
MASC/MAHS

Welcome!

It is over half way through the school year, which means it's time for our next newsletter! It also means that winter is almost over! In addition, everyone needs to start thinking about their contributions to the 2016 State Service Project with helping the environment.

Let's make 2016 about helping our environment!

- Kalley Anderson (MAHS Vice President) & Maddie Theisen (MASC Vice President)

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Student Council Division Presidents



Eastern

Name Matthew Ternus

Bio: Matthew Ternus is a junior from Rogers High School. Matthew is currently the President of EMASC, Vice President of the Rogers Student Council, and one of the captains for the Speech Team. At the fall EMASC conference in late October, the division focused on team building and communication. Along with time for sharing, schools were able to take away great ideas and skills. The winter EMASC conference is already in planning, and the division's executive board is excited to meet with all the schools again.



Central

Name Gopi Ramanathan

Bio: My name is Gopi Ramanathan, and I am the President of Central Division! I am currently a senior at Sartell High School, where I enjoy participating in soccer, Knowledge Bowl, Big Brothers Big Sisters, and other leadership groups. This year's Fall Convention was on November 12th and was themed "Hunting for Leadership." Our keynote speaker was Kyle Scheele, and our service project was to collect toys and cash donations to give to the local Toys for Tots program. This Division convention was a great success, and we hope to continue our success through the rest of the year!



Northeast

Name Annika Amdahl

Bio: My name is Annika Amdahl and I am the president of the Northeast Division. This year, I am a senior at Falls High School in International Falls. I am involved in Student Council, President of the National Honor Society, captain of the Basketball Cheerleading squad, prom committee, and Interact Group. Other than that, my family and friends are very important to me as well as my cat, Chanel. In my free time outside of school, I work at a small retail business, and I love to read, shop, and do DIY projects. I'm a major Pinterest Junkie!



Capital

Name Bri Flasch

Bio: Hello! My name is Bri Flasch and I'm a senior at Forest Lake High School I'm super pumped to represent Capital Division this year! I'm Student Director and Actor in our Theatre Department, Varsity Speech Team Captain, YouTuber, in 4,000 Clubs at school, Professional Ice Cream Scooper, Cinematographer, Dancer, Photographer, Musician, Vegetarian, and obviously in Student Council! This year will be awesome! Hit me up on the internet and this year at State! Thank you all for your amazing contributions to your schools, communities, and the state! You rock! :-)



Southeast

Name Zeke Peters

Bio: Hello MASC! I'm the Southeastern Division President Zeke Peters, and I am a junior from Austin High, in Spantown, USA. I am an active participant of DECA, NHS, Student Government, Show Choir, Band, Choir, Jazz band, Orchestra, and my own music groups. I run Cross-Country and Track, and then I also am an avid Cyclist. I am very excited for this year of Student Council and cannot wait to meet people statewide. Student Leadership is very important to me and I love the positive affects it has. Some weird things is I hate bananas, I can play 17 instruments, I am a barista during the day, and a morgue/funeral home assistant. Here's to a great year of Student Government!



Southwest

Name Marshal Quast

Bio: Hey, hey, hey! I'm Marshal Quast. I'm 18 years young and a senior at Redwood Valley High School. I'm a chocolate milk fanatic and an avid runner (of course I also live for stu co). Hit me up and we can knock some miles down! My dream one day is to be a public speaker so I'm always looking to get in front of the crowd. Whoever is reading this, I hope some day we'll meet because I love meeting new people. See you around!



Western

Name Rachel Rausch

Bio: My name is Rachel Rausch and I'm from Morris, MN. I'm currently serving as the Western Division President and Vice President of my chapter. I'm involved in FFA, National Honor Society, and volunteer at my local library. I'm excited to get involved on the state level, and I can't wait to make connections with other councils.



