

MINNESOTA FAMILY, CAREER, AND COMMUNITY LEADERS OF AMERICA

The Horizon Fall Issue 2017

Minnesota FCCLA's 2017-2018 State Theme... **To Leadership and Beyond**

It is the State Officers greatest pleasure to announce this years' state theme:



To Leadership and Beyond

Goals:

- 3 - open galaxies of opportunities
- 2 - let your light shine
- 1 - blast off into success

This year, the State Officer team challenges you to use your time during the school year to open galaxies of opportunities, not

only in your school, but in your life and community as well. We challenge you to let your light shine in whatever you do, and always challenge others to as well! Lastly, we want you to blast off into success! Remember to always enjoy the journey as well as celebrate your accomplishments!

Hello everyone, and welcome to the fall issue of The Horizon, Minnesota FCCLA's publication. In this addition, you will get to take a look at what FCCLA members have been doing. This ranges from National Conference to Leadership Camp. Please pay attention to upcoming events that are happening around the state! Let's blast off into a great year!

- Mya Christensen, State President

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National Leadership Conference



The National Leadership Convention was held in Nashville, Tennessee July 2-6th. Minnesota brought 188 delegates along to experience this amazing conference! On Sunday evening, we had our first state meeting! Here we recognized our two National Officer Candidates, Taya and Johannah, went over some policies for the conference, recognized our

senior STAR Event participants, and learned the Minnesota Rouser! Later that night everyone attended the opening session. Throughout the course of Monday and Tuesday, a lot of our delegates presented their STAR Events! Nerves were high, but our Minnesota FCCLA'ers brought their top game! Wednesday was the 4th of July, and we were treated to the biggest firework display in the nation! Also on Wednesday, the very interesting business session was held. Here, Minnesota was recognized and received an award for increasing membership the most in the Central Region! FCCLA members were also treated to a private concert from Dan + Shay. Thursday, our last day, started out by STAR Event participants finding out what they received on their STAR Events! It was awesome hearing Minnesota being named in the gold and silver category a lot. Our day ended with the closing general session, and of course, the gala! All in all it was a whirlwind of a week filled with friends, leadership, and teamwork.

Leadership Camp

The 2017 FCCLA Leadership Camp was an excellent and exciting opportunity for officers and members from around the state to come together and learn the importance of leadership in very interesting, fun and engaging ways. The theme of this year's camp was "Be the Voice," which inspired speech and creed-speaking competitions between the family groups while also encouraging them to step up and take the lead. This year's speaker was Rhett Laubach, who spoke with participants on what it means to be a leader and walked them through a series of games and exercises involving the use of leadership skills. Another highlight was the lip-sync contest, in which groups performed a dance routine while singing a song of their choice while wearing a fun costume. Other activities included



round table presentations and FCCLA games provided by this year's State Officers and National Candidates. Each of these events were great opportunities for all leaders to strengthen their skills, form connections with others, and learn more about FCCLA and the national programs. Overall, it was a fun and memorable experience for every FCCLA member. We hope to see all of you there next year!

- Ananda Patel, State President-Elect

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State Officer Bios



Hello, my name is Mya Christensen, and I am currently serving as your MN FCCLA State President. FCCLA has taught me many valuable skills that I will be able to use after high school. Skills like communication, time-management, public speaking skills, and much more. My favorite FCCLA memory was getting to go on stage at Nationals to receive the award for Minnesota. We increased our membership by the most in the Central Region! My favorite STAR Event is National Programs in Action, because you get to create a project that helps in your community. My favorite food is pizza! I don't really have a favorite book, but I love the *Harry Potter* series, which are also my favorite movies. My favorite television show is *Grey's Anatomy*. If you have ever watched it, I bet you have wanted to become a surgeon. My dream vacation is spending some time in Europe, which I get to do at the beginning of June in 2018! Lastly, I admire my Advisor, Mrs. Borman, the most. She is always compassionate and will push you to do your best each and every day!



