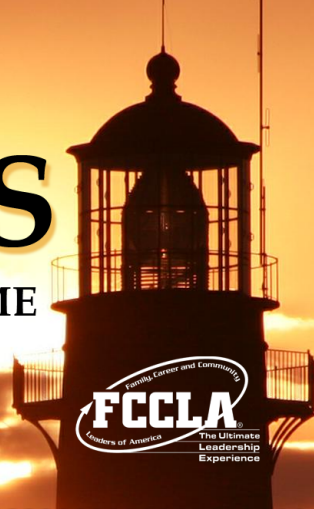


NEW DIRECTIONS

CONNECTING NEW JERSEY - ONE CHAPTER AT A TIME



July 2010

Dear NJ FCCLA Members and Advisers:

"Be The Change" are Gandhi's words that are consistently inspiring people to take on new challenges and do the right thing. Recently, I became New Jersey FCCLA State President, challenging myself to do all I can for this organization. As State President I hope to motivate New Jersey and "Be the Change".

Congratulations to everyone who competed at the State Leadership Conference! At the SLC members had the chance to show how dedicated and involved they are in our organization, and the outcome was truly impressive. Some of our members traveled into Camden where they were able to participate in a Feed the Children food distribution. I'm sure that everyone that attended the 2010 State Leadership Conference did something that really had an impact whether it was in a competitive event, workshop, service project or speaker.

Though the school year has ended there is still much that can be done. Continue saving your pop tabs for the Ronald McDonald House; every piece helps and when FCCLA comes together we can make a big difference. Start thinking of ideas and plan to help the Children's Miracle Network, our National Outreach Project.

As we say goodbye to the senior members that will be moving on to college, the world of work or the Armed Forces, we wish you much success and happiness. I hope you will all remain active FCCLA members by joining New Jersey Alumni & Associates. Some of those that are graduating have been the most active members in our chapters for years and now we must fill their awesome "shoes." You wonder how you can make a difference. It's time to run for a chapter office, join a committee or accept the committee chair for some sort of service or fundraising event.

I enjoyed working with you many of you at the 2010 National Leadership Conference where we will celebrated 65 Years of Leadership. Together, we can make 2010-2011 an amazing FCCLA school year.

Brian Garsh, NJ FCCLA State President



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MEET THE 2010-2011 STATE OFFICER TEAM!

With the close of the 2010 State Leadership Conference, a new slate of State Officers was elected and appointed to the 2010-2011 State Executive Council. Eleven members from various schools across the state are anxious and excited to represent New Jersey FCCLA as leaders and dedicated members of this prestigious organization. I would like to congratulate the following people for taking up a leadership role in the state association as well as announce the position he/she holds on the Executive Council:

Brian Garsh, State President
Kamaria Guity, Vice President of Membership
Katelyn Palombo, VP of National Programs
Casey Dougan, VP of Community Service
Joshua Kerian, VP of Communication
Courtney Miller, VP of Finance
Alexandra Farbanish, VP of Leadership
Sarah Cunningham, VP of Public Relations
Habeebah Salaam, VP of Parliamentary Law
Victoria Spagnuolo, State Committee Chair
Daniel Brooks, National First Vice President

On behalf of the State Executive Council, I would like to say that we are proud to serve you for the upcoming year. We hope to make your experience in FCCLA as enjoyable and memorable as possible, and we look forward to working together as a State Officer team.

By Brian Garsh, *State President*

GO GREEN!

By Casey Dougan,
VP of Community Service



COMMUNITY CORNER

The 2010 State Leadership Conference was a huge success as New Jersey FCCLA was able to provide over four hundred Camden residents with food and necessities during the Feed the Children Food Drop. For the third year in a row, NJ FCCLA raised over \$5,000 and with the help of the Feed the Children organization we were able to distribute essential items to the residents of Camden! This year, 40 FCCLA members traveled to Camden to help distribute the items and interact with the residents. It was a huge success due to the support and commitment of each chapter. Congratulations to J.P. Stevens and GCIT for contributing the largest donations!



