

# Minnesota Family, Career and Community Leaders of America

## State Theme Goals:

Spin the Wheel of Success

Decide the path for your future

Move across the board toward real-world skills

# 2020–2021

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Hello everyone and welcome to the 2020 fall issue of The Horizon.

In this edition, you will take a look at upcoming and past events. These will range from the Virtual National Leadership Conference to the new National Program. Your 2020 –2021 State Officer team is excited to collaborate with you this school year through upcoming events! We wish you a sensational year with FCCLA. Through FCCLA you have the ability to expand your horizon and develop yourself in the journey of leadership!

- Katie Harfinann

# Minnesota Family, Career and Community Leaders of America

## National FCCLA Theme

This year's national theme is "Beyond Measure". This theme is encouraging you to go "Beyond Measure" of comparison. "Beyond Measure" is also challenging you to embrace your skills, abilities, talents, and interests in future careers find for yourself what it means to "Be Me". FCCLA Members are challenged to go beyond measure in different ways all week. On Monday you are challenged to "Grow Beyond Measure" and show your classmates how FCCLA has help you grow. On Tuesday members are challenged to "Influence Beyond Measure". FCCLA members influence so many others through community service, attitude, and leadership. Share what you have done to influence others, and what others have done to influence you on Tuesday. On Wednesday the challenge is to "Educate Beyond Measure". FCCLA Members are challenged to take part in Family and Consumer Sciences Day and thank the educators in their life for everything they do that is "Beyond Measure". On Thursday Members have the challenge to "Advocate Beyond Measure". Members are asked to share how FCCLA has helped them advocate for independent adult lives and future careers. On the final day off FCCLA week members are challenged to "Lead Beyond Measure" by showing some FCCLA spirit. You can show your FCCLA Spirit by wearing red and making signs/posters. The themes of Grow, Influence, Explore, and Lead Beyond Measure are also incorporated in four quarters for the year. The first quarter being "Grow Beyond Measure" from August to October. The second quarter is "Influence Beyond Measure" starting in November and lasting until January. Both the first and second quarter share common goals the same themes as Monday and Tuesday of FCCLA week. The third quarter is "Explore Beyond Measure". "Explore Beyond Measure" is challenging members to celebrate the impact FCCLA has made on next generations for equipping them with skills for communication, careers, and personal and independent living. FCCLA has provided many ideas and ways to assist students in going "Beyond Measure" with all of their activities this year.

-Ella Lanoue

# BEYOND MEASURE



# Minnesota Family, Career and Community Leaders of America

## FCCLA Week

During February, we celebrate National FCCLA week. During these five days, we take the opportunity to recognize our advisers and leaders, as well as share the kinds of things FCCLA has helped us accomplish in the last year. FCCLA week is also a great way to increase membership and get more people excited to join and be involved, and there are endless ways to do this. One idea is to have a t-shirt day for your chapter. Have the members of your local chapter wear an FCCLA t-shirt to promote it to the rest of the school. Volunteering is also a great activity for your chapter. Research some needs in your community or school and come up with some projects to help, such as a food drive, community cleanup, visit a nursing home, or make Valentine's day cards for people in the community. These kinds of activities are great if you want to involve the whole school, instead of just your chapter, and it will get the word out about FCCLA. During FCCLA week, we like to take a day to recognize and thank our advisers for everything they do for our chapters. Have your members organize a small gift or a few cards to give to your adviser one of the days during the week. If you have the opportunity, thank the staff and teachers at your school as well. Another way to get people excited for FCCLA week is to have dress-up days, similar to homecoming, but with things specific to FCCLA. Some ideas would be a career pathways dress-up day, red and white day, dress up in your FCCLA jacket, or school spirit day. These are just a few examples of ideas for the week, and each school is unique, but be sure to try and take advantage of the wonderful opportunity that FCCLA week provides us.

