FLORIDA ASSOCIATION OF FCCLA.

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The Rose Petal

VOLUME I, ISSUE II

WINTER 2009/2010

Are you Ready for Competitive Events?

When it's cold outside in Florida, you know what that means! It means that it is time to gear up your displays, albums, portfolios, and put on your best attire. That's right! It is once again time to get ready for Competitive Events 2010! When it comes time to compete, there are so many different options you can try!

We have many competitions available at the State level, including things ranging from decorative food centerpiece (where students can show off their cutlery skills obtained in their food prep classes to create great works of art with fruits and vegetables) to impromptu speaking (where students can show off their skills of speech by preparing and

defending their viewpoint on a given topic), and so much more! Also new to Proficiency events this year is our new Art Competition. Members, get ready to show off your skills in drawing, painting, and photography at State Conference 2010! This is a pilot run of the event, so we need avid artists to participate! All you need to do is base your artistic vision around what FCCLA is all about. We look forward to seeing what you come up with, and don't forget to contact that State Office for more information!

Members are you really up for a challenge? Then don't forget about all the competitive possibilities available to you through National STAR Events! When it comes to National

competition, the possibilities are endless. If you are inspired to do something, chances are it fits into some kind of STAR Event. There are events ranging from Culinary Arts, to Fashion Design, Early Childhood, Interior Design there are even events dealing with the environment such as Environmental Ambassador. Or put your leadership skills to the test with things like Applied Technology, Teach and Train, Job Interview and more! The possibilities are endless, but no matter what you choose, remember to have do your best, and have fun!



FCCLA Celebrates 65 Years of Leadership

As we start the new year off, we look forward to celebrating 65 years of leadership with the dynamic student organization FCCLA!

Over the years FCCLA has become both a dynamic and effective National student organization that helps young men and women become leaders and address important personal, family, work, and social issues through Family and Consumer Sciences Education. And it truly has made a world of difference.

Today, FCCLA has over 220,000 members from almost 7,000 chapters, from 50 state associations and the District of Columbia, Puerto Rico, and the Virgin Islands.

FCCLA truly has been

able to reach Towards New Horizons while becoming the Ultimate Leadership Experience!

Now, let us take a look at FCCLA from a new perspective. From FHA, to FHA/ HERO and New Homemakers of America to FCCLA,, our organization (no matter what you call it) truly has made history.

(Continued on Page 3)

State Project Update

Dear "Kuddles for Kids" Participants,

The end of January is almost upon us! I hope that 2010 has already shown you signs of a happy and prosperous year. But the end of January doesn't only symbolize a new year, but it also reminds us that March is only a month away! Your "Kuddles for Kids" tally sheets are due to be post-marked by March 1st in order for your school to receive recognition for them at State Conference.

I am so excited about all the tally sheets pouring into my mail box that I encourage you to reach above your goal and keep collecting. Some schools have collected up to 400 Kuddles already! Here is a short list of some of the many places and organizations that you can drop off your Kuddles; Toys for Tots, Florida Baptist Children's Home, Local Police Stations, Local Children's Homes or Foster Centers, even an Elementary School in

your District!

These are just a FEW ideas of what to do with your precious Kuddles, but the possibilities of this project are endless. I encourage you to continue collecting; I never get tired of receiving those tally sheets! If you need a tally sheet, feel free to contact me by email at

brighter days1812@yahoo. com

----Madalyn McCombs State VP of Projects

Members in Action!

Lakewood Ranch High School

members collected over 100 "presents" for elderly citizens during the holidays with their project Shoeboxes for Seniors. The chapter collected shoeboxes, filled them with such items as crossword puzzles, stationary sets, and lotions, and then the members wrapped them while enjoying Christmas goodies. Lakewood Ranch FCCLA then loaded the boxes into a truck and delivered them to the Lakewood Ranch Polo Grill during the "Shoeboxes for Seniors" charity event where they volunteered to help collect boxes as the members of the local community poured in with their support.



Mariana High

School FCCLA and Family and Consumer Sciences classes joined together in a community service project, donating hand-knitted hats to those in need this holiday season!

Pictured (bottom left) are Gavin Hall and Kathryn Lefloor, presenting hats to Covenant Hospice, who distributed the hats to their patients. Students knit over 100 hats which have been distributed to various organizations in their community.

What is YOUR Chapter doing?

