

MASC/MAHS Newsletter



23 September 2024



**ENCHANTED ENGAGEMENT: EMPOWERING
OUR LEADERS IN A CASTLE IN THE WOODS**

Welcome!

Welcome to our newsletter! We plan to release each one monthly, providing information on MASC/MAHS conferences, registration, and any other news. We also hope this newsletter will be used as a source of inspiration for student councils across the state of Minnesota, spotlighting various divisions who are doing new and engaging things. If your division would like to be highlighted, please reach out to us via email, Instagram (@masc_mahsmn), or speak to an exec board member.

We also ask that you spread the word regarding this newsletter to your councils and advisors to help reach as many student leaders as possible. You can find more updated information on our MASC/MAHS Instagram page and website.

Enjoy this month's newsletter!

*MASC &
MAHS Boards*



In this newsletter
you can expect:

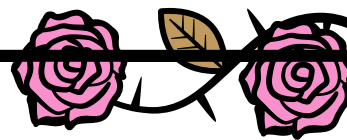
Introduction of
Boards

Recap of
Summer Events

A Look into the
2024-25 Year

Coordinator's
Update

Introduction of
Division
Presidents &
State Advisors



Our Executive Team



Riann Mohamud- MASC President

Riann is a senior at Sauk Rapids-Rice High School who loves reading, traveling, baking, and spending time with her family and friends. She also serves as the Central Division President as well as her high school council President. Outside of Student Council, she participates in DECA, Green Team, Link Leaders, Varsity lacrosse, and Minnesota Honors Society. Riann is very excited to get to know everyone during our many MASC/HS conferences throughout the year!



Abbey Nelson- MASC Vice-President

Abbey is a senior at Farmington High School, who's super excited for this year! She is involved in a variety of activities including National Honor Society, Choir, Youth, and Piano. She also serves as a Debate Captain, and her Student Council's President! Some of her other hobbies include baking, hanging out with her friends, crafts, and she's a major foodie. She looks forward to all the fun activities and speakers at the conferences this year!



Savana Sanchez- MASC Secretary

Savana is a senior at Forest Lake High School. She is involved in DECA, SADD, and the policy committee for the school board. She also is a part of her student council's executive board and is a track captain. Some of her favorite things to do is to work out, play pickleball, and hang out with friends. She can't wait for all the events and speakers and is very excited to get to know everyone.



Our Executive Team



Woody Field- MAHS President

Woody is a senior at Orono High School. He is the NHS President and Student Body President at Orono, and he is also a captain of the Soccer and Golf team at school as well. He loves serving his community, and is involved in volunteering with NHS and in Orono's Unified Program, where he serves on the executive board. He loves spending time with friends and meeting new people, and cannot wait for all of the new opportunities that come with MASC/MAHS conferences this coming year!



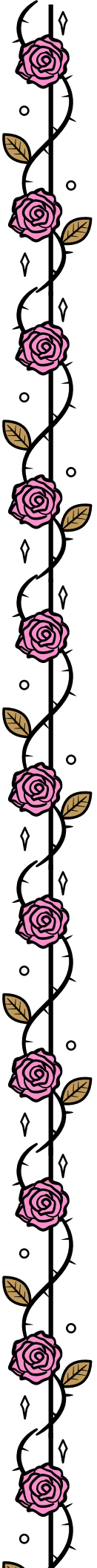
Audrey Mclees- MAHS Vice-President

Audrey is a senior at Farmington High School and is also a PSEO student through Inver Hills Community College. She is Member at Large on the Capital Division board and. She is on Farmington's Student Council Exec board as well. She loves to bake, go for runs, and bullet journal! She is also a sideline cheerleader for football & basketball at FHS. She can't wait to meet new people this year!



Lily Warren- MASC Secretary

Lily is a senior at Becker High School. She is Vice President of her school's MHS chapter and teaches a kindergarten class at her church. She is also involved in soccer and is a captain of her softball team. She loves baking, traveling, and anything involving the outdoors. Lily is excited to attend the MAHS and MASC conferences this year and bring new ideas back to her school!