Northwest

Name Cassidy Stokes

Bio: Hey! My name is Cassidy Stokes and I'm this year's NWD President! I'm currently a senior at Bemidji High School. I'm involved in a ton of stuff, but I'm most active as a Speech Captain, Mock Trial Captain, a School Board Representative, as well as Ballroom & Swing Club, singing in my church's band, and acting in whatever show is currently running. My favorite things include music, books, and words. If I could spend the rest of my life doing nothing but looking over and analyzing words I would. Next year, I plan to attend UCLA and pursue a career in Publishing.



Hennepin

I am a Junior at Wayzata High School in Plymouth Minnesota and have been pumped to be division president for Hennepin this year. It has definitely been a good year for Hennepin and the very capable board continues to be an amazing asset for the schools in our community. This year we had a successful spring convention with a not so conventional form of hot topics where we introduced a new activity called policy debate. We picked four controversial issues and had delegates discuss those topics and their viewpoints in rounds with information and supporting information we provided to help them construct their arguments. This coming meeting we will be improving upon the same activity and will be providing the necessary training to better negotiate within our policy debates. Our goal has been to strengthen the leadership of every student within our division and we are excited to see what unfolds at the next meeting with brand new topics and training activities.

South Central (no information available)

2016 State Service Project

The year of the environment is upon us! It is not only for society as a whole, but also for MASC/MAHS! This year we are encouraging all councils and divisions to get involved to positively impact the environment. Some schools have already started their own individual projects. We encourage you to keep doing more and to remember to take pictures! All pictures can be sent to either Maddie or Kalley's emails. The Department of Natural Resources had given several opportunities around Minnesota to volunteer. These lists are posted below. Along with the DNR's list, we have compiled ideas for individual projects. Remember we are less than two months away from state, so get outside and make a change.

Maddie Theisen: madisontheisen@gmail.com

Kalley Anderson: 16kaland@isd726.org

School Based Project Ideas

- Make bird feeders for school/community.
- Plant and/or purchase plants/trees for school/community.
- Donate money to environmental groups.
- Pick up around your school campus.
- Adopt a highway.
- Bring a recycling system to your school if one is not already in place.



State Service Projects for MN Association of Student Councils and Honor Societies – 2016

Metro Area and Central MN

STATE PARK	ADDRESS	PROJECT	Number of volunteers needed
Frontenac State Park	29223 County 28 Blvd., Frontenac, MN 55026	Litter Clean-up	4 – no maximum
Frontenac State Park	29223 County 28 Blvd., Frontenac, MN 55026	Amphitheatre Rehabilitation	4 - 10
Frontenac State Park	29223 County 28 Blvd., Frontenac, MN 55026	Spring Trail Leaf Removal	2 - 8
Frontenac State Park	29223 County 28 Blvd., Frontenac, MN 55026	Garlic Mustard Pull	4 – no maximum
Frontenac State Park	29223 County 28 Blvd., Frontenac, MN 55026	Outdoor Structure Painting	4 - 10
Lac qui Parle State Park	14047 20th Street NW, Watson, MN 56295	Pheasants Forever Pollinator Project	2 - 25
Upper Sioux Agency State Park	5908 Hwy 67, Granite Falls, MN 56241	Pheasants Forever Pollinator Project	2 - 25
Big Stone Lake State Park	35889 Meadowbrook State Park Road, Ortonville, MN 56278	Pheasants Forever Pollinator Project	2 - 25
Gateway State Trail	Washington County	Brushing along the Gateway State Trail - cutting low hanging branches with hand tools	2 - 10

Northwestern MN

STATE PARK	ADDRESS	PROJECT	Number of volunteers needed
Big Bog State Recreation Area	55716 Hwy 72 NE Waskish, MN 56685	Big Bog Adventure Day Site Prep – clean up beach area, pond area and trails in May	5 - 20
Zippel Bay State Park	3684 54th Ave NW Williams, MN 56686	Spring Beach Clean Up	5 - 20
Franz Jevne State Park	Hwy 11 Birchdale, MN 56629	Tree Planting and Caging – April 27 or 30	5 - 20

