

# Colorado Comments



Inside This Issue	
Ultimate Leadership Degree	1
Community Service	1
Running State Office?	2
SMART Goals	2
NLC Crossword	3
State Scholarships	4
Advocacy	4
ULC Recap	5
Professionalism On/ Offline	5
Lead2Feed	5
Leadership Institute	6
Leadership Service in Action	6
Competitive Events	7
SLC 2016	8

## The Ultimate Leadership Degree

**Paige Beckman**  
First Vice President



How many hours a day do you spend looking down at your phone while texting, tweeting, pinning, liking, or posting? How many hours a day do you spend looking up, at another person, and conducting a conversation? It is more likely than not that the former is greater than the latter. It is becoming apparent that social media is continually obliterating the personal communication of youth across the country. It is now the norm to look down--compared to the old norm of looking up, making eye contact, and holding a vocal conversation. Luckily for members, we value interpersonal communication and we take pride in the integration of interpersonal communication into the everyday lives of our members.

The criticality of interpersonal communication is serious; without communication skills, ways of expression would be very limited. There are, however, ways to improve your skills. As you attend district FCCLA conferences this year, or even the State Leadership Conference, make an honest effort to meet new people. A way to do this is to turn your phone off and simply say hello to someone. This may be a huge leap out of your comfort zone, but you will gain so much more from a conference, or any occasion, if you communicate with new people. Simply communicating with other people will broaden your comfort zone, and therefore, broaden your communication skills. With broad communication skills, you will then be able to apply them to a multitude of situations, such as interviewing for a job or scholarship, or even presenting your STAR event at the State Leadership Conference.

As the First Vice President of Colorado FCCLA, I want to challenge all members to step out of their comfort zones, and broaden their interpersonal communication skills. Choosing to turn off a phone and talk to a stranger may seem undesirable, however, doing so will only prove to be beneficial. If there are any students across the state of Colorado that can do this, I am confident that they are the members of Colorado FCCLA. Take your leadership to the next degree, rise up out of the conformity of social media and be the leaders in our society.

## Community Service Has No Season

**Kaylee Michael**  
State Representative



Around the holidays people are always in a giving mood and a great way that people do this is with community service. Serving in soup kitchens, shoveling sidewalks when it snows, and helping in food pantries are some ways that people help out during the holiday season. But community service does not only need to happen when around the holidays. Whether it is mowing lawns in the spring and summer, raking leaves in the fall, or shoveling snow in the winter, it always feels great to help out. There are several things that you can do to help your community at any time of the year no matter if you are an indoor or an outdoor person. Some great community service ideas and inspirations are all around you.

Fundraising money for families in need, helping in homeless shelters, and volunteering in nursing homes and hospitals are all great ways to help throughout the year. Cleaning up local and state parks and picking up fishing line and trash around lakes and ponds are all great ways to help in the summer. In the fall you can organize a town wide cleanup by raking leaves, cleaning windows and gutters, and getting everything ready for winter. In the winter you can help people by scraping ice from the windows of the elderly and clearing snow from sidewalks. In the spring you can plant a community garden for people to get fresh produce. Another way to get out and help is by planting a flower garden at a local hospital or nursing home. Community service ideas and inspirations are all around you and with it you can do amazing things.



### Colorado FCCLA

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# Running for State Office?

Miguel Gomez  
VP of Recognition



Are you thinking of running for state office? While running to be a state officer might be hard work, remember the earlier you get started the less stressed you will be. First thing you will have to learn is the FCCLA creed. Know the words by heart. Memorizing the creed can be very difficult and getting started the early is the key.