Recap of Summer Events



08-9 July 2024

Summer Leadership

This year the State Summer Leadership Retreat was held at Saint John's University and was led by Trisha Bemboom. The conference had an agenda packed with fun experiences themed after the Disney movie "Up". The conference featured Bob Driver as our keynote speaker. Students had the opportunity to meet new people and work with others to discuss the different aspects of being a student leader. There were games, team building exercises, and time for councils to plan out their school year! Students even got to roast marshmallows during a s'mores social! Students were able to explore the St. John's campus and indulge in delicious meals from the dining hall. 13 schools were in attendance, making the event a huge success! Make sure to join us for our next Summer Leadership session next summer!



20-24 June 2024

VISION Conference

The 2024 Vision Conference was held at Rio Rancho Highschool in Albuquerque, New Mexico. Students listened to various keynote speakers, participated in activities, and networked with students from 38 different states! Throughout the conference our students learned how to "Lasso Your Leadership" the theme of the event, which focused on improving yourself to improve others. The state of Minnesota was represented by a delegation of 15 students from a variety of different schools. They hopped on a plane together and became fast friends united under our state! They even learned a super fun flash mob that they're dying to show off! It was a super fun and beneficial experience, and everyone who went would highly recommend you attend next year!



FALL LEADERSHIP FORUM

TOY STORY LEADERSHIP

**MASC/MAHS FALL
LEADERSHIP FORUM
NOVEMBER 3-4, 2024
CRAGUN'S RESORT**

REGISTRATION: \$90 [CLICK HERE TO REGISTER](#)



**SUNDAY
KEYNOTE:
MARK
BROWN**

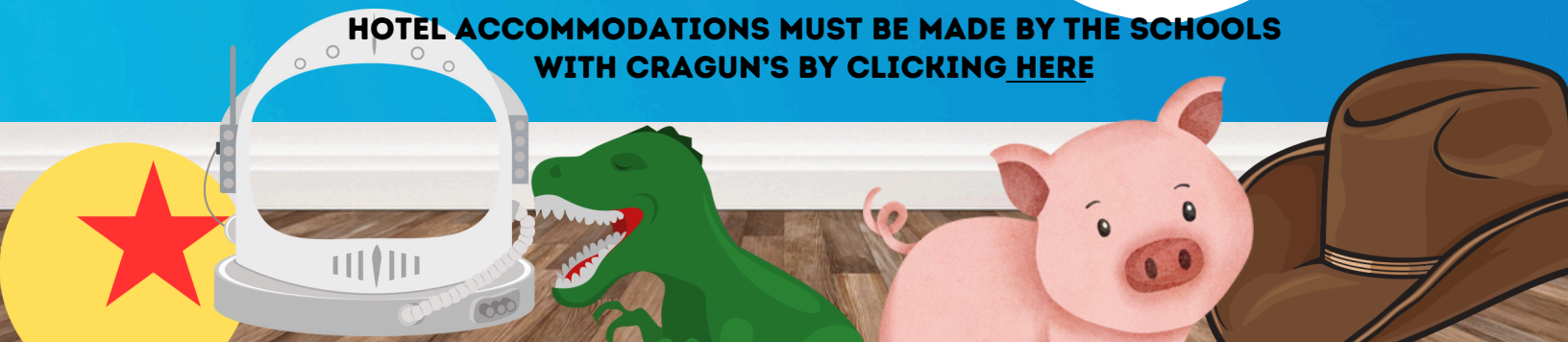
MARK USES BOTH HIS PROFESSIONAL EXPERIENCE AS AN EDUCATIONAL LEADER ALONG WITH HIS PERSONAL LIFE STORY TO HELP OTHERS UNDERSTAND THE POWER OF HOPE AND IS ON A MISSION TO BUILD AN ARMY OF HOPE DEALERS WHO ARE COMMITTED TO LOOKING FOR OPPORTUNITIES TO SERVE OTHERS WITHIN THEIR SCHOOL COMMUNITIES!



