



Focus on FCCLA

Michigan FCCLA

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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.



STAR Events & Pointers

James DeGreif, Vice President of Competitive Events

STAR Event projects should be chosen and should be getting started very soon if you would like to bring them to the State Leadership Conference. Start your planning process now so that you can have everything ready and be prepared to present at the State Leadership Conference. Here are some pointers for books/manuals, boards/displays, portfolios, and speeches for different STAR Events.

In your books, you need to keep it organized and presented in the chronological order of your project. One easy way you can keep it organized is by not cramming too many pictures on one page. If one event or project is really big, put it on two or three pages. You can put your book in the order of your project for the Chapter Service STAR Event. Then, with your Chapter book for the Chapter Showcase STAR Event you can put in order of your year. You want your book to be neat and organized when you are competing.

You also need to keep your boards organized and make sure that you are in the right area to display your boards. You need to make sure when you are setting up your boards to compete, that you are in your assigned area and don't overlap into someone else's area. Organize your display from left to right just like you can with the books. You don't want to overcrowd your boards with pictures, you need it to look professional. You want to make sure to tell your Chapter Adviser if you are doing a free standing board or a table sitting board.



When you are making your portfolio for your STAR Event, you need to follow the guidelines that are specified for the specific STAR Event descriptions and make sure that you keep it well organized. While you make your portfolio, make sure you do not go over the number of pages and divider pages, because you will get penalized for it. Portfolios are for every individual STAR Event.

When you are writing your speeches, you need to make sure that they are grammatically correct. Present your speech in the order of your project; use it as a timeline. When you write it, make sure it goes along with your book and or board. You can have a great project, but if you don't take the time to write an equally great speech, it could cost you the chance of qualifying to attend the National Leadership Conference.

The tips that I listed before are my personal tips but I am going to give you a general list. My first tip is when you are at a Leadership Conference to compete, attend your orientation meetings. If you have a folder, portfolios, and manuals that have required materials at your designated participation time, you also need to follow your dimension rules for your boards. Before you leave to go to the conference to compete make sure you have the right number of copies and materials you need. You also need to follow all of the guidelines not listed in the general criteria. Lastly, use letter size folders. These are just a few of the general tips for STAR Events.

When you are presenting your project be sure to make reference to your book or board, the judges want to see what you are talking about. When you are starting to make your STAR Event book or board, ask your Adviser or refer to the guidelines that can be found on the National FCCLA website. I hope to see all of your wonderful projects at the State Leadership Conference and wish you all good luck in qualifying for the National Leadership Conference in Orlando.



Family Friends Neighbors

Drew Cannoy, Vice President of Community Service

Mom, dad, aunt, uncle and even the neighbors next door-the list is never ending. These are the people who you could help in a huge way every day.

With all these different people there are different needs, and many different jobs you could do for them. Simple chores around the house or helping a neighbor with some yard work they can't quite do. This is our duty, as the youth of FCCLA, and our communities will thrive because of our hard work and dedication.

One of the key components in FCCLA is the community. With times getting rough this is where families need to get united and stay together. There is no better place to start than at home in our local communities. FCCLA and its members strive to get connected to people, find out their needs, and get help for them in many different ways.

Some ideas gathered at The Fall Leadership Conference from the chapters that attended the community service workshop included a winter clothes drive, a present tree, a hat and mitten drive, and a shoe drive. There are families who need these supplies to keep their children warm and more importantly to give the kids the joy of opening a present on Christmas morning. You could also raise money through various ideas like bake sales, coin drives or simple fundraisers. The money you earned can be used to buy toys for Toys-For-Tots.

There are several more ideas you can use to make a difference. Believe it or not something small like a hat and gloves or a pair of shoes would mean a lot to a local family and their children. So go on get started and join in on the giving today!

Personal Stories from your State Officers

Matt Davis State President

I had never heard of FCCLA before my freshmen year. The first time I heard of it was on a day that my older brother was going to the first FCCLA meeting of the year. A friend of his at school had told him it was an awesome organization, and he should check out. I had to go to the meeting with him because he was my ride to school. As the meeting continued, I fell in love with FCCLA. The name itself was very appealing to me since I care strongly for my family, career, and community. I was drawn in by the various and diverse service opportunities that were offered by the organization. Another large part of FCCLA that caught my eye was the opportunity to travel to conferences and meet other people from around my own state and even from around the nation. I immediately joined the group and have been a dedicated member ever since. My 10th grade year I competed in the Chapter Service Project Display Competition and achieved gold medal recognition at both the state and national level. This past year I was elected to state office and traveled to California to help represent Michigan at the National Leadership Conference. I currently serve as the State President which is a position that I love and take much pride in.



