



Focus on FCCLA

Michigan FCCLA

Fall 2014

Focus on FCCLA

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Articles & Letters Welcome for Publication

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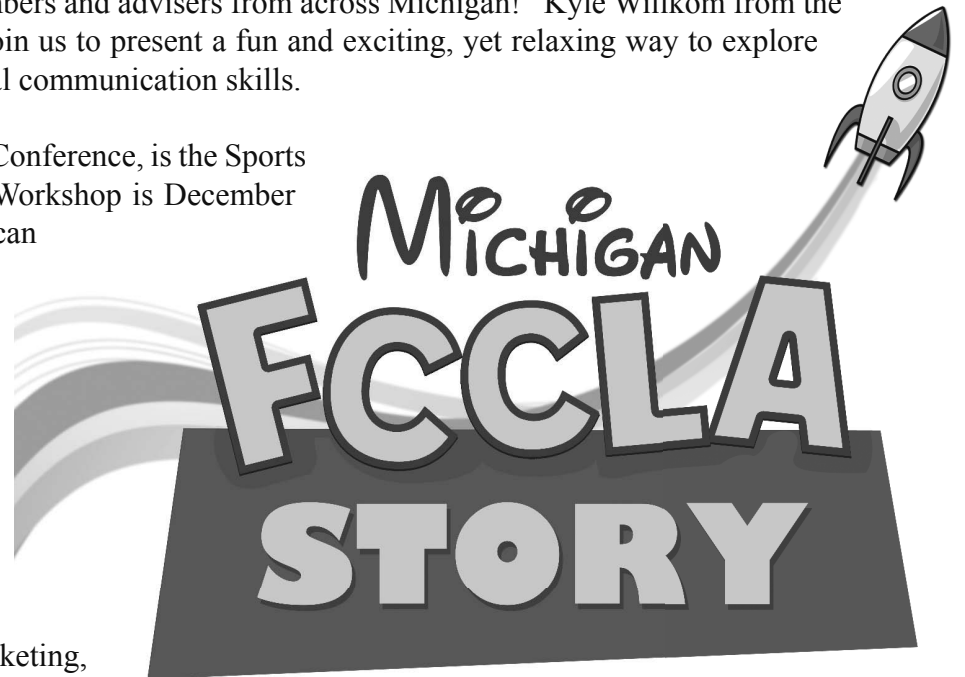


To Infinity and Beyond!

Lynn-Marie Tomlinson, State President

“To Infinity and Beyond” with FCCLA! It’s time to start a new year full of opportunities and fun! This year’s theme is “Toy Story!” Register now for the Fall Leadership Conference (FLC) and get a sneak peak of what’s in store for this year as a member of the Ultimate Leadership Experience! You will have the chance to attend exciting interactive workshops presented by your State Officer team and advisers. The FLC is a great way to meet and network with FCCLA members and advisers from across Michigan! Kyle Willkom from the FOCUS Training Group will join us to present a fun and exciting, yet relaxing way to explore our leadership and interpersonal communication skills.

Following the Fall Leadership Conference, is the Sports and Entertainment Marketing Workshop is December 2nd. Your FCCLA chapter can join students from other Career & Student Technical Organizations (CTSOs) and have the opportunity to meet professionals who work behind the scenes for the Detroit Pistons. Guest speakers will discuss many aspects of the industry which include but are not limited to: hospitality, marketing, management, sales, communications, public relations, and internships. At the conclusion of the workshop, all CTSOs in attendance will have the opportunity to watch the Detroit Pistons play the Los Angeles Lakers at the Palace in Auburn Hills.



We would also like to encourage everyone to join FCCLA members, advisers, alumni, and supporters from across the country by participating in FCCLA week, February 8-14, in a nation-wide celebration of all things FCCLA! Make sure to use #FCCLAWeek on social media to join the conversation!

