

THE RED LEADER



SCHOLARSHIPS & YOU!

02

STICKING WITH NEW YEAR'S RESOLUTIONS

03

FEATURED NATIONAL PROGRAM: CAREER CONNECTION & COMMUNITY SERVICE

04 | 09

THE SEASON OF STAR EVENTS

04

RECAPPING THE ACCOMPLISHMENTS OF NEBRASKA FCCLA IN 2021

08



UPCOMING EVENTS...

JANUARY

- 31 Environment TeamSmarts Quiz due
- 31 Chapter Spotlights for February Red Leader due
- 31 January Adviser, Member, & Chapter of the Month nominations due

FEBRUARY - CTE Month

- 01 State Degree candidates notified of status
- 01 National FCCLA Master Adviser & Adviser Mentor Award applications due to State Adviser

FEBRUARY (continued)

- 01 Nebraska FCCLA Scholarship applications due
- 09 State Officer Screening Day in Lincoln
- 09 FCSTN Legislative Day in Lincoln
- 10 SLC Honorary Conference Assistant applications due
- 10 SLC National Anthem auditions due
- 14-18 FCCLA Week
- 15 SPOT Award applications due
- 27 State Degree Program Showcase in Kearney
- 27-28 Peer Education Conference in Kearney

SCHOLARSHIPS & YOU!

by Rylie Wright
First Vice-President



Now that it's the second half of the year, many Seniors and Juniors are starting to think about the big picture, like college and what's coming after high school. Which is awesome, because this is a great time to look into scholarships in FCCLA! Ideally, you should plan farther in advance for your scholarships (so you know you have them in the bag!) but it's not too late to start! I'm going to tell you about some of the awesome scholarships that Nebraska FCCLA has to offer. If you're interested in exactly when they are all due, be sure to check the Nebraska FCCLA website!

First up is the the Lisa Groth Memorial scholarship's sole purpose is to develop more interest in the FCS Education career path, increase the number of FCS educators, and increase the probability for additional FCCLA chapters. This scholarship is given in honor of Lista Groth, she was a former FCCLA chapter adviser and FCS teacher from Boone Central. This is a \$1,000 scholarship open to any students planning to enroll in a four-year college or university with a major in Family and Consumer Sciences Education.

There are scholarships for those not as interested in the Family and Consumer Sciences Education path too! For example, the Non-Family and Consumer Sciences Education Scholarship awards two outstanding FCCLA members \$500 if they are planning to enroll as a full-time student in a two or four-year community college, state college, or university with a major in any program that's not Family and Consumer Sciences Education.

There is also the State Peer Officer Team Scholarship. The State Peer Officer Team (SPOT) Scholarship offers one scholarship of up to \$300 to an awesome FCCLA member who has been involved in programs related to peer education.

**"Scholarships a good way
to put your experience as a
Nebraska FCCLA member
to good use"**

There is a preference that this scholarship to be given to a member going into a Family and Consumer Sciences related occupation, but technically it is not necessary. Family and Consumer Sciences related occupations span from a chef to a police officer though, so don't assume that your occupation isn't related! Be sure to do your research for this scholarship!

There are additional scholarships available on the National FCCLA website, and more information on each of the scholarships listed can be found on the Nebraska FCCLA website as well! Be sure to do your research on each scholarship and see which one (or ones) fit you the best!

Again, just because it's January doesn't mean it's too late to start applying for scholarships! Scholarships, no matter how small or insignificant they seem, can help out with tuition costs for college and help alleviate some of the stress of student debt. They're also a good way to put your experience as a Nebraska FCCLA member to good use! Don't let some of these amazing opportunities Nebraska FCCLA has to offer slip through your fingers.



Our chapter held our annual awards ceremony for the 2019 to 2021 school year and installation of officers. We combine both years together due to the COVID-19 pandemic. These seniors received outstanding membership in the Northwest FCCLA chapter:

Four years - Cecilia Vokes

Three years - Kaylee Jones, Chris Bruns

Two years - Gracey Richardson, Mackenzie Vogt

One year - A.J. Warner, Kevin Chen, Horizon Evans, Allison O'Connell



by Ally
Sedlacek
Secretary

STICKING WITH NEW YEAR'S RESOLUTIONS

It is now 2022, a brand new year to start over with a clean slate. "New year, new me," right? Well, maybe for some people. The issue with this though, is that when we set these resolutions for ourselves, we have trouble sticking with them. Here are my three tips on how to stick with those resolutions!

