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2015-2016 State Executive Council

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Articles & Letters Welcome for Publication

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Empower Your Inner Hero

Alana Wilson, State President

“Empower” is such a strong word. To empower someone or something, you are increasing strength and confidence, especially in the aspect of control within their life and claiming their rights. We all have the power to empower ourselves, and it is through FCCLA that we all can embrace this chance. This year's theme is "Empowering Your Inner Hero!" By doing big or small acts of kindness, you can be considered a hero. Do not think all heroes wear capes. This speaks to making the right choices and committing yourself to creating a positive impact within your family, your school, FCCLA and your community. My hope is that throughout the next year, each and every single one of you can find it within yourselves to empower your inner hero!



FCCLA can give you all the chance to empower yourselves and have fun while doing so! You can do this through Community Service Acts, Star Events, Power of Ones, etc. Power of One helps you discover and exert your own personal power. The power you will gain from working on each individual unit can be projected to the areas of your life. You set goals for yourself, then achieve them! Bettering yourself in all ways possible and helping others while helping

yourself is empowerment. There are so many ways to be a hero. Not all ways have to make a huge difference. Small differences can go a long way. Come and join us at the Fall Leadership Conference (FLC) and you can learn about some of the ways to make an impact on others through exciting interactive workshops presented by your State Officers and advisers. I am so excited to announce that the FLC is swiftly approaching and will be held on November 4th, 2015 at the Lansing Center.

Register for the FLC now to ensure you don't miss out on this great opportunity and fun time! Make sure to mark your calendar! This is a great way to work on your leadership skills, learn more about FCCLA, sharpen your competition skills, and excel in ways I know you are all capable of doing! For all of the chapter advisers, professional development sessions will be offered in addition to all of the content for students.

As your State President, I hope you all can find it within yourselves to empower your inner hero, and to be the best person you can be! I challenge you to make the best of this coming year, because FCCLA truly is what you make it. You can make it the best year of your life, because FCCLA absolutely is The Ultimate Leadership Experience.

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Fall Leadership Conference

Kourtney Newton, Vice President of Public Relations

The Fall Leadership Conference will be centered on the theme, "Embrace your Inner Hero," and it will be held in Lansing at the Lansing Center on Wednesday, November 4, 2015. It is sure to

be an action packed day! Your state officers have been hard at work making an entertaining and informational skit. If you have ever attended the Fall Leadership Conference before, then you know that the skit is always one of the best parts!

This Conference is the first glimpse at the "Ultimate Leadership Experience," and since you don't have to be a member to attend, all of our returning members should bring a friend along to try to get them to join FCCLA. As long as you are in a Family and Consumer Science class, Teacher Cadet Program, or Early Childhood Education Program in your high school or middle school in the state of Michigan, you can be a part of FCCLA.

We will start our day with the opening ceremony and the skit that I mentioned earlier. Then, we will move into FOCUS training. This will give you the opportunity to step out of your comfort zone while doing fun activities. Then, we will move into lunch where you will have a chance to talk to FCCLA members from all over Michigan. The Fall Leadership Conference is the perfect place to meet new people. You can learn more about FCCLA and what it means to different people. You will see



most of these people at the State Leadership Conference in the spring, and you want to be sure to talk to as many as possible. After lunch, you will have the chance to go to the amazing workshops! Your state officers have also come up with a few different workshops this year that you should definitely attend. The workshops will help you learn how to work as a team with fun activities, learning how to lead, and so much more. This is personally my favorite part of the day because you have fun at the workshops, and you learn so much from them as well.

While you are at the Fall Leadership Conference, you should join your State Executive Council for lunch. We want to get to know everyone and answer any questions you may have. You will learn a lot about leadership and presentational skills, and are sure to have a lot of fun! Also, don't be afraid to make new friends while you are at the Fall Leadership Conference, because that will make the State Leadership Conference even better.




