



THE POWER OF  
**YOU**

# FALL LEADERSHIP RALLY

The Ultimate Leadership Experience

September 29 & 30, 2019

Fairmont Hot Springs





The 2019-2020 State Executive Council would like to invite you to Fairmont Hot Springs, September 29 and 30, 2019, to uncover the Power of You. *Members* will become stronger chapter leaders with the tools, knowledge and desire to exhibit characteristics of leadership chapters. They will learn techniques to engage their peers, effectively lead meetings, develop and implement programs of work and much more. *Advisers* will start the year off feeling confident and invigorated as they learn about the national programs, share best practices for managing a chapter, identify ways to conduct competitive events and more.

## WHO SHOULD ATTEND?

CHAPTER LEADERS	CHAPTER OFFICER	PEER LEADERS	DISTRICT OFFICERS	CHAPTER ADVISER
Build confidence as a leader as you reach your potential while learning more about FCCLA and enhancing your team building skills.	Improve your ability to use your personal brand to get results for your chapter, motivate members, and effectively run meetings.	Students will receive hands-on resources to lead their peers in developing a program for the State Outreach Project.	Receive hands-on training designed to help strengthen your role as an officer and plan your district meeting.	Kick off a great year while learning about programming: State Outreach Project, SLC, competitive events, and so much more!
Up to 2 per chapter Grades 8-10 preferred	Up to 2 per chapter Grades 10-12 preferred	Up to 1 per chapter Grades 10-12 preferred	All current district officers Register for multiple tracks	All advisers



# KEYNOTE SPEAKER: NATHON TAYLOR



Nathon Taylor is a Senior at Utah State University studying Family and Consumer Sciences Education with a Community Based Emphasis and a former State and National FCCLA officer. Nathon currently serves on the FCCLA Leadership Training Team, and continues to be involved with FCCLA in many different ways. Nathon's keynote will discuss the challenges of growing up outside of the "in-group" and how our experiences in middle and high school are merely a part of us - not a defining feature. How can you take charge of your story, and become the you you were always meant to be?





# SCHEDULE OF EVENTS

## SUNDAY, SEPTEMBER 29

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- 2:00-2:30      Registration
  
- 2:30-3:00      Montana FCCLA: Power of YOU  
                     By MT FCCLA State Executive Council  
                     This get-up and move session will have you meeting FCCLA members from throughout Montana while exploring how FCCLA inspires members to launch into the Ultimate Leadership Experience by participating in 2019-2020 programming.
  
- 3:00-4:25      Montana FCCLA: The Ultimate Leadership Experience  
                     By MT FCCLA State Executive Council  
                     Information packed round tables will keep you engaged while providing important FCCLA updates and the tools to disseminate information to your chapters.  
                     Japanese Exchange - Elle Buhl, VP of Finance  
                     Public Relations - Sabrina Hahn, VP of Public Relations  
                     FACTS - Ben Costin, President  
                     Career Connection - Jordan Cookman, VP of Programs  
                     Membership - Jenna Paul, VP of Membership  
                     Say YES to FCS - Jasmine McClure, First Vice President  
                     Running for National Office - Hunter Moore, Second Vice President/VP of Parliamentary Law  
                     Student Body - RaiLeigh Strommen VP of Community Outreach  
                     STAR Events - Elizabeth Hamilton, First Vice President
  
- 4:25-4:35      Break
  
- 4:35-5:15      Impacting Wellbeing  
                     This session will provide guidance for brainstorming and planning your chapter's State Outreach Project.
  
- 5:15-6:15      District Team Building  
                     Enjoy all the outdoor activities offered by Fairmont Hot Springs as a district!
  