Tip #1: Make a SMART Goal

A lot of people make goals like losing weight or eating healthier. Instead of setting a vague goal, try to generate a SMART goal. SMART means Specific, Measurable, Attainable, Relevant, and Time-Based. If your goal is more concrete, you are more likely to achieve said goal. For example, one of my goals this year is to read one book a month throughout 2022. This goal is specific because ? It is measurable because I put a number on the amount of books I would like to read. This goal is attainable and relevant because I really like reading, but I don't always have the time for it. Finally, this goal is time-based because I put a time limit on when I have to have it completed by. This will give me more motivation to complete my goal.

Tip #2: Post Them

After you have decided on your goals and have them written down, make sure to put them up where you can see them everyday. A great example would be to put them in your bedroom, or even tape them on your bathroom mirror. If you see them everyday, then you will be reminded of what you really want to accomplish.

Tip # 3: Remember That Change is a Process

Finally, my last tip is to remember that change is a process. The habits that you are trying to change probably took years to develop, so why would you expect to change them in a matter of days or weeks? Be patient with yourself. There are going to be times when you mess up or fail, but do not let this discourage you. You can always restart and continue working towards your goal.

There are many more tips that could help you with achieving your goals, but these are my main three. I wish you all good luck with the goals you are setting this year, and I really hope you achieve them. If you really put your mind to it, you can achieve anything. There may be some bumps in the road, but keep focusing on what you really want to accomplish this year. Your future self will thank you!



by Milli Ciprian
VP of Programs

This month's National Program highlight is on Career Connection! This program offers the opportunity to help students prepare for their future, regardless of what they are going into. It provides the foundation for any future pathway! FCCLA offers this National Program in order to encourage chapters and members to take part in opportunities to help prepare for their future. The units are:

- **My Skills** - Members learn about themselves and practice being productive, reliable employees as they connect their personal lives to their goals and 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. It is important to know what lifestyle fits each person best and make goals for the future that fit that lifestyle.
- **Project Ideas**
 - Invite community members to present about their careers and how they got their
 - Allow members to build their "future dream" by building dream lifestyles and planning out how they could be achieved.
 - Create an engaging game where members must decide what to do in different interview situations. There could be a "mix & match" portion where they have to dress professionally in a certain amount of time and have an on-the-spot interview.

Career Connection is a great opportunity to help students feel better prepared for their future and know what the next steps are. There are many fun ways to do this, and if your chapter completes a project, you can apply for a Program Award at a state and national level. The opportunities are endless with National Programs!

THE SEASON OF STAR EVENTS

As January winds down, many members are working to finish up their STAR projects. Time management is key, especially if you want to knock the boots off the judges with your portfolio or presentation. Here are some tips that will help you get moving and have a leg up on the other competitors.

1. Follow the rubric!

When you begin to work on your project and you're going through the rubric, my best advice is to write down everything that you need to include for your project. You should already have the planning process complete, so now you should be gathering the other paperwork and pictures required on the rubric.

2. Practice, practice, practice!

One of the most important tips I can give you is to practice! I recommend giving your presentation to multiple people, multiple times. I like to practice in my room for the first couple of times, so I've become familiar with it. After that, I practice in front of my parents, adviser, and anybody who will listen. You should know the presentation well enough to give a rough summary if someone asked you about your project on the streets. For Districts, memorizing your speech isn't a must, but if you make it beyond that point, I would highly consider having it memorized. Having your speech memorized will definitely give you a leg up in the competition.

3. Get a good night's rest and eat breakfast!

On the day of Districts, you are going to be so nervous that you will forget to take care of yourself. By getting a good night's rest, having enough time to get ready in the morning, and eating a good breakfast; you will be ready to take on anything. If you have time in the morning, it wouldn't hurt going over your speech just to get one more read-through in before it's the real deal.

4. Be confident and be proud!

You have put so much effort and hard work into this project, that you should be proud of yourself. When you are presenting, make sure the judges know how confident you are by enunciating your words and speaking clearly. The judges can tell you are nervous and oftentimes, you rush through the presentation without realizing it. When the judges ask you questions after you present, don't feel rushed to answer them right away. Take a second or two, to get an appropriate and well-thought-out answer.

Hopefully, these tips will help you feel better and more prepared about presenting your STAR event! Even if you don't make it past Districts with your presentation, you should celebrate all the hard work that you put into it. Good luck to everyone competing in STAR!



by Abby Fiske
VP of Public Relations

NEBRASKA FCCLA WEEK

Monday, February 14: Family

Share how you celebrate your families
in your chapter and at home!

