

## State Officers gain leadership skills at US Capitol!

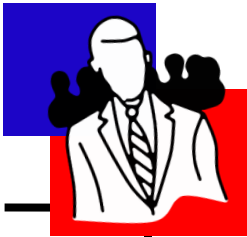
By Sammy Jo Severance

Recently State Officers recently returned from the Family, Career and Community Leaders of America's (FCCLA) Capitol Leadership, held September 29-October 2, in Washington, D.C. The officers participated in the Expert Advocate Concentration of the FCCLA Leadership Academy. This powerful leadership development program focuses on networking, professionalism, public relations, strategic planning, advocacy, and more. Capitol Leadership attendees also had the opportunity to participate in a service learning project in Washington, D.C. All participants of Capitol Leadership talked about the importance of career and technical education and support for FCS related areas in schools. The Minnesota delegation met with Youth Service America national staff since MN FCCLA is a Lead State Agency for Global Youth Service Day in April 2014. The Minnesota State Officers truly experienced the ultimate leadership experience while at Capitol Leadership!



From left to right: Marissa Kunerth, Rick Osborne, Courtney Mensen, Kaija Kottke, Lauren Starkson, Breann Hogie, Samantha Severance, Ethan Dressen

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# **NOYS 2013 Teen Distracted Driving Prevention Summit!**

**By Sammy Jo Severance**

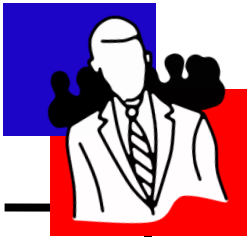
In September, your President-Elect, Marissa Kunerth and your Vice President of Public Relations, Sammy Jo Severance, had the opportunity to attend National Organizations for Youth Safety's (NOYS) Teen Distracted Driving Summit as a part of the Teen Distracted Driving Team in Washington, DC. Working as a team, they took on the responsibility to address distracted driving issues in the state of Minnesota.

Sammy and Marissa traveled to Washington, DC to attend the Distracted Driving Prevention Summit on September 17th for the Youth Training Day and then participate in the main event on September 20th. They met with federal and state leaders, learn about the distracted driving issue and preventive efforts, then created a youth action plan to address this issue from a youth perspective. "The NOYS Coalition was founded on the principal that youth prevention efforts be done with youth and not to youth. Every year, the summit is an opportunity to for youth to provide direction and implementation of teen distracted driving prevention initiatives across the country," said Lindsay Colcombe, NOYS Program Manager. This youth initiative is made possible through the generous support of the primary Summit sponsors, AT&T and State Farm, in addition to Mazda and DCH Auto Charitable Foundation.

Minnesota FCCLA encourages all members to advocated against any form of distracted driving! Make sure to keep an eye our for events about distracted driving prevention at the State Conference, April 10th-12th!



**Marissa Kunerth and Sammy Jo Severance with South Dakota FCCLA Members**



## **“How do you get those ribbons??”**

**By Ethan Dressen**

At State Conference, have you ever seen members with different colored ribbons on their nametag? Have you ever wondered how you could get those ribbons? Well I'm going to tell you how to get those wonderful, shiny pieces of fabric. Receiving these ribbons is really easy, and fun! If you or your chapter has participated in any one of the FCCLA National Programs, then you can be eligible for these ribbons! The process is simple; you log onto the National FCCLA website, go to the awards tabs, and click on the National Program Award Applications. After you have filled out and completed all of the information, Minnesota FCCLA will receive a confirmation that your chapter applied for the ribbon. At State Conference, you will receive a ribbon based on National Program award that you applied for. If you want ribbons at the next State Conference, make sure that you ask your adviser and work together to apply!

## **Chapter of Excellence Award**

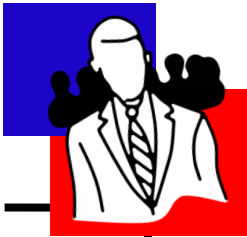
**By Courtney Mensen**

The Minnesota Association of Family, Career and Community Leaders of America presents the Outstanding Chapter Award to those chapters that plan and conduct well-balanced programs of work. This award provides an opportunity for chapters, through self-evaluation, to receive recognition and to highlight their chapter's success. Those chapters that apply for recognition will be awarded a recognition certificates. Awards will be presented only to those chapters that register for and participate in state conference.

Outstanding FCCLA Chapters are those which plan balanced programs of work that include the following areas:

- Membership recruitment
- Chapter activities
- State and National activities
- Chapter publicity
- Exceptional accomplishments

If your FCCLA chapter is eligible for this award. Please log on to the [mnfccla.org](http://mnfccla.org) website and apply for this award by March 1st and send it to the MN FCCLA State Office.