Southern MN

STATE PARK	ADDRESS	PROJECT	Number of volunteers needed
Whitewater State Park	19041 Highway 74, Altura MN 55910	Tree planting, mulching and butterfly garden maintenance	20 - 50
Fort Ridgely State Park	72158 County Road 30 Fairfax MN 55332	Butterfly Garden	1 - 3
Fort Ridgely State Park	72158 County Road 30 Fairfax MN 55332	Exterior Painting	1 - 6
Lake Shetek State Park	163 State Park Road, Currie, MN 56123	Trail Maintenance (spreading wood chips on a couple of trails) – April or May	6
Lake Louise State Park	LeRoy, MN	Remove old wire and junk from sinkholes	1 - 6
Forestville/ Mystery Cave State Park	21071 County 118 Preston, MN 55965	Remove abandoned wire fences	1 - 20
Forestville/ Mystery Cave State Park	21071 County 118 Preston, MN 55965	Prairie Seed Planting	1 - 4

Northeastern MN

STATE PARK	ADDRESS	PROJECT	Number of volunteers needed
Scenic State Park	56956 Hwy 7, Bigfork, MN 56628	campground cleanup and rehab	1 - 8
McCarthy Beach State Park	7622 McCarthy Beach Rd, Side Lake, MN 55781	Caragana (Siberian peashrub) removal & campground clean-up	2 - 20

State Convention Update

Hey Minnesota, it's Sydney, your state convention co-coordinator here with an update! State is April 9-11 at my school, Sauk Rapids-Rice High School. We are thrilled to have you with us and cannot wait to make memories with you! Our theme for the weekend is (drum roll please) Leadership: Oh The Places You'll Go! We are currently working on booking a magician to entertain us for an evening, and have also booked Jessie Funk to speak to us! (Any of you who attended NASC this past summer in Albuquerque should remember her, as this is where we met and fell in love with her!) My council and I have been busy bees these last few months working hard to make everything from decorations, food selections, and t-shirt colors absolutely PERFECT for you! If you haven't already, we highly encourage you to attend with delegates from your school and division. If you have any questions don't be afraid to find me on Twitter or Instagram, @SydneyBitz - See you soon!

MASC/MAHS STATE CONFERENCE INFORMATION

The 2016 MASC/MAHS State Conference, "**Leadership...Oh, The Places You Will Go!**" is **April 9-11** at Sauk Rapids/Rice High School in Sauk Rapids. The MASC and MAHS Executive Committees and the Sauk Rapids/Rice student council have been working to put together a great conference! We are pleased to have Mark Linnquist www.BreathIsLimited.com and Jessie Funk <http://www.jessiefunk.com/> as our convention keynote speakers. Russ Peak RussSpeak.com will be the MAHS keynote. Russ will also be doing an advisor workshop plus presenting his illusionist show for the students on Saturday night. Of course, there will be many other opportunities to hear from student presenters and for networking with student leaders and advisors from around the state. We are very excited about the full schedule of conference events. Each MASC member school is allowed **3 delegates** and two non-voting delegates. We will accept more non-voting delegates on a waiting list. Each MAHS member school will be allowed delegates per the MAHS constitution.

Cost

The registration fees for the 2016 MASC/MAHS State Conference will be \$125 per student and \$170 per advisor.

Remember that if you have Division officers and workshop presenters, they do NOT count against your school total.

Hotels

The following hotels are available for the convention. If your school does not allow home stays, the Holiday Inn and Suites is your convention hotel. The advisor will be responsible for supervision at the hotel, transportation, and all meals not provided in the conference fees.