NJ FCCLA also collected 88 pounds of pull tabs to support the Ronald McDonald House. Providing "a home away from home" for families of patients at local hospitals, the Ronald McDonald House recycles these aluminum tabs to offset costs involved in providing lodging, food, and basic needs to these families who travel to receive special treatment at local hospitals. Continue to collect these pull tabs all year long as we continue to "Be the Change" in the lives of many!



Finally, NJ FCCLA members were able to get involved in interactive workshops concerning Children's Miracle Network, our 2010-2011 National Outreach Project! Thank you for all your community service efforts and continue working towards your fundraising goals for CMN for the upcoming year!



By Casey Dougan, *VP of Community Service*

Are you looking for a way to have fun and help the environment? "Go Green" for the earth by growing your own garden! Gardening is a fun hobby to take up this spring or summer and can help you lead a healthier life for you and for the environment! Starting your own garden is a fairly simple process. First, you need to find a sunny area to place your garden. You can use planters on a porch or deck or find a small area in your yard. Once you've decided on a spot that will get plenty of sun, you need to prepare the soil. Store bought soil enriched with nutrients is the best option for first time gardeners because it will take out a lot of the extra work to provide your plants with the minerals needed to grow! Spread the soil over the area or in the pot in which you want to grow your garden. Next, you will need to pick out the flowers or vegetables you want to grow. Plant the seeds or bulbs of the flowers in the soil and give them a good watering. Make sure not to put too many in one area, or they will not be able to grow! Now you're ready to watch your garden bloom! Remember to water your garden regularly and protect it from animals! By creating and maintaining this garden, you can "Go Green!" and do your part to help the environment!



SUCCESS AT THE 2010 NJ STATE LEADERSHIP CONFERENCE

The 63rd Annual New Jersey State Leadership Conference was held from March 18-19 at the Crowne Plaza in Cherry Hill was once again a huge success. The conference was kicked off with keynote speaker, Mike Donahue of R-5 Productions. Mike's presentation helped us to realize what it is like to walk in someone else's shoes. Before judging someone it is important to think about what they have gone through. During the day, many members traveled to Camden for the Feed the Children distribution. The people in Camden were truly thankful for New Jersey FCCLA's generous donations and on-going support. As members were participating in various STAR and state events, many workshops were taking place. Workshops such as "Say Cheese!" taught members how to make fresh mozzarella cheese from scratch and "Is your iPod Stuck on Replay" which taught the attendees how to develop clever ideas to promote their chapter. After a busy day, members were able to end their night with "Club FCCLA." Dancing, a movie, karaoke, a game night, and even a fun LifeSmart Competition took place. Albert Mensah presented the next morning at general session with his presentation, "Who are the champions?" Albert's message taught all of us that if we work hard, we will become successful. One of my personal favorite quotes by Albert Mensah is "You can PAY now and PLAY later or PLAY now and PAY later." The fashion show was once again an achievement where members were given the opportunity to show off their talents. At the closing banquet, members were awarded medals for their achievement in competitive events. Many Participants earned Gold, Silver, and Bronze Medals and some members even received perfect scores. The 63rd Annual New Jersey State Leadership Conference was a great experience for all who attended.

By Josh Kerian, *VP of Communication*



CLOSE UP ON AWARD WINNERS

During this year's State Leadership Conference, many outstanding supporters of New Jersey FCCLA were awarded at the Recognition Ceremony. These appreciated advocates of FCCLA have shown dedication and commitment to this wonderful organization, and I am sure that they will continue their increasing involvement with New Jersey FCCLA. Congratulations to everyone who was recognized for their contributions! New Jersey FCCLA appreciates your hard work!

