

# MAHS / MASC

Minnesota Association of Honor Societies and Student Councils

## In This Issue...

This issue will recap events such as last year's State Convention, Nationals, and the Summer Leadership Academy. Then we will continue to share new ideas for the upcoming year such as our goals and the State Service Project.

## Table of Contents

Welcome.....	1
State Convention.....	2
Executive Board.....	2
NASC National Conference.....	7
Summer Leadership Academy.....	8
State Service Project.....	8
A Letter from Doug.....	9
Goal Report.....	10
Upcoming.....	10
Farewell.....	10



## Welcome to the Newsletter

Welcome to the first newsletter of the 2016/2017 school year! This is the first newsletter created by the newly-elected MAHS/MASC Vice Presidents, Kami Ziebarth and Cy Flick. In the upcoming year, we will share important information about the State Service Project, State Convention, and any progress made across the state. We are extremely excited to be a primary source when it comes to details regarding state-wide projects! We both wish everyone a fulfilling year and cannot wait to see what successes we will have together.

Kami Ziebarth and Cy Flick

## State Convention

We are throwing it way back to last April. We would like to give another big thank you to Sauk Rapids - Rice for hosting a truly incredible 2016 State Convention. The theme was Dr. Sues' "Oh, the Places You'll Go," which entailed many different well-designed decorations, special touches, and a deeper understanding of leadership. The adult and student coordinators for this past event did an incredible job. While at this event, we heard from multiple speakers, discussed hot topics, and, of course, danced our hearts out. We can't wait for State Convention 2017!

State Convention 2017 is themed "Destination Leadership," where we plan to go on an exploration for a better understanding of leadership. Here are a few of the exciting details:

- Mayo, John Marshall, and Century High Schools will be hosting
- The location is Rochester, Minnesota
- Home-stays will take care of sleeping arrangements

## Executive Board

At the 2016 State Convention, participants at the convention voted for the upcoming MAHS/MASC Executive Board, which is made up of a President, Vice President, and Secretary for both MAHS/MASC. Along with these members that convention goes elected, the school hosting the upcoming State Convention elects a few representatives. This year, we have one from each school hosting the State Convention. Another unique feature to this year's Executive Board is our Region Four Representative, Luke Vannurden. He represents the different states in our region at a national level. Let's meet our 2016-2017 Executive Board!

### Region Four Representative: Luke Vannurden

Hey, MASC and MAHS! I'm Luke Vannurden, a senior at Sauk Rapids-Rice high school. I am honored to have been elected the Region 4 student chair last November. I have been exploring my passion for leadership and service since middle school when I joined student council. Last year, I was the MASC Convention Co-Coordinator! Outside of student council, I am the the President of the Sauk Rapids FFA Chapter, the Sauk Rapids Choir President and

perform in the drama department. Outside of school, I spend a majority of my time volunteering for 4-H where I am a camp counselor and a county ambassador. During the summer I work at the Benton County Extension office where I work to promote the 4-H organization through day camps and community outreach events. I have attended many conferences and conventions, ranging from division meetings all the way up to 3 National Conventions. I can't wait to meet more of you as the year goes by!



## MASC President: Brooke Chesley

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Hello Everyone! My name is Brooke Chesley and I am the 2016-2017 MASC State President! I am a senior at Marshall Senior High school and while it has been busy, it has also been the best year yet. A few things you should know about me from a student council standpoint is that I've attended two national conferences and various other conferences! Outside of Student Council I am involved in Yellow Ribbon, ACTS, HOSA, hockey stats, speech, figure skating, and marching band! When I am not busy with school I love to play piano and watch the Blackhawks beat the Wild;) Each summer I am a Camp Counselor at Camp Shetek, and it is by far my favorite thing to do and place to be! But assuming that I can't do that for the rest of my life, I plan to attend Harvard or Johns Hopkins to become a surgical pediatric oncologist and eventually partner with "Doctors Without Borders." I am extremely happy with this year's executive board and can't wait for you all to see what we have planned. Please feel free to contact me in any way, shape, or form because I would love to hear your questions or updates! The more communication we have, the better this year will be! I wish the best of luck to everyone in their endeavors this year and always remember that change starts with you!



