

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

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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:

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937 South Second Street
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800-252-6301 or 217-528-7335
www.os-iti.org * iadda@iadda.org

IADDA Staff Update

IADDA welcome's Laurie Campbell and Ashley Buchanan as Office Assistants.



The staff of the Illinois Teen Institute and Operation Snowball wishes you a happy, healthy and safe holiday season!

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What's in this issue?

- 1 District 230's 20th Anniversary
- 2 Board Letter
- 3 Support ITI & OS
- 4 McHenry County MLI
Growth at MLI
MLI Dates
ITI UPDATE
- 5 Chapter Renewals
OS Board Update
- 6 Remembering Who Snow Is For
Games Corner
- 7 Snowmentum
- 8 IADDA Staff Update

Alumni Celebrate 20 Years of Operation Snowball

Melissa R. Riske/Triblocal.com staff reporter 10/02/07

In 1986, a small group of students from School District 230 went to a leadership conference to learn about a new program called Snowball. One of those students was senior Jacki Fitzgerald from Sandburg High School.

"I had no idea what I was getting into," she said.

She and the other students took what they learned and brought back Operation Snowball to the District 230 high schools, bringing the first program called "That's what friends are for," to the district in 1987.

This weekend Jacki Fitzgerald Frederking joined by her husband and two children will be among the many who will welcome back Snowball alumni as they mark the program's 20th anniversary in the district.

"It's been life-changing," she said.

Operation Snowball focuses on leadership and developing life skills to make good decisions and lead drug-free lives. The program originated in Rockford in 1977.

"The goal is to get students to think about their choices, decisions and the resulting consequences," Frederking said. The hope is that "students act in a way that makes them feel good about themselves."

In District 230, twice a year students, faculty, adult and teen staff coordinate Operation Snowball. Frederking has gone from being a member of the inaugural program to coordinating the events as a social worker at Amos Alonzo Stagg High School for the last nine years.

From October 4th-7th, 150 students and adults from District 230 will retreat for the annual fall Operation Snowball. Frederking said the event truly is a break away, isolated from cell phones, Internet, television and more.

The event will merge with the alumni reunion Sunday, Oct. 7 at Camp Manitoqua, 8122 S. Sauk Trail, Frankfort. From 10:30 a.m. to 12:30 p.m. former students from the three high schools who participated in Operation Snowball are invited to attend the reunion.



Happy Holidays, Prevention Friends!

This November, Rob Grupe celebrated his 20th year of being involved in Operation Snowball. Over the years I've served in many different capacities: teen staff, adult co facilitator, director, coordinator and Board of Director member. Times have changed. Television went reality and the internet became this huge place of knowledge and time wasting. Spend any amount of time on Youtube and you'll see exactly what I mean! Technology can be a wonderful thing. Teens are connected by who knows how many different ways via the web and cell phones. LOL? ROTFL? IDK? BFF? :) ? This is a language that means something to teens. It is becoming possible to live your life without ever seeing another person face to face. Checks are direct deposited and bills are directly taken out of checking accounts. Homework is submitted by email and teachers put homework assignments online. It's getting to the point that teens don't know how to address an envelope or even keep a checkbook. Technology can also be a very dangerous thing.



Operation Snowball has changed with the times. Chapters use Myspace bulletins and Facebook groups as a way to connect, inform, and network. I counted at least 16 different chapters with a group on Facebook and 6 different events being advertised. I've connected with past Snowball and ITI people that I haven't seen in years. And there are many different groups dedicated to drug and alcohol prevention. All you have to do is look for them.

The Internet is not going away. So it's important that Operation Snowball stay connected. Technology can be a very helpful tool in our mission of providing teens correct and up to date information in making good decisions about drugs and life. Snowball also provides the face to face connections and friendships that are so important.

Happy Holidays,

Marilee Muirhead
Chair

Spike Grossheusch
Vice Chair

Meredith Sheriff
Secretary

Rob Grupe
Treasurer

Charla Waxman
Past Chair

continued from page 1

The generations will mingle, share memories and hear from guest speaker Michael Bruni, a motivational speaker and fellow Snowball alum from Marian Catholic High School. Light refreshments will be provided, raffles and a silent auction will take place. The highlighted silent auction item includes 2 tickets to a 2008 Northwestern University football game and a tailgate with head coach Pat Fitzgerald and his family. All proceeds benefit District 230 Operation Snowball. Returning for the event is Nicole Scheel, a 1994 graduate of Sandburg High School. For Scheel, lessons and experiences with Snowball influenced her as a student and into a career as a director of training.

