

MONTANA MARKER



*Abby Begger
State President
District V*

PRESIDENT'S MESSAGE

Happy New Year! I know this time of the year can get very chaotic, but I encourage all of you to push through to finish out this FCCLA year strong. We have already had an IncREDible year so far and I can't wait to see what we will accomplish in the final few months of this FCCLA year. I encourage all of you to set some goals for yourself. Whether those goals are to compete at state, conduct a service project in your community, or contact your state legislators about funding for our CTSO. I know all of you are capable of great things this year and I can't wait to watch you be the most IncREDible YOU.

MEET THE STATE DIRECTOR

Greetings! My name is Tracey Eatherton and I am so excited to be a part of Montana FCCLA! Having served as an FCCLA chapter adviser and FCS teacher for 32 years, I have seen the difference that involvement in this organization can make in the lives of students, no matter what level of participation they choose for themselves. One of my favorite things about FCCLA is watching members improve their skills and confidence every time they attend a meeting, participate in a STAR Event or service project, or step up to fulfill a leadership role. In addition to being a chapter adviser, I am also an FCCLA mom, with both of my daughters completing multiple projects and serving in leadership roles at the district and state levels. Since joining Montana FCCLA in October, I've been focused on working with the rest of our leadership team to create a State Leadership Conference experience that will be incREDible and I can't wait to see you there!



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NATIONAL FALL CONFERENCE

By Allana Holderman
Vice President of Competitive Events

On the night of November 11th, 2022, state officers Ellie Fulbright and Allana Holderman traveled to Columbus Ohio for the annual FCCLA National Fall Conference. The duration of the conference was two days, the 12th and the 13th. However, these two days were jam-packed with activities for the two state officers to participate in. On the first day, your VP of Finance and VP of Competitive Events got to network with members from a variety of states, learning new things to bring back to Montana FCCLA. They took part in State Officer Training with Leadership Training Team Members Bridgette Nelson and Amitoj Kaur. The LTTs taught the state officers the importance of the decisions you make on a team and how they can impact others, as well as setting goals for their own national networks. Later that evening, they attended the opening ceremony, engaged with National Executive Council members, and represented the state of Montana with pride. On the second day, Ellie and Allana attended several different workshops that talked about mental health and the importance of mindfulness, diversity and inclusion, and so many others. Your SEC members even attended different career pathway panels to help expand their FCCLA knowledge and how it can relate to the different jobs they want to go into. Closing session was a success for the two officers as they heard from Sarah J Wells, an Olympic 400 meter hurdler, speak about how you can overcome failures, and took notes on loads of good things to bring back to the State Leadership Conference in March.



Allana Holderman &
Ellie Fulbright attending
National Fall Conference in
Columbus, OH.



**PLAN TO ATTEND
NATIONAL FALL
CONFERENCE IN 2023!**

Birmingham, AL

November 10 - 12

incredible
FCCLA

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Mental health is an important key to living a healthy life. Mental health branches off into three categories: cognitive health, emotional health, and behavioral health. Then, those branch into multiple subcategories including depression, anxiety, eating disorders, PTSD, and so many others. Every state has been affected by a combination of these illnesses due to many different factors. In fact, Montana is in the top 20 states with the highest mental health illnesses; depression being the biggest. Montana has a high rate of depression during the winter months due to the lack of Vitamin D (sunlight). There are activities we have found to help increase our serotonin levels, ultimately helping our mental health. Below is a list of activities you can try to help improve your mental health during this winter and even throughout the entirety of the year!

MENTAL HEALTH MATTERS

By Carey Hansen, First Vice President

- Eat Well
 - Make sure you eat regularly- food gives you fuel that your body needs, so skipping a meal causes fatigue and lack of energy.
 - Drink plenty of water and stay hydrated.
 - Avoid drinking too much caffeine.
 - Watch sugar intake.
 - Don't drink alcohol, especially to cover up feelings.
- Exercise
 - Exercise regularly for at least 30 minutes- it can be every day or just three or four days a week.
 - Find an activity that you like: playing sports, skiing, snowboarding, running, hiking/exploring, etc.
 - Find a friend or family member to exercise with to make it fun.
- Get Enough Sleep
 - Don't exercise too close to bedtime as you are creating energy that will keep you up.
 - Avoid big meals and caffeine before bed.
 - Create a good sleeping aura- dark, quiet, cool room and add essential oils, diffusers, or anything else that makes you feel comfortable.
 - Find a quiet activity before bed time: reading, puzzles, etc.
 - Follow a specific bedtime routine daily.
 - Only use your bedroom for sleep- find a different place for eating, watching tv, and working.
 - Avoid naps during the day if you didn't have a good night sleep.
 - Avoid sleeping pills.

