

NYS FCCLA Ultimate E -News

Family, Career and Community Leaders of America

April 2010

Special Points of Interest:

- Learn how FCCLA has impacted the lives of the 2010-11 NYS Officers
- What to do if your school is cutting FACS programs and FCCLA Chapter funds
- Japan, What can we do?



Japan is half a world away, how can I help?

On March 11 at 2:46pm JST a massive 9.0-magnitude earthquake occurred near the northeastern coast of Japan, creating extremely destructive tsunami waves which hit Japan just minutes after the earthquake, and triggering evacuations and warnings across the Pacific Ocean. The earthquake and tsunami have caused extensive and severe damage in Northeastern Japan, leaving thousands of people confirmed dead, injured or missing, and millions more affected by lack of electricity, water and transportation.

Being indifferent to the crisis in Japan is a fatality in its own. Even though Japan is on the other side of the globe, we as NYSFCCLA members CAN help. There are limitless fundraisers! Every penny counts. 2,000 Yen= \$25.

Penny wars- have each class in your school bring in loose change and whatever class wins, gets some kind of prize

Bake sale- maybe try selling something of the Japanese culture

School movie night- Watch movies in Japanese(with English subtitles)

FCCLA even has a Japanese Exchange National Program, giving us another reason to help.

Briana Vennard

NYSFCCLA

Membership/Alumni & Associates

Is your school budget putting the crunch of FCCLA?

Cat's Corner-

In these times of economic troubles, many districts are cutting clubs due to budget cuts. Make sure you stay informed of what your district is planning on doing with their new budgets. The more informed you are about the budget, the more prepared you will be in case your club is losing funding. Districts have been through hard economic times before and FCCLA is still standing strong. Do not let obstacles stand in the way of achieving the ultimate leadership experience.

Challenges:

Life is harder than one expects it to be. You take on responsibilities, but life throws obstacles in your way. I have had many obstacles thrown at me and I've had a really hard time moving past them. There are many pieces of one's life that one should carefully observe the responsibilities taken on because it is impossible to foresee the problems you will face. Each problem and obstacle makes you stronger and one must learn to grow from the experience no matter the difficulty or challenge. Every stage in life is a lesson to be learned, make sure you don't let it slip by.

Cathrine (Cat) Nelson



New York State
Family, Career and
Community Leaders
of America Thank
you for a wonderful

Officers Speak out for FCCLA



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FCCLA has taught me many things in personal growth and leadership development. Joining FCCLA, four years ago, I had no idea what I was getting myself into. After being in the organization for only a little while, I realized that it is definitely a life changing experience. Becoming a state officer was one of the greatest memories I have ever had, as well as all of the activities I have done while being in office. I believe it has made me an overall better person. I have met some of my best friends while being in FCCLA, in addition to being a state officer. In April, I know that I won't be an officer anymore, but I know that the memory of being on the executive council will last a lifetime.

-Molly Winkler

There are not enough words to explain how much being a NYS officer for FCCLA has impacted my life. It has shaped me to be the person I am today. The 2010-2011 executive council started out as strangers not knowing what to expect, but over the past two years we have grown together. I now have a FCCLA family that I will have throughout the rest of my life. I have gained so much knowledge and leadership skills that will help me in any situation now and in my adult life. I have had the experience to witness the impacts that our organization has on people. Those memories will continue to help me grow as a person. Most importantly I have learned that anything is possible as long as you believe in yourself and have a goal in mind. I wouldn't trade the opportunity to proudly be the 2010-2011 NYS FCCLA President for anything, and for that I am truly thankful for the opportunity and for everyone that has helped along the way.

By Caroline Spink

How has FCCLA impacted my life? If I were to be asked that question two years ago, I would have told you that I have not indulged myself enough with FCCLA and it has not had a true influence on me. But, it is 2011 and my life is no longer like every other high school students. I am a leader, a trend-setter, a helper, a multi-tasker, and a country side runner. I have had the opportunity to speak to an entire chapter, district, and state. I have helped plan meetings and judge STAR events. I hope that I have become a positive role model for the middle school members in my chapter and district. I have been able to do community service to help some of the greatest organizations I have ever heard of, and even to help people in my community. I have learned to work on homework and write a speech at the same time, I have gained the skill of mixing work and play, and I have learned to plan for the unexpected while still planning for the best. I never thought I would get out of Western New York but with FCCLA I have had the opportunity to travel to Orlando, Chicago, and I have been across New York State so many times, I could be a tour guide. How has FCCLA impacted my life? I couldn't imagine my life without FCCLA but if I had to, I think I would be less formal in my speech, I would still be nervous about communicating with adults, and my public speaking skills would be less developed. I have made so many friends from across the state and even the country. FCCLA is a great organization to be excited about and I am sure that in every aspect of life the things I have learned will help me. I have two years left in high school and I hope by the end, I could write a 10 page essay about how FCCLA has impacted my life. As a NYFCCLA Officer I have a challenge for you: by your senior year be able to thoroughly answer the question "How has FCCLA impacted you?" in less than five words. I am confident that close to no one can do that.

By Briana Vennard

March is National Nutrition Month! Ever since I was little, I have struggled with my weight, and I have started to make a change this year. I have changed my eating habits, and have been on a strict workout schedule for about two months now. At my worst, I weighed over 250 pounds, and now, I've lost over 20 pounds! Even if it's not as dramatic as being on a workout schedule, you are always able to do something more to benefit your health. Take a walk with a friend, or pet, or you can try eating more fruits and vegetables. Even little things like improving your posture or not eating in front of the TV or computer will benefit you. Stress can also take a toll on your health, and in time, can cause wrinkles, anxiety, and much more. Try to take a five-minute break every time you feel overwhelmed and in just days, you should feel yourself becoming more relaxed. Getting a full eight hours of sleep is key to keeping healthy and happy because your body needs time to recharge. You could also set a goal to eat healthy or exercise, as a part of the Power of One; A Better You Unit. Being a New York State Officer has inspired me to change, even with my hectic lifestyle. So don't forget, there is always time for change, especially when your health is on the line.

By Gabby Marriott *Congratulations Gabby Thanks for inspiring others !*