- 6:15-7:15      Dinner
  
- 6:45-7:15      Keynote Speaker: Nathon Taylor
  
- 7:15-7:30      Break
  
- 7:30-9:00      Competitive Events and Service Project  
                     Members will have an opportunity to be drafted to a team for Knowledge Bowl, compete in a Skill Demonstration Event, or volunteer as a student evaluator. All students will have the chance to stop by the Service Project tables and participate in the creation of Care Kits, a project aimed to benefit nonprofits in Silverbow and Gallatin counties. The competitive events offered will be as follows:



- FCCLA Creed Speaking & Interpretation
- Impromptu Speaking
- Culinary Knife Skills

\*\*See the Competitive Events section on page 8 for more information.





# SCHEDULE OF EVENTS

## MONDAY, SEPTEMBER 30

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- 8:00-8:45 Resilient You: Positively Impacting Wellbeing in Your Community  
*By Whitney Whittecar, MT FCCLA State Director*
- 9:00-9:30 Breakout Sessions for the Chapter Leaders, Chapter Officers, and Peer Leader Tracks
- 9:35-10:05 Breakout Sessions for the Chapter Leaders, Chapter Officers, and Peer Leader Tracks
- 10:05-10:45 Break  
Light refreshments will be provided. Chapters may wish to utilize this time to check out of their hotel rooms. .
- 10:45-11:15 Breakout Sessions for the Chapter Leaders, Chapter Officers, and Peer Leader Tracks
- 11:20-11:50 Breakout Sessions for the Chapter Leaders, Chapter Officers, and Peer Leader Tracks
- 12:00-1:15 Lunch: Fuel Your Power  
Chapters will have the chance to brainstorm and share ideas for the State Outreach Project. Information regarding the 2019-2020 Statewide fundraiser with Bequet Confections will also be presented.
- 1:20-2:10 Power of FCCLA  
Choose to attend one of five mini workshops that encompass FCCLA, including FCCLA 101, fundraising, running for State Office and more! These interactive sessions will spark ideas to showcase the power of FCCLA within your own chapters.
- 2:15-3:00 Closing Session  
*By State Leadership Team and State Executive Council*  
Wrap up the day's activities and watch the Knowledge Bowl Championship!





# CHAPTER ADVISER AGENDA

## SUNDAY, SEPTEMBER 29

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- 2:00-2:30      Registration
- 2:30-4:35      Montana FCCLA: Power of YOU  
With chapter members. See Schedule of Events for details.
- 4:35-5:15      Impacting Wellbeing  
This session will provide guidance for brainstorming and planning your chapter's State Outreach Project.
- 5:15-6:15      District Team Building  
Enjoy all the outdoor activities offered by Fairmont Hot Springs as a district! Help your chapter members build relationships while connecting with other advisers.
- 6:15-7:30      Dinner and Keynote Speaker, Nathon Taylor
- 7:30-9:00      Competitive Events and Service Project  
Members will have an opportunity to be drafted to a team for Knowledge Bowl, compete in a Skill Demonstration Event, or volunteer as a student evaluator. Adult evaluators are needed! For more details, see the Competitive Events Section on page 8 for more information. :
- 9:10-10:00     New Adviser Check-In & Mentor Program Meet and Greet  
All advisers with 0-5 years of experience are invited to join in the State Leadership Team for additional support and resources. Advisers participating in the mentor program will be introduced

## MONDAY, SEPTEMBER 30

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- 8:00-8:45      Resilient You: Positively Impacting Wellbeing in Your Community  
By Whitney Whittecar, State Director
- 9:00-10:05     Breakout Sessions for Chapter Advisers
- 10:05-10:45    Break  
Light refreshments will be provided. Chapters may wish to utilize this time to check out of their hotel rooms. .
- 10:45-11:15    Breakout Sessions Chapter Advisers
- 12:00-1:15     Lunch: Fuel Your Power  
Chapters will have the chance to brainstorm and share ideas for the State Outreach Project, Information regarding the 2019-2020 Statewide fundraiser with Bequet Confections will also be presented.
- 1:20-2:10      Power of FCCLA  
Choose to attend one of five mini workshops that encompass FCCLA, including FCCLA 101, fundraising, running for State Office and more! These interactive sessions will spark ideas to showcase the power of FCCLA within your own chapters.
- 2:15-3:00      Closing Session  
*By State Leadership Team and State Executive Council*  
Wrap up the day's activities and watch the Knowledge Bowl Championship!



