

Focus ON FCCLA

The Ultimate Leadership Experience

A publication of the Michigan Association of Family, Career & Community Leaders of America

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2006-2007

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Articles & Letters Welcome for Publication

The policy of the Michigan Association of Family, Career & Community Leaders of America is that no person shall, on the basis of race, color, national origin, sex or disability, be excluded from participation in, be denied the benefits of, or be subjected to discrimination during any program or activity or in employment.



Student Body: Eating Healthy for a Better You

Katy Miller, Vice President of Programs

"To eat is a necessity, but to eat intelligently is an art."

- La Rochefoucauld

La Rochefoucauld is right, eating intelligently can help you grow into a healthier person. You eat because you have to, but you have to do something more, don't you? You have to have the right diet and exercise.

I know it's repeated over and over, "eat right and exercise," but it is true. According to "The Franklin Institute Online": "Eating healthy is as easy as riding a bike, once you've got the balance right!"

It's true! Eating healthy isn't that hard! It just takes a few steps to make your body a little healthier. First, you can always drink more water. That isn't just because in sports you get dehydrated or when you exercise you need more water. Each person is about 75% water. That means that you need to keep drinking water to keep your body healthy and balanced. Second, find foods that YOU like that are healthy for you, then branch off of that. Try making new snacks like it with the same kinds of food. Finally, make sure that you eat a balanced meal 3 times a day. A balanced meal helps you keep a balanced life.



The question is, how can you help your community eat right? In your school you can help other students drink more water by talking to your school administration about putting water in your vending machines. For better snacks you can ask students around your school and make a book of your classmates' favorite healthy snacks. You can even use that as a fundraiser for your chapter or for charity around your community. Finally, you can encourage better meals by starting a "Health-Day" or a "Nutri-Day" at school. You can ask the school not to serve sweets or any other junk food during the lunch periods to show students that there are other things to eat rather than chips or fries. This can also include a fundraiser for the school to help pay for more nutritious food for the students. The reason why your school sells food that is bad for you isn't that they don't care about your health, it's because sometimes it's cheaper for them to buy unhealthy food. If you can help them pay for healthy food, you'll also help in building a bridge with your school staff and FCCLA.

So the question is, how are you going to help yourself and your community eat healthier? You have the potential, and with FCCLA and the right information, you can eat better and become healthier and happier. Make eating healthy a priority for you and your FCCLA chapter!



Go Wild with FCCLA

Jill Borman, State President

Welcome back everyone! As summer came to a close and everyone has had a chance to have fun in the sun...some even attended the National Leadership Meeting, it is once again time to begin an exciting new year!

Last year was tons of fun as we took the Walk of Fame. A lot of fun ideas were shared at roundtables during Fall Leadership Workshops, everyone did well in competitions at the State Leadership Meeting, and to wrap up an exciting year many had a blast seeing the sights and meeting new people in Nashville, Tennessee for the National Leadership Meeting.

This year everyone is invited to, "Go Wild with FCCLA!" You never know what kind of interesting creature you will meet at a Fall Leadership Workshop or what adventures you'll encounter on your way to the State Leadership Meeting in April. This is sure to be a year full of fun and the perfect year to go all out! Push yourself to accomplish wonderful things this year and try your hardest on everything that you do. Make your year wildly exciting by attending a Fall Leadership Workshop, travel to a new place and go to a Cluster Meeting, participate in a community service project, complete a project for the State Leadership Meeting, and wrap your year up right by attending the National Leadership Meeting in sunny Anaheim, California!

This year promises to be a *Wild* ride, so get ready for a year you'll never forget!





Heroes

Samantha Magdaleno, Vice President of Membership

With FCCLA you can learn a lot about your own ethnicity.

I am Hispanic. There are a lot of Hispanics that I admire. There is only one that I look up to as a hero, Belda Garza. Now some heroes can be famous and on TV and have a lot of publicity. Others can be your relatives, or maybe someone you admire just because of his or her accomplishments.

