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Operation Snowball Snowbusiness 15 Conference

By: Jeff Weishaar, OS Board Youth Advocate

Recently, I had the fantastic opportunity to attend the 15th annual Snowbusiness conference in Pontiac, Illinois. The two day experience was extremely interesting and enjoyable. There were a variety of activities, workshops and speakers that the attendees could see and do. The motivational speakers' presentations were very fun to listen to, while serious enough to bring out captivating messages that can be emphasized around the state. Also, for one of our large groups, we watched a movie called "Smashed," that showed the real effects of drunk driving; it is truly dangerous and affects entire communities. Workshops ranged from relieving stress to environmental strategies, with many in between. With many possibilities for workshops, all the attendees at the conference had the opportunity to take away from Snowbusiness exactly what they wanted. Personally, I attended the stress relief workshop and found it quite interesting. I left the workshop with a greater understanding of the causes, effects and solutions to stress, as well as a homemade stress ball. I also attended the workshop on new games and activities because I felt that it was important that I learn new activities to bring back to my Snowball. With the many options Snowbusiness offered, all the attendees left the conference with something they could use at their own Snowballs.

Snowbusiness was also a great place to meet new people and have many fun experiences. During free time, teens and adults networked or participated in basketball, volleyball, rock climbing, and hacky sack. Everyone seemed to have a good time interacting with other Snowballers from around the state. The food was average for camp food, but the meals were primarily spent networking and meeting new people. Overall, Snowbusiness was an awesome experience that provided attendees with experiences that can be reused all over the state.



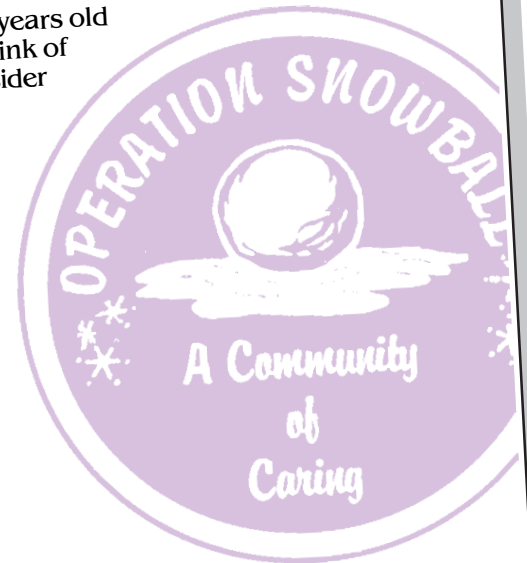
Happy Holidays, Prevention Friends!

As this letter is being written the first snow of the season is falling and it brings to mind that we are well into our Snowball school year. The Snowbusiness fall conference has already come and gone and the holidays are upon us.

For those of you who attended this years Snowbusiness conference thank you for coming, and for those of you unable to come, the feedback concluded that it was one of the best and diverse conferences we've ever had. We hope that you will attend Snowmeet on February 3, 2006 at the LindenOaks Hospital at Edward, Diehl Road conference center.

When it comes to the holidays many of us think of family. OS, Inc. is 28 years old and many of the members of the Snowball experience have come to think of each other as family. In some research on the traits of a healthy family consider this list:

- communicates and listens
- affirms and supports one another
- respects the uniqueness of each individual in the family unit
- encourages autonomy in thinking
- enables opportunities
- shared leisure time
- has a sense of play and humor
- values service to others



Over the next few weeks as we celebrate our holiday rituals and spiritual traditions, continue to honor those around us in the tradition of health and a community of caring.

