

MASC/MAHS

By Sydney Busch and Kayla Kahl

November 2014

Welcome!

Welcome to the first newsletter of the 2014-2015 school year! This will be the first of several. The MASC/MAHS executive board will be using these letters to keep Minnesota updated on information and events that involve both student councils and National Honor Societies. This is the best way to stay in the loop and learn about upcoming meetings and conferences. We will also use these newsletters to talk about the State Service Project and the State Convention!

-Sydney Busch (MAHS Vice President) & Kayla Kahl (MASC Vice President)

In This Issue:

Welcome	pg 1
MASC Bios	pg 2
MAHS Bios	pg 3
State Convention Coordinator Bios	pg 4
2015 State Service Project	pg 5
Service Project Point System	pg 6
NASC National Conference	pg 7
Letter From Doug	pg 7
2014/2015 State Goals	pg 8
Upcoming Events	pg 9

MASC Executive Board



Andrew Quirk- MASC President
Wayzata High School

I am a senior at Wayzata High School and I am serving as the MASC President this year. At my school, I am the senior class president and student body president, and last year I was the Hennepin Division president. I am a varsity athlete and captain on the cross country, nordic skiing, and track teams at Wayzata. I'm also involved in National Honor Society, Trojan Leadership Council, and he president of Fellowship of Christian Athletes. I love to volunteer in my community and I also have been involved with HOBY youth leadership and Boys State. I started a non-profit organization that connects medical supplies with people in impoverished countries like Peru and Nicaragua. Follow on twitter @quirk_andrew and on instagram @andrewquirk



Kayla Kahl- MASC Vice-President
Sauk Rapids-Rice High School

Hey there! I am Kayla from Rice, Minnesota. I work at Molitor's Grill and Bar and at a local group home as an entry level PCA. Besides work, I'm involved in volleyball, softball, DECA, Link crew, Project 4 Teens, Prom committee, and Student Council of course. When I have time to have a life outside of work and school, I enjoy hunting with my family, hitting around a volleyball with friends, baking crazy recipes from Pinterest, reading all sorts of books, and taking pictures of nature at its finest. I've been on multiple trips with school groups including Italy for our choir tour and California and Georgia to compete at the international level for DECA. I can't wait to make this year one of the best MASC and MAHA has ever seen!

Follow me on twitter @kahlme_kayla and instagram @kayla_kahl



Natalie Larkin- MASC Secretary
Orono High School

Hello, my name is Natalie Larkin, but I'm known to most as "Tily." I am currently a senior at Orono High School and this year's MASC secretary. Aside from being active participant in my school's student council, I also intern at and am president of the student advisory board at a non-profit organization, ImpactLives. I have played varsity basketball since 9th grade and also participate in a mentoring program for the youth teams. Outside of school, I enjoy spending my time participating on my school's Special Olympics flag football team. In the past, I have worked at Meridian Manor Retirement Home and next year I hope to study international business.

MAHS Executive Board



Paige Frank- MAHS President
Chisago Lakes High School

My name is Paige Frank and I am the MAHS president for this year. I have been playing soccer and basketball for as long as I can remember. Other activities I participate in include Knowledge bowl, Math league, Student council, Link crew, and NHS of course. Outside of school I love to travel and last year I got the opportunity to travel to Costa Rica with my school for a week of service work over spring break. Otherwise I enjoy any and all books and love to volunteer with our public library or as a tutor for other students. Unique talents of mine include riding a unicycle, juggling, and driving a stick shift. Follow me @paige_frank7



Sydney Busch- MAHS Vice-President
Becker High School

My name is Sydney Busch. I am this year's MAHS vice-president and get to write these newsletters! I am the president of my school's NHS and am also involved in robotics, Substance Free Youth Council, and TIES. I play volleyball and like to swim and listen to music in my free time. I lifeguard and teach swimming lessons at Becker's Community Center. I want to major in biology next year and go to college in a big city. Follow me on twitter @_sydneybusch_



Meghan Swanson- MAHS Secretary
Orono High School

Hello! My name is Meghan, and I am excited and honored to be the MAHS secretary for the 2014-2015 school year. Ever since I got my first taste of leadership when I was elected as a Student Senator as a sophomore, I have found a passion for promoting strong community through positive change and outreach. Alongside my work with the MASC-MAHS executive board and my school's Student Senate and National Honor Society, I organize biannual blood drives as at my school, run cross country and participate on the debate team in the fall, as well play on the varsity golf team in the spring. I will also be helping out with my school's Special Olympics Unified Bowling Team this winter! Outside of the school setting, I enjoy helping out at my church and serving internationally. This March I will be going to Costa Rica for the second time to serve at Roblealto Bible Home! Looking forward for a great year with MAHS/MASC! Follow me @m_swan24 on Twitter and Instagram.