Karen Opyoke Adviser of the Year

Ms. Kathy Ware

Chapter Adviser, Shawnee High School

Rookie of the Year

Ms. Nicole Perez

Chapter Adviser, John P. Stevens High School

The Enthusiast

Ms. Camille Blair

Chapter Adviser, Freehold High School

Spirit of Advising

Ms. Nancy DiLauro

Chapter Adviser, Ocean Township High School

Alumni Achievement Award

Ms. Lauren Soltesz, DPT

Alumni and Associate

Administrator of the Year

Mr. John DiMuzio

Former Acting Superintendent of Schools,
Edison Township Public Schools

By Brian Garsh, *State President*



ASK EDNA

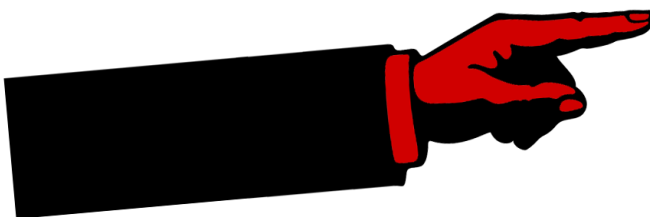
FCCLA members ask our founder, Edna P. Amidon, their most challenging FCCLA questions.

Dear Edna, I have some friends that are interested in joining FCCLA. How can I get them involved during the summer months so that they will become active members in September?

Well, that certainly is a great question. Lots of people, members included, think that if they aren't attending the National Leadership Conference then there isn't much for them to do. Get your chapter excited to plan events for the coming school year. Think of things that a group of you can do to help your community, such as a food drive. Food banks become dangerously low during the summer months. Encourage one of the new members to chair this committee. Have a pool party to get these plans "ready to roll" and ask each member to donate non-perishable food products. Or, hold a car wash and the payment can be money or food donations. Bring these items to your local food bank! Making them feel a part of the summer fun will help get them to meetings in the fall. What are you waiting for? Get your new members to "Be Part of It" today!

-Edna

CONGRATULATIONS TO MEDAL WINNERS!



FCCLA To Be Continued... **...at National Cluster Meetings!**

The 2010 National Cluster Meetings are coming up. Two meetings are going to be held during November 5-7 in Albuquerque, New Mexico and St. Louis, Missouri. Another meeting will be held November 19-21 in Charlotte, North Carolina. Attending these meetings will help members understand FCCLA and our programs.

The National Cluster Meetings are not only a great way to get to know members in your state and meet members nationwide, but you will also learn more about FCCLA. At Cluster Meeting, there are going to be great motivational speakers, workshops, and tours of the city where the meetings are being held. The motivational speakers and workshops are always enjoyable. By listening to the speaker and attending workshops, you gain valuable information, which you can bring back to your school. Touring the location of the National Cluster Meeting you attend is educational and fun. By attending a National Cluster Meeting you will meet members from across the state and nation, learn a lot about FCCLA and have fun!

By Katelyn Palombo, *VP of National Programs*

Congratulations to all FCCLA members who competed at the 2010 State Leadership Conference. Members worked very hard, and received bronze, silver and gold medals in their events. Some individuals and teams even had perfect scores! The STAR event participants that placed first have the opportunity to travel to Chicago, Illinois for the National Leadership Conference. Hopefully, you are already preparing for next years State Leadership Conference. Congratulations to everyone on a job well done and good luck at Nationals!

By Victoria Spagnuolo, *Committee Chair*



Family, Career, and Community Leaders of America marks its 65th birthday this year as a non-profit national career and technical student organization. Through these years FCCLA has had many accomplishments, which made it the organization it is today. Future Homemakers of America was founded at a convention in Chicago, Illinois in 1945. This same year the first issue of Teen Times was published. Then, in July 1999 FHA was renamed Family, Career and Community Leaders of America, FCCLA. Between these 34 years, FCCLA implemented the programs and events we all love today such as: Japanese Exchange program, STAR Events, Cluster Meetings, Step One, and FACTS. In July 2003 the Tag Line was created, "The Ultimate Leadership Experience". FCCLA is one of the most successful student-run organizations in the country. Our organization has surpassed its expectations in regards to service, career, community and family. FCCLA celebrated with a 65th Birthday Party at the National Leadership Conference in Chicago, Illinois.

By Kamaria Guity, *VP of Membership*

On July 2-8 NJ FCCLA members and advisers celebrated the 65th birthday of FCCLA at the National Leadership Conference in Chicago, IL! While attending this remarkable conference, delegates gained knowledge and leadership skills from renowned keynote speakers and fellow FCCLA members, participated and were recognized for STAR Events Projects, and witnessed the 4th of July fireworks spectacular at a private party on the Navy Pier. To end the conference, delegates attended the Gala. Delegates also enjoyed the famous Chicago sites, like the Shedd Aquarium, the Blue Man Group, a Lake Michigan boat tour and a visit to Wrigley Field and the Cubs. Attending the National Leadership Meeting was a once in a lifetime experience. Check out our next New Directions edition to see great photographs and learn about the STAR Events Competition Results!