Now you know a few things to help with mental health, and remember that you can always reach out for help if you need it. There are resources for you at any time, whether it is a friend or family member, a school counselor, or even a therapist.

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STAR EVENTS Ideas, Tips, & More!

By Claire Bucklin, Vice President of Public Relations

Do you want to compete this summer at the National Leadership Conference in Denver, Colorado? Do you like meeting people with the same interests? Are you looking for a fun way to develop leadership skills? Say no more, ladies and gentlemen. Star Events fulfill all of those requirements.

Star Events are a great way to express yourself and give you the boundaries and opportunities to have a friendly competition with people from the state and around the country. There is a Star Event for everybody, no matter your interest. Every year, aspiring future leaders participate in more than 30 different events, ranging from cooking, fashion and design, leadership, entrepreneurship, portfolios in review, reuse and redesign, and so much more. When I first joined FCCLA, I hesitated to participate in Star Events. Then my advisor came up to me and suggested that I try Sports Nutrition because I am interested in sports. I loved it, and here I am, two years later, a state officer giving people ideas and tips for Star Events.

After a year of experience under my belt, I have a couple of tips for those who are considering Star Events. 1. Put the work in early so that you can enjoy the ride later. Working at the last minute isn't fun. If you start now and put the work in early, good things will come out in the end. 2. Find something that interests you. Finding something you enjoy reframes the project, making it something to look forward to doing. Remember, FCCLA isn't a job. It's something fun to do with your friends. 3. Enjoy the journey. Everyone trying to create a project is focused on the end goal of making it to Nationals. The best part is the steps leading up to it and the satisfaction from all the hard work you did to prepare.

Star Events are for everybody. You should just do it! I'm excited to see all the wonderful things everyone will have done when we meet for the State Leadership Conference. Good Luck!



Montana FCCLA members competing in STAR Events at National Leadership Conference this summer in San Diego, CA.



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incredible
SERVICE

YOUTH SERVICE DAY

January, 16th 2023

Apply for a \$200 grant to carry out your
January 16th Youth Service Day Project.

For more information visit

<https://mtfccla.org/community-outreach/state-outreach-projects/>

COMMUNITY SERVICE IDEAS

By Mariska Fulton, Vice President of Programs

Community service helps you get your organization out to your community. In order to find good community service project ideas, you need to find a need. Brainstorm ideas of what is needed for your community. Ask around your community to discover the needs of your community. Some places that are good to ask and might need help in your community are your local library, businesses, the hospital, and community members. Once you have gathered some ideas of what your community is in need of, you need to get with your chapter and evaluate what is reasonable and what is the most precedence for your community.

However, finding community service ideas will vary from community to community. You can always ask your friends that live elsewhere to help you brainstorm for ideas. You need to form a plan in order to enact your idea to its full potential. When your community service is all done, make sure you evaluate your work so that if your chapter wants to do it again you can know what went well and what didn't go as well.

My chapter has done many service projects throughout the community. We have made stocking for the nursing home so they can hang it on their doors for Christmas time. My chapter has offered a fun environment for children to hang out during parent teacher conferences, we provided games and fun activities. We help our local PTSA with their annual carnival and we help them walk the kids to school on walk to school day. We are currently working on helping our library make book bags for children and adults so they don't have to carry their books without a bag.

These are some of the community service projects that we do throughout our community. Don't forget to put your name out there and make it known to the community that you are willing to help. Find community service projects that will benefit your community positively.

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Mrs. Perkins

Powell County High School



What made you decide to be an FCS teacher/advisor?

"I had just finished my business and special education degree and the school had the fcs job open, so it kind of just happened. My background and previous experiences fit well for me to take the job on a provisional."

Were you in FCCLA– if so, how many years and did you do a STAR event, did you hold offices?

