

Minnesota Family, Career, and Community Leaders of America

The Horizon Winter 2019 Issue

Goals:

- Row your boat to success
- Catch a multitude of leaders
- Dive Deep into career pathways

Minnesota FCCLA's 2018-2019

State Theme...

LAND OF 10,000



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Hello everyone and welcome to the Winter 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 Capital Leadership and National Cluster meeting to FCCLA week and State Officer work. 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



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State Officer Work

The Minnesota FCCLA Executive Council worked diligently to make the FCCLA November Summit, which was held at the Kelly Inn in St. Cloud, a great experience for FCCLA members. The state officers led workshops about Community Service, FACTS, and Financial Fitness. They also performed a workshop that helped FCCLA members discover which STAR event is the right fit for them based on their interests. Additionally, state officers performed skits and led an etiquette supper, in which members learned how to have proper etiquette while eating a meal. Sharon Pierce, a former Texas FCCLA State Advisor led a STOP the violence training workshop. This was an informative, yet entertaining workshop that taught members how to reduce,



recognize, and report school violence. We are very thankful that she came to speak with us! Lastly, members participated in a creating a skit that utilized props and our theme, land of 10,000 dreams. Overall, November Summit was a great experience of learning, making new friends, and getting excited about the upcoming FCCLA events!

-Lindsey Roemeling

Capital Shadow Day

What better way to learn about our government than to have a hands on experience with it! This year's Shadow Day application was due on December 10th, but don't worry if you didn't apply, this is an annual event! The objectives of Minnesota FCCLA's Shadow Day are to increase a member's awareness of state government and the political process, see first-hand the elected officials work, develop an awareness of current issues (especially those relating to families), explore career options in public service, and educate local chapters, schools, and communities about the impact of the shadowing experience. This event also relates to four of our national programs including: Career Connections, FACTS, Families First, and Power of One. This year will be my fourth time attending this wonderful event and it has been amazing every year! I hope to see you there, if not this year, then next!

-Kennedy Truscinski



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How To Prepare a STAR Event

Have you selected your STAR event yet? If yes, then great. If not, there's still time before your midwinter area competition in January. There are several things to remember and to be successful with your STAR event; read and follow the rubric, set up a calendar to work on and present your finished STAR event, make sure to follow the requirements on your specific event, and practice presenting. When participating in competitive events you gain many life skills including: Time Management, Organization, Teamwork, and Public Speaking. Doing STAR events is a great way to promote and publicize your efforts and your chapter's work. Here's just a few tips to help you with your STAR event this year: when doing a portfolio make sure your pages are in the correct order and your pages are facing the same way, make sure you check the rubric to make sure you have all the requirements for you event, have someone time you to make sure your speech is the correct time length, and make sure to use the FCCLA planning process. If you have questions, seek out help from your chapter members, alumni chapter members, or your amazing hardworking advisor!

-Emma Wajda

FCCLA Week Ideas

To have a good FCCLA week you need to plan, so start planning now! FCCLA week is the first full week in February. That may sound like a long time away, but really it is just around the corner! FCCLA week is a very fun time for all FCCLA members across the country and also a great time to spread the word about FCCLA and what you do. You may be asking yourself, how do I have a successful FCCLA week? To start planning your FCCLA week, you can first take a look at these hints.

- Be sure to take lots and lots of pictures! National FCCLA has a different hashtag for each day of the week and I'm sure your local newspapers would love to see what your chapter is doing.
- Have a daily announcement! Daily announcements are a great way to let everyone know what's going on that day.
- Host STAR Event demonstrations! STAR Event demonstrations would be a great way for students to get feedback on their projects before state meeting.
- Host an FCCLA week pepfest! Pep fests are fun for all students to let them know about FCCLA.
- Visit your school board! Visiting your school board is a great idea to let them know what is going on in your chapter.
- Find a partnership in your community! Try to find a partnership in your community that would be interested in sponsoring supplies for your local chapter. Partnerships are a great resource for a chapter to have. Some ideas for a partnership would be your local lion's club or booster club.
- Remember to say thank you! Having a successful FCCLA week relies on many different people. A hand-written thank you note would be appreciated by anyone who helped your chapter.
- Finally, remember to have fun! FCCLA week is all about rocking the red and representing FCCLA!

