

# Minnesota Family Career and Community Leaders of America

# The Horizon

# February 2016



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Check us out online  
at [www.mnfcla.org](http://www.mnfcla.org)



Minnesota FCCLA



@MNFCLA  
#MNFCLA

Editor: Ali Juntunen 2015-2016 Vice President of Public Relations

my New Years resolution is to become more organized

@andrew\_backman

My New Years Resolution is to make the best of every situation

@jdjust1

Become a healthier version of myself

Frenchy L.

My New Years resolution is to be unapologetically me in 2016

@FinnSisu16

To challenge myself as a leader and take on new challenges

Elysia M.

# Happy New Year!

**We asked what your New Years resolutions for this year are on Facebook and Twitter, here are some of your responses**

**Follow @mnfccla on Twitter and like Minnesota FCCLA on Facebook to stay up to date with everything!**

My New Years resolution is to take better care of myself using the new units of Student Body!

@McKennaRose6

To be better to 'encourage the heart' by sending a card of message to the people I care about

Wendy

My New Years resolution is to focus on the more important parts of my life

@TatymZins

# The ULTIMATE Elevator Speech

**One of the most important** aspects of you as an FCCLA member is the ability to fully answer the question “What is FCCLA?”. This is the reason why everyone should have an elevator speech. What you want your audience to get out of your elevator speech is some of the most important things about our organization. Word of mouth is one of the best ways to spread information and reach a lot of people. Say you give an elevator speech to five people, each of those five people then tell another five people. With you only giving your speech to five people, you have already reached twenty five people. An FCCLA elevator speech is one of the biggest ways that people learn about our organization. We want to make sure that we only include the most important elements of FCCLA to tell them. The speech should only be thirty seconds in length. This is because you don’t want to lose your audience when you are talking. Some of the things you should include in your elevator speech are:

- \* What FCCLA stands for
- \* We are the only student-led organization with family as its central focus
- \* As members we complete community service projects
- \* We compete in competitions called STAR events
- \* We have over 200,000 members

Spreading the word of an organization is one way that it gets heard all across the country. An elevator speech is one of the greatest ways to do that. You are the students delivering what we love doing to someone who knows nothing about it.



**Courtney Heppler**  
President

# Running for Office

## Region

**Running for a region office** can be one of the best decisions you will make during your time in high school. It will be a lot of fun throughout the year as you grow into an even better leader than when you started. For anyone who is thinking about running for a region office, begin by learning FCCLA knowledge from the mini handbook. This is a great place to start because it contains almost all of the information that you will need for the upcoming year, and all of the questions on the officer tests can be found here. You will also want to work on your public speaking skills, because that is an important part of every officer position, and you will need to give your speech in front of your region while running. If elected you will have a blast at the July leadership training camp where the 2016-2017 state officers will train you in. you will get to run the fall region meeting, as well as the mid-winter meeting. As region officers is it strongly encouraged that you come along and participate in the Legislative Shadow Day. This will give you the chance to see some of the behind the scenes aspects of the government and how FCCLA is related to what they do. At the 2017 state conference you will also run your regions meeting, elect new officers, and have the chance to run for a state office. The possibilities are endless so give it your all and make it great!



**Andrew Backman**  
Representative to the Board

# Running for Office

## Peer Education

Running for a Peer Educator position is a lot like running for any other FCCLA office. To run for Peer Ed. you have to complete an application and interview at the annual state conference. The Peer Ed. application is now available on [mnccla.org](http://mnccla.org). To complete the application you have to have two different people write about your strengths, agree to the code of conduct, and answer a few short questions. As part of the Peer Ed. Team you attend leadership camp in July, career day or November Summit in November, and State Conference. Peer Educators are coordinated by a state officer each year while focusing on a National Program. Peer Educators also present a workshop at their region conference and work together to complete a project at State Conference. Being part of the Peer Ed. Team was a wonderful experience for me. I learned a lot and was able to expand my leadership skills.



