

THE RED LEADER



COMMUNITY SERVICE

02

NATIONAL DIABETES
AWARENESS MONTH

04

FEATURED NATIONAL PROGRAM:
STAND UP

06

THE SEASON OF GRATITUDE

06



UPCOMING EVENTS...

MARCH

- 30 Consumer Rights & Responsibilities TeamSmarts Quiz due
- 30 Chapter Spotlights for December Red Leader due
- 30 November Adviser, Member, & Chapter of the Month nominations due

DECEMBER

- 01 LifeSmarts State Competition paperwork due
- 15 SPOT applications due
- 15 December Red Leader published
- 16 LifeSmarts State Competition in Lincoln
- 31 Technology TeamSmarts Quiz due
- 31 Chapter Spotlights for January Red Leader due
- 31 December Adviser, Chapter & Member of the Month nominations due

COMMUNITY SERVICE

by Ally Sedlacek
Secretary



Community service is an important part of life. It teaches real world skills, like communication, teamwork, and leadership. FCCLA is a great way to get involved with community service, but coming up with ideas can be difficult at times. Here are a couple of ideas you can use to get inspired for your own community service project that you can carry out within your chapter, or even by yourself.

One community service project that can be branched out into many different projects is community cleanup. Community cleanup involves making your community look even better than it was before. For example, you can help pick up trash around your neighborhood, on main street, and even along the highways. This helps your community look cleaner and it helps keep the environment safe and clean. Another idea you can base off community cleanup is helping the elderly with tasks that need to be done around their house. That could be pulling weeds, washing their car, or even helping tidy their house. By doing this, you are making connections with people within your community, while also helping someone who may be in need of a helping hand.

Besides cleaning, there are other ways of participating in community service. Another idea of a project you could do is some sort of drive. This could be a food drive, clothing drive, book drive, etc. Drives are very versatile and can be changed to fit your community's needs. For example, if your local food pantry is in need of donations, executing a food drive would be beneficial for them. Another reason why drives are a great way to give back to your community, is because everyone can help out. For example, if you are hosting a clothing drive, people within your school or community can donate clothes they do not wear anymore. This makes it very easy for people to participate because all they have to do is drop off the clothing they do not care for anymore.

"Think of ways your chapter members can be involved and think about what you want to make a positive impact on."

Another idea of a project(s), could be to do activities at your local nursing home. This may be hard now because of COVID-19 restrictions, but when those are lifted, sitting down with residents of a nursing home can be very enlightening. You can do activities like game night where you play card or board games with them, spa day where you paint the ladies nails, or you can even decorate sugar cookies with them for holidays like Christmas or Valentine's day. The possibilities are truly endless with this type of community service act.

I have given you only three ideas for community service projects, but there are so many different ideas out there; you just need to find the one that works for you and your chapter, and that will also benefit your community. Think of ways your chapter members can be involved and think about what you want to make a positive impact on.

Community service is important in our communities, nation, and all over the world. It is a great way to get involved within your community, meet new people, and even develop real life skills. Make sure you snap a picture of your project and post it to social media with the #NEFCCLA and tag @nebraskafccla. We can not wait to see your projects!

Chapter Spotlight

Alliance



The Alliance FCCLA chapter attended Capital Leadership and National Fall Conference in Washington D.C. November 4 - November 7. 20 students attended and were able to increase their leadership skills as well as their understanding of FCCLA. Members were also able to speak to Senator Deb Fischer's aide to advocate for FCCLA and FCS. Members were also able to see numerous monuments and memorials in our nation's capital, including the White House, the Lincoln Memorial, and the Martin Luther King Jr. Memorial. The trip was a great experience for all who attended.

NOVEMBER SAVINGS CHALLENGE

WHAT TO DO:

- 1) Set a jar up somewhere in your school, home, or car to collect loose change.
- 2) Count up change at the end of the month.
- 3) Give the money to any organization that your chapter would like.
- 4) Chapter with the most money will get a prize!

The Career Leader Teams outreach project this year is focused on the importance of saving change that you randomly find or you get at a store.

