




February 2, 2011

The *E-Adviser* is the official online newsletter for national FCCLA.
Bringing current FCCLA updates to all chapter and state advisers registered for the Chapter Adviser List serv.

"The pessimist complains about the wind. The optimist expects it to change. The leader adjusts the sails." 

- John Maxwell

Submitted by Nicole Perez, 2010-2011 National Executive Council Adviser

From the Executive Office

2010 Dietary Guidelines for Americans

On Monday, January 31, 2011, the U.S. Department of Agriculture and the Department of Health and Human Services released the *2010 Dietary Guidelines for Americans* that would provide Americans with evidence-based nutritional guidance to promote health, reduce the risk of chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity.

Of particular interest to FACS teachers is the heading in Chapter 6 of the guidelines – Helping Americans Make Healthy Choices – and the subsection "Call to Action" that includes three guiding principles:

1. Access to nutritious foods and opportunities for physical activity.
2. Facilitate individual behavior change through environmental strategies; and
3. Set the stage for lifelong healthy eating, physical activity, and weight management behaviors.

The complete guidelines are available at <http://www.cnpp.usda.gov/DGAs2010-PolicyDocument.htm>.

Michael L. Benjamin, M.P.H., CAE
Executive Director

Promoting FACS Education

As we promote CTE month and FCCLA week, the information from Helen Fuqua of the National Association of State Administrators of Family and Consumer Sciences (NASAFACS) and Virginia is very timely.

"From this perspective, providing a mandatory food preparation curriculum to students throughout the country may be among the best investments society could make." (Lichtenstein and Ludwig, JAMA, May 12, 2010)

"The quotation from Lichtenstein and Ludwig is one that FACS professionals should be using to promote FACS education. We have read and discussed the article previously on the listserv. The copy of the [article](#) is available for your use to promote the need for nutrition education provided by trained FACS teachers. Also available is the [organization chart](#) for the National Institute of Food and Agriculture (NIFA). Please reference Attachment E. Note the Vacancies in the Institute of Food Safety and Nutrition that could be filled by qualified FACS professionals."

Awards and Recognition

Scholarship Applications

The 2010-2011 scholarship applications are now available on the national FCCLA website. Visit the [Scholarship Applications](#) section of the website for more information. All scholarships must be postmarked by April 1, 2011.

Competitive Events

Call for STAR Events Volunteers!

FCCLA offers 28 STAR Events at the National Leadership Conference, all of which need Leads and Assistant Leads to manage those events onsite. The success of the events is due to the volunteers at the conference. If you are interested in becoming a Lead or an Assistant Lead for a particular event, please email Wendy Ambrose, wendy.ambrose@state.mn.us. Volunteering is a great way to learn the events that interest you and to discover new project ideas for your classroom.

Marketing & Membership

Adviser Academy Applications – Due May 1

The [2011-2012 application](#) for Adviser Academy is now online! Applicants will be accepted into the program on a rolling basis and early applications are appreciated. FCCLA is proud to announce its partnership with Northwest Missouri State University offering advisers in this program up to 16 post-baccalaureate credit hours for their work and completion of Adviser Academy. For more information about the program, please visit the Adviser Academy page of the national website or email Amy Doane at adoane@fclclainc.org.

FREE FCCLA Adviser Webinar

Free to all FCCLA chapter advisers, FCCLA offers the third of its Adviser Essentials Webinar Series on fundraising. Participants will learn more about Perkins funding and how to become part of the local Perkins plan. During this one hour session advisers will see examples of a chapter budget and have an opportunity to share and take away new fundraising ideas. The webinar will be held Wednesday, February 16 at 3:00 p.m. EST and will be recorded for those unable to attend the live session. [Register](#) today!

Membership Cards

Affiliated chapter can access membership cards through their online affiliation account. Once signed in to the online affiliation, click Resources and the 2010-2011 Membership cards are available to download.

Meetings

Call for Youth Workshop Presenters

Does your chapter have an exciting idea for a Youth Workshop? Consider presenting a workshop at the 2011 National Leadership Conference in Anaheim, California. Visit the [National Leadership Conference](#) section of the national website to complete a workshop proposal form by **March 15, 2011**. Please email Bethany S. Kohut at bkohut@fclclainc.org with questions.

Programs & Youth Training

2011 Leadership Training Team Application

Do you know any exceptional FCCLA alumni who are interested in staying involved in the organization? The Leadership Training Team is a new group of FCCLA alumni consultants who plan and conduct student leadership development for the national organization. FCCLA invites individuals interested in this opportunity to complete the 2011 LTT Application and submit all required materials by February 15. Information on the Leadership Training Team and the application process is available on the [Leadership Development](#) page in the Youth Leaders section of the FCCLA national website.

Lesson Plans and Activities

Share your FCCLA lesson plans and activities with other advisers, and find lessons to use in your classroom. Use the provided template to email FCCLA integrated lessons to bkohut@fclclainc.org (please include attachments). The Lesson Plans and Activities page also includes Power of One and Dynamic Leadership content, previously found on the national program CD.

National Officer Candidate Information

Do you have a student interested in running for a national office? The *2011 National Elections Step-by-Step Guide*, 2011 National Officer Candidate Application, 2011 Intent to Run Form, and *2011-2012 National Executive Council/Adviser Handbook* are now available for advisers and members who would like to learn more about national officer opportunities. Check out the [National Elections Information](#) page in the Youth Leaders section of the FCCLA national website to learn more about this opportunity.

Miscellaneous

2011 FCCLA Summer Internship Program

FCCLA is seeking applications for four summer internships at national headquarters in Reston, VA. Strong FCCLA alumni are encouraged to apply for one or more of the positions. Information on the internship program and the application process is available on the [Careers/Internships](#) page of the FCCLA national website. Applications will be accepted until February 15.

Grants

Visit the [Other Awards/Grants](#) section of the website for an updated list of youth grants that your chapter may be eligible to apply for.

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