



Cascade FFA Chapter

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Oregon FFA,

From the age of five, I learned what it meant to have a mental illness. First, it was ADHD. It took much longer to diagnose the several underlying anxiety disorders. In elementary and middle school, teachers commented on my hard work and maturity, but the source of my motivation was all consuming fear. The thought of disappointing my parents or my teachers terrified me. Basic self care was set aside in favor of school projects and increasing amounts of homework. Working around these challenges required both time and energy. But, with each passing day, I gained new insight and progress. I spent time working on my self confidence and a positive perspective on life. I began to carry myself with a presence. I felt safe to express every side of myself. Slowly but surely, my symptoms dissipated. Mental illness is not a disease which has a cure. Instead, it is a battle faced and won daily.

Within each of our lives are hidden struggles. These battles may have recently cropped up or have been a part of life since birth. The road of growth is a long and grueling one. Progress is not always forward or linear. This is a struggle that is familiar to each and every one of us. Growth is never easy. It's uncomfortable. It's not always pretty. But, growth is necessary. Without it, we will never improve, never try anything new, or never learn. I know firsthand how hard growth can be and how important it is. Over the past seven years of my life, my own worst enemy has been myself. Self doubt and over-thinking have been two difficult enemies to keep at bay. I have grown much since my diagnosis, but I am still not perfect. There are still things to work on, but there are also achievements to celebrate.



I have been in your shoes. I know the dread that comes with a presentation, a choice, or a change. Please, let me guide you down the road of growth. Together, we can continue to work past our fears and the limits we have placed on ourselves. I offer my determination, honesty, and insight along the way. As a team, we can encourage and aid each other on the journey. I am pleased to announce my candidacy for the 2020-2021 Oregon FFA State Officer team at the 92nd annual Oregon State Convention. Please, join me in journeying down the road of growth.

With a servant's heart,

Katelynn Schmidt
Cascade FFA President
Capital FFA District President

“What we fear most is
usually what we most need
to do”

-Ralph Waldo Emerson

Katelynn Schmidt – Cascade FFA Chapter – Chart of Activities

<p style="text-align: center;">2016-2017 - Freshman</p> <p>Activities:</p> <ul style="list-style-type: none"> • Northwest Ag Expo • Cascade FFA Wreath Sales • Willamette Valley Ag Expo • Cascade FFA Banquet <p>Degrees Held:</p> <ul style="list-style-type: none"> • Greenhand Degree <p>Offices Held:</p> <ul style="list-style-type: none"> • Elected as Chapter Secretary <p>SAE:</p> <ul style="list-style-type: none"> • Poultry Production • Market Lamb Production <p>Other Activities:</p> <ul style="list-style-type: none"> • Cascade High School Band Program • Cascade 4-H Club • Cascade Cross Country <p style="text-align: center;">2017-2018 – Sophomore</p> <p>Activities:</p> <ul style="list-style-type: none"> • Capital District Leadership Camp • Ag Safety Day • Parliamentary Procedure • Freshman Orientation Night • National FFA Convention • Cascade FFA Alumni Dinner and Auction • Beginning Portfolio • Oktoberfest • Cascade FFA Banquet • Oregon District Officer Training <p>Degrees Held:</p> <ul style="list-style-type: none"> • STAR Chapter Degree <p>Offices Held:</p> <ul style="list-style-type: none"> • Chapter Secretary • Elected as Capital FFA District Sentinel <p>Committee Activities:</p> <ul style="list-style-type: none"> • Executive Committee <p>SAE:</p> <ul style="list-style-type: none"> • Poultry Production • Market Lamb Production 	<p>Other Activities:</p> <ul style="list-style-type: none"> • Cascade High School Band Program • Cascade 4-H Club • Inducted into the National Honor Society <p style="text-align: center;">2018-2019 - Junior</p> <p>Activities:</p> <ul style="list-style-type: none"> • Capital District Leadership Camp • District Rituals • Capital District Dance • Oregon FFA State Convention • Oregon FFA Legislative Conference • Marion County Fair • Oregon State Fair • Washington Leadership Conference • State Dairy Foods Evaluation • District Prepared Public Speaking • Cascade FFA Wreath Sales • Oregon Ag Fest • State Poultry Proficiency • Cascade FFA Alumni Dinner and Auction • Turner Lamb Show • Cascade FFA Plant Sale • Oktoberfest • Cascade FFA Banquet • Oregon District Officer Training <p>Offices Held:</p> <ul style="list-style-type: none"> • Chapter Secretary • District Sentinel • Elected as Cascade FFA Chapter President • Elected as Capital FFA District President <p>Committee Activities:</p> <ul style="list-style-type: none"> • Executive Committee • County Fair Decoration Committee • National FFA Week Committee 	<p>SAE:</p> <ul style="list-style-type: none"> • Poultry Production • Market Lamb Production • Succulent and Herb Production • Vegetable Production <p>Other Activities:</p> <ul style="list-style-type: none"> • National Honor Society • Cascade High School Band Program • Cascade 4-H Club <p style="text-align: center;">2019-2020 - Senior</p> <p>Activities:</p> <ul style="list-style-type: none"> • Agricultural Sales • Capital District Leadership Camp • Rituals • Denium and Diamonds • Cascade FFA Wreath Sales • Oktoberfest <p>Offices Held:</p> <ul style="list-style-type: none"> • Cascade FFA Chapter President • Capital FFA District President <p>Committee Activities:</p> <ul style="list-style-type: none"> • Executive Committee • Oregon Ag Fest Committee <p>Other Activities:</p> <ul style="list-style-type: none"> • National Honor Society • Cascade High School Band Program • Cascade 4-H Club • National Novel Writing Month
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