

### Focus on FCCLA

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#### Inside this Issue...

Flying High with FCCLA .....	1
Fall Leadership Conferences .....	1
Membership: A Slam Dunk! .....	2
Success with the Planning Process .....	2
Power of One .....	2
The Adventure of a Lifetime .....	3
Save the Day with FCCLA - Go Green! .....	3
STAR Events .....	3
Meet Your State Executive Council .....	4

#### 2008-2009 State Executive Council

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 Brethren High School  
 State President

**Leigha Dilday**  
 Pickford High School  
 Vice President of Programs

**Lorraine Welch**  
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#### Articles & Letters Welcome for Publication

The policy of the Michigan Association of Family, Career & Community Leaders of America is that no person shall, on the basis of race, color, national origin, sex or disability, be excluded from participation in, be denied the benefits of, or be subjected to discrimination during any program or activity or in employment.



## Flying High with FCCLA

Ashley Fraley, State President

Are you ready to fly high with FCCLA? Well, this year, that is what you can do. Michigan FCCLA members are preparing to show off their super leader skills by stepping up in their chapter, region, state, and nation. What exactly does it take to be a Superleader? In order to become a Superleader, you must be able to work hard, think creatively, and be willing to make a difference in your home and community. Most importantly, you must have leadership skills. Wow! It sounds like you! A busy FCCLA member!

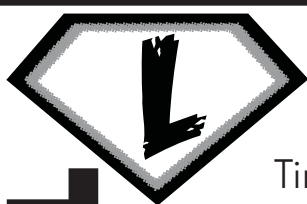
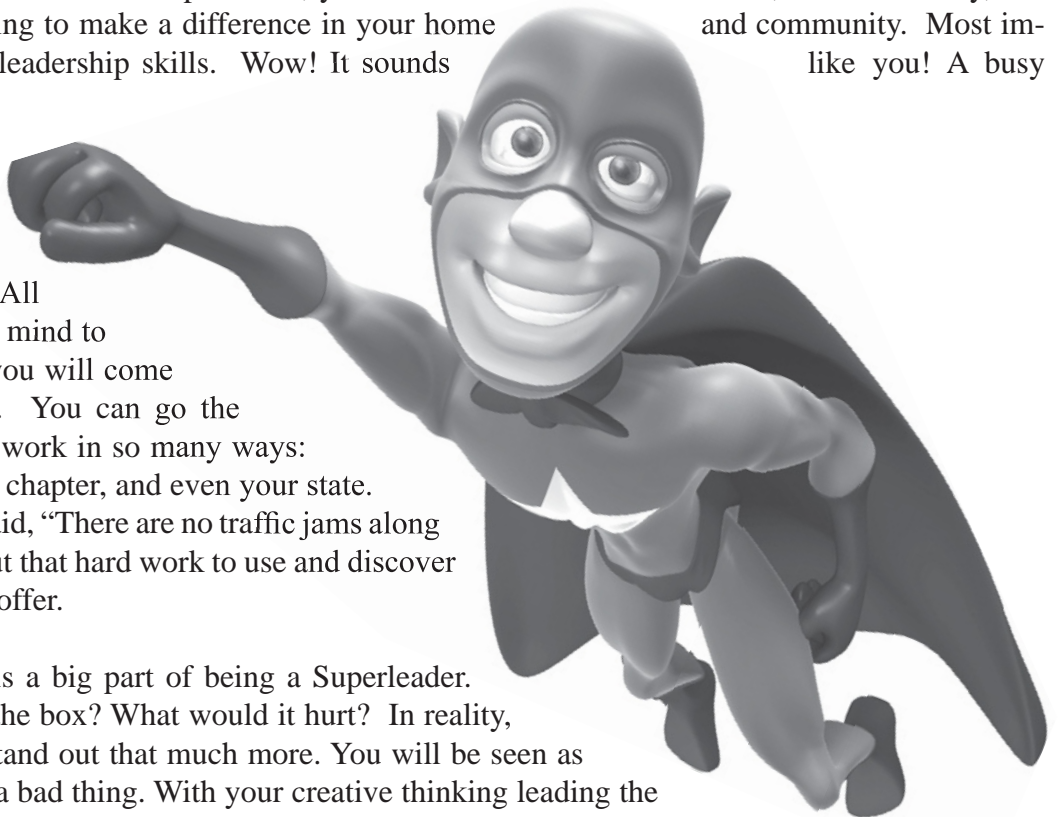
We all know what hard work is, being a Superleader. I know that we all have it within us. All you have to do is put your mind to work, and I am sure that you will come up with an amazing idea. You can go the extra mile with your hard work in so many ways: through your project, your chapter, and even your state. As Roger Staubach once said, "There are no traffic jams along the extra mile." So, let's put that hard work to use and discover what the extra mile has to offer.

