

# Minnesota Family Career and Community

## Leaders of America

### The Horizon -Fall Issue 2015

Minnesota FCCLA 2015-2016 State Theme...

# AGENTS OF CHANGE

Every year the state executive council creates goals for the FCCLA year and a theme to go with it. This year is a very special year for national FCCLA, it's our 70th birthday! Keeping that in mind, our state theme for this year centers around three main goals:

- Be The Change You Want To See
- Make It Our Time — Honor The Past And Improve Upon The Future
- Search for New Beginnings

All of these goals tie in with making the future a great place to be by learning and changing. That is why this year's Minnesota FCCLA State theme is...



### FCCLA Agents of Change!



New State Theme	1
Nationals & Camp Reviews	2
National Candidate Interview	3
State Officer Bios	4-9
STAR Events	9
70th Anniversary Plans!	10
National Programs	10-11
Dates and Deadlines	12

New State Theme

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The national leadership conference was held from July 5th through the 9th in our nations capitol of Washington DC. Those 5 days were filled to the max with STAR event presentations, the opening closing and business sessions, awesome speakers, and exhibitors. Over 100 FCCLA members from Minnesota competed in STAR

events and did a fantastic job! While in Washington DC members also got to do some site seeing of the national monuments and also some of the museums and Smithsonian's. Also new this year was the National FCCLA Advocacy Day, which occurred on the National Mall. This was a HUGE rally that all national attendees attended.



Following the rally some states also meet with their congressmen to advocate for career and technical education. All students who attended the conference said they had an amazing time and that they also learned some things too.



- Courtney Heppler

#### Minnesota FCCLA's Dynamic Leadership training I Leadership

Camp took place at Bethel University on July 28th through July 30th. Region officers, peer education team members, and chapter leaders attended this fun and exciting training. The different Lego families had a



blast performing their lip syncs as well as a surprise lip sync from the advisors. Throughout the camp the members got to participate in many fun workshops such as a "Say Yes to FACS" workshop put on by the Executive Council which taught members about FACS careers and the wide variety of careers that a degree in FACS could give them. Members also got to participate in a technology training put on by Tracy Etherton where members got to learn about different sites that they could use and ways to utilize technology. As the camp theme was Everything is Awesome, based off of the Lego Movie, members got to watch the movie and have popcorn one night before bed! Throughout everyone presenting their roundtables, bonding with one another,



and learning about developing themselves as leaders the camp was an exciting success!

- Megan Juliar



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# National Candidate Interview

**Hope Norenberg** was this year's Minnesota FCCLA national candidate. Most of her candidate process took place at the 2015 National Conference in Washington D.C., although Hope had many speeches and tests to prepare for ahead of time. Hope succeeded in making it into the top 20 candidates while in Washington D.C. I asked Hope a series of questions after returning from the conference.

**What made you realize you wanted to run for nationals?**

"I've always wanted to run for nationals. Ever since my first state conference and seeing Kaylen Larson's national candidate speech. It's always been something I've wanted to do. It was this winter that I made the final decision to run. I knew it was something I wanted, and I had to take that leap otherwise I would always regret not. It also helped that I had so much support from everyone in FCCLA and my community that encouraged me to do it. I'm glad I ran, I wouldn't change the experience."

**What was your favorite part of running?**

"It was all the amazing people I met. It was astounding to see 30 other people that had as strong of a passion for FCCLA as I did, and had also dreamed of this since they first joined too. It really showed a great perspective of how FCCLA changes lives of people all over the country, in all cities, and all different kinds of people. They were some amazing people and humble people to experience this process with."

**What was going through your mind as you gave your speech?**

"Oh my gosh, I was so nervous. It wasn't really the people that scared me. I could see everybody, and I was fine with that. It was the fact that this was a huge deciding factor for if people vote for me or not. It was terrifying, but at the same time an amazing experience. Not lots of people get to do that, and not everyone gets to present their speech on stage. I was lucky to even be there, and it was something I won't forget."

**Do you have any advice for those running for national in the future?**

"DO IT! If you want to take that leap, and you feel as if you could represent FCCLA nationally, do it! It's an amazing experience. Even though I unfortunately didn't get elected, just getting the opportunity to represent MN FCCLA, and show people my passion for FCCLA was enough. But remember, if things don't go as planned don't get discouraged. You are one of few that take the chance to do something like this and that's something to take pride in. Even though I'm not a national officer, I am also blessed to have the chance to serve my senior year as the VP of Communications. Just never get discouraged during the process, or with the results. Just be you! You can't go wrong with just being who you are, and always remember that MN FCCLA has got your back, we're here for you! I'm always open to more questions if you plan to run!"