And of course, there’s our 2015 State Leadership Conference (SLC) in Midland this spring! The SLC offers you a variety of experiences that are presented by you State officers. Whether it’s your first SLC or your last, you are bound to learn new things that will enhance your “Ultimate Leadership Experience.” We have an amazing keynote speaker, interesting and informative student workshops,---and, of course, there’s the competitive portion of the SLC where you get a chance to present your Students Taking Action with Recognition (STAR) Events and earn the opportunity to represent your school and Michigan at the National Leadership Conference in Washington, D.C. this July!

So, as you attend your Family & Consumer Science (FACS) classes, don’t forget to consider turning those class projects into STAR Events. For example, if you are giving an oral presentation on cyberbullying in a Child Development class, you can turn that into an Illustrated Talk. If you compared the cost of attendance for one year at several different universities in a Personal Finance class, you can turn it into a Life Event Planning project.

And don’t forget to participate in our State Community Service Activity which is titled “Build a Full Plate,” which goes hand in hand with our national outreach project: Share Our Strength® No Kid Hungry. See how many chapter projects you can complete to raise awareness for No Kid Hungry and earn recognition at the state level for your efforts to help increase awareness on the crisis of childhood hunger in America!

As your state president, I challenge you to make this the best year Michigan FCCLA has ever had! You can do that by making sure you find a healthy balance between your family, school, and FCCLA activities and responsibilities! Your experience is determined by how active you choose to be—FCCLA is truly what you make it! So, get ready to take off “to infinity and beyond” with FCCLA and make this a fantastic year because, FCCLA truly is The Ultimate Leadership Experience.



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State Community Service: Building a Full Plate

Alicia Portice, Vice President of Programs

Does your family eat together at the table most nights? If you're thinking, "no," then you might want to consider changing that habit. It is really important for families to have that quality bonding time together. Studies show that kids who have family dinners do better in school, "52% of children are mostly "A/B" students when their families eat dinner together up to twice a week." This year for our community service project we are promoting building a full plate. A full plate includes eating as a family and serving healthy food. Some ideas are volunteering your time, donating food to local food pantries, and take the "No Kid Hungry" pledge. All of these tasks will help teach others how build a full plate for their families in the future.



ners. We also must remember that learning how to prepare healthy meals when we are younger is essential later on in life.

FCCLA is launching a national campaign – FCCLA @ the Table – by asking its 200,000 members to take a pledge to plan a meal with their families. The goal for this campaign is 70,000 meals before the National Leadership Conference in 2015. The states with the most meals prepared and shared will get recognition. The motto is "Stronger Families One Meal At a Time."

FCCLA @ the Table challenges members to take a pledge to plan and prepare a meal for their families. It can be a one-time commitment or more than once. TAKE THE PLEDGE HERE! <http://www.fcclainc.org/content/fccla-at-the-table/>.

Here you can also find a broacher, meal evaluation sheets, meal planning guide, and family meal lesson plans. This is a great resource for both FCCLA members, as well as teachers.

Now that we know where everything is and what we are doing, let's get busy. Help out your community and family this year by completing the 2014-2015 Michigan FCCLA community service project, "Building a Full Plate."

The world is changing, for the better, and for the worse. The outstanding meals families used to have are not a tradition any more. Half the problem is the 21st century's norm is for everyone to grab a frozen dinner and eat when you want. The other problem is parents and kids aren't looking at each other's schedules so they can sit down together and eat a well-balanced meal. Families that eat meals together gain long-term benefits. That's why, it's so crucial to have sit-down din-



What FCCLA Means to Me

Tiffany Chiang, Vice President of Competitive Events

At the beginning of my sophomore year, I was a shy person. I didn't feel comfortable going up to people and making new friends. I wasn't the type of person who would be willing to start a conversation with people I didn't know. I heard about FCCLA from the promotions the chapter and adviser did throughout the school year during registration, with bulletin boards and the morning announcements. It seemed like everyone in the organization was part of a huge family. They were all smiling and having a good time. When I would see the FCCLA members in the hall they all seemed to easily initiate conversations with both students and adults. They had a confidence about them, which was something I wanted to gain. Lynn Tomlinson, our current Michigan FCCLA President, was in my class last year and encouraged me to join. After talking it over with my parents and gaining their support to join, I joined FCCLA without hesitation. And now, a year later, I would have never imagined the impact it would have on me as I begin the school year as a Michigan FCCLA state officer.