Snowball Hugs,

Charla Waxman
Chair

Marilee Muirhead
Vice Chair

Meredith Sheriff
Secretary

Amanda Carl
Treasurer

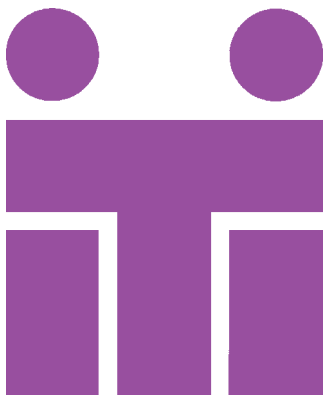
Ron Jakubisin
Past Chair

ITI Update

- Reminder that Leadership Team applications are available online at www.os-iti.org under the ITI 2006 button or in hard copy form from IADDA at 800.252.6301 ext. 52. These applications are available to anyone who has staffed ITI for 2 or more years and the deadline is January 1, 2006.
- Workgroups for Community Action Teams, PALS/Youth Board and Marketing are getting ready to kick off to examine these areas of the ITI program and make recommendations for continued development. Those interested in participating are reminded to view the descriptions posted on the ITI 2006 webpage and to email your participation preference to Jennifer Marwick at jmarwick@iadda.org.
- Interview Sites are still needed to assist with interviewing volunteer staff and PALS applications for ITI 2006. If you would like to be an interview site, or have any questions about this role, please contact Tabitha Holt at 800.252.6301 ext. 15 or tholt@iadda.org.

New ITI News

- **MARK YOUR CALENDAR:** The dates for ITI 2006 will be July 16-20, 2006. Staff training will be scheduled for July 14-16.
- ITI will be moving to Monmouth College in Monmouth, Illinois for its 2006-2007 programs. Monmouth is a private college in west central Illinois that is home to approximately 1,300 students. The picturesque campus boasts two new dormitory buildings, a new sports/recreational complex and has a Ben & Jerry's ice cream stand in its student center! We hope to see you there as we get to know ITI's new home. To find out more about Monmouth, visit their website at www.monm.edu.
- Applications for ITI 2006 will be available starting January 1, 2006. Applications can be downloaded from the ITI website or hardcopies can be requested directly from the IADDA office. Anyone who attended ITI 2005 will automatically be sent an application, so please wait for yours to arrive.
- Starting in 2006, ITI will allow youth to attend as participants two times instead of only once. If this will be your second year at ITI and you do not want to move onto the PALS 1 program, just mark the box on your application for Second Year Participant and enjoy another year of ITI as a participant. Those who want to participate in the PALS 1 program their second year at ITI may still directly apply to be a PALS 1. Questions about this new participation option can be directed to Jennifer Marwick at 800.252.6301 ext. 13 or jmarwick@iadda.org.



Central Illinois Mid-Level Institute Reunion

The Central Illinois MLI brought participants and staff from its April event back together for a six month reunion in Springfield on October 22. The reunion is a time to see MLI friends, participate in discussion groups, listen to speakers Jerry Paulsen and Mike Dial, and reenergize and motivate those who attended MLI to continue applying what they learned at MLI to their daily lives and activities. The event was a definite success and we look forward to seeing everyone back at the 2006 MLI to be held April 7-9 at Nazarene Acres in Springfield.



Save the Date—MLI 2006 April 7-9

Applications for the 2006 Central Illinois Mid-Level Institute are available! These can be obtained directly from the website at www.os-iti.org under the MLI button, or hardcopies may be requested directly from the IADDA office by calling 217.528.7335 ext. 52 or emailing jmarwick@iadda.org.

NEW! Freshman at MLI

Starting in 2006, MLI will allow youth who are currently freshman and who attended MLI as eighth graders to participate in a special MLI program for freshman students. The freshman program will be part of the MLI event occurring April 7-9, 2006. Applications will be sent directly to youth who are eligible to participate. The freshman will participate in all MLI activities but meet in their own discussion group. If you are interested in participating, contact Jennifer Marwick at 800.252.6301 ext. 13 or jmarwick@iadda.org.

