

# Nebraska FCCLA Red Leader

# FCCLA®

## Thank You!

By Kristin Vest, State Adviser

Nebraska FCCLA Members and Advisers,

I just wanted to say “Thank You.” Thank you for the opportunity to serve you, provide you with experiences to learn as leaders, grow in your future careers and find ways to fuel your passion this year! On behalf of the 2019-2020 State Officer Team, we are so proud of your accomplishments this year! While I wish we would have had the chance to celebrate your success in Pinnacle Bank Arena during our Annual State Leadership Conference, I know that it will make next year’s conference that much sweeter!

A few of our accomplishments from this year:

- Nebraska FCCLA has 3038 Chapter Members (which is almost a 200+ member increase from last year!)
- 103 Chapters reaching schools, families and communities in every corner of the state
- We are proud of the 107 Family and Consumer Sciences teachers that provide FCCLA membership to their students.
- Almost 800 FCCLA members had qualified to compete in STAR Events during the State Leadership Conference
- Record-breaking attendance of over 700 members during the Fall Leadership Conference had the opportunity to develop their leadership and explore with Dean Jacobs
- Over 200 FCCLA members have qualified to compete in the Virtual National Leadership Conference this June
- Over 65 members and chapters were recognized for their kindness honoring past FCCLA Chapter Adviser Lisa Groth and her daughter Brooke during the Live Like Lisa Challenge.
- Twelve District Leadership Conferences lead by District Officer Teams were held to connect members to leadership, community service, speakers and post-secondary options
- Countless projects were completed by members in classrooms, schools, communities strengthening families, traffic safety, reducing tobacco, alcohol and drug use, supporting veterans, improving health and wellness, exploring careers, developing design skills, improving financial literacy and so much more.

May you all continue to face the future with warm courage and high hope,  
Kristin Vest  
State Adviser

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### Coming Up:

May

22—NLC STAR Registration

June

23—NLC Preregistration Due

July

7-9—Virtual NLC



## Chapter Spotlight: Waverly FCCLA Food Bank Countdown

Our Waverly FCCLA chapter did a food drive for our whole high school with a twist. Our chapter decided to do a foodbank countdown which means everyday for the month of November people brought in a different food item. FCCLA originally started the food drive but we extended it to all of the clubs in our high school. Our chapter then donated the food items to The Lincoln Tree of Hope organization to distribute to food insecure families. Some of our members helped deliver the food to the families. This project really helped our organization and school unite and come to realize the importance of helping others.



Congratulations to all of our State Level Competitors in STAR! We awarded **324** Gold medals, **384** Silver medals, and **23** Bronze medals! **232** competitors are advancing to the National Competition!

Nebraska FCCLA wishes all of our National STAR Event Competitors good luck! We are so proud of all of you and can't wait to see your success!

## Chapter Spotlight: Holdrege FCCLA Sensory Solutions

Sensory Solutions was all started by a Holdrege High School Junior and FCCLA Member, Cassie Fulmer. After sewing a tabbed sensory blanket in Fashion Design Class, utilizing the basic sewing skills, she decided to assess the need for sensory items in the school system. She found out there was definitely a need for coping with stress as well as sensory items. With the help of teachers and local businesses, Sensory Solutions was born and turned into an FCCLA STAR Event. She is making her blankets out of donated fleece, cotton fabric, and ribbon. She has made

14 blankets and 25 sensory pockets for students with sensory needs as well as anxiety or stress relief. She has donated these items to the Holdrege Public Schools Special Education department to disperse as needed. A Middle School Sewing Club, FCCLA Members, and other students at the high school have also assisted her with this project. She is also planning on donating these sensory and stress items to different agencies in the community. If you would like to help with this project, donations of fleece fabric or ribbon would be greatly appreciated.



## Chapter Spotlight: Sutton FCCLA Random Acts of Kindness

During FCCLA week the Sutton Chapter held a "Random Act of Kindness" Day. Posters about kindness were put around the school, a large piece of paper was put in the cafeteria where students wrote



about "Random Acts of Kindness" shown to them throughout the day, homeroom students watched videos about "Random Acts of Kindness" And the coolest thing we did was to draw and write with sidewalk chalk quotes about kindness on the sidewalk leading into the school. It was a fun day!



## Chapter Spotlight: Chambers FCCLA FCCLA Week Fun

Our Chambers FCCLA chapter had a fun and eventful FCCLA week. Monday, we passed out treats to every student. Tuesday, we collaborated with the elementary to make valentines. Wednesday, each student was encouraged to dress up as their favorite Disney character. To go without national theme “Inspiring Stories”, we had students write on a piece of paper who inspired them. We displayed them on a bulletin board in the hallway. Thursday was teacher appreciation day. We gave each teacher a goodie bag for supporting our chapter and for all they do for us. We dispersed cupcakes to students to celebrate FCCLA’s 75<sup>th</sup> birthday. Friday, anyone who wore red received a treat, and we had fun games for students to play.