We want to Know! Email Kelsea Livsey, VP of Chapter Achievement at klivseyfccla@hotmail.com

—Kelsea Livsey, State VP of Chapter Achievement

Check out what these FCCLA chapters are doing! And remember, we want to hear from you!

FCCLA History (Continued form Page 1)

lune 1945

Future Homemakers of America was founded at a Convention in Chicago, Illinois.

July 1948

The first National Convention was held in Kansas City Missouri.

1966

Future Homemakers of America's membership peaked at 607,175 members.

July 1973

The organization's first male National Officer, Tony Bingham, from Washington D.C., was elected.

December 1977

Rhode Island was the last of the 53 State Associations to affiliate.

July 1980

The National Board of Directors approved the purchase of land on which to build a National Headquarters and leadership center in Reston, Virginia.

July 1981

Monya Frazier from Florence, South Carolina, was elected the first black National President of FHA/HERO.

September 28, 1981

The official ground-breaking ceremony was held at the National Headquarters building site in Reston, Virginia.

July 1983

The National Headquarters and leadership center was dedicated during the 1983 National Leadership Meeting in Washington D.C.

Fall 1983

A series of regional Cluster Meetings began.

Fall 1984

For the first time, a copy of Teen Times, the National Magazine was sent to every member.

July 1999

Voting Delegates voted in favor of the proposed name change to Family, Career, and Community Leaders of America.

September 2003

The members chose the tag line "The Ultimate Leadership Experience", to be used on all National materials.

July 2005

The first Ultimate State Officer Academy (USA) Leadership

Training, Phase I, was held at the National Leadership Meeting in San Diego, California.

September 2005

The first full color Teen Times was sent to all Nationally affiliated

2010

members.

Happy Birthday FCCLA! Congratulations on celebrating 65 years of leadership!

-Chelsea Scourtes, State VP of Public Relations

"From FHA, to FHA/HERO and New **Homemakers** FCCLA, our organization (no matter

it) truly has

made history.

of America to what you call

Winter 1985

The Adviser was introduced for chapter advisers.

July 1986

Thomas Lucas from Milton, West Virginia, was elected FHA/HERO's first male National President.

January 1994

The pilot program for middle level affiliations was approved to begin in September 1995.



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PAGE 4

Updates from Nationals

Hello Florida FCCLA,

National FCCLA is working on many new and exciting things for the National Leadership Conference and for the rest of the year. Check out these cool updates to see if you can participate too!

Scholarship Applications

*Apply for scholarships this year to help out with college fees:

The 2009-2010 scholarship applications are now available on the National FCCLA website. Visit the <u>Scholarship</u> <u>Applications</u> section of the website for more information. All Scholarships must be postmarked by April 1st 2010.

Competitive Events

*Get ready for these three NEW contests because they are as exciting as ever! Don't forget to go online and check them out.

Spring 2010 FCCLA Contests

FCCLA is pleased to announce three new contests for the Spring 2010 semester.

- Capture the Cover—An FCCLA photography contest!
- FCCLA Leaders to Watch
 —Recognizing the most promising students and advisers across the nation!
- O-riginals Recipe Contest

 Get creative in the kitchen with Otis
 Spunkmeyer cookie dough!

Encourage your chapter to participate in one or all three of these fun and exciting opportunities. Check out the Contests section of the FCCLA National website for official contest rules and forms. Contest entries are due April 15th, so start today!

Marketing & Membership

*Market FCCLA through these two opportunities:

ACTE Essay Contest

This year's topic for secondary and postsecondary students is "How is CTE an investment in your future?"

In the essay, students will illustrate how Career and

Technical Education (CTE) has helped them enter or make strides towards a challenging career field or postsecondary education. ACTE will use these essays to inform policymakers, parents and educators about CTE's role in preparing students with the knowledge and skills necessary to be competitive in today's global economy. The contest is open to students taking at least one course in CTE. For complete rules on the contest, please visit ACTE's Cliff Weiss Essay Contest.

FCCLA Billboard Order

Visit <u>http://www.tvaccessrepor</u> <u>ts.com/fcclaorders/</u> for information on ordering an FCCLA billboard.

Programs

*Don't forget to participate in these activities and raise money for Children's Miracle Network!