I think one of the biggest reasons I relate to Belda is that she shows a tremendous amount of respect for Cesar Chavez. Belda has been trying to make March 31st a state holiday. She wanted the day to represent struggle and victory. Cesar Chavez was a Mexican activist. Belda was very strong on the idea of making March 31st a holiday. So she started a letter-writing campaign to state-level politicians and publicity efforts together with the Lansing Cesar Chavez Commission. During this time she was no longer the state representative. However, Governor Granholm supported her. By Belda sticking to what she believed in and pursuing what



she wanted, she has become a great Hispanic, at least to me. She is a Hispanic woman that is a true hero, the type our future generations should strive to be like.

Maybe you are not Hispanic. There are so many more role models to look up to that all have different kinds of ethnic backgrounds. An African American man we are all familiar with is Martin Luther King Jr.. He was a great man, truly a role model for anyone who is interested in his work.

Dr. King tried to protect every one and make it so that no matter what race you are, you are treated equally as everyone else.

However, activism may not be your passion. Heroes abound in other areas as well. Albert Einstein was a Caucasian man who was famous for science. This is a man that many students may be able to relate to. If you research Mr. Einstein's school career you will find that he did not receive the best grades. He did not appear to most people like he would amount to anything at all now he is famous for $E=MC^2$.

In the end, no matter what race you are, it doesn't matter there is someone to look up to. Heroes come in all shapes, colors and sizes. There is a hero for everyone. Whether it be a teacher, rock star, or senator, the person can be dead or alive. You can set your goals high and use their life as sort of a guide to become a great person. With them guiding you, you should be able to become a better person and surprise yourself. I know in FCCLA we celebrate diversity!



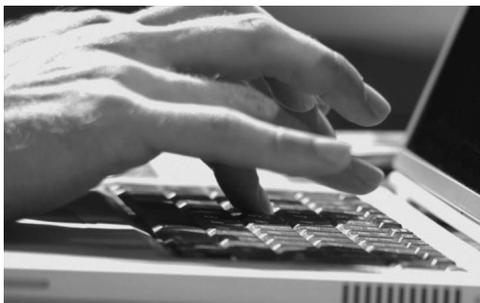
Promote Your FCCLA Chapter!

Ashley Miller, Vice President of Public Relations

Hey everyone, I hope you all had a fantastic summer and I hope you are all looking forward to this year as much as I am! I have a feeling that it is going to be a groovy year, but all of us, as members, must work together to do so. There is so much that goes into making a great chapter or organization, and one major factor is public relations.

It has been over seven years since the Future Homemakers of America changed their name to what is now the Family, Career, and Community Leaders of America. We are not a new organization, but we do have a fairly new name that many people are not familiar with. We all know how great FCCLA is, and all the great things we do to benefit our communities and the media is an excellent source to showcase all of it to others.

Good relationships with the media will help educate the public about FCCLA, show all the positive things we do, and it can also help retain members by making them proud to be in such a well known and respected organization, as well as attract new members. With all the crime and tragedy dominating the news, it is refreshing to see the good things that are happening in the world. Appearing in your local newspaper, on the evening news, or on a talk radio program can help boost new volunteers, publicize fundraisers, promote chapter events, and possibly get recognized by businesses who may sponsor future chapter activities.



It isn't likely for the media to contact you about FCCLA, so you must contact them. Do research to get phone numbers, fax numbers, mailing and e-mail addresses; you want to be sure to find the right person to contact. Most contact information can be found on the media sources' websites. Look for the education editor. Before contacting them, you should know the basics about FCCLA and what it has to offer. You should know how FCCLA helps people, what problems we solve, what is interesting about our organization, and basic information such as membership numbers or sample projects... these are questions you may be asked. Most of this information is on our website, but if you need help finding it, feel free to email me.