Drew Cannoy, Vice President of Community Service

FCCLA is important to me because before FCCLA I was just another kid. When I entered Durand High school I was a little freshman in the dark trying to find my way through life. Then I saw a light coming towards me, and it was my soon to be adviser. It was like out of nowhere lights came on and for the first time in my life I felt like an individual instead of a nobody. Since my first year in FCCLA I have gained more knowledge and sense of direction on where I want to go with my life.

FCCLA is all about helping people in need. Once you help one person it feels so good you want to help more. Then next thing you know the people you helped, are helping other people. It feels so great to know that you started a big chain of events. This is what I love most about FCCLA, it unites so many people from all around the state.

FCCLA not only taught me about ways to help people, but most of all it taught me about myself. I learned who I was these past 3 years. Without this amazing organization I'm not sure I would know what I wanted to do with my future, or more importantly who I am.



Melissa Ungkuldee, Vice President of Programs

How can I sum up my FCCLA experience so far? It's simple—a learning experience. I was in 8th grade when I first heard of the organization, FCCLA. As soon as I found out more about it, I knew it was something I wanted to involve myself in. I was told that FCCLA would help provide me the opportunities to help the community, make friends, travel the country, and create lasting memories. These opportunities have never fallen short of the expectations I've had for them. Through these opportunities, I have learned lessons about life, leadership, and myself.

With FCCLA, I've developed leadership skills that, in many ways, aren't comparable to anything I've learned from any other organization. One of the most important things I've learned about is confidence and bravery. As a freshman, I never would have imagined going on a stage and making a speech the way I did, when I ran for state office this past year. Public speaking can be a very daunting thing—I was able to overcome my fears, with FCCLA. How? I learned how to present my ideas to groups of people. These groups started off small, and eventually got larger and larger. My freshman year, I practiced my presentation for the Chapter Service Project for The State Leadership Conference. I learned how to present information in a way that would lessen my nervousness and still keep the audience interested. I learned more about myself as well. I discovered that sometimes, it just takes that leap of faith and bravery to be able to stand up and say something, whether to large audience or a small one.

It hasn't just been all about public speaking skills, however.

I've learned my fair share in lessons about communication, responsibility, teamwork, and organization. If you don't communicate with your peers and co-workers efficiently, how will things go smoothly? Without responsibility, how will people trust you to get the job done? If you don't learn to be a team player, how do you work with others and accomplish the task at hand? In my experience with FCCLA, I have found that the key to accomplishing all these things is through developing your own personal organization. If you can organize your agenda, plans, "to-do's", etc. then you will definitely learn to develop responsibility. Communication derives from organization as well—if you know exactly what needs to be done, and can convey this information to your peers and co-workers in an effective manner, then things can (and will!) go smoothly.

Finally, I've learned it's important to be able to evaluate yourself. This can be extremely hard to do, but when you do it, it can prove to be very successful. When you're working on a project, ask yourself a few questions. Am I meeting deadlines? How close am I to the end goal? Am I being a team player? Am I doing my fair share of the work? When you can fairly assess the work that you've done, you can figure out what you need to improve. Changes can be made for the better. These changes will not only benefit you, but they'll also benefit the people you're working with. Being a state officer, I am very involved in FCCLA. I've found that when working on a project or event, I have to step back and evaluate myself. It has definitely helped, and I encourage you all to do the same!

Overall, FCCLA has taught me many things. I've learned about what really motivates me to strive for the best. I've learned about organization, leadership skills, and bravery, and so much more. Now, I ask you, what have you learned from FCCLA?





Share Our Strength: FCCLA's New National Outreach

Melissa Ungkuldee, Vice President of Programs

Never doubt the power of FCCLA. In the past two years, our national organization has raised over \$241,590.05 for the Children's Miracle Network. Now, FCCLA is shifting our focus to help in a new cause. This year, FCCLA has teamed up with Share Our Strength, a non-profit organization that is leading the fight against childhood hunger in the U.S. With a duo like FCCLA and Share Our Strength, we can conquer what may seem impossible!

Share Our Strength has created a campaign called "No Kid Hungry". No Kid Hungry's ultimate goal is to end childhood hunger in America by 2015. There have been many efforts made, including enrolling children in federal nutrition programs, teaching families how to cook healthy meals, and educating children about making healthy decisions about what they eat. Share Our Strength has partnered with many organizations, in order to raise the funds to achieve their goal, including The Food Network, Hillshire Farms, USA Today, Whole Foods Market, and many more. Now, they have partnered with FCCLA; together we can help eliminate child hunger in the U.S. by 2015.

What can you do in your chapter to help? You can definitely use your creativity to come up with your own fundraising ideas. Remember: Every little bit counts. The money that FCCLA helps raise will go towards local grants and state partnerships. These grants will be used to support anti-hunger and anti-poverty programs throughout the country, and especially in areas that need these programs the most.