State Convention Coordinators



Emma Buntrock
Becker High School

Hey there! I'm a co-coordinator for this years MASC/MAHS State Convention. I'm thrilled to help plan one of the best conventions yet! Ending my junior year on prom committee I knew I wanted another opportunity to be apart of creating such a memorable event! I am active in my schools NHS and student council. I love being apart of my local youth group and helping lead my varsity softball team as captain. After high school I plan to attend college and major in pre-medicine. I'm so excited for the year ahead! Follow me at @Brock_2 on twitter and @emmakbuntrock on Instagram



Sydney Mastey
Becker High School

Sydney is a senior and one of this year State Convention Co- Coordinators. She is a captain for her Cross Country team, head of finances for her schools Robotics team, an active member of NHS, Blood Drive Coordinator, participant in Chamber Choir and a very involved member of her schools Student Council. She enjoys getting involved in school activities and bringing as much school spirit as she can. She also enjoys volunteering with her church and waitressing at Lake Cafe near her home. She hopes to major in Pre-Law with a minor in Psychology at the University Wisconsin Superior with Law School following. Her favorite subject is history and enjoys reading a good history text book every now and then. Some of her other hobbies outside of school, include: running, camping, hunting, and spending time with her family and friends. She hopes to make this years Convention one to remember and leave an impact on everyone who is part of MASC and MAHS. Follow me @sydmastey



Aimee Schulz
Becker High School

Hello! My name is Aimee, and I'm one of the 2015 State Convention Co-Coordinators. I have been an active member of both National Honors Society and Student Council at Becker High School as I absolutely love what each organization has to offer. I'm also involved in my school's WeCare Club, the musical, chamber choir, and wind ensemble. Outside of school, I am very involved in 4-H and was selected to be this year's Dan Patch Award recipient, which is the highest honor a 4-H youth can receive within the Horse Project and is based off of an individual's dedication to learning, leadership, and service. Besides my love for 4-H, I am a foster home for the Minnesota Hooved Animal Rescue Foundation and take in rescued Miniature Horses to rehabilitate, train, and place in adoptive homes. I adopted and trained my own one-eyed Miniature Horse from the rescue and recently won two National Championships with her, along with being

featured in two national magazines. Ultimately, service is my passion and I love to find ways to try and make a difference. I'm very excited for the state service project this year and can't wait to continue planning the State Convention!

2015 State Service Project

For last year's state service project, we donated gently used cell phones, tablets, laptops, and computers to social service organizations in our communities. We also fundraised for those organizations. Minnesota did great and we collected tons of technology!

This year our focus is homelessness! By supplying shelters with necessities, we can help them support people who are struggling with homelessness and poverty. We encourage you to bring all donations to the state convention in April to be sorted and packaged. Talk to your division president to work out how you will transport your items to Becker, MN!

Our project is purposefully broad- there are lots of items on the list, so get creative with your fundraisers! The items that are most needed have higher point values, roughly based off of their dollar value. Bolded items are complete gems; try to find awesome ways to get your hands on these donations! Have a district wide coat, hat, and mittens drive, encourage friends and family to save unused shampoo, conditioner, and soap from hotels, or donate that extra toothbrush your dentist gives you! There are hundreds of different and unique ways to approach this project and we'd love to hear your school's plans! If you have a creative and impactful idea, share it with us and we'll put it in the winter newsletter! You can email your ideas to sydney.a.busch@gmail.com or kahlkay16@gmail.com.

The divisions of student council and NHS will be competing against each other to see who can score the most points, based off of the point system on the next page. The winner will be announced at the State Convention and will receive a traveling trophy to show off for the following year. Encourage other schools in your division to collect so that you all can receive some great recognition!

Lastly, we are very open to ideas about the distribution of items, so if your school has any recommendations on where you'd like to see Minnesota's donations go, make sure to contact us!



2015 State Service Project

NOTE: The bolded items are what shelters are most desperate for, try to think of creative ways to collect these essential items!