Once you have made headway with the media, make sure to keep communication open and ongoing, but you only want to contact the media for items that are truly newsworthy (not regular meetings). Always remember to send thank you notes to media sources when they help you, and to give credit to them in presentations about your chapter. You should also give the FCCLA national, state, and chapter websites to your media sources so they can get more information about FCCLA. When working with the media, don't forget to use "who, what, where, when, why, and how" format of telling your story. I wish you all the best of luck in promoting FCCLA! If you have any questions feel free to e-mail me at ashley_miller74@hotmail.com.

Connect with FCCLA Members online!

Check out Michigan FCCLA online! We have two groups to help members connect with each other:

Visit our **MySpace** page at www.myspace.com/mifccla add us as a friend!

Or join our **Facebook** Group! Just search for "Michigan FCCLA" in the Groups Search.

And don't forget to check out www.mifccla.org for up-to-the minute information about Michigan FCCLA, project ideas, fundraising ideas and more!

Regional FCCLA

Katy Miller, Vice President of Programs

Do you want more great FCCLA experiences? Regional FCCLA can help you! Michigan FCCLA has 8 Regions. Regions 2 and 1 are active with Regional Meetings. Those meetings give many opportunities. Some of those opportunities are: workshops led by FCCLA members from chapters in your Region, motivational speakers, and opportunities to compete in events such as Chapter Showcase Display or Entrepreneurship. Competing in these events takes place before the State Leadership Meeting. This allows your Region to send its top groups to the State Leadership Meeting to compete to go to the National Leadership Meeting. So, if you want to intensify your FCCLA experience, join in on your Regional FCCLA activities or help activate Regional FCCLA in your Region!



Touch Up, Clean Up, Fix Up!

Kaylynn Portice, Vice President of Community Service

Have you ever thought that your community is looking a little gray and needs a touch of TLC?. Well look no further then Michigan FCCLA's new community service project Touch up, Clean up, Fix up. This project focuses on improving your own backyard. So get ready to jump into action and make your jungle a beautiful place to live.

Let's begin with the three modules of this project. The first module is litter prevention. Litter prevention is where you teach young and old alike about education, technology, ordinances, and enforcement dealing with litter and garbage.

Next is solid waste reduction. This module discusses the slogan reduce, reuse, and recycle through:

- Re-using & extending the life of products and packaging
- Source reduction and reuse
- Recycling
- Composting
- Waste-to-energy (combustion)
- Land filling

The final module is beautification and community improvement. Through this module Michigan FCCLA is hoping to improve the entire state of Michigan by improving your own backyard. You can do this in many ways like:

- Pruning & planting trees and flowers
- Landscaping
- Graffiti abatement
- And much, much more.

The goal of this project is to teach young people how to care for, preserve, and protect our environment. Michigan is a beautiful place to visit and live. Through the many tourist attractions like Mackinaw Island and the Mighty Mackinaw Bridge to the surrounding five Great Lakes, there is something for everyone. With hope that our natural beauties can be preserved for future generations, Michigan FCCLA's state executive council is hoping that our great members will join in the efforts to keep our communities thriving.

Now here are some little known facts about litter prevention, waste reduction, and beautification



and community improvement:

- There are seven primary sources of litter.
- 18 % of litter finds its way into lakes, rivers, or streams.
- Americans generate about 230 million tons of garbage every year.
- Community beautification has a positive effect on how the neighborhood is preserved.
- Neighborhoods that are beautiful to look at are beautiful to work in, live in, and visit.

Finally, our action to improve our community has been put into play; now it's up to our great members to take part and let this project grow into a strong mighty oak. Now that you have the jungle fever to improve your own backyard, round up your friends and family and get started. Make this year the best ever by touching up, cleaning up, and fixing up your community with Michigan FCCLA's new community service project Touch up, Clean up, Fix up.



The Ultimate Leadership Experience

George Hart, Vice President of Competitive Events

Think back to the points in life when you were asked to make a decision...whether it was what movie to rent and watch, what clothes to buy and wear, or even what to say and think. Have you ever wondered what experiencing leadership, holding an office, and/or attending training with FCCLA would be like? Well there is no need to wonder anymore because by reading this article, you will find at least some of the answers.