## MASC President: Allie Hemmesch

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Hey everyone! My name is Allie Hemmesch, and I am SO excited to be the President for MAHS. I am a senior at Sartell High School and I'm determined to make this year the best! Aside from MAHS, I am also involved in my school's NHS, Student Council, soccer, hockey, Big Brothers Big Sisters, Zero Gravity, and Sabre Splash which is a mentoring program for new students. I absolutely love the outdoors, and this summer I took the chance to spread my wings and take a 28 canoe expedition throughout Canada (ask me about it, I'd love to share)! I learned a lot about myself and my leadership abilities while on that trip, and I'm very glad that I am able to bring some of those things back to MAHS. Like I said, I love the outdoors, so I also love to fish, travel, and partake in water-sports such as canoeing, kayaking, paddle boarding, waterskiing, and tubing. I also love to scrapbook, watch Grey's Anatomy, read Nicholas Sparks, and shop. Next year I plan to attend the College of Saint Scholastica in Duluth to study Athletic Training and Spanish, then go on to Medical School, PT School or PA School. I forgot to mention, I am most definitely a people person, so I am thankful for all of you whom I have met through MAHS, and I can't wait to meet more of your beautiful faces in Rochester this year!





## MASC Vice President: Cy Flick

Hello everyone! My name is Cy Flick, and I am your MASC Vice President! I am a junior at Dassel-Cokato High School. I am actively involved in our school's student council.. In the summer, you can find me lifeguarding at our local outdoor pool. Volunteering in Unified Basketball was some of the most fun I have had this year! I really enjoy getting to meet all these new athletes. They always show the biggest and brightest smiles! It makes me so happy to see these kids who may not get the opportunity to play in an athletic event get a shot (no pun intended) at being the stars of the show. I play varsity football, baseball, and basketball. Since the 5th grade, I have played trombone in our school's concert band. Conferences have a huge influence on members of student council. I cannot wait to see all the new faces and exchange ideas at the upcoming conferences! Remember to get creative, and have an amazing year!



## MAHS Vice President: Kami Ziebarth

Heyo! My name is Kami Ziebarth. This will be my senior year at Becker High School, and I'm excited to flourish! I am involved in National Honor Society where I am my chapter's President. In the past, I have been the Blood Drive Committee Chair and Relay for Life Team Captain. Volunteering has quickly grown into an unwavering passion of mine. I am a leader of my school's Student Council, where we have grown immensely as a group since I've been in high school. I'm happy to be apart of the change! I am the Senior Class President and a student representative for our School Board. Did you know that Robotics can be the coolest thing ever? It can. I promise. I have been our Team Captain my junior and senior year. I also play flute and saxophone for concert band, jazz band, pep band, and marching band. I have been involved with these activities all years of high school and am fortunate they have given me exponential opportunities. I am also a Senior Leader, have played Varsity Soccer, partook in Student News, and currently work at Target. Unfortunately, I can tell if any piece of your outfit is our merchandise. It is an un-welcomed side effect of the job. I want to share with you that I like crafting, organizing, attending concerts, and binge watching TV shows- all common teen activities. I am truly pumped for everything MAHS/MASC has to offer this year!



## MASC Secretary: Mattea Rice

Hello, my name is Mattea Rice, and I am your 2016-2017 MASC Secretary! I'm a rising senior at Orono high school and am so excited for this upcoming year:-) I'm also incredibly excited to be attending my third National conference this summer! Aside from the conference, I'm also travelling to Israel and Europe, so I've got an eventful few months ahead of me. A few things I'm a part of outside of student council are debate, speech, and my school's volunteer group. Outside of school, I enjoy various other enterprises. Not unlike most teenagers, I love music. Specifically punk, psychedelic, and classic rock. Music is one of my favorite things to talk about, so please, let's discuss. I also love traveling, as you could probably tell by my summer plans. My newest hobby, however, is mapping. I don't know if that's an official term, but I spend some of my days mapping out areas of cities I don't know very well. I haven't used a GPS all summer and it's my proudest accomplishment to this date. Anyway, before my digressions get too out of control, (fun fact: I also love digressions) I want to wish all of you a lovely summer and convey my appreciation for this incredible opportunity. I am very much looking forward to our year together:-) Best wishes.



## MAHS Secretary: Sophie Peterson

Hey everyone! My name is Sophie Peterson, and I am so excited to be the secretary for MAHS this year. I go to Orono High school (just west of the cities); I cannot believe it is already my senior year. Outside of MAHS for the state and my school, I am also heavily involved in Student Council, Unified Club, and Varsity Tennis. I also really like kids and was a nanny this summer for six year old twin girls. I love to travel and definitely plan on studying abroad in college and traveling around once I am out of college; one of my favorite trips last summer was to China in which I toured and studied there for 3 weeks. Besides traveling, I like being outside -hiking, skiing, being on the lake- and being with friends and family, I believe that Honor Society and Student Council is really important and influential because it gets people involved in their school, brings the students together, and can change the overall environment of a school and the students for the better! :) I met a lot of great people at nationals this year and can't wait to meet more of you throughout the year at all of the conferences we have planned!!