Important Illinois Teen Institute/ Mid-Level Institute Dates 2006

Jan. 1	ITI Leadership Team Apps Due
Jan.	ITI 2006 Apps Available
Feb. 13	MLI Adult Staff Apps Due
Feb. 20	MLI Youth Staff Apps Due
March 27	MLI Participant Apps Due
April 7-9	MLI 2006
April 14	ITI Cluster Leader & PALS Coord Apps Due
May 19	ITI Staff Apps Due
May 19	ITI Participant Apps Due for early break
June 9	ITI PALS 1-2, Youth & Adult A-Team Apps Due
June 23-25	ITI Leadership Retreat
June 30	ITI Participant & AP Apps Due
June 30	Last Day to Cancel
July 14-16	ITI Staff Training
July 16-20	ITI 2006
Sept. 9	MLI Reunion
Sept. 16	ITI Leadership Debriefing

A True Story of ITI's Long-lasting Effect

By Ron Jakubisin

This past fall I was in Chicago goofing off around State St. with all of its shopping and tourism when a women with a microphone walking around was attempting to interview people on the street as they hustled back and forth from whatever they were doing. She approached me and asked if I'd be willing to be interviewed about the 'topic of the day' for NPR (National Public Radio). For sheer entertainment I consented not even knowing the topic. After a 3 minute session it was all over.

A few days later, at work, I'm opening emails and there is a message from someone named Carrina K with the message line reading: "Is this the same Ron J from ITI?" In it the message states: *I'm going to assume you are the person who was a counselor at ITI when I went years and years ago. I just heard your name on NPR as I'm sitting here in the office after a long day outside. There are a lot of people I really don't remember very well from camp but I always remember you because you were the first person ever to tell me that my dad's drinking was not my fault and I had to realize that to move on. I don't know if I ever properly thanked you for that but here it is. I hope you are doing well as I see that you are still working in the same field. Thank you for all the lives you touch.*



I emailed the person back and found out that this person went to ITI in 1987, and returned as a TLC (Teen Leadership Council) was the structure that evolved into the PALS program of ITI). She is a master gardener for celebrities in New York City (she was in NYC when she heard my name on a NPR broadcast!). Carrina went on to say that ITI impacted her teen years and now, as an adult, keeps fond memories of both the fun and messages ITI gave to her. 18 years after her ITI experience and she still remembers what a definitive moment ITI played in shaping her future!

Although I'm sharing this story, this story is not about me being a part of ITI, its about ITI being a part of this person and she never forgot it.

Welcome Lance Holt!

IADDA staff and ITI-OS volunteer Tabitha Holt and her husband Phil are the proud parents of Lance Holt. Lance was born on October 20th weighing 5 lbs. 13 oz. and 20 inches long.

Welcome New OS Chapters



Kriukai Basic School (Lithuania)
Sirvintu Rajono Svetimo Centro (Lithuania)
Kretina (Lithuania)
Kazlu Ruda (Lithuanai)
Progress Zawieckie (Poland)
HUGS, NY

Chapter Accreditation Renewals

Each September every OS chapter contact receives a renewal application packet for the upcoming year. The packet asks for an updated application, certificate of insurance (if changed), and \$65.00 renewal fee. To use the Operation Snowball materials and logo you must be an accredited chapter. Accredited chapters receive four issues of *Impact*, free trainings, statewide conferences, Monthly Planner and Activity Guide, Resource CD-Rom, technical assistance provided by a certified prevention specialist, networking with local/regional accredited chapters, updated contact list of accredited chapters, International and Statewide recognition, accredited chapter certificate suitable for framing, and representation on the Board of Directors by an individual who is working within your district. To avoid a \$25.00 late fee be sure to submit your chapter's renewal before **December 31, 2005**. Please contact Mary Jo Peavy at 800.252.6301, ext. 18 or email mpeavy@iadda.org for assistance.



Mark Sanders

OS Board Member Spotlight

The seed for Mark Sanders' becoming an Operation Snowball board member was planted over twenty-three years ago. In 1982, Mark graduated from MacMurray College with a degree in Social Work and took a job as an adolescent substance abuse counselor in Chicago. He soon discovered that he enjoyed making presentations to youth groups and volunteered to speak at Operation Snowball meetings when the organization was in its infancy.

Since then, Mark's career as a speaker in the addictions field has blossomed, and Operation Snowball has continued to help thousands of youth throughout the country and abroad.