Michigan FCCLA
FALL LEADERSHIP CONFERENCE
 November 4, 2015
 The Lansing Center, Lansing Michigan



Gaining Superpowers

Erasmo Sanchez, Vice President of Programs

Have you ever wondered how a superhero gets super powers? Some are lucky and it's their fate, but others may have to work hard and gain some of them on their own. This may seem challenging, but here is some top-secret information to help you gain superpowers! As many of you know FCCLA has a national program called Power of One, and this program has everything you will need to gain some very important powers.

Power of One has 5 challenging units in order to become a superhero; each unit is made by yourself and keeps you in charge of your training. These units have specific tasks and can be made as challenging as you wish, but keep in mind what Spider-Man once said, "With great power comes great responsibility." You don't want to overdo it and not be able to finish your units!

Power of One consists of five units:

- A Better You
- Family Ties
- Working on Working
- Take the Lead
- Speak Out for FCCLA

While working on these units, you are not only gaining superpowers, but also preparing for the future! Many of us may be seniors this year and are worried about college, finding a job, and balancing a social life. This program is exactly what you need to help you organize yourself this year. The best part of this is not only can it help you, but your friends as well. Why do this by yourself, when you can grab your best friend or your sidekick and do it together.

A Better You

"A Better You" is the key to strengthening something about you. In this unit you decide as a superhero what you need to change in your life, whether it is getting along with others or changing your eating habits. This unit can also help you with managing your stress and controlling your anxiety as a student.

Family Ties

Your family is very important, and the unit "Family Ties" is too. As a superhero you are very busy from time to time, but you always have to remember those that matter the most. In this unit you can be a superhero at home without even knowing. Making time for family

and doing a game night or movie night can help bring a family closer and make wonderful memories.

Working on Working

Superman once said, "To protect my city, I must wear a mask." We can be a superhero everywhere we go. The unit "Working on Working" does exactly that, it gives you a power to improve your resume, grow your work ethic, or even obtain a job. As a senior, this could also be very beneficial knowing that you will be going to college soon.

Take the Lead

The unit "Take the Lead" is all about the leadership skills you want to strengthen. A superhero needs to be able to stand up for what they believe in, whether you succeed or not. Batman made this clear by saying, "Our greatest glory is not in never falling, but in rising every time we fall." One can do so much with this unit, for example doing acts of kindness or even leading a small superhero meeting.

Speak Out for FCCLA

The last unit "Speak Out for FCCLA" gives you the opportunity as a superhero to share this top-secret information with others, help get more superheroes to join FCCLA in the generations to come, and help you "Empower Your Inner Hero!"

FCCLA affiliated members that complete all five units of Power of One will receive recognition at the State and National Level; this is the highest honor in FCCLA! Check out the information on the Michigan FCCLA website at: www.mifccla.org/students/powerofone.html to learn more about "Gaining Super Powers" with Power of One.

The deadline for your adviser to submit you Five Unit Recognition Form to Michigan FCCLA is March 1st 2016.





National Leadership Conference

Ashley Smith, Vice President of Community Service



It Starts with You! Run for State Office

Jessica Helfrich, Vice President of Competitive Events

Each year, FCCLA (Family Career Community Leaders of America) members have the opportunity to create a Star Event Project and compete at the State Leadership Conference (SLC). SLC gold participants are given the opportunity to move on and participate at the National Leadership Conference (NLC). The NLC is the highest level of the FCCLA competitive events.

The 2016 National Leadership Conference will be held in San Diego, California, July 3-7, 2016. Where FCCLA members from all over the country will gather to compete in their STAR event project category. Before and after members have competed in their STAR event projects, they have the opportunity to attend many different workshops, a once in a life time experience. During the FCCLA workshops, members have the opportunity to meet other members involved in FCCLA from all over the country as well as within their own state. These workshops are a great way to network with other members and learn how to expand FCCLA in your own community in many positive ways. Also, while at the National Leadership Conference, you will have the opportunity to meet the current and upcoming National Officers, visit multiple vender booths, and do not forget to visit the FCCLA store (and if you cannot wait until next year to get your FCCLA gear, visit the National FCCLA website at <http://www.fcclainc.org>).



