

November  
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# Nebraska FCCLA Red Leader

## Let's Get Affiliated!

By: *Jamie Janousek, Vice-President of Membership*

Affiliation is very important when it comes to being a part in FCCLA. When affiliated you can get benefits such as Teen Times magazines, emails from the National Officers and Alumni, the Competitive Events Guide and other important information. Affiliation happens at both the National and State level. This helps with keeping track of members and chapters we have in this amazing organization.

There is affiliation at the National and State level. When becoming affiliated at the National level, there are easy step-by-step instructions on what to do. When you go to the National FCCLA website, click the "Join FCCLA" tab and scroll to find "Affiliation Process". When becoming affiliated with Nebraska FCCLA, go to the Nebraska FCCLA website and click on the "Advisers" tab the click the "Starting an FCCLA Chapter" link. On this page there is information regarding on how to become affiliated through the state. There are dues that come with being affiliated. The National dues are \$9 and Nebraska dues are \$4. Your chapter may also have dues, these can range anywhere from \$5 to \$10 depending on your chapter's needs. Affiliation is very important to become an official so be sure to pay attention for deadlines. We want YOU!

## STAR Event Toolkit

By: *Hannah Pearson, Vice-President of Competitive Events*

Nebraska FCCLA is offering the Students taking Action with Recognition (STAR) Event Toolkit. The toolkit is a great resource to help FCCLA members reach their Students Taking Action with Recognition (STAR) goals. The toolkit helps advisors and officers promote and encourage students to do Students Taking Action with Recognition (STAR) Events. The toolkit supports the students all the way through, with things like deadlines, work nights, and a STAR presentation night. After you get that gold metal the toolkit gives you ways to celebrate the member's accomplishments. The toolkit will be posted on the Nebraska FCCLA website under "Programs – Competitive Events."



## Chapter Spotlight: Milford

*By: Milford FCCLA Chapter*

During November, the Milford Chapter hosted a healthy family meal as part of a STAR project. Mrs. Potthoff's class made healthy recipes including hummus, sloppy joes with wheat buns and brownies made using a healthy source of fat. At the end of the week the class sat down to enjoy their creations together. Cards were placed on the table suggesting various conversation starters. Markers were also placed by each plate so students could write down what they were thankful for. This meal was a good way to show everyone what a family meal should be like and encourage healthy habits!



Milford FCCLA members share a healthy meal, intentional conversation and gave thanks!

## District 10 Spotlight

*By: Maxwell FCCLA Chapter*

The District 10 FCCLA Leadership Conference was held at North Platte Community College on October 18<sup>th</sup>. The event began with installation of new officers, introduction of state officers, and speaking and promotional competitions. The theme for the event was "Better You...Better World". The theme focused on service and volunteerism. Chapter members went out into the community of North Platte to give back, and learn about the many places in North Platte that offer opportunities for members to serve. Chapter members cleaned facilities, served food, spent time with the elderly, and learned about ways to share their talents with their communities. Some of the organizations that were served by the district include the Lincoln County Historical Society, West Central Research Extension Corporation, local nursing homes, the North Platte Senior center, the Bridge of Hope, and the North Platte Salvation Army, just to name a few.

District 10 Chapters include: Brady, Callaway, Cozad, Maxwell, Mullen, Overton and Thedford.



Maxwell FCCLA members scraped paint off tables at the West Central Research Extension Center as part of the service work that chapters members participated in during District Leadership Conference.

Email your Chapter Spotlights with a picture and up to 100 words to [nebraskafccla@gmail.com](mailto:nebraskafccla@gmail.com). All entries submitted in a month will be featured in the following month's Red Leader.

## National Program Highlight: STOP the Violence

By: Brandon Caha, Vice-President of Programs



“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?”

-National FCCLA

STOP stands for students taking on prevention. Suicide is the 3rd most leading cause of death among teens. At least 100 students that attempt suicide. Over 14% of all high school students have considered attempting suicide and 7% have attempted. Suicide due to bullying or abuse is not ok. If you know someone who is in a situation that could lead to them committing suicide whether it be from abuse or not please tell a trusted adult like your parent's or theirs or a teacher so they can get help.

If you or your chapter want to do a project to help make a difference about violence then you could make a PSA video about the dangers of violence and self-harm. You could also have a speaker come to your school to talk about violence among teens. The deadline to submit the application for the STOP the Violence National Program Award is March 1st at 5pm. Your chapter could possibly win \$500 or \$1,000 to be used for your chapter. If you want any more ideas on what you could do for a project or just more information about STOP the Violence visit [fcclainc.org](http://fcclainc.org) and click on STOP the Violence under the Programs tab.



Nebraska Family, Career and Community Leaders of America (FCCLA) is a dynamic student organization which holds the family as its central focus. We promote leadership and service in the family, career, school, and community and help members improve themselves and the world in which they live.

FCCLA is a national Career and Technical Student Organization that provides personal growth, leadership development, and career preparation opportunities for students in Family and Consumer Sciences education.

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