Act Out Loud Contest

As Part of National Youth Traffic Safety Month (NYTSM), National Organizations for

(Continued on Page 10)

Children's Miracle Network Day at IHOP

Treat your Chapter to free pancakes for a donation to Children's Miracle Network on Feb. 23rd! So come out, and support our National Outreach

Project!



VOLUME I, ISSUE II

Spotlight on National Programs

During this past year, I have been able to utilize the skills I have learned from the National Program Financial Fitness to better my financial knowledge and independence as I grow into an adult. From traveling within Florida to FCCLA district and State meetings, to traveling across the country to National Cluster Meetings, and other leadership conferences takes a lot of money, and being able to organize and regulate your funding becomes a necessity. Before purchasing my flight to Nashville TN, I had to research multiple credit cards and reward programs that would give me the maximum benefit for miles traveled. By doing this I can charge items I can easily pay off to build my credit line. This may help me in the near future if I need to take out a student loan to pay for college.

The better my credit, the lower my interest rates will be. So you may be wondering—how does all of this relate to FCCLA? **Financial Fitness** is a national peer education program that involves youth teaching one another how to make, save, and spend money wisely! The goals of Financial Fitness are to;

- Inform and inspire teens to sharpen their skills in money management, consumerism, and financial planning.
- Create a national network of young people who use teen-to -teen communications to share information.
- Provide teenagers with an opportunity to develop communication and leadership skills by being peer educators.

It is easy to develop a project for national recognition around these five units:

- Banking Basics: Conquer bank accounts, credit, and investments
- Cash Control: Track and plan personal spending
- Making Money: Sharpen onthe-job financial fitness
- Consumer Clout: Become a savvy spender
- Financing your future: Apply financial skills to real life

As you can see, there are many ways to get involved with National Programs, so get out there, and learn something new with FCCLA.

—Mickey Lukens, State VP of Program of Work



At NLC in Nashville this summer, three new STAR Events were added to national's lineup of 22 opportunities for student members to earn recognition for their skills in family and consumer sciences. Now, students will get a chance to explore the world of Fashion Design, work on becoming Environmental Ambassadors, and turn their kitchens into laboratories while developing new Food Innovations.

In addition to the new events, national also made some changes to STAR Event procedures. Now, each state can send two entries in each level of Career Investigation, National Programs in Action and Job Interview. Another big change is that the rule referring to stacking and overlapping has been eliminated.

As you are working on your entries, be sure to read all of the current guidelines very carefully. Make sure you understand the rubric that will be used to evaluate your event. Be prepared with the proper portfolios, manuals and displays as required for each event. Official portfolios and manuals can be purchased online from

FCCLA.

Where should you go if you have questions? First, check with your adviser. If you still have questions, you can go to the Star Events page on the national website and click on the 2009-2010 STAR Event Q&A Guide. You can read about other students' questions and ask your own so that you can get answers directly from nationals.

Now, let's explore some of the possibilities offered by the new STAR Events.

(Continued on Page 6)

"Now, students will get the chance to explore the world of Fashion Design, work on becoming Environmental Ambassadors, and turn their kitchens into laboratories while developing new Food Innovations.

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INANCIA

New STAR Events (Continued from page 5)

ENVIRONMENTAL AMBASSADOR

FASHION DESIGN

Basically this event is for anyone who is interested in environmental issues and the impact that these issues have on human health and wellbeing. Participants in this event must plan and carry out a stewardship project for their home, school or community and educate others regarding their environmental concern. The U.S. Environmental **Protection Agency** collaborated with FCCLA in writing this event and part of the event includes recruiting others to become EPA Climate Ambassadors.



Projects for this event must be based on one of five topics posted on the national website. The possible topics range from reducing your carbon footprint, community/home composting and gardening, climate change and its effect on sunlight and organism populations and air quality. The exact wording of the topics is posted on the national STAR Events page. The event requires the participants to prepare and present a portfolio.

Project Runway contestants move over and make room for FCCLA! This exciting new individual event is open to senior and occupational division members who have taken a course or unit of study in textiles and



design. This event involves the many areas of developing a label and a fashion collection. Participants will present a portfolio which includes a collection of six original designs. The portfolio will also include an explanation of the target audience, fabric profiles, retailer choices, pricing, etc. In addition to the portfolio, the participant must create a flat pattern for one of the designs and construct a prototype garment out of the intended production materials. This garment will be presented to the evaluators along with the portfolio and will be displayed throughout the presentation on a manneguin or dress form.