"I was in FCCLA for 2 years, under Mrs. Peabody. I was one of those kids that was all in to FFA and didn't think I had time to do both FCCLA and FFA. My last two years of high school I decided to join. I don't think I was an officer, but I do remember doing the chapter scrapbook for state one year. I assume that event is now called Chapter in Review portfolio, or maybe they both existed but the scrapbook is no longer an event."

Mrs. Osksa

Plentywood High School

What made you decide to be an FCS teacher/advisor?

"I stepped into the role of advisor to keep the program going in our school. There would not have been any FCS classes if I hadn't moved from 1st grade after 34 years."

What is your favorite part of FCCLA?

"My favorite part of FCCLA is developing future leaders and stepping back and watching members gain confidence."

Were you in FCCLA? If so, how many years? Did you do a STAR event? Did you hold any offices?

I was an FHA member at Wibaux County High School as well as a district officer.



ADVISER SPOTLIGHT

Every adviser is an essential part of members' success within FCCLA. They provide leadership so their students can reach their highest potential. Advisers dedicate a lot of their time to FCCLA, and it is important to recognize them. Thank you to ALL Montana FCCLA Chapter Advisers who help to make our dreams a reality!



Ms. Diehl

Ennis High School

How long have you been an advisor and how many schools have you been an advisor to?

Ms. Diehl has been an advisor at one school, Ennis Schools. She has been advising in Ennis for eleven years!

What made you decide to be an FCS teacher/advisor?

She wanted to teach nutrition to high school students but didn't realize what FCS was until college.

What is your favorite part of FCCLA?

Mrs. Diehl says that seeing students work through projects that they think are challenging and seeing them find success is the best part of FCCLA.

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FALL LEADERSHIP KICKOFF 2023

Around the State



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A NOTE FROM BERNARDO

Hello Montana FCCLA!

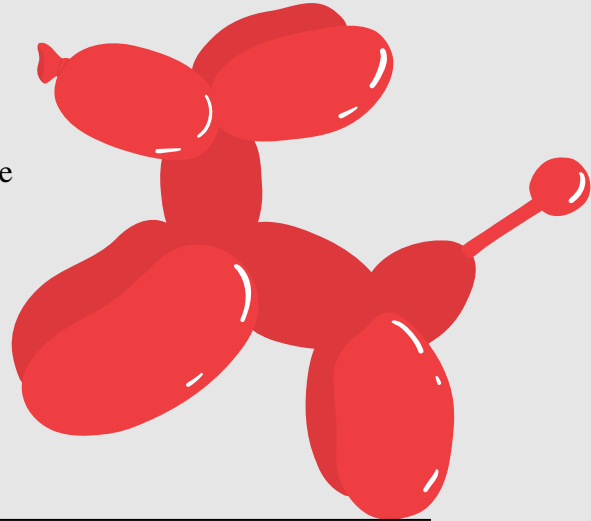
It's been a while since we last chatted, and I've been busy! I visited Columbus, Ohio for the National Fall Conference, and I had the opportunity to take pictures with the National Executive Council. There, I helped put Montana on the map! People would come up to me as the "mascot from Montana" and take pictures with me!

Remember that everything you do and how you interact with people leaves an impression on others. Try and smile at three people this week: not only will it make their day, it will make you feel better!

I also attended the Fall Leadership Kickoff with district 1 and 3/9. It was so good to see some of our Montana members! I can't wait to see the rest of you March 16-17 at the State Leadership Conference in Bozeman! Make sure to follow @nationalfccla @fcclamontana and @bernardo_thegreat for FCCLA updates, and I'll see you soon!

See you soon,

Bernardo the Balloon Dog



SAVE THE DATE

Youth Service Day.....	January 16th
SLC Registration Opens	January 26th
SLC Registration Closes	February 13th
Star Chapter Award Application Due	February 15th
Ultimate Leader Award Application Due	February 15th
Adviser of the Year Award Application Due	February 15th
New Adviser of the Year Award Application Due	February 15th
Spirit of Advising Award Application Due	February 15th
National Program Award Application Due	March 1st
Montana FCCLA Scholarship Applications Due	March 1st
National FCCLA Scholarship Applications Due	March 1st
State Leadership Conference	March 16th - 17th