

Focus on FCCLA

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Inside this Issue...

Blast Off!	1
Teen Choice Award Goes to FCCLA	2
Give Me That Milk.....	2
Fit to Fly	3
Blast Off In to Family & Consumer Sciences	3
Meet Your State Executive Council	4
Word Search	4

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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.



...5...4...3...2...1...Blast Off!

Ashley Fraley, State President

This year Michigan FCCLA is challenging us to take our outstanding leadership skills to the next level --Out Of This World! This year's theme, "Out Of This World", will help our leadership skills to blast-off to unknown levels and to experience ultimate leadership. How can we achieve that ultimate leadership?

First, by helping our own families! Family is the purpose of this organization and when we take on an active role in our homes we are better able to help others with our abilities. We begin by completing the "Families First National Program", or the Power of One module, "Family Ties". Think of our homes as Space Camp. We grow and learn there. We use the knowledge and the work ethic we learned to prepare us for travel beyond distances ever sought after before, because of the support of our families.

Having a career is like becoming a space cadet of leadership. It is our career to offer leadership to projects in our homes, communities, our country, and beyond. Once we are successful in our careers, it is important we teach others the leadership skills that we have learned.



Next it is time to take on our communities. We need to make them a better place and FCCLA can really help! With FCCLA, communities will transform into a better place. There is so much we can do to make that happen. This year, the National Outreach project "Dig It" gives us the freedom to raise money for the Children's Miracle Network with a project of our choice. We can use our own imagination and inspiration to take us "Out of This World" to obtain record-setting donations.

After we help our communities, it is time to take our leadership to the next level by getting involved. There is always so much going on in our FCCLA chapter, so get involved! Encourage friends to join your chapter and receive the "Gimme Five" award. Simply increase your membership by five this year! Or, get the chapter together and complete the State Community Service Project, "Fit to Fly", where we work to become more healthy leaders. For more personal leadership skills, complete "Power of One". Those who complete the Power of One program will be recognized at the State Leadership Conference this year. And never forget the opportunity

of running for a chapter, state, or even national office! Let's get our leadership in gear and shoot for the moon!

Families...Check...Careers...Check...Communities...Check...Leaders...Check... All systems are a go! Our leadership skills can take us "Out of This World" with Michigan FCCLA! But the true question is, are we ready for the final frontier? With Michigan FCCLA and the checklist complete, our leadership skills really will go "Out of This World." As Neil Armstrong once said, "This is one small step for man, and one giant leap for mankind." take that small step because who knows, it could end up being the giant leap that mankind needs!



Fall Leadership Conference

November 2, 2009

Causeway Bay Hotel, Lansing

Leadership, Teamwork, FCCLA hints and tips...and a whole lot of fun. Register today for an "Out of this World" Experience!



The Teen's Choice Award goes to...FCCLA!

Jaelinn Soeltner, Vice President of Programs

A high school freshman is introduced to all the teams, clubs, and organizations that he was not offered in middle school. All of these things are new and exciting. Being part of an organization such as FCCLA is always a good choice because it teaches you skills you will use in the future, and help you find out who you are going to be in high school. FCCLA will help you develop public speaking skills, prepare for a job interview, discover new career ideas, learn time management, and also meet new people who may become life-long friends.

From the second you become a part of FCCLA, you will realize just how much public speaking helps you in life. Speaking publicly may frighten you to the point of tears, but FCCLA prepares you for public speaking situations and also teaches you how to be at ease when delivering these speeches. Giving speeches is a part of life; and as you get older, you become more aware of this. Making new friends, being interviewed for a job, and advancing in that job all involve professional communication. FCCLA prepares you for those opportunities.

Now that you have public speaking down, as a typical teenager, you need a job. You may think that the only job you can get right now comes with the phrase, "Do you want fries with that?"

That is not the case if you are involved in FCCLA. FCCLA prepares you for job interviews by teaching right and wrong behaviors during that interview. The club also helps you choose a career and become very knowledgeable about that career.