Mark is an international speaker whose workshops have reached thousands throughout the United States, Europe, Canada, and the Caribbean Islands. In 2003, he received the Professional of the Year award for his work as a trainer in the addictions field in Illinois. He is author of three books and numerous workbooks and has had two stories published in the New York Times best selling book series, Chicken Soup for the Soul.

Mark is happy to be a board member of Operation Snowball.

Annual OS Recognition Awards

Operation Snowball, Inc. and the Board of Directors recently awarded recognition awards for outstanding support of Operation Snowball. The awards recognize outstanding youth and adult members of OS chapters as well as prevention efforts of individual chapters. There also is an award recognizing school and/or community support for OS efforts. The following recipients were recognized at the Snowbusiness conference.



1. Outstanding youth leader – Susie Hirschfeld, Naperville OS
2. Outstanding adult leader – Rob Grupe, Effingham County OS
3. Outstanding young adult – Bethie Hacket, Lyons Township OS
4. Outstanding Snowball/Snowflake chapter – Jewell Middle School OS
5. Outstanding support from local community organization or business – Westmont Police Department
6. Outstanding support from a school – Neuqua Valley High School in Naperville
7. Outstanding OS Board of Directors member – Marilee Muirhead (pictured above with board member, Meredith Sheriff)

Congratulations to all the award winners!

A New Plan of Attack

By: Danessa Perdieu, IADDA Intern

Throughout my life, I've been fairly aware of the methamphetamine problem in Illinois. I am a seventeen year-old girl from Coles County whose parents have each worked for the Central East Alcoholism and Drug Council (CEAD) for over twenty years. Maybe it is because of my parents' extensive knowledge or maybe it is because of my rural hometown of Ashmore, but I assumed that everyone in the world had been informed of what a ravaging drug meth is.

Upon commencing my internship with the Illinois Governmental Internship Program, I quickly found out how wrong I was. During the first few days, you spend every waking moment filling people in on your background. You tell them about your likes and dislikes, your favorite things, your family, and most importantly where you would like to intern. My top choice was to work at the Illinois Alcoholism and Drug Dependence Association. Almost everyone knew nothing about the agency or the field it represents. I tried my best to do a brief overview of the substance abuse addiction field and all that was involved. Then, inevitably, I would bring up meth and what a problem it was in my area. After a few seconds of blank stares, I realized that my brief explanation would not suffice, so I continued on with all I knew about the drug.

When I started the internship at IADDA, I knew it would be a good fit. My sponsor, Jennifer Marwick, told me about their

numerous programs and some of the conferences that I could attend. The first meeting I went to was the Rural Providers meeting. Not only was I familiar with rural areas coming from a town of 800, but I also got to see my parents' workplace being represented in a professional forum. My second out of office experience, however, hit the nail directly on the head.

On September 20th, I went to a training entitled Meth: Stopping the Epidemic. This program was sponsored by Illinois Attorney General Lisa Madigan, and it was a joint effort between Operation Snowball and an agency based out of California, the Youth Leadership Institute or YLI. At this training I was introduced to the new frontier of methamphetamine education— youth-led environmental strategies. This tactic involves educating today's youth and reinforcing positive environmental influences such as social norms and strict drug policies. Environmental prevention involves looking at the whole picture and how different elements of a society influence one another. Its goal is to reduce social, personal, and economic cost to communities that are caused by alcohol, tobacco, and other drugs (ATOD's).

During the training, we were all taught ways to help spread these ideas into our communities. It was also reiterated that these skills could be used to help stop the use of other narcotics, tobacco, and alcohol, not just meth. All of the ideas presented seemed easy to implement in any size community, while still being highly effective in reducing the use of whatever target was chosen.



I left the training highly impressed. Not only were new plans of attack being implemented against the huge meth epidemic happening across the nation, but also because of the great idea to put youth at the head of these plans. More youth need to know what meth is, how to identify it, why it's so horrible, and how to impact the problems around them. I would say that the conference was a huge success and should be implemented throughout the country if not the whole world.

