

# FCCLA SPEAKS

August 2023

Idaho FCCLA Association



## President's Message

By: **Madison Leavitt**  
**Idaho State President**

Hello Idaho FCCLA!

My name is Madi Leavitt, and I am so honored to be your Idaho FCCLA President for the school year. I am 17 years old and a senior at Firth High School; A super tiny school in the middle of nowhere! I have been in FCCLA for 3 full years and absolutely love it with all my heart. The friends I have made and the leadership skills I have learned (and have yet to learn) will benefit me for the rest of my life. I hope that every single one of you feels that way too. This year's SEC (State Executive Council) is so excited to bring Idaho FCCLA newsletters every few months. With each Newsletter, we hope to keep you updated in all things related to Idaho FCCLA, and teach you some tips and tricks to help you throughout the year. So, without further ado, welcome to the first newsletter of the school year! This newsletter will cover the following: Competitive events shoutout, membership affiliation, National Leadership Conference recap, and much more! There will also be a few non FCCLA related events like; dad joke corner, and how to manage your mental health with the start of the new school year.

Your 2023-2024 State President  
Madison Leavitt



# NLC RECAP!

**By: Callie Sue Costello**  
**VP of Public Relations**

Hi Idaho FCCLA,  
This year FCCLA National Leadership Conference took place in the beautiful state of Denver, Colorado! We hope you all had so much fun competing, attending workshops, Elitch Gardens theme and water part and even the amazing Meow wolf! We hope that you had as much fun as we did attending Idaho night at meow wolf. It was so fun to see familiar faces in such a creative, unforgettable and unique space. We loved getting to congratulate those who competed in the Idaho recognition session by giving out well-earned medals & candy! Idaho FCCLA can't thank you enough for all the support and love that we had at the opening and closing ceremony! Thanks so much for reading the 2023 NLC update! See you in Seattle next year!

Your 2023-2024 VP of Public Relations  
Callie Sue Costello



## COMPETITION UPDATE

**By: Jesse Saunders**  
**VP of Competitive Events**

Attention all FCCLA members! I am excited to announce the official commencement of the STAR Events and affiliation period, which will run from now till February 1st. As state officers, we couldn't be more thrilled to witness the exceptional skills and talents showcased by our members through STAR Events and Idaho Events. This is your chance to shine, demonstrate your leadership abilities, and make a positive impact in your community. We encourage all chapters to participate and affiliate with FCCLA to make this year's events even more successful than ever before. Let's embark on this journey together, supporting and empowering one another to reach new heights in personal growth and community service. Best of luck to everyone!

Your VP of Competitive Events  
Jesse Saunders





# MEMBERSHIP

## Upcoming Dates

### District Fall Conferences

Hello all!

The only district that has a set date for Fall Conference is District 4, the date being **November 1st, 2023**. We encourage everyone to attend your districts fall conference with your chapters (once dates are released)! It will set everyone up with the information needed for a year of success. At your Fall conference, your chapter will learn important information about your FCCLA year as well as connect with other chapters from your district!

By: **Sarah Osborne**  
VP of Finance



### B.A.S.I.C. Conferences

Hey everyone! It's Kearney Adams, your Vice President of Development here. Here are the dates for our BASIC Conferences around Idaho!

- **Lewiston - Sept. 18th - LCSC**
- **Pocatello - Sept. 20th - ISU**
- **Nampa - Oct. 2nd - Nampa Civic Center**
- **Twin Falls - Oct. 3rd - CSI**

I hope to see all of my local Treasure Valley family at the Nampa training! As for all of my more distant FCCLA family, I highly recommend attending your closest BASIC training, it is truly an experience you will never forget!

By: **Kearny Adams**  
VP of Development



## Member Affiliation

By: **Adalea Williams**  
VP of Membership

Greetings FCCLA Members,

It's that time of year! Time to affiliate with Idaho FCCLA so that you can participate in all the amazing things your chapter has for you this year. This is your reminder to affiliate with your school. If you're looking for some ways to get others to join your amazing chapter, a few suggestions include hanging posters around hallways, giving out fun prizes or snacks at membership meetings, or, if your school has announcements, request for your FCCLA meetings to be included! There are many ways to encourage involvement in your chapters. We believe everyone will do great things this year!