Hotels for the MAHS/MASC state convention

<u>Hotel</u>	<u>Price</u>	<u>Phone #</u>	<u>Due</u>
Grand Stay Suites Includes breakfast	\$129 plus tax	320-251-5400	March 8 th
Best Western Kelly Inn Attached to the convention center	\$94 plus tax	320-253-0606	March 8 th

Courtyard by Marriott \$129 plus tax 320-654-1661 March 20th

St. Cloud Holiday Inn & Suites \$114.95 Fri/Sat; \$89.95 Sun 320-253-9000 March 9th

This is the Hotel for those students not doing the home stay plus their advisors

Roundtable Presenters

Each year at the State conference there is an opportunity for your student council to share with the state the great ideas, activities or events that you are doing at your school. These roundtable sessions are 12 minutes in length. If you have students interested in presenting a roundtable, they need to email a title and description of the presentation to derickson@orono.k12.mn.us by **March 9th**. The executive committees will look through the proposed roundtable topics and notify the presenters if they are accepted to present.

Running for a State Officer

Students interested in running for a MASC Executive Committee position can find the forms on the MAHS/MASC website under forms. **Those forms are available now and are due to the MASC office by March 9th.** The MASC candidate **MUST BE** one of your 3 voting delegates registered.

Awards

All of the forms for the awards presented at the MASC/MAHS State Conference **are available on line**. The awards forms are due to the MASC Office on **March 9th**.

Registration

Please head to the MASC website for all of the forms needed for the MASC/MAHS State Conference registration. Once you have filled out all of the forms, they can be faxed to 651-999-7331 or mailed to MAHS/MASC Suite C-100 1667 N. Snelling Ave St. Paul, Mn 55108

Wait list for additional delegates

If you wish to register additional delegates, please send an email to derickson@orono.k12.mn.us with the student's name, grade, gender and T-shirt size. Once we know about availability of space, you will receive an email with further instructions.

**Your registration is accepted without check
The Check should be made out to MAHS/MASC**

If you have any questions please feel free to call 763-232-2501 or email me at derickson@orono.k12.mn.us

I look forward to seeing you at the MASC/MAHS State Conference **“Leadership...Oh, The Places You’ll Go!”**

Doug Erickson
Coordinator for Student Activities
Minnesota Association of Secondary School Principals

Congratulations Gopi!



Gopi Ramanathan has been awarded with the *Times* Media 2 Under 20 award. This award recognizes the accomplishments of young leaders who have the potential to shape the future of Central Minnesota. He has been involved with student council, athletics, and fine arts. It's for all those reasons and more that Ramanathan is one of the recipients of the award, which is presented to Central Minnesota teens who have been instrumental in shaping their communities through their leadership and service.

He was honored with this award at a Jan. 19 reception along with Hannah Yackley and runners-up Kaydee Miller of St. Cloud Tech, Isaac Logeman of St. Cloud Apollo and Nicole Yang of Sartell.

Congratulations Karrie!



Karrie Fredrickson was named the Minnesota Warren E. Shull Winner. Karrie has done impressive work at Sartell High School. Sartell High School is one of Minnesota's top student councils year after year. Karrie makes sure that her students participate in local, divisional, state, and national leadership training opportunities. A direct result of this exposure is a student council that is confident and prepared. Individual students on her council have had great success in leadership roles in all aspects of high school life. Karrie currently has a student that is the president of the Minnesota Association of Student Councils (MASC.) He is a natural extension of Karrie's belief of empowering students. In addition to her student council advisor-ship she is also the honor society advisor. She is a key advisor leader in our state and we can not be more proud of all her accomplishments

2015/2016 Goals

- Updating of State Website
- Successful Service Project
- Attendance of Division Meetings by State Executive Board Members
- Amending the Constitutions (MASC and MAHS)
- Less usage of paper and more usage of technology
- Streamlining Registration
- Increasing Communication between State Board and Division Presidents
- Budget Resolution (including scholarships and other expenses with MASC-MAHS)
- Better Executive Board Turnover

Upcoming Events

April 9-11, 2016
State Convention

June 21-25, 2016
NASC Conference - Portland, Oregon