Tuesday, February 15: Career

Share your desired careers and take an
interest in learning about a career!

Wednesday, February 16: Community

Share how you helped your community
or someone in your community!

Thank your adviser today for
National FCS Education Day!

Thursday, February 17: Leadership

Share leadership qualities that
you gained from FCCLA!

Friday, February 18: Advocate

Share how you advocate for
FCCLA and your chapter!

MY LOVE OF CHRISTMAS

by Natalie Brabec
VP of Competitive Events



Hey Nebraska FCCLA! I just wanted to let you know a little secret about the State Officer team, one member is an extreme lover of Christmas! Yep, that's me, Natalie Brabec. You could ask anyone on the State Officer team and they would tell you that I have a weird obsession with Christmas. When we first met as a team back in June, I could tell them how many days were till Christmas. So that became something that I would do, at every gathering that the State Officer Team was at I would tell them how many days until Christmas. I get asked all of the time where I get all of the Christmas cheer that I always have and to be really honest I have no clue. I started listening to Christmas music in July of this year. The event that prompted me to listen to Christmas music this early was Christmas in July on the Hallmark Channel. Even though about every movie on that channel is about the same, they are still great movies. At the November State officer Team meeting we were talking about Halloween and what everyone was excited about for Thanksgiving. When it was my turn to talk, I told everyone that my Christmas tree was put up in my room instead of talking about Halloween and Thanksgiving. Now it is finally Christmas time and I am now not a crazy person who always talks about Christmas before Thanksgiving. I am soaking up everything that Christmas has to offer including family time, the real meaning of Christmas, and how good Christmas music is to jam out in the car too.

Family is something that is very important to me throughout the whole year but around the holidays, especially during the Christmas season, family is most important. On one side of my family, I have 25 cousins, so trying to get together is hard for us because we are all so busy. So whenever we are able to get together, it is so much fun to spend time with everyone and just be together. But on the other side of my family, I only have one cousin. Yep, my family is on extremely different sides of the family spectrum. Just because I only have one cousin on the other side of my family doesn't mean that it makes getting together any easier. So we do like everyone else, we cherish every moment we get to spend together over the holidays.

In the words of the Grinch, "Maybe Christmas" he thought, 'doesn't come from a store. Maybe Christmas perhaps, means a little bit more." I believe that this quote is something that many people think all Christmas is about, making sure that everyone has the right Christmas present or making sure that their house has the best decorations. To me, that is not at all about what Christmas is about. I hope that everyone has seen the Grinch movie (if you haven't you should go watch it) so everybody knows the story about how the Grinch thought that stealing everyone's things in Whoville will take away their Christmas, but in reality, all of Christmas is not at all about the things that are given but the feeling about Christmas and bringing everyone together.

Technically the official date to play Christmas and to start preparing for Christmas is December 1st. But for the people who know me best, know that I started listening to Christmas music in July of this year (don't worry, I didn't listen to Christmas music only from July until now). Everyone told me that I was crazy and that I was an extreme Christmas lover. I did not disagree with any person who told me that because I know that listening to Christmas music that early is very crazy. There are a couple of reasons why I started listening to Christmas music that early. The first reason why I started listening to Christmas music was that Christmas music in general just gives me this sort of feeling that makes me feel warm and cozy inside. Christmas music also helps me when I just need a quick pick-me-up on a tough day. I don't know about anybody else, but I am the sort of person who loves to jam out to music in my car all of the time. Most Christmas songs are a great way to do that.

Christmas is a great time to soak up as much time with family and friends as possible, learning that Christmas is not all about the presents and that Christmas music is the best to jam out to in the car.

Chapter Spotlight **Cross County**



Cross County FCCLA members focused on thanking veterans and service members during the month of November. Members baked 150 muffins for the community Veterans Day program. Additionally, members 2 dozen thank you notes for active service members.

IT'S AWARDS SEASON!

- [2021-2022 Nebraska FCCLA Awards Guide](#)
- [Awards Planning Document](#)



Learn more about Awards on the [Nebraska FCCLA website!](#)

Chapter Spotlight



Howells-Dodge

A couple of our chapter projects this year have included a program on Truck Safety from Teens in the Driver Seat and Face Painting at the Howells Rib Fest,



by Ally
Sedlacek
Secretary

RECAPPING THE ACCOMPLISHMENTS OF NEBRASKA FCCLA IN 2021

Now is a great time to reflect on everything you have accomplished this year. Whether it's making it to state in your favorite sport or activity, making new friends, or even just finishing out the first semester of school. Whatever it may be, give yourself a pat on the back for accomplishing so many things in 2021! Speaking of reflecting on accomplishments, let's reflect on everything Nebraska FCCLA accomplished last year.

