

December 2020

VOL 3 Issue 3

MERRY  
CHRISTMAS

WAHPETON AND OAKES CENTER

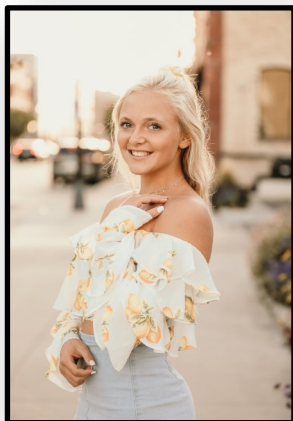
# SE Region Tech Times

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## Southeast Region Career & Technology Center

2101 N 9th St., Wahpeton, ND 58075  
924 7th Street South, Oakes ND 58474

### NOVEMBER AWARD OF EXCELLENCE



Drew Frolek



Alexandra Puetz

Congratulations to Drew Frolek and Alexandra Puetz, recipients of the November Award of Excellence! Drew is a senior at Lidgerwood High School and is enrolled in Medical and Health Sciences (Health Science I, Emergency Medical Services, Prevention/Care of Athletic Injuries and Medical Terminology-Dual Credit). She was nominated by her instructor Cary Wertz. Drew is the daughter of Aaron and Tonia Frolek. Alexandra is a senior at Wyndmere High School and is enrolled in Medical and Health Sciences (Health Science I & II). She was nominated by her instructor Lisa Keaveny. Alexandra is the daughter of David Puetz. Congratulations to Drew and Alexandra on a great job!



*By Adriana Wisner*



Health Occupation Students of America, or HOSA; Future Health Professionals, has changed my life and given me so much experience in the medical field. Participating in international events, these past two years have been eye opening to new technology and college/university opportunities across the nation. HOSA has so many competitions and events that can help you prepare for your future in the medical field, not only by tests and facts, but also by scenarios such as practice performing CPR, applying a tourniquet and so much more! I highly encourage anyone interested to give HOSA a chance to open your eyes and change your life as it has for me!

## CAREER DEVELOPMENT

*By Jodi Breker*

### Information about the North Dakota Academic and CTE Scholarship

Jim Upgren will be conducting a Facebook Live event on the North Dakota Academic and CTE Scholarship on Thursday, Dec. 3 at 7:30 p.m. (CST). The target audience for this event is students and parents. Jim is the person in charge in Bismarck that handles all questions regarding the state scholarship. Jim will be answering any questions that arise throughout and after the presentation. The Facebook Live event can be accessed via the NDDPI Facebook page. Contact Jim Upgren at 701-328-2244 with any questions.

I have discussed the qualifying criteria requirements with the students at Oakes. The OHS students should be aware of where they are at in meeting the requirements, but this is good information, and you may have more questions regarding the scholarship. Please feel free to discuss with Jim or myself your questions or concerns.



DECEMBER HAPPENINGS	
High Tech Rotation	Monday-Friday 11/30/20-12/4/20
Pearl Harbor Remembrance Day	Monday 12/7/20
Holiday Cookie Night @ SRCTC-Oakes	Friday 12/11/20 5pm-8pm
Holiday Cookie Night @ SRCTC-Oakes	Thursday 12/17/20 5pm-8pm
First day of Winter	Monday 12/21/20
SRCTC Board Mtg.	Wednesday 12/22/20 7:00pm
End of 1st Quarter	Tuesday 12/22/20
1st Day of Christmas Vacation	Wednesday 12/23/20
Christmas Day	Friday 12/25/20
New Year's Eve	Thursday 12/31/20
Last day of Christmas Vacation	Friday 1/1/21
New Year's Day	Monday 1/1/21
Classes resume	Monday 1/4/21



## COMMUNITY DEVELOPMENT

By Angela Leier

Members of the Edgeley Public School Community Development class found a need to provide snacks for middle school students. Due to the effects of Covid-19, middle school students eat an earlier lunch than they normally did. The class also recognized that many families might be in a financial bind due to Covid-19. The community development students discussed the uncertainty of how many middle school students would receive the proper, nutritious food when they went home after school. The class decided to apply for a Living to Serve Grant through the National FFA to receive funding for the Middle School Munchies program. The program supplies nutritious and tasty snacks to middle school students in the afternoon, about two hours after their lunchtime.

## MIDDLE SCHOOL MUNCHIES

Monthly Newsletter

### WHO ARE WE?

We are a group of high school students in the Community Development class and we decided to confront the issue of hunger in our school.

### OUR PURPOSE:

Our goal was to be able to give the middle school students an extra snack since their lunch was moved earlier due to COVID-19. We wanted to provide a healthy and unprocessed snack the students could look forward to.