As a high school student, you have many things on your plate: friends, family, fun, work, and possibly sports or drama. All these can lead to a very stressed-out teenager. But FCCLA helps teach you how to time-manage everything on your plate. Having good time-management skills help you be a more productive teenager. This also keeps the stress level down so that you can enjoy life instead of just living it. FCCLA will help you to decide when it is time to have fun, or when working is the better choice.

At times being a teenager can be fun, and other times not so much. Now is the time when we need to learn who we want to be in the world, what we want to do, who we want to help out, and how to plan everything that will keep us happy all of our days. FCCLA makes these things easier---and yes, fun. FCCLA creates productive teenagers who will make a difference in the world, be it big or small. Don't you want to be one of those teenagers?



Give me that Milk!

Ashley Fraley,
State President

Don't give me no pop, no pop. Don't give me no tea, no tea. Just give me that milk. Moo, moo, moo. I love my milk. Moo, moo, moo. Milk is a four letter word for a super power-house of nutrients. Every body needs 3 servings a day for its full power abilities. Milk actually is made up of nine essential vitamins to make it strong: protein, niacin, vitamin A, vitamin B 12, riboflavin, potassium, phosphorus, and calcium.

Not only does it have those nine super powers, but milk is down right cool. It's being endorsed by everyone from Hannah Montana to the All American Rejects to David Beckham. These people show that milk is not something for your mom to make you drink but actually something that's cool. Most of us don't know-but milk is actually better after a work out than any other drink, including the ways that are told they will replenish electrolytes. It will give you the most out of your workout by taking those nutrients and putting them in so your workout can now work for you.

And if that is not enough to convince you that milk is cool it's not just going pink or brown anymore but it's GOING GREEN! Not mint flavored milk, although that is a possibility, but plastic containers. We all remember (or still experience) standing in the lunch line getting those square paper milk containers...well, pretty soon school milk will be sold in plastic bottles, like we have at the State Leadership Conference. It makes the milk taste better, makes it easier to handle, easier to open, and it is good for the environment!

Don't forget about what milk can give you. It not only strengthens your muscles but can help for good bone health. Every cell that moves through our bodies needs milk. It can actually save you from hypertension, obesity, and diabetes.

What about for those of us who milk just isn't our thing? Well there is always yogurt, cheese, and flavored milk. And don't forget about the little ways we can work it into your diet. Add cheese to some of our favorite foods like burgers or sandwiches. For those of us who are busy, try a tortilla with a bit of cheese and bacon heated up in the microwave and eat it on the go for breakfast. What ever way, shape, or form it is-don't count milk out. You can have yogurt or chocolate, strawberry, or even mint milk!



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!

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Fit to Fly!

Sudeepti Rachakonda,
V.P. of Community Service

Obesity: 34 deaths per hour, 821 per day, 5,769 per week, 25,000 per month. According to the office of the surgeon general, obesity is responsible for approximately 30,000 deaths per year. Don't become one of the statistics!

Smoking: 36,666 deaths per month, 8,461 per week, 1,205 per day, 50 per hour. Smoking takes 440,000 people "Out of This World" years before their time. Don't become one of the statistics!

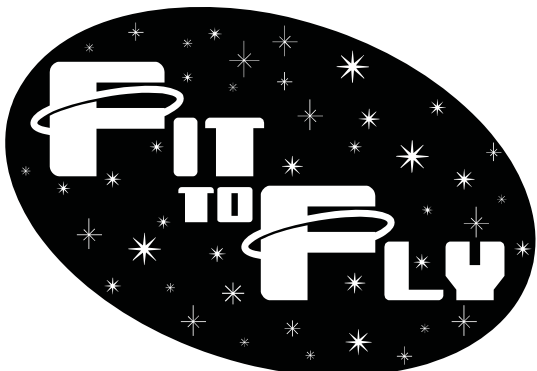
Vices that lead to bad health are the leading causes of death in Michigan and the U.S. This year, Michigan FCCLA has decided to change that. Improve the health of your community and yourself with this year's community service project "Fit to Fly!" – it truly is "Out of this World!"