The first thing on the agenda is experiencing leadership. With FCCLA, leadership is easy to come by. With FCCLA, your leadership experience starts when the first step is taken. The first step is joining FCCLA. The next step to take in the Ultimate Leadership Experience is to form a group and decide on a project to do. Then comes the fun part...carrying out the project. Whether it is making dinner, having a sports game, or buying presents; fun and leadership always find a way to make the most serious moment memorable.

Holding an office is the next thing on the agenda. The first office that most people hold is an office in their chapter. This is relatively easy to do; start by talking to your chapter adviser – he or she is the one ultimately in charge of the chapter officers. The next office that one may hold is probably a Regional Office. This office involves a little more work because there is some campaigning outside of your school that is involved.

Talking to you Region's Parliamentarian for an application is a great start. The next step is making a poster that explains you a little bit, and a few words to be said at the Regional Meeting about yourself. The third office type to run for is a State Office. There is a little more planning involved in this type of office. The application

Filling out an application is the first step to this magnificent achievement. There is a board that is to be made and a speech that is to be presented at Nationals. All of the work that is put into these offices pays off when you are in front of the crowd accepting all of your responsibilities. I've served as a chapter, regional and state officer...and I can assure you – it's well worth it.



is on the website at www.mifcccla.org. The campaigning is about the same aside from the speech that is required by the state, the topic is sent to you once you send in your application. Then there are a couple of questions that are asked to the candidates in front of the Voting Delegates at the State Leadership Meeting. There is one standard question and a random question, but don't worry too much. They send you a list of the possible questions well before the State Leadership Meeting to give you time to prepare. The top of the top is the National Officers. There is more work to be done here than at any other level.

All work and no play isn't what FCCLA is about. There are many types of leadership trainings that are able to be attended. Of course there is going to be work, but that isn't all that happens at these great experiences. My favorite was the State Officer Training Camp at EMU that we participated in with the state officers of three other organizations like FCCLA.. Here we attended a program that involved a lot of learning along with a ton of fun. Not only did I meet a lot of

new people, I also became closer to the state officer team for this year. I learned so much from this experience and I also had so much fun doing it.

As you can see, FCCLA has many things to offer. Running for an office is a great feeling of responsibility and leadership. Just remember next time you have to make a huge decision that FCCLA has a way to make the decision easier to make. If you need some advice, feel free to contact me any time. My email address is gorge07@hotmail.com.



Every Organization Has a Beginning: A Brief History of FCCLA

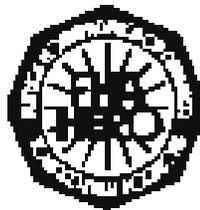
Clare Humphrey, State Secretary

The Family Career and Community Leaders of America wasn't always the great organization it is today. In fact it wasn't always called FCCLA, the former name of the Family Career and Community Leaders of America was the FHA, or the Future Homemakers of America. We later changed the name in 1999, because many thought that we could attract more male members by shying away from the humble housewife image that the FHA name seemed to hold.

But like every great organization, FCCLA has gotten its start from a few people and a lot of initiative and leadership. Before 1945, many different home economics teachers wanted to teach youths help skills for later in life. Then in 1945 the many scattered organizations unified under one banner to form the Future Homemakers of America. They created a creed and eight purposes to guide this new organization, the same creed and purposes we use today. They also had an official motto, flower, emblem, and even an FHA song. Then after a lot of organizing and planning, on March 1945, the Future Homemakers of America was

born. Then almost a year later the big day came for Michigan to find its way into this wonderful organization. Michigan became the 31st state to join, on May 23, 1946. The first national dues back then were only fifteen cents! And Michigan has made sure that every year our state has been

ship meeting was held in Delaware, Ohio. These meetings still were very similar to the meetings we have today except for one thing, there were no competitive events. The competitive events didn't start until 1973.



represented at the National Leadership Meetings.