-Kieran Sween



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GYSD

Hello Minnesota FCCLA! This year from April 12-14, 2019 is the Global Youth Service Day! Minnesota FCCLA is proud to be a lead state agency for Global Youth Service Day. We are doing a challenge for you this year though, it revolves around Doctor Martin Luther King Junior. Aside from working with Civil Rights, Doctor King was a poverty activist. In honor of Doctor King this year, we are challenging you to collect canned, boxed, non-perishable food items and donate them to your local food shelf. We showed this idea off at Capitol Leadership this year at the National Agriculture Building in Washington D.C. They loved the idea and were so excited to have this go through. So, we have a challenge for your chapter to collect food items and take a picture with them at a special place in your city with your chapter. So, help us make this the best Global Youth Service Day ever and serve your community like Doctor King would like. It does not even have to be a food shelf donation, it can be a service project that your chapter wants to do, or an annual one that you do. Go out and serve your community in the best ways possible this year and be ready for the Service Parade at State Conference this year!

-Bethany Janssen



MLK Day

Martin Luther King Jr Day is a time to reflect on service toward others. Martin Luther King Jr. thought about many issues including equality, service and eliminating poverty. Some of his quotes are around the new MLK Monuments in Washington DC. They get you to think about peace and war, conflict and quality and also service. What can you do to serve? MLK said; "Everyone can be great because everyone can serve." MN FCCLA encourages service and leadership for students with several initiatives. You can host a local food drive to support families in need. Your chapters and regions will collect as many boxes of cereal, mac and cheese, and peanut butter jars as you can to donate to your local food shelf.



1 Cereal Box = 3 points

1 Peanut Butter = 2 points

1 Box of mac and cheese = 1 Point



After you collect, you can report to your area president how many of each item you have donated, and how many points you have gotten. The chapter with the most food collected will receive a prize. The area with the most food donated will get preferential seating at one of the general sessions TBD at the state conference. There are many other things you can do in your communities to help those in need. This can be anything from a coat drive to Toys for Tots fundraiser. With Martin Luther King Junior day coming up at the end of January, now is the perfect time to start a service project. So Kick Off your service efforts with Martin Luther King Jr Day.

-Matthew Harfmann



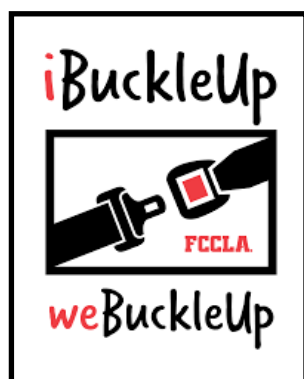
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National Contests

This year there is an FCCLA National contest for the FACTS National Program. This contest is called the battle of the belts and focuses on seat belt buckling. You can compete with fellow middle-level chapters from across the country to see who can improve seat belt usage the most in their community. Not only will members be educating and keeping their peers safe, but the state that collectively sees the largest increase in seat belt usage will earn \$5,000! Contest period is

November 1, 2018- February 1, 2019.

Learn more: <http://fcclainc.org/programs/factsfamilies-acting-for-community-traffic-safety.php>



There is also a contest for a safe rides save lives PSA. The PSA contest is an opportunity for members to create an engaging, 25-second video Public Service Announcement to convince their peers to make wise choices on the road. Cash prizes are awarded to the top three submissions, including a \$3,500 prize for first place. This year's theme is focused on raising awareness of the unique dangers of driving on prom night. Video submission deadline is January 25, 2019.

