegates to NASC in 2006!

The tentative itinerary for the trip includes the following: (Final flight arrangements will be emailed to you in early May.)

June 21st (Wednesday)

Fly out of Oakland, San Diego, or Ontario and meet together in Philadelphia. Check into the hotel for pre-trip orientation, dinner, meeting the delegation, and then an ice

cream social.

June 22nd (Thursday)—Breakfast, Harrisburg Civil War Museum and presentation. Harley

Davidson Museum. Dinner and a Walking Ghost Tour of Strasburg.

June 23rd (Friday)

Breakfast. Visit the Amish for a farm tour and lunch and then to the Hershey Chocolate World tour. Back to the hotel for swimming, dinner and teambuilding activities and final preparations for the conference

June 24th (Saturday)—

NASC Conference begins. Opening General Session, keynote speaker, State Meetings, Exhibit Hall Open. Meet

host families and attend neighborhood parties with host families.

June 25th (Sunday)—State Meetings, General Session,

keynote speaker, Master Workshops at Lehigh University, Then on to Dorney Park, a local amusement park. Stay in host homes.

June 26 (Monday)—State Meetings, 3rd General Session. Community service projects in greater Philadelphia. Knights' Faire on Campus for an evening of activities and dinner, Stay in host homes.

June 27 (Tuesday)—Historic Philadelphia to take part in the "Living Bill of Rights" sessions in and around Independence National Park. Sites include the Liberty Bell, Independence Hall, & Federal Reserve Board. Fourth of July Cookout, state pictures and the Candle lighting ceremony. Last night in host homes

June 28 (Wednesday)—State Meetings, Closing General Session. At conclusion of conference the group will be transported to airport for trip home, arriving in the evening in Oakland, San Diego, Los Angeles, or Ontario.

The cost of this 8-day trip \$1125. Everything is included, all air transportation, all hotel accommodations in addition to the home stays during the four nights of the conference, all meals, transportation to all events, admissions, taxes, gratuities, supervision by credentialed CADA/CASL Advisors during the pre conference portion of the trip.

Submit a copy of the application and a \$250 deposit (refunded if not selected) by January 16, 2006 to:

NASC 2006
PO Box 1554
Woodland, CA 95776

Applicants will be notified by January 30th as to selection

The California Association of Directors of Activities (CADA) underwrites the registration fee for the conference. Cost to each participant is only \$1125.

For further information, see reverse side for form or visit the CASL Website at www.casl1.org or Contact Peter Cahn Jca9@aol.com or (530) 219-0958

You don't really want to miss this!

California Delegation Application for National Association of Student Council's 2006 Convention

Name _____ **Year in School in 2006-07** _____
(The name as it appears on your driver's license or student ID card)

First Name for Name Badge if Different from Above _____

Male _____ **Female** _____ **Shirt** **size: S M L XL XXL** **Birth date**

Mailing Address _____

City _____ **Zip** _____

Personal Email _____ **Home Phone** _____

If you do not have a personal email, please list an email address where you could still receive notices and updated information

Alternative Email Address _____

School Name _____

School Address _____

City _____ **Zip** _____

Advisor name _____ **School Phone** _____

Student's Signature _____

Print Name _____

Parent Signature _____

Print Name _____

Advisor Signature _____

Print Name _____

Submit this application and no more than one page on your reasons for wanting to represent California and a \$250 deposit by January 16 to

NASC 2006, PO Box 1554, Woodland, CA 95776

For further information call Peter Cahn (530) 219-0958 Jca9@aol.com
Or check the CASL website at www.casl1.org

Remaining trip costs will be due in payments on or before April 1st & May 1st, 2006

TEAR THIS PAGE OUT OR XEROX A COPY ... THIS IS THE APPLICATION

Are Actions Louder Than Words?

Six Ways You May Be Sabotaging Your Career with Poor Body Language

No matter how good you are with words, your body language speaks louder. Only 7% of our feelings are communicated by words and 38% by tone. But 55% are communicated by nonverbal or visual expressions.

Follow this list of "Don'ts" to make sure you're not sabotaging your message and your career with poor body language.

1. Don't lean back and put your hands behind your head while talking to someone. That indicates

you feel superior to the person you're talking to.

2. Don't cross your arms. It makes you appear guarded and not open to suggestions
3. Don't fiddle with your hair, fingernails, paper clips or other objects on your desk. It's distracting to your listener
4. Don't shrug your shoulders. That suggests you don't care about what you're doing.
5. Don't slouch. Poor posture suggests you can be intimidated or that you think the conversation is

not important.

6. Don't get too close. Stay at least four feet from the person you're talking to. Lean in closer only to establish rapport.

So there you have it, actions are quite loud.