-Rylee Anderson

## Chapter Meetings

When you aren't allowed to gather, how do you gather? During this time, some of you may have found it hard to schedule meetings for your chapter, but thankfully there are plenty of ways to meet digitally. Meeting digitally is a must during this pandemic, since face to face contact is strongly discouraged but you still need to discuss plans and ideas with your chapter. There are plenty of options to choose, but listed here are some of the simplest and best options out there. One option that has been around for over a decade and comes preinstalled on all Windows computers is Skype, it is free video conferencing. Another good option is Google Meets or Google Hangouts. They give you free video conferencing and messaging if you have a Google Account. One of the most popular services right now for digital meetings is Zoom. It is an easy to use and free service for video conferencing, it has a messaging feature and you can pre-schedule meetings. These three services are the most common tools for digitally meeting right now, and they are all easy to set up and use.

-Nathaniel Janssen



# Minnesota Family, Career and Community Leaders of America

## State Officer Bios

I'm Elliot Doyle your State President. I am a Senior and I have been in FCCLA for 6 years. My favorite past time is either playing the piano or acting in school plays. My favorite artist would be Demi Lovato because her music always has a meaning behind it. My favorite FCCLA memory would be my First National Meeting in Anaheim, CA. It is such a great experience to be with all those young leaders in one place, all working towards a common goal. Through FCCLA I have learned how to work as a team instead of depending on myself to get things done. My goals this year are in the form of the acronym L.E.A.D, which stands for



- Listen to diverse perspectives and ideas, Expect setbacks and be able to overcome them, allow for feedback to better your leadership, and Dare to lead with your individual strengths. My favorite book would be Rebels of Eden and my favorite movie would be a new movie that just came out called The New Mutants. Other than FCCLA I am involved in Fall and One Act Play, Piano, Concert Band and Concert Choir, and NHS. A fun fact about myself is that I have participated in a 204 mile bike ride Called the STP, which is a bike ride from Seattle, WA, to Portland, OR in 2 days.



Hello! My name is Abigail Bettendorf and I am your President-Elect. This year, I will be a junior, starting my third year of FCCLA. My favorite pastime is spending time on the lake or doing anything outdoors. The best lessons I have learned from FCCLA are to be you and shoot for the stars because anything is possible if you set your mind to it! I have so many wonderful FCCLA memories, but my favorite has to be Shadow Day at the State Capitol. My favorite book is Becoming, by Michelle Obama. I can't pick a favorite movie, but my favorite TV show is Madam Secretary. My favorite artist is Taylor Swift. Outside of FCCLA, I am involved in dance (high-kick and jazz), 4-H, mock trial, speech, theater, and my church's youth group. My goals for this year include meeting members from across the state and engaging them in state events, building my leadership skills, and creating the best experience possible for every member. Something you may not know about me is that I hope to become an emergency medicine physician and run for Congress one day!

# Minnesota Family, Career and Community Leaders of America

My name is Jakob Berghammer and I will be serving as your 2020-2021 State Secretary. I am a Junior and have been involved in FCCLA for about 3 years. My favorite pastime is spending time outdoors or with my friends. My favorite movie is Sully because I have a passion for aviation and this movie sticks out to me more than others. I enjoy listening to many different artists so I can't narrow it down to one. My best FCCLA memory has to be my first State Conference, it was a blast! Best lesson I have learned through FCCLA is that everyone is different in almost every way, in order to be successful in almost anything you need to be able to accommodate and be willing to step outside your comfort zone in order to work well with others. My goals for this year are to better myself as a leader and become a better role model. I am involved in a bunch of other groups such as, Yearbook, Knowledge Bowl, and a few others. A fun fact about myself is that I am fascinated with aviation and one day would love to become a pilot and travel the world!