By Habeebah Salaam, *VP of Parliamentary Law*

WAYS TO BOOST YOUR CHAPTER'S RESOURCES



1. Basketball game: Hold a basketball game between students and teachers.
2. Chocolate covered pretzels: Sell after school.
3. Car Wash: Great Fundraiser while having a good time.
4. Movie Night: Sell movie tickets for a movie the whole family can enjoy.
5. Family and Friends Restaurant Night where the profit is donated to your chapter.
6. Candy- grams: Send a friend a note and candy to make their day.
7. Bingo Night: Have a family game night to raise money and bring the family together.
8. Guessing Jar: Have students make donations to make a guess to win a prize.
9. Talent Show: Show off your talent while raising money for your chapter.
10. Dance Night: Hold a dance at your school to support your FCCLA chapter.

By Courtney Miller,
VP of Finance



ELECTIONS CHAPTER OFFICER

New Jersey FCCLA was represented at the 2010 National LifeSmarts Championship in Miami, Florida this April by five members from John P. Stevens FCCLA. LifeSmarts, the Ultimate Consumer Challenge, is a consumer knowledge competition focusing on five main areas: Consumer Rights and Responsibilities, Technology, Environment, Finance, and Health and Safety. Participants start their journey in the fall by competing in an online competition before moving on to the head to head round at the NJ FCCLA Fall Leadership Connection in November. After competing in head to head buzzer matches, individual and group written assessments and team activities, Casey Dougan, Renee LeSaux, Vinny Milazzo, Jeremy Kashan and Brian Garsh placed twelfth overall in Miami. The team was also one of only four teams to receive a perfect score on a team activity involving fraud! Competition was not the only thing participants enjoyed while in Miami. While enjoying the beach, pool, LifeSmarts dance party and much more, the team was also able to eat at "Joe's Stone Crabs" which is listed as one of the top 1,000 things to see before you die! The trip was very exciting, informative, and eye opening and all members of New Jersey FCCLA are encouraged to participate this fall!

By Casey Dougan, *VP of Community Service*

It's that time of the year again! It is time for chapter officers to begin the process of passing down their responsibilities to newly elected officers. By taking a higher leadership role in your chapter, you can improve your chapter and voice your opinion. It is important to have a positive attitude toward your fellow chapter members and advisers. Before taking on the challenge of becoming a chapter officer, there are a few things you must keep in mind. FCCLA is part of Family and Consumer Sciences education; it is recommended that officers enroll in a family and consumer science course for 2010-2011 school year. Next, get the support of your school, your family, and your chapter by receiving and filling out an application from your adviser. Finally, have a mandatory meeting with the officer candidates, the current officers, and the advisers to begin the election process. Be sure that the candidates are aware of the offices and the duties of each office. Create a slate of officers and encourage the members to vote their consciences and not vote for popularity. Plan activities that train the officers to be ready for the upcoming year. Good luck to all of the newly elected chapter officers.

By Habeebah Salaam, *VP of Parliamentary Law*

SUMMER SKIN PROTECTION



MANAGING MONEY FROM A SUMMER JOB

Summer is here, and with summer comes sunny, warm weather and the desire to spend our day outside. The problem is, most people do not think about protecting their skin from the sun. One of the best ways to protect yourself from the sun is to use sun block. Sun block should be used instead of sunscreen because it immediately protects you from UV rays once you rub it on your skin, unlike sunscreen which takes at least thirty minutes to protect you from the sun. Make sure whether you use sun block or sunscreen that it is SPF 15 or higher, and you remember to reapply, so you don't get burned. If you plan on staying outside for most of the day it would be a good idea to not only use sun block or sunscreen, but to also wear a hat. By wearing a hat you not only give your face, shoulders, and neck extra protection from the sun, but you protect your eyes. By wearing a hat you can be unique and pick out whatever one fits you because there are so many styles to choose from: baseball caps, fishing hats, floppy hats, wide brimmed hats, and many more styles. Just remember that when planning on spending your day outside stay protected from the sun.

