

### Focus on FCCLA

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#### Articles & Letters Welcome for Publication

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## Extreme Winter Sports

Anna VanAuken, Vice President of Competitive Events

Did you know that extreme winter sports can be tied into the national program called Student Body? I sure didn't. Student Body is made up of three different units. These units are "Eat Right", "Be Fit", and "Make Healthy Choices." Almost any sport can be used to demonstrate Student Body. However, it's winter season and we need to be "shredding up the mountains!"

The first unit is "Eat Right." When we pick a day to snowboard or ski, we need to eat a healthy meal before going out into the cold. Eating right will help us stay warm as well as give us energy to do sweet tricks in the terrain park. Eating right will also help us avoid eating disorders, which can be very dangerous in cold weather. It's guaranteed we'll be hungry after a few hours of shredding. So bring a healthy snack to keep the blood pumping healthy.

Another important unit is "Be Fit". Snowboarding is an awesome sport for working out the leg muscles. The movement of carving helps strengthen the legs, especially when we are doing the heel, toe, heel, toe motion. Another way to help us stay fit is to carry our board up the mountain. I know, the chair lift is way easier, but challenge ourselves to carry our board up to the top. Trust me, when we get to the top we're going to feel golden! We'll be tired of course, but we will appreciate the ride down the hill because we weren't lazy like everyone else, and we had an "extreme exercise."

The last unit is "Make Healthy Choices". Aside from just eating healthy, this unit is about choosing a positive lifestyle. Most Ski resorts are smoke-free, which can really help us stay away from making bad choices. Snowboarding keeps our mind off of doing (or eating) things that aren't so good for us. Instead of sitting on the couch watching the McDonald's commercial, we could be boarding down a hill enjoying the scenery. As a teenager, we are influenced to make bad choices everyday. Would we rather be dying of lung cancer from smoking, or boarding in a competition? The choice is ours, make it healthy.

Didn't I tell you Extreme Winter Sports could be tied into Student Body? It is so cool how we can turn a sport into an example of Student Body...I'm not trying to give an idea for a project or anything... (Wink, wink). Any chapter that decides to do a Student Body project can receive cash awards and recognition at the national level. It's as easy as Eat Right, Be Fit, and Make Healthy Choices.



## State Leadership Meeting

Kassandra Rader, Vice President of Community Service

Hey everyone! It was so awesome seeing all of you at the Fall Leadership Workshops! I hope that everyone had a great year and a good Christmas as well.

As the year comes to an end it comes time for the biggest, best, and most exciting event of the year – our Michigan Idol STATE LEADERSHIP MEETING! This year's State Leadership Meeting will be held at the Valley Plaza Resort in Midland, MI from April 9-11, 2008. The meeting is bound to be so much fun for all, both returning members and new ones as well. We have great guest speakers and fun NEW workshops as well as exciting competitions. Don't forget about karaoke on Wednesday or the dinner and dance on Thursday! The hotel has so much to offer. One of the great things about it is that it is geared towards youth our age! There is a bowling alley, a putt putt golf course, a movie theater, a game arcade and three swimming pools!

Don't miss out on this spectacular event! Come ready for having fun, meeting new friends and experiencing a great time! Your State Executive Council is so excited to see all of you in April at Michigan FCCLA Idol!





## FCCLA In Action

Chelsey Roath, State President

There is no doubt that FCCLA is an unstoppable organization. Whether you are driving down the west coast or walking along the Great Lakes, traces of FCCLA members making a difference can be found. Members are working tirelessly on projects that will change their communities. It is important, as active members of FCCLA, that we explore what other members are doing outside of Michigan. After all, the impact does not stop in our state, it goes nationwide.

After doing a bit of research, I realize that FCCLA members are not only making a difference in their homes and communities, but they are doing so in such a way that is enjoyable for all who are involved. These activities are more than simply collecting cans or donating money; they are out of this world!

A chapter in Illinois has started a peer education program called "Smoke Detectives." Smoke Detectives was created in order to raise awareness on fire prevention and safety. During the training, attendees receive resources that will be useful in their presentations and as they carry out the projects in their schools and communities.

In Nebraska, the state outreach program is entitled "Care, Share and Be Aware." This program focuses on enriching the lives of children with cancer. The state officers are challenging local chapters to collect items to be donated to hospitals around Nebraska that treat children with cancer. Annie Kaup, Vice President of Special Projects, suggested several ideas to raise money and collect toys. One idea for collecting items in the community is to have a toy collection drive. You could set up bins at your school and have students fill them with toys and other items to be donated. Your chapter could also crochet, knit or decorate hats for kids with cancer. For more ideas, you can go to [kidscancerconnection.org](http://kidscancerconnection.org).