Use of your imagination is a big part of being a Superleader. Why not think outside of the box? What would it hurt? In reality, all it will do is help you stand out that much more. You will be seen as a leader, and that is never a bad thing. With your creative thinking leading the way, others may be more inclined to ask for advice in order to make their projects just as successful.

Making a difference in your home and community is a great way to engage your Superleader skills. FCCLA can help you help others. The various projects that you and your chapter participate in create a world of difference in your home and community. STAR Events and National Programs are great tools to use to showcasing your skills. This year, why not work with your local elementary students for Focus on Children or better your leadership skills by completing the modules of Power of One? In the end, it can only make you, your home, and your community a better place so get out there and do a project!

Everyone is capable of becoming a leader, and you are capable of becoming a Superleader. Why not unleash your power of impact? FCCLA is the ultimate leadership experience, so try to get others involved. If you feel that you are not ready to take on the role of being an officer, why not start towards becoming a leader by encouraging others to join FCCLA? It takes leadership skills and initiative to help others understand the full meaning of FCCLA. You will be in full flight as a Superleader here.

With your Superleader skills ready, it's time to step up, pick a project, and work hard. Tie on your cape, adjust your emblem, and get ready to take flight as a Superleader! This will be a successful and exciting year for all of us. Let this super theme help guide you. You all have what it takes to be a Superleader. All you have to do is utilize it! I am excited to see what this year will bring. This year, instead of asking yourself why, ask why not? Why not step up? Why not do more? Why not become a Superleader!



## LEADERSHIP

**FALL**

Time to get ready for this year's Fall Leadership Conferences – bigger and better than ever! We are having two this year – **October 24 in Escanaba** and **November 10 in Lansing**...and they've been totally overhauled to be even better than ever!!! We are so excited to see all of you there, so talk to your adviser about going! See you then!



## Membership - A Slam Dunk!

Jaelinn Soeltner, V.P. of Membership

Your basketball team is in the big game; it's tied up and your team has the ball. That one point will change the game and the season. FCCLA works the same way – not in scoring points or making slam dunks, but in how everything you do counts. Recruiting new members is just such an important play for FCCLA.

One of the awards chapters can earn is the Gimme Five Award. By gaining merely five more members than last year, you can get an award! New chapters can receive this award too! They only have to recruit five more than the minimum number for a chapter for a total of 14 members. Chapters who achieve the Gimme Five Award are recognized with a plaque at the State Leadership Conference, and on the website.

There are so many great ways to recruit new members. You could have a “bring your own banana day” and use the bananas to make banana splits. Everyone loves ice-cream! Or you could have a dance sleepover for all members. These are both great ways to gain new members.

Throughout the years, we have had great success in chapters receiving this award; still we could stand for some improvement. When you are recruiting new members, you must always remember to show them what a great leader you are for FCCLA. You should always be energetic, focused, compassionate, sincere, and of course, never too pushy. To recruit people into a leadership program, you must yourself be a Superleader! By gaining new members, you give friends the chance to become the best they can be. You will be helping your chapter and state grow as well. So let's make a slam dunk and get those five new members.

With so many easy and fun ways to gain members, why not go and do it! Let's hustle to talk to people and score some new members so that Michigan FCCLA can give more Gimme Five Awards. By gaining new members, we can have even more Superleaders on our winning team!

Be part of it.