Hi, Horizon readers! My name is Ananda Patel and I am currently serving as the State President-Elect. I'm going on my third year as an FCCLA member. Since joining FCCLA, my life has completely transformed. I have been able to learn a lot of new skills, build my confidence, meet new people, and more. My favorite FCCLA memory is by far last year's NLC in San Diego. Seeing so many people from all over the state and country come together is what inspired me to become more involved with FCCLA, and even run for office! My favorite Star Event is Career Investigation. This event helped me prepare for my future while also exploring my interests and even learning a lot about myself. I binge-watch my favorite show, *Doctor Who*, all the time! I also love trying new foods! My favorite book is by far *Harry Potter and the Order of the Phoenix*, which is also one of my favorite movies! My dream vacation would definitely be a hiking trip in Machu Picchu in Peru. I've always wanted to go there! The person who inspires me most is Malala Yousafzai. I am inspired by her activism, her persistence, and the work she has done to help girls worldwide receive an education. In closing, being involved in FCCLA has been an amazing experience and has opened up countless opportunities for me. I am looking forward to learning more about FCCLA, getting to know all of you, and seeing where this FCCLA journey will take me in these upcoming years as an officer!



Leadership camp activities and games teach youth to work in teams and to have fun. Positive peer activities help members gain important skills.

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I am Abigail Allen and I am currently serving as the State Secretary. FCCLA has taught me so many skills, some of these are public speaking, communication skills, how to be more outgoing, and different leadership traits. My favorite FCCLA memory is April Executive Council, it was a lot of fun and I got to spend it with my fellow state officers. My favorite STAR event is Chapter Service Project Display, because you get to show off what your chapter has done to help people. My favorite food is pancakes because I am an avid breakfast eater. I don't really have a favorite book because I read so many different books that it is hard to pick a favorite. My favorite movie is either *Zoolander 2* or *Wonder Woman*. My favorite TV show is either *Riverdale*, *Supernatural*, *Prison Break*, or *Once Upon a Time*, it is hard to pick between them because they are so good. I admire Margaret Fuller the most because she didn't follow what society said that women had to do. My dream vacation is to go to New Zealand.



Hi, I am Johannah Nielsen and I am serving as your Vice President of Marketing. FCCLA has taught me not only how to be a great leader but also how to help others become great leaders. It has also taught me that I can accomplish so much more when I have confidence in myself and my abilities. My favorite FCCLA memory was giving my NOC speech on stage at the 2017 NLC in Nashville, TN. My favorite STAR Event in National Programs in Action. My favorite foods are pizza and shrimp alfredo. My favorite book is *The Fault in Our Stars*. My favorite movie is *Pitch Perfect 2*. My favorite TV shows are *Big Brother* and *The Bachelor/The Bachelorette*. My dad is the person that I admire most because he has faced so much adversity in life but as come out of it all as a better person. My dream vacation would be to a tropical island where the water is clear and blue and where I can swim with exotic fish and try new foods.



My name is Massen Kunerth and am currently serving as Vice President of Service. FCCLA has taught me numerous skills including; leadership, public speaking, creative and critical thinking, interpersonal communication, practical knowledge, and career preparation to prepare me for adult life. My favorite FCCLA memory was going to the 2015-2016 National Conference in San Diego, it was a great experience that taught me more about just how great the organization FCCLA is. My favorite STAR event that I competed in is Entrepreneurship as I acquired valuable skills on how to start, manage and grow a business from the bottom up. My favorite food is for sure homemade pizza! *Harry Potter* is my favorite book and movie, and my favorite TV show is *Survivor*. The person that I admire the most in FCCLA is my Advisor, Mr. Curry, he has pushed me to run for multiple office positions and has inspired me to get out of my comfort zone. My dream vacation is to go to Washington DC and to see our government and nation in action.



State Exec Council in action learning to work together during April and June Exec Council meetings.