Although Hope was not elected as a National Officer, we congratulate her on how far she made it! Thank you to Hope Norenberg for representing Minnesota at this year's national conference, and we look forward to you serving as the 2015-2016 Minnesota FCCLA Vice President of Communications!

-Tatym Zins



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# State Officer Bio

Hello everyone! I'm **Courtney Heppler** and I am serving as your Minnesota FCCLA 2015-2016 **State President**. This fall I will start my junior year at Fulda high school in Fulda Minnesota. I joined FCCLA during my 7th grade year and I never knew that it would impact me in the way it has. During the time that I'm not working with something that relates to FCCLA I spend my time working, hanging with friends, and reading. During the school year I keep myself busy with being on National Honor Society (NHS), playing the saxophone in band, and serving as my class vice president. FCCLA has given me the skills and confidence to achieve my dreams in and out of school. There is no way to thank FCCLA enough



for all the opportunities, life-long friendships, and countless skills this amazing organization has given me. I couldn't be more excited to be the State President and find out what the year has in store for our team.



Hello all! My name is **Jacob Just** and I am serving as your 2015-2016 **State President-Elect**! A little bit about me is that I am into technology and politics. So in my free time, I am either on some sort of electronic or watching C-SPAN, or both! Outside of FCCLA, I am a lead editor for my school newspaper, swimming on the swim team, or crafting sandwiches at Subway. This will be my third year in FCCLA and my favorite memory would have to be Shadow Day 2015!!! My favorite quote is from Winston Churchill, "Success is not final, failure is not fatal: it is the courage to continue that counts." My favorite STAR Event is Chapter Website Design, and my favorite color is red. My favorite movie is Olympus Has Fallen. My favorite National Program is Power of One and Unit- Speak out for FCCLA.



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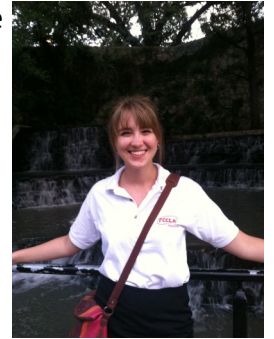
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My name is **Ella Holtz**, and I am a senior at Kasson-Mantorville high school. I started my FCCLA career in ninth grade and never looked back. I was the Region 1 Secretary and am now the State **Secretary**. I have been on the cross country team for three years, in the school dance line for four years, and a member of the AFS club for a year. A hobby of mine is reading, and my favorite book of all time, is *Pride and Prejudice*. Although I don't know anything about cars, my favorite movies are the *Fast and Furious* series. I hold a job at the local movie theater; therefore, seeing the new releases is one of the perks of the job. I owe part of my success to my mom for always supporting me. My mother has a lot of advice, and the most influential advice she has given to me is to, "Not suck". This piece of advice has inspired me to do my best throughout my FCCLA career, however crude it is.



Hello everyone! I'm **Tatym Zins**! I am very active in my school. I am involved in band, choir, flag squad, jazz band, National Honor Society, FCCLA, and I am the manager for the Fulda High School girls basketball team. Previously, I have been involved in speech, golf, and volleyball. I enjoy singing for my church and school. I also spend much of my free time hanging out with my friends and playing with my nieces and nephew. My favorite FCCLA memory is being elected as the 2015-2016 MN FCCLA State **Treasurer**! My favorite song is *Photograph* by Ed Sheeran and my favorite color is purple. My favorite movie is *A Walk to Remember* and my favorite book is *The Fault in Our Stars*. I do not have a favorite STAR Event because I feel that they are all great!



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Hi everyone, I'm **Ali Juntunen** from Deer River and I am your **Vice President of Public Relations** for this year! When I'm not doing FCCLA related things you would probably find me either in the band room or working at the middle-of-nowhere bait shop/gas station I've worked at for years. I'm very involved in my school with FCCLA, National Honor Society, Executive Committee of the Student Council, Class Secretary, Cross Country Running, Cross Country Skiing Captain, Track manager, Concert band and choir, small vocal ensemble, Jazz band, pep band, and One Act Play! I love photography and the media arts. My favorite color is purple and I mainly listen



to pop music. My all time favorite books are the Harry Potter series and I'm more of a TV show person than a movie person and right now, my favorite is Doctor Who. My favorite FCCLA memory would probably be hearing I advanced to nationals with Teach & Train in my sophomore year. I'm super excited to see what this FCCLA year brings, so let's get started!

