

## Focus on FCCLA

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### 2013-2014 State Executive Council

**Audrey Koutney**

Kalamazoo Central High School  
 State President

**Camden Ledy**

Pickford High School  
 Vice President of Programs

**Lynn Marie Tomlinson**

Kalamazoo Central High School  
 Vice President of Membership

**Raven O'Rourke**

Hartland High School  
 Vice President of Competitive Events

**Hannah Schultz**

Hartland High School  
 State Secretary

**Noah Brooks**

Pickford High School  
 National Vice President of Programs

### Editorial Correspondence

Elette Collins  
 Michigan FCCLA  
 Eastern Michigan University  
 Ypsilanti, MI 48197  
 (734) 487-8657 | Fax: (734) 487-4329  
 www.mifccla.org | ecollins@mifccla.org

### 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.



## Calling All Whos!

Audrey Koutny, State President

Calling all Whos in Whoville! It's time to start a brand new year of adventures and opportunities. Oh the places you'll go! First you'll stop in Lansing in November at the Fall Leadership Conference! Register now, and get ready to enjoy some awesome team-building activities with a FOCUS trainer. You will attend multiple interactive workshops with your very own state officer team! Additionally, you'll meet and network with members from across the entire state!

Next stop is the State Leadership Conference! Better start working on those projects now, because you're not going to want to miss this one. Get ready to follow Dr. Seuss and friends all the way to Midland, Michigan! Here, you'll be able to attend even more workshops and sessions. Don't forget to pack your dancing shoes, because there will be plenty of time for you to show off your moves at the dance! Last but definitely not least, you'll have the chance to compete to move on to the National Leadership Conference in SAN ANTONIO, TEXAS! Along the way, you'll learn some safety tips from Dr. Seuss with our state community service project.

Oh, the  
 Places You'll  
 Go with  
 Michigan FCCLA!



Remember, this year will be what you make it! With a little extra ambition and hard work, you'll be amazed at what you can achieve. You'll get out of FCCLA what you put in it, so make this year the year you shine! Get ready for a fantastic year, and let's make it memorable!



## Don't Miss This Year's Fall Leadership Conference

Raven O'Rourke, Vice President of Competitive Events

Come join the fun at the 2013 Michigan FCCLA Fall Leadership Conference. With a whimsical Dr. Seuss theme, this year's conference will be better than ever! This will be a wonderful chance for you to gain inspiration for your chapter, improve your leadership skills, and get to know your new State Executive Council. Whether you attend every year or have never been to one of FCCLA's Fall Leadership Conferences, you will definitely have a great time and learn new things at

this year's event.

We will kick off the day with exciting and insightful activities led by FOCUS Training. This is always a great time to break out of your shell and network with FCCLA members from all across the state. You are guaranteed to take away some valuable knowledge. Meanwhile, special sessions are held for advisers to have some fun as well. Later, we take a break for lunch, which is provided. The afternoon is spent attending workshops, which are designed to be fun and improve the skills you need for FCCLA!

Workshops are presented by your Michigan FCCLA State Officers and cover several FCCLA related topics. Want to work on interpersonal communication while playing some fun games? Lynn Tomlinson and Audrey Koutny's workshop, "Dream Team Building", will be full of group activities to strengthen group activity skills. Not sure where to begin your project for the State Leadership Conference? Hannah Schultz and Raven O'Rourke will be presenting "Plan to Be a STAR!", which will explain the Planning Process and give step-by-step advice on planning for STAR Events. And if you've heard of FCCLA's National Programs but don't know much about them, Camden Ledy and Noah Brooks will discuss and explain these National Programs, including Power of One and STOP the Violence. In addition to these incredible workshops, there will be an exhibit displaying example projects for STAR Events – make sure to check it out!

The conference is being held November 6th at a new location, the Lansing Center. We have a day packed with fun ahead, so don't hesitate to register! Early registration ends October 18th. No registrations will be accepted after October 31st, so don't delay!



