



Nebraska FCCLA Red Leader

State Leadership Conference

By Molly Paxton, Secretary

Nebraska FCCLA, State Leadership Conference is less than a month away! It is almost time for the amazing members of Nebraska to head to Lincoln and give the Sea of Red a new meaning! There are so many exciting things planned for this year's State Leadership Conference, which is going to be held from Sunday April 7th, through Tuesday April 9th. Here's a preview of our State Leadership Conference.

Sunday April 7th, registration opens at PBA! Also on Sunday, Parliamentary Procedure tests will be held, as well as the Knowledge Bowl. The Knowledge Bowl is an amazing opportunity to showcase your FCCLA knowledge, and learn more information about the organization, while still having a good time! This year, there is also a chance to find your STAR event room the night before, with the optional STAR Event Preview happening from 7:00-8:00. Be sure to check this out before the Opening General Session!

Our keynote speaker, Logan Weber, will be presenting about "Overcoming Life's Go-liaths." We are so excited to welcome him to Nebraska, and learn more about his message. He will also be presenting a session on Monday, so be sure to check that out as well.

Also joining us at State Leadership Conference will be National Executive Council member Isabella Cutruzzola. She is the Vice President of Community Service and we are so excited to have her in attendance. She will be presenting a session on Monday as well, so be sure to stop by! Along with amazing sessions and speakers, we have so many new and exciting activities going on! The tours offered this year include: Hudl, Memorial Stadium, Johnny Carson Theater, Temple Building, and UNL's Innovation Campus! How exciting do those sound? Along with amazing tours, be sure to check out our service projects, which is an great opportunity to give back to our communities!

STAR events will be in full swing Monday. Be sure to attend the orientation bright and early

Monday morning, and present on time! If there is some down time in the schedule, check out the opportunity fair in the Pinnacle Bank Arena! There will be some amazing booths set up, and you won't want to miss them. Also, be sure to grab a quick treat at 402 Creamery, Ivanna Cone, Hurts Donuts and all of the other businesses located between the event centers.

Also happening at this time will be our FCCLA Scavenger Hunt! Take this opportunity to tour downtown Lincoln while having the chance to win FCCLA swag. Abe will be hanging in downtown businesses, and it will be up to you to find him!

Monday afternoon will be the District Meeting. This is an awesome opportunity for District Officers to get together and work towards improving their districts, and preparing for the year to come! Don't miss out on this opportunity!

Monday evening will be the Business and Recognition Session, which is an event dedicated to recognizing the people who have went above and beyond for FCCLA this year. After the session concludes, the FCCLA Dance will be held at the Graduate, and there will be movies at the Marcus Theater.

Tuesday we will wrap up State Leadership Conference with the Closing Session and STAR Award Session. New this year will be the Red Blazer presentation, which will be an opportunity for National bound members to receive their blazer, as it is required at all National Events. This will also be the time to install new State Peer Officer Team members, and the new State Officer Team.

State Leadership Conference is going to be so exciting! With all of the new events and activities going on, there should be so many opportunities to grow as a leader and Break Barriers with FCCLA! We cannot wait to see you in April!

FCCLA®

March 2019

Inside this issue

Lincoln Southwest FCCLA Chapter.....	2
Hemingford FCCLA Chapter	2
Spotlight on Logan Webber	3
Neligh-Oakdale FCCLA Chapter.....	3
Ord FCCLA Chapter	4
Power of One Program Highlight.....	4
Packing Essentials	5
Omaha Bryan FCCLA Chapter	6
Callaway FCCLA Chapter	6

Coming Up:

March

17 SLC and STAR Payment deadline

31 Chapter Spotlight in April Red Leader deadline

April

1 National Alumni Achievement, National Distinguished Service, National Honorary Membership Integration of Core Academics deadline

1 National Program Summary Report application deadline

7-9 State Leadership Conference at Pinnacle Bank Arena; Lincoln

15 National STAR Event Competitor deadline to State Adviser

BREAKING BARRIERS

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Chapter Spotlight: Lincoln Southwest FCCLA