Sound challenging? Tim Gunn would be proud.

FOOD INNOVATIONS

This is an individual or team event designed to focus on the basic concepts of food product development. In order to complete this event, the participants will create an original prototype formula, test the product through focus groups and develop a marketing strategy. Products developed for this event must follow the scenarios listed on the national website on the STAR Event page.

The presentation of this event will involve the participants in creating a display which shows all aspects of the production process including a photo storyboard, prototype formula, testing information, equipment and sanitation procedures, nutritional information, and actual and suggested pricing. The participants will also develop and show a rendering or model of the product packaging to be used in the manufacture of the food product. The package should be effective in containing, shipping, and storing the product.



What My Family Means to Me

My family has seven people in it, and that makes them a huge part of my life every single one of them. People say that family is the most important thing, but what is it that really makes a family besides the people in it? What is important to me is the relationships that I can keep with not only my siblings, but with my parents as well. Another thinthat is important are the things we do together, such as eating dinner as a family, or making it a priority to spend time together. And it is not only the relationships, or spending time together, but it is what your family does to make sure they become closer in order to stay close too. That is why my family is the most important thing to me.

The relationships that I keep with my family are very special to me. Each member of my family has a very special place in my heart. I have four little brothers and each one has a nickname, for example; my second youngest brother, Jacob, I call him Geek-bob. Why does this mean so much to me though? Every time I see him, I remember that I have a special bond with him that nobody else has, and I absolutely love that. Their nicknames are more than just names though, they are memories of all the good times we have had, and all of the good times we are going to have in the future. This is all

very important to me because to me, my family means the world, and this seems so crucial for them being in my life.

I also do a lot of things with my family such as eat dinner, have sleepovers, game nights, or just "gathering around the family fire". We eat dinner together every night, and play a game at the table called Highs and Lows. We play this game to know the 'highs and lows' of everyone's day. Over 30% of American families don't eat together, and I think that should change because it really is a good way to unwind and talk about your day with the people that love you the most. My brothers and I, whenever we are home, have sleepovers and stay up late, eat tons of food, and have a blast! It really means a lot to me that even though my brothers are getting older, that they still want to hang out with their big 'sis'. We also have game nights, which are especially fun when my grandparents, aunts, uncles, and even cousins join in! We don't have family game nights just to play games, it's about spending time together. Even if you are just lounging around with them, it may not seem like it sometimes, but you are still spending time with them. Remember, when you have little siblings or parents that want to play with you, it means the world to them when you finally do.

Rules are also part of a family, and parents use them to help their kids decide between right and wrong. Some rules that we have in our family is to always be honest, and that it is not good to lie. Another one would be if something goes wrong, tell someone in the family. Most kids think that parents put these rules up to put boundaries around you. Well, they don't, they use rules to protect you and to make you be the best person that you can be. I know rules don't always seem fair, but you will thank them later. My parents do a very good job making sure that rules are enforced. Rules stink most of the time but listening to them will benefit you in the long run. Rules help keep our family together.

What does family mean to me? A group of people who can be related that love and care for each other. Family stands by you when things get hard, so it is important to keep those relationships strong. Spending time with your family will keep them close, and that means the world to me. Your family doesn't just have to be the people you are related to either. Let your family expand to all the people that care about you. Let them be a special part of you too.

—Abby May Blake High School, District VI

Tips for Historians: How to Make a Scrapbook Look Great

Hey Y'all!

Having trouble getting started on your scrapbook? Here are a few suggestions!

Select a theme

For example; pick a color scheme for your scrapbook based on the attitude of your piece! Or, you can pick an activity your chapter is up to and have your scrapbook relate to it.

Get Organized!

Organization is extremely important for all your scrapbooking endeavors! Start by having a clean table to work at, with all of your pictures printed out and materials together so that when you start your project, everything is at your fingertips!

Cut Down on Mess

When you are scrapbooking, it can become very messy and you could loose something that you need for your scrapbook. Tape a grocery bag to the table before you start cutting so that unusable scraps don't get mixed up with the rest of your important pieces.

Save Money

Scrapbooking can get expensive, so cut down on the cost by shopping around and cutting coupons. Craft stores have weekly discounts in circulators for many different useful items.

