



CONNECTED
FCCLA.
NORTH DAKOTA



'26 State Leadership Conference
Bismarck Event Center | April 12th-14th

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STATE LEADERSHIP CONFERENCE WELCOME

Welcome to the 80th Annual North Dakota FCCLA State Leadership Conference! It is with great excitement and pride that I welcome each of you to this incredible event where we come together to celebrate leadership, service, and the limitless potential of our student members.

This year's theme, "ConneCTEd," highlights the power of connection. Connection within ourselves, with each other, and through Career and Technical Education. As members of Family, Career and Community Leaders of America, you are part of a network of leaders who are building meaningful relationships, strengthening communities, and preparing for future careers. Whether it's through your chapter, your projects, or the people you meet here, every connection you make has the power to inspire growth and create lasting impact.

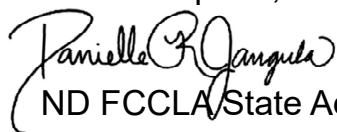
Throughout this conference, I encourage you to take full advantage of the opportunities before you. Participate in competitive events, collaborate with fellow members from across the state, engage in dynamic workshops and sessions, and celebrate the achievements that have brought you to this moment. These experiences are more than just activities, they are opportunities to connect your passions to your purpose and your skills to your future.

Being "ConneCTEd" means recognizing that leadership is not done alone. It is built through teamwork, communication, and shared vision. FCCLA provides a space where your ideas are valued, your voice is heard, and your potential is limitless. As you engage in this conference, remember that the connections you make here can shape your journey long beyond these few days.

Thank you to our advisers, volunteers, and supporters who continue to invest in the next generation of leaders. Your dedication strengthens the connections that make FCCLA such a powerful organization.

I look forward to an unforgettable conference and can't wait to see how each of you will stay ConneCTEd, grow as leaders, and make a lasting impact through FCCLA.

With FCCLA pride,


ND FCCLA State Adviser



FUTURE CONFERENCE DATES

***Locations will be determined on a year to year basis.*

April 11th–13th, 2027

April 9th–11th, 2028

April 8th–10th, 2029

April 7th–9th, 2030

CONFERENCE GUIDELINES

NAME BADGES received at registration must be worn when attending all conference sessions. Please remove name badges when outside the conference venue for safety reasons.

ANNOUNCEMENTS that apply to the entire delegation will be made at general sessions. Chapter announcements must be made at the designated chapter meetings.

MEETING ATTENDEES may not purchase, possess, consume or be under the influence of illegal drugs, tobacco or alcohol at any time. Violators will be subject to stringent disciplinary action which may include being sent home.

HOTEL REMINDERS Be considerate of all hotel guests when using the elevators and facilities, and during sleeping hours. Keep in mind the privacy of other hotel guests and FCCLA members. Follow the curfews as outlined in the program, do not travel outside of the hotel after curfew. Please try to keep your room tidy and clean your room of all excess garbage. Upon departure check your room carefully to be sure all personal belongings have been removed.

ELEVATOR, STAIRWAYS AND HALL ETIQUETTE meeting attendees should be courteous to others in elevators, stairways and halls at the Bismarck Event Center and area hotels. Keep voices at low levels in hallways. Let people exit elevators before entering and do not fill the elevators beyond posted capacities.

CHAPTER ADVISERS & CHAPERONES are responsible for the behavior and safety of the members. Inappropriate behavior may result in delegates being sent home at their own expense. Upon departure, check your student's hotel rooms carefully and be sure rooms are clean of all excess garbage, and all personal belongings have been removed.

TRAVEL SAFETY TIPS Never travel alone outside the Event Center or hotel, stay with groups and walk in public, well-lit areas. An adult must accompany all groups outside the hotel. There is to be no leaving the hotel after dark. Do not walk down back streets, alleys, or in secluded areas at any time. Remove name badges when outside the hotels and meeting facilities. Never give your room number to anyone you do not know.

ELECTRONIC DEVICE USE The activities of our ND FCCLA State Conference are considered to be a school function. Cell phones and other electronic devices are not to be used for texting, playing games, etc., during meeting sessions and workshops. Please silence, place on vibrate, or turn your devices off during these times. Electronic devices can be used appropriately between sessions and during free time. In order for the conference to run smoothly, it may be necessary for the state officers and advisers to use electronic devices to communicate between the front and the back of the room. Advisers, please consider adopting a state meeting electronic device policy with your students to include confiscation of the devices during meetings and sessions. We have worked hard to put together the best program possible. Please be respectful.

Thank you! The '25-'26 ND FCCLA State Executive Council

MIRACLE MINUTE | PENNY COLLECTION



Get ready to make a BIG impact in just 60 seconds! During our Miracle Minute, ND FCCLA will come

together to support Home On The Range, a youth residential program right here in North Dakota.

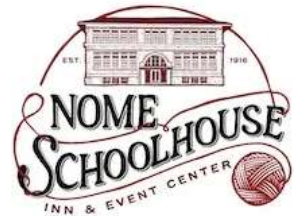
For over 70 years, Home On The Range has provided a safe, supportive environment for youth facing emotional, behavioral, and mental health challenges. Through counseling, education, and unique experiences like equine therapy, they empower young people to heal, grow, and build brighter futures.

Whether it's coins, cash, or a quick donation, your contribution helps provide care, resources, and opportunities for youth who need it most. Together, we can turn one minute into a lifetime of hope. Let's show the power of FCCLA and make this Miracle Minute unforgettable!

Every penny truly counts! ND FCCLA is excited to support a restoration project of the historic Nome Schoolhouse through our Penny Collection project.

Located in rural North Dakota, the Nome Schoolhouse stands as a symbol of education, community, and history but it's in need of some TLC! Pennies collected will go directly toward restoring a portion of flooring, helping preserve this special landmark for future generations.

So, start digging through your pockets, backpacks, and car cup holders because those pennies add up fast! Whether you bring a handful or a whole jar, your contribution helps bring new life to a piece of North Dakota history. Let's come together, give what we can, and prove that even the smallest change can make a BIG difference!



ACTIVITIES



Goosechase

- Experience Name: **ND FCCLA State Conference 2026**
- Download the app by using the QR code or the link below.
 - Enter code: **SLC26!**

<https://join.goosechase.com/a59b1065-76e8-4239-94e3-90cc04690afb>



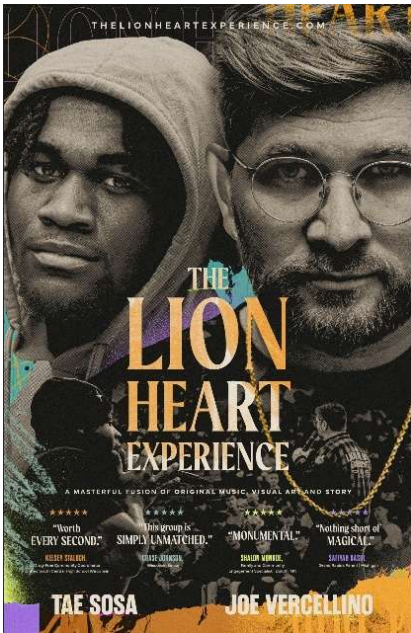
Note: Submissions will be monitored by the state team & deleted if inappropriate or they don't meet submission requirements.