My name is Amber Findlay, your 2020-2021 Vice President of Outreach. I am currently a Junior at and I have been in FCCLA since 7th grade. My main goal for my term this year is for our team to inspire all members to make an impact on their community and work to grow their leadership skills. Everyone is a leader that has the potential to change someone else's life for the better. An important lesson that I have learned is to always be a servant leader. Being in FCCLA has taught me how to uplift and empower members to reach their full leadership potential. My favorite FCCLA memory is when I

found out that I had received a perfect score and was ranked #1 in the nation for my STAR Event. This was a very gratifying moment because of all the time and effort that I had poured into my STAR Event to make it the best it could possibly be. In addition to FCCLA, I am also involved in Track & Field, Golf, Knowledge Bowl, Yearbook Committee, Speech, National Honor Society, Active Christian Teens, FFA, and 4-H. Here are a few things about me: my favorite pastime is baking, my favorite artist is Kelsea Ballerini, my favorite book is The Cellar by Natasha Preston, my favorite movie is Me Before You, and a fun fact is that my favorite animal is a highland cow.

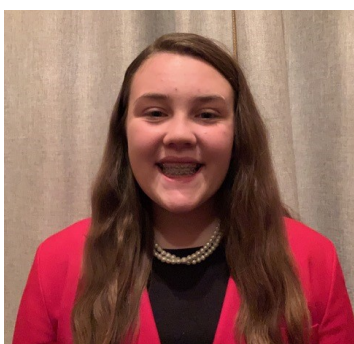




# Minnesota Family, Career and Community Leaders of America

My name is Cassidy Auld, and I am a senior. I am the Vice President of Service, and this is my third year in FCCLA. My favorite pastime is baking, and my favorite artist is Joji. My favorite FCCLA memory is attending my first National Conference in Anaheim, California.

The best lesson that I've learned from FCCLA so far is that the harder you work, the better and more satisfying the results. My goals for FCCLA this year are to be a positive role model for my fellow FCCLA members and to gain lifelong leadership and cooperation skills. My favorite book is Harry Potter and my favorite movie is Parasite. Outside of FCCLA, I am involved in Student Council, Panther Mentors, National Honors Society, and volunteering at my local animal humane society. A fun fact about me is that I want to be a veterinarian when I'm older.



Hi, my name is Isabella Lanoue, your VP of Resource and Development. I will be a sophomore this year and have been in FCCLA since I was in the 7th grade, for a total of three years. My favorite memory in FCCLA would have to be doing my First STAR Event at state. In my spare time I enjoy baking, and spending time with my family. My favorite type of music to listen is Today's Top Hits. In FCCLA I have learned so many amazing skills such as time management, leadership, public speaking and so many more. My favorite movie is Back to the Future, and my favorite book is To Kill a Mockingbird. Outside of FCCLA I am involved in tennis, mock trial, and youth group. A fun fact about myself is that I have two twin dogs.

My name is Nathaniel Janssen. I am in 10th grade and am the Representative to the Board of Directors. This is my 4th year in FCCLA. My favorite pastime is playing sports. My favorite artist is Kanye West. My favorite FCCLA memory is going to Disneyland during the NLC in Anaheim. The best lesson I've learned in FCCLA is how to stay organized. My goal for this year is to increase my own chapter's membership. My favorite book is Watchmen. My favorite movie is The Dark Knight. Other activities I am in include soccer, tennis, knowledge bowl, band, and robotics. A fun fact about me is that I am a black belt in Tae Kwon Do.



# Minnesota Family, Career and Community Leaders of America

My name is Hailey VonEnde. I am in 11th grade and currently hold the position of Minnesota FCCLA's 2020-2021 Vice President of Partnerships. This is my 5th year in FCCLA. My favorite pastime is spending time with my friends and family. A favorite artist of mine is Kelahni. One of my favorite FCCLA memories is when in 7th grade I found out that my STAR Event made it to reach Nationals in Nashville Tennessee. The best lesson that I have learned in FCCLA so far would be to always be confident and sure of yourself, no matter the situation. My goal for the year is to make sure members feel they can still participate and learn from FCCLA throughout the changes that we have to adapt to. My favorite book is Water for Elephants. My favorite movie is American Sniper. Outside of FCCLA I am in Football, Basketball, and Wrestling Cheerleading. A fun fact about myself is that I love interior design.