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## Building Membership Within Your School

Lynn-Marie Tomlinson, Vice President of Membership

Welcome back to school. I am sure everyone is excited about the new school year because it means another year of having an awesome experience of being a part of Family, Career, and Community Leaders of America (FCCLA). Being a part of FCCLA is a great way to get to know students in your school and classes who you might not already know. It opens doors to opportunities for networking with students from around Michigan and the United States. Most importantly, it provides you with a rich experience in developing your leadership skills!

I am your Michigan Vice President of Membership. I would like to share some ideas on how to increase your chapter membership and explain the national iRecruit campaign. We want FCCLA to become “the” Career and Technical Student Organization that people will think of when

them (or through your adviser) promoting your membership campaign. You can offer incentives such as discounts on your chapter t-shirts or free hot chocolate to members that turn in their applications and dues during lunch.

Remember that non-affiliated members can join us for the Fall Leadership Conference (FLC) to check us out. Encourage your returning members to bring a friend. FLC can be used as an event to provide an opportunity for non-members to learn more about FCCLA and get to know members from around Michigan. We want them to see and experience the benefits of being a part of the only CTSO whose main focus is on the family!

Do not forget about Michigan FCCLA’s Gimme Five Membership Award. Each chapter that increases their membership by at least five mem-



## NLC Wrap Up

Noah Brooks,  
National Vice President of Programs

“Today you are you! This is Truer than true! There is none alive that is you-er than you!” (Dr. Seuss) This year at the National Leadership Conference members of FCCLA learned that this statement is true as they discovered their voices. While members were in Nashville, Tennessee, at the National Leadership Conference, they participated in everything from STAR Events to youth workshops where they learned to better their communities.

Hello, my name is Noah Brooks. While in Nashville, I was elected to serve on the 2013 – 2014 National Executive Council as the National Vice-President of Programs. The National Executive Council would like to thank everyone who attended the National Leadership Conference. We hope that you truly learned to Discover Your Voice. At the conference, Michigan was very successful! We brought home 18 gold medals, 30 silver medals, and 17 bronze medals. The Michigan chapter of Pickford High School brought home the third place plaque for the “It Can Wait” contest. Along with this, Lynn Tomlinson from the Kalamazoo Chapter brought home the third place iRecruit Award.

While at the National Leadership Conference, members didn’t just work; they explored the city. There was a lot for our members to do in Nashville, Tennessee. Members did everything from watching Carrie Underwood at the Grand Ole Opry, to taking a ride on the General Jackson, to seeing the sights of Nashville in the warm Tennessee weather. There was a little something for everyone.

Your Michigan FCCLA State Officers also attended the National Leadership Conference. While there, your officers attended some of the best leadership training anyone can receive, so that they can provide the best training for you, the members. During their trainings, the officers were able to plan the goals for the year while they also got to network with the best leaders from across the country, other state officers. Our officers not only learned from the National FCCLA Leadership Training Team, but they also gained ideas from other state officers from across the country.

If you were unable to attend the 2013 National Leadership Conference, do not worry. You can attend the 2013 National Cluster meeting in Spokane, Washington, November 15-17; or in Charlotte, North Carolina, or Omaha, Nebraska, November 22-24. You can also attend the 2014 National Leadership Conference in San Antonio, Texas, next July. The National Executive Council would like to thank all of the members who were able to attend the 2013 National Leadership Conference and hope that you enjoyed yourself.

**DISCOVER**  
*your* **VOICE**  
July 7-11 Nashville Tennessee



they hear CTSO! So how do we do that? A good start is by building our membership thereby increasing our visibility in our communities across our state!

Begin your recruitment efforts now, if you have not already. You should start with your school’s orientation days, open house, and during homecoming week. Create a booth to grab the attention of students and their parents. You can also use this as a time to sell baked goods or simply hand out candy or promotional items with the FCCLA logo on them. Remember to have a sheet for them to sign up for more information, or you can hand out applications. Use your chapter scrapbook to show students and parents what you’ve done and what activities they can look forward to participating in.

Chapter officers and leaders can speak in Family and Consumer Sciences classes to recruit new members. If your chapter requires students to fill out applications, make sure you bring enough to hand out to students that are interested in joining. Provide students with an informational brochure about your FCCLA chapter. You can also leave them with candy grams that encourage them to join—for example: Charleston Chew—Pick and “chews” FCCLA or Starburst candies—Be a STAR, join FCCLA.