## Convention Coordinator: Rhea Kohli

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Hi friends! My name is Rhea Kohli and I am a co-coordinator for the MASC/MAHS Convention being held in Rochester this spring. I go to Mayo High School and can't wait for senior year! This summer, I travelled to Africa, binge-watched Parks and Rec, and travelled to England for my cousin's wedding. I also attended my first, and sadly my last, nationals convention. I met many of you guys at the conference and I can't wait to see you all again! For me, student council has been the best part of high school and I love spending my time doing anything student council related. Outside of student council, I participate in Varsity Lacrosse, Debate, and Model UN. If you can't find me participating in any school activities, you can probably find me on the couch napping or playing on my phone. I can't wait to see you in Rochester!



## Convention Coordinator: Zibby T-W

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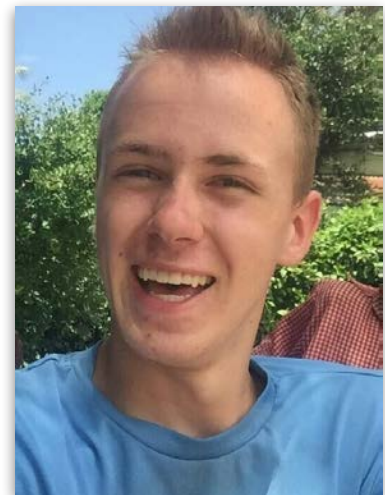
Hey guys! My name is Zibby Trewartha-Weiner, and I am a senior at John Marshall HS in Rochester. In April, you will all get the chance to visit my city for the MASC/MAHS State Convention! I am one of the co-coordinators for this year's convention, and I am also the southeastern division president. I am fully prepared for a great year of student council! Although much of my time goes to council, I love being on speech team, swim team, and Honor Society. I also spend a solid amount of my time watching The Office, and sending snapchats captioned "streak." The last thing I'd like you to know is that I plan on heading off to the peace corps one day! Finally, I promise to make this year's state convention totally worth your time! :-)



## Convention Coordinator: Noah Hanson

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G'day, mates! My name is Noah Hanson, and I'm a State Coordinator from Century High school in Rochester. I'm a junior this year, and when I'm not doing AP Homework you can usually find me playing video games or participating in robotics. I'm currently a team captain on the Rochester Tri-school FIRST robotics team. Other activities I'm involved in include student government (of course), participating in my church youth group, and playing the saxophone. My catch phrase is "they see me rollin, they hatin'". Also, I am a meme lord. I'm looking forward to meeting all of you, and can't wait to make a difference!





## NASC National Conference

From June 24-26, the National Convention took place at Century High School in Portland, Oregon. Minnesota sent 60 delegates and 6 advisors to the convention. This memorable event helped Student Council and National Honor Society members understand the importance of positive leadership. There were many engaging speakers that covered a variety of subjects, but one common goal: inspiring us to be the best leaders we can be. The workshops taught us about many various things such as how to execute a good state service project, and how to improve our school spirit as well as school activities. Throughout the convention, many friendships were created with not only our fellow Minnesota delegates, but also with student leaders from all over the nation. The National Convention created many memories, and taught the students and advisors many things. The Minnesota Delegates would greatly recommend the experience, and hope to see you next year in New Hampshire!



## Summer Leadership Academy

In early August, Sauk Rapids - Rice High School hosted the Summer Leadership Academy once again. This conference is always a great taste of what the upcoming year will bring! This year's event was just as excellent as the past's. Great job to Sauk Rapids - Rice! There were many different councils and chapters that attended from around the state. Each brought excited and determined student leaders. The large and small group presenters each brought new key points to the table. We hope that many students were able to bring back ideas for the upcoming year to their own councils and chapters. Many of the speakers are familiar because of their continued commitment to MASC/MAHS. We thank them for that! Outside of sessions, there were chances to network among students. Volleyball, swimming, and dancing were highlights of the night! This event has been and continues to be a great way to kickoff the year. We encourage all councils and chapters to consider attending this event next summer!