**Brekah Baker**  
Vice President of Resource  
and Development

# Running for Office

## [ State ]

**Becoming a state officer** is both an exciting and professional process. The first step you need to take is to talk to your advisor and friends who can help and support you through your journey. With their support you can go farther than you ever could alone. Locating the application is next, the application consists of basic background info and your leadership qualities. You can find this application on the Minnesota State FCCLA website. Your application will ask you to write a few short essays and provide you with a speech topic for you to perform at the state conference. You will need to sign a contract stating that you will be honorable and attend all the mandatory meetings. When state conference rolls around, you will have a speech provided to perform and take part in interviews. If you meet all the criteria and show good leadership skills you may be honored with the opportunity to be a leader in our awesome organization. Being a State Officer has been the experience of a lifetime, bringing forth opportunities that I wouldn't have had otherwise. If you have any desire to become a state officer I advise you to follow your heart and see how far it can take you!



**McKenna Larson**  
Vice President of Service



**Tatym Zins**  
Treasurer

**Mid-winter meetings** are a great time for regions to meet up again as an FCCLA family. Aside from meeting new people in your region--or even catching up with old friends you've met throughout your FCCLA years--mid-winter region meetings are filled with plenty of fun activities! One of these is the talent show. Whether it is dancing, singing, playing musical instruments, or joke telling, these talented people are always a huge hit at mid-winter meetings! This is a great way for chapters to display their talented members to the region. They may even be able show their performance off at the talent show at state conference. Consider talking to your advisor if you would like to participate in your regions talent show.

Of course, there's one thing that everyone looks forward to in mid-winter region meetings--STAR event competitions! Presenting your STAR event at the regional level is an excellent way to show the judges what your project is all about. It is also important if you want to present your STAR event at the state or national level. Remember that the judges want you to present your STAR event to the best of your ability, so speak clearly and loudly, stand up straight, and dress professionally.

Good luck to all talent show participants and STAR event presenters! I hope to see you all at state conference this April in Bloomington!

# Mid-Winter Meetings

# So, how's your **STAR Event** Coming along?

**It's February already!** Do you know what that means?!? Only February and March left to prepare for the 2015-2016 Minnesota State Conference! Do you want to compete in a STAR event but have not started a project yet?!? Why not start in on the Nutrition and Wellness Event? It is an individual event where participants track food intake and physical activity for themselves or someone else and creates goals and a strategy for living healthy. How easy is that?! We should be doing that anyways, in all honesty. It's a great way to use your STAR event to impact your (or someone else's) life positively in a relatively quick way.



**Courtney Dinsmore**  
Vice President of

If you are not interested in advancing to nationals but still want to compete at the state conference, try doing a skill event! There are events for every, well, skill! Take a look at the list and see if any interest you. They are great options as well!

Good luck to everyone as you prepare for the State Conference and I can't wait to see you all there!





# Capitol Shadow Day



**Hope Norenberg**  
Vice President of  
Communications

**Have you ever wondered** what state legislators do on a daily basis? What kind of bills they create and build? The different kind of people they meet throughout their schedule? Well, Shadow Day is a great opportunity for all these questions to be answered. Shadow Day 2016 will be on March 22nd. You can sign up for this exciting event on the MN FCCLA website, [mnfccla.org](http://mnfccla.org). You'll find the application under the Adviser tab. At this event members of any age are matched with a representative or senator that they are going to shadow throughout the morning and into the afternoon. While we are shadowing, legislators still have scheduled meetings and events during the day. With your legislator you can expect to spend the day in sessions, hear them speak at rallies, join them in meetings with concerned citizens, and other things that they may have scheduled. You can expect an adventurous and interesting experience that you wouldn't be able to have anywhere else at any other time. This is a great opportunity to get a foot into the door with politics. Anyone that hasn't been to Shadow Day can expect an intriguing day with a legislator learning about bills they may have passed and how they did it. I encourage everyone to take the time to apply and find the time to attend, it is a great experience.

## Here's a sneak peak into the 2015-2016 MN FCCLA State Conference...Shhh!

The FCCLA State conference is approaching fast. Do you want to know some of these fun things you'll be doing? Of course you do! This year is FCCLA's 70th anniversary. Which means the conference may or may not have some super cool celebrations going on. There are going to be tons of awesome people presenting at the career fair. Want to know what other fun stuff is in store? You'll have to wait and find out!