-Erin McCarthy

State Historian

Hello everyone, I'm Jessica Roberts your VP of Junior Relations here with your Junior Corner! There is a really cool contest being held specifically for middle schools to enter! Healthy Kids Challenge is announcing the 8th annual middle school recipe contest. It is called Stirring up Health. The contest is for anyone currently enrolled in the 7th or 8th grade. This recipe

Contest gives a fun way for 7th and 8th grade students to relate to food, health, and basic cooking skills. Contest categories include snack, makeahead breakfast, and meal side dish. There are even educational opportunity classroom ideas for teachers. For more information, visit www.healthykidschallen

—Jessica Roberts, State VP of Junior Relations

All About Alumni

Hello Florida!

This is Rashawn McCloud, your State VP of Careers and Alumni , and I am here to give you some updates on how to become an Alumni member if you didn't know them already. So now, to make things even easier, you can become an Alumni member on the computer. It is easy as going on the FCCLA website and typing in your information, it is that simple! If you want to stay involved and active after graduating, or if you are a long time FHA , FHA/HERO, or NHA member waiting to give back, all you have to do is list your information. We encourage many seniors to join because we would like to keep as many people staying involved in our organization as possible, and one day, we hope to build an Alumni Association.

And don't forget about

our State Fair exhibit, opening at the State Fair on Thursday, February 4th. People come to the State Fair from all over the State, and all over the world! There will be guest books available for people to sign with their information.

If you have any questions, feel free to email me at Janise I 1 13@aol.com

-Rashawn McCloud State VP of Careers and Alumni "And don't forget about our State Fair exhibit, opening at the State Fair on Thursday, February 4th."

FCCLA Energizers!

In-Right / Out-Right

Here are the Motions! Motion points in, out, up, and down Clap hands 3 times as you sing, "Happy all the time!"

Tempo begins very slow and increases after each verse.

Final verse will be very fast!

Are you ready? GO!

I'm in-right, out-right, Up-right, down-right, Happy all the time. I'm in-right, out-right, Up-right, down-right, Happy all the time. Since FCCLA came in, And gave us all a grin, I'm in-right, out-right, Up-right, down-right, HAPPY ALL THE TIME!

Arrangement by Miss Rachel Lynn, 1987 KY State FHA/HERO Officer Mrs. Carolyn Owsley, FHA/HERO Advisor KY/FL

----Maggie Matella State VP of Recreation

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"National Organizations for Youth Safety (NOYS) and The Allstate Foundation are challenging FCCLA chapters and schools across the country to take part in Act Out Loud"

NEC Updates (Continued from Page 4)

Youth Safety (NOYS) and The Allstate Foundation are Challenging FCCLA chapters and schools across the country to take part in "Act Out Loud". You can participate in the 2010 Act Out Loud contest, by creating and Act Out Loud team at your school and a great traffic safety project. In turn, FCCLA members will have the chance to compete for awards and cash prizes sponsored by The Allstate Foundation! Get involved now and work together to make NOYS during the upcoming National Youth Traffic Safety Month,

May 2010! For more information visit, www.actoutloud.org.

IHOP National Pancake Day February 23rd, 2010

Also known as fat Tuesday on Mardi Gras, National pancake Day dates back several centuries to when the English prepped for fasting during Lent. Because the eating of dairy products was prohibited, pancakes where made to use up their supply of milk, eggs, butter, and other dairy products. Since beginning its National Pancake Day celebration in 2006, IHOP has raised nearly \$4 million to support charities in the community. With your help, we hope to raise \$5 million in five years for Children's Miracle Network. For more information, visit www.ihoppancakeday.com

If your chapter participates, please send all photos to Jessica Hagood, National VP of Community Service at <u>ihagood@fcclainc.org</u>.

Want some MORE ways to get involved?

*Go above and beyond in these projects or even act as one of the National staff Members in a summer-long internship at National Headquarters.

Stirring up Health Recipe Contest

Healthy Kids Challenge announces the 8th annual middle school recipe contest, Stirring up Health. Contest categories include snack, make -ahead breakfast, and meal side dish. For more information, visit

www.healthykidschallenge.com

2010 FCCLA Summer Internship Program

FCCLA is seeking applications for three summer internships at National Headquarters in Reston, VA. Strong FCCLA alumni are encouraged to apply for one or more of the positions. More information is available on the Careers/ Internships page of the FCCLA National website. Applications will be accepted until February 15th.