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My name is Kennedy Truscinski. I am serving as your State Vice President of Resource and Development. FCCLA has taught me how to be a better leader, how to be more outgoing and comfortable talking in front of people, and better time management skills. My favorite FCCLA memory would be making it to nationals my seventh grade year and getting a gold competing in the senior division. My favorite STAR Event is Interpersonal Communication. My favorite food is Zacurci (a polish dish.) My favorite book(s) are the *Harry Potter* series. My favorite movie(s) is the *Harry Potter* movies. My favorite TV show is Friends. I admire my parents the most because they do so much for me to make me happy and make my dreams come true. My dream vacation would be anywhere in the world as long as I have my family and friends along with me.



Hey! My name is Bethany Janssen, Vice President of Partnerships. FCCLA has taught me many things, ranging from public speaking skills, stage poise, how to present my ideas, and how to prepare for my future. My favorite FCCLA memory is still from last year when I got “lost” at June Executive Council. No one could find me! My Favorite STAR Event is Environmental Ambassador because it was the first STAR Event I competed in and I got to present it at NLC. My favorite book is ‘*Frindle*’ by Andrew Clements. My favorite movie is ‘*Racing Stripes*’. My favorite TV show is *Tom and Jerry*. The person I admire the most is Jimmy Valvano. I admire him because even when he was diagnosed with cancer he persevered through his disease to receive the first Arthur Ashe Award and started the highly successful Jimmy V Foundation that gives thousands of dollars to cancer research yearly! My dream vacation would be to go to Australia for a week and then on my way back to spend a few days in Hawaii.



I am Taya Lindquist and I am serving as your Vice President of Outreach. Through the wonderful student-lead organization Family, Career, and Community Leaders of America, I have learned to appreciate working with individuals that think differently than me and have realized that an efficient team is made up of multiple personalities that are each equally important. My favorite FCCLA memory was during my first National Leadership Conference in Washington D.C. when I walked in to opening general session and I saw the red lights that shone on a room filled with thousands of youth leaders. It was at that moment I realized the impact that FCCLA has on a national level for communities and students. My favorite STAR Event is Career Investigation because it allows student to explore a career of their choice. My two favorite foods are anything with seafood and popcorn. My favorite television show is *Once Upon a Time* and my favorite movie is *Harry Potter and the Order of the Phoenix*. My favorite book is *An Ember in the Ashes*. The people I admire most are my parents. I admire my mother for exposing me to the organization that helped me become the leader I am today and the dedication she has for helping students and the community. I admire my father for supporting my dreams and always encouraging me to go for the gold. My dream vacation would be in Rome because of the history and architect in the ancient city.

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Some National FCCLA initiatives to check out for your chapter's projects...(www.fcclainc.org)

It Can Wait initiative focuses on educating people - especially teens -about the dangers of texting and driving. The message is simple, yet vital: When it comes to texting and driving, it can wait.



CareerSafe Online Cyber Safety Awareness Training series provide students with basic awareness training to recognize and respond to cyberbullying situations.

The Family Dinner Project is a growing movement of food, fun and conversation about things that matter.

Lead2Feed student leadership program is the nation's leading and fastest growing free service learning program.

Campaign for Tobacco-Free Kids - The Campaign for Tobacco-Free Kids is a leading force in the fight to reduce tobacco use and its deadly toll in the United States and around the world. Their vision: A future free of the death and disease caused by tobacco.

Central East Leadership Team

President- Tyler Hendrickson



Central West Leadership Team

President- Kalli Kremer
Vice President- James Drewieke
Secretary- Frannie Bakken
Treasurer- Kerry Lund
Peer Educator- Caitlyn Savage
Peer Educator- Elliot Doyle



Northern Leadership Team

President- Estel Jaszczak
Secretary- Alex Ylitalo
Peer Educator- Emily Schmeideberg



Southwest Leadership Team

President- Erika Ebert
Vice President- Jacinda Hustoft
Secretary- Logan Clarke
Jr High Council- Nathaniel Janssen



Southeast Leadership Team

President- Andrea Richard
Vice President- Noelle Koenig
Secretary- Kieran Sween



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How do you Balance FCCLA and Other Activities?