During the National Leadership Conference you can switch trading pins with other members from different states whom attend the conference. While collecting the trading pins, it is a great opportunity to share the community service projects that your chapter participated in, as well as learn new community service projects that other chapters have completed. Collecting trading pins is a lot of fun and make great souvenirs.

Whether you are a new State Officer in training or competing in a STAR Event Project, this is an event you do not want to miss out on; it is the Ultimate Leadership Experience!

Are you an active and current member of your FCCLA chapter?

Are you in 9th, 10th, or 11th grade?

Have you completed or plan to complete one module of Power of One?

Have you taken at least one semester of a Family Consumer Sciences class?

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, you qualify to become a Michigan FCCLA State Officer. Congratulations! Take the next step in your leadership journey and empower your inner hero by running for The State Executive Council!

Becoming a State Officer was one of, if not the best decision I have ever made. Not only have I been able to travel the state of Michigan, but also to Washington D.C. for the National Leadership Conference where I met FCCLA members from all over the country. I learned to network, work as a team, and be the best leader possible.

State officers also attend training with state officers from other CTSO organizations such as HOSA and DECA. At the training, you will learn many leadership skills and team building exercises that your State Office Team can use, as well as your local FCCLA chapter.

By becoming a state officer, you will be at center stage at The Fall Leadership Conference and The State Leadership Conference. You will run the conferences and come up with all the ideas including the skits. By becoming a state officer your voice can be easily heard. You will run FCCLA for Michigan, so any idea can be simply brought to attention. It may seem like too big of a responsibility, but believe me, you can do it! The hardest part for me was to end my procrastination. With reports due and other school work to be finished, getting items done early is key. Becoming a state officer taught me the importance of managing my time to get the best experience possible.

If you are interested in becoming a state officer, feel free to send me an email at jhelfrich@mifccla.org or contact any of the other state officers. We will also be available to answer any questions and give information during The Fall Leadership Conference. We look forward to meeting with you soon!



Go for the Red

Thomas Ankley, Vice President of Membership

This is the 70th anniversary for FCCLA. Increasing membership is key to any organization! Go For the Red is an FCCLA membership campaign that provides incentives for members and chapters working to increase membership. Go For the Red empowers students to recruit, retain, and recognize members.

By increasing membership, you are increasing everyone's opportunity to network within school and at the state level. When membership increases more funds are generated that will help support state meetings, state conferences, state publications, leadership training, special workshops, statewide projects, and more. When we have more members, we have more members focused on improving the quality of life for families and their community.

Participating in Go For the Red not only provides you with recognition, but also allows you, your chapter, and our state to showcase our abilities to create and implement a successful recruitment campaign. When you choose to participate in the 2015-2016 Go For the Red campaign, you will find that there are several incentives offered at each level to inspire some friendly competition among our FCCLA members. For example, my friend at school participated in this event and won a 50 dollar voucher to the National FCCLA store and 250 dollars in cash. These are only some of the prizes that are offered.

There are several things you should know prior to participating. 1) Members recruited must be new FCCLA members. 2) Middle school members may apply for recognition, but are not eligible for prizes. 3) In the event of a tie, winners will be evaluated based on recruitment efforts in the local chapter. Also, individual winners are based on the most members recruited in their specific school size category. Small schools are considered to have 250 students or less, medium schools are considered to have between 250-1000 students and large schools are considered to have 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



Getting to Know Your State Officers



Alana Wilson, State President

Romulus High School
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3 Interesting Facts: I boycott SeaWorld, I absolutely love writing & even write my own fan fiction (I know, kinda dorky), I've been playing softball for six years.

Favorite Movie and/or Book: A tie between The Underworld & Saw series.

Favorite Superhero: Thor: he travels to another world to save those he doesn't even know, just because it is the right thing to do.

Olivia Stempien, First Vice President

Branch Area Careers Center
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3 Interesting Facts: I've been dancing for 13 years of my life, I'm completely addicted to anything that has chocolate in it, I have a strong passion for the show "Law and Order: SVU."

Favorite Movie and/or Book: My favorite book at the moment would have to be "The Selection Series". My all-time favorite book would have to be "To Kill a Mockingbird", because of what the book itself is about. It's not just about how to kill a mockingbird. It's so much more.

