



Take the ride of your life...



UTAH FCCLA
NEWSLETTER



...on the Leadership Highway.

Issue 4 January, 2012

FCCLA Fun Facts

What is the FCCLA national motto?

What is the FCCLA state motto?

What are the national FCCLA and State website addresses?

Starting the New Year with goals... and plans!

By Savannah Allmon

At the beginning of a New Year we write New Year's resolutions, but sometimes we don't make it very far in completing them. That's because we don't make a plan to finish them.

Everybody has something they want to accomplish. Maybe you want to do a STAR Event, or eat healthier, or exercise more, or spend more time with family, or get up earlier.

One of my goals is to wake up earlier in the morning. If I am going to do that I have to make a plan and follow through with it. Wow... that sounds like the FCCLA planning process.

This year set a goal and make a plan to do something great!



2011-2012 State goals

STAR Events: By Savannah Allmon

Star events are so much fun! There are over 26 that you can choose from! Here are some things to help you choose a S.T.A.R. Event!

- Pick a something that you like to do.
- Pick a group that won't flake out on you.
- Do a new one every year.
- Make an effort to do it early before Area.
- Practice it out loud to a group of people that will give you feedback on what you need to improve on!
- Try a single person S.T.A.R Event, you might just like it!
- Don't say "umm" or "like" a lot.
- Put together something that you would be proud of sharing with people.
- And finally make sure you have fun!!

Chapter Highlights

In this section we will feature different activities that the chapters are doing.

Chapter VP of Public Relations, e-mail Savannah Allmon at savannah.allmon@gmail.com when your chapter does an amazing activity that you want to share.

This month we are featuring Pleasant Grove Jr. High

By Kyle Andrews

I had the opportunity to visit with the Pleasant Grove Junior High FCCLA Chapter on November 15th, 2011. They had a chapter meeting introducing STAR Events, played life-size FCCLA monopoly, and had doughnuts and hot chocolate. How could I refuse this incredible offer to meet dedicated FCCLA members, play a game of monopoly, and enjoy some delicious desserts ;) When I arrived there, I could not have asked for a warmer welcome! Their chapter was excited to learn, eager to participate, and passionate about FCCLA. Pleasant Grove Junior High School has been known to prepare great leaders, both in the community and for FCCLA. PGJH is best known for their professional appearance (red FCCLA blazers and uniforms), warm smiles, and most importantly, their involvement in FCCLA. Make sure to say hello to the members of the Pleasant Grove Junior High FCCLA chapter when you see them all dressed up in their uniforms at the

Utah FCCLA State Leadership Conference, this coming March!



If your chapter has an interesting service project, activity, or are interested in having a state officer come and visit, feel free to email myself (kyle.andrews@hotmail.com) or any other state officers. We would love to come visit or highlight your chapter! Thanks for the invite Pleasant Grove Junior High School, keep up the good work!

Quirky things about the State Officers



First STAR Event I participated in. .

- **Kyle Andrews** —: When I was in seventh grade, I competed in my first STAR Event. I completed a project on nutrition and wellness, and reducing obesity rates for the Applied Technology event. I didn't quite know what to expect, but I was determined, and had a goal to make it to the 2007 National Leadership Conference in Anaheim, California. I was ridiculously nervous, but with my goals insight, I did the very best that I could. The State Leadership Conference soon approached, and my project was at last complete. I gave the competition my all, and ultimately was fortunate enough to accomplish my goal! I was only eleven at the time, but this was a monumental success for me! Six years later and I have competed in five different events (Applied Technology, Interpersonal Communications, Teach & Train, Parliamentary Procedure, and Chapter Service), and I am currently working on my sixth and final STAR event. I have actually had the opportunity to make it to the National Leadership Conference with all five of my STAR events, but have only been able to compete in three of them due to other FCCLA responsibilities. I would highly recommend participating in a STAR event. They have quite honestly made a huge impact on my life, and I owe that all to FCCLA and STAR Events. See you at the State Leadership Conference!
- **Brandi Orr – Focus on Children.** I competed with my two best friends and we had a lot of fun! For our project, we read to daycare kids and performed literacy activities with them. We chose this as our project because we wanted every child to be able to read.
- **Dawson Johnson – Chapter Service Project Manual.** I produced a play to raise money for the Utah Downs Syndrome Foundation.
- **Savannah Allmon – Food Innovations.** I made candy called Delicias -- chocolate, peanut butter, caramel, candy cane and pecans!! Yum
- **McKell Price – "Chapter Showcase Manual" :)**

Answers to fun facts

1. Toward New Horizons
2. On the Leadership highway
- 3a. FCCLAinc.org
- 3b. Utahfccla.org

Have a great time working on your STAR events!!!!

Have fun at your area conference!



Area Member Spotlight

By Katherine Hanzel

Member: Kolby Williams

School: Westlake High

Joined FCCLA: This past year

Favorite Part of FCCLA: Being a chapter officer and helping plan fun chapter activities!

Favorite STAR event: Chapter Showcase Manual

Favorite National Program: Student Body- because I believe being fit is the only way to enjoy life!

Favorite class: Prostart- because I enjoy cooking and learning about the food industry and making friends!



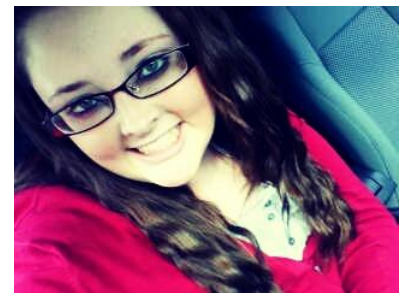
By Brandi Orr

Member: Briley Heap

Tooele Chapter

11th Grade

Briley has been a member of FCCLA for two years. She loves the wonderful people in FCCLA, as well as the fact that FCCLA gets her to do more things. After high school Briley wants to become a nurse, and work with babies. Her favorite food is pasta salad. Briley says that her most embarrassing moment was when she was riding her bike, and ran into a parked car!



Buy your state FCCLA t-shirt today!

Price: \$10.00

Buy one for yourself!

Great for chapter t-shirts!

On sale on the FCCLA state website!

