

## Dates to Remember:

Regional Meeting  
Sullivan High School  
October 9th  
Fall Leadership Conference  
Tan-Tar-A Resort  
October 27th-28th  
National Cluster Meetings

November 15th-17th  
Dallas, TX

Affiliation Date  
December 1st  
\*For eligibility in regional, state, & national STAR Events & officer candidates

Regional Star Events & Elections  
January 15th @  
Belgrade Methodist Church, 14524 State Hwy. C Belgrade, MO 63622  
Culinary Star Events

January 16th @  
Belgrade Methodist Church

Legislative Shadowing  
Jefferson City, MO  
March 3-4th  
Application deadline: December 6th  
State Leadership Conference

Tan-Tar-A Resort  
March 15th-19th, 2020

National Leadership Conference  
Washington, D.C.  
July 5th-9th 2020

# Region 5 presents:

## FOLLOW THE YELLOW BRICK ROAD TO FCCLA!



### Regional Meeting

**Date:** Wednesday, October 9th, 2019

**Time:**  
Registration 9:00-9:30  
Meeting 9:30-1:30

**Place:**  
Sullivan Performing Arts Theatre,  
Sullivan High School,  
1073 East Vine Street,  
Sullivan, MO 63080.

**Theme:** FOLLOW THE YELLOW BRICK ROAD TO FCCLA

**Lunch:**  
Don't forget to have your students pack a Brown bag lunch!

Lunches may be consumed in the annex gym or on the bus. You will not have time to leave campus to eat.

**Registration:** \$7.00

per member attending the meeting. Please place payment in an envelope with your registration card. Sorry, but no PO's will be accepted. Make checks payable to: REGION 5 FCCLA.

**Adult/Student Ratio:**  
There should be one adult sitting with every twenty students in attendance at the meeting. Please be sure to have plenty of adults attending to help prevent undesirable behavior issues. Please respect our host school.

**Program:** The regional executive council has worked diligently to provide an excellent and memorable speaker experiences!

**Out of Respect to Our Speakers and Other Members:**  
Chapters are strongly encouraged to attend the entire regional meeting but those needing to leave early, please do so at the lunch break.

### Meet Our Guest Speaker: Joshua Routh

In his 'Motivation and the Mind' presentation, Joshua will show you how to re-frame negative thought patterns, unlock the barriers to goals, break down fears and make new healthy connections to success. You will learn the latest in the psychology of change and why just setting a goal is never enough. In the afternoon, engage in a safe, interactive show where you will see a unique performance of comedy and fun!





## Dress Code: Business Casual

### Men:

Collared shirt, dress slacks or khakis, dress shoes and socks. No denim. No hats or caps. No athletic or plastic-type shoes including non-dressy flip flops or beach sandals.

Dress, slacks, khakis, or skirt with blouse, sweater, or collared shirt, dress shoes. All skirts and dresses should be less than 2" above the knee. No denim. No hats or caps. No athletic or plastic-type shoes including non-dressy flip flops or beach sandals.

### Advisors:

Students not following the dress code should NOT be allowed to attend, and will NOT be admitted into the meeting. Please examine their dress before your morning departure, so students and advisors will not have to miss an excellent leadership experience.

### Women:

*Don't forget to affiliate your chapter online at <http://fcclainc.org/membership/> by December 1st for eligibility in regional, state, & national STAR Events & officer candidates. When affiliating two invoices will be generated. The first will be to nationals which will cover national and state dues. The second will be to state, which will cover regional dues.*

## Chapter Slideshow

Please email up to ten photos showcasing your chapter activities by

**Monday, September 30th** to: [fcclaregion5@gmail.com](mailto:fcclaregion5@gmail.com)

Being able to see your chapter on the big screen during the meeting is a great way to get your chapter excited.

## Attendance Prizes

This year we will be holding attendance prizes for schools and students in attendance at the Regional Meeting

Students will be issued a ticket at registration. 4 Random winners will win a prize basket (\$20 value)

Each chapter in attendance will also be placed in a drawing for a chance to win a monetary prize of \$25, \$50, or \$75

## Awards

### Power of One Recipients

Students completing 3 or more Power of One Modules and STAR Events will be recognized during the Awards Ceremony.

