

Minnesota Family, Career, and Community Leaders of America

The Horizon Fall 2018 Issue

Goals:

- Row your boat to success.
- Catch a multitude of leaders.
- Dive deep into careers.

Minnesota FCCLA's 2018-2019

State Theme...

LAND OF 10,000



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Hello everyone and welcome to the Fall issue of The Horizon, Minnesota FCCLA's publication. In this edition, you will get to take a look at the upcoming FCCLA events for the 2018-2019 school year. This ranges from National Leadership Conference to a look at National Programs and STAR Events. The State Officer team is excited for all the events of the 2018-2019 school year. We hope to see you there! We wish everyone an amazing year with FCCLA. With FCCLA you have the power to reach your dreams. Whether you want to be the next President of the United States or teaching our youth, FCCLA will be by your side as you strive to make your dreams a reality. This is what makes Minnesota the land of 10,000 Dreams!

-Matthew Harfmann



Minnesota Family, Career, and Community Leaders of America

State Theme

This year's State Officers have been working hard on preparing the 2018-2019 Minnesota FCCLA State Theme. I am happy to announce that the upcoming 2018-2019 year's state theme is Land of 10,000 Dreams. The new state theme is based on the nickname of Minnesota "Land of 10,000 Lakes." The upcoming theme holds a lot of Minnesota history in it as well. Along with the new theme, there are several modules that go with it: Row your Boat To Success, Catch a Multitude of Leaders, and Dive Deep into Career Paths. Chapters and Areas can focus on these modules when preparing STAR Events, running for office, and listening to speakers and workshops. When "rowing to success" in FCCLA think about success in your STAR Events by getting a gold medal and advancing towards National Leadership Conference in Anaheim, California. You could also "row to success" in your school and community by doing service projects. "Catch a multitude of leaders" this year so your chapter can attend the 7-Up Party at state conference by increasing your chapter's membership by 33%. "Dive deep into career paths" this year at state conference by attending workshops, speakers, and the career fair to prepare you for your future job. I can't wait to see you and your chapter members at this year's State Conference, I know we'll have a "reel" good time celebrating our new state theme "Land of 10,000 Dreams."

-Massen Kunerth

MN FCCLA Leadership Camp

Minnesota FCCLA Leadership Camp 2018 was a great success! Once again at Bethel University a large group of chapter leaders, area officers, and state officers along with their advisers gathered to learn more about leadership. The theme of camp this year was 'Be Incredible' inspired by the new movie Incredibles 2. While at camp, members presented round tables on different national programs, had a competition to see who could recite the creed the best and who had the best speech encouraging a school board to work with their FCCLA chapter, the annual lip sync where they dress up and do a personalized dance with their group, and many other fun activities. This year we also added a STAR Event work day for our Minnesota national advancers. The members who advanced to the national conference in Atlanta, Georgia had the opportunity to practice presenting in front of other officers and advisers who then helped them improve so they could be even better at the national conference! Almost every STAR Event group who practiced at June's camp received a GOLD ranking at National Conference! Overall camp was a memorable and fun learning experience and we hope to have even more people attend next year!



-Mariah Olson, State Secretary



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National Leadership Conference

Many FCCLA members attended the 2018 National Leadership Conference in Atlanta, Georgia. Students stayed at the Omni hotel. This was connected to the CNN center. This gave students the ability to tour the CNN building, and a few students even ran into Carl Azuz, the host of CNN Student News! Some other attractions were the Coke museum, the Atlanta aquarium, SkyView Atlanta, and many more. Aside from Atlanta's attractions, over 4,200 students competed in 32 national STAR events! At the National Conference, we held state meetings. At the meetings we recognized our two National Officer Candidates, Bethany and Abby, reviewed conference policies, recognized senior and junior high STAR event participants, and sang the Minnesota Rouser and Banana Salute. We attended the opening session, and listened to the speaker and entrepreneur, Johnny Cupcakes. FCCLA members were also treated to a music festival on Sunday. Finally, on Monday members found out what they received on their STAR events. Minnesota was named in the Gold and Silver category multiple times! The National Conference ended with the closing session, and finally, the gala. The conference lasted 5 days, but the memories and friends that were made will last a lifetime! To sum it up, the week was filled with leadership, friends, and fun!