**We are the Family, Career and Community Leaders of America**  
**We face the future with warm courage and high hope**  
**For we have the clear consciousness of seeking old and precious values**  
**For we are the builders of homes, homes of America's future**  
**Homes where living will be an expression of everything that is good and fair**  
**Homes where truth and love and security and faith will be realities not dreams**  
**We are the Family, Career and Community Leaders of America**  
**We face the future with warm courage and high hope**

You will not want to wait until last minute to write your prop speech. Your prop speech should be the thing that you are most excited about. Make sure to choose something that truly represents you and makes you feel excited to talk about in front of FCCLA Colorado members. Be sure to choose a prop that you can walk around with as you will have to carry it to the conference by yourself to present it. Presenting your prop speech might be hard and you might get nervous as you walk up to the podium but remember you are not alone. Your fellow state officer candidates and the current state officers will be there with you and know what you are going through. If you still feel nervous, remember to breathe in through your nose and out your mouth three times and to take things 10 seconds at a time. If you can get through the next ten seconds, then the you can do anything. Just take it bit by bit and enjoy it because when you look back on it you would wish you could do it again. It will be over in 60 seconds after you get to the podium. Walking back with your prop will be like a walk of victory as you delivered your speech to our members and showed what you have to offer to the organization.

Another presentation you should start preparing for is your two–three minute speech to the interview panel. Think of this as presenting yourself on a more personal level. They only want to see you are and why you want to be a state officer. This is time for you to show who you are and your skills and what you can bring to the organization. The last thing you will have to do is work with your state officer candidates to answer a simple question of how you would deal a situation.

The experience will have you running around nervous but being a state officer will be the best experience you will ever go through as it gives you memories you will never forget and that you will wish you could relive.

# SMART Goals

Brooklynn Bracelin  
VP of Membership



What are you doing this year to reach 212°? What is something you have always dreamed of completing but have never done? People with written goals are 50% more likely to achieve them. Take the extra step and write down your SMART Goal to become one step closer to reaching 212°.

**Specific** (What exactly do you want to achieve? Clear, concise, and tangible)

**Measureable** (How will you know when you have successfully met your goal?)

**Attainable** (What steps will you take to reach your goal?)

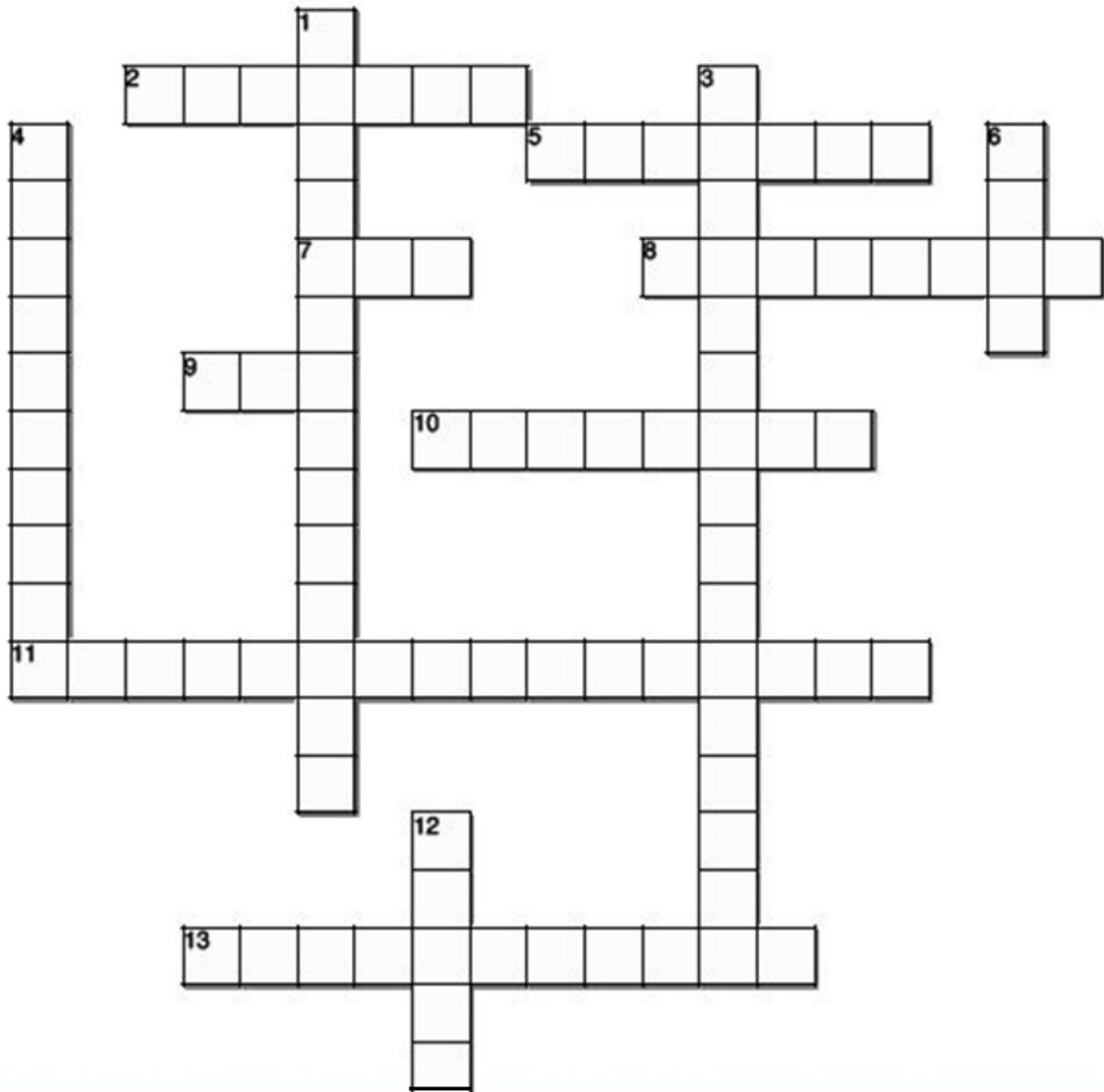
**Realistic** (What about your goal makes it important to you?)

