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Articles & Letters Welcome for Publication

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Level Up at the Fall Leadership Conference

Dylan Baker, Vice President of Membership

This year, the Fall Leadership Conference is themed *Level Up with FCCLA*. This is ensured to be an exciting and rewarding experience for all who attend. Come out to the Lansing Center in Lansing on Wednesday, November 15. I can personally promise you that you won't be disappointed! It is ensured to be an eventful day filled with exciting workshops and activities to get everyone pumped for the upcoming year.



This is a special conference that is open to everyone, not only members. As the Vice President of Membership, I challenge all members out there to not only attend the FLC, but bring a friend or two with you. This is a time for us to expand our great organization and spread the word to anyone and everyone interested in FCCLA. Take a look at who's enrolled in your Family and Consumer Science classes, Early Childhood Education Program, or Teacher Cadet Program in your school's High School and Junior High and bring someone who hasn't experienced what we have to offer. As long as they are enrolled in one of these classes or have taken them before, they're welcome to attend our FLC and be a member of FCCLA.

You might wonder what we can do in just one day. Let me assure you that your State Officer Team has been hard at work during the summer to put on an amazing, action-filled day for all

attending. It will start with an opening ceremony, but this isn't just any opening ceremony. It will be a skit put on by yours truly. After the skit, we will move on to FOCUS training. FOCUS training is a time for you to be innovative and creative. You'll be doing new activities to help you grow not only as a member of society, but also as an individual. Next on the agenda is lunchtime! During lunch, you will get to meet members and potential members from all over the state. The FLC is the perfect setting to meet new people who have the same interests as you. You will likely run into these people again, so make sure to make a lasting impression! This is also a prime opportunity to meet the officer team.

We encourage you to ask us any questions you have about FCCLA. After lunch, you will get to attend workshops where you will learn how to grow as a leader, and how you can affect the world. You will learn teamwork and cooperation with your peers. The workshops will be full of fun and guaranteed to lead you in the right direction.

Aren't you excited to *Level Up with FCCLA*? I know I am! On behalf of the my amazing officer team, I encourage you to be outgoing at the FLC. Challenge yourself and make the most out of what you're given. As you know, it takes some serious time and dedication to level up in a game. You have to face your fears and overcome challenges. Even though FCCLA is not a game, we expect nothing less out of our members. I hope to see you all there!

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Violence Stops When We Work Together

Emily Rau, Vice President of Programs and Competitive Events

Violence, being the reoccurring issue it is today, cannot only cause harm to others, but can also be hard to combat. FCCLA's Students Taking On Prevention (STOP) the Violence program gives students the confidence and instruction they need to react to violence they may experience, as well as resources to help recognize and ultimately reduce violence in today's youth. Your FCCLA State Executive Council has been making great strides to collaborate with schools all across Michigan to communicate to students the importance that leaders can have in difficult situations such as violence.

Now it's your turn to STOP the Violence! By working together, your chapter can create action projects to prevent violence in your school. Talk to those who have previously completed a project, and they will undoubtedly tell you the experience proves to be quite rewarding. Your participation in our State Community Service Activity brings us one step closer to reducing the harmful effects violence can lead to, all whilst strengthening your chapter's leadership abilities.

In addition, chapters who participate in STOP the Violence activities can gain recognition for their work. To do so, a chapter must apply online, complete an application including at least 3 photos illustrating what you have done, and up to 10 supporting files such as PSA's, audios, or newspaper articles that illustrate the work you have put forth based on the STOP the Violence program. These applications must be submitted online by March 1, 2018. Chapters that demonstrate high levels

of effort and superior results are awarded with recognition at the National Leadership Conference, online, and in Teen Times Magazine. Furthermore, chapters have the ability to earn cash awards based on the following criteria:

- High School Chapter: \$1,000
- Middle School Chapter: \$1,000
- Runner-Up Chapter: \$500

So make sure your projects include well thought-out concepts and express creativity and innovation in order to be a part of these incredible prizes for your school

and chapter. If you are having trouble coming up with project ideas, a simple solution can be to check out the pdf file that Michigan FCCLA has provided that gives detailed accounts of previous winning projects. For example, the Twin Falls High, Idaho chapter organized a program with the intent of helping sophomore and junior students in their school manage their anger. By

including a video presentation and guest speaker, these FCCLA students were able to have several hundred students sign a pledge to manage their anger. Branching off of a small idea, these students made a lasting impact in their community, and your State Executive Council strongly encourages you all to do the same.