## State Officer Bio

My name is **Andrew Backman**, you **Representative to the Board**, and this year I will be a junior at the Herman-Norcross High school. Since I go to such a small school I'm involved in many activities like FCCLA, National Honor Society, Track and Field, Alpine Ski Racing, and Band just to name a few. My favorite subject in school is math but science is a close second. Since I would like to peruse a career in Veterinary Medicine I spend time volunteering at my local Humane Society and I also work at an equine veterinary clinic. During the school year I'm very involved in sports, Especially Alpine Ski Racing. My three older brothers and both my parents ski, so I tend to spend a lot of time during the winter outdoors. I am very excited to be a part of this years State Executive Council since we all get along so well, and I am looking forward to a great year!



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Hi, my name is **McKenna Larson** I'm from Wheaton. This upcoming school year I will be a senior at Wheaton Area high school. I am involved in a ton of extra-curricular activities, including Basketball, Band, NHS, Softball, Volleyball and Track Stats, Musical, Trap shooting, and of course FCCLA. In my free time I enjoy spending my time with my parents and one older sister out at the lake. In school my favorite subjects are English and FACS. I am super excited to be spending my senior year serving on this years State Executive Council as the **Vice President of Service** . I cant wait to see all of the opportunities it will bring!



State Officer Bio

Hello everyone, I'm **Brekah Baker** your **Vice President of Resource and Development** this year! I've been involved in our school dance team for many years. I danced for four years and am now the Varsity Manager. I have a huge interest in the medical field. I'm currently working as a HHA (Home health Aide) at an assisted living. I don't have time for many hobbies but my biggest hobby is binge watching Netflix. My favorite FCCLA memory would have to be my first NLC in Washington D.C. My favorite quote is "If your actions inspire other to dream more, learn more, do more and become more, you are a leader" – John Quincy Adams. My favorite STAR Event is career investigation. Currently my favorite song is "Kick the Dust Up" by Luke Bryan. My favorite color is bright green. My favorite movie is "The Notebook." My favorite national program is FACTS.



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# State Officer Bio

Hello, my name is **Courtney Dinsmore** and I am from Big Lake. I am a full time PSEO student at the University of Northwestern St. Paul as well a second year occupational student in Early Childhood and Elementary Careers at Wright Technical Center. I work at a day care center and I love kids and kid things! I love sparkles, bubbles, and the sun in the summer and the leaves in the fall. I live with my mom and dad, my sister Allison, my two dogs, Ivy and Mackenzie, and my fish Nemo Anenenome Harley Jaws Dinsmore. My favorite color is purple, and I love music. I play guitar and know piano and my favorite song is and always will be "I Want Crazy" by Hunter Hayes. I love traveling and exploring new things and places with my friends and family, as well



as meeting new people. My favorite FCCLA memory is the 2015 state conference. FCCLA was fairly new to me so I had no idea how big and real it actually was until those few days. At the conference I fell in love with FCCLA and all FCCLA-ers and can't wait to see what this coming year as **VP of Partnerships** brings!

My name is **Julia Adams** and I am the 2015-2016 State **Vice President of Marketing**. I go to the St. Michael Albertville High School and I go to the Wright Technical Center in Buffalo as an occupational student. I enjoy hanging out with friends and working as a teacher. This is my first year in FCCLA and I love it! I have met so many new great people and I have had awesome experiences.



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# State Officer Bio & STAR events

Hello my name is **Hope Norenberg, Vice President of Communication**. I am more than excited to serve as a second year State Officer for Minnesota. FCCLA has been a true blessing in my life helping me to develop into a strong young adult ready and excited for the future. A few of my hobbies are FCCLA (of course), plays, being with friends, and having fun. Some of the school activities I take part in are drama productions. I've been a part of them since 7th grade. Then of course FCCLA, because FCCLA is life! I've had so many amazing memories of the six years I've been a part of FCCLA. Some of my favorite memories were this summer at NLC in Washington, D.C. Not only was running for national officer a great experience, but getting to spend time with my fellow State Officers was fantastic. A few random facts is I love kit kat bars. I also want to be a FACS teacher, 'Say YES to FCS'! I'm excited for the upcoming year and to make this the best year possible. We are all Agents of Change!



