Focus on FCCLA

Shine Bright at the Fall Leadership Conference
Bianca Waters, Vice President of Programs

How would you like to come to the first FCCLA meeting of the year, meet the new State Executive Council, meet other members just like you, and experience workshops that are so amazing that they are out of this world? Then come to the Fall Leadership Conference that will be held in Lansing, MI, at the Lansing Center on November 5, 2018. With this year’s theme being, “Believe in Yourself”, the Fall Leadership Conference is sure to be an outstanding start for this FCCLA year!

If this is your first conference or your last one, we’ll give you opportunities to bring you back to your chapter. We start with the opening session, including a funny skit that your State Officers created, an informative and amusing Focus Training activity, and much more! Don’t forget to bring some extra change as we will be having a Miracle Minute. For one minute, people will come around and collect your spare change to donate to a food pantry. Did you know that there are about 795 million people in the world who do not have enough food to live a healthy life? Imagine what your spare change could mean to them. You have the power to help out someone in need.

Afterward, we will break for lunch. Be sure to talk to as many people as you can from the other chapters there. I challenge you to meet one new person at the Fall Leadership Conference, even if you are a little shy. Sometimes, when you step out of your comfort zone, magical things happen that you never thought could. You never know who you could meet that might turn into a lifelong friend. Also, if you attend the State Leadership Conference on March 20-22, 2019, you will have at least one familiar face you can talk to. Don’t forget that your State Officers would love to talk to you during this time and hear about all the wonderful events going on not only in your chapters, but also in your lives. And maybe you could share some ideas on what we could do or include to improve Michigan FCCLA. One goal that the State Executive Council has this year is to be more connected to our members, and we plan to do so.

The next portion of our day is filled with workshops. Many people host energetic workshops like State Officers, advisers, or maybe even sponsors. They can be about multiple topics, ranging from how you can start the process of running to become a State Officer, how to plan for your future after high school, or even something simple like how to improve your public speaking. Just know, going to a workshop will not be a waste of time, and it can teach skills or lessons that you will have for life.

I am getting so excited just thinking about meeting all of you at the Fall Leadership Conference! Don’t forget, anyone can attend even if you are not going to compete at the State Leadership Conference. I hope that you are getting as excited as I am! Feel free to contact any one of us officers by email. If you want to stay up-to-date with what is happening with Michigan FCCLA, follow us on Twitter-@mifccla, Instagram-@mi_fccla, Facebook-@mifccla, and Snapchat-@mi_fccla!
Believe in the Theme

Michigan FCCLA, I can’t believe we are already starting up the 2018-2019 FCCLA year! As they say, time flies when you’re having fun! Although we don’t want to say goodbye to last year, I promise this year the State Executive Council will be working to make things bigger and better than ever! With a new year upon us, so is a new theme! Our theme this year is also the National FCCLA theme, “Believe in Yourself.” The National Executive Council put tremendous amounts of effort into creating a theme that everyone would love. This theme is for you, the members. It’s time to step out of your comfort zone to be the leader you always desired to be! If you think you can, you will. As stated on the website, the theme allows you to “lead others, develop new skills, explore career opportunities, build strong families, and give back to your communities.” If you believe in yourself, you will be able to change your schools, your community, and FCCLA in ways that you never imagined. The theme is centralized to help encourage members to dig deep, reach out, and believe in your leadership abilities.

Now, I was a little skeptical when this idea was presented to the officer team. I kept thinking to myself, “I wonder what the members will think?” I decided to reach out to other state delegations, and the responses I got were all positive, which I loved! It was encouraging, and it made me even more excited to present this theme to Michigan FCCLA. There are many perks to having the national theme as the state theme this year! One of the biggest perks is that we, the state delegation, will have more resources that we can use for the theme. The national website, fcclainc.org, will give you many ideas and interesting ways to involve the theme throughout the year. Also, we can refer to National FCCLA’s social media for tips on how to use the theme in our schools and communities! Another perk that I absolutely love, is that we will be more involved in FCCLA at the national level. A transition that I always found difficult was the difference of the state theme to the national theme. I felt completely lost when I would refer to the National FCCLA website or attending other national conferences. It was a big change that I had to adapt to, in such a short amount of time, but now we don’t have to worry about that this year! Our state conference will closely resemble the National Leadership Conference!