My name is Rylee Anderson and I am this year's State Treasurer. I am currently in 11th grade and have been in FCCLA for 5 years. In my pastime I enjoy cooking. My favorite artists are Harry Tyles and Taylor Swift. My favorite books are the Harry potter Series and my favorite movies are the Divergent and Hunger Games Series. My best FCCLA memory is my first State Conference. The best lesson I've learned through FCCLA is being more confident when speaking to other people. My goals for this year are to make the best of the COVID situation, get to know the other officers, learn more about FCCLA, and make it an unforgettable year. Outside of FCCLA I am involved in tennis, speech, and theater. A fun fact about myself is that I have 3 dogs and 2 cats.

Hello Horizon readers! My name is Katie Harfmann, and I'm your 2020-2021 State Vice President of Public Relations. I am a sophomore and this is my third year in FCCLA. I can't wait to see what opportunities this year brings! In my free time I enjoy reading and listening to my favorite music group AJR.. My favorite movie is Ready Player One and books are the Harry Potter series. My best FCCLA memory is my first State Conference. It was a transcending experience that lead me to open my eyes to the possibilities of a creating a greater tomorrow. The best thing I have learned from FCCLA so far is how to influence others and how to work as a team. Outside of FCCLA I am involved in Student Council, Media Club, Class Officer Team, Honors Choirs, Track and Field, and gymnastics. One fun fact about myself is I am semi- fluent in American Sign Language. I can't wait to spend this next year as a State Officer meeting new people and preparing for my future.



# Minnesota Family, Career and Community Leaders of America

## Area Officer Teams

### Central East

President– Madison Cole

### Central West

President– Mikalya Varela

Secretary– Anna Bright

VP of Programs– Sadie Vipond

VP of Service– Brady Pederson

### Southeast

Co President– Skylar Niebuhr

Co President– Lillian Neubauer

Secretary– Madilyn Larsen

Jr. High Representative– Braxton Moss

VP of Programs– Emma Aarsvold

VP of Service– Ethan Petersilie

VP of Individual Programs– Mira Koehler

### Northern

President– Morgan Reed

Secretary– Bella Burkel

VP of Service– Isabel Pearson

### Southwest

President– Hannah Baker

Secretary– Lexi Lynn Schneider

VP of Programs– Ava Schoenfeld

## Good Mental Health during COVID-19

The thing I believe is most important while going through this world pandemic is make sure you are making time for yourself. Now that you are at home with family most of the time, you may be seeing your family more than you are used to. Be sure to set aside time to do things you like to do. Whether that be coloring, making music, playing a sport, or just binging Netflix or Hulu. Another thing to do is be sure you are keeping in contact with friends. They are having just as tough of a time as you are so be sure to tell them about your day and what you are up to. Soon enough you will be able to hang out again. The third and final thing I want to cover is news/social media. News and social media are very beneficial in some ways but when you get too deep in it can cause you to stress out. Be sure to take social media breaks, and make sure you aren't getting too stressed about news. In conclusion, take time for yourself, keep in contact with friends, and don't get too involved in news/social media drama and you are on your way to a good mental health.

-Elliot Doyle





# Minnesota Family, Career and Community Leaders of America

## New National Program:

### Stand Up



FCCLA has implemented a new national program Stand Up to replace the national program STOP the Violence. Stand Up was created to enable members to develop, plan, carry out, and evaluate advocacy activities to improve their communities. Members can find their voice and “stand up” for what they believe while becoming a better leader. Stand Up allows members to gain leadership skills such as critical and creative thinking, interpersonal communication, practical knowledge, and career preparation. This new national program has 3 units: assess, educate, and advocate. So what do these three units mean? The first unit is Assess. With this unit, you can assess and identify needs and concerns within your community and discover what can be done about it. Make sure you also assess the resources and people you have access to in order to make the biggest impact you can. The next unit is Educate. Before you begin your advocacy campaign, you need to educate yourself. Learn more about the topic you are advocating for, and learn more about advocacy itself. By learning more about advocacy, you are preparing yourself for the last unit and are gaining the skills necessary to have a successful advocacy campaign. And lastly, the unit Advocate. In this unit you will develop your advocacy campaign and learn how to pair with others such as your peers, your school, or even the media, in order to make the biggest impact possible. This is the part of your advocacy journey that you can make true change.