## POWER OF ONE

Power of One is an amazing way to show what you are doing that FCCLA has taught you. Through the 5 modules of Power of One you can tell everyone how you are preparing yourself for adult life. Starting off with a Better You, you can find out what you can do to get yourself ready for a career in the future. Next off - Family Ties can get you to become closer to your family. Working on Working is next, it helps you find what career you may want to go into in your future. Take the Lead helps you put your leadership skills to action. Speak out for FCCLA gets more people involved and informed about the organization. Check out [mifccla.org](http://mifccla.org) for more information on how to get involved with this awesome program!

# Ever thought about Teaching Family & Consumer Sciences?

Do you like the class that your FCCLA chapter is a part of? Ever thought about being an FCCLA adviser and teacher?

You can get your degree to teach Family & Consumer Sciences from Central Michigan University and Western Michigan University, right here...close to home!

## Western Michigan University

Kymerli Cotton-Flanagan  
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 989-774-6436



## Success with the Planning Process

Leigha Dilday, V.P. of Programs

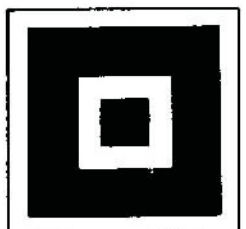
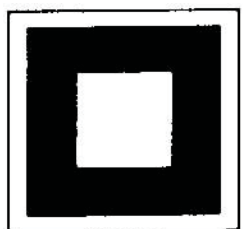
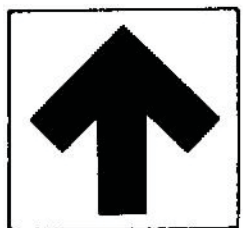
Goal setting and project planning are essential in carrying out a successful project. There are many ways to set your goals for the year. The most important factor, for FCCLA projects and awards...but also in life, is the FCCLA Planning Process.

The five steps are so helpful to kick starting your project. The first step is to Identify Concerns. This step helps you brainstorm to generate ideas or state any concerns you want to achieve. The second step is Set a Goal. This step gets you to visualize how your project is going to flow. The third step is to Form a Plan . Form a Plan will help you figure out the who, what, where, when, and why of your project this year. This will definitely make things way easier. The fourth step is Act. This step in the whole process of goal planning is the most important. This is because here, in this step, is where you act upon everything that you have already planned. This is where the project really starts to unfold and become something amazing! The fifth and very last step of the Planning Process is the Follow Up. In this step you see if your goal was met and think of ways to make your projects better in the future. Another very important part of this last step is thanking and recognizing the people involved in your project.

The Planning Process is the backbone of every FCCLA project, and all of the STAR Events. Becoming familiar with it, and using it often, can not only help you achieve your goals, but achieve success in FCCLA as well. One of the best parts about this is that once you start using it often enough, it finds its ways into your daily life. You'd be amazed at how much more you will achieve in life with a great plan!

So, as you can see, proper planning is extremely important in carrying out a successful project. Because if you don't plan out how you are going to do your project and what exactly you are doing , at times it can become very stressful and confusing. When you're planning your project this year be sure to use the planning process to help guide you through it. Trust me, it's worth it!

There are more resources about the Planning Process on Michigan FCCLA's Website at [www.mifccla.org](http://www.mifccla.org) under the “Students” menu.