## Chapter Spotlight: Leigh-Clarkson FCCLA Christmas Potluck



The Leigh-Clarkson FCCLA chapter celebrated Their Family Story at their annual Christmas event. The annual FCCLA Family Christmas was held on Sunday, December 8th. The FCCLA chapter had a great turnout from their members and their families. Every family was expected to bring a different dish for the pot-luck meal. The members and their families had the opportunity to make crafts as well. The officer team and Mrs. Hillen decided to have crafts that they could also eat. They took pretzel rods and decorated them with almond bark, sprinkles, chocolate chips, and many other toppings. Vice President, Taylor Larson said, “Family Christmas was a great time to spend time with friends and family. I always look forward to getting to be with my family and my FCCLA family.”

# Finding Your Passion, Embracing Your Path, and Leading Your Story

Jaiden Johnson, Vice President of Programs



When you're the youngest of three kids, you seem to follow the path of your older brother and sister. For me this was exactly the case. As I grew up, I tried so hard to follow in my siblings' footsteps, in everything. From grades to sports and yes, FCCLA. We all join FCCLA for different reasons. Mine was that my sister and brother were chapter officers and I wanted to be just like them. That goal of being just like them at the time seemed like a great thing. But as I grew up and had more experiences, I started to lose sight of who I truly was. As I still remained active in FCCLA, I became a chapter officer, just like my siblings. I also got good grades, just like my siblings. I got active in sports and became a starter, just like my siblings. But being just like my siblings started to push to an extent where it was hard to tell if I was trying to be just like my siblings or was I a clone to my siblings.

Finding your passion, embracing your path, and leading your story, these are all things each person has to do for themselves. Too many times we let others tell us who are expected to be. Sometimes we start to let others and events lead our lives for us. We may start to find ourselves straying from who we truly are and start forcing ourselves into who we are expected to be. FCCLA helps people to become leaders and teaches values and skills. In my case this organization became my saving grace.

This year's national theme was Your Story Our Story. Throughout the year members shared their stories in hope to make an impact. Before sophomore year I thought I had it all figured out. I was involved in everything my siblings were and was the exact person everyone expected me to be. At the time I thought I was on a great fool proof safe track. But by sophomore year, my safe little world came crashing down when I got sick with a chronic cough and no one could tell me why. This restricted me in so many ways. Exercise became harder because I could not breathe. I thought that this was the end because not being able to play sports means that I am not just like my siblings.

Around the same time, I got sick, I also decided to run for a State FCCLA Office. Looking back that decision scared me but it was the decision that set me free. You see it was at the hardest point of my life where I realized that I had lost myself. FCCLA taught me so many things throughout my entire five-year experience, but probably most importantly, it was how to be a leader. When making the choice to put my entire heart and soul into such a valuable organization, I started to lead my own path rather than let others let it for me. After getting elected to a state office, I started to embrace my path. FCCLA helped me to find my passion. Making a difference for the better and helping to lead people as they embrace and find their own self lead path.

FCCLA reminded me who I was. It was there for me when I most desperately needed it. It showed me that it is okay to not be who I am expected to be. It helped me find my true passions, meet some of my best friends, broadened my horizons, showed me new things, and meet new people from all over.

I share my story with hopes that it might help or inspire someone who may need to hear it. What I have learned is that in life you can't force things. You have to follow your own path and do what makes your own heart happy. If you find that you forgot who you are, that's okay. You must embrace your path with an open heart. And when things get rocky because I promise you that there will be times when you question everything and feel like giving up, you must keep trusting in your path. Remember that we cannot control everything but we can control how we react and lead ourselves through it. Do not let fear make you think "But what if I fall", instead think "What if I fly." You must face those obstacles and uncertainty with warm courage and high hope. Thank you, Nebraska FCCLA, for helping me to find my passion, embrace my path, and lead my own story. It has truly been a privilege to serve as your 2019-2020 State Vice President of National Programs.



## Chapter Spotlight: Hemingford FCCLA Go Bigger Red!



The Hemingford FCCLA Chapter officers made a theme this year to Go BiGGER Red! They decided they wanted to do more in our community, be more active in our school and do more activities outside of Big Brother/ Big Sister. So far, our members have hosted a food drive, had a chapter officer visit our chapter, hosted an “Act of Kindness” day, ran a Walk to School day, and much, much more.

In September, we all of our officers attend FLW and we hosted our annual Walk to School day and had a food drive at our chapter meeting. In October, we had state secretary, Alexis Cherry visit our chapter, made posters at our chapter meeting for our district’s poster contest and had 14 students attend districts. In December, we hosted Secret Santa with the teachers and had an amazing Christmas party. In February, we had 10 students qualify for state and are taking 21 members to peer conference. Go Bigger Red has been an awesome theme and I can’t wait to see what we will do for the rest of the year!

### Congratulations to our 2020-2021 State Officer Team!

We are excited to announce our new officer team!