Another way to attract members would be through the use of creative, colorful bulletin boards and announcements. Ask your FCCLA adviser if you can use a bulletin board to promote FCCLA. Don’t forget about the bulletin boards or showcases in major traffic areas such as the lunch room, gym, and counseling offices. If your school has morning or afternoon announcements, submit your announcement to

members will earn the following rewards: a plaque for classroom display awarded at the State Leadership Conference, recognition in Focus on FCCLA—a publication of the Michigan Association of FCCLA, and recognition on Michigan FCCLA website.

National FCCLA is also continuing its “iRecruit” membership campaign for the 2013-2014 school year! This campaign gives you the chance to showcase your recruiting skills on the individual, chapter, and state levels. For the second year, FCCLA is offering some incredible incentives to encourage friendly competition in the recruitment campaign. Listed below are the prizes offered. So, set a goal, talk to your adviser and start recruiting now! The deadline for all awards is May 1, 2014 and applications can be found on the national FCCLA website [www.fcclainc.org/content/irecruit/](http://www.fcclainc.org/content/irecruit/)

### Individual Winner

Gold - iPod Touch, 2014 NLC Registration, National Recognition

Silver - 2014 NLC Registration

Bronze - 2014 NLC Registration

\*Individual Winners based on most members recruited

### Chapter Winner

Chapter Highlight in Teen Times

VIP Pass to NLC \*National Recognition

\*Chapter awards based on largest percentage increase in chapter membership

### State Winner

Plaque awarded at NLC

Traveling Trophy

\*State award based on largest percentage increase in state membership.



# The Power of the One and Only Lorax

Hannah Schultz, State Secretary

Dr. Seuss's *The Lorax* is a story meant for children, but it has a powerful message for children, young adults, and adults alike. The Lorax helped save the truffula trees from the evil Onceler who destroyed all of the truffula trees except one seed. Even though the Lorax was only one individual, he ended up making a difference by saving one tiny seed. Even though this story is aimed at children, the message can be applied by everyone. I am talking about the message that one single person can make a huge difference. FCCLA members, you can do this through the Power of One National Program.

The Power of One National Program has five modules: A Better You, Family Ties, Speak Out for FCCLA, Take the Lead, and Working on Working. Each module focuses on a different skill or quality that helps you now and in the future. If you work on only one module per month, you are able to complete all five modules by the due date. All Power of One forms must be submitted to Michigan FCCLA and received by February 1, 2014. Power of One offers opportunities to examine issues in depth, work alone and at your own pace, reach personal goals, explore interests, receive recognition, learn to set goals and make

decisions, develop leadership skills, and apply what you learn in Family and Consumer Science classes to your everyday life. Power of One also teaches time management skills which are necessary for us now as adolescents and in our future as adults.

To get started on your Power of One journey, it is wise to utilize the planning process for each project you want to complete. By using the planning process, you can set SMART goals. You can determine what you want the focus of that module to be, what you want to accomplish, and when you want to be finished. Thinking of the project you desire to complete is often one of the most challenging aspects of completing Power of One. Some project ideas for A Better You include working on a healthy lifestyle through healthy eating and exercise, working on using manners, setting goals to work harder in school, or pushing yourself to try something new. For Family Ties, your project could be increasing number of family dinners, spending more time with your siblings or parents, making your relationship with your parents or siblings better, appreciating and thanking your parents, or getting to know what your grandparents' or parents' childhood was like. Ideas for Speak Out for FCCLA include using social media to inform

others about FCCLA, having your chapter's accomplishments recognized in newspapers, working on increasing membership, or presenting a PowerPoint to your school about your experiences at FLC, SLC, and NLC. For Take the Lead, you could run for a chapter or state office position, be the leader of a community service project, organize a fundraiser for a charity, or write a letter to a state representative highlighting an issue you are passionate about. Lastly, to participate in Working on Working, you could shadow someone in the field of work you are interested in, work on increasing your business professionalism, learn how to create a resume, or attend a career fair.

No matter what project you choose, make sure you are learning something from all of the hard work you are putting in. By partaking in the Power of One National Program, not only are you benefitting yourself, but you are often helping others as well. You are being a positive role model to other students and often are benefitting at least one other person through your projects. Just remember, in the words of the Lorax, "Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."