ND FCCLA Store

- Come check out FCCLA items specifically branded for North Dakota.
- Store is located at the headquarters table in the Bismarck Event Center Lobby.

Silent Auction
In the Coat Room, next to Headquarters in the Lobby.
Sunday, April 12th | **Monday, April 13th**
3:00PM-10:00PM | 9:00AM-5:00PM
Proceeds benefit the North Dakota Leadership Fund.
Winners may pay for & pick up their items after 5:00pm on Monday, April 13th at the registration table.

KEYNOTE SPEAKER



The Lion Heart Experience is a premier investment for schools looking to anchor their students and educators in a strong sense of self-worth and curiosity about what their lives can become. Addressing staggering mental-health statistics in young people and with a lasting impact on teens and educators nationwide, the Lion Heart Experience creates tangible results in schools. Masterfully combining story, original music and paint – The Lion Heart Experience is known as the most refreshing and most needed message in American schools today.

Headed by award-winning educator Joe Vercellino and featuring Detroit's rising musical star Tae Sosa, both the message and music bring each audience to a tangible moment of worth and a collective realization that we play a crucial role in painting a picture that others see.

Learn more and book your school at thelionheartexperience.com

STATE SERVICE PROJECT



Foster Hope is a North Dakota-based nonprofit making a BIG impact in the lives of children entering foster care. When kids face one of life's toughest transitions, Foster Hope steps in with comfort, care, and compassion, providing essentials like clothing, hygiene items, toys, and school supplies so every child feels valued and supported from day one.

But they don't stop there! Through powerful community partnerships, donation drives, and volunteer efforts, Foster Hope is building a network of support for both children and foster families across the state. Their mission is simple yet life-changing: bring hope, dignity, and stability to kids who need it most.

From packing suitcases full of essentials to spreading kindness through every act of service, Foster Hope reminds us that even small actions can create a lasting impact. Together, we can help ensure that no child enters foster care empty-handed and that every child feels seen, supported, and full of hope.

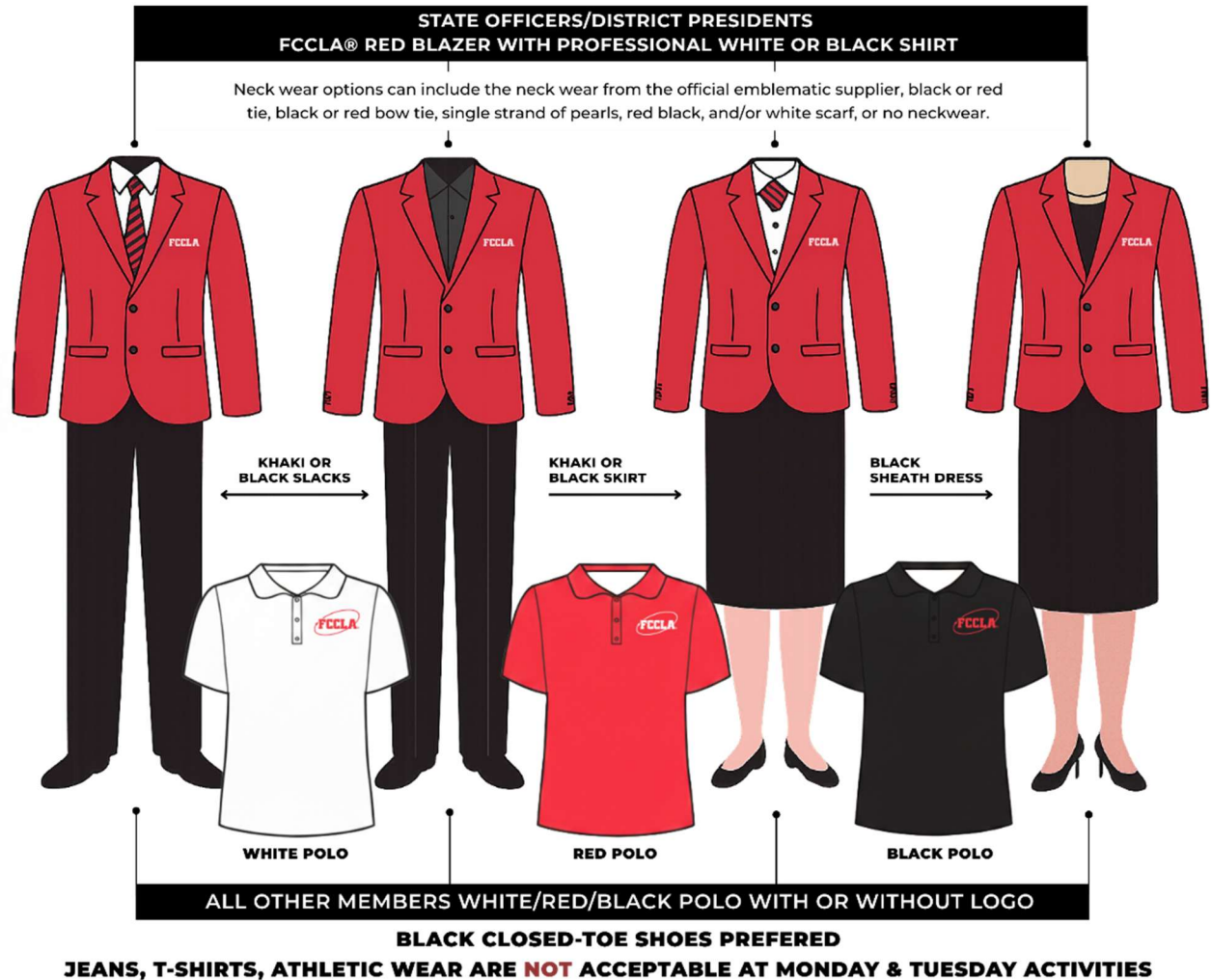


EXHIBITORS

- North Dakota State University
 - Agriculture & Family Education
 - Architecture
- North Dakota Air Guard
- Energy On Main Fundraising
- 4 Season's Fundraising
- Lula B Boutique
- Nome Schoolhouse
- Foster Hope
- North Dakota State College of Science

STATE CONFERENCE DRESS GUIDELINES

The below dress code applies to all members who are attending the North Dakota State Leadership Conference



STATE OFFICERS, DISTRICT PRESIDENTS, OFFICER CANDIDATES

- Official Red FCCLA Blazer with Professional White or Black Shirt
- Neckwear (the red/black Tie or Ascot, or Pearls are highly *recommended*)
- Black Bottoms (Slacks, Skirt, Sheath Dress)
- Black Closed-Toe Shoes (Black Dress Socks or Nylons are highly *recommended*)

MEMBER GUIDELINES

- Red, Black or White Polo or Professional White or Black Shirt
- Black Bottoms (slacks, skirt, sheath dress)
- Shoes (*preferred* to be closed-toe black)

ADVISORS/CHAPERONES/GUESTS

- Business Professional – official FCCLA colors are highly *recommended*.

NOTE: Jeans, T-shirts, Athletic Wear, Flip Flops/Sandals are NOT acceptable attire for any conference attendee on Monday and Tuesday.