**Timely** (When do you want to achieve your goal? Day, month, and year)

2016

# Brain teaser Time!

Victoria Connor  
Secretary



**Across**

- 2. Symbolizes a servant leader
- 5. National theme
- 7. July 3-7, 2016
- 8. San Diego is home to the original...
- 9. Suggests strength, courage, and determination
- 10. The 2016 National Leadership Conference will be held in...
- 11. Bing Crosby greeted attendees when it opened in 1937
- 13. Balboa Park is home to the...

**Down**

- 1. Ronald Reagan was the first person to travel over this landmark
- 3. Largest wooden structure in the United States
- 4. Students Taking Action with Recognition
- 6. The month that NLC is planned for
- 12. Symbolizes sincerity of purpose and integrity of action

Empower  
White

STAR Events  
Coronado Bridge

San Diego  
NLC

Hotel del Coronado  
SeaWorld

July  
Red

Seaside Racetrack  
San Diego Zoo

# State Scholarships

**Kate Wall**  
VP of Peer Education



The Colorado Association of FCCLA has two scholarships available for our members. The Promise Award and the Leadership Scholarship are worth \$1,000 each and are open to any senior (12th grade) FCCLA member who submits an application and meets the requirements of each scholarship.

The goal of the Promise Award is to recognize one member who is a senior and has displayed the potential to support the FCCLA mission. The receiver of this award should be someone who has been a leader at any level and has been committed to FCCLA during their involvement. This member should also have inspired the other members around them to have the same love and commitment to the organization. The Promise Award application and evaluation materials are made up of a complete Candidate Application and two letters of recommendation, one from the student's adviser and the other from a fellow chapter.



The Leadership Scholarship recognizes an active senior member who displays leadership by holding an officer position at any level in the Colorado FCCLA Organization.

In their applications, applicants should include and focus on how they have been a leader in their position as well as how the opportunity and experience of this leadership has prepared them for and how it will impact them in the future. The application and evaluation criteria for this scholarship consist of a completed Candidate Application, a FaCS/FCCLA experience paragraph, a FCCLA impact paragraph, a resume, an academic transcript, and three letters of recommendation.