- Lindesy Roemeling

STAR Events at NLC

TOP IN THE NATION!

-Advocacy Senior- James Drewicke and Lillian Olson;
Herman Norcross HS

-Illustrated Talk-Jr- Jerica Warrington; Waconia Middle
-Advocacy Junior- Anna Woidyla; Oaskis HS

Placing in the Top 5

-Chapter in Review Sr Portfolio- Emma Wajda; SLP HS
-Leadership Sr- Mya Christensen; RTR HS

-Teach and Train Jr- Amber Findlay; Wheaton HS

-National Programs in Action-Jr - Kai Drake; RTR Junior
Career Investigation Sr - Nadine Musa; SLP HS

-Chapter in Review Display Jr- Madee Benda; Goodhue HS
-Nutrition and Wellness Jr- Greta Lee; Badger HS

-Chapter Service Portfolio Sr - Cody LaValley; Stenbeck
and Clara Schmidt; Cambridge HS

Entrepreneurship Sr - Katherine Konold; Minneota HS

Food Innovations Sr- Natalie Bot and Tara Thooft;
Minneota HS

Placing in the Top 10

-Career Investigation Jr - Jennifer Findlay; Wheaton HS

-Career Investigation Sr- Matthias Kunerth; Fulda

-Chapter Service Project Display-Jr - Rachel Arends,
Lillian Bitker, Lauren Nelson; Ada Borup

-Chapter Service Portfolio Jr - Supriya Patel; SLP HS

-Environmental Ambassador Jr- Rileigh Hughes, Haley
Mostad; Kelliher HS

-FCCLA Chapter Website Sr - Binh Nguyen; Eastview HS

-Interpersonal Communications Jr - Kadeyn Keller, Hailey
Von Ende; Badger HS

-National Programs in Action-Jr - Dawsen Bloom, Chase
Christensen; RTR Junior

-National Programs in Action-Sr - Molly Krog; Minneota
-Say Yes to FCS Education - Emily Schmiedeberg;

Lancaster HS

Minnesota FCCLA members in National STAR Events competitions in Atlanta, Ga.

48 Gold medals - 46 Silver medals - 10 Bronze medals



Minnesota Family, Career, and Community Leaders of America

State Officer Bios

Hello, Horizon readers! My name is Ananda Patel and I'm this year's State President. This is my fourth year in FCCLA, and in these four years, I have learned so many new skills. I have also been able to build my confidence, meet new people, and have had so many amazing experiences. My favorite FCCLA memory is by far last year's NLC in Nashville. Seeing so many people from all over the nation come together for the same purpose is always truly inspiring and exciting to see! A fun fact about me is that my favorite show is Doctor Who! I am also a huge fan of movies, and I love Star Wars. When I'm not



binge-watching one of those series, I'm probably reading. I'm a huge book nerd, my favorite book being Children of Blood and Bone! My dream vacation would definitely be a trip to India. I've always wanted to go there! A quote I live by is "You have two hands, one for helping yourself, the other for helping others" by Audrey Hepburn. The person who inspires me most is my advisor. She is so kind and helpful to everyone, and she has taught me many of the leadership skills I possess now. Overall, being involved in FCCLA has been an amazing experience and has opened up countless opportunities for me. In my final year of FCCLA, I look forward to learning more and getting to know all of you.



My name is Emma Wajda and I am the MN State President-Elect. I am so excited for this year! My favorite song is "Whatever it Takes" by Imagine Dragons. My favorite music group is 5 Seconds of Summer. My favorite movie is "A Walk to Remember". My favorite T.V. Show is Grey's Anatomy. My dream vacation spot is Barcelona, Spain. My favorite quote is "Don't cry because it's over, smile because it happened" by Dr. Seuss. My dream job is to be an actress and my future career interest is to be a trauma surgeon. FCCLA has taught me to be an amazing leader and to not give up. My favorite FCCLA memory is when

my chapter did a food drive for my community. My favorite book is "Unenchanted" by Chanda Hahn. The person I admire most is mom because she has taught me so much and raised me to be an extraordinary person.