# Safety with Seuss, There Is No Excuse

Camden Ledy, Vice President of Programs

Life can be very dangerous at times, and this danger can cause issues within your community and possibly destroy or harm people and the environment; but by getting involved with this year's State Community Service Project, members can help all be "Safe with Seuss." The projects for this year's theme are unlimited. Members can teach students about fire safety, have a speaker deliver a speech about the dangers involved with texting while driving, or have a one-day safety showcase. Booths would be set up to present information to help students become aware of various dangers and the ways to stay safe.

Safety is the key to survival. Without the knowledge of driving safely, how would teens react to new situations? Without Kelsey's Law, which has been officially passed and being enforced, teens would still be texting and driving, and the accident rate would be much higher. That's why it is our job as FCCLA members to promote safety for everyone and to help create another source of information. People will then know how to react and what to do in dangerous situations.

This year is going to be so much fun, especially with Seuss. As we continue growing and discovering new things, we need more knowledge

a Distraction is a  
**DISTRACTION**  
NO matter  
how small

about the dangers of today's world. That's why safety is key, and our State Community Service Project "Safe with Seuss" will help members and others in their communities learn more about the problems that could occur. This knowledge will help the communities become safer and will help us contribute to safety for everyone. I hope to see a lot of new faces at the Fall Conference in November, FCCLA plans to take us to places we have never been before. I'll see you there, so get ready for the "Ultimate Leadership Experience."

# FCCLA Word Search

O	E	S	O	R	C	R	Q	L	G	S	U	K	L	H
C	P	R	T	K	O	Q	D	G	R	S	L	X	A	U
A	F	P	C	G	M	A	C	V	D	O	C	H	V	R
R	T	U	O	E	P	C	Y	U	T	A	S	E	O	A
E	S	L	Y	R	E	Y	T	I	N	U	M	M	O	C
E	P	W	F	X	T	E	S	F	F	M	V	C	S	I
R	W	V	U	V	I	U	R	R	J	A	O	T	K	R
N	B	W	I	U	T	T	N	P	E	N	M	R	W	E
G	J	B	W	H	I	I	G	I	F	D	O	I	T	M
M	G	D	X	K	O	Z	V	E	T	W	A	R	L	A
D	J	U	Q	O	N	H	R	V	T	I	A	E	O	Y
S	E	R	V	I	C	E	V	E	T	V	E	E	L	S
H	V	R	R	C	N	O	N	C	E	T	M	S	T	O
L	O	M	U	C	A	D	X	L	H	B	N	N	G	E
O	N	G	E	P	K	X	N	Q	X	S	I	O	C	L

FAMILY  
CAREER  
COMMUNITY  
COMPETITION  
CONFERENCE  
AMERICA  
LEADERS  
NETWORK  
OPPORTUNITIES  
RED  
ROSE  
SERVICE  
TRAVEL

# Oh The Places FCCLA Has Taken Us!

## Audrey Koutny

I have learned more about myself in the past two years than I have in my whole life. From my time management skills, to my strengths and weaknesses when it comes to public speaking and teamwork, to hundreds of other things I cannot even begin to describe. Being a state officer has truly changed my life in many different ways, and I wouldn't take back a second of it. Every mistake is a chance to learn and every embarrassing moment is more motivation to do better next time. The people I have met opened me up to things I never would have known existed. They have changed my perspective on life, happiness, and what it truly means to live. They have supported me through the ups and picked me up when I was down. They have shown me what it means to be a leader, and have given me some of the most unforgettable times of my life.

Being elected President is an honor I am thankful for every single day. To be given the chance to make an impact on such an amazing organization is incredible. I have grown to be extremely passionate about FCCLA, and all that it can offer. I hope that FCCLA gives every member a life changing experience, just like it has for me.