Share Our Strength has provided many ideas for fundraising. One of them is called "The Great American Bake Sale". With "The Great American Bake Sale", your local chapter can hold an impactful bake sale. Funds will go towards ending childhood hunger, and the bake sale itself will help raise awareness about this important issue. Another fundraising idea is called "Clean Out For Kids". With this fundraising event, an FCCLA chapter can hold a yard sale for Share Our Strength. Community members can donate items they don't need, and can purchase things they do. It's a great way to gather your friends and



**SHARE OUR
STRENGTH**[®]
NO KID HUNGRY

family to declutter and get rid of things they don't need, while raising awareness about child hunger in our country. For more information about registering and signing up for these events, visit www.strength.org/fccla.

FCCLA's partnership with Share Our Strength is a great opportunity to help end childhood hunger in the U.S. It's our chance to make a difference! I highly encourage you all to partake in a fundraiser for Share Our Strength in your local chapter. If you have any questions, don't hesitate to contact me at: mungkuldee@mifccla.org I look forward to seeing the difference that FCCLA can make!

Alyson Obermiller Vice President of Membership

Four years ago I started a new chapter in my life. A chapter filled with exciting adventures, many lessons learned, and memories that will last a lifetime. If I could give a title to the last four years of my life I think I would call it, Unforgettable. The last four years of my life has really taught me something, a treasure I had always hoped to find. With the help of Family Career and Community Leaders of America, I found myself.

FCCLA is an organization based on family; something that I hold very close to my heart. With the help of Power of One I have learned how to be an active and productive family member in my household of five. This organization has showed me that in order to be the person I want to be I need to have a strong family that supports me with my decisions. With the Power of One module Family Ties, I established a family fun night that we hold every other Sunday. I believe that now my family is closer because of what FCCLA encouraged me to do. And with that I want to thank FCCLA for making me the daughter, granddaughter, and big sister that I always strived to be.

One of my biggest accomplishments over the last four years was learning how to be an organized and proactive young adult in my community. When I did my first project in 2007, I was introduced to the planning process. As all FCCLA members know, the planning process is very important when organizing your project. At the time I really had found it pointless to write down my goals, set a plan, and follow up with my project. But now being a senior in high school about to go out into the world, I have found this simple process to be the best way to keep all of my life goals in order. Whether it be planning a school event or figuring out when and where I'm going to work on my literary analysis paper, the planning process has given me a simple guideline that I will remember for the rest of my life.

Over the last four years I have become the young woman I had always dreamed of becoming. With the help of my FCCLA adviser and my mentors I have met along this journey, I succeeded in living life to its fullest potential. All of the lessons I learned will guide me down the path in which I choose for my life. Where ever that path takes me, I will never forget FCCLA. Thank you, FCCLA, for making me the family member I want to be. Thank you for guiding me in the right direction for my future career, helping me become a positive influence on kids in my community, teaching me how to lead others in the right direction, and encouraging me to go out into this world. I am a strong, positive, young adult, ready to take on any challenges life might throw my way because of FCCLA. FCCLA, you have helped me find me. Thank You.

James DeGreif Vice President of Competitive Events

On my first day of eighth grade, I looked at my class schedule and thought why do I need to take a Family and Consumer Sciences class? Little did I know that this class would lead to my membership in the greatest student led organization known as FCCLA. In this class, I participated in my first community service that I took to the 2008 Michigan FCCLA State Leadership Conference where I won a silver medal. Then I continued my membership as a freshman in high school, where I completed another community service project at the 2009 State Leadership Conference. My partner and I qualified to attend the 2009 National Leadership Conference in Nashville, TN. I really enjoyed being in FCCLA, so I decided to run for Chapter and Regional offices. I was elected to serve as the Region 2 Historian and my Chapter's V. P. of Community Service. I served in these offices during my sophomore year and also was able to help with my Chapter's biggest project, "The Christmas Project". I then thought that I should take my leadership skills to the next level and decided to re-run as a Chapter Officer and to run for State Office. I was elected as the Chapter President and Michigan FCCLA's V.P. of Community Service. I attended the 2010 National Leadership Conference in Chicago, IL, as a State Officer representing Michigan FCCLA. I participated in an individual project my junior year, since I was a State Officer and didn't know how much time I would have to help out with a group project. That year, I qualified to attend the 2011 National Leadership Conference in Anaheim, CA. At the 2011 State Leadership Conference, I ran again for state office. I was elected to serve as Michigan FCCLA's V.P. of Competitive Events. That same year, I was elected as my Chapter's V.P. of Power of One. This year I am participating in the STAR Event Chapter Showcase. I hope to qualify to go to the 2012 National Leadership Conference in Orlando, FL. Over the years that I have been in FCCLA, I have made many great memories serving on officer teams, meeting new people, and going to many different conferences. I am really glad that I decided to join FCCLA the Ultimate Leadership Experience.