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My name is Massen Kuerth and I am the current Vice President of Outreach. 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 is going to the 2015-2016 nationals in San Diego, it was a great experience that taught me more about just how great the FCCLA organization is. Harry Potter is definitely my favorite book and movie, TV show is Survivor. My favorite performer is Logic and favorite song is 1-800-273-8255 because it is the number for the National Suicide Prevention Lifeline and has saved countless lives. The person that I admire the most in FCCLA is my Advisor, Mr. Curry, he has encouraged 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 D.C. and to see our government and nation in action. My favorite quote in life is, "Always give 100%, unless you're donating blood." In my future I plan on attending SDSU to major in Business. My dream job would be to become the President of the United States. Throughout my journey with the FCCLA organization I have various experiences that taught me life skills. This year I cannot wait to see what new opportunities and responsibilities I will discover and skills I will gain as a Minnesota State Officer!!



Hi, I am Lindsey Roemeling, and I am the current MN FCCLA Vice President of Service. My favorite FCCLA memory was when my chapter had a memorial service for my chapter's former pet fish. My favorite song is Hit and Run by Greyson Chance, and my favorite music group is The Rat Pack. The Great Gatsby is my favorite movie, while The Office is my favorite TV show. The Miracle Letters of T. Rimborg. By Geoff Herbach is my favorite book. My dream vacation spot is Abu Dhabi, United Arab Emirates. My favorite quote is "Entrepreneurs are simply those who understand that there is little difference between obstacle and opportunity and are able to turn both to their advantage." My dream job is to be senator of Minnesota. FCCLA has taught me many skills, but the most important thing that I have learned is how to be an effective leader that can inspire action and innovation in my chapter. FCCLA has also allowed me to network and make many friends throughout Minnesota. One person that I truly admire and aspire to be like is Senator Elizabeth Warren. I admire her because she works and speaks so passionately for the betterment of the lives of the American people and she truly serves the people. She stands up for what she believes in and works relentlessly towards making a better America. I aspire to be as outspoken and poised as Elizabeth Warren in my future political career. I can't wait to meet all of you and have an amazing year as part of FCCLA!



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Hello, My name is Mariah Olson. I am the current FCCLA State Secretary. My favorite FCCLA memory is Falling down the stairs in front of pretty much everyone at my area meeting last fall. My favorite music group is Blink-18, and my favorite song is "I'm Not Famous" by AJR. My favorite movie is Star Wars: The Empire Strikes Back, and my favorite TV show is The Flash. My favorite book is An Abundance of Katherines. My dream vacation spot is St. Vincent. My favorite quote is "No matter what anybody tells you, words and ideas can change the world." My dream job is to be a cardiothoracic surgeon. FCCLA has taught me to be confident and how to speak in front of others. The person I most admire is my sister. She has always been an inspiration to me in her leadership in school, FCCLA, and life in general. I'm ready for an exciting year as an FCCLA State Officer!



Hi, my name is James Drewicke, and I am the MN FCCLA Rep to the Board of Directors. My favorite FCCLA memory is when we attended the National Leadership Conference in Tennessee and were on our way home from the Grand Ole Opry, we were delayed in traffic during the fourth of July fireworks show. We ended up making the best of it and sang at the top of our lungs on the bus. Coldplay is my favorite music group, and my favorite song is "When I See You again." Grey's Anatomy is my favorite TV show, and Pitch Perfect is my favorite movie. My favorite book is When You Reach Me. A dream vacation for me is to go to The Bahamas. My favorite quote is "You try you fail you try you fail the true failure is when you stop trying." My dream job is to have my own talk show. FCCLA has taught me to become a better leader and to dress for success. The person I admire most is my mom, she teaches me every day that you need to be kind to everyone no matter what. She is al-

Hi, my name is Kieran Sween, and I am the 2018-2019 MN FCCLA Treasurer. My favorite memory from FCCLA is when I went to camp the first year and we did the Olympics they were really fun. My favorite song is Evermore from Beauty and the Beast. My favorite movie is the 2017 version of Beauty and the Beast. My favorite TV show is The Office. The Giver is my favorite book. My dream vacation spot is Paris, France. My dream job is to be a veterinarian. I used to be really shy and quiet and FCCLA has helped me with that as well as public speaking and all of the skills I've learned from doing star events. The person I admire most is my grandma she is really good at a lot of things and she used to be as FCCLA advisor and she helps me with FCCLA stuff too. I'm ready to spend the next year representing Minnesota FCCLA and meeting new people.