Favorite Superhero: Wonder Woman. She's just always been a role model to me and has always had that sense of power to her. I've looked up to her since I was young. Her sense of undying strength has always been impressive to me.



Erasmus Sanchez, V.P. of Programs

Romulus High School
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3 Interesting Facts: I absolutely love monkeys, I have been involved in FCCLA for 5 years, HOSA for 2 years, and I am our class president, I live on a farm with chickens, goats, and other animals.

Favorite Movie and/or Book: "Mean Girls" I think it is such a funny movie, but at the same time the movie reminds me not to judge anyone no matter who they are.

Favorite Superhero: Spiderman because as a young boy he got the destiny to be a superhero and he learned to accept it and understand that with great power comes great responsibilities.



Getting to Know Your State Officers



Ashley Smith, V. P. of Community Service

Kalamazoo Central High School

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3 Interesting Facts: I love blue moon ice cream, while on this topic I eat ice cream with a fork, I love tie dye shirts, pants, “anything”, I love wearing long socks.

Favorite Movie and/or Book: My favorite movie is “The Best of Me” because it’s both a romantic but it’s sad. I also love this movie because it has two of my favorite actors/actresses James Marsden and Liana Liberato.

Favorite Superhero: Batman because he has a hidden identity and because he has cool gadgets like the utility belt, and his cape. I also like batman because of the theme song and the bat cave.

Thomas Ankley, V.P. of Membership

Kalamazoo Central High School

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3 Interesting Facts: I love to talk about anything and everything, I will eat anything but peas and mushrooms, I would like to go to all the countries in South America.

Favorite Movie and/or Book: My favorite movie is “The Blind Side” this movie was very impactful. A young man came out of a horrible place and did something with his life.

Favorite Superhero: Superman because he helps fight crime but he also helps out in the community, and I really like him because he wears a really cool cape. Superman is a great leader.



Kourtney Newton, V.P. of Public Relations

Branch Area Careers Center

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3 Interesting Facts: I am a peanut butter fanatic, and I will eat almost anything that has peanut butter in it, My two best friends are my mom, Gina, because she is my rock, and my boyfriend, Jon, because he has stuck by my side for five years, I will be having a little nephew this fall and I am so excited.

Favorite Movie and/or Book: My favorite movie is Pitch Perfect 2. I thought the first one was good, but the 2nd one is hilarious, and I love it.

Favorite Superhero: Robin, because in my opinion, he is the best sidekick ever. He always has Batman’s back, no matter what.

Jessica Helfrich, V.P. of Competitive Events

Fraser High School

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3 Interesting Facts: My car is a 1990 Buick Skylark, it is 25 years old, so it is considered a classic, My sister is 12 years older than I am and despite our age difference, we are very close to one another, and she is one of my best friends, I was born 3 weeks early, so my right ear isn’t fully developed. I don’t have any problems with it; there is just a small wrinkle at the top.

Favorite Movie and/or Book: My favorite movie is Soul Surfer because I look up to Bethany, and because she had the determination to continue her dream as a surfer despite losing her arm from a shark attack. Nothing stood in her way of achieving the success she desired.

Favorite Superhero: Captain America because he is a true leader. He cares about the people and wants what is best for them and his country.





Why You Should Join FCCLA

Thomas Ankley, Vice President of Membership

As a freshman, I was introduced to FCCLA through my older brother, who was a member. Although I am an outgoing person, I have not always been comfortable with meeting new people, even though I can talk for hours on end with people I know. This was an uncomfortable situation. When someone asked me what FCCLA was, I had to know. When wearing an FCCLA t-shirt, I wasn't just representing my family, I was also representing my community and the FCCLA organization.

FCCLA stands for Family Career and Community Leaders of America. In FCCLA you can work on areas of your life you want to improve and/or strengthen. Through Family and Consumer Science programs, classes, and project implementation--FCCLA promotes leadership and the decision making process. FCCLA focuses on three main areas: family, career, and community. FCCLA chapter activities extend the learning beyond the classroom through hands-on, project based activities. As a result of participation in FCCLA, you develop better leadership skills, accept responsibilities, and establish positive work-related attitudes and habits while also applying academic and interpersonal skills. FCCLA is the only in-school student organization with family as its central focus.