**MONDAY
KEYNOTE:
KATE
GARNES**

KATE GARNES IS A MOTIVATIONAL SPEAKER, DJ, AUTHOR AND GLADIATOR. GROWING UP SMALL COMPARED TO OTHERS HER AGE, KATE ALWAYS FELT THE NEED TO TRY TO CHASE THAT PESKY LITTLE THING CALLED PERFECTION, WHICH WAS A LOSING FIGHT. IN WORKING WITH YOUTH FOR OVER TEN YEARS, KATE CAN SEE THE SAME CHASE FOR PERFECTION IN TEENS THAT SHE SAW IN HERSELF. SHE USES HER STORY OF BEING TOLD SHE WAS NEVER GOOD ENOUGH TO BECOMING A PERFORMER AT WALT DISNEY WORLD TO BECOMING AN AUTHOR AND GLADIATOR, NOT BECAUSE ANYONE SAVED HER, BUT BECAUSE SHE LEARNED HOW TO SAVE HERSELF. NOW IT'S TIME FOR TEENS TO REALIZE THEY HAVE THE EXACT SAME STRENGTH AND COURAGE INSIDE THEMSELVES, AND KATE IS HERE TO HELP THEM SEE IT.

**HOTEL ACCOMMODATIONS MUST BE MADE BY THE SCHOOLS
WITH CRAGUN'S BY [CLICKING HERE](#)**



Idea Fair Presenters

We are also looking for schools to sign-up for our Fall Leadership Forum Idea Fair! Presenters are asked to host a booth during the Idea Fair, sharing one unique activity held by their student council. The more interactive, the better! Access this [link](#) to sign-up as soon as possible. The two schools with the best Idea Fair presentation will win either a \$50 gift card or one half-off registration for the State Leadership Convention



Upcoming 2024-25 Events

NASC/NAHS Conference

January 31st-February 2nd, 2025
Chicago, IL

We're excited to announce that the NASSP National Conference is back and will be coming to Chicago! Network with students from across the United States, and gain new ideas! Be on the lookout for registration for this amazing leadership opportunity!

State Convention

April 4th-6th, 2025
Hibbing High School

The annual State Conference will be at Hibbing High School this April! Be Our Guest and join us in a fun and engaging leadership conference for you and your council!

VISION Conference

June 2025, More info coming soon

The VISION Conference will be taking place in Oklahoma next summer. Students from all across the country work on their leadership skills, collaborate with new people, and gain new perspectives to take back into their chapters and councils!

Timberwolves Leadership Day

Sunday, February 23rd, 2025
VS. Oklahoma Thunder

Join us for our second annual Timberwolves Leadership day! We will be participating in leadership activities and ending the night off watching our Minnesota Timberwolves play against the OKC Thunder! We have 100 spots available, so email trisha@massp.org if you are interested!

New Advisor Workshop

October 2nd, 2024
Bethel University

"Be Our Guest" at the new advisor workshop this fall! Learn how to increase student engagement, gain new ideas for you councils, and build a positive school community!

Coordinator's Update

Welcome to the Magical World of Leadership! We are so excited for the upcoming events that will take place throughout the state and throughout the school year. The MASC/MAHS Executive Board has been busy making plans to create events that make memories and connect student leaders across the state. Be sure to bookmark the MASC/MAHS website (masc-mahs.org) so you can stay up to date with all the events that are happening and the wealth of resources that will be shared. I look forward to meeting all of you at either a Division meeting or at one of our first events, the Fall Leadership Forum, at Cragun's Resort November 3-4. There will be two fantastic speakers, a service project to participate in, a visit from the beloved therapy dogs, networking, and connecting with other student leaders from across the state, and a night filled with activities for everyone! Wishing you all a wonderful start to your year!

Trisha Bemboom



Meet Your Division Presidents



Northwest Division:

Amrit Bhutari- Sacred Heart HS

Amrit is a senior at Sacred Heart High School in East Grand Forks. She has been on the Northwest Division executive board for three years now and is currently serving as the president. She is also a member of the National Honor Society and a Faith Family Leader. Outside of school, she enjoys Pilates and traveling with her family.