This year the Community Leader Team is focusing on the Student Body National Program. To help promote physical and mental wellness, they are encouraging all Nebraska FCCLA chapters to participate in the Virtual Fitness Challenge. Not only does the Community Leader Team have a challenge for you, but so does the Career Leader Team. The Career Leader Team's outreach project this year is focused on the importance of saving change that you randomly find or you get at a store. They are challenging every chapter in Nebraska to set up a jar and put all the loose change you have into that jar. At the end of the challenge, the chapter who has the most change saved up will be recognized and receive a prize at the Peer Education Conference in February. With the change your chapters saves up, you can either donate it to Nebraska FCCLA or an organization of your choice. You can even keep it for your own chapter! These two challenges are great ways to become involved and you even have the chance to be recognized. Now wouldn't that be a pretty cool accomplishment?

The State Officer Team has been working hard to increase membership from last year. Because of COVID-19, last year's membership was not our highest. As of January 15, Nebraska FCCLA has 2,684 affiliated members in 94 chapters. This is a pretty awesome accomplishment so far, and we want to say thank you to all of our members and advisers for helping the State Officer Team reach their goal of increasing membership by 15%. The team is on the way to reaching this goal - but we will need your sustained efforts to help us get there!

Capitol Leadership was a two-day event back in the month of November. This was an opportunity for members to learn more about advocating for FCCLA and family consumer sciences education as a whole. Members from all over the country met in Washington D.C. and received advocacy training and had the opportunity to meet with their state senators and representatives on Capitol Hill. Kearney and Alliance chapters met with Deb Fisher's and Ben Sasse's staffers over zoom, and four State Officers met in-person with Representative Adrian Smith. We applaud all of you who advocated for FCCLA and Family and Consumer Sciences Education.

All in all, everyone has something they can be proud of this year. Nebraska FCCLA members never cease to show up and stand out with all of the hard work and effort they put into their projects, their communities, and the organization in general. Congratulations and keep up the fantastic work!

Skill Demonstration Event Winners

- Emma Wubben - 1st place, Consumer Math Challenge
- Abby Anderson - 1st place, Fashion Construction & Design Challenge
- Sydney Redden - 1st place, Interior Design Challenge
- Lily Rafteseth - 1st place, Interior Design Sketch
- Audrey Anderson - 1st place, Interviewing Skills
- Alondra Vega - 2nd place, Early Childhood Challenge
- Harrison Koehn - 2nd place in Toys that Teach
- Alexis Hamik - 2nd place, Fashion Construction & Design Challenge
- Kailee Shreve - 2nd place, Nutrition Challenge
- Jacie Ambrose - 2nd place, Nutrition Challenge
- Ava Cramer - 2nd place, Pastry Arts Technical Decorating Skills
- Amanda Fylstra - 2nd place, Pastry Arts Technical Decorating Skills
- Angela Lopez - 3rd place, Culinary Food Art
- Marivel Nyberg - 3rd place, FCCLA Creed Speaking & Interpretation
- Christopher Hernandez - 3rd place, Hospitality, Tourism, & Recreation Challenge
- Abigail Hirschman - 3rd place, Nutrition Challenge

COMMUNITY SERVICE

by Milli Ciprian
VP of Programs

Learn: Members learn to assess their community's needs by exploring different methods of evaluation. Along with that, they learn more about their values, ethics, and decision making.

Lead: Members take on projects that help improve their community and their leadership skills, which are then taken onto the workplace and personal lives.

Serve: Members gain experience in serving their community while learning the importance of community partnerships and advocacy play in the role of community success.

This month's National Program highlight is on Community Service! There are countless opportunities during this time. There are opportunities for donating gifts, serving dinners, connecting with locals, and so many more. Do not let the absence of a major holiday discourage you from doing community service, though. People in need are in need all year round, not just around the holidays! FCCLA offers the National Program Community Service in order to encourage chapters and members to take part in opportunities to help better your community.

- Project Ideas
 - Community trash pick up
 - Community fundraiser for gifts for families in need
 - Serving meals on Christmas
 - Organize a local food pantry
 - Make thank you cards for local help
 - Shovel driveways for those who cannot do it themselves
- Other Award Opportunities with Community Service
 - CommYOUity Service Award
 - Community ServUS Award

Community Service is a great opportunity to make a positive impact on your own community and encourage others to take part in it as well. 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. The opportunities are endless with National Programs!