**Advisors:** please email your students' names and number of modules completed by **Monday September 30th** to [fcclaregion5@gmail.com](mailto:fcclaregion5@gmail.com)

### Awards:

Recognition will be given for ...

- Power of One ( Completed 3 or more)
- STAR Events
- Increased Membership
- Best Name Tag
- Best Chapter Bucket



## Name Tag Contest

- Create a nametag for your members to wear to the Regional Meeting. Bring a sample entry to be judged by Sullivan faculty members. Leave the nametag at the registration table upon arrival.
- ◆ Name tag must relate to the regional meeting theme.
  - ◆ No larger than 4" x 5".
  - ◆ Name tag should have student's name, school, and FCCLA on it.
  - ◆ Name tag will also be judged on creativity and colorfulness.

### Guidelines include:



*Here's your chance to get those artistic members involved. Set them loose on this year's FCCLA Nametag & Bucket!*

## Miracle Minute Bucket Contest

Each school should design their own bucket that will be utilized to collect funds during the Miracle Minute! Be creative!

Buckets will also be judged so leave your Bucket at the registration table upon arrival.

Two members from your chapter need to be prepared to walk the Bucket across the stage and announce your school name, number of members, advisor(s), & guests attending. It will be announced when students will need to pick up the buckets from the lobby for the roll call.

### Guideline Include:

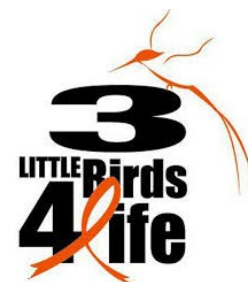
- ◆ Buckets should be no larger than 5 gallons
- ◆ Includes chapter name
- ◆ Includes number of FCCLA members
- ◆ Must relate to the regional meeting theme.
- ◆ Teaches something significant about your school.

## Miracle Minute will donate to: 3 Little Birds 4 Life

3 Little Birds 4 Life is an organization that is passionate about giving adults currently managing cancer the experience of living life as if they were never diagnosed with can-

cer. While it is certainly right to give attention and care to children and elderly people with cancer, those between the ages of 25 and 55 often are forgotten and lost in the shuffle. We want

We engage each chapter and/or individual to bring along a monetary donation to help support this amazing local community service event! **Thank you for giving!**



## ANY QUESTIONS?

Contact:  
Janet Knese  
Ritenour High  
School

9100 St. Charles  
Rock Rd. St. Louis,  
MO 63114

Phone: 314-493-  
6105

E-mail:  
knesej@  
ritenourschools.org

### Region 5 Officers

**Jacqueline Martinez-Torres**

State Vice President (Ritenour)

**Chris Campos**

Regional President (Ritenour)

**Conner Payne**

Regional Vice-President (Valley R-VI)

**Macie Witthaus**

Regional Secretary (Hermann)

**Nancy Brown**

Regional Treasurer (Valley R-VI)

**Elizabeth Morris**

Regional Reporter (Valley R-VI)

**Trinity Lewis**

Regional Parliamentarian (Salem)

**Hali Overkamp**

Recreational Leader (Hermann)



Check out our Website

<http://moregion5fccla.weebly.com/>

## Regional Registration Card

When exiting the bus, please have students proceed to the annex gym. Advisors may proceed to the theater lobby to register their students.

- School : \_\_\_\_\_
- Advisor's Name: \_\_\_\_\_
- Advisor's Email: \_\_\_\_\_
- Number of Students Attending: \_\_\_\_\_
- Total Number of 2018-2019 Members: \_\_\_\_\_
- Total Number of 2019-20 Members: \_\_\_\_\_
- Dollar Amount in Envelope: \_\_\_\_\_  
(Registration is \$7.00 per student)

Check if your chapter HAS NOT attended a Region 5 meeting in 3 or more years.

Check if this is the first Region 5 meeting your chapter has attended.



**Date: October 9th 2019**

**Registration: 9:00-9:30**

**Meeting: 9:30-1:30**

Sorry, but no PO's will be accepted.

Make checks payable to:

**REGION 5 FCCLA.**

Remember to leave your Chapter Bucket and Name Tag at the registration table to be judged.