Fuel Up Play 60

Lincoln Southwest was fortunate enough this year to receive a Fuel Up Play 60 grant. As a part of the grant, twenty-six students went on a field trip to a dairy farm. Eighteen students were from Kevin Schrad's Zoology class who focused their attention to the cattle. The remaining students were FCCLA (Family Career Community Leaders of America) members who focused on career opportunities. This field trip was a part of SW FCCLA's Chapters celebration of FCCLA week (February 11 to February 15). One of the weeks themes was preparing for your future career. All students had the pleasure of touring the Branched Oak Farms and the UNL Dairy Store. Branched Oak Farms, a certificated organic dairy and creamery, was started by Doug Dittman in 1991. Today herdsman Ben Gotschall and his wife, Tammy, lease the cattle and land. On the field trip, students were able to see the cattle and the parlor where the milking occurs. In addition, students had an opportunity to taste the cheese made on the farm and to learn about the cheese making process. To wrap up the field trip, students toured the UNL Dairy Store on East Campus and sampled some of the ice cream offered at the Dairy Store. This was a great opportunity for all the students.



Chapter Spotlight: Hemingford FCCLA

Hemingford Focuses on National Programs

The Hemingford FCCLA Chapter made a goal this year to increase member participation. They decided to do this by having monthly activities in which each officer teaches about one of the national programs. For an example, in September, they learned about leadership, in October, they did a community service activity in which they collected canned goods for the food pantry, and in January they cooked and ate a meal together as an FCCLA family for the Families First national program and learned about ways they can help their family. This has been a great addition to our chapter and has seen more members participate in these activities.



Spotlight on Logan Webber: Our Keynote Speaker

By: Madeline Wittstruck, First Vice President

It's the most wonderful time of the year, State Leadership Conference season! I hope that you are all very excited for what the state officers and our state association have in store for you! We've been working hard on preparing a great conference for the state.

Following tradition, every year at SLC during opening session we have a keynote speaker. We're pumped to have this year's speaker come to help and inspire you to break barriers!

Introducing our 2019 SLC Keynote Speaker. . . Logan Weber! Logan is a motivational speaker for Weber Associates. He is very passionate about **servant leadership** and **positively impacting the world around him**. Logan has always been involved in various leadership roles, such as co-founding the non-profit organization Dry Tears in high school, becoming top-ranked athlete on Georgia's Junior PGA Tour, being the student government president in high school, and becoming a founding member and officer of the Pi Kappa Alpha Fraternity at Kennesaw State University.



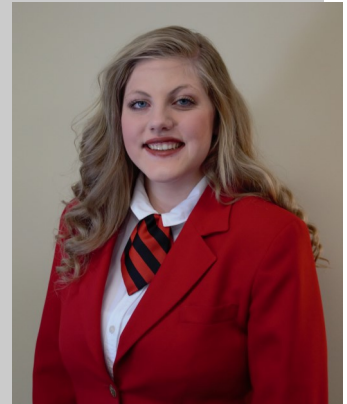
Logan is able to lead with laughter, engagement, and entertainment. He delivers all with stories, examples, and crowd interaction. Knowing that Logan is all about leadership and positivity, all of the state officers are thrilled to have him speak at our conference! We hope that you enjoy his message!

As for our state conference in general, I'm very excited to meet you all and watch us break barriers together through something we enjoy, FCCLA! It's time to get pumped for SLC!

Chapter Spotlight: Neligh-Oakdale Poverty Simulation

As members of FCCLA, we are often encouraged to help out our neighbors and to serve those less fortunate than us. While this teaches us the value of service and makes a difference in the community around us, sometimes it can make us think of those we help as lesser or inferior. We don't always understand the situation of those in poverty or we believe that if we were in their shoes, we could make a better life for ourselves. This is the issue Neligh- Oakdale Public Schools' FCCLA chapter tried to address when they hosted a poverty simulation. This simulation grouped every student from grades seven to twelve into families, where their goal was simple: last a month without falling into debt. The task was not as easy as it seemed, with families having to pay for utility bills, rent, medical costs, and groceries based on little to no income. Students explored the numerous (and not always honest) resources available to them and in some cases resorted to criminal activity in order to get desperately needed money. Factors such as family size, medical details, income, and the age/status of family members made the experience unique for everyone, but by the end all participants reached the same conclusion. While some managed to successfully reach the end of the simulation with no debt or missed meals, many fell short or only succeeded due to illegal activities.