# REGISTRATION

## NEW!

Attendees will have the opportunity to experience Competitive Events in a fun setting! The top scorers in each category will receive a prize. Be sure to check out the event descriptions on page 8!

## DUE

Due September 15, 2019

No late registrations accepted.

Space is limited and based on a first-come, first-served basis.

## FEE

\$55 per attendee; regardless of track \*\*Includes a t-shirt, event materials, dinner Sunday, breaks and lunch on Monday. Breakfast will not be provided on Monday.

Without the support of HB 86 funds subsidizing the registration fee, this event would be over \$150 per person.

## HOW

Register online.

Username: Chapter ID, Password: Chapter ID

All participants must be registered online before the deadline.

Onsite registration will not be offered.

Contact Whitney if you need help with your username or password!



## PAYMENT

Invoices are immediately available in the registration system.

Montana FCCLA will be accepting credit cards as payment during registration.

Make checks payable to "Montana FCCLA" and mail them directly to:

Connie Dempster, Bookkeeper, Box 20996, Billings, MT 59104

Payment must be made or a purchase order on file before attending the Leadership Rally.

## POLICIES

- Space is limited and based on a first-come, first served basis.
- Chaperone policy: 1 adult per 8 students
- Affiliated member: Attendees do not need to be affiliated members before attending; however it is highly encouraged.
- Cancellation: Refunds are not available for cancellations. Substitutions may be made online until September 16.
- Code of Conduct: Advisers are responsible for collecting signed Code of Conduct forms (available at [www.mtfccla.org](http://www.mtfccla.org)) for each attendee.
- Attendees: A chapter may send up to 2 members for the Chapter Leader Track + up to 2 members for the Chapter Officer Track + 1 Peer Leader + any district officers (including State Officer) and the adviser.
- Competitive Events: A chapter may register members for a Skill Demonstration Event, Knowledge Bowl or Student Evaluator. Advisers are needed for evaluator and event room host roles. See page 8 for more information on competitive event capacity limitations.

## DRESS CODE

- The Montana FCCLA dress code must be followed. Students: Red, white or black polo or oxford shirt; may include FCCLA logo. Chapter polo's in the school colors may be worn if they have a collar and the FCCLA emblem.
- NEW! All attendees are encouraged to wear their Leadership Rally t-shirt on Monday!
- Black or khaki slacks or skirts that are two inches above the knee.
- Nice shoes.
- Adults: Business casual or student dress code.

## LODGING

- Fairmont Hot Springs, 800.332.3272
- Cost: \$115+tax
- A few rooms have been reserved for Sat. and Mon. nights to accommodate early and late travelers.
- Use Group ID 23011 to reserve within the MT FCCLA room block. The room block ends 9/13/19.





# COMPETITIVE EVENTS

## FCCLA CREED SPEAKING & INTERPRETATION

FCCLA Creed Speaking & Interpretation, an individual event, recognizes members for their ability to recite the FCCLA creed and interpret it within the context of their personal philosophy. This event provides an opportunity for members to gain self-confidence in public speaking while learning the values and philosophy expressed by the organization in which they hold membership.

### CAREER CLUSTERS

Arts, A/V Technology and Communications  
Human Services

### ELIGIBILITY

- Each chapter may submit up to two (2) entries in this event. Entries at participating at the Fall Leadership Rally will be available on a first come, first served basis. The number of entries will be limited to 35 entries total, due to space limitations at the conference facility.
- Participation is open to any Montana FCCLA member through grade 12.
- Participants must be registered to attend the Fall Leadership Rally.