"It definitely helped me with my career," she said.

To show her support of the program, twice a year she leaves behind her normal job to return to work behind the scenes in the District 230 Snowball.

"At 31 it still rejuvenates me," Scheel said.

Scheel said while some of the teen issues have changed since her first Snowball in 1990, the core of the program remain the same. In the program she saw how people from different backgrounds and interests came together.

"By the end of the weekend, you are friends with everybody," she said.

Frederking said she thinks Operation Snowball will continue to evolve and serve future generations. "The next 20 years, our goal is really just getting the word out that Snowball is a positive leadership development program," she said. "We hope to continue to remind teens that they are our future."

To learn more about 20th anniversary or District 230 Operation Snowball visit the Web site snowballalumni.com

SNOWMENTUM

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

January 1, 2008

ITI Leadership Team Applications Due
Contact Cheri Fiala at 800.252.6301 x 13 or cfiala@iadda.org

January 5, 2008

MLI Planning Meeting
10:00 a.m. conference call
Contact Cheri Fiala at 800.252.6301 x 13 or cfiala@iadda.org

January 26, 2008

ITI Planning Meeting
10:00 a.m. conference call
Contact Cheri Fiala at 800.252.6301 x 13 or cfiala@iadda.org

February 2, 2008

MLI Planning Meeting
10:00 a.m. conference call
Contact Cheri Fiala at 800.252.6301 x 13 or cfiala@iadda.org

February 16, 2008

Homewood-Flossmoor Operation Snowball
Snowflake
Contact John Schwaller at 708.335.5552 or
jschwaller@HFHHighschool.org

March 6-9, 2008

Southern Illinois Camp Success/MLI
Lake Williamson, Carlinville, IL
Contact Cheri Fiala at 800.252.6301 x 13 or cfiala@iadda.org

March 7-9, 2008

Southern IL Mid Level Institute
Contact Cheri Fiala at 00.252.6301 ext. 13 or cfiala@iadda.org

March 14-16, 2008

Northshore Operation Snowball
Contact Marie Goulet-Raffety at 224.625.2906 or
mariegoulet@jcfs.org

March 15, 2008

ITI Planning Meeting
Location TBD
Contact Cheri Fiala at 800.252.6301 x 13 or cfiala@iadda.org

April 3-6, 2008

Central IL Mid Level Institute
Nazarene Acres, Mechanicsburg, IL
Contact Cheri Fiala at 800.252.6301 x 13 or cfiala@iadda.org

April 14, 2008

ITI Cluster Leader & PALS Coordinators application deadline
Contact Cheri Fiala at 800.252.6301 x 13 or cfiala@iadda.org

April 18-20, 2008

Naperville Operation Snowball
Contact Ian Shaw at 630.961.2992 x 231 or ian@ncoyouth.org

June 2, 2008

ITI Volunteer Staff applications due
Contact Cheri Fiala at 800.252.6301 x 13 or cfiala@iadda.org

June 6-8, 2008

ITI Leadership Retreat
Location TBD
Contact Cheri Fiala at 800.252.6301 x 13 or cfiala@iadda.org

July 10-13, 2008

ITI Staff training
Monmouth College, Monmouth, IL
Contact Cheri Fiala at 800.252.6301 x 13 or cfiala@iadda.org

July 13-17, 2008

Illinois Teen Institute
Monmouth College, Monmouth, IL
Contact Cheri Fiala at 800.252.6301 x 13 or cfiala@iadda.org

September 13, 2008

ITI Leadership Debriefing
Location TBD
Contact Cheri Fiala at 800.252.6301 x 13 or cfiala@iadda.org

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

Remembering Who Snow is For

Submitted by Alissa LaRos, Youth Board Member

I recently found myself reminiscing about my days participating in the Snow programs. The first thing I remembered was being a Snowball staff member in high school. Looking back, I know that there is no other organization that I could have been a part of where I gained so many amazing friends, a positive attitude as well as a wonderful leadership experience all in one.

Then I remembered the true reasons why I always wanted to become a Snowball staff member; to help others, be a positive role model and first and foremost, spread the "Snow spirit" to all.