Not only did the poverty simulation show students how difficult it is to climb out of debt, but it also showed everyone the importance of helping out whenever possible. For the students at Neligh-Oakdale, it was only a brief simulation, but for many people all across the globe, it is real life.



Chapter Spotlight: Ord FCCLA Halloween Parade!

The annual FCCLA Halloween Parade is a community event that the Ord FCCLA Chapter hosts every year. On the afternoon of Halloween, we invite children to meet us on the courthouse lawn, where they will be judged on their costumes, then they will be lead off to enjoy trick or treating with the local shops around the downtown square. To prepare for this event, we publish an article in the local quiz and radio station. This is a large event for FCCLA and is very successful every year!



National Program Highlight: Power of One

By Hailey Bixler, Vice-President of Programs

Power of One is a national program focused on self-improvement in various areas of life. Completing a Power of One project can lead you to live a healthily, happily, and confidently. This program has five units:

A Better You challenges members to improve a weakness or implement a positive habit. Some project ideas include starting a gratitude journal or creating a personal exercise plan.

Family Ties challenges members to strengthen family bonds. Some project ideas include having a family game night or hosting a family dinner at school.

Working on Working challenges members to prepare for a future career. Some project ideas include job shadowing and creating a resume.

Take the Lead challenges members to develop leadership skills. Some project ideas include conducting an activity at a chapter meeting or giving a speech in front of a class.

Speak Out for FCCLA challenges members to promote FCCLA. Some project ideas include writing an article for a local newspaper or talking to classes about the benefits of FCCLA.

Unlike the other national programs, Power of One is not competitive. It is more like an individual journey to self-improvement and is much more of a small-scale project. Power of One modules are rather simple to complete, and the reward is deeper than cash. It is the satisfaction of steps well taken and a job well done.

If this satisfaction doesn't satisfy you, keep in mind that there is also recognition for anyone who completes all five modules. This includes recognition on the FCCLA website, at NLC, and at SLC. Some districts also recognize Power of One participants in their own way. To find out more about Power of One, visit <http://fcclainc.org/programs/power-of-one.php>.



SLC Packing Essentials !

By Yasmine Bender, Vice President of Development

Happy March Nebraska FCCLA! Can you believe that State Leadership Conference is only a month away? I know I can't. With State Leadership Conference coming up, I am sure, especially if you are new to SLC, you are wondering what are the essentials that I should pack? Or perhaps you are wondering what our dress code policy looks like. Allow me to share with you some quick packing tips, reminders, and dress code regulations that you will need to know if you are attending SLC 2019!



First, let's cover some packing tips. Three days in Lincoln might seem like a long time, depending on who you are. Be sure to have three days' worth of official dress packed away in your suitcase. This is the most essential thing to have at SLC! Next, make room for anything you need for your STAR project; you may be bringing a computer for a portfolio, so bring a charger, or you may have posters with pictures on them, so pack a glue stick in case they fall off the night before you present! If you have a smaller suitcase and are worried about not having enough space for down-time clothes, official dress, and your PJs, utilize a trick that I learned in my Adult Living FCS class. This trick to packing has saved me a ton of space, and even allowed for extra space for souvenirs and gear from the FCCLA Store. Simply take your clothes and roll the neatly and place them in your suitcase, making them as small as they can be. If you are packing shoes, save some space by stowing your socks inside of your shoes (the space is there, might as well use it!) this also works for ties and pantyhose. In the instance of jewelry, to avoid tangles from happening to necklaces, grab some plastic wrap from your kitchen cabinet and place your jewelry on the stick side. Make sure you have cut enough so that there is double the space you need. Once all of your jewelry is lying flat, then fold the rest of the plastic wrap over your jewelry and seal any open spaces. If you need/ want to/ you can fold the jewelry again and make it smaller to fit into your suitcase.

