Dear NHS Advisor,

On behalf of the 2018 - 2019 National Honor Society of Maine Executive Board, it is my pleasure to invite you to the 2019 MNHS State Convention on March 21 and 22.

The theme of this year’s convention is *Just For The Health of It*, and the convention will host a wealth of speakers and workshop presenters who have proven to be active and influential in the mental and physical health awareness field. We are also excited to have selected the Camp Sunshine in Casco, ME, as the 2018 - 2019 MNHS State Service Project.

The Convention begins on Thursday, March 21, at Jeff’s Catering in Brewer, where we will hold our annual Maine NHS Banquet. The banquet will start promptly at 6 p.m., but we ask that your chapter arrive between 5:15 and 5:30 p.m. to allow ample time to be seated so we begin on time. Upon entering, students will be seated with members of other chapters. This year, advisors will disperse themselves throughout the room. We ask that your chapter adhere to our banquet dress code and wear business casual attire (please ask your students to save their casual attire for the conference at the University of Maine).

Our keynote speaker for Thursday night will be Alison Ingalls, from the Yellow Tulip Project. Miss Ingalls is a senior at Cape Elizabeth High School. She is an active YTP Ambassador at her school and the community at large. She’s a part of Seeds of Peace and founder of Club Unify at CEHS - a club for students of all abilities. She has struggled with her own mental illness, but she has embraced the YTP spirit of kindness and community, reinforcing her positive message of inclusion and hope. She is a firm believer and active participant in the premise, “when you start a conversation, others will follow” and wants to do all she can to support YTP’s mission and growth.

Our dance follows dinner and Miss Ingalls’ presentation. For members wishing to participate in a more low-key activity, we’ll have board games available as well. We encourage your chapter to stay and socialize with others. The banquet will conclude at 10 p.m..

The following day, Friday, March 22, you are invited to join us at the University of Maine at Orono for a day of workshops, speakers, and officer elections. Registration will begin at 8 a.m.; please make sure that your chapter arrives by 8:45 a.m. at the latest, to register and be seated. At 9 a.m., Vice President of Academic Affairs at UMO, Provost Hecker, will address us. At 9:15 a.m., the State Officers will welcome all of the conference attendees.
At 9:20 a.m., chapters are invited to present donations to the 2018 - 2019 MNHS State Service Project, Camp Sunshine. Your donation will go towards helping Camp Sunshine children and families affected by serious illnesses.

Following the presentation of donations, any MNHS member running for a state office will deliver a brief campaign speech. MNHS is a student run organization, and without capable, enthusiastic, and dedicated officers, our organization will not run efficiently. If a student in your chapter is interested in running for President, Vice President, Secretary, Public Relations Coordinator, or Regional Representative, please encourage them to pursue state office. Voting will be held immediately after candidates’ speeches.

At 10 a.m., we will have our keynote address. This year, we will have the privilege of hearing from Bill Picard, a comedian with cerebral palsy. He brings his comedy to national conferences, universities, colleges, private shows and benefits around New England. Mr. Picard opens his audience up to the reality of those suffering from health issues while cracking jokes at his cerebral palsy. His primary goal is to “inspire all people to be the healthiest and the best that they can be.” Mr. Picard works to create an understanding of those with disabilities, and he relates to his audience through his comedy about life’s obstacles.

Between 11 a.m. and 2 p.m., we will hold multiple workshops centered around our conference theme, Just For the Health of It. Your chapter will be assigned a time to eat lunch during this block. Please make sure to adhere to the schedule so we can ensure we are as efficient as possible.

I look forward to this year’s MNHS State Convention, and I hope you will join us! Please, if you have any questions or would just like to talk with myself or any of the other State Officers, stop us, and we would love to provide any information we can. One of the greatest rewards and greatest responsibilities of being a leader is speaking with those whom you represent, so please do not hesitate. I hope to see you there!

Sincerely yours,

Lea Scrapchansky  
President, National Honor Society of Maine  
Brunswick High School  
lscrapchansky@gmail.com

Chris Carver  
Co-Advisor, National Honor Society of Maine  
Mountain Valley High School  
carver@RSU10.org

Meg Doughty  
Co-Advisor, National Honor Society of Maine  
Mountain Valley High School  
mdoughty@RSU10.org
The following are the rules for all candidates running for an office of the MNHS Executive Board. They will be strictly enforced.