As I thought about my days in the Snow programs I tried to remember why I became a part of the Snow staff? The obvious personal reasons occurred to me like; friends, healthy lifestyle choices, and a positive environment. Then I remembered the true reasons why I always wanted to become a Snowball staff member; to help others, be a positive role model and first and foremost, spread the "Snow spirit" to all.

After recently speaking to some Snowball staffers about their current Snow activities and events, I questioned myself, if they really knew what the true meaning of the Snow program is and more importantly, if they realized who the Snow programs exist for. I felt as if they had not quite grasped the idea that the Snow programs are for everyone, staffers included, but first they are for the participants who attend the events to find that "Snow magic" and experience the "Snow spirit."

The staff members are the leaders that get to show the participants what Snow is all about, through an incredible day or weekend, of positive events and activities. Having the responsibility to prove that it is acceptable to live a healthy, positive lifestyle is a difficult task and that is why a staff member must learn that while Snow is a great extracurricular activity for them it is an even better and important experience for a first time participant.

This article is not meant to say that staff members cannot have fun and participate at Snow events like participants do. It is simply a reminder to staff members, young and old, that the reason the Snow programs exist is because of the participants and without them there would be no program. In my opinion a staff member has not reached his or her peak until they realized what the true meaning of the program is and who they are preparing it for. The position you have to influence someone who you once were is very important and should be taken very seriously. I wish you all good luck with your 2008 Snow events.

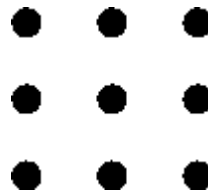
Welcome New Arrival

Proud parents (and ITI volunteers) Mike and Virginia Doherty announce the arrival of Sean Michael Doherty on September 20, 2007.

Games Corner—Nine Dots Problem

Submitted by Ron Jakubisin adapted from Brainteasers for Trainers by Graham Roberts-Phelps and Anne McDougall, American Media Publishing

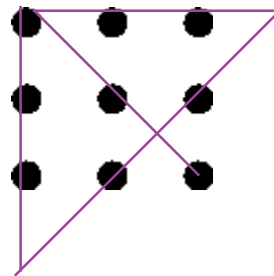
"Think Outside the Box"



The object of the activity is to use four straight lines to connect all nine dots without removing the pencil when you set it on the paper. You cannot 'retrace' a line and count it as one. You cannot use curved lines. After a few minutes give students the hint of "think outside the box".

Observe if students are working together or being competitive. Use your observations for discussion later.

Solution: Start on the lower right dot and move to upper left, that is line one, after that you can either go horizontal for line 2 or drop down, either way notice the stopping point... 'outside the box' (the imaginary box you eye makes when it looks at nine dots). Our brains set up the parameter of 'the dots are the boundaries', however the solution requires the person to move their second line 'outside of the box'.



Process: this is a great activity when approaching discussions and/or lessons on problem-solving. It illustrates how people tend to look at social problems and solutions the same old way i.e. underage drinking: if kids just understood the consequences, if parents would just tell their kid its wrong, etc. etc. etc. There is also an opportunity to discuss the 'process' in which people attempted to solve the activity. We're people collaborative and helpful, or were people competitive and didn't want to interact. Once in a while a student will even get the answer and teach it to everyone before the 10 minutes are up!

Help Support the Illinois Teen Institute and Operation Snowball

As a supporter of or a participant in Operation Snowball (OS) or Illinois Teen Institute (ITI) you know the important role that the two programs have played in the lives of youth and adults in Illinois for more than 30 years. This year, Operation Snowball celebrated its 30 year anniversary, while ITI marked its 33rd birthday. Few youth prevention programs can claim the staying power and longevity of these two outstanding programs. Throughout this long and distinguished history, ITI and OS have touched the lives of thousands of youth and adults in communities across Illinois, Indiana, Wisconsin, North Carolina, California and New York and in the countries of Poland, Lithuania, Colombia and China.

The ITI and OS programs have taught youth about the importance of living their lives drug and alcohol-free through the challenging middle school and high school years. ITI and OS have also helped to empower youth who choose to lead a drug and alcohol-free lifestyle to stand up to what can be overwhelming peer pressure. At the same time, ITI and OS help youth develop the skills they need to serve as leaders and role models in their schools and communities. These leadership skills are critical as teens go on to compete in life after high school and college and as they enter the work force.