How do students achieve a balance in their busy lives? By identifying time-saving tips and techniques and by implementing these strategies, students can succeed academically, and remain in FCCLA and other activities:

- **Get organized and manage your time.** Utilize a calendar for school and extra-curricular activities. Write down all due dates for schoolwork, projects, and papers. Write down all extra-curricular events and practices. Every week revisit your calendar and make corrections. If you are more comfortable entering these items in to an electronic device such as a smart phone, use that to your advantage and set reminders for your events and homework due dates.
- **Use your weekends wisely.** Use your weekends as preparation time for the week ahead. Start homework for the upcoming week. Read chapters and take notes ahead of time. Use this time to plan and prepare for projects and papers that are due, including FCCLA.
- **Use your travel time to and from school, practices, activities and games wisely.** Take this time to review notes, read chapters, study, or read books. Even 15 minutes during bus rides can help tremendously to stay ahead.
- **Do not procrastinate.** Do assignments as soon as they are given, rather than waiting until the last minute. Assuredly, poor planning and dragging your feet will result in unsatisfactory outcomes on FCCLA projects and homework.
- **Do not get behind.** It is easier to stay ahead of schoolwork rather than to play catch up with grades, missed assignments, or missed projects.
- **Take advantage of school resources, such as tutors.** Schools want their students to succeed and offer programs to help. If your school or community offers these opportunities, take them.
- **Prioritize.** Make a list of things you need to get accomplished, and put them in the order of most important to least important. Work on the items one at a time. That way the items that are of utmost importance get accomplished first, and the least important items last.

Demands on our time never end. Our obligations and interests continue to compete for our attention and our time, even beyond high school. By introducing and implementing time-saving tips and techniques early in a student's career, students can set themselves up for a successful future.



Nashville provided a city with many interesting venues for NLC.



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A Look at National Programs and STAR Events

NATIONAL STAR (State/Region Events)

Advocacy
Applied Math for Culinary Management
Career Investigation
Chapter in Review Display & Portfolio
Chapter Service Project Display & Portfolio
Culinary Arts
Early Childhood Education
Entrepreneurship
Environmental Ambassador
Fashion Construction
Fashion Design
Focus on Children
Food Innovations
Hospitality, Tourism & Recreation.
Illustrated Talk
Interior Design.
Interpersonal Communications.
Job Interview
Leadership
Life Event Planning
National Programs In Action
Nutrition and Wellness
Parliamentary Procedure.

Promote and Publicize FCCLA
Recycle and Redesign.
Sports Nutrition
Teach and Train.
Say Yes To FACS

ONLINE STAR EVENTS:

FCCLA Chapter Website
Digital Stories For Change

MINNESOTA STAR EVENTS

(all National STAR Events plus these MN Events) for Area Midwinter and State/ National opportunities

Event 1- Everyday Equations
Event 2 FACS of Lifeskills
Event 3 Ethical Essays
Event 4 See What We've Done
Event 5 Senior Buzz
Event 6 Show Me
Event 7 Just Like Rachael Ray
Event 8 Technology Solutions
Event 9 The Business of Fashion
Event 10 Innovations-Fashion & Cosmetology
Event 11 Cold Sandwich Preparation

Illustrated Talks

Event 12-It's About Kids
Event 13 Foodies
Event 14 Global Call to Action
Event 15 Social Realities
Event 16 Taking Care
Event 17 To Leadership and Beyond
Event 18 You and Me
Event 19 Empower the Family
Event 20 Money Matters
Event 21 Sustainable Design
Event 22 Decisions That Matter

SKILL Events (Register with State Conference— not at Midwinter)

Food Art
Knife Skills
Toys that Teach
Interviewing Skills
Impromptu Speaking
Speak Out for FCCLA
Technology in Teaching
Challenges (tests)
Early Childhood Challenge
Nutrition Challenge
Science in FACS



Career Connections

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 Units:

Career Connection guides students to develop, plan, carry out, and evaluate projects. The projects improve the quality of life in six (6) units. Students focus activities on different aspects of career development. Students can choose a unit, then plan and carry out 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.