This year the Career Leader Team is focusing on the Financial Fitness National Program. To help promote financial literacy and savings, we are encouraging all Nebraska FCCLA chapters to participate in our Career Leader Teams outreach project The Savings Challenge. We challenge every chapter in Nebraska to set up a jar in your classroom or school and have members put all the loose change you have on yourself, car, or even get somewhere into that jar. At the end of the challenge, the chapter who has the most change saved up will win recognition and a prize! With the change that the chapters saved, they can either donate it to Nebraska FCCLA during our state conference or an organization of your choice or you can even keep it for your own chapter! More information about the challenge along with savings jar labels can be found at

<http://www.nebraskafccla.org/programs/peer-education/>

**FINANCIAL
FITNESS** 



NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH

I wanted to take a moment to tell you guys all about November being National Diabetes Awareness month! November is a time when communities across the country team up to bring attention to diabetes. This year's focus is on prediabetes and preventing Type 2 diabetes.

Prediabetes may be a new term to you! Prediabetes is when someone's blood sugar levels are higher than normal, but not quite high enough to be diagnosed with type two diabetes. According to the Centers for Disease Control and Prevention, more than one in every three adults in the United States has prediabetes and doesn't even know it. That's 88 million unknowing adults. This is why bringing awareness to prediabetes is vital to our health as a society.

Luckily, by making a few healthy life choices you can prevent diabetes and even keep prediabetes at bay! Here's some tips on how to do so:

- **One at a Time:** Changing your physical lifestyle too quickly can be detrimental to your health. Be sure to remember that having setbacks is completely normal. Setbacks don't mean that you've failed, as long as you get right back on track!
- **More Movement:** Try and get at least thirty minutes of physical activity a day. You don't have to start lifting weights right away, just having small increments of time where you exercise throughout the day is a great way to start!
- **Healthy Options:** Try and add more fiber-enriched foods to your diet and take out more sugar-high foods and drinks. You don't have to completely cut out sugars, but maybe switch out your soda for a flavored water.

Many people aren't aware of how harmful Type 2 diabetes can be, not only to the person diagnosed with it, but their loved ones and friends, too. I'm not a doctor, but the Centers for Disease Control and Prevention officials have said that if you or your loved ones are experiencing these symptoms, it may be a sign of prediabetes and you should talk to a doctor:

- Being overweight
- Being 45 years or older
- Having a parent, brother, or sister with Type 2 diabetes
- Being physically active less than 3 times a week
- Having polycystic ovary syndrome

by Rylie
Wright

*First
Vice-President*

Chapter Spotlight

Aurora



On Veterans Day, members of the Aurora FCCLA Chapter made "Thank you for your service" signs and delivered them to 50 local veterans. The Aurora community has a proud tradition of celebrating our veterans and we were excited to become part of the tradition this year and look forward to making this an annual event.

FAMILY LEADER TEAM

Focusing on Families

FCCLA Family Activities:

- Hold an open house for families and provide activities that focus on strengthening families
- Make a National Families Week display in your school or community highlighting what your chapter does for families and what families mean to FCCLA.
- Put displays in libraries, health centers or businesses.
- Hold a supper or potluck for chapter members and their families and do activities to strengthen family relationships.
- Host a family-friendly day in your school and encourage parents, siblings or grandparents to come to school for the day.
- Invite a speaker to give a presentation on family strengths
- Hold an open forum to discuss the concerns of families and youth in your area
- Disseminate information on youth and families, parenting and the issues faced by families with flyers, fact sheets or brochures.
- Produce a National Families Week edition of your school newsletter or articles for your school website.
- Write a feature article on National Families Week for your local newspaper.
- Promote the week and any events or activities you organize through community radio or TV
- Have a photographic display or competition focusing on families.
- Hold a family dance party.
- Hold a writing or poetry competition – ask the local paper to publish entries.
- Organize a concert.
- Arrange a community outing to local areas of interest
- Arrange to do something special for a family in difficult circumstances e.g. a special gift arrange babysitting, take the children to a movie
- Promote the achievements of local families through recognition awards
- Promote the diversity of families in your local area
- Honor families and youth who are an inspiration to you
- Link up and organize events with service clubs, community organizations and service providers and agencies in your area invitations to more disadvantaged members of your area
- Provide coloring pages for children in public contact areas
- Record interviews with people in your community to build an oral family history
- Sponsor or raise funds for a local family or youth related community project
- Have a family movie marathon
- Have a family sports carnival
- Hold a family talent night
- Have younger students draw pictures of their family and give special treats or prizes to each student.
- Have a family games night
- Make and send greeting cards to family members
- 'Adopt' a grandparent at the local nursing home or retirement community
- Be active and eat healthy foods together
- Have a special family breakfast before work and/or school
- Let FCCLA members make dinner for the adults – and choose the entertainment!
- Organize a family walkathon
- Organize a block party
- Take some family photos or create a family album or book
- Eat family meals together
- Sponsor a food drive to benefit families in need in your community