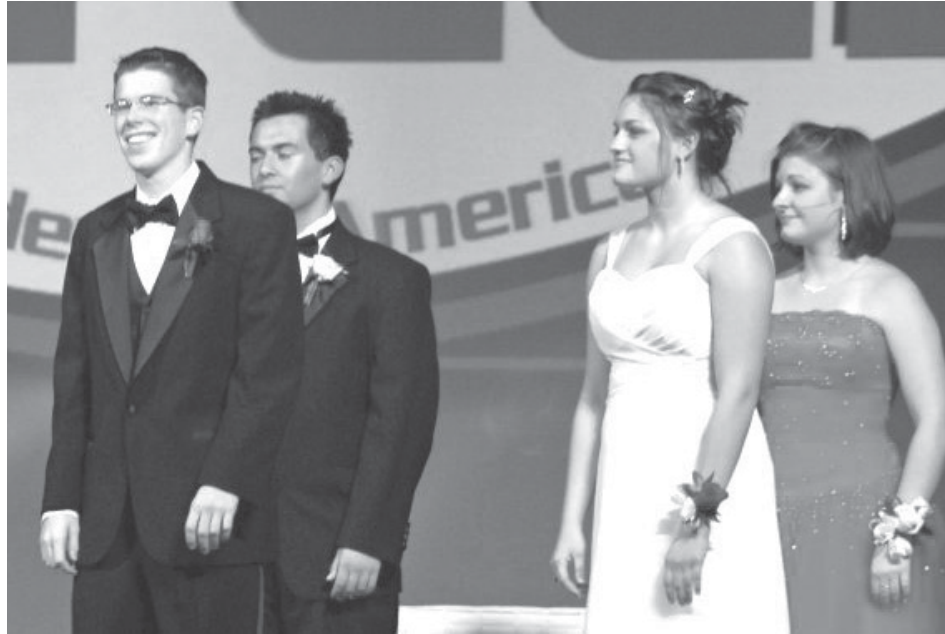
Join the Michigan FCCLA Facebook Group & Friend Michigan FCCLA on Myspace!



## The Adventure of a Lifetime

Andrew Schantz, National First Vice President

When I began my FCCLA journey back in 7th grade, I frankly had no idea what I was getting myself into. I joined the organization so I would have something productive to do with my time after school on Wednesdays, and a bunch of my friends were getting involved too, so it looked like a fun thing to be a part of. Little did I know, a little more than four years after that, I would be representing the over 220,000 members of the Family, Career, and Community Leaders of America as the National First Vice President of the organization. I can honestly say that when I joined FCCLA, I had no intentions of running for a State Office, let alone a National Office, but as I continued my involvement in the organization, I realized just how much I could get out of FCCLA - so long as I was willing to put the necessary effort in. Through my five years of service through FCCLA I have truly learned what it means to be a better family member, wage earner, and community leader - lessons I will no doubt take on with me through life after high school and beyond.



Like I said before, running for National Office was by no means my ultimate goal when joining FCCLA five years ago. I was simply an involved chapter member, having a great time giving back to my community with my friends. However, in 8th grade when I was given the opportunity to run for a chapter office, I took the opportunity by the horns and was elected as chapter president. From that moment on, I knew that there would be more responsibility that accompanied my new title, but as the year went on, I realized that I thrived off of that newfound responsibility,

and I could use my title as chapter president to not only help our chapter complete outstanding community service projects, but to also get other people excited about FCCLA. Holding a leadership position in FCCLA, even at that early level, gave me a new insight on being a leader: by taking a risk and assuming more responsibility in an organization like FCCLA, it ultimately brought out the best in me, which enabled me to bring out the best in others around me - and that was awesome!

I knew that I wanted to continue to be a leader in FCCLA in high school; so my freshman year, I served as our chapter's middle school liaison, and during my sophomore year, I served as my chapter's vice president of membership. Also in my sophomore year, I took the leadership lessons I learned from being a chapter officer to run for a State Office, and from 2007-2008, I had the pleasure of serving as the Michigan FCCLA Vice President of Programs. Still, I knew that I could push my leadership potential even more, and the

only way to do that was to run for a National Office. When I was elected as Michigan's National Officer Candidate at the 2008 State Leadership Meeting, a multitude of emotions began to flood over me. The moment of truth was quickly approaching, and I was more nervous than ever.

I kind of gave it away in the beginning, but to make a long story short; after a nerve-wrenching interview, a speech in front of over 1,500 people, and several nights of severe difficulty falling asleep, I was elected to the National Executive Council for Family, Career, and Community Leaders of America. It was an incredible journey, and along the way, I got the opportunity to meet so many amazing people, see so many incredible sights, and experience being a part of the most dynamic career and technical student organization in the United States. In order for you to make your FCCLA experience the best it can be, you need to challenge yourself, and step outside of your boundaries and try something new. I started off as a chapter member with no intentions of holding a leadership position in this organization,

but now I'm serving as the National First Vice President - and that goes to show that even if you have the slightest bit of drive to accomplish something, give it your all and go for it. Run for a chapter office, a state office, or even a national office, and push yourself to your fullest leadership potential. I guarantee that even if you aren't elected, the journey itself will take you to places you never thought were possible of visiting before, and you'll remember the experience regardless of the outcome. Remember, what doesn't kill ya' only makes you stronger.