Through collaboration with Illinois Attorney General Lisa Madigan and the Youth Leadership Institute (YLI), Operation Snowball, Inc. can provide training to address methamphetamine abuse. Participants will be presented with the basic philosophies of environmental prevention, gain increased knowledge of environmental prevention theory, as well as understanding strategies of incorporating environmental strategies into methamphetamine prevention. YLI developed a curriculum specifically for preventing meth use in Illinois. Please contact Mary Jo Peavy at 800.252.6301 extension 18 or email mpeavy@iadda.org for more information or to schedule training for your group.

IADDA CEO

IADDA is pleased to announce that Joe Anna Sullivan became IADDA's CEO effective November 1, 2005. Joe Anna's experience and expertise will prove essential as IADDA moves forward with a legislative agenda and the implementation of their strategic plan. Joe Anna has direct experience as a provider as well as in state government. She served as the Executive Director of PEER Services from 1981 to 1988. She then became a Regional Manager for DASA. Later, Joe Anna was a Deputy Director at DCFS for six years. Most recently, Joe Anna has been a project coordinator and consultant for the National Center on Substance Abuse and Child Welfare.

Joe Anna is an experienced advocate. She is high skilled. She is very committed to the principles of collaboration and system-integration. Please join Snowball and ITI in welcoming Joe Anna to her new role at IADDA!

Former IADDA CEO, Angela Bowman recently became engaged and has moved to Ft. Leavenworth, Kansas. Angi is an editor for the Combat Studies Institute on Ft. Leavenworth and is performing contractual work in the substance abuse field. ITI and OS wish Angi and her fiancé happiness in their future together.



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It's FREE to join. You'll also receive great discounts, FREE shipping offers, and special savings to add to the great prices you'll find every day through iGive.com.

Amazon.com, L.L.Bean, CDNow, Eddie Bauer, Barnes & Noble, Gap, and many more! These stores give up to 26% from every purchase you make to [Operation Snowball and the Illinois Teen Institute](#).

What's the catch?

There isn't one. It's free. No "spam." Total member privacy. Our members have raised and given away over **\$1,700,000**. We hope that in the near future, all consumer contain a percentage that benefits causes close to home.



<http://www.iGive.com/OS>

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- 2) Purchase your prevention campaign supplies online
- 3) Prevention Partners pays us 15% of the proceeds from your purchases

Go to the following URL: <http://www.preventionpartners.org/os>

SNOWMENTUM

The following is a list of Operation Snowball chapter events, trainings, conferences and board meetings. Also, included are the Illinois Teen Institute planning meeting and event dates.

DECEMBER

December 2-4, 2005: Greater Fox River Valley OS
Contact Mary Heinrich 847-697-0761

December 10, 2005: OS Board of Directors
Contact OS at 800.252.6301, ext. 18 or mpeavy@iadda.org

JANUARY

January 27-29, 2006: Sangamon Co. OS
Contact Rini Soler @ 217.787.1595

FEBRUARY

February 17, 2006: OS Board of Directors
Contact OS at 800.252.6301, ext. 18 or mpeavy@iadda.org

February 10-11, 2006: Westmont Snowflake
Contact Jason Bolden at jbolden@westmont.dupage.k12.il.us

February 23-24, 2006: Westmont Snowball
Contact Jason Bolden at jbolden@westmont.dupage.k12.il.us

February 24-26, 2006: Northwest Illinois Operation Snowball (NIOS)
Contact Kim Tice at icet123abc@gmail.com

MARCH

March 2-5, 2006: District 230 OS
Contact Jacki Frederking at 708.974.7454

March 10-12, 2006: Pleasant Plains Snowball
Contact Peggie Brandon at 217.626.1044

March 11, 2006: ITI Planning Meeting
Location TBD
Contact Jennifer Marwick at 800.252.6301 ext. 13 or jmarwick@iadda.org

APRIL

April 7-9, 2006: Central Illinois MLI Nazarene Acres, Springfield
Contact Jennifer Marwick at 217.528.7335 ext. 13 or jmarwick@iadda.org