It is unbelievable the impact that FCCLA is having on today's society. There is no stopping our members from making a difference. FCCLA is leaving its legacy on Michigan – and our nation as a whole. So, come and join the fun wherever you may be. After all, the impact does not stop in your community, in Michigan, or even in our country. FCCLA members make a difference in our world by being who they are. FCCLA is truly the Ultimate Leadership Experience.

## What's your chapter up to?

We'd love to feature your chapter's activities in future issues of Focus on FCCLA, and on our website at [www.mifccla.org](http://www.mifccla.org).

Send an email describing your project and a photo to [bschmidt@emich.edu](mailto:bschmidt@emich.edu).

## Keep Your TV On Campaign



### Win \$500 from Best Buy!

This just in: we're gearing up for our new national campaign: Keep Your TV On. The new campaign kicked off in January 2008 and runs through May. Your chapter can apply to win \$500 from Best Buy through our campaign! Complete a 30-day project to educate your community about the DTV transition, keep track of your results, and fill out the Keep Your TV On award application for a chance to win a Best Buy gift card.

Award Applications are on National FCCLA's website at [www.fcclainc.org](http://www.fcclainc.org).

### Partner with a Local Broadcaster:

At National Cluster Meeting you heard from a member of the National Association of Broadcasters and had the opportunity to attend a workshop presented by Best Buy and Geek Squad experts on the transition to digital television. Now, you have the opportunity to invite broadcasting professionals to participate at state and chapter events. To schedule a broadcaster from the National Association of Broadcasters, please contact Sonia Kim at (202) 232-6799 or [skim@crosbyvolmer.com](mailto:skim@crosbyvolmer.com).

For more information on how you can get involved in this exciting national campaign, please contact Amy Doane at 703-476-4900.



## Project Resources Project

Joseph Morrow, Vice President of Public Relations

Hey FCCLA-ing Michiganders! Yes, the time is flying by but we still have time to do some projects and hold events in our communities. I am going to inform you that we (Michigan FCCLA State Officers) are in the process of compiling project ideas and events that each chapter is hosting. In order for us to compile project ideas, we need you to send in information on your project from your chapter. It is really easy; all you have to do is send us this information:

- Brief description of the project
- How many people were involved
- How many people were affected by your project
- When events for your project were held
- How you came up with your project idea
- The outcome of your project

Check out the finished project at [www.mifccla.org](http://www.mifccla.org) this summer!

## Run for State Office!

Welcome to 2008! As the year gets going, consider adding your leadership skills the list of resolutions you've got going. Developing and strengthening your leadership skills isn't just something that's good to do, it's a TON of fun. You'll be surprised what you can accomplish when you put your mind to something and work hard to achieve your goals.

Consider running for a State Office! We need leaders like you to lead Michigan FCCLA in the upcoming year. State Officers go through some pretty awesome training opportunities, set the look and feel for the year, plan our conferences, and meet FCCLA members from all over the country.

Step out of your comfort zone and try something new! Serving as a State Officer will help you to prepare for the future - developing incredible leadership, teamwork and communication skills, building relationships with hundreds of people both in and out of Michigan, and having more fun than you thought possible.

Applications are due on March 7, but it's never too early to apply. For more information about the responsibilities, commitments and qualifications, check out the information packet, or send an email to [bschmidt@emich.edu](mailto:bschmidt@emich.edu).



For events (fundraiser, fun activities, etc) your chapter has hosted, please send this information:

- What you did
- Where you held the event
- Why you held the event
- Who participated
- When your event occurred
- What you achieved from this event

The above information that will be compiled into an article for the upcoming FOCUS on FCCLA, and it will also appear on the Michigan FCCLA website. So send us your information and catch yourself in the news. See you all at State Leadership Meeting in Midland, April 9-11.

Send your information to:

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## National Program Opportunities - They're Everywhere!