Source: *"You Are the Organization: Every Employee's Public Relations Role."*
For more information, go to: <http://www.briefings.com/cpr.asp?item=VC1161&M=TIP-17551>



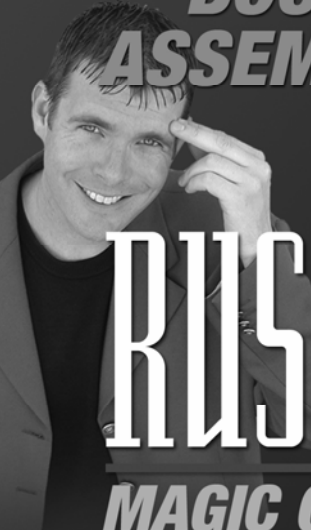
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"Not only were our students amazed, but they were honestly moved by your personal stories and challenges to them to be the best that they can be. I have never had an assembly that has had such a lasting, positive impact on our student body."
Curt Chase - Piñon Middle School

"Russ Peak has the ability to relate to high school students and they really listen to what he has to say. Whether Russ is strickly entertaining a group or providing a message, he is a dynamic presenter."
Lisa Dieker - Thomas Downey High School

"The students are still talking about what they saw and how much they enjoyed your engaging and entertaining performance. What is even better, is that the TEACHERS are talking - and that tells me that everyone had a great time!"
Joanne Laird - Monta Vista High School

"Russ brought professionalism and excitement to our conference. Every advisor and student who heard and saw Mr. Peak's keynote address was deeply amazed by his magical prowess and his clear, precise message."
Don Dagné - Clifton Middle School

"Russ is in a class by himself. His product is pure, and his integrity strong. Not only does he deliver one heck of a speech, but does it with the students and audience in mind."
Paul Chylinski - Loara High School

"He kept them on the edge of their seats - captivated - throughout the entire assembly!"
Chuck Noroian - Everett Alvarez High School

"These kids can be a hard audience but you hooked them. The students loved it. I know I can always count on you to put on a good show."
Amy Campbell - Ranch Verde High School

"It was a great blend of fun, fascination and motivation. Your acronym MIND was appropriate for our middle school kids. Thanks again!"
Denise Van Doorn - Del Dios Middle School

"The message was inspiring and gave us all something to think about. I highly recommend Russ Peak's program to any activities director looking for a quality program."
Jeff Burghardt - Ponderosa High School

"Russ Peak's Magic of the Mind is the one assembly that all of my students consistently remembered throughout the year. I highly recommend his assembly to any middle school to help motivate your students to achieve at a higher level."
Shad Grijalva - Quail Valley Middle School

"The students were never so excited about an assembly as they were the one by Russ Peak. He really captured their attention and provided a source of conversation that lasted for days. The students made sure it was known, we want him back again!"
Rusty Fachner - Escalon High School

6th Annual USA Student Dave Knieriem Memorial Scholarship

Apply for the 6th Annual USA Student Travel, Dave Knieriem Memorial Scholarship Application. Dave was a member of the USA team that was highly motivated in helping teens succeed.

There will be two One thousand dollar (\$1000) scholarships awarded to seniors from CADA/CASL member schools. The scholarship is not necessarily based on the highest GPA but on the applicant's investment in the lives of people, through school and community. These were the attributes that exemplified Dave's life.

Application Requirements and Procedure

1. Student must be a senior at a CADA/CASL member school

that will be sending a delegation to the CASL State Conference. If selected for the scholarship, the student will have their registration covered for the conference.

Transportation costs are the responsibility of the recipient. The recipients must attend the conference to accept the scholarship. Scholarship recipients will be notified by February 1.

2. Applicant must submit, online, attached in a Word document, all required materials including:

► Cover page including applicants name, position/ involvement at school, address, phone number, email address, six semester cumulative high school

GPA, school name, school address, advisor name, phone number and email address.

► no more than one page personal statement related to your involvement and investment in the lives of other people at your school and in your community. Do not refer to the name of your school or your advisor in your personal statement.

3. Notify your school ASB advisor that you are applying for this scholarship! Finalist's advisor will be contacted for

verification and for verbal references.

4. Deadline for submission of scholarship materials is January 10, 2006.

Submit all materials and inquiries by email to CASL1@sbcglobal.net. You'll receive an email confirmation of receipt within one week of submission of the application. If you do not receive confirmation, please resubmit.

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- Composites
- Administrator's CD
- Mug Books
- Record Set & ID
- Certificates
- Yearbooks

Middle School

- ID Cards
- Portrait Packages
- Administrator CD
- Certificates
- Sport Groups
- Sport Individuals
- Class Groups
- Panoramas
- Yearbooks

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The CADA Film Festival—Updates

Advanced Learning Seminars

The newest concept from CADA, designed to take your leadership development to the next level. These sessions are limited to 50 attendees per session at a cost of \$50 per person tuition for this opportunity to spend 3 hours of instruction provided by top presenters. You will take away a combination of information and the skills needed to implement them. Be a part of these groundbreaking sessions that are sure to become a CADA feature of the future. Registration for these incredible sessions, is on a first come first served basis on the CADA website (www.CADA1.Org) by credit card only. Hurry to be a part of these sessions.