Minnesota FCCLA



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Check us out online
at www.mnfccla.org

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My name is Kennedy Truscinski, and I am your 2018-2019 State Vice President of Partnerships. My favorite FCCLA memory is attending nationals as a State Officer last year in Nashville because I felt like a true leader standing up in front of everybody. My favorite book is *The Twelfth Angel*. I enjoy listening to The Rascal Flatts, and my favorite song is *Above the clouds of Pompeii*. My dream vacation spot is Bora Bora. My favorite movie is *Harry Potter*, and my favorite TV show is *The Voice*. My favorite quote is "Whatever the mind can conceive and believe, it can achieve." My dream job is an anesthesiologist. FCCLA has taught me to go above and beyond what I think I can do because I always tend to lower my standards for myself. The person I admire most is my mother, she always put everyone else before herself and always pushes people to do better. I'm excited to spend another year as a State Officer and spend time with the amazing people in this organization.

I am Ava Holtz, your FCCLA State Vice President of Resource and Development. My favorite FCCLA memory is being in Nashville, Tennessee with my friends and having a great time winning gold in my STAR event. I enjoy reading and watching Netflix. My favorite book is *Pride and Prejudice*, and my favorite TV show is *NCIS*. My favorite song is *Written In The Sand* by Old Dominion, who is my favorite music group. My favorite movie is *Guardians of the Galaxy*. A dream vacation for me would be Bora Bora. My favorite quote is "You learn from your mistakes." My dream job is to be an ASL Interpreter teacher. FCCLA has taught me time management and leadership skills that will help me for the rest of my life. The person I admire most is my mom and all she does for our family. I am looking forward to spending another year with all of the amazing people in FCCLA!



My name is Matthew Harfmann, and I am the State Vice President of Public Relations. This is my fourth year in FCCLA, and I can't wait to spend the year learning new skills, and meeting new people! My favorite FCCLA memory is the State Conference last year, when I got to spend time with my friends and was elected to the state officer team. I love to read and watch movies; My favorite movie is *the Avengers*, and my favorite book is *I Am Number Four*. My favorite song is "Don't Wanna Be" by The Score, and my favorite music group is AJR. *Survivor* is my favorite TV show. My favorite quote is "Remember: The mind is your best muscle. Big arms can move rocks, but big words can move mountains." My dream vacation is Paris, France. My dream job is a physician, and my future career interest is in the medical field. FCCLA has taught me how to communicate effectively with others and work as a team. The person I admire most is my wrestling coach; he helps us to not only become better at the sport but to be better people. He leads by example and is a great role model and mentor to me. I can't wait to spend the next year as a State Officer by learning new skills and preparing for my future!



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Area Officer Teams

Central West

President– Elliott Doyle
Vice President– Jadya Kremer
Secretary– Olivia Hasbargen
Treasurer– Lillian Olson
JHC– Amber Findlay
Peer Educator– Angela Lecomte



Central East

Pres.– Brianna Cairns
Vice Pres.– Hannah Nagle
Secretary– Xuan Ngugen
Treasurer– Lexi Teigen
JHC– Shelby Denerud
Peer Educator– Clara Schmidt



Southeast

Vice President– Dalton Maxwell
Treasurer– Lucca Sween
JHC– Rowan Sween
Peer Educator– Emilee Terry



Southwest

President– Carissa Cunningham
Vice President– Logan Clarke
Secretary– Adranne Gonzalez
Treasurer– Emily Madison
Peer Educator– Courtney Wendland
JHC– Nathan Janssen



Northern

President– Alex Ylitalo
Vice President– Courtney Piersol
Secretary– Preston Douville
Treasurer– Triann Krekelberg
JHC– Hailey Von Ende



Balancing FCCLA and Other Activities

My life is very crazy some weeks and even some months. I participate in many activities. The activities include: band, yearbook, one act play, speech, cross country, track, and of course FCCLA. When it comes to balancing all of these activities I have to come up with a system. Many activities have required afternoon practices, but some activities will overlap, as a FCCLA State Officer I have many tasks to complete within a certain deadline. What helps me keep focused is I prioritize. This is when I decide what needs to be done and how it will be done. You need to decide what's the most important thing on your list. Mine usually consists of FCCLA and schoolwork. Another big factor is not procrastinating. I mean, do not get me wrong, I have indeed procrastinated, but for the most part I try to get all of my work done. This may include taking time away from other things which sometimes can be hard to do. I believe the most important thing is time, and being on time. Working ahead to accomplish tasks is key to meeting deadlines and staying on time.