Your VP of Membership  
Adalea Williams



# STATE OUTREACH PROJECT

By: Bella Overall  
VP of Programs



## Salvation Army

Hello all Idaho FCCLA Members!

This year your State Executive Council has decided to partner with The Salvation Army to provide help and assistance to many all over Idaho. Salvation is a non-profit organization that aids over 23 million Americans annually. They help meet human needs without discrimination in over 133 countries. Check out their website for more information:

<https://www.salvationarmyusa.org/usn/>

We are encouraging chapters this year to follow our State Executive Council in giving back to this amazing organization. Here's a few ways you can support them at your school and with your chapters:

- Run a clothing drive and donate it
- Volunteer at a local shelter
- Volunteer at Red Kettle
- Host a fundraiser to donate to their cause
- Support their food drive

These are just a few of the many things you and your chapter can do to support The Salvation Army. I hope this gives some ideas for your chapters service projects for the year, and encourages you to find your own ways to give back to the community around you, no matter where you are!

Your VP of Programs  
Bella Overall



# MONTHLY ENCOURAGEMENT

## Mental Health Awareness

Hello Idaho Members!

This is your president back again! I would love to take a few minutes to talk about something that I am very passionate about. **Mental health**. With the summer “high” coming to an end, and school starting back up, it can take your mental health for quite a whirlwind. But that's okay :) There are so many ways to help you throughout the school year. Mental health is hard to manage. But here are a few ways to make it a little bit easier.

1. **Get good sleep.**
2. **Eat 3 meals a day.** 3 whole meals. With snacks of course. :)
3. Wake up to some **good affirmations**. For example, “I am good enough”, “Today is going to be a good day”.
4. **Hang out with your friends.** Go to football games, go on late night McDonald's runs with your friends.
5. **Go for a walk.** Whether that be an hour walk or a 10-minute walk around the block.

All of these are amazing simple ways to improve your mental health. I would also like to offer a new angle on this.

Mental health can truly affect everyone. And sometimes, the solutions aren't as easy as going for a walk. I've had my own struggles with mental health where most days, it was so hard to just get out of bed. I felt like I had no reason to get out of bed. I could just stay there forever. Mental health can make the simplest tasks seem impossible.

Mental health is and will always be a struggle and until we acknowledge that and those who struggle with it, it will only get worse. There are no easy solutions to this.

But here are some things that I hope can help you through your hard days :)

1. Be **mindful of your boundaries**. We all have boundaries. You have the right to set your own boundaries for the sake of your mental health. If something is too much, walk away.
2. Remember that **your mental health is most important**. Your worth, is not defined by your grades. It may feel like it every day with the pressure from family and peers, but at the end of the day, you are still a human being who is beautiful in every single way. Good grades or not.
3. Remember that **you are so loved**. You are going to have days when you don't feel like you are. Don't let those days consume you. You deserve everything good in life. You deserve to be happy.

Please reach out if your mental health ever gets too hard to handle. You don't have to go through it alone. You are loved, and I love you.

**National suicide hot line: 988.**

With love and care,  
Madison Leavitt





# Dad Joke Corner

Hey guys! I'm Taylor Stapp, your VP of Parliamentary Procedures. Here you will be able to find a monthly lighthearted joke just to make you all smile. So, here is the dad joke of the month:

**Teacher: If you had 13 apples, 12 grapes, 3 pineapples and 3 strawberries, what would you have?**

**Student: A delicious fruit salad.'**

Your VP of Parliamentary Procedure  
Taylor Stapp



**Remember the importance of our JOURNEY over the Destination!**



# THANK YOU!

## Chapter Awards

**By: Liberty McGuire  
First Vice President**

Last announcement!

Last year your SEC started a chapter points system that allowed chapters to see/accomplish all that their year had for them. First go to our FCCLA website ([idahofccla.org](http://idahofccla.org)), clicking the resources tab and scrolling down to chapter and adult award applications. There you will find a link to the Outstanding/Exemplary chapter award! It will provide a list of different action items your chapter can do or work towards. Each chapter that fills out this application, and meets the point requirements, will be recognized at the 2024 SLC closing banquet.

Your First Vice President  
Liberty McGuire



**Sincerely,**

**Your 2023-2024 Idaho State Executive Council  
Madison, Liberty, Sarah, Kearney, Callie Sue, Bella,  
Adalea, Taylor, and Jesse**

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