**Julia Adams**  
Vice President of Marketing

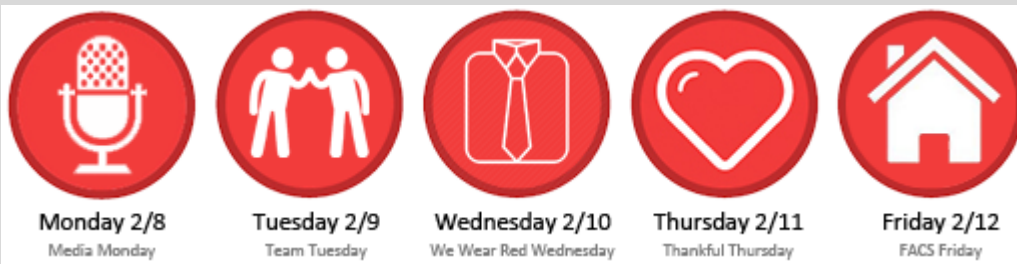
Sneak Peak into  
State Conference

# FCCLA Week Ideas!



**Ali Juntunen**

Vice President of Public  
Relations



**Monday 2/8**  
Media Monday

**Tuesday 2/9**  
Team Tuesday

**Wednesday 2/10**  
We Wear Red Wednesday

**Thursday 2/11**  
Thankful Thursday

**Friday 2/12**  
FACS Friday

FCCLA week is approaching fast, so be ready to rock the red and spread the word about FCCLA around your school and community! Straight from national FCCLA, here are some ideas to have the best FCCLA week this year.

## **Monday: Media Monday** **EMPOWERED TO RAISE OUR VOICES**

Use this day to reach out to your local media and share some stories from your school or chapter. What role is FCCLA playing in your community? What positive impact is your chapter having on your school, in your town, etc.? Do the local newspapers and news stations know about FCCLA? Today is a great day to invite them to your school to see FCCLA up close, and maybe do the local weather report or attend an FCCLA rally. You've worked very hard to make your chapter and FCCLA great. Raise your voices and let people know!

## **Tuesday: Team Tuesday** **POWER OF PARTNERSHIP**

As our partner in the FCCLA National Outreach Project, Lead2Feed is giving our students the opportunity to lead, create, and implement team projects that alleviate hunger in their communities. Each year, student teams compete for a chance to win over \$275,000 in charity grants and \$150,000 in technology grants for schools. The best part is that the work of your chapter and any prizes benefit your community. What can your chapter do to compete for these grants while simultaneously benefitting your local community? Find out by visiting <http://www.lead2feed.org/how-to-participate/join/>.

## **Wednesday: We Wear Red Wednesday** **TURNING 'ME' INTO 'WE'**

You'll definitely want to wear red on this day! Then use the day to recognize the members in your chapter and the impact your chapter has on your school and local community. Can you convince your whole school to wear red and take a school selfie to celebrate your FCCLA pride and all that FCCLA is doing to make school better and more fun?

## **Thursday: Thankful Thursday** **HOW HAS FCCLA EMPOWERED YOU?**

This is a great day to take to social media and share a personal FCCLA story. How and why did you get involved? What is the best part of being a member of FCCLA, and how has the organization shaped your thinking, your college or career readiness, and your life? Be sure to tag your posts #WhyWeLoveFCCLA so the national office can share your story and help empower others!

## **Friday: FACS Friday** **EMPOWERING FUTURE GENERATION**

Now more than ever, the value of Family and Consumer Sciences education is being questioned at the state and national level with budget cuts and decreased educational funding. YOU are proof of the value and importance of this education. Share your story and let your voice be heard! Visit your local representatives and let them see how and why FCS education is working. Host a school rally. Do all you can to keep Family and Consumer Sciences education funding safe for those coming behind you. What better way to empower an entire generation!

# Upcoming Events

## February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

3rd—Region 8 Midwinter  
 4th—Region 2 Midwinter  
 8th-12th—FCCLA Week  
 8th—Region 6 Midwinter

## March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

dates

## April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

14th-16th—State Conference