A Chapter/District/State FCCLA shirt & jeans may be worn during Sunday evening's activities with a small donation towards the State Service Project. Attendees must wear the sticker given to them in the registration packet.

VOTING DELEGATE INFORMATION

Each *chapter* is allowed *two voting delegates* who will be voting for ND FCCLA State Executive Council positions, National Officer Candidate Representative positions & proposed bylaws revisions for both District & State bylaws.

- 2 voting delegate pins will be placed in each chapter's conference registration packet. Voting delegates should either attach their pin to their official conference name tag or their FCCLA blazer, having it displayed at all times during the conference.
- Voting delegates MUST meet the following requirements in order to vote:
 - Wear clothing that meets conference guidelines (see page 7)
 - Have their official Voting Delegate conference pin
 - Be on time with necessary documentation (see info below)
- Voting delegates have assigned seating for the following general sessions:
 - State Officer Candidate Speeches – Sunday | 7:30PM–8:45PM
 - National Officer Candidate Speeches – Monday | 7:45AM–8:30AM
 - Business Session – Tuesday | 9:30AM–10:00AM



STATE OFFICER CANDIDATE ELECTION PROCESS INFO

During Sunday evening's General Session, State Officer Candidates will present a 3-minute speech based on a State assigned topic then be interviewed with 1 fact question & 1 situation question.

Election Materials

- **Candidate Bios** – 1 copy will be printed & placed in each chapter's registration packet & a digital copy will be posted on the ND FCCLA website under the teacher portal. Please read through ALL the candidates' bios & score them on the rubrics.
- **Scoring Rubrics** – 2 copies of the scoring rubrics will be placed in each chapter's registration packet. Voting Delegates are to score ALL candidates during the General Session. Rubrics must be completed with both scores & notes in order for delegates to cast their vote. Rubrics will be checked at the election booth, but Voting delegates will keep the scoring rubrics to use for the At-Large candidate voting Monday morning then collected at the election booth.
- The voting delegates will work with their chapter to determine which candidates they should vote for to become a State Officer representing their district.

NATIONAL OFFICER CANDIDATE ELECTION INFO

During Monday morning's General Session, National Officer Candidates will present a 3-minute speech based on topic assigned by Nationals then be interviewed with 1 fact & 1 situation question.

Election Materials

- **Scoring Rubrics** – 2 copies of the scoring rubrics will be placed in each chapter's registration packet. Voting Delegates are to score ALL candidates during the General Session. Rubrics must be completed with both scores & notes in order for delegates to cast their vote. Rubrics will be collected at the election booth.
- The voting delegates will work with their chapter to determine which candidates they should vote for to become a National Officer Candidate representing North Dakota.

STATE OFFICER CANDIDATE AT-LARGE ELECTION PROCESS INFO

Since voting delegates have already listened to speeches & interviews, they will use their completed scoring rubrics to vote for 2 At-Large State Officer Candidates to fill the remaining positions on the State Executive Council. The voting delegates will work with their chapter to determine who the voting delegates should vote for to fill the At-Large State Officer positions.

DISTRICT & STATE BYLAWS ELECTION INFO

Voting Delegates must attend their District Meeting on Monday from 9:00PM–9:30PM and the General Session Business Meeting on Tuesday from 9:30AM–10:00AM to vote on bylaws changes. Bylaws are being updated to reflect changes made to National Bylaws so that both Districts and the State Bylaws are in compliance. Voting will be completed as a standing vote in which Voting delegates will be asked to stand in favor or opposition for the changes during each of the sessions.

COMPETITIVE EVENT INFORMATION

Attach and wear your STAR Events ribbon to your official conference name tag and wear your name tag to all conference functions!

Block A Events | 8:15_{AM} – 1:00_{PM}

- Career Investigation **L1-L3**
- Chapter Service Project – Display **L1-L3**
- Chapter Service Project – Portfolio **L1 & L2**
- Event Management **L1-L3**
- Food Innovations **L1 & L2**
- Focus on Children **L1-L3**
- Hospitality, Tourism & Recreation **L1 & L2**
- Job Interview **L2-L3**
- Professional Presentation **L1-L3**
- National Programs in Action **L1 & L2**
- Sports Nutrition **L1-L3**
- Sustainability Challenge **L3**
- Teach or Train **L1 & L2**
- Skills Demo Event – Interviewing Skills

Block B Events | 1:00_{PM} – 5:30_{PM}

- Chapter Service–Portfolio **L3**
- Creed Contest **L1 & L2**
- Early Childhood Education **L3**
- Fashion Construction **L2 & L3**
- Food Innovations **L3**
- Interior Design **L1-L3**
- Entrepreneurship **L1-L3**
- National Programs in Action **L3**
- Promote & Publicize FCCLA **L2 & L3**
- Repurpose & Redesign **L1-L3**
- See What We've Done! **L1 & L2**
- Teach or Train **L3**
- Teaching Strategies **L3**
- Skills Demo Event – Creed Speaking & Interp.
- Skills Demo Event – Fashion Sketch

OPENING CEREMONY

PRESIDENT: Members, please stand.

PRESIDENT: We are members of Family, Career, and Community Leaders of America®. Our mission is to promote personal growth and leadership development through Family and Consumer Sciences Education.

OFFICERS: Focusing on the multiple roles of a family member, wage earner, and community leader, members develop skills for life through character development, creative and critical thinking, interpersonal communication, practical knowledge, and career preparation.

MEMBERS: As we work toward the accomplishment of our goals, we learn cooperation, take responsibility, develop leadership, and give service.

PRESIDENT: This meeting of the North Dakota Association of Family, Career and Community Leaders of America is now in session. You may be seated.

CLOSING CEREMONY

PRESIDENT: Members, please stand.

PRESIDENT: As members of FCCLA, we are challenged to accept the responsibility of making decisions that affect our lives today and the world tomorrow. Let us repeat our creed.

MEMBERS: We are the Family, Career and Community Leaders of America. We face the future with warm courage and high hope. For we are the builders of homes, homes for America's future, homes where living will be the 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.

PRESIDENT: This meeting of the North Dakota Association of Family, Career and Community Leaders of America is now adjourned.



Follow ND FCCLA
on social media!



@NDFCCLA

CONFERENCE SCHEDULE | SUNDAY, APRIL 12TH

2:00PM–4:00PM

CHAPTER REGISTRATION

Lobby/Registration Desk

NOTE: Only the chapter adviser or designated chaperone may pick up this information.

4:00PM–6:00PM

OPENING GENERAL SESSION

Hall A

Opening Ceremony

Emily Senger

ND FCCLA State President

National Anthem & Pledge of Allegiance

Ashley Ellis

ND FCCLA 1st Vice President

Greetings

Introduction of Officers & Special Guests

Katlyn Haff

VP of Finance & Development

Introduction of '26-'27 District Presidents & Parade of Chapters

Emersen Knott

VP of Membership

Keynote Presentation

Ashley Ellis

ND FCCLA 1st Vice President

Miracle Minute

Kendall Sperle

VP of Community Service

'26-27 State Officer Candidate Introductions

Simone Joubert

VP of Public Relations

'26 National Leadership Meeting Invitation

Brody Boe

VP of Competitive Events

Announcements

Emily Senger

ND FCCLA State President

6:00PM–7:00PM

DINNER ON YOUR OWN

Check with your chapter adviser/chaperone for details.