FCCLA offers a wide variety of opportunities to participate in the new national program Stand Up. By participating in Shadow Day, you are advocating for Career and Technical Organizations and educating legislators about the benefits of FCCLA. Other project ideas could include advocating for tobacco prevention, bullying prevention, or mental health. Chapters could also earn recognition for these projects through the National Stand UP Program Award. There are three awards available: the High School Award for \$1,000, Middle School Award for \$1,000, and the Runner-Up Award for \$500. Applications must be submitted online to FCCLA national headquarters by March 1. The online reward system will automatically close March 1 at 5:00 p.m. EST. To learn more about this program you can visit <https://mnfccla.org>. Youth Leaders can help promote this program and help others use their voice to make an impact.

-Amber Findlay



# Minnesota Family, Career and Community Leaders of America

## National Programs

### Career Connections



Career Connection helps members learn more about themselves, the workplace, and careers so that they can put themselves on the pathway to future success. The projects that members conduct around Career Connection units will give them the confidence to face the thousands of overwhelming options that come with future career decisions.

### Career Connection Units

- **My Skills** - Members learn about themselves and practice being productive, promotable employees as they link their personal interests, skills, and goals to careers.
- **My Life** - Members learn to manage interconnected roles in careers, families, and communities by exploring choices and skills that help balance these roles.
- **My Career** - Members gain a better understanding of work and learn how to find and land a job.
- **My Path** - Members identify steps they can take to reach career and lifestyle goals.

### Community Service

The Community Service program guides members to identify local concerns and carry out 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. FCCLA members learn more about themselves, others, and the world so that they can make a difference now and in the future.



### Community Service Units

- **Learn** - Members explore personal values, ethics, and ethical decision-making while evaluating their community needs.
- **Lead** - Members learn how to use their leadership skills to serve their community and how to transfer those servant leadership skills to the workplace.
- **Serve** - Members 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.



# Minnesota Family, Career and Community Leaders of America

## FACTS



Families Acting for Community Traffic Safety (FACTS) gives members the information and incentives they need to build an understanding of what it means to drive safely, both today and in the future. Through their projects, members work to educate adults and peers about traffic safety and support enforcement of local rules and regulations. FCCLA members are given the tools to 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

## Families First

Through Families First, members gain a better understanding of how families work and learn skills to become strong family members. Its goals are to: help members 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

# Minnesota Family, Career and Community Leaders of America

## Financial Fitness



Financial Fitness engages members in teaching one another how to earn, spend, save, and protect money wisely.

Through FCCLA's Financial Fitness program, members plan and carry out projects that help them and their peers learn to become wise financial managers and smart consumers. FCCLA members can build their peers' financial literacy and teach them skills for managing their finances.

## 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

## Power of One

Power of One helps members to 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 with school, friends and family, 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 Family, Career and Community Leaders of America

## Stand Up



The FCCLA Stand Up national peer education program guides members to develop, plan, carry out, and evaluate advocacy activities to improve the quality of life in their communities. Members develop their voice to make a positive impact. Through their projects, members experience character development and improve their critical and creative thinking, interpersonal communication, leadership, practical knowledge, and career preparation.

## Stand Up Units

- Assess current needs
- Educate others regarding concerns
- Advocate so that they can make a difference now and in the future

## Student Body

The Student Body program helps members learn to make informed, responsible choices for their physical and mental health while also providing opportunities to teach others. The teen years are an ideal time to establish healthy attitudes and habits to last a lifetime, which is why Student Body gives members the facts and incentives they need to build a healthy 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