Apply for recognition and learn more about the
Family Leader Team's project at

<http://www.nebraskafccla.org/programs/peer-education/>



Chapter Spotlight

Twin River



On the evening of August 21st, 2021, Twin River FCCLA hosted a successful family drive-in movie night at the farm of John and Susan Nelson. More than 300 individuals attended, many of whom attended with their families. Space Jam: A New Legacy played on the big screen. Earlier in the day, members also hosted a car decorating event in the park during Pawnee Days. This allowed kids to decorate a mini car made of a cardboard box to bring to the drive-in movie. Twenty-three kids attended this event and created their mini cars. This project is part of the National Program Families First and focuses on building stronger families.

by Milli Ciprian
VP of Programs

This month's National Program highlight is on Stand Up! This program was put in place in order to help members find their voice and advocate through FCCLA. Advocacy is an important part of life and one that FCCLA encourages through its many programs and opportunities. Through advocacy, members can speak up about the issues they are most passionate about. The units are:

- **Assess Current Needs**
 - Take a look at the issues that your community is facing. The issue can range from needing recycling options in a certain area to noticing a need to bring awareness about human trafficking.
- **Educate Others Regarding Concerns**
 - Find a way to advocate that best fits your goals and needs. This will look different when reaching a school audience versus reaching out to an audience of government workers.
- **Advocate to Make a Difference**
 - Advocate for things that you are passionate about! Make them passionate and impactful.

Project Idea: Dressember

- Through the Dressember organization, there are many opportunities for advocating about human trafficking.
- They focus on advocating about human trafficking statistics, but also have large fundraiser opportunities in order to help save victims.
- <https://www.dressember.org/>

Stand Up is a great opportunity to advocate for issues that you are passionate about. There are many fun ways to do so, and if your chapter completes a project, you can apply for a Program Award at a state and national level. You can visit

<https://fcclainc.org/engage/national-programs> for more information or reach out to vpprograms@nebraskafccla.org for guidance on a project or anything else you need. The opportunities are endless with National Programs!

THE SEASON OF GRATITUDE

As the holiday season approaches, I think it is important to remember to be grateful. Gratitude is a loaded word. What does it mean to be truly grateful? Gratitude, according to the Oxford Dictionary, is the "quality of being thankful or readiness to show appreciation for and to return kindness."

Gratitude is way more than a thank you here and there. It is the constant awareness of your appreciation. Expressing your appreciation or gratitude is really important in today's society. One person expressing gratitude can ignite a long chain of gratitude throughout our communities, states, and nation. The Berkeley Greater Good Science Center released a study that showed participants who exhibited great amounts of gratitude were considerably more trusting in our society. More trust within societies leads to greater relationships, less crime, and an even better economy.

So what can you do to make a difference in our society? BE GRATEFUL! Simple acts that demonstrate gratitude are sincere thank-you's, random positive sticky notes, buying a friend or stranger lunch, opening a door for someone, or paying it forward in the coffee drive-thru! These are all great ways to express gratitude but the simplest and cheapest solution to sharing your gratitude is smiling! Simply smiling can cause a domino effect in society because it is contagious! Will you admit that when you see someone smiling you get that feeling that you should too? Well, next time you get that feeling, let those pearly whites shine!



by Harleigh
Claussen
*VP of
Development*



MEMBER OF THE MONTH

October

Makayla Osienger, Thedford FCCLA

Makayla has gone above and beyond as a member this year! She is constantly being a great leader and role model to our younger FCCLA members. She has stepped up and taken responsibility as part of our Executive Board by participating in individual district events (in which she placed third in this year) as well as creating the script and being the head of our chapter's infomercial, which won at our district competition. Whether it is helping a younger member memorize the FCCLA creed or volunteering to help with any FCCLA project, you can find Makayla stepping up to help out!

Chapter Spotlight Wakefield

On Wednesday, October 20th, 57 Wakefield FCCLA members attended the District 7 Leadership Conference at Wayne State College. All members started the morning with Stop the Bleed Training from Providence Medical Center. Followed by an afternoon of attending sessions included: childcare careers, All About U Adoptions, Say Yes to FCS, and sessions led by Nebraska SPOT and SOT.



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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