7:00PM–7:30PM

STAR EVENTS ORIENTATION FOR CONSULTANTS

Hall C

Block A & B Lead Consultants & Room Consultants/Evaluator #1

Note: Bring an electronic device for Judge Pro overview. You'll be logging in to make sure everything is working correctly & you have access to the proper events & rubrics.

7:30PM–8:45PM

**GENERAL SESSION:
STATE OFFICER CANDIDATE SPEECHES**

Hall A

This session is for all conference attendees. Doors will close promptly at 7:30PM and no other spectators will be allowed to attend.

Note: Voting delegates have assigned seating at the front of the room. Remember to bring your State Officer Candidate Scoring Rubrics & a writing utensil to keep notes & wear your voting delegate pin.

8:45PM–9:15PM

STATE OFFICER CANDIDATE ELECTIONS

Lobby

Voting Delegates ONLY– assigned by chapter advisers prior to conference.

Note: Voting delegates MUST be in official dress and turn in completed scoring rubrics & sign-in to vote. Those who arrive after voting has closed will not be allowed to vote!

8:45PM–9:00PM

STAR EVENTS ORIENTATION BLOCK A COMPETITORS

Hall C

Block A STAR Events Competitors

9:00PM–9:15PM

STAR EVENTS ORIENTATION BLOCK B COMPETITORS

Hall C

Block B STAR Events Competitors

11:30PM

CURFEW

All delegates in their assigned rooms. Check with your chapter adviser/chaperone for details.

CONFERENCE SCHEDULE | MONDAY, APRIL 13TH

7:45AM–8:15AM

BLOCK A STAR EVENTS EVALUATOR ORIENTATION

Hall C

Block A STAR Events evaluators. student assistants & timers.

7:45AM–8:30AM

**GENERAL SESSION: NATIONAL OFFICER CANDIDATE
STATE OFFICER AT-LARGE CANDIDATE SPEECHES**

Hall A

This session is for all conference attendees. Doors will close promptly at 7:30AM and no other spectators will be allowed to attend.

Note: Voting delegates have assigned seating at the front of the room. Remember to bring your State Officer Candidate Scoring Rubrics & a writing utensil to keep notes & wear your voting delegate pin.

8:00AM–1:00PM

BLOCK A STAR EVENTS COMPETITION

Hall C

See Page 9 for list of competitive events & times.

8:30AM–8:45AM

NATIONAL OFFICER CANDIDATE & STATE OFFICER CANDIDATE AT-LARGE ELECTIONS

Lobby

Voting Delegates ONLY– assigned by chapter advisers prior to conference.

Note: Voting delegates MUST be in official dress and turn in completed scoring rubrics & sign-in to vote. Those who arrive after voting has closed will not be allowed to vote!

9:00AM–10:00AM

GENERAL SESSION: KEYNOTE BREAKOUT

Hall A

This session is for all conference attendees.

Note: If you are a STAR Event Participant or have other duties at this time & need to leave the room early, please sit at the back of the room & leave quietly.



SOMEBODYNESS–Getting To The Basic Needs Of Others

Martin Luther King Jr. said in his book *Where do we go from Here? Chaos or Community*, that ‘a rugged sense of Somebodyness is the hardest thing to cultivate in a young person.’ Not work ethic, not character, not integrity, not courage – Somebodyness. What did he mean? Is it true? In this session with Joe Vercellino, you will find a new lens to see your school. It will change your leadership approach, it will shift your classrooms & show you how to reach to the core of what every person wants.

10:05AM–12:15PM

REDTALKS BREAKOUT SESSIONS

Prairie Rose Rooms

(101-105 Upstairs)

These sessions are for all conference attendees.

Note: If you are a STAR Event Participant & may need to leave the rooms early, please sit at the back of the room & leave quietly.

10:05AM–10:45AM

REDTALK SESSION #1 OPTIONS

Room 101/102

Finding Strength Through Grief | Jenny Maattala, Director Soul 57



This meaningful & uplifting session focuses on healing, hope, & resilience. Hear the powerful story behind how Soul 57 began & the mission driving its impact in supporting those navigating loss. Jenny will share practical tools, resources, & healthy strategies to help you understand & cope with grief, both for yourself & in supporting others. This session offers a safe space to learn, reflect, & leave feeling empowered with ways to move forward with strength & compassion.

Room 103/104

Creating Opportunity In Rural NoDak | Chris Armbrust, Nome Schoolhouse



Whether you are interested in Interior Design, Culinary Arts, or Business Management, this session will challenge you to stop looking for opportunities elsewhere & start building them right where you are. Learn how Chris Armbrust found the "hidden gems" in a small community & turned a vision into a sustainable reality.

Room 105



Stress vs. Mental Health | Danielle Boe, LICSW – Clinical Supervisor

Stress is something we all experience whether it's from school, work, relationships, or everyday life. While stress is a normal part of being human, there are times when it can begin to impact our mental health & overall well-being. Understanding the difference between everyday stress & mental health concerns is an important step in taking care of ourselves & supporting those around us. Let's talk about the importance of seeking support, breaking stigma, & building resilience.

10:50AM–11:30AM

REDTALK SESSION #2 OPTIONS

Room 101/102



Finding Strength Through Grief | Jenny Maattala, Director Soul 57

This meaningful & uplifting session focuses on healing, hope, & resilience. Hear the powerful story behind how Soul 57 began & the mission driving its impact in supporting those navigating loss. Jenny will share practical tools, resources, & healthy strategies to help you understand & cope with grief, both for yourself & in supporting others. This session offers a safe space to learn, reflect, & leave feeling empowered with ways to move forward with strength & compassion.

Room 105



Ignite Hope: Be the Difference | Tracey Pruess, Foster Hope

Join Tracey Pruess, founder of Foster Hope Bismarck, for a powerful & inspiring session about turning compassion into action. Hear the heartfelt story behind how Foster Hope began, learn about its mission to support children in foster care, & discover the real impact this organization is making in our community. Most importantly, explore meaningful ways YOU can get involved & make a difference. This session will leave you inspired, empowered, & ready to spread hope where it's needed most!

Room 105



Golden Retriever Rule | Tracy Handt, Energy On Main

Do you struggle to meet new people or walk into unfamiliar situations with ease? In this engaging & humorous session, you'll discover proven techniques to make more connections, open more doors, & create exciting opportunities in both your personal & professional life. Join us & learn how to approach new situations with the confidence of a golden retriever—enthusiastic, fearless, & ready for anything!

11:35AM–12:15PM

REDTALK SESSION #3 OPTIONS

Room 101/102



From Dream to Boutique: Building a Brand | Carly Lenihan, Lula b boutique

Join Carly Lenihan, owner of Lula B Boutique, as she shares her inspiring journey from dreamer to successful entrepreneur! Discover what sparked her passion for fashion, the education & experiences that shaped her path, & how she turned an idea into a thriving business in Bismarck. Carly will dive into the realities of entrepreneurship, the challenges, the wins, & the lessons learned along the way, while offering real-world advice for anyone interested in starting their own venture. Get ready to be inspired, ask questions, & start imagining your own path to success!