–James Drewicke



Minnesota Family, Career, and Community Leaders of America

STAR Events

NATIONAL STAR Events (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

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

- Everyday Equations
 - FACS of Lifeskills
 - Ethical Essays
 - See What We've Done
 - Senior Buzz
 - Show Me
 - Just Like Rachael Ray
 - The Business of Fashion
 - Innovations-Fashion & Cosmetology
 - Cold Sandwich Preparation
- ONLINE STAR EVENTS:**
- FCCLA Chapter Website
 - Digital Stories For Change

Illustrated Talks

- About Kids
- Decisions and Dreams
- Farm to Table
- FCS Topics
- Global Call to Action
- Good Food
- Social Realities
- This Is Us

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

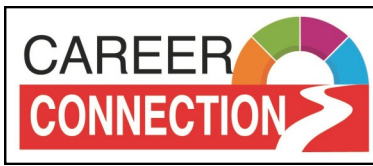
- Food Art
- Knife Skills
- Toys that Teach
- Interviewing Skills
- Impromptu Speaking
- Speak Out for FCCLA
- Technology in Teaching Challenges (tests)
- Early Childhood Challenge
- Nutrition Challenge
- Science in FACS



Minnesota **F**amily, **C**areer, and **C**ommunity **L**eaders of **A**merica

National Programs

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:

- **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.

FACTS

Families Acting for Community Traffic Safety (FACTS) is a national FCCLA peer education program through which students strive to save lives through personal, vehicle, and road safety. Teens work to educate adults and youth about traffic safety and support enforcement of local rules and regulations regarding community traffic safety. Youth leaders can help families promote basic safety attitudes that can last a lifetime.



FACTS Units

- **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



Minnesota **F**amily, **C**areer, and **C**ommunity **L**eaders of **A**merica

Families First



The FCCLA Families First is a 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 Units

- **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.

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. The skills members learn in Power of One help them now and in the future in school, with friends and family, in their future at college, and on the job.



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.



Minnesota **F**amily, **C**areer, and **C**ommunity **L**eaders of **A**merica

Community Service



The FCCLA Community Service national peer education program guides students to develop, plan, carry out, and evaluate projects to improve the quality of life in their communities. Through their projects, members experience character development and improve their critical and creative thinking, interpersonal communication, practical knowledge, and career

preparation. Youth leaders learn more about themselves, others, and the world so that they can make a difference now and in the future.

Community Service Units

- **Learn** - Students explore personal values, ethics, and ethical decision-making while evaluating their community needs.
- **Lead** - Students learn how to use their leadership skills to serve their community and how to transfer those servant leadership skills to the workplace.
- **Serve** - Students are introduced to the critical role community partnerships and advocacy play in serving the needs of others while also developing their own community-based service.

Financial Fitness

The FCCLA Financial Fitness national peer education program involves youth teaching one another how to make, save, and spend money wisely. Through FCCLA's Financial Fitness program, youth plan and carry out projects that help them and their peers learn to become wise financial managers and smart consumers.



Financial Fitness Units

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



Minnesota Family, Career, and Community Leaders of America

STOP The 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 to:

- 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.



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



Minnesota Family, Career, and Community Leaders of America

National Distinguished Service Award

July 3rd, 2018 **Becky Lieser** was awarded the National Distinguished award at the National Leadership Conference in Atlanta, Georgia. When Becky found out she had won the award she was shocked and said "I thought this was for other people that wrote books and got them published, etc. I didn't think it would be me." Becky was awarded this award because of all her hard work and dedication to FCCLA. Becky was an advisor for 45 years, 4 years in Paynesville before coming to Cambridge/Isanti and had 6 additional years in volunteering time with FCCLA with having the supply service in her basement, judging in region, state, and national conference, assisting scheduling STAR events, and assisting the Cambridge-Isanti chapter even after retirement. (Lieser was first a member of FHA in high school and was a first member in 9th grade) she was unable to be a member in 7th and 8th grade but she took home economics in those grades. One of Becky's most memorable service projects was called "Angel Tree" chapter members wrapped gifts and brought them to the local Credit Union that had a tree. The credit union with county social workers and the gifts were spread around the area. Becky has spent most of her life dedicated to FCCLA and was even of the first committee that developed STAR events for Minnesota (which were called AAE's meaning Action Activity Events) to most people this was not a shock that she got this award.