## “You may just start a chain reaction!”



**By Kaija Kottke**

“How many of us have enough strength, trust, and faith to do the impossible?” Rachel Scott had the dream of stopping bullying around the world! That is a GIGANTIC dream, but for most FCCLA members, stopping bullying in schools is a very hard task. To start a chain reaction of kindness, take small steps to eliminate bullying. In turn, those actions can lead to bigger steps to eliminate bullying!

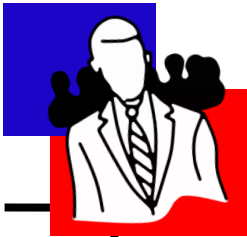
Here are some steps that you can use to continue Rachel’s Challenge in your school today! First off visit the Rachel’s Challenge website at [rachelchallenge.org](http://rachelchallenge.org) where you can find great sources for ideas on what you can do in your chapter. Next I strongly suggest talking with your advisor and coming up with a plan to help incorporate Rachel’s Challenge activities in your chapter or within your school.

Some possible ideas for projects can include:

- Chain Reaction Day– Build chains of all the kind actions students do during that day and display them in the halls.
- Orange Out– Promote anti-bullying by encouraging students to wearing orange.
- Creating Kindness- Connect with your elementary schools about teaching them how to deal with bullying and how to be better friends. It may surprise you how much younger students look up to older students!
- Hand’s of Rachel Challenge- Have a competition within your chapter to see who can fill out the most hands to bring to the State Convention! Your advisor will receive the hands by email from the State Office.

“If you can’t fly, then run, if you can’t run, then walk, if you can’t walk then crawl but whatever you do you need to keep moving forward.” It takes the small actions to start a Chain Reaction of Kindness, so never get discouraged because your actions truly speak louder than words!

Rachel’s Challenge



## Kick off the FCCLA year with STAR Events!

By Marissa Kunerth

Joshua J. Marine once said, “Challenges are what makes life interesting and overcoming them is what makes life meaningful.” Will you challenge yourself in 2014?

In FCCLA there are numerous possibilities through STAR Events where you can challenge yourself! A difficult task may be choosing which STAR Event you would like to take part in and then following through with it. My advice would be, always choose something that interests you as it will be easier for you to talk about and will overall be more enjoyable. When beginning to brainstorm for your STAR Event, narrow down specific categories that you would like to focus on, for example, organize what age group you would like to spotlight, the time availability of both you and who you are impacting, and the effectiveness of your project toward others. Through my experience I have found it to be easier to follow through with anything you do in life by organizing, recording, and setting goals for yourself or group to know exactly what to complete and by what date it should be finished. FCCLA tools are very beneficial in this scenario, this is the perfect information you may use when completing the FCCLA Planning Process for your selected STAR Event. If you are unaware with FCCLA’s Planning Process, it is located on the Minnesota or national FCCLA websites which are [www.mnfccla.org](http://www.mnfccla.org) or [www.fcclainc.org](http://www.fcclainc.org).

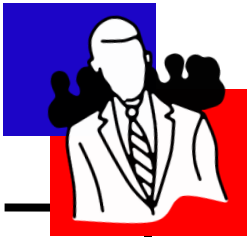
Another extremely helpful hint is that prior to jumpstarting or taking action for your STAR Event precisely read through your selected STAR Event Rubric sheet—these are found on the Minnesota and National FCCLA website. This is helpful as you will receive a greater understanding of the guidelines and become more knowledgeable of what the judges will be looking for when critiquing your presentation when competing at the Region, State, and National level.

With over 50 STAR Events to choose from, there is truly one for everyone. Say you have a project idea in mind but don’t know what STAR Event category it falls under, do not be afraid to ask your veteran FCCLA Members of Adviser!

Jamie Paolinetti once said, “Limitations live only in our minds. But if we use our imaginations, our possibilities become limitless.” Embrace your dream, don’t be afraid to step out of your comfort zone, ask questions and most of all be yourself. STAR Events are just one spectacular aspect of FCCLA and with time, practice, and willingness, you are bound to be successful! For additional questions regarding STAR Events, make sure to check out the Go-for-the-Gold STAR Event power point found on the Minnesota FCCLA’s website.

STAR Events





## Get Your Leadership Service in Action with GYSD!

**By Breann Hogie**

Calling all leaders! It's time for the youth to take action and get started on those service projects! One way you can do that is by registering and participating in a Global Youth Service Day Project. Global Youth Service Day is the largest service event in the world, and the only day of service dedicated to children and youth. GYSD 2013 included a record-breaking 135 countries participating, and 5,434 registered project.

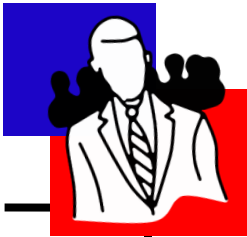
You can go online to [www.gysd.org](http://www.gysd.org) to register your service projects that you are doing within your school this year. I know many of you will be conducting food drives for Share our Strength. Maybe there's a different project – a few members from my chapter are raising funds for the Ronald McDonald House. It's possible that you don't know what to do for a service project this year, well the Global Youth Service Day website offers numerous activity suggestions just under the "IDEAS" tab. Online you also have the opportunity to take the pledge to support youth changing the world and receive updates about new potential projects in your area.