Personally, I’m much more excited to plan the state conference this year than previous years just because of this reason. This year, the National Leadership Conference will be held in Anaheim, California, so the officer team is going to try their hardest to bring California to Midland this year! We plan to make it so spectacular that you won’t even notice the difference between Michigan weather and California weather! It’s a secret that at the conferences, our skits are creative and involve characters, and that our banquets are decorated to fit the theme. So now you are probably wondering, “how are they going to perform their skits and decorate the banquet?” Well, don’t worry! The officer team decided to put our own little twist to our skits and decorating. Now, I’m sure you’re aching to know what the officers have planned, but you will just have to wait and see at the 2018 Fall Leadership Conference and at the 2019 State Leadership Conference! I hope you use this theme to empower you throughout the FCCLA year. I hope you are as ecstatic to have a theme as exciting as this one for the 2018-2019 Michigan FCCLA year. It’s fun, empowering, and inspirational. If we all believe in ourselves as leaders, we will see the most positive impact in Michigan FCCLA history. I truly believe in you and your abilities. As your state president, I encourage you to dig deep, step out of your comfort zone, become the best leader possible, and “Believe in Yourself.” I would encourage you to remember this quote. It is one of my favorite quotes by Helen Hayes: “The expert in anything was once a beginner.”
Take a glance back at the summer of 2018…What was your favorite thing you did? Was it gathering with friends? Not having to do homework every single night? Or was it just relaxing, on your flamingo floatie, in the lake, wearing your sunscreen? An estimated amount of 8,500 people could say that they had a peachy time in Atlanta, Georgia. Members that attended this “out of this world” conference had the “ultimate leadership experience”. One was taught the true meaning of what it means to be an FCCLA member, as they enhanced their leadership skills. Members had the opportunity to attend sessions and workshops, compete in STAR events, and have an adventure through the city of Atlanta. The skills an FCCLA member gained will stick with them and will improve not just themselves, but our world. Michigan put their mark on this conference by receiving eighteen gold medals, twenty-one silver medals, and two bronze medals. As a member of your State Executive Council, I am very pleased to say that I represent your state. Michigan is one of the smaller states that attended, but made a big impact on this conference. Michigan FCCLA has a reputation of being passionate, dedicated, and ready to have unlimited possibilities at the conference.

As said before, members had the opportunity to attend workshops. The workshops were fun, and educational. Along with the workshops, they had an FCCLA apparel store. If you are anything like me, you made sure to get there for the super good deals. Members had a wide selection of items to choose from, ranging from FCCLA pens and pencils, all the way to FCCLA clothing. The city of Atlanta was filled with FCCLA and, as an advocate for FCCLA, was happy to see the promotion. Also at the conference was an expo. Colleges, business, and other organizations had booths where you could walk up, ask questions, and maybe even get a souvenir! Just like the State Leadership Conferences, they have a gala, which is HUGE! Members from all around the United States were able to create lifelong friendships. Along with the promotion of FCCLA through apparel, one was able to post pictures on social media and use hashtags to share their experience at the National Leadership Conference.

My personal favorite memory from being in Atlanta was going to the Georgia Aquarium. When my Chapter and I got there, we ran to watch the dolphin show. When we got there, most of the seats were full, except in the first two rows (also known as “the soak zone”). Being risk takers looking to create the best memories, we sat in those seats. As promised, the dolphins soaked us, but it was well worth it. As we walked through the aquarium we saw numerous species including the sea dragon, the whale shark, and even a beluga whale! Since the 2018 National Leadership Conference is now done and over with, it’s time to get excited for the new year of FCCLA. Make sure to work extra hard this year so you can participate in the 2019 National Leadership Conference in Anaheim, California! Don’t forget, as they say at Disney, “If you can dream it, you can do it.” These wise words are what you should use for your motivation to get one step closer to achieving your goal.
What is Michigan FCCLA without its members? FCCLA is a student led organization. The student members have created this organization to be what it is today. I want to encourage all members to get a BFF (best FCCLA friend) that isn’t already involved with FCCLA and be their buddy. Tell them all the great things FCCLA has to offer. Take your BFF to the first meeting, introduce them to your adviser, and really strive to get them to attend the Fall Leadership Conference. Having a BFF can help them to believe in themselves. With our theme being “Believe in Yourself”, we want to show all the new members how much we believe in them.

Here are some ways you can recruit new members to join FCCLA. You could put posters in the hallway that promote FCCLA with the date, time, and location of the next meeting and even have your school put it on the announcements. Next, you could have a table at parent teacher conferences and deck-out your table to make the parents want to stop. Draw attention to it; maybe even put a bowl of candy on the front of your table. At the meetings you could offer fun games like a scavenger hunt. Hide things around the room that involve FCCLA and after all the things on the list have been found, you would tell the members what each thing involves and how it would relate to FCCLA. You should make every meeting fun. Make people want to be there.

I encourage the members to make a goal to increase membership within their chapters. Members are very important to Michigan FCCLA; they are the face of our organization. Increasing membership is very important because the more members we have, the more creative minds there are in the organization. Getting your friends to be a part of FCCLA could change their lives just like it has changed mine.

FCCLA has given me the confidence to be a better public speaker. FCCLA has also allowed me to travel all over to many different conferences, whether it was to the National Leadership Conference, the State Leadership Conference, which is held in Midland, or a National Cluster meeting, which is held in a different location every year, FCCLA gives you many skills that are useful in everyday life. FCCLA also gives you a sense of pride.