My first big experience with FCCLA was at the Fall Leadership Conference in 2013. Most ev-

everyone was nice and outgoing. When we played the improved game of rock, paper, scissors, everyone was smiling, laughing, and chanting for people we didn't know. Then, we went to the workshops, and I learned a lot about how to plan for STAR events and teamwork. It was just the tip of FCCLA, but I was already hooked. The State Leadership conference blew me out of the water. Once I stepped on that stage to be inducted as a state officer, I knew that this was something I wanted to be a part of for the rest of my high school career. I am grateful for those who have guided me to join such a wonderful program. I would not be where I am now without it.

In just a year, I have gained so much from this organization. Public speaking, something a lot of the world struggles with, has always been an enemy of mine. The trembling voice and hands were something very familiar to me. Now it is something I don't struggle with as much. I have learned to manage my time, which is something that will be very beneficial throughout my life. I have learned to just go up to people and spark up a conversation. This organization has changed my life for the better. I hope that it does the same for you!



Wanted: 2015-2016 State Officers

Rebecca Carson,
First Vice President

Are you in 9th, 10th, or 11th grade? Have you taken at least one semester of a Family Consumer Sciences class? Are you an active and current member of your FCCLA chapter? Have you completed or plan to complete one module of Power of One? And do you have at least a 2.7 Grade Point Average on a 4.0 scale? If you answered "yes" to all of these questions, then congratulations! You are qualified to run for office to become a Michigan FCCLA State Officer!

This may or may not have sounded very similar to one of those annoying pharmaceutical company commercials, but the point is that the requirements of becoming a state officer are very easy to meet, and if you want to take your leadership experience in FCCLA to the next level, then running for state office is one of the best opportunities.

To be honest, running for office last year was a very last minute decision for me, but now, I can't imagine life without this position. I have learned so much already and continue to expand my leadership skills every day. For some students, a position like this may seem like "too much responsibility, hard work, or even time" out of their lives, but all I can argue is that it's worth it. You will not just be working and taking on responsibilities as a state officer; you will be traveling as a team to state officer trainings, meetings, and of course, the National Leadership Conference. The friends you will make with your team will be unlike any others because you are not just a team, but a family. As a state officer, your leadership experience will continue to grow with the rest of your FCCLA family. As a state officer, you will be in the spotlight of Michigan FCCLA and lead your peers at the Fall and State Leadership Conferences. Although the public attention may be an incentive for some, it can also be an obstacle for another, but this is a barrier that can be easily brought down. To me, this was probably my tallest mountain to climb over to be here, but I made it, and you can too! The one great thing about FCCLA is that we are a family, we all want to see you shine, and, like Woody says, "Reach for the sky!" I can still be the shy girl I always have been, but with my experiences as a state officer so far, my confidence has shot up like a rocket, and I believe yours will too. Learn how to step out of your comfort zone as a state officer while taking the lead at a state level.

I could talk about how amazing and life changing this experience has been on my life for forever, but between the friendships you will make, the leadership skills you will learn, and the opportunities waiting for you, I can promise you that you will not regret running for office. The memories I have made are unforgettable, and I would never go back and change my decision to be here writing to you. We are the future, and your future is in your hands. If you are interested in learning more about being a state officer or have any questions, feel free to shoot me an email at rcarson@mifccla.org, or contact any of the other state officers. We would be more than happy to talk to you. You will also have the opportunity to talk to us at the Fall Leadership Conference, so get your questions ready because we are very excited to meet every one of you!