Here is a peak at the 2015-2016 Competitive Events Guide and opportunities.

<u>MN FCCLA STAR Events</u>	<u>STAR Events- Illustrated Talks</u>	<u>Foundational</u>	<u>STAR Events- Leadership Events</u>	<u>STAR Events-Career Preparation Events</u>	<u>Online STAR Events-no state involvement-national only</u>
Ev 1- Everyday Equations	Ev12 Caring for Kids	Ev23 Career Investigation	Ev 34 Advocacy	Ev 41 Applied Math/ Culinary Management	Chapter Website
Ev 2 FACS of Life-skills	Ev 13 Foodies	Ev 24 Entrepreneurship	Ev35 Chapter Service Project Display	Ev 42 Culinary Arts	Digital Stories for Change
Ev 3 Laws of Life	Ev 14 Global Call to Action	Ev25 Environmental Ambassador	Ev36 Chapter Service Project Portfolio	Ev 43 Early Childhood Education	
Ev 4 See What We've Done	Ev 15 The Social Zone	Ev 26 Focus on Children	Ev37 Chapter in Review Display	Ev 44 Fashion Construction	<u>Middle level</u>
Ev 5 Senior Buzz	Ev 16 Taking Care of Yourself	Ev27 Interpersonal Communication	Ev38 Chapter in Review Portfolio	Ev 45 Fashion Design	Middle level Show N Tell
Ev 6 Show Me Rachael Ray	Ev 17 Meal Makeovers	Ev28 Job Interview	Ev39 National Programs in Action	Ev 46 Food Innovations	Middle Level Project Display and manual
Ev 8 Head/Toe Fashion & Cosmetology	Ev 18 My Relationship Status	Ev 29 Leadership Add Jr Category	Ev40 Promote and Publicize	Ev 47 Hospitality, Tourism & Recreation	Middle level Illustrated Talk
Ev 9 The Business of Fashion	Ev 19 Empower the Family	Ev 30 Life Event Planning		Ev 48 Interior Design	
Ev 10 Innovations- Fashion & Cosmetology	Ev 20 Dare to Design	Ev31 Nutrition and Wellness		Ev 49 Sports Nutrition	
Ev 11 Cold Sandwich Preparation	Ev 21 Money Matters	Ev 32 Parliamentary Procedure		Ev 50 Teach and Train	
	Ev22 Stop The Violence	Event 33 Recycle and Redesign			



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This year is the 70th anniversary of Minnesota Family, Career, and Community Leaders of America. 1946 is the year that "It's a wonderful life" came into the movies theater, the CIA was established, and the 49ers joined the National Football League. But most of all, 1946 is the year that Minnesota FCCLA was created! Of course, back then it went by the name of Future Homemakers of America. This year is a great opportunity for chapters and members to get in touch with alumni. Some ways that you could do this could include inviting alumni to your chapter meetings for recognition, posting pictures from the past years and tagging alumni in them, or maybe even hosting a 70th birthday party with your chapter and alumni!

This is also an appropriate time for your chapter to consider doing a service project. With this organization running strong for 70 years, it seems right that we give to those who are in need of our help. Consider what opportunities FCCLA has given to you throughout the years. Many of us, including myself, have made bonds with others that will last a lifetime! And let's not forget about the skills that each of us have learned through FCCLA! Whatever the case, I challenge you and your chapter to give service-whether it big or small-at least once a month this year. Don't forget to share your efforts with us on Twitter or Facebook, and use the hashtag #70YearsStrong! Let's have a great year, with many more to come!

- Tatym Zins

The FCCLA Career Connection program guides youth to link their options and skills for success in families, careers, and communities. Through individual, cooperative, and competitive activities, members - discover their strengths, target career goals, and initiate a plan for achieving the lifestyle they desire.



Career Connection guides students to develop, plan, carry out, and evaluate projects. The projects improve the quality of life in six units. Students focus activities on different aspects of career development. Students can choose a unit, then plan related projects that strengthen their awareness of skills needed for careers.