Room 103/104



The Ultimate Chapter Effort | Isaiah MacDonald, Mandan HS Chapter Adviser

Calling all North Dakota Chapters! You can take your leadership experience to the next level to become a nationally recognized "Ultimate Chapter". Come find out how you can transform the amazing work your chapter is already doing by enhancing your programs following the National FCCLA Ultimate Chapter Checklist. Activities will include chapter member collaboration, interactive challenges, & more! Together, let's make North Dakota FCCLA- Ultimate!

Room 105



Standing Strong Against Human Trafficking | Skylar Helfrich, Dakota Children’s Advocacy Center

This powerful, eye-opening session brings awareness to the realities of human trafficking. Explore the different types of trafficking, learn key facts & statistics impacting North Dakota, & discover how technology is being used in exploitation cases today. Most importantly, discover how ND FCCLA members can take action, raise awareness, & be part of the solution. This impactful session will equip you with knowledge, spark important conversations, & empower you to stand up & make a difference.

11:30AM–1:30PM

STAR EVENTS BUFFET LUNCHEON

Prairie Rose 106

This luncheon is for the following conference attendees: Adult Lead & Room Consultants, Adult & Student Evaluators, Student Assistants & Timers, State STAR Events Coordinators, ‘25-’26 State Officers & ‘25-’26 District Presidents, ‘26-’27 State Officers-Elect.

Note: Find a time that works best in your schedule to filter in and out to eat. Use your meal ticket given to you at orientation to enter the room.

12:30PM–1:15PM

LUNCH ON YOUR OWN FOR ALL CHAPTERS

Check with your chapter adviser/chaperone for details.

12:30PM–1:00PM

BLOCK B STAR EVENTS EVALUATOR ORIENTATION

Hall C

Block A STAR Events evaluators. student assistants & timers.

1:00PM–5:30PM

BLOCK B STAR EVENTS COMPETITION

Hall C

See Page 9 for list of competitive events & times.

1:15PM–5:00PM

REDTALKS BREAKOUT SESSIONS

Prairie Rose Rooms

(101-105 Upstairs)

These sessions are for all conference attendees.

Note: If you are a STAR Event Participant & may need to leave the rooms early, please sit at the back of the room & leave quietly.

1:15PM–2:05PM

REDTALK SESSION #4 OPTIONS

Room 101/102



Ready Isn’t A Feeling – It’s A Decision! | Chelsie Gross

Chelsie Gross shares her real-life journey of balancing being a mother & wife & the Air National Guard, entrepreneurship, ranch life, & building businesses from the ground up. Students will gain practical tools to build grit, shift their mindset, communicate with confidence, & take action – even when they don’t feel ready. This session will challenge them to step outside their comfort zones & pursue the future they want.

Room 103/104**Creating Opportunity in Rural NoDak | Chris Armbrust, Nome Schoolhouse**

Whether you are interested in Interior Design, Culinary Arts, or Business Management, this session will challenge you to stop looking for opportunities elsewhere & start building them right where you are. Learn how Chris Armbrust found the "hidden gems" in a small community & turned a vision into a sustainable reality.

Room 105**Golden Retriever Rule | Tracy Handt, Energy On Main**

Do you struggle to meet new people or walk into unfamiliar situations with ease? In this engaging & humorous session, you'll discover proven techniques to make more connections, open more doors, & create exciting opportunities in both your personal & professional life. Join us & learn how to approach new situations with the confidence of a golden retriever—enthusiastic, fearless, & ready for anything!

2:10PM–3:00PM**REDTALK SESSION #5 OPTIONS****Room 101/102****Ready Isn't A Feeling – It's A Decision! | Chelsie Gross**

Chelsie Gross shares her real-life journey of balancing being a mother & wife & the Air National Guard, entrepreneurship, ranch life, & building businesses from the ground up. Students will gain practical tools to build grit, shift their mindset, communicate with confidence, & take action – even when they don't feel ready. This session will challenge them to step outside their comfort zones & pursue the future they want.

Room 103/104**Ready, Set, Respond | Zoe Wergeland Manstrom, Red Cross of Western ND**

Join the American Red Cross of Western North Dakota for an engaging, hands-on session all about stepping up in times of need! Get a behind-the-scenes look at the Red Cross mission, explore the life-saving trainings they offer, & learn why emergency preparedness is more important than ever. Then, put your skills to the test with interactive activities that show you how to respond confidently in real-life situations. Whether it's helping a friend, family member, or your community, this session will empower you to be ready when it matters most!

Room 105**Ignite Hope: Be the Difference | Tracey Pruess, Foster Hope**

Join Tracey Pruess, founder of Foster Hope Bismarck, for a powerful & inspiring session about turning compassion into action. Hear the heartfelt story behind how Foster Hope began, learn about its mission to support children in foster care, & discover the real impact this organization is making in our community. Most importantly, explore meaningful ways YOU can get involved & make a difference. This session will leave you inspired, empowered, & ready to spread hope where it's needed most!

3:05PM–3:50PM**REDTALK SESSION #6 OPTIONS****Room 101/102****From Dream to Boutique: Building a Brand | Carly Lenihan, Lula b boutique**

Join Carly Lenihan, owner of Lula B Boutique, as she shares her inspiring journey from dreamer to successful entrepreneur! Discover what sparked her passion for fashion, the education & experiences that shaped her path, & how she turned an idea into a thriving business in Bismarck. Carly will dive into the realities of entrepreneurship, the challenges, the wins, & the lessons learned along the way, while offering real-world advice for anyone interested in starting their own venture. Get ready to be inspired, ask questions, & start imagining your own path to success!

Room 103/104



Ready, Set, Respond | Zoe Wergeland Manstrom, Red Cross of Western ND

Join the American Red Cross of Western North Dakota for an engaging, hands-on session all about stepping up in times of need! Get a behind-the-scenes look at the Red Cross mission, explore the life-saving trainings they offer, & learn why emergency preparedness is more important than ever. Then, put your skills to the test with interactive activities that show you how to respond confidently in real-life situations. Whether it's helping a friend, family member, or your community, this session will empower you to be ready when it matters most!

Room 105



Stress vs. Mental Health | Danielle Boe, LICSW – Clinical Supervisor

Stress is something we all experience whether it's from school, work, relationships, or everyday life. While stress is a normal part of being human, there are times when it can begin to impact our mental health & overall well-being. Understanding the difference between everyday stress & mental health concerns is an important step in taking care of ourselves & supporting those around us. Let's talk about the importance of seeking support, breaking stigma, & building resilience.

3:55PM–4:40PM

REDTALK SESSION #7 OPTIONS

Room 101/102



Level Up Your STAR Events Game | STAR Events Panel

Ready to level up your STAR Events game? Join experienced FCCLA students & advisers for an interactive session that breaks down everything you need to know, from what STAR Events are all about to how to confidently navigate the rubrics like a pro. Get insider tips, real examples, & practical strategies to help you maximize your score & showcase your skills. Whether you're a first-time competitor or aiming for gold, this session will give you the tools & confidence to truly shine!