FCCLA will celebrate its 70th anniversary in 2015! The National FCCLA membership goal for this school year is to increase membership by 7% while celebrating our 70th anniversary. FCCLA will continue the iRecruit campaign this year. iRecruit is a member recruitment campaign initiated by FCCLA at the national level, which is designed to encourage and help FCCLA members increase membership. Members have the opportunity to demonstrate their recruitment skills on the individual, chapter, and state levels.

There are incentives offered at each level to inspire some friendly competition among our members. Members recruited must be new FCCLA

members. Middle school members may apply for recognition, but are not eligible for prizes. In the event of a tie, winners will be evaluated based on recruitment efforts in the local chapter.

Individual winners are based on the most members recruited in their specific school size category. Small school: 250 students or less, medium school: 250 – 1000 students and large school: 1000 students or more. State winners are based on the largest percentage increase in the number of Youth Scholarship applicants, Adult Award applicants, National Program Award applicants, and state membership numbers. Specific awards and additional information can be found at www.fcclainc.org



Why Not Join?

Gavin Yates, Vice President of Membership

This year I have taken on the leadership role of being an FCCLA State Officer. My office is Vice President of Membership, and I am very proud of that. I think it's a fitting spot for me because I am good at persuading my peers, and I have convinced students in my home chapter to join FCCLA. I may have a knack for this, but I can't do it alone. Together, FCCLA must increase its membership so as many people as possible can have the "Ultimate Leadership Experience". People should join FCCLA for the great fun and friends it will bring them and the skills it will teach them. It will help students become better speakers, learn new communication skills, and a lot more. These skills will help them meet new people and give them the skills they need to survive in the working field.

People may be scared to join FCCLA because it's about leadership and they think they're not leaders. That's not what FCCLA is about. It isn't a huge club of all the best leaders in the country, but rather a club that teaches people leadership skills. If you know of someone who doesn't want to join FCCLA because they don't think they're a good enough leader, try to convince them to join. After their experience in FCCLA, they will

feel like a much better leader. Through workshops at conferences, talking to State Officers, meeting new people through ice breaker games, competing at conferences, and much more, FCCLA allows for people to come out of their comfort zones. If it weren't for FCCLA, I wouldn't have the confidence to go out and meet new people. Because of the skills it has given me, I have made a ton of new friends in the last year. FCCLA allows high school students to come out of their comfort zone without being scared; this is an experience you can only get if you join.

My first FCCLA experience was going to the Fall Leadership Conference in Lansing. When I arrived, I was shy and afraid of talking to people who weren't in my chapter. Later on throughout the conference, I was split up from my group. Everyone was, but no one was alone. I was sitting at a table with complete strangers and didn't know what to say to them. By the end of the day though, they weren't complete strangers; they were my friends. If anyone doesn't want to join FCCLA because they are shy and scared to meet new people, tell them that it's not like that. FCCLA is about teaching young people that they can be leaders, and they can step out of their comfort zones and meet new people. I

don't want FCCLA's membership to increase just because that's my job; I want membership to increase because I think every high school student deserves to experience everything I have with FCCLA. I believe that every high school student would benefit from FCCLA and that everyone who joins FCCLA gains something powerful from it. It has given me a better outlook on life, new leadership skills, great friends, and a lot more. It has definitely been the ultimate leadership experience, and I want to share that with as many people as possible.

I need your help, FCCLA members! Go out and find friends who are eligible and tell them what FCCLA is and why they would enjoy it. To be in FCCLA, a student has to be enrolled in a family consumer science class or have already taken one. After that, there aren't many other requirements. Nowhere does it say that to be in this organization you have to be an elite leader. That's what FCCLA is trying to create and develop - leaders. Try to show them how it will help with their skills in the future and the enjoyment they will get out of it. If every person found just one more person to join, FCCLA would be even more incredible than it already is.