Does This Business Suit Make the Leader in Me Look Good?

Alyson Obermiller, Vice President of Membership

Family, Career and Community Leaders of America is an organization that helps young adults mature into our future leaders of America. One of the steps to becoming a future leader of America is knowing how to dress the part.

In FCCLA we ask all of the members to dress business professional as well as business casual. In the next few paragraphs I will be giving you idea' on what is appropriate and what is not appropriate. I will also give you tips on dressing business casual and business professional.

First I would like to talk to you about dressing business casual. This way of dress is said to be the most challenging of the two. Not knowing what is too much or not enough is something I will help you with. When dressing business casual, you want to stick very close to the business professional way of dress, but not go as far as a business suit. For our male members, black slacks are best with a button down shirt and a nice tie. For our female members, you could wear dresses or skirts, but watch the hem length (keep it around the knees). The most important part to dressing business casual is making sure your look is crisp and clean. This means, no wrinkles and that your clothes are not stealing the attention away from your face.

The other way of dress I would like to talk to you about is Business Professional. This way of dress is much easier to put together than business casual and is worn for more important circumstances. For our female members, wearing a business suit is the best route to go. You can choose to wear pants with



a business jacket or a skirt with a business jacket. Keep in mind anything that is above the knees is considered inappropriate. When you are deciding what blouse to wear under your business jacket, remember the simpler the better. Make sure that your blouse is not wrinkled or tight and buttoned up. For shoes, heels are considered to be the most appropriate, a half inch lift and close toed are most acceptable. For our male members, business suits are most accepted in the business professional wear. Stick to the basic colors of black, grey, blue, and brown. A button up shirt underneath your jacket should be a calm color. A print tie can be worn but make sure it is not too busy as to distract the people you are talking with or to. When dressing business professional remember you are supposed to be conservative and professional, but remember you want to be comfortable with what you are wearing as well.

At FCCLA conferences, certain ways of dress are to be worn at different times. When you are at workshops or on stage, business casual is the most recommended choice. You want to be comfortable enough to get involved with the activities at the workshops,

but look professional enough to have your picture taken on stage. When you are presenting to the judges, you should be dressed in business professional. The judges will be looking at everything you have on. From the color of your blouse to the shine on your shoes, everything is important when you step in that room. If you are unsure about what to wear at what time ask your advisers or ask yourself "What would I think if I saw a person wearing this?" These two ways of dressing are very similar but are different in so many ways. A person can tell a lot about the way a member dresses so you always want to look your best!

Over the last year FCCLA has made some changes with what they consider appropriate dress. During State Leadership Conference, FCCLA will have "Fashion Police" walking around to make sure that all of our members are dressed for success. If you are wearing something that FCCLA considers inappropriate you will be asked to go back to your room and change before you are allowed to take part in any FCCLA activity. We will also have the Fashion Police at the stage who will decide if what you are wearing is appropriate enough to go onto stage. For example, if you are going up on stage to receive your medal and your shirt is wrinkled or your skirt is too short, you will not be allowed to receive your medal on stage.

Please be cautious as to what you are wearing around the conference. You are not only representing yourself, you are representing your chapter and your organization. So be prepared to dress the part and look your best as an FCCLA member. We are the future leaders of America, and we know what it takes to look professional!



Come on Down and Run for State Office!

Matt Davis, State President

One of my greatest decisions in life was choosing to run to be a Michigan FCCLA State Officer. It has taught me many quality things that are preparing me for my future. I have learned great time management skills. This helps me meet tight deadlines without stressing out and losing control. I have also learned to manage responsibilities better than ever before with all the special opportunities that Michigan FCCLA has offered to me. This chance to hold a state office can also be yours if you work diligently, handle responsibility well, want to take your leadership to the next level, and love the amazing organization that Michigan FCCLA is.

The application process to run for FCCLA state office at the State Leadership Conference has many requirements that members applying must fulfill. The applicant must be an active and current member in his or her chapter. He or she must have taken a minimum of one semester in a Family & Consumer Sciences, Early Childhood, Teacher Cadet, Fashion Design or Interior Design class. The member must have completed a minimum of one module of Power of One and possess a minimum grade point average of 2.7. He or she must also be in 9th, 10th or 11th grade and must be recommended by his or her chapter. Each chapter is only allowed to nominate a maximum of two members to run for state office.

If you are considering running for office, I highly encourage you to look into it and speak with your chapter adviser. This could be the chance you

have always been looking for to expand your horizons, take on more responsibility, and give back to the great organization of Michigan FCCLA in a way that you never have before. Take the next step into your future by running for Michigan FCCLA state office and getting more out of FCCLA: The Ultimate Leadership Experience.



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