Prevention programs like ITI and OS also play an important role in maintaining the public health of our communities. We know through research that the longer youth delay first using alcohol or drugs, the better their chances of not developing long-term addictions to substances. ITI and OS help youth delay experimenting with drugs and alcohol by providing a safe environment in which they are able to take part in drug- and alcohol-free activities with adult role models.

We receive countless notes, emails and comments each year from youth and adults who have participated in these two programs that tell us how important ITI or OS has been in their lives. Here are comments from an alumnus:

“I grew up in both ITI and Operation Snowball. These two programs were extremely beneficial to me at a time in my life when I was surrounded with many peers who were using. I believed in the missions of both ITI and OS so much that I volunteered as an adult through my college years too. But I learned so much more from ITI and OS than just about staying away from drugs and alcohol. I learned valuable lessons about leadership that have served me throughout my career in the ‘real world.’ I work in the drug and alcohol prevention and treatment field as an advocate now and many of the lessons I learned in high school through ITI and OS have stuck with me.”

Sara Moscato Howe

CEO of the Illinois Alcoholism and Drug Dependence Association (IADDA)

As a youth who has participated in ITI or an OS event, or as a parent with children in either program, or even as an adult with fond memories of your own OS or ITI experience, you are likely very familiar with the great benefits of the two programs. What you may not be as familiar with are the opportunities that exist during this season of giving to support ITI and OS through a financial contribution. Your donation to ITI or OS is 100 percent tax deductible. Your support ensures that hundreds more youth can enjoy the wonderful opportunities to develop the same leadership skills you or your son or daughter were able to experience.

During this season of giving, when we reflect on those things that have made a difference in our life, I hope that you can help us to continue to make a difference in the lives of youth across Illinois. To contribute to these vital programs, simply mail your donation to:

ITI/OS
c/o IADDA
937 South Second Street
Springfield, Illinois 62704

Checks should be made out to IADDA with ‘ITI/OS Donation’ noted in the memo.

If you have questions please do not hesitate to contact us at 217.528.7335. You can also check out current OS and ITI happenings at www.os-iti.org.

**Best wishes to you and yours this holiday season and thank you for your support of
Operation Snowball and the Illinois Teen Institute.**

McHenry County's 7th Annual Mid-Level Institute

The 7th Annual MLI for McHenry County was held on October 19-21, 2007, at Camp Algonquin in Algonquin, IL. Over 75 participants, Active Leadership Learning for Youth (ALLY) participants, and staff were in attendance, with 16 schools in the area represented.

Participants saw two large group presentations by, Tom Boz and Bill Johnson, who talked about the importance of not falling for drugs and believing in yourself. They watched Motivational Production's *Behind the Faces* three-screen multi-media presentation, which talked about the importance of choosing the right friends. They also participated in two workshops, one focusing on alcohol and other drug information, and the other providing interactive bullying prevention information and scenarios, both of which were presented by the Prevention Department of Family Service & CMHC. Attendees also participated in discussion groups throughout the weekend where they processed what they learned in the large group presentations. They participated in a teams course with their small groups which was designed to enhance the cohesiveness of each group and build other important team skills.

The Institute served to strengthen the students' abilities to take risks, be catalysts for change, and, ultimately, make a difference in their schools and communities. All those present at the Institute had an impactful experience and are looking forward to the reunion, tentatively scheduled for February. If you have any questions about the McHenry MLI, please contact Lori Baker, Manager of Prevention Services for Family Service, at (815) 669-2485.

Exciting Growth at the Mid-Level Institute

This year has seen exciting growth for MLI in Illinois. IADDA was approached in 2006 to partner with volunteers who had been closely involved in Southern Illinois' Camp Success program. Camp Success, due to financial and liability reasons, was no longer able to function in this region and was greatly missed by volunteers, educators and participants as a "highlight" prevention experience for Youth. Volunteers and students from this region participated in the 2007 Central Illinois MLI and wanted to bring it to Southern Illinois as a collaborative effort. Thanks to the planning hours of Camp Success volunteers, with a desire to have a 2008 MLI in their area, we are happy to announce the first year for Southern Illinois

MLI! The "region" for Southern Illinois will begin in the lower DHS Region 4 area, and will include Calhoun, Greene, Macoupin, Montgomery and Effingham counties and all counties continuing south into DHS region 5.