April 15, 2006: OS Board of Directors
Contact OS at 800.252.6301, ext. 18 or mpeavy@iadda.org

JUNE

June 5-11, 2006: Northwest Illinois Operation Snowball (NIOS)
Contact Kim Tice at icet123abc@gmail.com

June 17, 2006: OS Board of Directors
Contact OS at 800.252.6301, ext. 18 or mpeavy@iadda.org

June 23-25, 2006: ITI Leadership Retreat
Location TBD
Contact Mary Jo Peavy at 800.252.6301 ext. 18 or mpeavy@iadda.org

JULY

July 16-20, 2006: ITI 2006 Monmouth College
Contact IADDA at 800.252.6301 ext. 52 or iadda@iadda.org

SEPTEMBER

September 9, 2006: Central IL MLI Reunion
Location TBD
Contact Jennifer Marwick at 800.252.6301 ext. 13 or jmarwick@iadda.org

September 16, 2006: ITI 2006 Leadership De-briefing
Location TBD
Contact Mary Jo Peavy at 800.252.6301 ext. 18 or mpeavy@iadda.org

To submit a date please contact IADDA at 800.252.6301, ext. 52 or email iadda@iadda.org for consideration.

Games Corner

Plastic Wrap Activity

Supplies needed: At least one roll of plastic wrapper (the kind used for leftover foods) groups (5-10 people). Some sort of ball or object the group can pick up. Discount stores also carry packaging plastic that comes in rolls of various lengths, it's a bit thicker than Plastic Wrap.

Directions:

- 1) Split up groups if need be. It really does not matter the size, but you don't want it too small.
- 2) Have each group get as close together as they can with their arms at their side.
- 3) Then the facilitator binds each group with plastic wrap remembering to cover from the shoulders down to their arms. You don't want their arms to be free. Don't make it too tight, but make it snug.
- 4) Make sure all of the groups are in line and then say "go" and have them move to the other side of the room and retrieve a ball or some object, telling them that the MIDDLE person needs to get the object (not saying that her or she has to pick it up, but they must have it above their head when they come back).

Options to this activity: You may have the groups sing songs as they travel to pick up their object. What also works is having them pick up a bag at the other end and in that bag could be kazoes or something like that, that they must play on their way back. Be creative and use your imagination.

Process: How well did the communication work in the group? How did you work together as a group in such tight quarters? Was it to fast or to slow? What did you do about that? If this were a planning committee you were on and it was going to fast or to slow what could you do?

IMPACT Your Community is a publication of Operation Snowball, Inc. and Illinois Teen Institute and is free of charge to subscribers.

IADDA Staff

CEO: Joe Anna Sullivan

Associate Director: Sara Moscato

Business Manager: Pel Thomas

Prevention Coordinator: Mary Jo Peavy

Special Events Coordinator: Jennifer Marwick

Administrative /Mail Room Coordinator: Tabitha Holt

Special Projects Coordinator: Peggie Powers

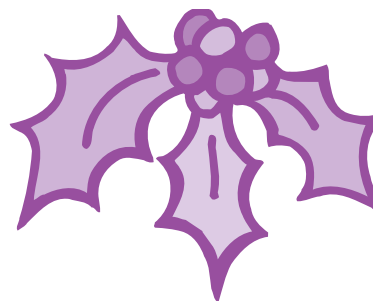
Intern: Danessa Purdieu

OS staff is provided through a contract between the Illinois Alcoholism and Drug Dependence Association and Operation Snowball, Inc.

IMPACT Your Community invites your comments, articles or photographs. An article must be submitted in typed, double-spaced format. Photos must include caption or an explanation of the event. Please direct articles or comments to:

Operation Snowball, Inc. / Illinois Teen Institute
937 South Second Street
Springfield, IL 62704
800-252-6301 or 217-528-7335

**The Staff of the
Illinois Teen Institute
and
Operation Snowball
wish you a
happy, healthy and safe
holiday season!**



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