-Emma Wajda

FACTS National Award

This year's recipient of the Minnesota State-Level FACTS Award was Spring Lake Park High School FCCLA. The award was presented by National FCCLA, Ford Driving Skills for Life, and the Governors Highway Safety Association (GHSA). The Minnesota chapter was awarded with a plaque for their school as well as a grant of \$500 dollars, and was recognized at the 2018 FCCLA National Leadership Conference in June. To apply for this award, the chapter needed to write, direct, and film a 30 second public service announcement on the importance of seatbelt use. 9th grade representative, Amanda Tran, wrote the script for the short video. In her video, she aimed to appeal to the emotions of the audience. The PSA depicted two friends growing up together through a series of Polaroid pictures. In the end, there was a car accident, and only one of the friends survived. This heart-wrenching video stressed the importance of buckling up and accurately displayed the negative effects of neglecting to do so. This video was then submitted to the Safe Rides, Save Lives PSA contest and also submitted as a National Awards Application Form. Overall, this PSA was an excellent opportunity for all audience members to be educated on the danger of refusing or forgetting to wear their seatbelts. This year's PSA contest will be to create a video with the purpose of educating your peers on prom night driving safety. Be sure to discuss the possibility of entering this year's contest with your chapter.

- Ananda Patel, State President



Minnesota Family, Career, and Community Leaders of America

Master and Mentor Advisors

We are proud to have many of our advisors recognized at the National Leadership Conference in Atlanta, Georgia. These advisors were awarded the Master and Advisor Mentor Award. The Master Adviser program recognizes advisers who have been successful in leading an FCCLA chapter for at least three years. These advisers promote the organization, operate an integrated chapter with a balanced program of work, and facilitate youth-centered activities while keeping abreast of the issues in their field. The Adviser Mentor program recognizes the skills of experienced Family and Consumer Sciences teachers who help orient and train new FCCLA advisers. Adviser Mentors must achieve Master Adviser recognition, devote at least two years to new adviser assistance, assume adult leadership roles in FCCLA, conduct adviser workshops, attend training workshops, and use national and state FCCLA resources.

Receiving Master Advisor Awards at NLC

Tammy Borman - RTR
LeeAnn Bot - Minneota
Gretchen Lee - Badger
Mia Ramsey - Eastview
Barb Spilde - Ada-Borup

Receiving Advisor Mentors Awards at NLC

Jill Curry - New Ulm,
Cindi Koll - Wadena-Deer Creek,
Michele Lindquist - Kasson-Mantorville
Jayne Oachs - Wheaton and Herman-Norcross

Once again we would like to say congratulations to our Master and Mentor Advisors.

-James Drewicke



FCCLA Initiatives For Your Chapter

SafeRides-SaveLives: SafeRides-SaveLives is an opportunity for FCCLA Members to engage in creating teen-friendly safety messaging through a Public Service Announcement.

Teen RSA Initiative: Teen RSA Initiative enhances peer-to-peer education and promotes teen driver safety by having students examine their own school intersection.

Taking Down Tobacco: Taking Down Tobacco is a campaign to make our generation tobacco free by joining the fight against tobacco.

iBuckleUp WeBuckleUp: iBuckleUp WeBuckleUp will inform youth and parents about seat belt safety, and will create a positive community effort to encourage everyone to wear their seatbelts.



Minnesota Family, Career, and Community Leaders of America

YFU -Amanda Tran Went to Japan!

This summer, Amanda Tran, sophomore member of Minnesota FCCLA, had the incredible opportunity to participate in the YFU (Youth for Understanding) Japanese Exchange program. The program lasted six weeks and was sponsored by Kikoman. Amanda spent these six weeks living with a host family and being immersed in Japanese language and culture. When Amanda returned she answered a few questions about the positive experiences she had.

Q: What was your favorite part about Japan?