### WHERE WE GOT OUR FUNDING?

In early September, we applied for a grant through FFA and received funds for our snack program. These funds allow us to make snack for them twice a week for the rest of the year.

80%  
of those who see hunger say  
kids are coming to school  
hungry at least once a week.

### CHEESE-ITZ

#### Ingredients:

- 8 ounces extra sharp cheddar cheese (shredded)
- 1/4 cup unsalted butter (at room temperature)
- 1 teaspoon kosher salt
- 1 cup all-purpose flour
- 2 to 3 tablespoons ice water

#### Directions:

- In a bowl, mix the cheese, butter, and salt until combined. Slowly add the flour and mix until pebbly. Slowly add water until the dough forms a ball, pat the dough into a disk and wrap in plastic and refrigerate for an hour.
- Preheat oven to 375 degrees F. Line two sheets with parchment paper. Divide the dough and roll into very thin rectangles. Using a pastry wheel cut the rectangles into 1-inch squares.
- Bake for 15 to 17 minutes or until puffed and browning at edges. Immediately move to wire racks to cool completely.



### RECIPES TO TRY AT HOME

Another one of the goals was to be able to make recipes that would be simple for the students to make at home. These are a couple of our favorites:

### GRANOLA

#### Ingredients:

- 3 cups old-fashioned oats
- 1/2 cup unsweetened shredded coconut
- 3 tablespoons brown sugar
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon kosher salt
- 1/3 cup honey
- 2 tablespoons vegetable oil

#### Directions:

- Preheat to 300 degrees F.
- Line a baking sheet with parchment paper and mix the first 6 ingredients together in a large bowl.
- Stir honey and oil in small saucepan over medium heat until smooth. Pour over oat mixture, toss evenly. Spread on Baking sheet, and bake until golden, stirring every 10 minutes for about 40 minutes.



★  
We  
Wish You A  
Merry  
Christmas  
& A Happy New Year



## **RICHLAND 44 FFA**

*By Tony Boehm*

Richland 44 FFA hosted a statewide Novice Parliamentary Procedure event with chapters from across the state submitting recorded videos of their teams presenting parliamentary abilities at a mock meeting. Thirteen teams from six North Dakota FFA chapters participated with great representation from the Southeast Region Career and Technology Center. Placing third and receiving a gold rating was Edgeley/Kulm team #3 with team members Norah Entzi, Olivia Nitschke, Gracie Seyversen, Madison Sitzmann, Kiara Jangula, Anika Boruvka, and Dylan Carlson. Two Richland 44 FFA teams received silver ratings. Team Blue took 4th place. Team members were Nick Wulfekuhle, Eric Moen, Addie Christensen, Kalie Boehm, Ethan Skoog, Chance Gullett, and Nathan Clarke. Placing 6th was team Gold with Wade Gorder, Popi Miranowski, Izzy Viele, Otto Dockter, Ella Weinmann, and Cora Hermunslie. Taking bronze placings were Edgeley/Kulm team 1 and team 2. Team 1 members included Grace Irely, Mataeya Mathern, Tayia Zahn, Eli Fernandes, Jacob Nitschke, Nate Kjellberg, and Cole Hansen. Team 2 included Mark Marsalek, Tiana Wald, Abby Mathern, Zeke Barnick, Dylan Andres, Dylan Ostendorf, and Ethan DeFont. Also participating were teams from Velva, Center/Stanton, Mandan, and Hettinger with Velva receiving championship honors.



## CULINARY ARTS/BAKING

*By Anna Kemmer*

Students have had a busy month! We began the month with some Halloween themed baking! Students served guests Frankenstein rice crispies, spooky floating orange punch, graveyard dirt cups and dipped pretzel sticks as they stopped on their travels. Other holiday favorites we covered included caramel corn, popcorn balls, ladyfinger cookies and decorated sugar cookies. Following this unit, we have been working on healthful cooking and nutrition. Students made posters on a nutrient and cooked HealthWise meals. Some of our healthful cooking meals included black bean salsa, kale chips, chicken tortilla soup, carrot fries, salads and dressings and sorbets. We finished out the month with some Thanksgiving favorites - jello molds, sweet potato pie and green bean casserole.

The baking students have wrapped up the yeast breads chapter. This included poolish and old dough mixtures, baguettes, rye breads, sour dough breads, sour dough pancakes, focaccia bread, pretzels, English muffins, bagels and potato bread. For a fun activity before Thanksgiving break, both classes made cotton candy with our new-to-us cotton candy machine! I would say it was a success!!