1. A candidate must be a **junior** in order to run for an office.
2. No write-in candidates will be accepted. Any region not presenting a candidate by the registration deadline will not be represented on the MNHS Executive Board for the next year.
3. Only one candidate may run per chapter.
4. The University and hotel are very particular about maintaining their facilities. Campaign materials of any kind are to be completely disposed of at both facilities.
5. **NO FOOD, CANDY, or DRINK** will be allowed in the Collins Center.
6. All speeches made by candidates must be written in advance, proofread, and approved by the chapter advisor. They need to be sent to the State Advisers with the registration materials. *The Executive Board reserved the right to disqualify any candidate for inappropriate language or content.*
7. Prepared speeches **MUST** be confined to the assigned topic (listed below) for each officer and regional representative. Candidates are not to restate their complete profiles since they will be read aloud upon the introduction of the candidates.
8. All candidates running for an office will give their speeches to the entire convention.
9. All campaigning and speeches are expected to be conducted in a responsible, respectful manner, characteristic of the National Honor Society.

**Topics of Speeches:**
- President: Leadership
- Vice-President: Service
- Secretary: Character
- Public Relations Coordinator: Scholarship
- Regional Representatives: All four values of NHS – Leadership, Service, Character, Scholarship

Speeches should be no less than 3 minutes and no more than 6 minutes in length.

**Regions**
- A. Northern
- B. Southern
- C. Central
- D. Eastern
- E. Western

Carefully read the list of duties and responsibilities of MNHS officers. Encourage a student willing to actively participate on the MNHS Executive Board to run for an office. Also, encourage students to consider the position of regional representative. This is an important role of the MNHS Executive Board, but one often overlooked by those choosing to run for office. Students interested in running do not need to have previously attended a MNHS Convention. It is an excellent opportunity for members of a chapter to work together and campaign for their candidate. It is also an excellent leadership experience for candidates. Any Chapter submitting a candidate must do so on the Candidate Information Form (page 6) enclosed in this packet.
Officer and Adviser Duties

Duties and Responsibilities of Officers and Regional Representatives:

President:
A. Preside at all meetings of the MNHS Executive Board.
B. Represent the MNHS at any public function.
C. Appoint all necessary committees and serve as an ex-officio member of all committees.
D. Prepare and present agenda for each meeting to the State Advisers at least one week in advance of State meetings.

Vice President:
A. Perform the duties of the President in the absence of the President.
B. Perform any duties delegated by the President.
C. Assist the president in the planning and implementation of the annual MNHS convention.

Secretary:
A. Keep notes of the annual convention.
B. Keep and disseminate the minutes of every MNHS executive board meeting.
C. Conduct all necessary correspondence and other duties delegated by the Executive Board.

Public Relations Coordinator:
A. Gather and submit information regarding the annual convention to be included in the MPA newsletter.
B. Submit press releases concerning MNHS activities to various media.
C. Maintain social media presence for the MNHS.

Regional Representative:
A. Attend all Executive Board meetings and actively participate in the operation of the MNHS.
B. The representatives shall be responsible to serve as liaisons between the MNHS Executive Board and the chapters within that person’s regions.

The duties and responsibilities of MNHS officers outlined above are as stated in the MNHS constitution. All officers and advisers are expected to attend all meetings. The meetings are held at the MPA office, or via teleconference. A transitional meeting convenes in mid-May. Regular meetings are held in September, October, January, February, and, if necessary, in March. Local advisers are expected to accompany their State officer to the Executive Board meetings.

Election of officers is held at the state convention. The convention is held the second or third week in March. The mission of the officers is to organize and publicize the state convention. Local and State advisers and MPA committee representatives assist the MNHS officers in working together to complete the necessary tasks for a smooth running convention.
Maine National Honor Society
Annual State Convention
March 21 & 22, 2019
Candidate Information Form

Each Chapter is permitted no more than one candidate.

Name of Candidate: ___________________________________________

School Name and Address: _______________________________________

Position for which candidate is running: ___________________________

On a separate sheet please provide a brief personal profile of 150 words or less. Write it in third person, listing hobbies, interests, co-curricular activities, and accomplishments. Attach your profile with your name at the top. This will be read aloud upon your introduction to the convention and should not be repeated in your speech.

Please include a photo with this form (digital preferred). This material will be printed in the program.

The candidate agrees to abide by the Rules for Candidates (page 4).