Now, now, you don't have to jump too far to accomplish this project. Becoming healthier is a lot easier than you think! First, start with yourself. Go to <http://www.mypyramid.gov/> and create your own personalized food pyramid so you can start eating right! Skip that triple chocolate devil's cake one night - substitute it with a fresh bowl of fruit. Don't pop out your stomach with pop, drink some milk. It is all about substitution! Soon you will learn that unhealthy foods are not even that great. Why waste gas? If you have a destination nearby, hop on a bike or walk. This way, you are becoming fit and helping the environment!

Once you have become healthier, tell others what you have done. Write a letter to the editor in your local newspaper promoting your school's ideas to become healthier. Not only is this gaining recognition for your chapter, but it is also inspiring others. Make a radio or video public service announcement about healthy lifestyles. Give it your all and this could also be shown at the Michigan FCCLA State Leadership Conference. But, don't just tell your community what you've done, get them involved too.

"Fit to Fly" is not just about you becoming healthy, it is about helping others too! Create a sin jar in your chapter. Every time you do something that is unhealthy you have to put 25 cents in the jar. In the end, all the money that is collected can be donated to Feed to Children. Create community bonding by having a city-wide contest. Use a pedometer and see who can walk the most steps in one day. Or have a 5K race. The possibilities are endless!

With "Fit to Fly" we can create a healthier world one person at a time. Studies show that only about 33% of adults exercise on a regular basis. With Michigan FCCLA, you can help to raise that number and become one of those statistics.



Blast in to Family & Consumer Sciences!

Leigha Dilday, State Secretary

Family and consumer sciences are at the base of not only FCCLA, but also many organizations in our society. Without family & consumer sciences (FCS), we would not have many careers or ways of living. Family and consumer sciences focus on families and work, as well as interpersonal communications. They teach individuals and families how to make decisions to identify and create alternative solutions to face everyday challenges and take responsibility for their own actions. The field represents many disciplines including consumer science, nutrition, parenting, family economics and resource management, human development, interior design, textiles, apparel design, and other related subjects.



Much like FCCLA's eight purposes, family and consumer sciences education has nine purposes. They are:

1. Strengthen the well-being of individuals and families across the life span
2. Become responsible citizens and leaders for family, community, and work settings
3. Promote optimal nutrition and wellness across the life span
4. Manage resources to meet the material needs of individuals and families
5. Balance personal, home, family, and work lives
6. Use critical and creative thinking skills to address problems in diverse family, community, and work environments
7. Foster successful life management, employment, and career development
8. Function as providers and consumers of goods and services for families

9. Appreciate human worth and accept responsibility for one's actions and success in family and work life

One of the first people to master the economics of running a home was Catherine Beecher. Catherine and her sister, Harriet Beecher Stowe, both were leaders in the mid- 1800s with an interest in domestic science. They came from a very religious family that valued education, especially for women. The Morrill Act of 1862 pushed domestic science even further ahead. As men learned agricultural techniques, women were learning how to run their households. Iowa, Kansas, Nebraska, Illinois, Minnesota and Michigan were early leaders in offering programs for women.

Ellen Swallow Richards, the first woman to attend the Massachusetts Institute of Technology and later became the first female instructor, started the home economics movement. She became an expert in water quality and later focused on scientific methods of domestic situations. In 1893, she designed the Rumford Kitchen, which was a tiny kitchen that served nutritious meals to thousands of fair goers, and offered nutritional facts and education.

As you can see, family and consumer sciences have been around for many years. The skills have been used in organizations, such as FCCLA, and have improved the way we live today. Without Catherine Beecher or Ellen Swallow Richards, we would not be where we are today. So, as you are sitting through an FCCLA conference or even a health class, just remember how hard those women worked to get domestic living where it is today.



We're celebrating 100 years of Family & Consumer Sciences this year! A conference at Lake Placid in New York in 1909 is considered the birth of the Family & Consumer Sciences Profession. Throughout the years, we have grown, expanded and adapted to meet the needs of families and society. We'll continue to grow and adapt as time goes on, but right now, we're celebrating a century of service, and you're a part of it! Congratulations, FCCLA Members!