When you go to the State Leadership Conference, you can compete. There are many different topics and areas of concern for students, and they focus on one project throughout the year. At the awards session you will get awarded a bronze, silver, or gold award for how good your project was, and you really feel a sense of pride walking across the stage. One of my personal goals for Michigan FCCLA is to increase membership by 3% this year. This will give us more recognition on the state and national level. And we need every person to help involve more students that are not already involved with FCCLA. I encourage you to keep track of your membership improvement so you can refer back to it for future references.
Did you know that in addition to competitive events, Michigan FCCLA offers National Programs too? These are fun ways to get involved with big projects at the local level. There are 8 National Programs:

- Career Connection
- FACTS - Families Acting for Community Traffic Safety
- Families First
- Financial Fitness
- Leadership Service in Action
- Power of One
- STOP the Violence - Students Taking on Prevention
- Student Body

I want to tell you about Student Body, my personal favorite of the programs. This National Program is all about creating healthy habits, physically and mentally. The Student Body program prides itself in working towards “The Healthy You, The Fit You, The Real You, and The Resilient You”.

- The Healthy You - Work towards healthy food and lifestyle choices
- The Fit You - Learn to take charge of your health and fitness
- The Real You - Maintain positive mental health
- The Resilient You - Live in ways that build emotional health

Participating in this program is a great way to learn more about yourself and how to care for your body and mind! Many of us may struggle with poor eating habits, may not be at the level of fitness we desire, or lack high self-esteem. These are all areas we can improve on together within our chapters through this program. There are all sorts of great resources available on the Student Body flash drive that can help you and your fellow members start reaching your goals! One way that some chapters have gotten involved in Student Body is through the “Taking Down Tobacco Initiative”, where members advocate about the dangers of tobacco products. Chapters organize events that educate others in hopes to #BeTheFirst tobacco free generation! Your chapter can join the cause too!

Living healthy is not always the easiest thing to do, but it is a challenge I know we all can work towards improving. With Student Body, you do not have to struggle alone. As a chapter, learning how to create healthier habits can be fun and rewarding! Not only can you help yourself, you can help others too, and isn’t that what FCCLA is all about? In the meantime, keep believing in yourself, and I’ll see you all at the Fall Leadership Conference!

For students, one of the best parts of FCCLA is finding and expanding on interests. A great way of doing this is by participating in STAR Events. STAR Events are the part of FCCLA that helps you shoot for the stars and explore new interests and opportunities. STAR events (Students Taking Action with Recognition) are competitive events in which members are recognized for proficiency and achievement in chapter and individual projects, as well as leadership skills and occupational preparation. Participating in STAR events offers cooperative, individual, and competitive skill development. These are skills that will help you in college and in the workplace.

You will get to be a “STAR” and show off your project at the State Leadership Conference, which will be held on March 20-22, 2019, in Midland, Michigan. At the State Conference, you will get the chance to compete against other FCCLA members to qualify for the National Leadership Conference in Anaheim, California, which will be held during the summer of 2019. Not only will you get the chance to compete, there will also be a great keynote speaker, as well as workshops filled with valuable information about FCCLA, and training to help you develop your leadership and communication skills. On the last night of the conference, there will be a banquet where the new State Executive Council is announced. You also get to eat some delicious food, then dance the night away with your fellow FCCLA members.

Not sure what event you want to compete in or what you want to use for a project topic? Make sure you attend the Fall Leadership Conference, on November 5th, in Lansing, Michigan. Here you will get to see excellent examples of STAR Event projects during the workshops. You can also find descriptions of each event on the our website at www.mifccla.org.
Getting to Know Your State Executive Council

Hayley Allen
Durand Area High School
1. My current favorite hobby is journaling
2. I am obsessed with unsweetened ice tea
3. I’ve watched all 9 seasons of "The Office" more than once

Dream job: Campaign / Communications Director
Who helped you believe in yourself? Mrs. Rodrigues

hallen@mifccla.org

Emily Rau
Owosso High School
1. My guilty pleasure is Broadway & Musical Theater
2. My favorite late night snack is cereal
3. I can recite the alphabet backwards

Dream job: Director
Who helped you believe in yourself? My Sister

erau@mifccla.org

Bianca Waters
Romulus High School
1. I love fruit smoothies
2. My favorite snacks are fruit snacks
3. I’ve rode on a camel’s back before

Dream job: Chemical Engineer or a Golfer
Who helped you believe in yourself? My Parents

bwaters@mifccla.org
Getting to Know Your State Executive Council

Sybil Pawloski
Durand Area High School

1. I love the outdoors
2. I love the water
3. I love animals of all kinds

Dream job: Nurse
Who helped you believe in yourself? My Parents and My Adviser

spawloski@mifccla.org

Nicholas Mitchell
Pickford High School

1. I love goats
2. I am a 5 year FCCLA member
3. I am obsessed with 80’s music

Dream Vacation: Study Psychology
Who helped you believe in yourself? My parents and adviser Briana Otten

nmitchell@mifccla.org

Edyn Nettleton
Pickford High School

1. I love dogs
2. I do dance
3. I love 80’s music

Dream job: Human Relations Manager
Who helped you believe in yourself? My Parents

enettleton@mifccla.org