A: Being at Ikuta High School, a public Japanese high school, was honestly one of the most intriguing and enjoyable times I had in Japan. My favorite experience was always interacting with students outside of my class. These people were so different and unique in their own way: basketball captain, b-boy dancers, art students, glee members, soccer players, and even the infamous going home club (students who don't attend clubs). One thing that brought them all together was their sense of community and friendship. These students welcomed me with open arms, and I gladly took that chance to create everlasting relationships with them. Even with the language barrier, we were always able to have a good time!

Q: Describe a specific highlight of your experience.

A: I have so many, where do I start?! A definite highlight of mine would be getting lost in Shibuya. In the sweltering heat I walked from one end of Shibuya to the other trying to find Tower Records, a music store. I was so close to giving up and heading home, but thankfully I didn't. My phone had no service, my maps were all unreadable, and everyone who I'd asked for help gave me sorry looks or halfhearted directions. I was on the verge of tears. Sitting near the gate to the train station, I noticed a guy next to me with a hat on. On a whim, I asked him for directions in Japanese. He gave me directions in Japanese, and when I couldn't follow along, he realized I was a foreigner. He wasn't confident with his English, so he was worried I'd get lost again if I used his directions. He decided to lead me all the way to my destination, which was 15 minutes away. We talked the whole way, asking about each other. I learned he was in Shibuya because one of his friends lost his phone, so it was getting returned to him that day, but out of kindness, he decided to stop waiting and take me to where I needed to go. I was so touched by this act of kindness and wanted to give back something nice in return, but unfortunately I had forgotten to ask for his contact information. From then on, I started talking to strangers in cafes and malls wherever I had the chance. Every story I heard was amazing to listen to.

Q: What have you learned from this experience? What leadership qualities have you gained/strengthened?

A: This experience taught me so much about life. The biggest lesson for me was that it's not necessary to change or conform yourself in order to please others. Before going to Japan, I thought that my personality would need to take a dramatic turn in order for me to have the most fulfilling experience. Being able to be flexible, yet maintain who you are is so important, especially in a situation like this. My experience also strengthened my leadership skills, especially my responsibility, independence, and communication skills. Thanks to the immersion in the Japanese language and culture, navigational difficulties on trains and busses, and time-management issues I faced in Japan, I became more comfortable with failure and was able to learn from my mistakes.

Q: Would you recommend this experience to someone else?

A: I would recommend this experience to anyone. It will undoubtedly be life-changing, and will create a bigger, wider world for you to call home. Just begin applying for YFU and don't look back. If you are curious enough to want to see the world from a new perspective, this experience is for you.



Minnesota Family, Career, and Community Leaders of America

Spirit of Advising and Upcoming Events

The Spirit of Advising Award recognizes Chapter Advisers who are constantly faithful and often quietly working behind the scenes to ensure the success of their students. This award is given out at a national level and Wendy Ambrose, State Adviser, has nominated Mia Ramsey. It was a great and unexpected honor along with Master Adviser. Some of Mia's chapter accomplishments are having sent members to Nationals almost every year since their chapter was created and they had their first Area President last year. This year their chapter holds the President, Vice President and Secretary positions for their Area. The biggest challenge she has had the past few years has been maintaining high membership numbers and keeping her members actively involved all year long. Mia said there are so many fun memories of FCCLA that it is

hard to choose. She thinks one of the best ones was having her son Tyler in FCCLA for 4 years with her and being able to attend National Conference with him each year. Topping it off with him being elected Area President his senior year. Mia started her FCCLA Chapter with another FCS teacher over 11 years ago. When the other advisor stepped down, Mia continued running the chapter." I can't imagine not teaching FCS or advising FCCLA." said Mia. Mia knew that when she graduated she wanted to pursue education or journalism. Lucky for us, she chose education and has been teaching FACS classes for 24 years.

-Ava Holtz



Upcoming Events

Fall Conferences	Set by Area officers
Dues Deadline	November 15
STAR Event	January 15
Registrations Due	
Midwinter Meetings	January 1-February 10
State Conference Deadline	February 1, 2019
Candidate Application Deadline	February 5, 2019
State Awards Deadline	February 8, 2019
State Conference	March 28-30, 2019
National Conference-Anaheim	June 30-July 4