# Minnesota Family, Career and Community Leaders of America

## Power of One

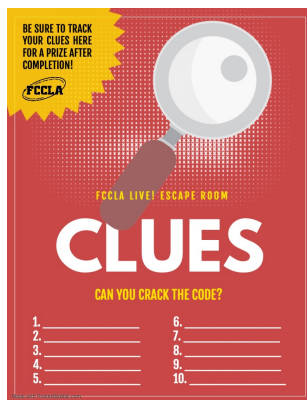


The Power of One is an important National Program that focuses on members setting their own goals, working to achieve those goals. There are five different areas that fall under the Power of One. The first unit is called "A Better You". This unit helps you better yourself and become the vision of a good person that you want to see. It helps provide critical thinking about one's self character. "Family Ties" is the name of the second unit. This unit focuses on the family, and ways to strengthen the family as a basic unit of society, as stated in our second purpose. The third unit is "Working on Working". This unit focuses on helping plan for future careers and explore careers as well. It helps you prepare to be successful after high school and if you choose to go to college. The fourth unit is called "Take the Lead". This unit wants you to become a better leader and learn skills for life and use these skills in the workplace, home, school and in the community. "Speak Out for FCCLA" is the fifth unit. This unit is for promoting FCCLA, sharing your positive experiences, and trying to recruit more members. The Power of One is an especially important and valuable National Program. It is very helpful to one's person as you can prepare for your future, better yourself as a person, become a better leader, and strengthen the unit of a family. This year in Minnesota, FCCLA is promoting this National Program more than ever! The Charlie Academy provides leadership lessons and helps you accomplish these five units. Look into it! We encourage all of you to take initiative and use the Power of One!

-Jakob Berghammer

## FCCLA Live!

Join in on the news and information from the State and Area Officers working together as Topic Teams on FCCLA Live Webinars. Webinars can be accessed live or on demand! Collect the clues from each FCCLA Live and win a prize package for your chapter! Ask your advisor about registration information.



# Minnesota Family, Career and Community Leaders of America

## STAR Events

### MN FCCLA STAR Events

- Event 1– Everyday Equations
- Event 2– Ethical Essays
- Event 3– See What We've Done
- Event 4– FCCLA Buzz
- Event 5– Show Me

### Professional Presentations:

- Event 6 Children Matter
- Event 7– The Game of Leadership
- Event 8– Healthy Decisions
- Event 9– FCS Topics
- Event 10– Global Call to Action
- Event 11– Social Realities
- Event 12– Taking Care
- Event 13– You, Me and Us

### Learning Educational Displays LED's

- Event 14 FCCLA 101 Basics
- Event 15 FCCLA in Action
- Event 16 Go for the Red
- Event 17 Toward New Horizons

- Event 18 Baking and Pastry
- Event 19– Career Investigation
- Event 20– Chapter in Review Display
- Event 21– Chapter in Review Portfolio
- Event 22– Chapter Service Project Display
- Event 23– Chapter Service Project Portfolio
- Event 24– Culinary Arts
- Event 25– Culinary Math Management
- Event 26– Early Childhood Education
- Event 27– Entrepreneurship
- Event 28– Event Management
- Event 29– Fashion Construction
- Event 30– Fashion Design
- Event 31– Focus on Children
- Event 32– Food Innovations
- Event 33– Hospitality, Tourism and Recreation
- Event 34– Interior Design
- Event 35– Interpersonal Communications
- Event 36– Job Interview
- Event 37– Leadership
- Event 38– National Programs in Action
- Event 39– Nutrition and Wellness
- Event 40– Parliamentary Procedure
- Event 41– Promote and Publicize FCCLA!
- Event 42– Public Policy Advocate
- Event 43– Repurpose and Redesign
- Event 44– Say Yes to FCS Education
- Event 45– Sports Nutrition
- Event 46– Sustainability Challenge
- Event 47– Teach and Train

### Online STAR Events

- FCCLA Chapter Website
- Digital Stories for Change
- Instructional Video Design

### SKILL Events offered in the fall for National Leadership Experience Recognition

- FCCLA/ Lifesmarts Knowledge Bowl
- Culinary Food Art
- Culinary Knife skills
- Fashion Sketch
- FCCLA Creed Speaking
- Interior Design sketch
- Interviewing skills
- Speak out for FCCLA
- #Teach FCS
- Technology in Teaching
- Toys that Teach