Non-perishable food items- 1 point per item
Bottled water- 2 points

Diapers- 2 points per diaper

Formula- 25 points per 40 oz. packs

Baby food- 1 point per jar

Baby wipes- 2 points per pack

Tents- 30 points

Sleeping bags- 25 points

Camping pads- 25 points

Large back packs- 20 points

Toys- 10 points per toy

Tissues- 1 point per box

Toilet paper- 1 point per roll

Paper towels- 1 point per roll

Toothbrushes- 1 point

Toothpaste- 1 point

Dental Floss- 2 points

Band aids- 3 points per 20 band aids

Neosporin- 5 points

Cotton swabs- 1 point per 50 swabs

Anti-diarrhea tablets- 3 points per 50 tablets

Feminine hygiene products-

10 points per 20 tampons

10 points per 30 pads

Nail clippers- 10 points

Disposable razors- 3 points per razor

Combs/brushes- 5 points

Bath towels- 10 points

Wash clothes- 5 points

Sun block- 7 points

Chapstick (new)- 2 points

Travel Sized:

Deodorant- 3 points

Shampoo- 2 point

Conditioner- 2 points

Body wash- 2 points

Regular:

Deodorant- 5 points

Shampoo- 3 points

Conditioner- 3 points

Body wash- 3 points

Twin size cotton blankets- 20 points

Twin and full size flat sheets- 10 points

Thick Socks- 10 points per pair

Underwear (new)- 5 points per pair

Sweatshirts (warm)- 15 points

Other clothing- 10 points per item

Hats/headbands/earmuffs- 10 points

Gloves/mittens- 10 per pair

Scarves- 5 points

Coats- 40 points

Sandwich, quart, and gallon sized bags- 1 point per 30 bags

Plastic grocery bags- 1 point per 30 bags

Garbage bags- 7 points per 30 bags

Cash donations- 1 point per dollar

Volunteer Hours- 5 points per hour

NASC National Conference

The NASC Conference was one of the best weeks of my life, and I think it is very safe to say that everyone who went had an amazing time. We stayed in Orlando, and were able to go to Disney World and Universal Studios, which was a unique experience for a student council conference! Most of the time was spent at Ocoee High School, which seemed more like a college campus. We heard from the best professional speakers in the nation, and learned a lot about giving back and how to be an effective leader. The Minnesota group was one of the largest of all the states, and our cheers were definitely the rowdiest. Possibly the best part was the friends we made from other states and our own, especially the state guides. I don't know if another NASC convention could top this one, but next year is sure to be awesome as well!

Andrew Quirk



Letter From Doug

Welcome to the first newsletter of the year. Much has happened since Becca Young and Steve Kinney slammed the gavel on the 2014 state convention. Over 60 Minnesota leaders travelled to Orlando for the national convention. Over 160 Minnesota leaders met at Sauk Rapids/ Rice High School for the Summer Leadership Academy. They also busted more than a few moves at the St. Cloud Holiday Inn later that night. Over 40 new advisors met at the MAHS/MASC offices on September 16th for a day of advisor training. All this and yet, the best is to come.

The Arrowwood Leadership Forum has become legendary. Last year over 400 people attended the conference in Alexandria. This year could be even bigger. We have Patrick Mauer as the conference presenter on November 2 and 3. Students will also play a vital role as discussion leaders and idea sharing coordinators. Many people travel to Alexandria the night before so we will add a session on Sunday night led by Patrick. Of course, there will be pool time and a dance. This is a great time to meet old friends from across the state and make new friends for the coming year.

Finally, we have a great start on the spring convention to be held at Becker High School. I will let the Becker coordinators give the information on that conference. The executive committee toured the facilities and they are outstanding.

I have one final request. Spread the word about our leadership opportunities. If you have attended any of the conferences this past year, I think you would agree that they make great memories and are an important part of your high school experience. There are many schools that for whatever reason have no idea these experiences even exist. You are the best promoters of MAHS/MASA programming. Please use your connections to offer the uninformed the same opportunities that you have. Thanks!

Doug Erickson Coordinator of Student Activities derickson@orono.k12.mn.us

2014/2015 State Goals

- use social media to increase communication between schools
- have 600 students attended the 2015 state convention
- service project: have three fourths of MASC/MAHS schools in Minnesota participate

Upcoming Events

Nov 3, 2014
Advisor's Workshop

Nov 14-16, 2014
Albuquerque, New Mexico LEAD Conference

Jan 3-Feb 1, 2015
Washington D.C. LEAD Conference

Feb 13-15, 2015
Chicago, IL

April 11-13, 2015
State Convention