Central Division:

Riann Mohamud- Sauk Rapids-Rice HS

Riann is a senior at Sauk Rapids-Rice High School who loves reading, traveling, baking, and spending time with her family and friends. She also serves as her high school council President. Outside of Student Council, she participates in DECA, Green Team, Link Leaders, Varsity lacrosse, and Minnesota Honors Society. Riann is very excited to get to know everyone this year!



Northeast Division:

Amara Aimonetti- Cherry HS

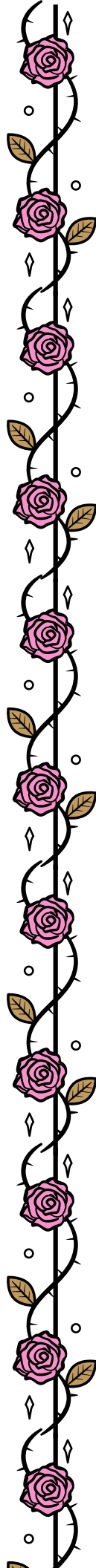
My name is Amara Aimonetti and I am a senior at Cherry High School. Our fall meeting will be on November 14, 2024, at Northwoods High School and our spring meeting will be on March 4, 2025, at Chisholm High School. I will announce the State Service Project at our fall division meeting. The way that our division recognizes which school fundraises the most money is through the U-Rock Award. At our spring meeting, I will announce which school has won the U-Rock Award for that year. Our division leadership plans to attend the Fall Forum at Cragun's and our division will be hosting State this year at Hibbing High School.



Hennepin Division:

Ashley Ishaug- Orono HS

Hi! My name is Ashley Ishaug and I am from Orono High School. Hennepin Division's fall meeting will be October 21st at Orono High School. Our division focus this year is to broaden the participation of schools, and bring together ideas from more students. We also plan on having a panel of leaders such as police force, firefighters, and more to talk to our division about team building and community.





Eastern Division:

William Walker- Chisago Lakes HS

I'm William Walker and I am a Senior at Chisago Lakes High School. Outside of college-level academics, I play basketball and tennis. This year, my goals for the Eastern division is to bring schools together and collaborate on projects that will better schools and the students within. In previous years, the attendance of schools at the Fall EMASC meeting have been engaging but low in numbers. This year, I strive to bring more Eastern Division schools together and create community through an impactful and meaningful experience. Fall EMASC will be October 23rd, 2024 at Chisago Lakes High School or Fridley High School.



Western Division:

Lainey Jacobson- Frazee HS

I am Lainey Jacobson, the 2024 Western Division President. I am currently in my senior year at Frazee High School. Our fall division meeting will take place on November 6th at the Lakeside Golf Course in Perham. For our service project, we asked all schools to put on a coin drive before the date of the division meeting. All donations are going towards Soldier's 6. This is a non-profit organization in Minnesota that provides honorably discharged veterans, police officers, firefighters, etc, with specially trained K-9s. We also have four speakers from throughout the Perham community attending. It has truly been an honor to hold this position this past year, and to be able to witness first-hand the different areas and schools working together to create a better community for everyone.



Capital Division:

Cece Goracki- North St. Paul HS

Hi, My name is Cece Goracki and I am the Capital Division President! I am a student at North St Paul High School where I am the Representative for the ISD 622 School Board, the President of Superfans and the Vice President of my schools Student Council. Capital Division is planning three events for this upcoming year: Fall Conference on Oct. 25th at North St Paul, Gem at Rosemount, and Sprinter at Farmington! When I'm not doing student council stuff I do competitive dance, softball and tennis. I also work and in my free time I love to read and spend time with friends!



Southeast Division:

Tahnee Tellaeche Ramirez- Pine Island HS

My name is Tahnee Tellaeche Ramirez, and I am currently a Junior at Pine Island High School who is also involved in various clubs like GSA, Culture Club, FFA, etc. We currently have our bi-annual conference planned for November 8th, with our theme being "Leading in Every Hue: Discover the Colors of Effective Leadership". It is being hosted at Pine Island! The other SED officers and I are working very hard to ensure that we plan a quality conference for everybody in our division.

Meet Your State Advisors



Karrie Fredrickson

MAHS Advisor

Hello!