And like every organization, Michigan FHA had its firsts of everything. The first Leadership Training Camp says a lot about the era the organization was founded, the theme of this camp was "Planning for Post War Living". In March 1947, the first State Leadership Meeting was held at Michigan State University, despite the blizzard. At this meeting the first Honorary Members were selected. Also in 1947, the first National Leader-

The Michigan Association of Future Homemakers of America always tried to get more members to join, but eventually despite the humble housewife façade, young men sought to join our superb group, some did, but the FHA could really use more males. In 1985, Michigan FHA really focused on gaining more male members by offering awards to the chapters who had the biggest increase in male membership. But what really helped break the barrier was the name change in 1999, to the Family Career and Community Leaders of America.

FHA or FCCLA...past, present, or future, our organization has stood the test of time. It started with a few teenagers and their teachers and an idea for the future. The first motto of our organization still holds true to our group's modern day sentiments, "Toward New Horizons."



Carriage House Coffees



Experience a new way to make money for your cause- gourmet coffee, tea and cocoa sales. Carriages House Coffees offers the finest fresh roasted coffee, teas and cocoa—all coffees are roasted upon placement of order. Coffee has become a staple product in almost every household; 52% of the adult population of the United States drinks coffee everyday, which represents 107 Million daily drinkers*. Participate in a new and fresh fundraising program with unlimited earning potential.

Flavors and Product

- 12 oz. Bags of Coffee, flavors include: Hazelnut, French Roast, Colombian Supremo, Michigan Cherry, Irish Cream, French Vanilla and Chocolate Raspberry.
- Coffees of the World Gift Box, flavors include: Hazelnut, French Roast, Colombian Supremo, Colombian Excelso, Chocolate Almond, Dutch Chocolate, Irish Cream, Mocha Java, Chocolate Raspberry and Cinnamon Cream.
- Assorted Tea Collection includes: 2 packets of 10 varieties of premium teas totaling 20 packets.
- 1 lb. Ghirardelli Sweet Chocolate and Cocoa

Personalized Coffee Labels and Order Forms

- A fundraiser that not only creates substantial funds but also promotes your school/organization. The 12oz. bags of coffee, 1.75oz. packets of coffee and order forms all contain your group's name and logo.

Total Program Typically is 4 Weeks Long, from Start to Finish

- With a recommended selling period of 2 weeks, the third week devoted to tallying and the final (fourth) week delivery of goods makes the total program, from start to finish, 4 weeks long.
- Order fulfillment is one week, once Carriage House Coffees receives the provided tally sheet and payment, delivery of total order will be made the following week.

Website for Patrons to Re-Order

- All products will provide information directing patrons to the website, www.chcoffees.com.
- This website offers all products previously sold in your program. Patrons can continue to order their favorite products year round.
- Products will be shipped directly to the patron on a weekly basis, additional shipping charges will apply.
- Your profit margin remains the same; your organization continues to earn money without doing anything!
- Funds are allocated in quarterly disbursements to your school/organization.

Call 800-227-9451 for information!

GIMME 5 FIVE!

MICHIGAN FCCLA

Michigan FCCLA is challenging each chapter to recruit just five more members than last year...a challenge that we need each chapter to accept. Membership growth is an important goal of the state officers, and ultimately will positively affect each and every chapter in the state.

Five more members...what does that mean for your chapter?

- A beautiful plaque to proudly display in your classroom
- Recognition on stage at the State Leadership Meeting
- Recognition in *Focus on FCCLA*
- Recognition online at www.mifccla.org
- A press release sent to your local newspaper

But most importantly, more members for your chapter means more opportunities for your members to work together to learn and achieve greatness.

Check out www.mifccla.org for membership recruitment ideas, and for YOUR chapter's goal!

Are you from a new chapter? No problem! You can be recognized too! The minimum number of members to form a chapter is nine...so you just need five more than that for a total of fourteen.

Are all of the students in your classes already members? No problem! Just fill out the form for 100% membership (or Perfect FACS Participation), and you're all set!