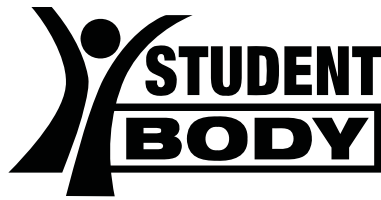
Andrew Schantz, Vice President of Programs

Oftentimes when we watch the news on TV, hear it on the radio, or read it in the newspaper, we are bombarded with negative stories dealing with school shootings, unemployment going up, and how studies are showing how unhealthy Americans are becoming. Without a lot of thought, these occurrences simply stay put in our minds for a few minutes and more than often vanish from thought at the end of the day. However, these stories in the news shouldn't amount to just dinner table discussion, but rather serve as inspiration for us to enact change in the world to make it a better place. Luckily with FCCLA's National Programs, implementing this kind of change couldn't be easier. There are numerous methods and opportunities to take these negative stories in the news and transform them by helping to make the future brighter for ten or even tens of thousands of people.



The shooting that took place on February 14 at Northern Illinois University is eerily reminiscent of Last April, when much of our nation was overcome with grief and shock when a student at Virginia Tech University shot and killed thirty-two people in a single day. It's hard to find the good in such tragic events, but negative happenings such as a school shooting can lead to positive teaching and a raise in awareness in regards to violence in our communities. FCCLA's STOP the Violence Program is the perfect one for your chapter to carry out, especially if violence is a serious issue in your community. If you're looking for a project idea, why not organize an assembly that features community leaders to speak to elementary school students about the negative

effects of bullying and resorting to violence to solve problems. Hopefully with action from chapters like yours in completing this National Program, the rates of school violence and violence in general will take a turn for the better.



Over the past decade especially, America has become much more health-conscious and aware of the growing obesity epidemic that is plaguing so many members of society. With FCCLA's Student Body National Program, your chapter can take steps to reduce unhealthy behaviors in your community and increase healthy eating and exercise. For a project idea, you could start a "Never Say No to Breakfast" campaign at your school by setting up displays in your cafeteria highlighting the many breakfast food possibilities. You could even hold a food tasting, offer cooking lessons, bring in a nutritionist to talk to your school about the importance of breakfast, and end the campaign with a free breakfast party in the cafeteria. The possibilities are endless!



The unemployment rate has gone through the roof in Michigan over the past few years. Although there aren't as many jobs to go around as there have been in the past, part of the reason why people are not getting hired is because they do not possess the suitable expertise to land a good paying job. Luckily with FCCLA's Career Connection program, participating members can gain valuable experience for landing a job,

or even starting a career now, or later on in the future. In your community, you could gather local businesses together to hold a teen job fair, for example. Offer workshops to teens on how to properly go about handling a job interview, or impact a younger group of students by holding an assembly to educate them about making career choices. Preparing youth for jobs early on will ultimately make them better citizens later on in life.

I can't stress enough how important National Programs are to FCCLA and how easy they are to complete. All of the necessary information is available online at [www.fcclainc.org](http://www.fcclainc.org) - click on the "Programs" tab at the top. I strongly encourage you to check that it out.

Furthermore, be sure to complete the Platinum Level of recognition for our State Community Service Project, Rock Your Community, by submitting an application for a National Program. Information about the Community Service Project can be found on [www.mifccla.org](http://www.mifccla.org). Remember our state goal is to have every chapter fill one of those forms out and apply for national recognition. It would be awesome to see chapters from Michigan recognized for national program efforts this year at the National Leadership Meeting. Remember as always, contact me at [aschantz@mifccla.org](mailto:aschantz@mifccla.org) if you have any questions, or want to bounce some ideas around. Remember that the deadline for the applications is MARCH 1st so don't hesitate - complete a national program today!



## Public Speaking

Whether it is presenting in front of an evaluator or giving a speech to your class during your campaign for a chapter office, one thing is for sure: participation in FCCLA can test - and sharpen - your public speaking abilities. One of the best things about being an FCCLA member is that you have the opportunity to express yourself and create a verbal style. Public speaking is very crucial in FCCLA and in life. You could be expressing yourself to a room full of teachers and administrators about how you want to improve Michigan's Family & Consumer Science Education program, or you could be explaining to an evaluator about a project that you carried out in your school for a STAR Event.

Public speaking is not a talent that someone is born with; it is a skill developed over time with practice and experience. Here are five tips that will help you improve your skills.

1. **Content not Context** - When delivering a speech, memorize it for content not its context. In other words, never memorize word for word. The audience does not know what you are going to say, so if you miss a

line, they will never know; but if you have it memorized word for word and you mess up, you are more likely to show you messed up.