To read about some of the history of Family & Consumer Sciences, visit www.aafcs.org, and go to the "About Us" page.

Meet Your State Executive Council



Ashley Fraley
State President
Brethren High School
afraley@mifccla.org

Three Random Facts:
“I’m extremely short, I LOVE food, and I hate chocolate...it’s gross!”

Ashley’s Hero:
“Jane Austen is my hero. She really paved the way for women and she’s an outstanding author.”

If Ashley Were a TV Character...
“I would be Rory Gilmore from Gilmore Girls. She’s extremely smart and confident, and she has a great family who supports her.



Andrea Waldo
Vice President of Membership
Brethren High School
awaldo@mifccla.org

Three Random Facts:
“I have a pet tarantula, I can’t stand squeaky pickles, and I have a pet pygmy goat named Goaty.”

Andrea’s Hero:
“My Grandpa is my hero. He really inspires me and helps me with things, like writing speeches and papers. Even though he’s struggling with diabetes, he’s still dedicated to doing the things that bring him happiness.”

If Andrea Were a TV Character...
“I would be Spongebob Squarepants because he is always happy and in a good, cheerful mood.”



Sudeepti Rachakonda
Vice President of Community Service
Saline High School
srachakonda@mifccla.org

Three Random Facts:
“I’m optimistic, I’m well-rounded, and I can change moods in a record amount of time.”

Sudeepti’s Hero:
“My hero is Ghandi because he was able to make a big difference in a very small way.”

If Sudeepti were a TV Character...
“I would be Spongebob, because he’s witty and makes delicious ice cream.”



Jaelinn Soeltner
Vice President of Programs
Pickford High School
jsoeltner@mifccla.org

Three Random Facts:
“I am always happy. I Always smile, and I’m only 4 feet 11 inches tall.”

Jaelinn’s Hero:
“My Mom is my hero. She sticks with me in everything, and she has become my best friend and biggest fan.

If Jaelinn Were a TV Character...
“I would be Annie, from 90210. She lives in a world that is fun and drama filled, and has lots of boys.”



Leigha Dilday
State Secretary
Pickford High School
ldilday@mifccla.org

Three Random Facts:
“I love singing, even though I’m not so great. I like wearing men’s boxers as shorts to bed. And The sound of people chewing drives me crazy (yes, even myself!).”

Leigha’s Hero:
“My hero is Grandpa Dilday. Even though he had a rough start at life living in Tennessee without much money..but he never gave up and kept going until he got everything he wanted out of life.”

If Leigha were a TV Character...
“I’d be Spongebob because he is always happy and looks on the bright side...not to mention it would be really cool to live in a PINEAPPLE.”



Check out some new STAR Events!

Environmental Ambassador
Environmental Ambassador is an individual or team event, recognizes participants who address environmental issues that adversely impact human health and well-being and who actively empower others to get involved. Participants will research one of the five current topics, investigate areas where they can make a difference, develop and carry out a stewardship project for their home, school, or community, and educate others in their school or community about the problems, effects, and solutions regarding the environmental concern.

Fashion Design
Fashion Design is an individual event, recognizes participants who apply fashion design skills learned in Family and Consumer Sciences courses to design and market clothing styles. Participants will develop a clothing label, research the intended audience, and design the label’s first 6-piece collection. Students will exhibit knowledge of all the aspects that surround design, including design basics, fabric choice, and pricing.

Word Search

- Causeway Bay
- Competition
- Consumer
- Dilday
- Ellen Swallow Richards
- Environmental Ambassador
- Exciting
- Family
- Fashion Design
- FCCLA
- Fit to Fly
- Fraley
- Friends
- Healthy Choices
- Lansing
- Leadership
- Milk
- One Hundred Years
- Out of this World
- Public Speaking
- Rachakonda
- Sciences
- Soeltner
- STAR Events
- Teamwork
- Waldo



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