For more entry information and application forms go to <http://fccla.cccs.edu/awards-scholarships/>. Applications must be received by the state office by March 1, 2016 to be considered for the scholarships

# It's All About Advocacy

**Carissa Kirschbaum**  
VP of Public Relations



Communication is key to advocacy! You want to give off a positive image of yourself, family, and community! Anyone can see what organizations, pictures, and sports you are into just by liking a page, sharing anything with someone else, or by you writing it down! Advocating for something is saying I strongly like this and think it is good and everyone should try it and be a part of it!

All the state officers advocate for FCCLA! We think FCCLA is a great organization to be a part of! Advocating for something you believe in is just telling everyone about it! So let's help spread the word about something we all find interesting! Advocating can give you a good image or a bad one. In order to keep a good image, you should be careful on what you say

or post because it will somehow be seen by someone higher up. Here are a few things to keep in mind. What would your parents say about it? Do you think people will judge you? Is this used in a good manner? Have fun spreading the word! Advocating for your community is really important because people may get the wrong idea about your community, but in reality it is a nice community!

Always speak highly of your community and be nice to everyone so that way your community will get a better image! Talk about all the fun games and activities your community does if they do them! Make sure you let everyone in the community know what is going on!



**DAY AT THE CAPITOL :: FEBRUARY 9, 2016**

# Recap: Ultimate Leadership Conference

**Coalton Hostetler**  
VP of Finance



How was the Ultimate Leadership Conference? Isn't it new this year? What do you do at this conference? Well the Ultimate Leadership Conference (ULC) was amazing!

The State Executive Council made the decision to combine the Ultimate Membership Day and Fall Leadership Conference to make one big, amazing conference for our members. At the ULC, members participated in roundtables presented by the state officers, workshops from partnering organizations, and received recognition in Skill Demonstration Events. After the first day of those great workshops and roundtables, members spent a night at the Nugget's game as they won against the Portland Trail Blazers.

The roundtables presented by the state officers ranged from FCCLA@theTable to Star Events decisions to helping to taking the extra step to become a leader. We also had the Second Vice President Benjamin Lapp present a workshop about Student Body that he had the opportunity to present at the Dallas Cluster Meeting. Brooklyn Buhre, Kayelani Kirschbaum, and I presented a workshop to the chapter and district officers in attendance at ULC. All of these festivities took place on the University of Colorado Denver, Metropolitan State University of Denver, and Community College of Denver Campus in the heart of the downtown Denver. This one of a kind conference will be back in November 2017!

# Look Professional On and Offline

**Casey Barretero**  
VP of Programs



During the last decade, the internet has become an integral part of everyday life. The world is basically run by technology and it is where we spend most of our time. We especially spend most of your time on social websites trying to keep up with the latest news.

Technology helps us advance as a generation being able to access information in less than a minute compared to when you had to actually go to the library and scan through millions of books to find information.

Of course technology is a huge asset but it can also be risky. In today's society, you can type your name into Google and pictures start popping up. Which is why it is important to keep your social media clean. When creating profiles on social media such as Facebook, Instagram, Twitter; we put so much information about ourselves we fail to realize that people actually see what we post. When you upload a picture or making a status, it can



stay on the internet permanently even after deleting. It is important for your social media websites to be clean. When becoming a state officer, you are required to sign a social contract which means you will be agreeing to keeping your profiles clean without profanity or inappropriate things. This is so when someone looks you up good things will only appear. Also, this is beneficial for when applying for a job and possible scholarships.

As an FCCLA member, we all have future goals that we are working toward. For us to reach these goals, we need to be positive digital citizens and maintain a positive image for FCCLA and to continue the right path toward our goals. Here are some tips to make this as easy as possible. Do not post something you would not want your grandparents to see, think about the short and long term consequences, think twice before you hit the post button, and ask yourself if this was someone else's post/picture what would I actually think.

# Lead2Feed

**Tatianna Media**  
VP of Publications



Lead 2 Feed is a service learning program that helps promote leadership through community service. FCCLA has officially teamed up with this amazing organization to raise money and lend a helping hand! FCCLA will raise money and promote leadership through Lead2Feed, helping advisers and members become the best leaders they can be. So your probably wondering...so how do I get started?