2. **Know your Topic Thoroughly** - When speaking to an audience, be prepared to answer questions. The way to prepare is to think of what questions you would ask to stump somebody and then be prepared to address these issues. You also want to be able to know enough about your topic to expand on it if you need to take up more time, but be flexible enough to cut it short if you are running out of time. Basically you just want to be thoroughly prepared for the worst possible scenario.

3. **Eye Contact** - Make sure you make eye contact with your entire audience. If you are speaking to just one person, like an evaluator when you're presenting a STAR Event, do not be intimidated. Look at that person and pretend she is an old friend you are presenting to. With a large audience, do not pick a spot on the back wall to stare at, but let your eyes scan the crowd and show that you are speaking to each person. It helps hold the audience's attention.

4. **Show Emotion** - It is very important to show emotion when speaking. If you are enthusiastic about something, be enthusiastic. If you are speaking about a serious problem, show that it is important to you. The easiest way to show emotion is just to raise and lower the pitch of your voice and use varied facial expressions. If you are interested about your topic and show it, more than likely, your audience will be interested too.

5. **Have Confidence** - Confidence is one of the most important things to have when using your public speaking skills. Even if you are nervous, the easiest way to get over it is to pretend you are not. Let confidence take over and speak with full composure. Always remember that confidence is key.



# Membership Retention

Dhanashree Patel, Vice President of Membership

Retaining members from year to year, or even season to season, can be very difficult. Retaining members is not just getting members to join each year, but actually getting those members to be as active as possible. By keeping members active and having them participate in different events will make your chapter stronger than ever, since people will know how much fun it is to be in FCCLA. There are quite a few ways to keep members active, including keeping everyone informed, giving member's responsibilities, and by showing them recognition for the work they have done.

Make sure you let every member in your chapter know about events that FCCLA is hosting or any type of community involvement that the chapter is doing. As well as letting them know what the event is, it is important to state that the activity is going to be a lot of fun and it is greatly appreciated if members come. By doing this, members will come, have fun getting to know other people, and then tell their friends about FCCLA, who will want to join, which helps recruit members.

There are many ways to make sure everyone is informed about FCCLA events. Regular meetings or class updates are necessary for members to know the information they need, but there are some other ways to keep members informed and reminded. One way is to send e-mails to every member about upcoming FCCLA opportunities. This method allows everyone to have all the information they need, such as the activity's date, time, and location, in one message. Another way

to let everyone know about different events is through a bulletin board or a notice board. Having a bulletin board gives members all the information about every activity in one place. Another way to let all the members know about events

ing. Each member could be part of a committee that they are interested in, and the chapter officer could give each member of the committee some responsibility.



At the end of each year, it is a good idea to have a recognition ceremony, which shows the great efforts that members have put in to make FCCLA even better. You could invite member's families, other teachers in the school, and a representative from any companies that may have sponsored you. Create certificates that show a member's hard work, and give members that have worked very hard a picture of them participating in an FCCLA event.

Using these ideas, members will not only return each year, but also be active members. Members will know about the different events

is handing out monthly calendars, showing the events. By using one or more of these different ways to keep everyone informed, members will be sure to be active season after season.

that FCCLA is hosting, and be more likely to participate. All the members will know they are an important part of the organization by giving them responsibilities, and knowing that they are doing something that will make a difference.

Another way to retain members is by giving them responsibilities. This way, members know that they are a vital part of the chapter. Members can be given responsibilities in a variety of ways, including having chapter officers or a chapter executive council. Make sure each of these officers has a different position with well-defined duties, so that they know they are a unique and integral part of the organization. You can also have these officers lead certain committees, such as membership recruitment, community service, or preparations for the State Leadership Meet-

# Be part of it!

## Winter 2008 FCCLA Crossword

**Across**

- 1. Digital Transition - Win \$500 from:
- 3. Wednesday night activity.
- 5. Raise Your:
- 8. This is key.
- 11. State Leadership Meeting location.
- 12. National Staff Contact.
- 14. NAB Contact.
- 16. State President.
- 17. Career:

**Down**

- 1. Never say no to:
- 2. The Valley Plaza has three:
- 4. VP of Programs.
- 6. Make Healthy:
- 7. Membership:
- 8. Not Context.
- 9. Care, Share and Be Aware Project Sponsor.
- 10. Essential extreme winter sports equipment.
- 13. Nebraska State Officer.
- 14. Public speaking is not a talent, it's a:
- 15. Smoke Detectives State.