As your Vice President of Programs and Competitive Events, I am confident that together we can make change in our communities, and I can't wait to see all your ideas come to life and help support this cause. So remember, although violence can sometimes be hard to confront, it's our job as leaders to face these obstacles and... Level UP!



Students Taking On Prevention®



[facebook.com/mifccla](https://www.facebook.com/mifccla)



Leveling Up FCCLA Membership

Bianca Waters, First Vice President

Mario, Link, and FCCLA. What do they all have in common? They all face challenges when trying to reach their goals but work hard to reach them. When Mario or Link get past one challenge, they level up, which allows them to improve and grow stronger. One challenge FCCLA members face is increasing their chapter size. “Gimme 5!” and “Go For the Red” are two programs to tell your chapter about how to encourage more people to join FCCLA. “Gimme 5!” inspires chapters to increase their membership by at least five new members. Each chapter that increases their membership will receive a plaque and recognition on the Michigan FCCLA website. “Go For the Red” is an FCCLA membership campaign that can be done individually or as a chapter. It empowers students to recruit, retain, and recognize members. If an individual recruits three or more members to FCCLA, they can receive a special “Go For the Red” t-shirt. Chapters will be awarded a bronze, silver, or gold status by increasing membership by 10, 15, or 20 members. They will then receive an FCCLA banner they can hang up at their school. Furthermore, we are continuing with the Chapter Challenge. The chapter with the most points will have reserved seating at the State Leadership Conference and an activity with the State Executive Council. Your chapter can receive twenty points for finding an event sponsor, one point for every Power of One participant, one point for each percentage of membership increase, one point for each member that attends the Fall Leadership Conference, and finally one point for each member that attends the State Leadership Conference.

There are three main tips when recruiting new members. The first tip is to get the word out. Spread FCCLA all over your school, not just to people in Family

& Consumer Science classes or the same old members that return every year. You will never know who will be interested in joining if you do not publicize FCCLA in your school. Handing out brochures on the first day of school to raise awareness or speaking to classrooms about FCCLA is a great way to get the word out.

The second tip is to promote your chapter. People are more likely to join your chapter if they see that you enjoy the organization and host fun activities. A way you can promote FCCLA is by having a bake sale. This year’s theme is all about videogames and finding out how you can level up with FCCLA. So why not sell treats that pertain to videogames? You could have cookies that look like Pac-Man or have a Donkey Kong themed cake.

You could also have a dodgeball tournament were everyone is invited if they want to know more about FCCLA. The possibilities are endless.

The final tip is to encourage

younger members to join FCCLA when they get to high school. If you talk to your middle school about the activities, events, and community service projects that members do in FCCLA, it might inspire them to join when they get to high school. It is also not a bad idea to have a teacher that might be willing to start a chapter in a school if FCCLA is not currently there. All the teacher would have to do is go to mifccla.org, click the tab “Advisers”, and then go to “Starting a New Chapter”. From there, they will figure out what programs can start an FCCLA chapter, what the best first step they can take is, how much membership dues are, and what they do after they have completed the process.

We are going to need everyone’s help if we are going to level up FCCLA membership. So, grab your controller and start the new school year by recruiting. For any more information about recruiting members, feel free to email me at bwaters@mifccla.org!





National Leadership Conference

Hayley Allen, State President

Reflect back on the summer of 2017. What was your favorite memory? Was it hanging out with friends by the pool? Sleeping in WAY later than you probably should have? Or playing your favorite sport?