Stay Informed!

gessice J. Hagood

---National VP of Community Service

FCCLA Week this year is Feb. 7th-I 3th, and the theme is "Grasp Greatness". This is a time to focus on promoting the benefits of our extraordinary organization and show how much FCCLA gives back to the community. Some ideas on how to make your chapter's FCCLA Week a success are to make sure everyone gets involved and have fun! Some activities that could be used during this week for you to "Grasp Greatness" are to create a bulletin board or trophy case display

achievements of your chapter, or to have chapter members write letters to the editor of local papers explaining why Family and Consumer Sciences education and FCCLA are vital elements of a student's preparation for life. But whatever you choose, if you have fun doing it, while you get the word out about FCCLA, you can surely "Grasp Greatness"!

highlighting the activities and

—Chelsea Musgrove

State Secretary



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FCCLA Brain Buster!

Durant High School FCCLA!

AND

Monique Hercules of Tampa Bay Tech High School!

YOU Answered last issue's question correctly!

Last issue's question was: Who was the first Male National President of FHA (Now FCCLA!) and when was he elected?

Answer: Thomas Lucas (from Milton, West Virginia)

in July of 1986

COOL FACT!

The National meeting in Orlando FL at which Thomas Lucas was elected was historic for some other reasons as well!

Two New National Programs were added:

Power of One (for individual action and recognition, and a national action and recognition.)

And the Second was Community Service, both of which were introduced at that same National Meeting in 1986!

What is the official FCCLA flower, and what does it Symbolize?

This Issue's Question is.....



If you know the answer to this issue's Brain Buster, please contact Chelsea Scourtes, VP of Public Relations by phone at (813)-997-6989 or by email at <u>chelseafccla@yahoo.com</u>. If you are right, you and your chapter could get a shout out in the next issue of the Rose Petal!

If you have any suggestions for future Brain Busters, feel free to give me a call!



is in the air...

The Rose Petal Corros

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THE ROSE PETAL

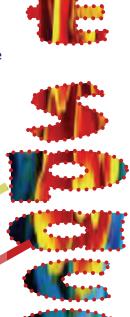
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You have waited and waited, and now it is finally HERE! Gather 'round the fire in the next issue of the Rose Petal to see what State 2010 has in store for you! You heard what Abby May from Blake HS District 6 had to say about family, now it is your turn to see your writing featured in the Spring Rose Petal!

The prompt for the spring issue is all about Careers! How has FCCLA helped you in preparing for the career of your dreams? Your essay must be between 400-500 words, and must be submitted by email to Chelsea Scourtes, State VP of Public Relations by Feb. 19th at chelseafccla@yahoo.com I can't wait to hear from you!





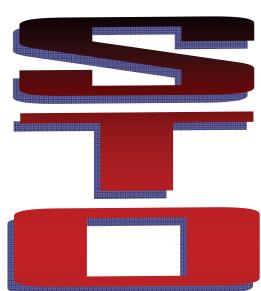


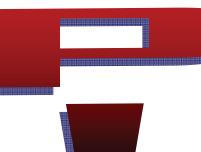
Florida Association of FCCLA.

Florida FCCLA P.O. Box 1806 Bushnell, FL 33513

> Phone: 352-793-8234 Email: flfccla@yahoo.com

The Ultimate Leadership Experience





So How are we doing? Did you enjoy the Rose Petal? We would love to hear from you! Remember that FCCLA is a student led organization; YOUR organization! If you have any comments, concerns, or headlines for the Spring Rose Petal, please contact me, your State VP of Public Relations Chelsea Scourtes at (813)-997-6989 or send me an email at <u>chelseafccla@yahoo.com</u>! If you would like to be placed on our electronic mailing list for future Rose Petals, please give me a call. I am standing by to talk to you because the Rose Petal is a newsletter written by the students FOR the students!

---Chelsea Scourtes State VP of Public Relations



Did you know that the Rose Petal wants to hear about what YOUR chapter is doing right now? Well we do! By simply sending an email to Kelsea Livsey, State VP of Chapter Achievement at (<u>klivseyfccla@hotmail.com</u>) or Chelsea Scourtes, State VP of Public Relations at (<u>chelseafccla@yahoo.com</u>), your chapter could be featured in the next edition of the Rose Petal! All it

takes is a brief description of what your chapter has been up to, and we will take care of the rest!

If you have any ideas, or if you have something that you would like to have featured as an article in the Rose Petal, feel free to contact us!

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