### PROCEDURES & TIME REQUIREMENTS

Participants must attend an event orientation session where they will:

- be given a brief overview of the event
- draw an identification number indicating the order of participation
- review time schedule

1. At the designated time, participants will arrive in the orientation/holding space until their assigned presentation time and following presentation may not return to the holding space.
2. Participants may not bring reference materials for use in the holding space.
3. At the designated time, an event volunteer will introduce each participant by name only. The participant may not offer introductory remarks or concluding remarks. The participant will greet or thank the evaluators and shake their hands either before or after their event presentation.
4. The individual participant will recite the creed from memory to the evaluators. There is a maximum of 2 minutes for the creed presentation. Once the participant has begun reciting the creed, he/she may not stop and start over.
5. Participants may not use note cards. No other presentation elements such as music or visuals are allowed.
6. At the conclusion of the creed presentation, the evaluators will ask the participant to answer three (3) questions concerning the meaning of the creed and how the creed fits the participant's personal philosophy. There will be a 3-minute time limit for questions and answers.
7. Evaluators will score and write comments for each entry for approximately 5 minutes. The decision of the evaluators is final.
8. Total time required for participation in this event is approximately 10 minutes.





# COMPETITIVE EVENTS

## FCCLA CREED SPEAKING & INTERPRETATION, CONTINUED

### GENERAL INFORMATION

- No additional set-up is provided.
- Spectators are not allowed.
- Participants are not allowed to discuss the event with other participants. Doing so will result in disqualification.
- Presentations may not be recorded or photographed, except by the official FCCLA photographer.
- Participants should follow the approved conference dress code for participation in this event.

### SPECIFICATIONS FOR PRESENTATION AND INTERVIEW

- At the designated time, an event volunteer will introduce each participant by number and name only. The participant may not offer introductory remarks or concluding remarks. The participant will greet or thank the evaluators and shake their hands either before or after their event presentation.
- The individual participant will recite the creed from memory to the evaluators. There is a maximum of two (2) minutes for the creed presentation. Once the participant has begun reciting the creed, he/she may not stop and start over. At the conclusion of the creed presentation, the evaluators will ask the participant to answer three (3) questions concerning the meaning of the creed and how the creed fits the participant's personal philosophy. There will be a 3-minute time limit for questions and answers.

## IMPROMPTU SPEAKING

Impromptu Speaking, an individual event, recognizes participants for their ability to address a topic relating to FCCLA and Family and Consumer Sciences without prior preparation. The ability to express one's thoughts in an impromptu situation while maintaining poise, self-confidence, logical organization of point, and conversational speaking are important assets in family, career and community situations.

### CAREER CLUSTERS

Arts, A/V Technology and Communications  
Human Services

### ELIGIBILITY

- Each chapter may submit up to one (1) entry in this event. Entries at participating at the Fall Leadership Rally will be available on a first come, first served basis. The number of entries will be limited to 20 entries total, due to space limitations at the conference facility.
- Participation is open to any Montana FCCLA member through grade 12.
- Participants must be registered to attend the Fall Leadership Rally.

### PROCEDURES AND TIME REQUIREMENTS

Participants must attend an event orientation session where they will:

- be given a brief overview of the event
- draw an identification number indicating the order of participation
- review time schedule





# COMPETITIVE EVENTS

## IMPROMPTU SPEAKING, CONTINUED

1. At the designated time, participants will arrive in the orientation/holding space until their assigned presentation time and following presentation may not return to the holding space.
2. The participant will select a topic. The participant may see the three topics before choosing one to use. The topics will relate to FCCLA purposes, activities, current programs and/or Family and Consumer Sciences topics.
3. Participants may not bring reference materials for use during the 10-minute preparation period.
4. One 4" x 6" card may be used during the preparation and performance. Information may be written on both sides of the note card. The note card must be left with the event coordinator at the conclusion of the oral presentation.
5. An event volunteer will introduce each participant. The participant will introduce the speech topic by title only.
6. Each speech should be 4 minutes in length. A 1-minute warning will be given at 3 minutes. Participants will be asked to stop at 4 minutes.
7. Evaluators will score and write comments for each entry for approximately 5 minutes.
8. Total time required for participation in this event is approximately 20 minutes.