Room 103/104



The Ultimate Chapter Effort | Isaiah MacDonald, Mandan HS Chapter Adviser

Calling all North Dakota Chapters! You can take your leadership experience to the next level to become a nationally recognized "Ultimate Chapter". Come find out how you can transform the amazing work your chapter is already doing by enhancing your programs following the National FCCLA Ultimate Chapter Checklist. Activities will include chapter member collaboration, interactive challenges, & more! Together, let's make North Dakota FCCLA- Ultimate!

Room 105



Standing Strong Against Human Trafficking | Skylar Helfrich, Dakota Children's Advocacy Center

This powerful, eye-opening session brings awareness to the realities of human trafficking. Explore the different types of trafficking, learn key facts & statistics impacting North Dakota, & discover how technology is being used in exploitation cases today. Most importantly, discover how ND FCCLA members can take action, raise awareness, & be part of the solution. This impactful session will equip you with knowledge, spark important conversations, & empower you to stand up & make a difference.

5:00PM–7:00PM

DINNER ON YOUR OWN FOR ALL CHAPTERS

Check with your chapter adviser/chaperone for details.

Hall A

Welcome

Emily Senger
ND FCCLA State President

Introduction Of Special Guests

Ashley Ellis
ND FCCLA 1st Vice President

Membership Awards & Recognition

Join FCCLA Membership Awards
Honorary Members
Special Chapter Recognition

Emersen Knott
VP of Membership

Adviser Awards & Recognition

'25 District Advisers
District President Trainer
Co-State Adviser
Adviser Years of Service Recognition

'25-'25 State Officer Team

Community Service Project Update

State Service Project: Foster Hope
Miracle Minute: Home On The Range
Penny Collection: Nome Schoolhouse

Kendall Sperle
VP of Community Service

Member Recognition & Achievement Awards

Senior Honor Awards
Power of One
FCCLA Scholarship
Say Yes To FCS
Outstanding Adviser Award
Outstanding Chapter Award

'25-'25 State Officer Team

Fashion Show

Announcements

Emily Senger
ND FCCLA State President



9:00PM–9:30PM

DISTRICT MEETINGS

Prairie Rose Rooms Voting Delegates & Chapter Advisers ONLY

District	Room	Dist. President Leading	State Officer Assisting
#1	101	Lily Palumbo	Ashley Ellis
#2	Hall A	Peyton Morrow	Emily Senger, Karter Nielsen, Simone Joubert
#3	102	Kamryn Nissen	Brody Boe
#4	103	Elianna Pierce	Katlyn Haff
#5	104	Mackenzie Gunn	Kendall Sperle
#6	105	Nevaeh Fischer	Emersen Knott

11:30PM

CURFEW

All delegates in their assigned rooms. Check with your chapter adviser/chaperone for details.

CONFERENCE SCHEDULE | TUESDAY, APRIL 14TH

7:45AM–8:30AM

SPOTLIGHT ON STAR EVENTS

Lobby INSERT

8:15AM–8:45AM

NATIONAL LEADERSHIP CONFERENCE BRIEFING

Hall A This session is for Chapter Advisers & Chaperones interested in attending National Leadership Conference July 6-10 in Washington, DC.

9:00AM

SEATING OF STAR EVENTS PARTICIPANTS

Hall A Block A & B STAR Events Competitors have assigned seating for the awards session.
Note: ALL competitors need to be in Hall A no later than 9:00AM in proper Dress Code attire. Competitors will NOT be allowed on stage if they are not adhering to the guidelines. Find the Lead Coordinator with your event sign for assigned seating.

9:15AM

SEATING OF SPECIAL GUESTS

Hall A Special guests of the '25-'26 State Executive Council.

Hall A

Call To Order

Emily Senger
ND FCCLA State President

Roll Call & District Reports

Ashley Ellis
ND FCCLA 1st Vice President

Meeting Minutes Report

Karter Nielsen
VP of Programs

Financial Report

Katlyn Haff
VP of Finance & Development

State President’s Award

Emersen Knott
VP of Membership

New Business

ND FCCLA Bylaws Update

Emily Senger
ND FCCLA State President

Unfinished Business

Introduction of the ‘26-’27 National Officer Candidates

Introduction of the ‘26-’27 ND FCCLA State Officers

Announcements

Hall A

Welcome

Emily Senger
ND FCCLA State President

Competitive Event Management Recognition

District STAR Event Coordinators
State STAR Event Coordinators
Lead & Room Consultants, Student Assistants

Brody Boe
VP of Competitive Events

Foundational STAR Events Recognition

Career Investigation
Entrepreneurship
Focus on Children

Kayla Held
State STAR Event Coordinator

Job Interview
Parliamentary Procedure
Professional Presentation
Repurpose & Redesign
Sustainability Challenge

Online STAR Events Recognition

Digital Stories For Change
Instructional Video Design
FCCLA Chapter Website
Red Talks for Education

State STAR Events Recognition

Creed Contest
See What We've Done!

Kayla Held

State STAR Event Coordinator

Leadership STAR Events Recognition

Chapter In Review – Display
Chapter Service Project – Display
Chapter Service Project – Portfolio
National Programs in Action
Promote & Publicize FCCLA

Skills Demonstration Events

Fashion Sketch
FCCLA Creed Speaking & Interpretation
Interviewing Skills

Career Focused STAR Events Recognition

Culinary Arts
Early Childhood Education
Event Management
Fashion Construction
Food Innovations
Hospitality, Tourism & Recreation
Interior Design
Say YES to FCS Education
Sports Nutrition
Sustainability Challenge
Teach or Train
Teaching Strategies

North Dakota FCCLA District Spirit Award

Emersen Knott

VP of Membership

Announcements & Break

Emily Senger

ND FCCLA State President

11:30AM

**STATE OFFICER INSTALLATION CEREMONY
& CLOSING GENERAL SESSION**

Hall A

Welcome

Emily Senger

ND FCCLA State President

Introduction of Special Guests

Ashley Ellis

ND FCCLA 1st Vice President

Parent/Adviser Recognition

State Officer Fairwell

Installation Ceremony

Closing Ceremonies

'26-'27 President Elect

ND FCCLA State President-

Elect

DISTRICT SPIRIT AWARD INFORMATION

FCCLA Spirit Awards are typically given to an individual, chapter, or group that demonstrates outstanding enthusiasm, dedication, and support for FCCLA activities. Spirit awards recognize those who exemplify the organization's values through spirited participation in events, teamwork, leadership, and promotion of FCCLA within their school or community.

The District Spirit Award is based on the amount of points accumulated by each chapter at the State Leadership Conference. A panel of judges have been selected to evaluate chapters throughout the meeting and award points using the following criteria.

- Chapter supports a candidate for a State Officer position, demonstrating leadership and commitment to FCCLA's mission and values.
- Chapter members actively encourage and support other chapters through displaying sportsmanship by acknowledging achievements of others and offering help when needed.
- Chapter members attend and actively engage in all general sessions, workshops, and meetings.
- Chapter members show professionalism by being attentive, respectful, and courteous to all guest speakers. No disruptive behaviors such as excessive talking, phone use, or inattentiveness.
- Chapter actively participates in the community service project organized for the event. Members contribute meaningful effort to the project, demonstrating the spirit of giving and teamwork.
- Chapter members follow the FCCLA official dress code throughout the event, showing pride in representing the organization. Proper attire is worn at all times, and members are neat, polished, and professional.