Well, for 8,500 people, it was attending the National Leadership Conference in Nashville Tennessee, or some of you may know it as “Music City, USA!” Members at the National Leadership Conference had “unlimited possibilities”, and enhanced their leadership abilities. Members attended many workshops, and sessions, competed in their STAR events, and much more. The skills they gained at the National Leadership Conference will stay with them for their whole lives, improving the future for all.

Michigan FCCLA was beyond successful at the conference. Around 50 members attended the conference this year, and that’s an amazing accomplishment as a state! As your state president, I was very proud of everyone. The Michigan members were passionate, dedicated, and ready to have unlimited possibilities at the conference. One of my favorite moments at the conference was carrying our state’s flag in the opening session. When they called our state’s name, the Michigan members went CRAZY! We showed the other states that Michigan is passionate about FCCLA! It was a humbling experience watching you guys grow and learn at the conference. Your participation was highly respected.

At the conference, members didn’t just compete in their STAR events and then attend the recognition session; they got to attend workshops, sessions, and meetings. The workshops were fun, yet educational. Personally, my favorite workshop was the state officer training. I was with Bianca Waters, the First Vice President, and we learned a lot together to help better serve you with our terms. We also bonded and talked to many other FCCLA members to see what we can do for you this year. They also had an FCCLA store you could shop at, and it was so amazing seeing everyone with their FCCLA apparel because now they can promote the organization wherever they go! There was also an expo at the conference. Organizations and businesses set up a booth, and they could give out information as people walked by. My favorite was the “Say Yes to FCS!” booth. I have looked

into becoming a Family and Consumer Science teacher when I’m older, and it was so great to see they were promoting family consumer science! They had everything you can imagine: booths about culinary, clothing, the Army, and more. The expo was a success this year! Another big event at the conference was the gala. That’s where all of the members get together and have a dance, just like we do at the Fall Leadership Conference! Social media was flooding with pictures and videos from the fun night.



Members got to explore downtown Nashville, and trust me, when I was downtown it was FULL of FCCLA members! Everywhere you turned, you saw someone wearing FCCLA apparel. The conference was during the Fourth of July, so all who attended got to experience what was known as the “biggest and best firework show ever!” I met so many members downtown and even sat next to my new FCCLA

friends and watched the fireworks. My personal favorite thing I did downtown was learning to line dance with some FCCLA friends at the Wildhorse Saloon! The music, food, and attractions downtown were great! All of the members who put in hard work at the conference definitely got rewarded with a treat of experiencing downtown.

Since the 2017 National Leadership Conference came and went, it’s time to look forward to next year’s conference! It will be held in Atlanta, Georgia, from June 28th - July 2nd! Work hard this upcoming FCCLA year, and it will pay off at the conference! And always remember, if you believe you can, you are one step closer to achieving your goal!

!nspired by FCCLA®



Level Up with Mario Contests

The State Executive Council is challenging all chapters to do something positive in your chapter, school and or community! Since this year's theme is "Level Up!" and based on video games, the State Officers want your chapter to use the picture of Michigan Mario, and document him doing something positive with your chapter. (Perhaps an event for the State Community Service Activity?!) Post the picture on Twitter, Facebook, or Instagram with the hashtag #mifccla to win a chance for a gift card at the Fall Leadership Conference AND at the State Leadership Conference!

Don't forget to include your chapter's name in your post so we can keep track of all of the chapters that have participated in this fun contest. It's okay to post more than one picture, since we would love to see all of the places Michigan Mario goes! Have fun, be creative, and start posting!



Deadlines: November 9, 2017 (FLC)
March 14, 2018 (SLC)

Have you taken the Safe Driving Pledge?

We've all heard that texting and driving, just using the phone while you're driving, or playing with the technology screen while driving is dangerous. Unfortunately, that's not enough to stop some of us.