## Camden Ledy

Dr. Seuss once said, "If things start happening, don't worry, don't stew, just go right along and you'll start happening too." As I am almost at the stage of adulthood and am ready to move into the real world, I stop and wonder, "How have I become who I am today?" I can honestly say that FCCLA has had a major impact on me. Five years ago, I jumped into the ultimate leadership experience and began my journey as a member of this organization. Who would have thought that I would have become a state officer and represent Michigan FCCLA for the 2013-2014 term? Let me just say, "Anything is possible." Looking back, I am so proud of this organization and what it can do for a member in high school and into their future. The community service that members take part in is just the beginning of why I love FCCLA. My chapter has a bake sale/concession stand at our town's annual craft show to raise money for Christmas presents for needy families in our community. The chapter has also packaged 10,000 meals for the "No Kid Hungry" project. The chapter couldn't feel any better about themselves after knowing they have made a major impact on others' lives.

Through my travels to Anaheim, Orlando, D.C, and Nashville, I have made so many new friends through FCCLA. I don't know what I would do without them. I am still in contact with them even though they live halfway across the country. FCCLA has strengthened my social skills, so networking with others has become easier. When I attend college next year, I will be socially ready and prepared to meet new friends.

FCCLA is the ultimate leadership experience. This year has already been full of so many memories and opportunities I could not have gotten anywhere else. Without all of the workshops, state officer trainings, and ability to communicate, compete, and meet with others at the national level, I would not have gained the leadership skills that are now a part of my everyday life. Not only has FCCLA helped me throughout my high school years, but it has been preparing me for my future. FCCLA has given me multiple life skills; it has prepared me for college and my future career, I have learned how to study better, how to plan events and meetings, and how to stand tall. When one breaks out of their comfort zone, FCCLA is always supportive and lets one know that they can dream and make anything happen. FCCLA has taught me to never let anything get in my way; if I can dream it, I can achieve it. FCCLA means everything to me and I will always appreciate what I have learned from being a member. FCCLA has impacted me through the community service program, traveling experiences, networking, the opportunity to make friends across the country, and life skills needed for the future. I believe all members can have wonderful experiences by being involved with such an amazing organization. I hope all will take advantage of everything FCCLA has to offer.



## Raven O'Rourke

ever, I haven't always felt this way. In fact, when I first joined FCCLA, I never would have guessed that it could mean so much to me.

I was a freshman with no knowledge of FCCLA when someone persuaded me to attend a meeting. Without a second thought I went and soon became a member. I surprised myself as I began signing up for everything my chapter had to offer. I had never done anything like this before! I began by volunteering my time to help throw a Halloween party for an after school group at an elementary school. Soon, I was helping my chapter raise funds to attend conferences. My adviser managed to interest me in the organization's competitive events, and I excitedly began to work on a project. As time went on, I formed bonds with other members and my advisers. I continued participating in everything there was to offer, and before I knew it, I was competing at the State Leadership Conference.

Everything about the conference was so new to me, but I knew that it was where I was meant to be. I was surprised by the number of people in attendance. It sunk in that FCCLA was very important to an incredibly large number of people. There were people that gave so much time to it, and even held leadership positions above chapter level. I watched the State Executive Council from afar. I had no idea that someday, I would be one of them. I was intrigued by the idea of devoting more time and energy to such an inspiring group of people.

As I continued to attend FCCLA's meetings and involve myself in everything I could, I began to notice a difference in myself. I was no longer afraid to voice my opinion or volunteer for an activity or project. In fact, I was becoming more and more involved in my chapter and had become an officer. I was participating in any way I could. Running for state office felt like a natural next step for me. However, when I look back at my beginning to this organization, I am amazed at how far I've come.

What does FCCLA really mean to me? It means that anyone, even me, even you, can become the person they want to be through the efforts and knowledge provided by this incredible organization. It might seem impossible at first, but everyone has a chance to become a leader. FCCLA gave me the opportunities I needed to become a better person, and I know that it can do the same for you. But it's not enough to just join, you need to get involved!



## Become a State Officer!

Do you want a chance to make an even bigger impact on our organization? How about having input on the theme and community service project? What about running the Fall and State Leadership Conferences? Then being a state officer may be the perfect choice for you! Being a state officer is an opportunity of a life time, and is truly life changing. Now is the perfect time to start thinking about running for office! Applications are due by February 1, 2014. For more information, email any of your state officers, or talk to us at the Fall Leadership Conference! We'd love to hear from you!