Judges may also consider how well the chapter encourages inclusivity, positive interactions, and overall energy at the event. I wish all of you the very best of luck as you compete for the District Spirit Award. Good luck, and may the odds be ever in your favor!"

SENIOR HONOR AWARD RECIPIENTS

Miley Agothness | Midway
Bailey Allery | Rolette
Sadie Armbrust | Midway
Tawni Batesole | Dickinson
Lily Bollingberg | Harvey
Nixon Buchmiller | Harvey
Keiley Bures | Mandan HS
Emma Conrey | Napoleon
Brooklyn Dockter | Harvey
Tyler Eckart | Harvey
Jaxon Feist | Harvey
Kali Fike | Harvey

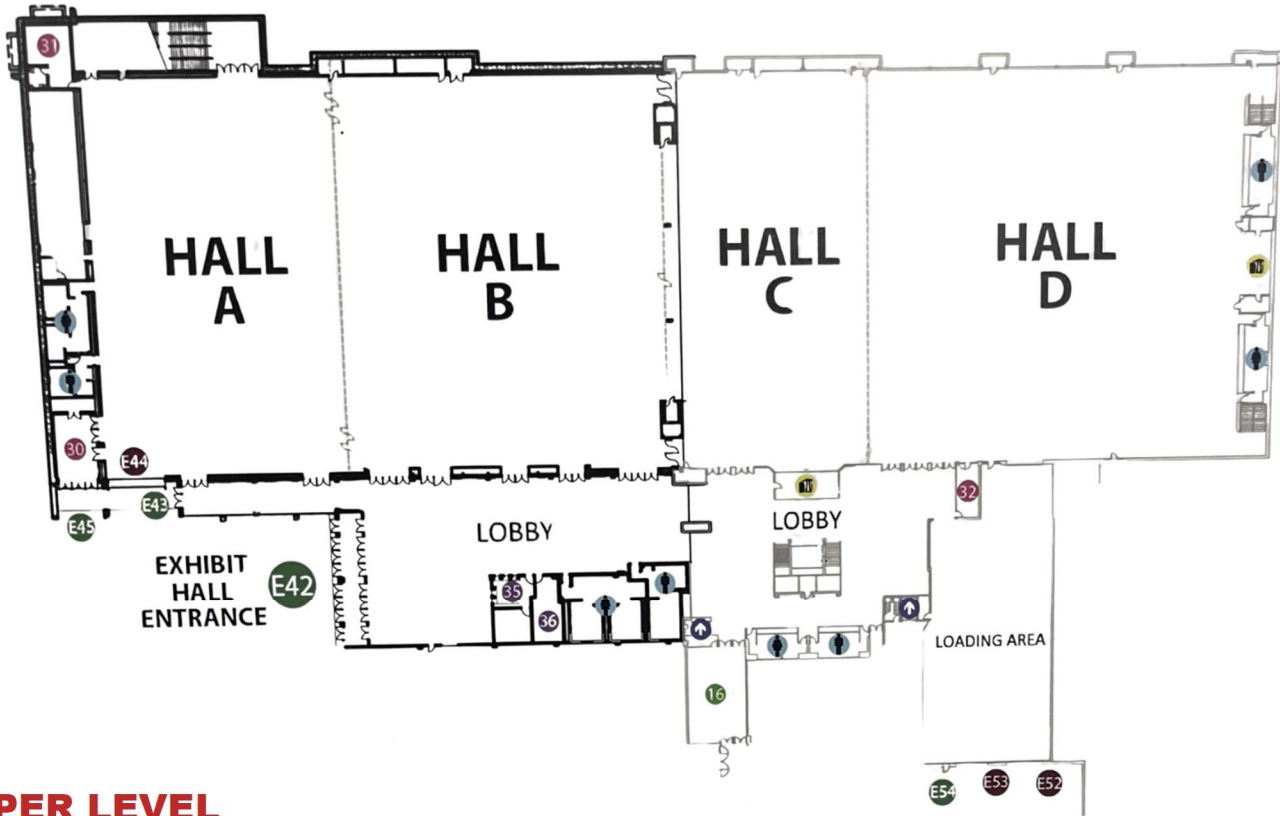
Marnie Frost | Mandan HS
Franklin Graumann | Harvey
Owen Harness | Harvey
Allyson Hefta | Midway
Kristen Huhta | Valley Edinburg
Autumn Jackson | Mandan HS
Simone Joubert | Harvey
Layla Klug | Grafton
Faith Krebs | Thompson
Mia Kasprick | Grafton
Katelyn Kuster | Thompson
Ally Larson | Minot North
Kimberly Lopez | Minto

Lily Moos | Napoleon
Maggie Neameyer | Rolla
Karter Nielsen | Rolette
Christine O'Toole | Valley Edinburg
Maci Reutter | Harvey
Frank Richter | Harvey
MacKenzie Sagert | Harvey
MacKenzie Sagert | Harvey
Emily Senger | Rolla
Kendall Sperle | Napoleon
Annabelle Staus | North Star
Shayle Zimbelman | Oakes

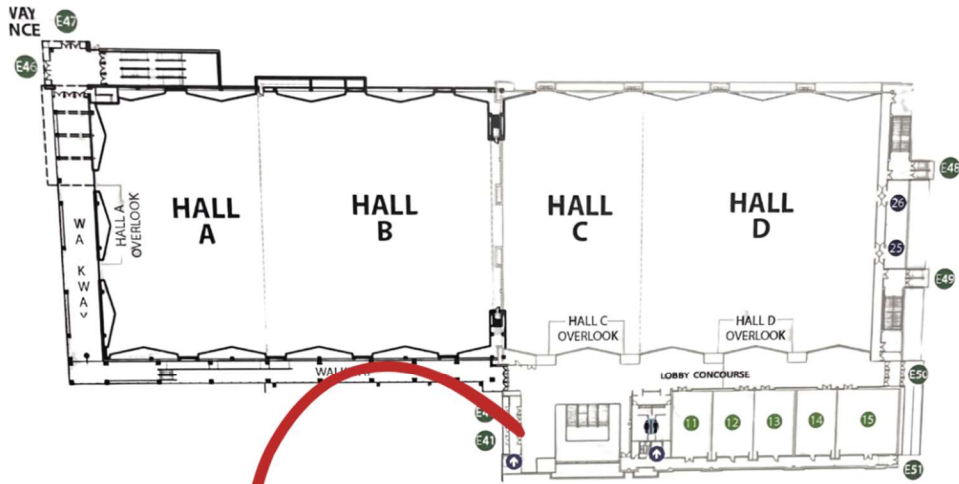
North Dakota FCCLA proudly congratulates the recipients of this year's Senior Honor Award! These outstanding senior members have demonstrated exceptional commitment and dedication to FCCLA through their involvement at the local, district, and state levels. Your leadership, service, and passion have made a lasting impact on your chapters and communities. We celebrate your achievements and wish you continued success in all your future endeavors!