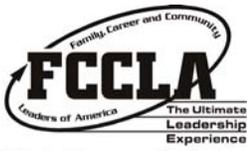
Each day in the United States, approximately nine people are killed and more than 1,000 injured in crashes that are reported to involve a distracted driver. Distracted driving is driving while doing another activity that takes your attention away from driving. Source: June 9, 2017 https://www.cdc.gov/motorvehiclesafety/distracted_driving/index.html

Join your fellow Michigan FCCLA Members to pledge to drive safe - for your good, and for the good of those around you. **See the pledge form on page 7 for more information.**



Two New State STAR Events
Cupcake Battle & Serving Up Success
Visit mifccla.org/students/events.html for more information.





Michigan FCCLA

Safe Driving Pledge

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Multi-tasking is something a lot of us are convinced we do well. You might be surprised to learn that's not true at all, for teens and adults. We often think we are great multi-taskers: we can carry on a text conversation while doing homework, binge watch a show online and wash the dishes, right? Well... not really.

When we multi-task, our brain is really switching back and forth between doing various tasks. Depending on the task and the person, switching can be very quick and appear seamless. But really, every time the brain switches tasks, it slows its reaction time. That's not a big deal when texting a friend and watching TV, but it can be deadly behind the wheel.

Hands-free won't cut it either; a driver on the phone can miss up to 50 percent of the driving environment. And that distraction can linger: studies show up that distractions continue up to 27 seconds after the calls ends.

Today's technology brings a new distraction for drivers; the infotainment system. Technology has become a big part of the driving experience. Some features, including new safety systems, improve the driving experience. Others, like voice-controlled systems that promise to do everything from calls, texts, emails and even posting to social media platforms, present new distractions. Remember that these features are included in the car for convenience, not safety. All drivers should avoid the dash to the dashboard. Only use the infotainment system when the car is in park!

I, _____ pledge to remove distractions while I am driving to and from all FCCLA activities. The distractions while driving include, but are not limited to:

- Texting - looking at texts and also sending texts
- Talking on the phone
- Using car infotainment systems while driving
- Programming a GPS
- Grooming - brushing hair, applying makeup, etc.
- Reading
- Looking for things in the glove box, dropped items, or reaching for a purse or backpack
- Eating
- Fumbling while performing what seems like a simple task
- Being distracted by other passengers
- Reacting to interesting road signs, events or accidents on the side of the road, beautiful scenery, etc.

I further pledge that if I am running late for a meeting or activity, I will pull into a safe parking spot and text the person that is expecting me at the meeting. It is better to be a few additional minutes late, than to be distracted while driving.

Signature of Parent or Guardian

Signature of Member

Signature of Chapter Adviser

Date

Getting to Know Your State Executive Council



Hayley Allen
Durand Area High School

1. I am a huge Austin Mahone fan. I have been to 5 of his concerts and met him twice.
2. My favorite food is watermelon.
3. My whole family loves Michigan, and we are HUGE UM fans! Go blue!

Dream Vacation: Dubai
My Favorite Video Game: Mario-Kart

hallen@mifccla.org

State President



Bianca Waters
Romulus High School

1. I love sweet ice tea.
2. I am on the bowling and golf team.
3. I have two bronze medals in wrestling.

Dream Vacation: South Africa
My Favorite Video Game: The Legend of Zelda: Twilight Princess

bwaters@mifccla.org

First Vice President



Emily Rau
Owosso High School

1. I am a huge fan of Star Trek.
2. My favorite animals are giraffes.
3. I want to be a photographer.

Dream Vacation: Alaska
My Favorite Video Game: Mrs. Pacman

erau@mifccla.org

VP of Programs
& Competitive Events

Getting to Know Your State Executive Council



Dylan Baker
Byron Area High School

1. I started collecting coffee mugs in September of 2015 and now have a total of 67.
2. My favorite TV show is Survivor on CBS; I watched 20 seasons in one summer!
3. I always do handstands, everywhere I go.

Dream Vacation: I would love to go to the To Sua Ocean Trench in Samoa because it has the bluest water in the world!

My Favorite Video Game: Mario Super Smash Brothers on the N64

dbaker@mifccla.org

VP of Membership