Another memory that I had was the State Leadership Conference in Midland, Michigan last April. As a freshmen, I ran for



a position on the State Executive Council and was elected by student delegates to serve for the 2015-2016 school year, but what I did not know was that I had to give a speech in front of about 400 people. This was a challenging and confidence building experience. I learned so much from giving that two minute speech to that many people, and now I do not get as nervous as I have in the past when speaking.



FCCLA has something for everyone. Some chapters specialize in the following area related to Family and Consumer Sciences: Culinary Arts, Early Childhood, Hospitality, Tourism, Recreation, Food Production and Service

Housing, Interiors and Furnishing, Textiles and Apparel and Family and Consumer Sciences Education. Competing at the state and national level is so much fun. You can pick almost anything you are passionate for and compete against others who are passionate for the same thing. Everyone gets a medal.

FCCLA gives students skills that last a lifetime. FCCLA helps students in many ways. One of the most important things is improving self-esteem. This is important because you should always accept yourself for who you are. It can also help break bad habits such as procrastination. I am personally learning how to manage my time along with work and extra-circular activities to make sure I am fulfilling my state officer responsibilities.

As the Vice President of Membership, I would like to encourage you to recruit your friends so that we can reach the State goal of increasing membership by 5% in this school. With your participation, I know we can exceed that goal!





What FCCLA Means to Me

Olivia Stempien, First Vice President

I had never really heard about FCCLA until my Summer Training Program for Education Academy. We had a week long training session, and on one of the days, we had some speakers from FCCLA come and talk to us about what exactly it meant. Our speakers told us about all the exciting things you get to do. My personal favorite was when they told us about the State Leadership Conference and how we got to stay in a hotel for a few days. I was also really excited to work on a project and present it to judges.

At first, I was a little skeptical about joining. I thought it would require a lot of meetings and work. After some convincing from my mom, I joined FCCLA. As time went on, we talked more and more about FCCLA during our Education Academy classes. It seemed like time had just fast forward and we were on the bus to the Fall Leadership Conference. I remember having butterflies in my stomach and feeling the anticipation running through my veins.

At the Fall Leadership Conference, I attended the “Learn to Lead like Woody” breakout session. As I listened to the two State Officers talk about FCCLA, I realized that maybe that was something I wanted to do. My chapter loaded the bus to head back home and I sat next to my advisor. She and I had a conversation with some others around us. The more and more I thought about it, I realized I really wanted to run for State Office. I told my advisor this and she was so happy! I remember her asking me if I was serious about it and then told me about the application process.

After I filled out my application, I spent the rest of my time working on my projects- Creative Teaching, Scrapbook, and Power of One. I worked hard to get everything ready for the State Leadership Conference, but I finished with just enough time to prepare a campaign for my running of State Office. This may seem like a lot, but this was all over the course of one year. I had never been more excited.

Once we finally got to the State Leadership Conference, it felt like it was over in a blink of an eye. We all had so much fun presenting our projects, going to the banquet, and bonding

with students from all over the state of Michigan. When the last day had come and we all went to the Awards Ceremony I was nervous. This was the moment that decided whether or not I became a State Officer. The Ceremony went on and all the awards were given. When it came time for the state officers to be announced, my heart started beating so fast. I remember my hands shaking and smiling nervously. Once I heard every candidate’s name called, I was so happy! Every one of them deserved to have this chance. Finally my name was called and I was ecstatic!

Now back to the question on what Family, Career and Community Leaders of America means to me? Family: I have gained so many new friendships and became a part of a huge new family. Career: I have received many different qualities that will help me so much in my career as a teacher. Community: I realized that helping with different organizations helps me gain skills I would not have otherwise acquired. When this year comes to an end and I’m on my way to college, I’ll never forget my time in FCCLA. I feel so prepared for the

future and the skills I have learned will help me in my goal to become a leader. FCCLA is truly the “Ultimate Leadership Experience”.



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