Do not worry! There are several ways your chapter and school can get involved! First you should start with consulting your adviser, share your ideas with them and brainstorm how to involve your chapter. The second thing you should do is let your entire chapter know and let them

help you by working as a team to come up with a strategy and a plan. I suggest using the FCCLA Planning Process to set goals and start your plan. Just by using these first three steps you could be on your way to helping out! Lead2Feed is the perfect way to encourage your chapter to give back and reach the ultimate leadership degree.

**LEAD2FEED**  
STUDENT LEADERSHIP PROGRAM

For more about Lead2Feed and how to get involved follow this link: <http://www.lead2feed.org/supporters/>

# Leadership Institute

**Benjamin Lapp**  
Second Vice President



The Leadership Institute is a fantastic way to fine tune your leadership skills whether it is as a chapter, district or state officer. All affiliated member are encouraged to join and you will be given a state officer to serve as a mentor. If there are any questions, please ask your state officers. When you join the Leadership Institute (LI), you are given one to four years to complete a track, which gives members a great period of time to succeed. During this time, you will have the opportunity to attend the Ultimate Leadership Conference, a district conference, complete a chapter leadership practicum, and complete a program project practicum. In each of these you get first-hand experience in either participating or planning an event for your chapter or district. In the LI you will focus towards the following outcomes:

- ◇ Promote the ultimate leadership experience
- ◇ Gain knowledge and understanding of leadership
- ◇ Cultivate a sense of self-awareness through identifying and developing a leadership vision and style

## What's in it for me?

The Leadership Institute provides officers with tools and resources for them to be successful throughout their term. This includes teaching chapter officer's basic leadership skills, how to manage projects and meetings and how to advocate for FCCLA. As a successful completer of this program you will receive the following:

- ◇ "Certified Officer" Certificate
- ◇ Invitation to the SLC VIP Party
- ◇ Specialty ribbon for SLC Nametag
- ◇ Recognition during the opening session at the Colorado State Leadership Conference

If you are interested in participating the Leadership Institute checkout the Leadership Institute at <http://fccla.cccs.edu/leadership-development/>

# Amp Up Your Chapter

**Brooklyn Buhre**  
State President



**Community service is a great way to Amp Up Your Chapter!**

**Reach 212° with the help of our National Program, Leadership Service in Action!**

## So picking up cans, right?

Kind Of! Instead of just collecting cans, make it into a big project and sell them! You could make a community-wide collection for a cause of your choice and donate the money you earned to that cause! It's a National Program!

**Leadership Service in Action** is an FCCLA National Program that guides students to develop, plan, carry out, and evaluate projects that improve the quality of life in their communities.

Service Learning is a teaching method that combines meaningful service to the community with instruction and reflection to enrich the learning experience, teach civic responsibility, and strengthen communities.

## Project Ideas:

- ◇ Volunteer at an senior citizen's home!
- ◇ Buy groceries for caregivers of special needs!
- ◇ Put together care package for the homeless!
- ◇ Go perform/mingle with the hospitalized!
- ◇ Collect/buy teddy bears for children!
- ◇ Play with animals at an animal shelter!



**SHARE OUR STRENGTH**  
NO KID HUNGRY



# One Difference: Competitive Events

Sydney Mayer  
VP of Events



Are you getting excited for the Colorado FCCLA State Leadership Conference? I know I am! I also know that when I was competing in an event at SLC my first two years, I was super nervous. Both in figuring out what I was doing with my project before SLC and definitely at SLC when I went to present. So here are some tips that will help you prepare for state and be your best that weekend. Good luck! I can't wait to see you at SLC, hear about your amazing projects, and see you succeed!