Learn more: <http://fcclainc.org/programs/factsfamilies-acting-for-community-traffic-safety.php>



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Chapter Awards

With State and Nationals Conferences in the coming months, now is the time to apply for your chapter awards. Your chapter can complete an application for a project you completed in one of the eight national programs. There are awards for each of the national programs, so be sure to apply to all that your chapter has done. If your chapter has done something this year that fits into one of the national programs, be sure to look into applying for an award for that program. The application will vary for each program, so be sure to look at the requirements for the award prior to starting your project or event. The requirements for an application may include pictures, supporting files, and answering questions about your project. You will have to apply for these awards online through the program awards tab in the chapter affiliation system. The awards for each national program will vary, but the honor includes cash awards and special recognition at the National Leadership Conference, online, and in Teen Times magazine. Make sure you review your application before submitting it to ensure you have all of your application completed and all requirements met. Be sure to see if your chapter can apply for any chapter awards and be sure to complete them online by March 1, 5:00 p.m. EST.

-Matthew Harfmann

Scholarships

While competing in STAR Events, competing in service projects, and working with your FCCLA Chapter you can earn scholarships while engaging in these amazing opportunities. FCCLA and its partners and sponsors award up to \$480,000 in scholarships and awards annually, so be sure to see if you are eligible. More information and applications for scholarships can be found on the National FCCLA website under the Youth leaders tab and then click on Youth Scholarship Applications or you can use the link: <http://fcclainc.org/youth-leaders/youth-scholarship-applications.php>. FCCLA's youth scholarships are awarded to members of all age who are very involved in FCCLA. FCCLA members who excel in their communities, academics, and extracurricular activities. There are scholarships for people with a variety of skills, so be sure to look through all of the scholarships and find the one that best fits you. Information on STAR Event Scholarships can also be found on the National FCCLA website. Go to programs, competitive events, STAR Events, and finally STAR Event Scholarships or you can use the link: <http://fcclainc.org/programs/star-event-scholarships.php>. Remember these scholarships are only available for specific STAR Events so be sure to check the requirements before applying.

-Matthew Harfmann



Minnesota Family, Career, and Community Leaders of America

Dress Code

- The Board of Directors has determined this is the dress code for MN FCCLA events.
 - Student dress should contribute to the positive, professional image of FCCLA.
 - STAR Events participants are expected to adhere to the published dress code for all general sessions and workshops. For participation in competition, follow event specifications for dress, and wear appropriate clothing for the nature of the presentation.
 - If attending conference activities prior to or immediately after a STAR Events presentation, be prepared to change into clothing that meets the conference dress code.
- *Note: Leggings and blue jeans are not allowed!**



Dress Code at State Conference

Thursday Afternoon:

All State and Area Officers must be in uniform!
 Top: Oxford shirt or polo. Must be red, black, or white.
 Bottom: Black or khaki dress pants, black skirts (knee-length or longer), or black dress.
 Shoes: Dress shoes, no flip flops.

Thursday Evening - Around the Hotel & After All Events:

7-Up Party! (Wear a solid black top and black dress pants!)

Top: FCCLA t-shirt or any of the tops listed above.
 Bottom: Black or khaki dress pants. No shorts!
 Shoes: No flip flops.

Swimwear: You must wear a coverup on the way to and from the pool/hot tub area.

Top: Oxford shirt or polo. Must be red, black, or white.
 Bottom: Black or khaki dress pants, black skirts (knee-length or longer), or black dress.
 Shoes: Dress shoes, no flip flops.



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Dress Code at State Conference Continued

Friday Morning and Afternoon:

All State and Area Officers must be in uniform!

Top: Oxford shirt or polo. Must be red, black, or white.

Bottom: Black or khaki dress pants, black skirts (knee-length or longer), or black dress.

Shoes: Dress shoes, no flip flops.

Friday Evening - Around the Hotel & After All Events:

Academy Awards & Dance! (Wear the above organizational clothing or modest formal/

semi formalwear. No midriff-bearing, low-cut, short, or skin-tight dresses!)

Top: FCCLA t-shirt or any of the tops listed above.

Bottom: Black or khaki dress pants. No shorts!

Shoes: No flip flops.

Swimwear: You must wear a coverup on the way to and from the pool/hot tub area.

Saturday:

Top: The State Conference t-shirt (will be provided with registration!)

Bottom: Black or khaki dress pants or black skirts (knee-length or longer).

Shoes: Dress shoes, no flip flops.