Advanced Learning Seminar #1 Wednesday, March 1 from 2:30-5:30 pm featuring Tom Jackson

Presented by the premier experiential activity-training author Tom Jackson. Tom has written “Activities That Teach,” “More Activities That Teach,” and “Still More Activities That Teach.” Tuition includes a copy of Tom’s book “Conducting Group Discussions with Kids,” a leader’s guide to making an activity meaningful and educational! Discover a simple, yet effective four-step discussion outline that is practical and engaging. Additional strategies include getting kids to talk, questions to ask, discussion formats to use, room arrangement, teacher tips, student behaviors and more. This seminar will give you lessons ideas and the skills to implement them with your students.

Advanced Learning Seminar #2 Thursday, March 2 from 1:20 pm 4:20 pm featuring Phil Boyte

Presented by last year’s General Session keynoter, Phil brings a unique combination of national speaker and fabulous workshop presenter to this session focused on developing a powerful leadership program. Phil will teach you how to build a vision and how to teach the skills needed to put that vision into action. The focus will be on engaging students in their own learning and developing skills in your program that can be used in leadership roles the rest of their lives.

Curriculum Roundtables

Be a part of this session providing leadership development lessons presented by advisors that have actually taught them. An opportunity to leave with four new lessons that will support the Leadership and Activities Standards plus make a difference in the lives of your leaders in class. The lessons students learn while you are teaching for 10 minutes can save you hours later in the year.

Thursday Spotlight Event

Attention Budding Film Producers . . .

As part of the Thursday night spotlight event there will be a screening room showing ASB, school, and student produced films in true Film Festival style.

If your ASB, school, or students have a short inspirational or informational film to show, please contact

donshafter@sbcglobal.net

To find out how to be included in this CADA first!



Catch last years CADA Convention and relieve the memories of San Diego on this 25 minute video ...

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<http://www.cada1.org/StateConvention.html>

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CADA Vice President Elections Update

By the time you read this newsletter our “Special” State Elections should be a memory of the past. The results should reflect the voters’ power of the “pen”. You as CADA members will have the same power come March 2006 at the CADA State Convention. On March 3rd you will take on the task of voting for the next Vice-President of CADA. At this time there are two possible candidates who meet the CADA Board requirements.

Every year I hear the same question of concern on how candidates are put on the ballot to run for the office of Vice-President. Here is the answer to that pressing question:

The candidates must fall into one of the following areas;

- Served one full year on the State Board.
- All Board members (elected and appointed) are eligible.
- Area Assistant Coordinators are eligible to run after two years of service as Assistant Coordinator and attendance at one State Board meeting.
- Former Board members are eligible to run up to and including five years after leaving the Board.
- The immediate Past President is responsible for maintaining the list of eligible candidates and informing them by mail at least 30 days prior to the deadline.



- Deadline for submitting a letter of intent to run for Vice-President is November 1 (prior to the State Convention). This letter should be sent to the Immediate Past President.

Now, with this added knowledge, you should have a better understanding of how to become a candidate for CADA’s Vice-President. As the CADA Board Policies state candidates must meet one of the requirements. Rules for campaigning will be sent out to the candidates.

At this time all letters were sent out to all possible candidates and their letters of intent are in. As of Nov. 1st we have 2 candidates. From Area A we have Patty Judge, Area Coordinator and from Area F Tiburcio Garcia, past Area Coordinator.

I’m looking forward to a fair election. Our primary concern is for fairness. No candidate should have an unfair advantage and all should be treated with respect and dignity. All CADA members, including area councils, have the right to support and campaign as they see fit so long as it is fair and reasonable.

If you have any questions or concerns about the upcoming election please feel free to contact me by phone 707-528-5244, e-mail OMKCteach@aol.com, or fax 707-528-5644.

As always thank you for your support.