## Save the Day with FCCLA! Go Green!

Lorraine Welch, V.P. of Community Service

"Environmentally friendly" or "ecologically friendly"- these phrases are not new to any of us.

This year Michigan's state community service project is just that, making Michigan communities more eco-friendly.

To some of us this might seem a little boring and as though it is an insurmountable task, but did you know that you can buy a cute purse or and awesome wallet made of recycled soda pop bottles? Even though this type of change might seem hugely unlikely- being surprised by the possibilities is what it is all about! Changing your lifestyle to an eco-friendly one is quite easy, inexpensive and less time consuming than what many of us think it is.

What kinds of projects are out there that an everyday Joe like you or me can accomplish? Something as simple as recycling home objects or even taking cans and pop bottles to the local grocery store can make a huge impact on our environment. This task of making the world a better place can be difficult or easy depending on where how you think about it and what your mindset is. If you want to get super creative you

can change all of your cleaning supplies to eco-friendly solutions by using a lovely ingredient base: vinegar. This is not as difficult as it seems. Believe me... five minutes is worth saving the world you call home!

**"Take nothing but pictures. Leave nothing but footprints. Kill nothing but time."**

- Motto of the Baltimore Grotto

Do you have a little extra time and want to make a bigger impact? Go to school and create a day once or twice a week where you go around to the classrooms and collect unwanted materials to recycle. Get fellow classmates and school officials involved. You could even take them to the art class and create a showcase on what you can do with recyclable objects. Make sure to ask your principal and counselor for approval. (Most principals would be thrilled, especially if you can get your project published in your local newspaper!)

If you need more sweet and exciting tips on how to change the earth one step at a time, there are some awesome websites full of resources. Some of my favorites are: [www.ecocycle.org](http://www.ecocycle.org), [www.care2.com/greenliving](http://www.care2.com/greenliving), and [www.ecosmart-promos.com](http://www.ecosmart-promos.com). You will be directed to places where you get directions on how to make new items out of recyclable objects and trade in old house hold cleaners for cheaper and healthier

products. As you complete these projects, you could possibly score some eco-friendly freebies! (Look for more exciting information on this area in the next issue of Focus on FCCLA!)

Get out there now and start using your imagination! Start changing light bulbs to more eco-friendly designs or make purses and wallets out of Capri Suns! Your imagination will work wonders on the earth, and it will surprise you what you and a few of your friends can do! Speaking from the Earth's viewpoint, I am sure it is spinning in circles saying "thank you" to all of the lovely people who are helping to keep it healthy and safer for decades to come. Go green... or go back home (at least what's left of it)!





## New Ways to Shine with STAR Events

Amanda Grifka, State Secretary

Have you been looking for a new project to tackle for the upcoming year? Are you looking for an event that hasn't been done, where you can truly make it your own? Or are you simply trying to decide which STAR Event is right for you? Well, if you answered "yes" to any of these questions, then competing in one of the FCCLA STAR Events could be the right thing for you.



STAR Events (Students Taking Action with Recognition) are ways for FCCLA members to compete either solo or in a group. With twenty-two events, including two brand new events, there's something for everyone. All STAR events will test your leadership skills and career preparation, as well as give you the freedom to work on a project solely of your choice.

Have you ever dreamed of being able to design your own room from scratch? Does home decor spark an interest inside of you? If so, then the

Interior Design STAR Event could be just what you're looking for in the upcoming year. This individual or team event will focus on your design skills and allow you to create a room fit to suit a specific family's needs.

If Interior Design isn't exactly what you're looking for, but you're interested in some form of design, then maybe either Fashion Construction Event or Recycle and Redesign Event could be the right project for you. Although these events aren't open to teams, just individuals, they will give you the freedom to apply those fashion design skills learned in your Family and Consumer Sciences courses.