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Community Service-Leadership Service in Action



The FCCLA Leadership Service in Action will now be called Community Service and the program guides students to develop, plan, carry out, and evaluate projects that improve the quality of life in their communities. Service helps young people build skills for family, career, and community roles; provides youth-centered learning experiences related to Family and Consumer Sciences education; and encourages young people to develop the positive character traits of trustworthiness, respect, responsibility, fairness, caring, and citizenship.

Service projects can be a great “first step” for less-experienced advisers, chapters, or members. They involve fun, hands-on activities that motivate and involve students while offering a sense of accomplishment and camaraderie. Projects range from simple, one-time efforts to multi-faceted, ongoing programs.

Financial Fitness



The goal of Financial Fitness is to inform and inspire teens to sharpen their skills in money management, consumerism, and financial planning. Although the income of your typical teen is limited, they tend to spend a tremendous amount of money. This program will help students learn to manage their money wisely.

Financial Fitness Units:

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.

- **Earning** - sharpen on-the-job financial fitness
- **Spending** - track and plan personal spending
- **Saving** - conquer bank accounts, credit, and investment
- **Protecting** - keep financial and personal interests safe

Families First



The FCCLA Families First national peer education program through which youth gain a better understanding of how families work and learn skills to become strong family members. Its goals are to: help youth become strong family members and leaders for today and tomorrow and strengthen the family as the basic unit of society.

Families First

To help members focus their projects, Families First offers five units. Members may complete projects in one or several units. There is no particular order to them; although, “Families Today” might be a good place to start. It covers topics that provide a general overview of families and related issues:

- **Families Today** – Understand and celebrate families
- **You-Me-Us** – Strengthen family relationships
- **Meet the Challenge** – Overcome obstacles together
- **Balancing Family and Career** – Manage multiple responsibilities
- **Parent Practice** – Learn to nurture children.



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F.A.C.T.S.



Families Acting for Community Traffic Safety (FACTS) is a national peer education program through which students strive to save lives educating adults and youth about traffic safety and supporting enforcement of local rules and regulations regarding community traffic safety.

Through FACTS, FCCLA members create projects that strive to save lives through sober driving, seat belt use, safe driving habits, becoming the spokesperson for their safety, and bridging the gap between youth and adults to understand the importance of driver education and safety. Traffic safety is a family affair. Children first learn basic safety skills and attitudes in families.

F.A.C.T.S. Units:

FACTS projects relate to three topic areas:

- **People** - to understand and promote your role as a driver or passenger and keep yourself and others safe
- **Vehicles** - to understand vehicle safety and the role it plays in safety for you and others
- **Roads** - to understand and promote your role on the road as well as the safety hazards you may encounter and how to avoid or react to them



Power of One

Power of One helps students find and use their personal power. Members set their own goals, work to achieve them, and enjoy the results. Have you ever thought about a special goal? Maybe you would like to develop better study habits, cope with a physical challenge, get along with a sibling, improve job skills, become a leader – or any other personal goal. Power of One is for You! You select the goals most important to you, then create a plan of action to meet them.

Power of One Units:

- **A Better You** — Improve personal traits
- **Family Ties** — Get along better with family members
- **Working on Working** — Explore work options, prepare for a career, or sharpen skills useful in business
- **Take the Lead** — Develop leadership qualities
- **Speak Out for FCCLA** — Tell others about positive experiences in FCCLA.