## FCCLA/FFA

*By Anna Kemmer*

FCCLA and FFA students recently completed a Thanksgiving project for the nursing home residents in Oakes. Students made Popsicle stick scarecrows and paper turkeys for each of the residents to spread some cheer! At our next meeting, we plan to have another Christmas themed community service project for the El-lendale, Oakes and Forman nursing homes and staff.

FCCLA LifeSmarts teams recently competed in their national semi-finals round of the FCCLA/LifeSmarts Knowledge Bowl. We are anxiously awaiting the results to be released on December 11th to learn if we get to attend the National FCCLA convention in Nashville, Tennessee this summer!

Congratulations to the following FFA members who recently applied and received a free FFA jacket through the Blue Jackets Bright Futures program! Madison Anliker, Jaden Henning, Mariska Olson, Kali Norton, Mackenzie Thorpe, Bethany Harris, Paige Henningson, Shayle Zimbelman, Ann Muggli, Bryson McKown and Carli Merkel all received jackets this year!



You're invited to the 2<sup>nd</sup> annual

South East Region Career and Technology Center

# Holiday Cookie Night!

Bring your friends and join us for two evenings of holiday cookie baking! **Choose one or both** of the nights and come home with 3-4 different types of holiday cookies! Join us to learn new techniques and refresh old favorites! **Limited to 15 maximum per night.**

**Where:** SRCTC- Oakes Culinary Arts Kitchen

**When:** December 11<sup>th</sup> (Friday) and 17<sup>th</sup> (Thursday)

**Time:** 5-8pm

**Cost:** \$25/person/night or \$45 for both nights

Open to all adults and students grades 10 and up!! Under 10<sup>th</sup> grade, please contact Mrs. Kemmer.

Instructor:

Anna Kemmer

Questions?

Mrs. Kemmer Cell Phone: (218) 640-1117 or

[anna.kemmer@k12.nd.us](mailto:anna.kemmer@k12.nd.us)

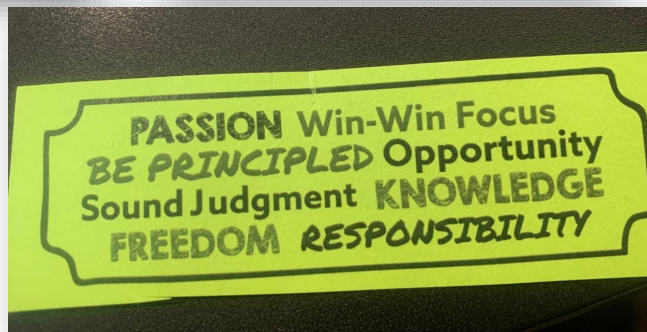
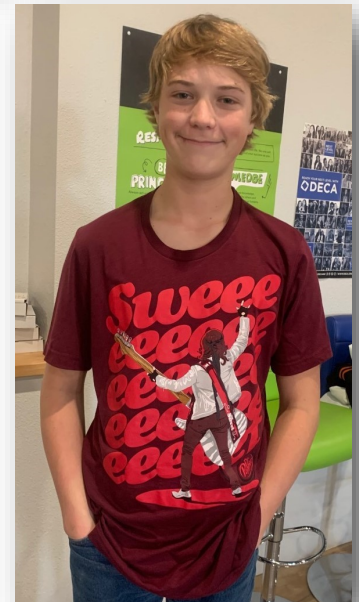
**RSVP to Anna by DECEMBER 1<sup>st</sup>!**

**\*\* Current (as of December 11<sup>th</sup> and 17<sup>th</sup>) COVID 19 Guidelines will be followed \*\***

# ENTREPRENEURSHIP

*By Trista Gemar*

Sometimes hidden talents are discovered when you least expect it. Blayson may be the next professional auctioneer! In Entrepreneurship, students are rewarded with YE Dollars (Youth Entrepreneur Dollars), which is essentially fake money they can earn when they are caught answering questions, volunteering, working hard, etc. Students are responsible for keeping their money safe, and they can use it to purchase items at the auction . Our first auction was held in November where a t-shirt, sunglasses, giant bag of M&M's and a gift certificate to Sweets N Stories was auctioned off. It was full of fun and excitement...that \$10 gift card sold for \$46 YE dollars!





## MARKETING

By Trista Gemar

Creating community partnerships can be key to success. We are so grateful for the learning opportunity that Oakes Chamber provided to us. Students in the Marketing class were tasked with creating the 2021 Chamber Member window cling. Lots of great designs were created in this hands-on project! Watch for Dalton Schmit's design in the windows of local chamber businesses this upcoming year. Congratulations, Dalton!