### Challenges (tests) offered in the fall for National Leadership Experience Recognition

- Consumer Math
- Culinary Math
- Early Childhood Education and Training
- Fashion Construction and Design
- FCCLA Knowledge
- Hospitality Tourism and Recreation
- Interior Design
- Nutrition
- Science in FCS
- Nutrition Challenge
- Science in FCS



# Minnesota Family, Career and Community Leaders of America

## Virtual National STAR Event

My favorite FCCLA experience so far has definitely been attending my first nationals in Anaheim, California in 2019. It was an amazing time for many reasons as I not only became closer with my fellow Minnesota members, but I also got to meet lots of new people. These people included national officers, advisors, and even motivational speakers. This opportunity allowed me to practice my networking skills and learn about other people's experiences with FCCLA, which further increased my passion for FCCLA. In addition to meeting new people, I was able to present my Star Event at the national level. This helped with my public speaking skills and allowed me to feel the satisfaction of having hard work pay off. Because my first nationals was such an amazing experience, I was initially disappointed when I heard this year's national conference was going to be virtual. However, I was pleasantly surprised with the overall experience.

For my STAR Event, I simply recorded my presentation and uploaded my portfolio online so the judges could see it. It was actually less stressful than doing my presentation in person, but it still helped me practice my public speaking skills. The feedback I received from the judges allowed me to feel proud of the work I had put into my portfolio despite it not being in person. One other aspect I was worried about was the fact that I would not get to meet new people and network in the same way I had done the previous year. However, the virtual conference had live Q&A sessions with various national officers that allowed them to interact with the audience. They answered all questions live, and even through the screen, I could see their passion for FCCLA. One thing that I think the virtual conference did better than the previous one was having pre-recorded Red Talks and DEMOS. At the in-person conference, I could not attend all the Red Talks I wanted to because some of them were scheduled for the same time. However, the virtual conference allowed me to watch all the Red Talks and DEMOS I wanted because they had no specific time. This allowed me to learn more skills that I believe will be helpful in my future. In summary, my initial beliefs were proven wrong because the virtual national conference was an exceptional experience that exceeded all my expectations.

-Cassidy Auld





# Minnesota Family, Career and Community Leaders of America

## Shadow Day Experiences

2020's Shadow Day was a day to remember! My experience was different from other members- the legislator I was assigned to shadow created a specific itinerary for me to follow and gave me a certificate for spending the day with her and her assistant. I was able to sit in on two different legislative discussions on complete opposite topics which gave me a sense of how much our legislation actually does. This was my second year attending Shadow Day, and it has continued to prove to be an amazing experience! I would recommend all members apply to go to next year's Shadow Day, when the time comes, so that they themselves can see how Minnesota's government is run, and take advantage of an opportunity most people our age don't get.

-Hailey VonEnde

In February, Minnesota FCCLA members had the chance to experience what a legislator does and represent FCCLA at Shadow Day. The day started off with an orientation at the Department of Education and then moved to the Minnesota State Capitol for the shadow experience. Every member who participated was assigned a legislator who they shadowed for 2 hours that day. I had the honor of shadowing Representative Brian Johnson, who represents my district.

Through my shadow experience, I gained a new sense of appreciation for our lawmakers, government officials, and their work. Most people never get a chance to see in person what a lawmaker actually does every day and how much hard work and effort their job takes.

As someone who hopes to have a career in or connected to government in the future, this experience gave me a sense of what that might be like. During my time at the capitol, I had the chance to sit in on a committee hearing that Rep. Johnson was participating in. It demonstrated to me how much work, commitment, and organization it takes to get just a single bill passed. In addition to a committee hearing, my legislator had 2 constituent meetings, read through 3 bills, and took me to meet the house minority leader (who was unfortunately out of their office) all within the 2 hours of my shadow time! This showed me how busy, dedicated, and hardworking our legislators are. It also showed me how much of their time is taken up by their jobs and how they balance it with their family and personal life.

I highly recommend this experience to any member who may be interested in a career in government, is passionate about FCCLA, or just wants to experience an exciting day at the state capitol. I had an amazing time and learned so much about the government through my incredible experience and I can't wait to do it again this upcoming year.

-Abigail Bettendorf