BISMARCK EVENT CENTER MAP

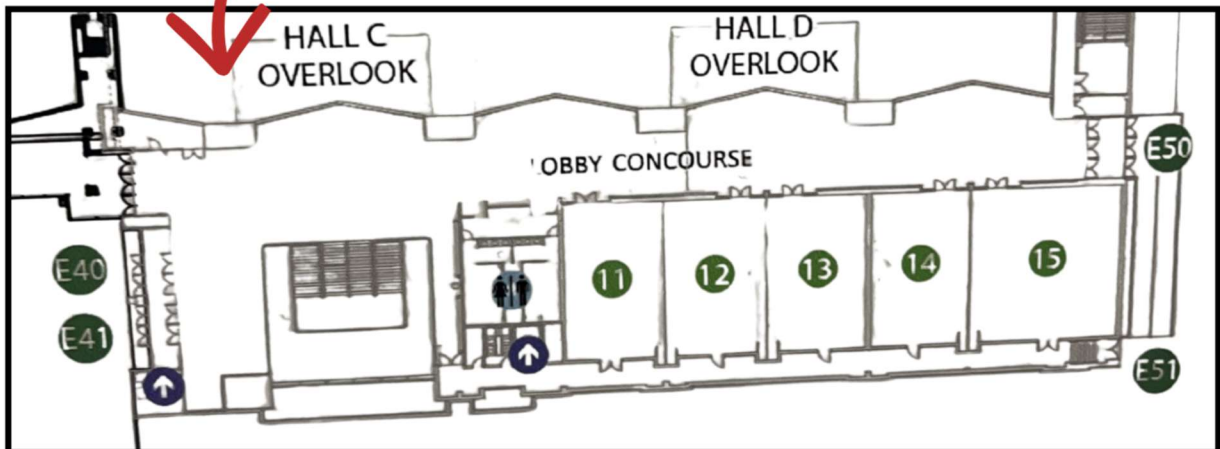
LOWER LEVEL



UPPER LEVEL



-  Prairie Rose Rooms
-  Restrooms
-  Concessions
-  Elevators
-  First Aid
-  Entrances



ACKNOWLEDGEMENTS

North Dakota FCCLA is grateful to all the individuals and organizations that have assisted us in achieving our goals and accomplishing our numerous activities and projects during the 2025-2026 school year. We are especially grateful to those who helped us in carrying out the activities at this 80th FCCLA State Leadership Conference.

We wish to acknowledge the following:

- All local FBLA chapter advisers and chaperones
- School administrators, school boards, and patrons for their support of FCCLA in local schools
- State STAR Events Coordinators – Kayla Held & Brenda Gullikson
- Culinary Arts Competition Coordinators – Lana Duffey Feeley and Melissa Jacobson
- All evaluators, lead consultants, room consultants, and student assistants
- Co-State Adviser – Stacy Riendeau and District President Trainer – Ashley Nudell
- Breakout session speakers and other adult volunteers
- Janelle Wiedrich for planning and coordinating the Silent Auction
- The Department of Career and Technical Education – Wayde Sick, State Director, and John Gruenberg, Assistant State Director, for their support of our organization

Special thanks to the following:

- Bismarck-Mandan Convention and Visitors Bureau for their assistance with banners, signs, and name tags.
- Corporate and local sponsors
- The Bismarck Event Center staff
- Wade Stine with Fargo AV for lights and sound



SPONSORS



FASHION SHOW SPONSORS



Location:
301 E Broadway Ave,
Bismarck, North Dakota

Hours:
Mon- Tue 11am - 5pm
Wed, 10am - 5:30pm
Thur, 10am - 6pm
Fri, 10am - 5:30pm
Sat, 10am - 4pm
Sun, CLOSED

****NOTE:** Receive a 20% discount through the end of April on purchases in store by showing your '26 ND FCCLA SLC name badge & by entering the code **FCCLA** for online purchases!

ND FCCLA STATE STAFF

Danielle Jangula

ND FCCLA State Adviser
ND CTE Assist. FCS Supervisor

Ashley Nudell

ND FCCLA District President Trainer
NDSU FCS Ed.

McKenzie Berube

ND CTE Program Specialist
for FCS & FCCLA

Kayla Held

ND FCCLA State STAR Event Coordinator
Rolla FCCLA Chapter Adviser

Stacy Riendeau

ND FCCLA Co-State Adviser
Northern Cass FCCLA Chapter Adviser

Brenda Gullikson

ND FCCLA State STAR Event Coordinator
Williston Basin CTC FCS Teacher

ND STATE BOARD FOR CAREER TECH ED

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It is the policy of the North Dakota State Board for Career and Technical Education not to discriminate in its educational programs, activities, or employment policies as required by Final Regulation implementing Title IX of the 1972 education Amendments, Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973. The Board policy does not advocate, permit, nor practice discrimination on the basis of sex, race, color, national origin, religion, age, or disability as required by various state and federal laws. Equal education opportunity is a priority of the North Dakota State Board for Career and Technical Education.

ND CAREER & TECHNICAL EDUCATION

North Dakota Family Career and Community Leaders of America is sponsored as part of Family and Consumer Sciences Education Programs by the North Dakota Department of Career and Technical Education.

Mr. Wayde Sick

ND CTE State Director

Mr. John Gruenberg

ND CTE Assistant State Director



'25-'26 STATE EXECUTIVE COUNCIL

ND FCCLA State President

Emily Senger | District #2 | Rolla Chapter

VP of Community Service

Kendall Sperle | District #5 | Napoleon Chapter

VP of Finance & Development

Katlyn Haff | District #4 | Mandan HS Chapter

VP of Programs

Karter Nielsen | District #2 | Rolette Chapter

ND FCCLA 1st Vice President

Ashley Ellis | District #1 | Stanley Chapter

VP of Competitive Events

Brody Boe | District #3 | Grafton Chapter

VP of Membership

Emersen Knott | District #6 | Hope-Page Chapter

VP of Public Relations

Simone Joubert | District #2 | Harvey Chapter

'25-'26 DISTRICT PRESIDENTS

District #1

Lily Palumbo | Minot North HS Chapter

District #3

Kamryn Nissen | Thompson Chapter

District #5

Mackenzie Gunn | Ellendale Chapter

District #2

Peyton Morrow | Rolette Chapter

District #4

Ellianna Pierce | Dickinson HS Chapter

District #6

Nevaeh Fischer | Hope-Page Chapter

'26-'27 STATE OFFICER CANDIDATES

District #1

Kylee Collins | Stanley Chapter

District #3

Kaylee Gemmil | Midway Chapter

Kirea Willis | Thompson Chapter

District #5

District #2

Elise Weckerly | Harvey Chapter

Kendra Wibe | Rolla Chapter

Paislee Ressler | Rugby Chapter

District #4

Addison Dahmus | Dickinson HS Chapter

Katlyn Haff | Mandan HS Chapter

District #6

Siri Williams | Hillsboro Chapter

Kennedy Jacobsen | Hope-Page Chapter

Jordyn Dockter | Kindred Chapter



NORTH DAKOTA
STATE ASSOCIATION