- PLUG IN to Careers - Understand work and the Career Connection Program
- SIGN ON to the Career Connection - Link personal interests, skills, and goals to career clusters
- PROGRAM Career Steps - Prepare with education, leadership, and work experience
- LINK UP to Jobs - Learn to find and land a job
- ACCESS SKILLS for Career Success- Practice being productive on the job and promotable
- INTEGRATE Work and Life - Manage interconnected roles in families, careers, and communities.

- Andrew Backman

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# National Programs

**Families First** is a national FCCLA program that asks youth to gain a better understanding of how families work and learn skills to be family members.

The goals of the program are to help youth become strong family members and leaders for today and tomorrow, as well as to strengthen the family as a basic unity of society.

Every national program has units. Families Today, You-Me-U's, Meet the Challenge, Balancing Family and Career, and Parent Practice are Families First's units. You learn to understand and celebrate families, strengthen relationships, overcome obstacles as a family, manage multiple responsibilities, and learn to nurture children.

You can apply for cash awards and special recognition for your chapter's hard work on your Families First project! The high school and middle school award are both \$1,000 and the runner-up award is \$500. Whoa! Now what sort of projects are you going to do?

I have some ideas! Ask families to do a family game night, or maybe family reunions! And even though FCCLA at the table is done, ask them to have a family dinner once a week and share the benefits of it.

Use your imagination and throw ideas around your chapter until you find something amazing to do and go for it!

- Courtney Dinsmore



**The FCCLA Financial Fitness** national peer education program involves youth teaching one another how to make, save, and spend money wisely.

The goal of Financial Fitness is to inform and inspire teens to sharpen their skills in money management, consumerism, and financial planning. Teens who learn to handle their finances will become adults who know how to manage their money in order to build better lives for themselves and their families and to strengthen the economy.

There are a few activities that go well with this program. One activity is a couponing activity. Go through a newspaper and plan a party with the coupons provided. This is also a good opportunity to comparison shop. Another activity is to make a budget. List all of your sources of income, expenses, and then subtract your expenses from your income. Once this is done, set a goal for yourself. Such as to save for a car, college, or retirement.

In addition to the activities above, you can do projects that coincide with STAR events. Entrepreneurship, Life Event Planning, and Career Investigation are all examples of STAR events that require you to do a budget of some type, along with comparison shopping. In Entrepreneurship you have to create a budget that you follow every month, with a list of incomes and expenses. Life Event Planning requires you to comparison shop for three separate items, and Career Investigation makes you think ahead in terms of salary, savings, and spending.

- Ella Holtz



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# Minnesota Family Career and Community Leaders of America The Horizon- Fall Issue 2015

## Upcoming Events



**Happy 70th Birthday year**

**1946-2016!**

What chapters can do:

Locate your former members and alumni addresses and send to the State Office.

Celebrate each month of the birthday year with a service project.

Participate in region FCCLA's celebrations.



### CALENDAR OF EVENTS

#### MINNESOTA FCCLA

Sept- Oct 2015 Local Leadership Trainings

Sept-Oct 2015 Fall Region Conferences

November Summit or Professional Development Workshops- TBD-Teacher/ Adviser workshops\* *Board determined*

Jan 9-10, 2016 January Exec Council, Bloomington

March 8, Shadow Day St Paul

April 13, 2016 Exec Council prior to State Conference

April 14-16, 2016 State Conference

### Deadlines

Fall Conference deadlines- set by the region officers

Dues deadline: **November 1**

STAR Event Registrations due: Region level-  
**January 15, 2016**

Mid winter meetings occur: **Jan. 1 to-Feb 10**

State Conference Deadline: **Feb 12, 2015**

Candidate Application Deadline: **Feb. 19, 2016**

State Awards Deadlines: **February 19, 2016**

### NATIONAL FCCLA Events

**November 20-22**

**National Cluster Meeting**

Dallas, Texas or Indianapolis, Indiana

2016 and Beyond

**July 3-7, 2016 National Leadership Conference San Diego, California**

July 2-6, 2017 National Leadership Conference Nashville, Tennessee-July 2018

2019 National Leadership Conference  
Open June 30-July 4, 2019

2020 National Leadership Conference  
Anaheim, California July 2020

2021 National Leadership Conference  
Open July 4-8, 2021

2022 National Leadership Conference  
Nashville, Tennessee July 2022



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