President: Alexis Richmond

Vice President: Conner Oberhauser

Secretary: Taylor Svoboda

Vice President of Competitive Events: Samuel Coble

Vice President of Development: Sophia Birch

Vice President of Membership: Rebekka Jay

Vice President of Programs: Cassidy June

## Chapter Spotlight: Aurora FCCLA Orange4Love

Aurora FCCLA has been celebrating Teen Dating Violence Awareness Month this February. Members of the Aurora FCCLA Chapter utilized the National Program S.T.O.P. the Violence to drive their month-long educational experiences, in addition, FCCLA hosted an Orange Out during the February 14th home basketball games. Members designed orange S.T.O.P. the Violence t-shirts that were then printed by our high school's t-shirt printing class. The t-shirts were sold to students and staff and everyone was encouraged to wear their shirts to school and the game on February 14th on Orange4Love Day.



On February 19th Aurora FCCLA hosted an all-school assembly about teen dating violence. FCCLA invited a group called Revolution. Revolution is a group of 44 high school students from Columbus Nebraska that travel across the state to inform other students about teen dating violence prevention and the difference between healthy and unhealthy relationships. This group has been helping people since 1998. They work as part of the Center for Survivors in Columbus. Members of Aurora FCCLA felt that peers educating peers would have the greatest impact on the student body. Aurora FCCLA was able to secure a generous contribution from Hinrichs Ag & Seed (a local agricultural business) to sponsor Revolution so the assembly came at no cost to our school.

This was the first time that Aurora High School has participated in Teen Dating Violence Awareness Month and S.T.O.P. the Violence. Aurora FCCLA had such a great response they plan to continue promoting this important campaign annually.



## Chapter Spotlight: Medicine Valley FCCLA Holidays with Veterans

Medicine Valley FCCLA has been working to promote respect of Veteran's in their school and community. During a chapter meeting members made holiday cards for veterans, and helped to lay wreaths at the local cemeteries during the holidays. They have done many fundraisers including designing and selling t-shirts, holding a cake raffle and hat day for students. They also hosted a Sweetheart Dance and "Grey Out" event during a basketball game. All profits will be donated to the Central Nebraska Veterans Home in Kearney, NE. They have raised over \$1,100. The group is planning on volunteering at the home. The Central Nebraska Veteran's Home is very excited to receive their donations.



## Chapter Spotlight: Kearney FCCLA Live Like Lisa



The Kearney High School FCCLA Chapter made a choice to Live Like Lisa by completing different kindness challenges at our February chapter meeting. In doing so, we were able to participate in the Live Like Lisa kindness challenge as well teach our members to love others in a Valentine's Day celebration. Members spread kind notes throughout the school, high-fived strangers, practiced giving and receiving compliments, gave paper flowers to strangers, and more all within half an hour!

## Chapter Spotlight: Northwest FCCLA Culinary Camps

In the school district of Northwest, the feeder schools have a lack of Family and Consumer Sciences program. The goal was to ex-



pose Kindergarten through fifth grade the fundamentals and basic knowledge of food and nutrition before entering high school. To do this the Northwest FCCLA chapter sponsored quarterly culinary camps. These culinary camps have different stations that involve crafts and cooking lessons as well as facts about nutrition. There has been over thirty youth who have attended these camps. Using this as another recruitment way to help educate the younger students of the school district. The experience is extremely rewarding

and the chapter hopes to continue having them and increase the frequency of them.



## Chapter Spotlight: West Point-Beemer FCCLA One Busy Year

West Point-Beemer FCCLA Jr. & Sr. High School Chapters have been busy with projects during the 2019-2020 school year. FCCLA kicked off the school year with desserts followed by a membership meeting for anyone interested in learning more about FCCLA. The chapter also had a fall lock-in for affiliated members to get to know each other and their officers. They played ice-breaker games, participated in an electronic scavenger hunt, played hide-and-go-seek in the dark, and watched a movie. Some projects that the chapter has done include cleaning up our Adopt-A-Highway, collecting and donating toys to Toys for Tots, working at the concession stand for softball and basketball games, and serving food at the Partners in Progress Banquet put on by the West Point Chamber of Commerce.



## Chapter Spotlight: Plainview FCCLA FCCLA Week Recap

The Plainview FCCLA chapter celebrated FCCLA week February 10-14. We held a theme each day where chapter members had questions to go with the theme and candy for those students who answered these questions right. On Monday the theme was “Be a Smartie with FCCLA”. Tuesday was “Prepare for your future Payday with FCCLA”. Wednesday was “I’m a Sucker for FCCLA”. Thursday was “Your Family is Worth a 100 Grand with FCCLA”. During this week FCCLA members also made over 300 candy grams and handed them out on February 13 to the students that ordered them. Tuesday the Child Development class also went to Teri’s Daycare and did some Valentine’s Day activities with the children there. Members also wore their chapter shirts one day that week.



## Nebraska FCCLA

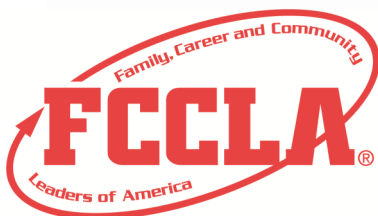
Nebraska Family, Career and Community Leaders of America (FCCLA) is a dynamic student organization which holds the family as its central focus. We promote leadership and service in the family, career, school and community and help members improve themselves and the world in which they live.

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.

## Nebraska FCCLA

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