2014 Fall Leadership Conference

For those of you who haven't been to the Fall Leadership Conference before, let me break it down for you. First, we start off with a little opening ceremony before moving into the skit. After the skit, we will introduce the new year's chapter challenge! Then, we have our FOCUS training, which was amazing last year. The attendees learned a lot about leadership and presentational skills, while having fun. Members learned life-long skills that will not soon be forgotten.

This year, our Fall Leadership Conference will be in Lansing! It is going to be filled with lots of fun with the brilliant theme of "Toy Story." You will surely have a fantastic time! If you have been to the Fall Leadership conference before, I'm sure you are just as excited as I am about the skits. Be prepared to laugh up a storm this year! It is going to be great! Another great reason to attend as a returning member of FCCLA, is that you can also invite a friend who might not have joined FCCLA yet. The Fall Leadership Conference is the perfect opportunity to help your classmates discover the "Ultimate Leadership Experience!" The Fall Leadership Conference is the beginning of our amazing year with FCCLA, and attendance is open to all middle and high school students in Michigan who have taken or are currently enrolled in Family & Consumer Science classes, teacher cadet programs, or early childhood education programs.

After FOCUS training we will enjoy the opportunity to network with FCCLA members from around the State during lunch. Following lunch, we will attend workshops presented by your State Executive Council members. This year, the workshops will be better than ever! In each of the workshops, you will learn life skills that will benefit you throughout your life. The State officers will have three workshops planned for you guys. There will be many fun activities for you to participate in, that will allow you to break out of your comfort zone. It will be an experience you will never forget.

The Fall Leadership Conference is a great time for you to interact and make new friends from chapters around your area. It's an exciting way to find out what FCCLA is all about. You will get to experience firsthand, how FCCLA could change your life.

At the Fall Leadership Conference, you will have the chance to talk and get to know your new State Executive Council! We would all love to talk or answer any questions you might have. Don't hesitate to join us for lunch!

November 5, 2014 • The Lansing Center

Get to Know Your State Officers

Lynn Tomlinson, President

Kalamazoo Central High School
ltomlinson@mifccla.org

Three Random Facts: I've always wanted to play soccer but never did because it's during track season. I recently got a puppy named Rose, she is a mini Pincher, Chihuahua and Wiener mix and I love her to death! My favorite clothing is PINK from VS and all their fragrances.

Hero: I haven't really had an experience with someone that impacted me in such a strong way to call them my hero but I definitely look up to my mom, Kyle Willkom, Mike Smith and LoLo Jones all as leaders I hope to become one day.

Favorite Childhood Cartoon: Courage the Cowardly Dog, that show scared me sometimes to be honest but it's so trippy and the dog is hilarious.

Tiffany Chiang, Vice President of Competitive Events

Kalamazoo Central High School
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Three Random Facts: I've eaten alligator before and it tastes like chewy chicken, I love movie theater popcorn, I could eat a whole bucket by myself, I didn't meet half of my cousins until two years ago.

Hero: Honestly I always say that my hero is my mom and dad. They have taught me so much and given up so much for our family. It's true that arguments occur (very rarely) but they make us closer in the end. There are no two people I look up to more.

Favorite Childhood Cartoon: I loved watching cartoons as a kid but I would have to say my favorite was Fairly OddParents. Crocker and Vicki use to scare me though.

Alicia Portice, Vice President of Programs

Pickford Public Schools
aportice@mifccla.org

Three Random Facts: I live on a farm and love riding horses. I've played the French horn for six years. I have always wanted to travel the world!

Hero: My hero is my adviser, Mrs. Jacobson. She pushed people to do their best, and she's a great inspiration to others. She loves seeing students grow, by getting them out of their comfort zone. I have been honored getting to know her on a personal level. Thank you so much Mrs. J.