Candidate’s Signature __________________________________________

Chapter Advisor’s Signature ______________________________________

This form MUST be returned by February 1 to:

Chris Carver
Mountain Valley High School
799 Hancock Street
Rumford, Maine 04276
carver@rsu10.org

If the form is not returned by February 1 to Mr. Carver, the candidate will not appear on the ballot.
Maine National Honor Society
Annual State Convention
March 21 & 22, 2019

Adviser Checklist for State Convention and Banquet

_____ Registration form is completed and returned by February 1, 2019

_____ Service Project description is included

_____ Reminder to ask students to turn cellphones off

If your chapter has a candidate running for state office or regional representative:

_____ Candidate Information Form is included (page 6)

_____ Adviser reviews and approves the candidate’s speech

_____ Adviser sends a copy of the candidate’s speech **with registration**

_____ Candidate reviews duties and responsibilities of officers (page 5)

_____ Adviser reviews guidelines for the advisers of state officers (page 5)

_____ Adviser and candidate are able to attend 6 planning meetings in Augusta or by teleconference and Banquet and Convention with state officers. Physical attendance in Augusta is required at the May and February meetings.

Adviser’s signature ____________________________________________
(required)

Principal’s signature __________________________________________
(required)

Please return with registration materials by Feb. 1, 2019.
Maine National Honor Society
2019 Service Project

If you would like to fill out the following form online, please use the following link:
2019 NHS Service Project

Chapter/School: __________________________________________

Adviser(s): ____________________________________________

Please type the answers to the following questions and return this form with the
registration materials.

A. Write a brief description of one Service Project that your chapter completed this year.

B. The number of NHS members required to complete the project
   _________

C. The time frame required to complete the project
   _____________________

D. Contact information for those interested in learning more about your project:
   Advisor: _______________________
   Address: _____________________
   _______________________
   Phone: _______________________

Please include this form with registration materials and send to:

Christopher Carver
Mountain Valley High School
799 Hancock St
Rumford, Maine 04276
ccarver@rsu10.org
## Hotels in the Bangor/Orono Area

### Bangor:

<table>
<thead>
<tr>
<th>Hotel Name</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Quality Inn Bangor Airport</td>
<td>250 Odlin Road</td>
<td>207-942-8272</td>
</tr>
<tr>
<td></td>
<td>Bangor</td>
<td></td>
</tr>
<tr>
<td>Hampton Inn</td>
<td>261 Haskell Rd</td>
<td>207-990-4400</td>
</tr>
<tr>
<td></td>
<td>Bangor</td>
<td></td>
</tr>
<tr>
<td>Residence Inn/Fairfield Inn</td>
<td>22 Bass Park Blvd.</td>
<td>207-433-0800</td>
</tr>
<tr>
<td></td>
<td>Bangor</td>
<td></td>
</tr>
<tr>
<td>Comfort Inn</td>
<td>10 Bangor Mall Blvd.</td>
<td>207-990-0888</td>
</tr>
<tr>
<td></td>
<td>Bangor</td>
<td></td>
</tr>
<tr>
<td>Ramada Inn</td>
<td>357 Odlin Road</td>
<td>207-904-2998</td>
</tr>
<tr>
<td></td>
<td>Bangor</td>
<td></td>
</tr>
<tr>
<td>Bangor Inn and Suites</td>
<td>701 Hogan Road</td>
<td>207-947-0355</td>
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<td></td>
<td>Bangor</td>
<td></td>
</tr>
<tr>
<td>Fairfield Inn</td>
<td>300 Odlin Road</td>
<td>207-990-0001</td>
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<td></td>
<td>Bangor</td>
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### Orono:

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<thead>
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<th>Hotel Name</th>
<th>Address</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>University Inn</td>
<td>5 College Ave.</td>
<td>207-866-4921</td>
</tr>
<tr>
<td></td>
<td>Orono</td>
<td></td>
</tr>
<tr>
<td>Black Bear Inn</td>
<td>4 Godfrey Drive</td>
<td>207-866-7120</td>
</tr>
<tr>
<td></td>
<td>Orono</td>
<td></td>
</tr>
</tbody>
</table>

Other hotels operate in the area and may offer a discount. Just search the Internet for Bangor Maine hotels.
Catering for all occasions at our place or yours!

Directions...

From 95 North or South, take Exit 182-A onto 395 East. Travel to Exit #5 (Parkway South) and turn left at end of exit. Go 1/10 of a mile over railroad tracks, and take the very next right into the East/West Industrial Park. Travel approximately 100 yards and turn left onto Coffin Avenue. Jeff's Catering is located at 15 Littlefield Way.

From Ellsworth take 395 West. Travel to Exit #5 (Parkway South) and turn left at end of exit. Go 1/10 of a mile over railroad tracks and take the very next right into the East/West Industrial Park. Travel approximately 100 yards and turn left onto Coffin Avenue. Jeff's Catering is located at 15 Littlefield Way.