## THE VP OF EVENTS' TIPS FOR EVENTS!

### Before SLC:

Read the rubric. Highlight the rubric. Talk the rubric through with your adviser. Everything that you need to be successful in your event is written on those pieces of paper. Aim for that top column. Make sure that you know it inside and out and that your project has everything that it needs. When your project is done, **check the rubric again!** Use the website! The Colorado FCCLA Competitive Events webpage was updated this year to include a bunch of new resources to help members and advisers as they complete their events. Make sure to check out the example video links to see a filmed example of your project. Don't forget to watch the Event Orientation Video and fill out the attendance form. It will be have important information for your event and help get you excited for state!

**Stay organized.** I always kept a separate folder just for my FCCLA project. That way everything is in that one place and you will never be searching for one sheet of paper the week before state. Start your planning process early. It may seem like something you just need to get out of the way, but it really can help you structure your project and figure out what needs to get done. You can always make edits to it later but having something there will help you put your project into perspective. Make sure to use visuals throughout your presentation. It helps to enhance your presentation and break up the words in your speech so your judges will understand what you are saying. Also make sure that anything written has no spelling or grammatical errors by having someone review it.

**PRACTICE, PRACTICE, PRACTICE!!!!** I know it gets repetitive, but every time that you run your presentation, it gets better and you get more comfortable with it. One year at state, my adviser made me run my presentation while the fire alarm was going off because she says it was good to practice with distractions! You don't need to go that far but if you want to do anything to make your project better and you more comfortable, PRACTICE!



### At SLC:

**PRACTICE.** I know this was in the other section but knowing your speech will make the biggest difference in the quality of your project. So even when you think you have practiced more than necessary, do it again. Make sure to find your presentation room before the time you need to be there. Orient yourself to the hotel layout and be to your presentation early! There is no need to add extra stress by being rushed or late. **Shake your judges hands** when you go into present. This makes you look professional and gives your judges a good first impression of you and your project. Before you begin, **take a deep breath.** Try and calm yourself and **focus on your presentation,** not the nerves! You have worked so hard this year on this one project, and it all comes together with this presentation. So make it the best that it can be and show off all of the amazing work that you did!

**SMILE.** Presenting is one of the most difficult things for most of us, but if you just smile and tell yourself that you are doing well, it makes you more positive and that makes your presentation better because you sound confident.

Overall, just enjoy your time working on your event and competing at SLC. But remember, everything is not about the competition. Take the time at state to become closer with your chapter members, meet new friends, try new things, attend some fun workshops, and enjoy yourself. Events are a fun part of FCCLA, but FCCLA is so much more than just that. And no matter how the results turn out, remember that you did an amazing project that you should be proud of!

# Prepare for State Conference

Kayelani Kirschbaum  
Senior Officer



Finish Your Leadership Thermometer and Attend the [State Leadership Conference!](#)

All year we have been working towards bettering ourselves and leadership by "Taking the Extra Step". For some that meant taking the extra step to complete our homework, or for others rising an extra degree by being helpful or kind to people. Colorado FCCLA State Leadership Conference will be the experience we need to realize our potential and how to become a better leader in your school, community and family.

**I would currently say my Leadership Thermometer is filled \_\_\_\_\_ Degrees/212 Degrees.**

### **Competitive Events (+5 Degrees)**

We have worked so hard on our Competitive Events and at State Leadership Conference we will present our projects and gain lessons in public speaking, time management, and organization. All great skills to have in the real world.

### **Sessions (+4 Degrees)**

At the Opening, Closing and Award Session we will find inspiration through the guest speaker, empowerment to continue developing our leadership, and accomplishment through the Competitive Event Awards.

### **Workshops (+3 Degrees)**

Workshops are perfect for learning new and exciting things to help with better ourselves, families and communities.

### **Breakout Activities (+2 Degree)**

During the day, there are multiple fun activities that we can participate in that allow us to meet new people, have fun, and enjoy being at State Conference.

### **Meeting New People (+1 Degree for every new person met)**

With over 2,000 students and advisers at State Conference, meeting new people shouldn't be an issue.

**After State Leadership Conference, my Leadership Thermometer could be filled \_\_\_\_\_ Degrees/212 Degrees.**