Youth Service America is the chief convener of Global Youth Service Day and MN FCCLA is a lead state agency and partner of both YSA and GYSD. Youth Service America is a resource center that partners with thousands of organizations committing themselves to increasing the quality and quantity of volunteer opportunities for young people to serve locally, nationally, and globally.

If you find yourself in need of financial assistance Youth Service America offers grants to school and to organizations, as well as to young people directly, to fund Global Youth Service Day and other service and service-learning projects. GYSD 2014 is April 11<sup>th</sup>-13<sup>th</sup>, so get thinking about what you can do to give back!



# Global Youth Service Day



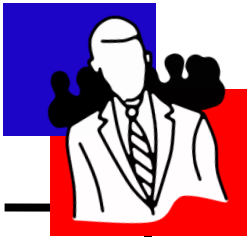
## Learn about civic engagement and shadow the careers of legislators in March!



**By Rick Osborne**

Have you ever wondered how our government works or how our Legislators pass laws? If you answered yes to either one of these questions, you may want to consider participating in Legislative Shadow Day. Shadow Day is an experience you will never forget. You might be asking how do I sign up? In late December and early January, fill out the Shadow Day application available on the Minnesota FCCLA website. MN FCCLA will let you know more information closer to the date. On the day of your departure for the Capitol you will spend the morning learning how to advocate for FCCLA and learn about professionalism. In the afternoon you will be paired up with either a Senator or a Representative. While shadowing you have the opportunity to attend some committee meetings and you may also have a chance to tour our State Capitol. Don't forget to tell your Legislator about the opportunities you have had through FCCLA. Mark your calendar for the upcoming Shadow Day on March 4, 2014. Attending Shadow Day will help you to improve your leadership and speaking skills. Stay tuned to the MN FCCLA website for more details on Legislative Shadow Day!

Legislative Shadow Day



## Chapter Spotlight Challenge!

**By Sammy Jo Severance**

Hey FCCLA Chapters across the state, is your chapter planning a totally awesome beginning of the year membership party? Are you putting on a spectacular fundraiser for a National Outreach Project? Do you have an out-of-this-world Service Project being held by your local FCCLA chapter? Minnesota FCCLA want to know about your amazing FCCLA happenings and would love feature your projects in Minnesota Horizon! To be apart of the Minnesota Horizon's Chapter Spotlight, please email a picture of your chapter's project and a short paragraph to the Minnesota FCCLA State Office:

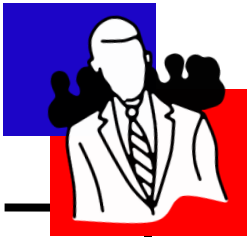
**wendy.ambrose@mnccla.org**

## "How do I apply for Teen Times?"

**By Sammy Jo Severance**

Have you ever wondered how you can get one of your FCCLA projects featured in the National FCCLA Publication, the Teen Times? Well, it is actually pretty simple! All articles and pictures you want to submit to Teen Times can be sent to **inbox@fcclainc.org**! If you would like to learn more information about Teen Times, visit the National FCCLA website, [fcclainc.org](http://fcclainc.org), scroll over to News & Media, and click on the Teen Times button! Take advantage of this opportunity to share your FCCLA projects nationally!





# Minnesota Family, Career and Community Leaders of America **The Horizon** December 2013



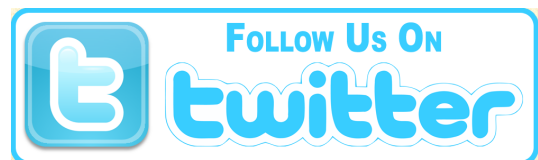
## FCCLA Event Calendar

Upcoming FCCLA Events		
January 4th	<b>MN FCCLA Board Meeting</b>	Twin Cities
January 4th-5th	<b>January Exec Meeting</b>	Twin Cities
January-February	<b>Region Mid-Winter Meeting</b>	Regional Locations
March 4th	<b>Legislative Shadow Day</b>	St. Paul, MN
April 10th-12th	<b>MN FCCLA 2014 State Conference</b>	Bloomington, MN

### **Minnesota FCCLA Challenges YOU!**

With the school year just around the corner and coming into full swing, Minnesota FCCLA challenges you to participate in the **7-Up Challenge!** All you have to do is increase the membership in your chapter by 7 people from the last year, or have 33.3% of your student body involved in FCCLA, and you will be invited to attend the 7-Up Highlighter Party at State Conference! Let the Membership Madness begin!

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