### GENERAL INFORMATION

- A table and lectern will be provided.
- Spectators are not allowed.
- Participants are not allowed to discuss the event with other participants. Doing so will result in disqualification.
- Presentations may not be recorded or photographed, except by an official FCCLA photographer.
- Participants should follow the approved conference dress code for participation in this event.

### SPECIFICATIONS FOR ORAL PRESENTATION

- The oral presentation may be up to 4 minutes in length and is delivered to evaluators. The presentation should be based upon the topic chosen and should not be scripted.





# COMPETITIVE EVENTS

## CULINARY KNIFE SKILLS

Culinary Knife Skills, an individual event, will showcase the best of participants' knife skills. Participants will produce six uniform pieces for each knife cut meeting industry standards and demonstrate proper safety and sanitation procedures.

### CAREER CLUSTERS

Hospitality & Tourism

### ELIGIBILITY

- Each chapter may submit up to two (2) entries in this event. Entries at participating at the Fall Leadership Rally will be available on a first come, first served basis. The number of entries will be limited to 36 entrees total, due to space limitations at the conference facility.
- Participation is open to any Montana FCCLA member who must be or has been enrolled in a foods or culinary arts course
- Participants must be registered to attend the Fall Leadership Rally.

### PROCEDURES & TIME REQUIREMENTS

Participants must attend an event orientation session where they will:

- be given a brief overview of the event
- draw an identification number indicating the order of participation
- review time schedule
- present tools and equipment for an equipment check, including the properly stored (washed, uncut) food items.

1. Participants will bring all necessary tools and equipment for this event, as listed in event specifications. Additional items are not allowed.

2. At the designated time, participants will arrive in the orientation/holding space until their assigned presentation time and following presentation may not return to the holding space.

3. Participants may not bring reference materials for use in the holding room. Participants are allowed to bring required equipment.

4. At the designated time, participants will have 5 minutes to set up the work station, 15 minutes to produce and arrange each of the knife cuts, 5 minutes to clean the work area.

5. Evaluators will score participants as they work and will complete the scoring within the 5-minute clean-up time period.

6. Total event time per rotation is 25 minutes.



# COMPETITIVE EVENTS

## CULINARY KNIFE SKILLS, CONTINUED

### GENERAL INFORMATION

- Table space will be provided. Each participant will have approximately 6' of work space.
- Entries will be scored by industry standards and participants must follow proper sanitation procedures.
- Participants must bring one each of the following vegetables: carrot, potato, onion.
- Spectators are allowed to observe this event, as space allows. Participants may only observe after they have already presented.
- Presentations may not be recorded or photographed, except by an official FCCLA photographer.

### SPECIFICATIONS FOR PRESENTATION

#### Safety and Appearance

- Participants will be well groomed and wear appropriate, clean attire meeting restaurant and hotel industry standards including: chef coat or jacket (school name and logos are permitted); industry pants or commercial uniform; apron; hair covering or chef hat; closed-toe, low heel, non-skid shoes; no jewelry (watches are acceptable); minimal make-up; no cologne or nail polish; facial hair is permitted if appropriate covering is used. Participants will also demonstrate the ability to keep their work area organized and clean in a safe and sanitary manner.

#### Food Production

- Participants may bring only the items listed below to the event. No other equipment will be allowed in the competition site. Additional items will be removed from the participants until after they have finished competing. Participants will demonstrate industry standards in use of equipment, tools, and techniques.

#### Knife Skills/Food Presentation

- The participant will present all food items for evaluation of appearance, temperature and waste at the end of the competition. There will be no extra time allowed to complete preparation or presentation. All work must stop at the time limit. Evaluation will be based on industry standards.

### TOOLS AND EQUIPMENT CHECKLIST

- Vegetable peeler
- Paring knife
- 8" or 10" French knife
- Cutting board and mat
- Parchment paper
- Pen
- Prepared sanitizer
- Towels
- Gloves
- 1/2 sheet pan
- Small compost/waste bucket or bowl
- one each: carrot, onion, and potato