2021 SPRING CHALLENGE WINNER

Howells-Dodge FCCLA

\$10,000 was presented to Howells-Dodge Elementary from Lead4Change to promote childhood literacy. The chapter's winning project completed last spring was the SLC Service Project - Literature for Littles.

LEAD4CHANGE
STUDENT LEADERSHIP PROGRAM



DON'T FORGET...

SPOT Capture the Action & Outreach Project applications are due February 15!
Find the applications at: <http://www.nebraskafcccla.org/programs/peer-education/>

Registration for the Peer Education Conference is OPEN! Learn more about the conference and register at:
<http://www.nebraskafcccla.org/events/peer-education-conference/>

Chapter Spotlight

Crete



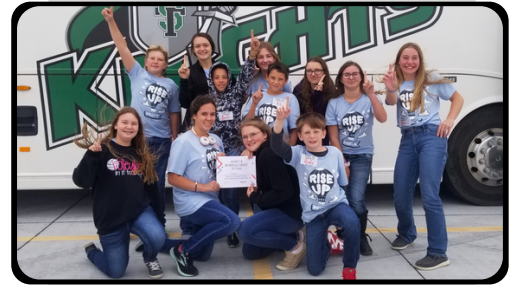
On November 13th, Crete FCCLA hosted our first Family Fun Event at the Crete Elementary School. A total of 77 people attended with students and families from K-5. As part of our event, 95 cans of food and other nonperishable items were donated to our Chapter. Our Chapter donated the items to the Food Bank of Lincoln as part of the Family First National Program. At the event, students could bounce on bounce houses, make play dough from scratch, decorate cookies, and enjoy many more games. The students could earn prizes at the strategic games and even compete in a relay race.



CHAPTER OF THE MONTH

Thedford FCCLA

Since the beginning of the 2021-2022 school year, the Thedford FCCLA Chapter has shown their drive to Make It Count by Rising Up to show others what it means to be an FCCLA member. The Thedford FCCLA chapter, that is a majority of new members, is working hard to be leaders both in our school and within our community. We have attended the Nebraska Fall Leadership Workshop, our District Leadership Conference - where our team placed first in the Infomercial competition, have held many meetings, hosted a fundraiser in partnership with the Thedford Area Community Foundation where we babysat for families who attended the annual banquet. Though we are a small chapter, we are proving to be mighty!



MEMBER OF THE MONTH



Gia Balli-Avelar, Crete FCCLA

Gia is a great leader in the Crete FCCLA chapter. As our president, she takes on extra responsibilities and even cheers on other chapters during district events! Way to go Gia!



CHAPTER

OF THE MONTH

December



Howells-Dodge FCCLA

The Howells-Dodge FCCLA Chapter has been involved in several projects and activities that have contributed to our school, community and state. Activities and projects that our chapter has been involved in this school year included hosting a Spaghetti Supper to welcome our new members in August, having Teens in the Driver Seat bring their big rig to our school to give a program on Truck Safety, sponsoring a 5K Rib Run, doing free Face Painting at our community Rib Fest, picking up litter for our Adopt-A-Highway project, working in concession stands, recycling paper in our school, doing seat belt checks in our school parking lot, conducting our frozen food fundraiser, sponsoring a food drive to benefit families in need in our community, assisting at the Winter Festival in Dodge, sending cards to our Adopted Grandparents on holidays, answering 150 letters to Santa from children in the community, and providing a free day of babysitting for families in the community on. We also recently received awards from Keep Nebraska Beautiful for our recycling activities and our litter pick-up projects in our school and community.



MEMBER

OF THE MONTH

Brady Lund, Howells-Dodge FCCLA

Brady Lund is the President of the Howells-Dodge FCCLA Chapter and he has been an outstanding leader since he was installed as President. Throughout the summer, he assisted at all FCCLA activities. During the school year, he has helped plan, organize and carry out a number of FCCLA activities including our chapter meetings, the "Respect the Rig" program sponsored by Teens in the Driver Seat, Adopt-A-Highway Clean-up, our Frozen Food Fundraiser, answering Letters to Santa, and our Babysitting Service in December. Brady is conscientious, responsible, cooperative, and gets along well with everyone. He is a great advocate for FCCLA and has encouraged several new members to join our chapter.



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.



Chelsey Greene

State Adviser

chelsey.greene@nebraska.gov
(531) 207-3104

Tracy Way

FCS Career Field Specialist

tracy.way@nebraska.gov
(402) 937-5095

Nebraska FCCLA | PO Box 95167 | Lincoln, Nebraska 68509