## State Service Project Reveal

This year's State Service Project is branded as "A Year of Wellness." There are many different options for individual councils and chapters to find their own perfect fit because of its versatility. Each council and chapter is responsible for sponsoring events and fundraisers for any disease or illness that your school has a connection with. At the end of the year, we will donate the funds to the Make-A-Wish Foundation. This project was chosen because of the numerous options and the immense need it presents. The Make-A-Wish Foundation has consistently proven its value and ability to make lives brighter. As your school completes the project, please document your progress through photography. We plan to make a slideshow to share at the State Convention to celebrate everyone's hard work! We hope that each of you are able to find meaning and creativity within this project. Best of luck to all!





## A Letter From Doug

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End of September and Homecoming is done!

I must offer a disclaimer. I am no longer the Orono Student Senate advisor. Last spring I decided it was a good time to turn it over to my co-advisor, Grace, and our honor society advisor, Jarrett. After 35 homecomings it was a bit strange to be sitting in the bleachers during coronation. Jarrett and Grace are doing a wonderful job and I am a relaxed observer.

On September 14/15 I met with the new Honor Society and Council officers at Century High School in Rochester. Under the leadership of Brooke Chesley (MASC president) and Allie Hemmesch (MAHS president) we are blessed with a great MAHS/MASC executive board. They started to look at developing the state convention schedule at three Rochester schools: Century-Mayo-John Marshall. The executive board has decided on a state service project. This year they would like each school to raise money for the Make A Wish foundation. Each school or division will develop their own fund-raising strategies. The MAHS/MASC will set up an account for the funds. The executive committee has set a state wide goal of \$35,000 by March 1. Finally, this year will be a host family state convention. Accommodations will be made for schools that have to stay in a hotel (Kahler Apache.) More details will be made available as the year progresses.

Earlier, on September 14, over 30 new honor society and student council advisors met at the TIES building for the New Advisors' Workshop. A big thanks you to Karrie Fredrickson, Jerome Johanness and Sue Brendon for sharing their expertise. It was an even split between honor society and student council advisors. A major emphasis of the conference was the development of a viable constitution.

The executive board also discussed the upcoming Leadership Forum to be held at the Fergus Falls Best Western on November 6 and 7. Last year we attracted nearly 400 students and advisors. We sent out all the information in a recent email to your advisor. Check the MAHS/MASC website <http://masc-mahs.org> for details. **Please try and meet all the deadlines.** The Best Western can only guarantee room rates until October 28. Both Nate Eklund and Tex Ostvig will be presenting to both students and advisors. Both students and advisors will also have a chance to share ideas.

In my research I often come across condensed leadership ideas. I know you are all on tight time budgets. This article I found to be worth the five minutes. "18 Signs that you have Emotional Intelligence" generated a two day discussion in my leadership class. See what your leaders think. Just open the attachment. <http://www.success.com/article/18-signs-you-have-high-emotional-intelligence>

Finally, if I can help in any way, do not hesitate to call anytime (763-232-2501.) It has been an honor to serve MAHS and MASC over the past four years.

Enjoy our beautiful Minnesota fall-you know what is coming,

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

*Upcoming...*

## Region IV Meeting

- October 28-29, 2016
- Bloomington, Minnesota

## MASC Executive Board and Division Presidents Meeting

- November 6, 2016
- Fergus Falls, Minnesota

## MAHS/MASC Leadership Forum

- November 6 & 7, 2016
- Fergus Falls, Minnesota

## MAHS/MASC Advisors' Workshop

- November 7, 2016
- Fergus Falls, Minnesota

## LEAD Conferences

- Washington D.C.: January 29-31, 2017
- Chicago, IL: February 12-14, 2017

## State Convention

- April 22-24, 2017
- John Marshall, Mayo, and Century High Schools in Rochester, Minnesota

**Goals Progress Report**

After the first Exec Board meeting, we put our heads together to brainstorm goals for the upcoming year and would like to share them. Our goals include the following:

1. Collect \$35,000 for the Make-a-Wish State Service Project
2. As an Exec Board, reach out to 30 schools to gain and strengthen their MAHS/MASC involvement
3. End the year with a membership of 204 Honor Societies and 212 Student Councils
4. Incorporate MAHS topics into activities and speakers
5. Communicate more effectively with routine website updates and create subscribable calendar
6. Create promotional video about who we are and what we do as an organization

**Farewell**

Thank you for taking time to read our newsletter! Again, we are very excited about this opportunity to share with councils and chapters around our state.