Southern Illinois volunteers will join Central Illinois volunteers to plan and implement duplicate MLI institutes in their areas, however, each MLI will put their own touch on their institutes. SIMLI will incorporate traditions from its long standing Camp Success program and be open to 6-8th grade participants, having youth staff open for freshmen participation. CIMLI will host 6-9th grade participants and is enjoying its 5th year "anniversary" in 2008.

Save the Dates—MLI 2008 March 6-9 Southern Illinois Camp Success/MLI April 3-6 Central Illinois MLI

Applications for the 2008 Central and Southern Illinois Mid-Level Institutes are available! These can be obtained 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 iadda@iadda.org.



ITI Update

A handful of ITI volunteers participated in the Planning Meeting on November 3. The group examined and discussed topics and ideas that IADDA staff brought forth as potential focus areas for ITI 2008. The meeting was very productive in that it brought together a group of people with different backgrounds, differing ITI experience, and positions to discuss what ITI does well, and what ITI can do better/differently. IADDA staff would like to try to convene a mid-winter Planning Meeting conference call in January to provide updates and get additional feedback before final decisions and changes are made. Further information on this additional meeting will be communicated through the ITI/OS listserv. If you are not a member, you can sign up online at www.os-iti.org. The power point presentation of this Planning Meeting is currently available on the website under ITI 2008. This information outlines the work groups established and their purpose as it was discussed



at this meeting. All those wanting to participate in helping with a work group, or offering feedback can contact cfiala@iadda.org. Deadlines for these workgroups are December 28, 2008.

Reminder that Leadership Team applications are available online under the ITI 2008 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, 2008. Applicants will be notified after January 1st of their acceptance.



Interview Sites are still needed to assist with interviewing volunteer staff and PALS applications for ITI 2008. If you would like to be an interview site, or have any questions about this role, please contact Cheri Fiala at 800.252.6301 ext. 13 or cfiala@iadda.org.

Applications for ITI 2008 will be available in January 2008.

Applications can be downloaded from the ITI website (www.os-iti.org) or hardcopies can be requested directly from the IADDA office. Anyone who attended ITI 2007 will automatically be sent an application, so please wait for yours to arrive before requesting another copy.



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, 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, 2007**. Please contact Mary Jo Peavy at 800.252.6301, ext. 18 or email mpeavy@iadda.org for assistance.

OS Board of Directors Update

OS Board Elections

As an accredited Operation Snowball Chapter, you will receive a ballot with the name(s) and a biography of the nominee(s) for the vacancy in your particular district. There are several districts with no nominations, write-ins are accepted.

Representation from your district on the Board of Directors is necessary to assist Operation Snowball, Inc. in its efforts to provide quality programs to chapters. Please take this opportunity to give your valuable input into the decisions that are made at OS, Inc. by returning the ballot postmarked on or before December 31, 2007. If you would like more information regarding the election process, please call me at 800.252.6301 x 18.

OS Board Member Spotlight

I am rounding the final turn on my first year as an Operation Snowball Board member, and there are a number of words that I would use to describe this first year, but at the top of the list is amazing! I say this based on a number of experiences starting with the commitment exhibited by my fellow board members. It's not just about the role they play on the OS Board, their devotion extends well beyond that, as they personally impact students in their home communities.

Shortly after taking my seat on the board, I attended a Snowflake expecting to spend my day as a participant. That expectation quickly changed as one of the scheduled adult staff was unable to make it. I believe everything happens for a reason and that day I was not meant to dangle my feet in the water, I was meant to jump in! It was a blast staffing that event. Shortly after that I had the privilege of participating in the Naperville OS spring retreat weekend and it was something that I will remember forever. The effect that weekend had on me cannot be described in words. This November I had the opportunity to staff their fall retreat and again it was remarkable.



The year is quickly coming to a close and it has been an incredible one. I look forward to continuing my OS journey.

Have a safe and happy holiday season!
Linda Pfeifer

OS Board Members Leaving

OS Board of Directors, Amanda Carl, Breyn Puckett and Meredith Sheriff are leaving the board after several years of service. The OS Board of Directors and staff thank Amanda, Breyn and Meredith for their service on the board and wish them well in future endeavors.