My name is Karrie Fredrickson and I am honored to be your MHS State Advisor. This is my 30th year of teaching social studies at Sartell High School where I am lucky to get to teach my favorite classes-Leadership and AP Psychology! I have been a student council advisor for 28 years and Honor Society for 11. I love to travel and feel fortunate to be able to share that love with my students each summer while coordinating international tours. Italy, Switzerland and Hawaii are my favorites! This summer we explored Norway, Denmark, Sweden, Finland and Estonia! I was home from that trip for 18 hours and then off to the Vision Conference in New Mexico with our Minnesota delegation! Whether it is student council, Honor Society or travel-I love that we are always learning about others, gaining new perspectives and trying to make the world a better place. When I am not spending time on school activities, you will find me in my flower gardens or paddleboarding on a lake.

Grace Nohner

MASC Advisor

Grace Nohner has been a student senate advisor at Orono High School for 16 years. Before that, she was the student council advisor at LeSueur Henderson High School for 3 years. Ms. Nohner also teaches English and Leadership in Action at Orono, and this year, she is starting a new role of Student Life Coordinator, which gives her the opportunity to focus even more on student leadership, school culture, and community connections. Ms. Nohner has been active in the Minnesota Association of Student Councils for all 16 of her years at Orono, and she is very excited for this new role as state advisor! Outside of work, she and her husband Matt spend most of their time driving Eva, 10, and William, 9, to all their activities! Ms. Nohner also loves spending time on the water, reading, trying to replicate fashion trends and recipes she found on social media, and hanging out with her family and friends.



Nick Ingles

MASC Advisor

Hello and welcome to another exciting year from MASC. My name is Nick Ingles (or just Ingles to some), I will be serving as your MASC Co-State Adviser this year. After 15 years as the student council advisor at Prior Lake High School, I look forward to expanding my role again with MASC this year. Hopefully, I am no stranger to most students or advisors. I've served as a member of the MASC advisors board numerous years, attended multiple Vision and National conferences as a MN State delegation advisor, presented as keynote speaker at both division and state conferences, and fulfilled the role as "hype-man" for Trisha at many other events. I learned early the opportunity MASC presents to expand our leadership skills by attending my first State Convention in 2011 in Walker, MN. Everything was new to me, but I met some of my closest advisor friends that very weekend. Since 2011, I continue to search for new ways to learn, grow, and share. My favorite memory serving with MASC is attending the National Conference in Pittsburgh in 2019. Many of the students and advisors from that trip have become like family and still keep in touch to this day. When I'm not working with student council, I am teaching English, coaching Speech, reading a book, or watching a movie with my wife and 10 year old son Oliver. I look forward to meeting even more of you, advisors and students alike, as I do my best to guide our amazing executive this school year.



The Magical World of Leadership!

New Advisor Workshop-October 2, 2024

“Be Our Guest”

Bethel University-Anderson Center, Arden Hills

Fall Leadership Forum-November 3-4, 2024

“Toy Story Teamwork”

Cragun’s Resort, Brainerd

CREATE Leadership Conference-November 13, 2024

Career Readiness, Exploration and Technical Education

River’s Edge Convention Center, St. Cloud

NASC 2025 National Student Council and National Honor Society Conference

January 31-February 2, 2025

Chicago, Illinois

Winter Advisor’s Workshop- February 17-18, 2025

“Hakuna Matata Leadership”

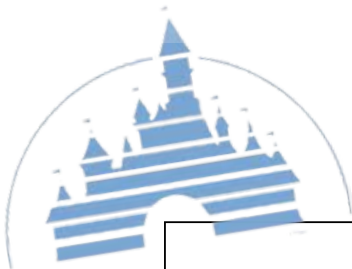
Anderson Center- Bethel University

MN Timberwolves Leadership Day-February 23, 2025

State Leadership Convention-April 4-6, 2025

“Enchanted Engagement: Empowering Our Leaders in a Castle in the Woods”

Hibbing High School



Thank you for reading!

MASC/MAHS Instagram: @masc_mahsmn
https://masc-mahs.org