Ananda Patel receives a red jacket in the Unite in Red campaign on stage at NLC.



Lip Syncs at Camp



Top National project from Goodhue



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STOP the Violence

The FCCLA Students' Taking On Prevention (STOP) the Violence program empowers youth with attitudes, skills, and resources in order **to recognize, report, and reduce** youth violence

Violence in today's schools is too often a headline in the national news. Whether it is fighting, making threats, or bullying, violence has forced school officials to take drastic steps to address this concern. Millions of dollars have been spent on metal detectors, hidden cameras in the classrooms and hallways, and security guards. Dollars spent on security measures such as these are not spent on additional teachers, salaries, advanced technology, and facilities. But what can the students themselves do to STOP the Violence?

FCCLA members use peer education

- reach their peers with violence prevention education
- recognize warning signs of potential youth violence
- encourage young people to report troubling behavior
- collaborate with school and community resources to address youth violence
- develop and implement local action projects to reduce the potential for violence in their school.



Student Body

The FCCLA Student Body national peer education program helps young people learn to eat right, be fit, and make healthy choices. Its goals are to: help young people make informed, responsible decisions about their health, provide youth opportunities to teach others, and develop healthy lifestyles, as well as communication and leadership skills.

The teen years are an ideal time to establish healthy attitudes and habits to last a lifetime. Unfortunately, many of our youth are not physically fit, have poor eating habits, and are often bothered by a lack of self-esteem. Student Body

- Student Body Units:**
- **The Healthy You** - Empowering teens to make wise food and lifestyle choices
 - **The Fit You** - Empowering teens to take charge of their health and their level of fitness
 - **The Real You** - Empowering teens to maintain positive mental health
 - **The Resilient You** - Empowering teens to live in ways that build emotional health

Nashville
Hard Rock
was a
favorite
meal spot
of NLC
delegates.



Taya and Johanna
looking like "stars".



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STAR Events at National Conference

Minnesota FCCLA members: 35 Gold, 50 Silver and 20 Bronze medals in National FCCLA competitions in Nashville, Tennessee. The following 21 students placed in the top 10 in the nation in their event categories. Two were the best in the nation! Over 7600 attended the National Conference in Nashville, Tennessee July 2-7.

Placing top in the nation were:

#1 Career Investigation-Spring Lake Park HS

#1 Entrepreneurship-Minnesota HS

Placing the top 5 in the nation were:

#3 Environmental Ambassador Jr-Wheaton HS

#4 Chapter in Review Sr-Kasson-Mantorville HS

#4 Digital Stories for Change-Pine Island Sr

#4 Focus on Children Senior-Cambridge-Isanti HS

#4 Life Event Planning Sr-Wheaton

#4 Natl Programs in Action Jr-Wheaton

#5 Job Interview Sr-Lanesboro

Placing in the top 10 were:

#6 Sports Nutrition Jr-Kasson- Mantorville

#7 Chapter in Review Display-Jr- Wheaton

#8 Chapter in Review Portfolio-Jr- Herman Norcross

#8 Leadership Sr- Goodhue

#8 Promote and Publicize Sr- Pine Island Sr

#9 Teach and Train Jr-Osakis

Upcoming Events

Deadlines for MN FCCLA

Fall Conferences	Set by region
Dues deadline	November 15th
STAR Event registrations due	Midwinter Area level - January 15th
Midwinter meetings occur	January 1st - February 10th
State Conference Deadline	February 23rd
Candidate Application Deadline	February 23rd
State Awards Deadline	March 7th
State Conference	April 19th - April 21st

Congratulations to these students and chapters on their accomplishments!

STAR Events (Students Taking Action with Recognition) are assessments that recognize members for proficiency and achievement in chapter and individual projects, leadership skills and career preparation. Competitive events provide opportunities to showcase college and career-ready knowledge, skills and abilities; promote FCCLA chapter as an integral part of the Family and Consumer Sciences education program and connect members with peers and the community.