Unacceptable Attire:

- Skin-right or revealing clothing • Midriff-bearing tops • Skirts shorter than two inches above the knee • Clothing with printing that is suggestive, obscene, or promotes illegal behavior • Athletic clothing (including all leggings) • Swimwear without a coverup • Flip flops • Night wear (PJs) must not be worn outside of your hotel room.

***Note: Violators of this dress code will not be permitted on stage to receive their awards and will be asked to change.**

- Ananda Patel

Ultimate Elevator Speech

Sometimes it can be hard to explain to people what FCCLA is and when you are in this situation it can cause you to panic and you don't know what to say. But not to fear because here is a great speech to engage all listeners in hearing about FCCLA. Start by introducing yourself and explain to them what the five letters in the name stand for. Then after that is complete, explain to them that FCCLA is a student lead organization with family as its central focus. After this explain to them what you have done in FCCLA and explain what FCCLA does for your community. I would finish off by explaining to them the skills you have learned through this wonderful organization and don't forget to include the tagline "The Ultimate Leadership Experience" Now with these tips and tricks to creating a great speech you will not need to panic the next time someone asks you about FCCLA.

-James Drewicke



Minnesota Family, Career, and Community Leaders of America

Capital Leadership

This year, eight members of the Minnesota FCCLA Executive Council attended Capitol Leadership. During our time in Washington D.C., we were able to take part in various sessions led by the FCCLA Leadership Training Team. "Advocate" was the theme of this year's Capitol Leadership, and each of the meetings we attended were centered around this concept. We were first trained by the National Executive Council on how to advocate for Family and Consumer Sciences and FCCLA to our legislators. They briefed us on the Carl D. Perkins Career and Technical Education Act as well as the importance of FCS career pathways. We were able to put our newly developed advocacy skills to the test later in the conference when we had the opportunity to meet with staff members of our State Senators. During our visit to the Hart Senate Building, we had the opportunity to meet and take a photo with Senator Klobuchar herself. We were able to introduce ourselves, thank her for supporting Perkins V, and tell about our organization. During our meeting with one of her staff members, Kyle Maloney, we were able to discuss the importance of career and technical student organizations and the impact FCCLA has had on our lives. Soon after, we visited representatives from one of our partner organizations, Youth Service America. Together, we explored the benefits of proving youth with leadership opportunities and informed them of our statewide 9/11 and Martin Luther King Jr. Day initiatives. Our final meeting of the day took place at the USDA (United States Department of Agriculture South) Building. Here, we presented on our 9/11 and MLK Day initiatives and our success with STAR Events to numerous staff members. At each of our meetings, the professionals we met with were impressed by our efforts, our success, and our leadership. We spent the remainder of the conference discussing advocacy in other forms. One highlight was our meeting with a speaker from Campaign for Tobacco-Free Kids. During this session, we were versed in the importance of living tobacco free and how to promote this healthy lifestyle to other youth. At the end, we were provided with kits to take home and raise awareness of the issue in our own community. In closing, this year's Capitol Leadership was a positive experience for all those who attended. Our State Officer team is looking forward to using these new skills throughout the rest of our year together!



-Ananda Patel



Minnesota Family, Career, and Community Leaders of America

National Cluster Meeting

The National Cluster Meeting in Phoenix, Arizona was an amazing experience. Opening General Session was a 8:30 pm on Friday, November 16. It was a energy-packed session featuring award presentations, national program updates, and keynote speaker. The Keynote speaker at the general session was Michelle Poler. Her message was about how she faced her fears and how you can too. After the session you could attend the book signing and take pictures for thirty minutes immediately following the session. Before the opening session on Friday night you could shop at the FCCLA Store and visit the Exhibits Expo and College Fair in the morning. Then you could attend the Community Service Project event, lead by Caitlin Crommett the founder of Dreamcatchers Foundation. In this workshop participants created dream catchers for local terminally ill elderly patients in nursing homes. This was a great opportunity to network with fellow members and learn how to create a Dreamcatchers at your chapter. To relax a little from the trip to Arizona, there was a Poolside Yoga that was refreshing hour of mindful movement class under the setting sun. After the relaxing yoga there was a youth networking session that was a fun new opportunity to sharpen your networking skills with FCCLA members from across the country! On Saturday, November 17 there was a series of Exhibitor workshops that cover the topics of Now Go Lead, YUDA Bands, and Building Block of Character. After those fun filled sessions the State Officers attended Leadership Academy that was lead by Shae Bruusema and Itzel Herrera. In the afternoon the state officers gave the workshop about Career Connection: My Skills. This workshop was about how to be successful, you have to BELieve in Yourself. In this workshop, learn about yourself and practice being a productive and promotable employee. Later that night was the Closing General Session, the Skills Demonstrations Event winners and enjoy their keynote speaker, Blake Fly. Blake Flys message is to be present and be thankful to all that have influenced you no matter how big or how small.