Favorite Childhood Cartoon: Looney Tunes, my dad gave me "Bugs" as a nickname when I was younger so I was obsessed with Bugs Bunny until I was 7.

Becky Carson, First Vice President

Fraser High School
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Three Random Facts: I am a dancer and going on 14 years strong. I don't like cheese. When I was in first grade I fed a beluga whale, which introduced me to my love for sea animals, so my dream vacation would be to swim/snorkel in the Coral Reefs with all the wild sea creatures.

Hero: I know it seems cliché, but my hero is my mom. She sacrifices so much of her time, money, and attention to my sister and I just to make our lives as happy as possible. She is the most remarkable and strong women I know, and I would be lucky to one day live up to her title as "mom".

Favorite Childhood Cartoon: Powerpuff Girls. Yes, my sister, cousin, and I would spend hours pretending to be the powerpuff girls to eventually defeat Mojo Jojo once and for all.



Gavin Yates, Vice President of Membership

Branch Area Careers Center
gyates@mifccla.org

Three Random Facts: I actually enjoy writing.

I like to put my chips on my sandwich and my fries on my burgers. I can't hear the song

"Happy" without smiling and remembering the State Leadership Conference 2013.

Hero: This has always been the hardest question for me. Of course I look up to my father and my mother and some celebrities but no one really stands out to me as "my hero". I guess if I had to answer I would say my hero is everyone else's heroes. My adviser told me how every time she doesn't want to work out she thinks of her sister, who can't walk, and is immediately motivated to use everything she was given. I have the necessary tools to make a difference in my life and in other's lives, so everyone who doesn't have those tools is my hero.

Favorite Childhood Cartoon: SpongeBob, like there is any other answer to that question.



Our NLC Journey

The summer of 2014 soared FCCLA members to new heights at the National Leadership Conference in San Antonio, Texas, and when people

say "Everything's bigger in Texas", they aren't kidding! FCCLA members participated in an enormous amount of activities throughout the trip including youth workshops, special events at Six Flags and Sea World, the Gala, and of course competing in their STAR Event. With over 7,500 people attending the National Leadership Conference, members left San Antonio with new experiences and unforgettable memories.

Around 70 members represented Michigan FCCLA in San Antonio, Texas, and everyone brought back something special. Michigan FCCLA was very successful this year, bringing home 13 gold medals, 44 silver medals, and 10 bronze medals in the STAR Event Competitions. Lynn Tomlinson, from Kalamazoo Central High School, was also awarded second

place for her iRecruit membership campaign. Congratulations to all participants, and as always, keep up your hard work!

All of your Michigan State Officers were also present at the National Leadership Conference and participated in the leadership academy. During these sessions, we not only learned leadership skills to take home and use for our benefit, but to share with you and make our communities stronger. We also networked with other state officers by sharing ideas and goals along with making friends with people who live on the other side of the country. Our leadership skills soared as we attended the trainings, and we can't wait to put all of our new skills into use.

Members did not just sit inside all day during the National Leadership Conference; they explored the city of San Antonio. Michigan members enjoyed the benefit of staying in a hotel right on the Riverwalk, where we could eat at fabulous Mexican restaurants



Rebecca Carson, First Vice President

all across the river. We could even walk right from our hotel to one of Texas's most historical landmarks: the Alamo. Along with special events at Six Flags and Sea World, members had the luxury of visiting many other attractions in San Antonio, Texas.

Congratulations to all participants of the 2014 National Leadership Conference, and we hope you enjoyed yourself just as much as we did. If you were unable to attend, don't sweat it! 2014 National Cluster meetings are in New Brunswick, New Jersey, November 7-9; Little Rock, Arkansas, November 14-16; or Salt Lake City, Utah, November 21-23. You can also attend the 2015 National Leadership Conference in Washington, D.C next July. Thank you for all your hard work, and we can't wait to see you at the upcoming Fall Leadership Conference, November 5th in Lansing. See you soon!