O. King-Clay

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How to contact your State Board

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Cindy Bader (Area B)

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Paul Chylinski

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Don Dagné (President)

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Patricia Holt (Area F)

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Patty Judge (Area A)

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Ola King-Clay (Past President)

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Mark Lantz (Area E)

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Don Shaffer (President Elect)

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Jack Ziegler (Leadership Camp/CASL)

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CALIFORNIA ASSOCIATION OF DIRECTORS OF ACTIVITIES

Convention Highlights

Wednesday, March 1

215-715 Registration
230-530 Advanced Learning Seminar /
Tom Jackson
(Online Pre-registration required)
300-530 CADA Studio Store Open
300-350 Workshop Session 1
400-450 Workshop Session 2
500-630 Dinner on Your Own
615-715 Orientation and Welcome
Mike Smith and Earl Reum
730-845 First General Session featuring
Jeanne Robertson
900-1200 Area Suites Hosted by **Lifetouch**

Thursday, March 2

745-100 Registration
800-845 New to Convention / Breakfast
and Orientation Sponsored by
USA Student Travel
800-1100 Affiliate Set Up
900-1030 Second General Session -
featuring **Eric Saperston**
1030-330 CADA Store
1050-1150 Awards Reception

1050-1130 Workshop Session 3
1140-1220 Workshop Session 4
1130-1230 New To Convention Exhibits
1230-230 General Membership Exhibits
120-420 Advanced Learning Seminar with
Phil Boyte (Online Pre-
registration required)
245-400 Meet the Pros
250-330 Workshop Session 5
340-420 Workshop Session 6
430-600 Area Meetings
630-930 **Coca-Cola** Exhibit Hall
Reception
930-1230 **Herff Jones** Bowling and
Dance/Film Previews

Friday, March 3

800-1030 Registration
830-400 CADA Studio Store Open
800-930 Past Presidents Breakfast
830-900 Workshop Session 7
910-940 Workshop Session 8
950-1020 Workshop Session 9
1030-1200 Third General Session Featuring
Tyler Durman

1200-400 CADA Elections
1215-115 VIP Luncheon
1200-330 Exhibit Hall
340-450 Curriculum Roundtables
350-440 Workshop Session 10
350-440 Professional Learning
Communities
450-550 Area Meetings/Receptions
700-800 Film Festival Reception
800-900 Film Festival Dinner Celebration
900-1200 **Josten's** Dessert and Dance

Saturday, March 4

800 Fun Run
900-1100 CADA Studio Store
900-1020 Meet the Pros
930-1020 Press Conference Follow-up
with **Tyler Durman**
1030-1120 Personal Coaching Sessions
1040-1120 New Talent Search . . .Newer
but Proven Speakers
1130-1230 Fourth General Session /
Luncheon - Convention Recap
and 2007 Convention Preview

Platinum Sponsor Mike Westra

**703 Pier Ave. Suite B-231
Hermosa Beach, CA
90254
(310) 372-8498**



CADA News
3540 Soquel Ave. Suite A
Santa Cruz, CA 95062

Insurance Reminder

Every CADA member should know the benefits of Somerton Student Insurance Services. Protect your school, students and yourself from those unfortunate accidents that can happen during rallies, athletic events, school outings, etc. General Liability coverage will help put your mind at ease. For more information call Somerton Insurance at 1-800-853-5899.

Please route to the following people [] Activities Director [] Advisors
[] Principal [] Other Administrator [] Key Club Advisor [] Yearbook
[] Cheer Advisor [] National Honor Society [] Other Coordinators



(888) USE-CADA
www.cada1.org

CADA Statewide Calendar of Events*

| | | | |
|-------------------|--|------------------|---|
| September 2005 | Area C High School Student & Adult Conference—Selma | November 4, 05 | Middle School Mini Conference—Rancho Cucamonga |
| Sept. 17&18, 2005 | Area A Advisor Conference—S. Lake Tahoe Middle School & Embassy Suites | November 21, 05 | Area B Student Leadership Conference (High School & Middle School) — tba |
| September 2005 | Area G Advisor Conference—SDCOE | November 21, 05 | Area F Student Leadership Conference @ The Disneyland Hotel & Convention Center |
| September 19, 05 | Area D Advisor Conference—San Luis Obispo | November 22, 05 | Area D Middle School Conference—Ventura |
| September 24, 05 | Area E & F New Advisor Conference—La Mirada, Holiday Inn | December 2-4, 05 | NAWD—Phoenix, Arizona |
| September 23, 05 | Middle School Mini Conference—Yorba Linda Middle School | December 7, 2005 | Middle School Mini Conference—Poway |
| October 4 & 5, 05 | Area A Woodland Student Conference @ Yolo County Fairgrounds | February 1, 2006 | Middle School Mini Conference—South Pasadena |
| October 2005 | Area E Student Conference @ Monrovia HS | March 1-4, 06 | CADA Convention—Reno |
| October 18, 2005 | Middle School Mini Conference—Temecula | Mar 31-Apr 2 | CASL Conference—San Jose |
| October 21, 2005 | Middle School Mini Conference—Yorba Linda Middle School | May 2006 | Area "A" Central Valley Student Leadership Conference - Modesto |
| November 2, 2005 | Area G Student Leadership Conference—Del Mar Fairgrounds | June 06 | NASC |

* The Area Coordinator is the contact unless otherwise noted, see contact numbers for information, or for more detailed information check the web site at www.cada1.org