Here are a few reminders of what acceptable dress code looks like. Let's start with shoes. Gentlemen, make sure that you have an acceptable pair of black dress shoes when you are entering the Pinnacle Bank Arena and your STAR presentations. No cowboy boots, tennis shoes, Sperry-like shoes, Twisted-X boots, or anything that is not a black dress shoe. Please wear either the official Red Jacket, or a black, white or red polo with black dress slacks. Ladies, you can either have a closed-toe black flat, or a closed toe simple black pump. Unacceptable forms of shoes for ladies include but are not limited to, boots, open-toe heels or flats, tennis shoes, sandals/ flip flops, or an open heel shoe. You are welcome to wear the official Red Jacket with either a black pencil skirt that cuts above the knees, or black dress pants. You may also sport a red, black, or white polo. Please note that the official FCCLA logo is not required to be on your polo that you wear, but it looks best if you have it.

Also, remember that State Leadership Conference is what you make of it! We offer many sessions for you to attend, tours around Lincoln, service projects to dive head first into, and an opportunity fair. I, and the rest of the State Officer Team, would highly encourage you all to participate as much as possible. You never know which activity might spark your interest, who you might meet, (I hear there will be a National Executive Council Member in attendance) or what you might want to bring back to your chapter. And of course, remember to have fun and share your SLC experiences with the SOT using the hashtag #NEFCCLA. I cannot wait to see all of you at the Pinnacle Bank Area and to Break some Barriers with you!

Chapter Spotlight: Omaha Bryan FCCLA

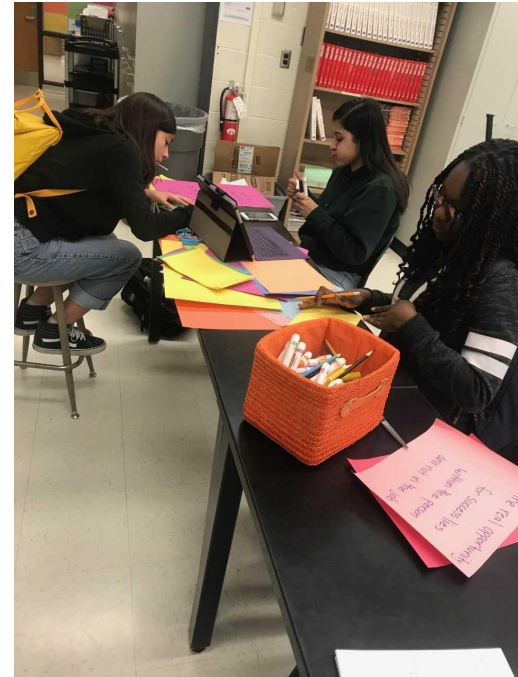
Bryan Tackles Mental Health

Nebraska FCCLA

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.

During January and February Bryan High School FCCLA officers wanted to focus on the importance of mental health. Our chapter events focused on the importance of Mental Health. Our officer team worked to create uplifting posters and posted them around the school. As seen above FCCLA officers Ruby, Jennifer, and Daniela work to create posters around the school. The officer team brainstormed various quotes, sayings, and comments to put on the poster. At our February chapter meeting, FCCLA officers and members finished creating the posters and posted them around the school.



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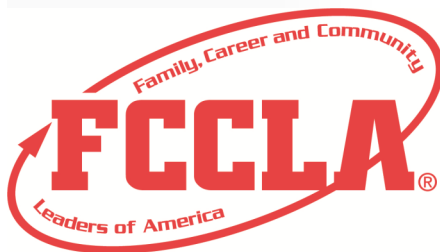
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Chapter Spotlight: Callaway FCCLA

Callaway Plays Clue!

The Callaway Chapter of Family, Career, and Community Leaders of America (FCCLA) held a night of clue inside the school as a way to collect canned goods for our local food pantry. The entry fee for our night of fun was canned goods, as long as you brought items you could compete in our fun night of Clue. Teams of three to four started the night with their first clue. They then proceeded to the classroom that the clue hinted at. Once they got to the first classroom, they then worked to find the next clue, up until the very end. Teams could ask questions to the "suspects" in each room and some rooms held riddles to solve. Overall, we had 30 attend and we collected 32 items!



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