However, if you're still not sure these events are right for you, then your perfect match could be out there! Are you excited about promoting what your FCCLA chapter is doing? Try the new Pro-

mote & Publicize FCCLA event. Or are you interested in teaching? Try out the new Teach and Train event.

There are events for every interest – from the design ones talked about here, to technology-based events, service projects, public speaking, financial management and child development.

Check out the new STAR Events Manual on the National FCCLA website at [www.fcclainc.org](http://www.fcclainc.org).

### FCCLA Fast Fact

FCCLA has two official colors. No - they're not not blue or purple or green or orange. They're Red and White.

**Red** suggests strength, courage, and determination - personal qualities leading to happiness through a positive self-image.

**White** symbolizes sincerity of purpose and integrity of action, qualities that will help individuals build a better tomorrow.

## Meet Your State Executive Council



### Ashley Fraley

State President  
Brethren High School  
[afraley@mifccla.org](mailto:afraley@mifccla.org)

#### Three Random Facts:

"I love watching or reading about vampires. Being funny makes me happy. The reason I want to do what I like to do is because I want to make a difference in people's lives."

#### Ashley's Hero:

"Jane Austen is my hero. She is inspirational to women and never gave up."

#### Ashley's Favorite Childhood Cartoon:

"Doug!"



### Leigha Dilday

Vice President of Programs  
Pickford High School  
[ldilday@mifccla.org](mailto:ldilday@mifccla.org)

#### Three Random Facts:

"I love having fun. I like to sing, even though I'm bad."

I go to Florida every year for spring break."

#### Leigha's Hero:

"My whole family is my hero. They are the people who are most supportive of me, and they always know what's best."

#### Leigha's Favorite Childhood Cartoon:

"Rugrats!"



### Jaelinn Soeltner

Vice President of Membership  
Pickford High School  
[jsoeltner@mifccla.org](mailto:jsoeltner@mifccla.org)

#### Three Random Facts:

"I'm a very talented singer. I'm only 4'11" tall."

I've been in Seussical the Musical and Cinderella (and I look like the girl in Hairspray)."

#### Jaelinn's Hero:

"My Mom is my hero because she takes all the trouble that I give her, and she loves me no matter what."

#### Jaelinn's Favorite Magazine:

"Seventeen."



### Lorraine Welch

Vice President of Community Service  
Alma High School  
[lwelch@mifccla.org](mailto:lwelch@mifccla.org)

#### Three Random Facts:

"I have super curly hair. I love onions, but hate

Sweet and Low. I love to hunt and fish."

#### Lorraine's Hero:

"My Dad is my hero because he had the biggest influence in my life, at least up until now. He was a loving, courageous and friendly man. Even though he is gone physically, he shines through me. He was my inspiration for making myself a better person and for joining FCCLA."

#### Lorraine's Favorite Childhood Cartoons:

"Lady Lovelylocks, Rupert, Little Bear, Aaahh! Real Monsters, Ren and Stimpy, and Popeye."



### Amanda Grifka

State Secretary  
Ubyly High School  
[agrifka@mifccla.org](mailto:agrifka@mifccla.org)

#### Three Random Facts:

"I hate when my parents drive my car. I'm afraid of

the dark. I can become obsessed with anything... usually too soon."

#### Amanda's Hero:

"Honestly, I don't have just one specific hero, but I do admire Barak Obama because of how he's trying to overcome the racial barrier."

#### If Amanda Could be any TV Character...

"I would be Timmy Turner from *Fairly OddParents* because he has cool magic godparents that can grant his every wish."



### Andrew Schantz

National First Vice President  
Saline High School  
[aschantzfccla@gmail.com](mailto:aschantzfccla@gmail.com)

#### Three Random Facts:

"I want to be President of the United States. My

middle name (Cameron) comes from Ferris Bueller's Day Off. I have worked on gubernatorial and national level political campaigns."

#### Andrew's Hero:

"Ronald Reagan, because of his fantastic leadership and ability to lead our country through times of crisis."

#### If Andrew Could be any TV Character...

"I would be Adrian Monk (from the show Monk) because he's the coolest detective around and he cares about the details."