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Sneak Peek at State Conference

Minnesota Family, Career, and Community Leaders of America will host its annual state conference in Bloomington, Minnesota from March 27-30, 2019. Over those three days, youth members along with adult chaperones and advisors participate in engaging activities, interactive workshops, and compete in STAR Events. State conference includes participation in a variety of different categories through STAR Events. Chapter members give presentations about projects they have organized and executed this past year. Having advanced from regional competitions, one has the opportunity to compete at the state, and possibly earn a place to compete at the national level. Projects cover a wide scope of current issues that address anything from bullying, to fitness, to traffic safety. Students attend an Academy Awards session on Friday evening to receive STAR Events, including awards in bronze, silver, and gold categories dependent on performance. Many STAR Events give students the opportunity to ignite youth leadership in the community, stressing cooperation as the basis of success. Students FCCLA officers will learn about the new programs and opportunities, attend conferences, and inspire others to succeed. Students also have time to shine as they run for regional and state officer positions. Meet members from across the state to share their passion for improving the lives of families and communities, to present their projects with pride before the judges. Upcoming national events include this year's National Leadership Conference in Anaheim, California. While at Nationals, FCCLA members from across the country can network with fellow members, attend workshops and leadership sessions, and take part in Competitive Events. FCCLA has nearly 7,000 chapters from 50 state associations nationwide, and Puerto Rico and the U.S. Virgin Islands. The organization has involved more than 10 million youth since founding in 1945. Family, Career, and Community Leaders of America is unique among youth organizations because its programs are planned and run by student members.

-Massen Kunerth

Info for NLC

Save the date from June 30 to July 4! The National Leadership Conference is in Anaheim, California. This year's national theme is BELIEVE in YOURself. The National Leadership Conferences are a chance for FCCLA members from across the country to gather and network with fellow members, attend FCCLA program workshops, leadership sessions, and participate in national STAR Events while traveling to a new destination. With over 7,500 attendees the National Leadership Conference is FCCLA's largest annual event where members and advisers are recognized for their accomplishments made throughout the school year.



-Ava Holtz



Minnesota Family, Career, and Community Leaders of America

Running For Offices

Anyone can be a leader. Running for office is a great way to advance your leadership abilities! Rather than being a regular FCCLA member, you could step outside the box and run for a chapter, area, or state position. Being an officer allows you more opportunities to meet people and make a difference! I have been a chapter, area, and now state officer. These experiences have shaped me into the person I am today. Starting out in seventh grade I was just a normal member who didn't know anything about the organization, but I saw the officers at area meetings and knew I wanted to try it out. I was very nervous about public speaking, but I have gotten much better and feel more confident. Everyone has different strengths and could bring different aspects to a team. Even if you are shy, nervous about public speaking, or are a new member, you are capable of being a fabulous leader. I encourage you to find the leader in yourself and take the dive into a leadership position!

-Mariah Olson



Upcoming Events

STAR Event	January 5, 2019
Registrations Due	
Midwinter Meetings	January 1- February 1, 2019
State Conference	February 6, 2019
Deadline	
Shadow Day (State Capital)	February 11, 2019
Candidate	February 13, 2019
Application Deadline	
State Awards	February 13, 2019
Deadline	
State Conference	March 28-30, 2019
MN FCCLA	June 15-17, 2019
Leadership Camp	
National Conference	June 30- July 4,
(Anaheim California)	2019