By Katelyn Palombo, *VP of National Programs*

Most teenagers spend money faster than they make it. Maintaining a summer job is simple, however managing your money is the real job. Start by setting aside half of your paycheck and put it in a savings account. By opening a savings account, your money will be earning interest. With your other half of your paycheck, make a budget to see how much you want to spend on what each month. Don't be frivolous. You worked hard for your money! Do not keep all your money with you at one time and leave it at home that way you don't feel tempted to spend it. Try to only buy necessities; You can treat yourself once in a while, but don't spoil yourself.

The main idea is that you want to manage your money and at the end of the summer you want to have something to represent your hard work. What's better than a sizable "chunk of change" to demonstrate success?!

By Victoria Spagnuolo, *Committee Chair*

MEET YOUR NEW NATIONAL OFFICER **Danny Brooks!**

At the 65th annual National Leadership Conference, New Jersey member and State Officer, Danny Brooks was elected as the 2010-2011 National First Vice President!

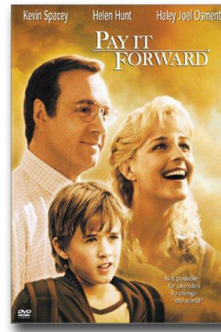
Celebrating his third year in FCCLA, Danny Brooks, NJ State's Family, Career and Community Leaders of America's President, continues a family tradition. First introduced to FCCLA through his older brother and sister, Danny has been involved with the organization ever since.

Seventeen years old and a Junior at John P. Stevens High School in Edison, Danny realizes "that the good work FCCLA does is incomparable with any other organization." This spring he decided to take his strong leadership skills one step further and ran for a position on the National Executive Council. "As a leader I have learned that leadership is a three part cycle. In the beginning, you are receiving knowledge and skills from others. Next, you implement those skills to be the strongest leader possible. The third and probably most important step is to give back. You must offer back everything you have achieved and then move on, satisfied that you have prepared the next generation of leaders. As a leader, this is my ultimate goal."

This August, Danny will attend the National Executive Council Leadership Training at FCCLA's headquarters in Reston, Virginia.

Congratulations Danny!

By Alexandra Farbanish, *VP of Leadership*



MOVIE REVIEW **Pay It Forward**

By Alexandra Farbanish,
VP of Leadership

Mimi Leder's "Pay It Forward," is an incredible journey of hope, courage, and love. As well as an emotional roller coaster when 12-year-old Trevor McKinney (Haley Joel Osment) from Las Vegas, responds to a school extra credit assignment, determined to change the world.

The plot begins uniquely, but soon catches your attention and addresses a problem often found in homes across the world: Single mom, trying to make a living, working too hard to support her son and not quite making it. When Arlen McKinney's (Helen Hunt) son embraces a class assignment head on and discovers how many people one single person can truly touch. "Think of an idea to change our World – and put it onto ACTION!," is what Trevor's Social Studies teacher, Mr. Eugene Simonet (Kevin Spacey) assigns his class.

Wanting to help three people who will, in turn, help three more, and so on, in an ever-widening circle based on the honor system is the one-of-a-kind idea from Trevor. This idea results in something he calls "Pay It Forward." Only his class mates have mixed emotions on his 'overly utopian idea.' But for him to truly witness or be a part of change he must be willing to take a risk. As the journey of, Pay It Forward unfolds so do the characters, especially Trevor McKinney. In more than one way, Trevor takes something away from his extreme act of faith in the goodness of people.

Meanwhile, Trevor starts to see his attempts for change as failures. Unbeknown to him, a journalist begins his own journey to investigate the "Pay It Forward movement." Chris Chandler (Jay Mohr), the journalist, follows the growing phenomenon that leads from Los Angeles to Las Vegas. In his journey to find the originator of "Pay it Forward," he encounters many people who have been affected by the idea and who plan to pay it forward to 3 people. Pay it Forward was a dynamic movie that left me feeling inspired and (spoiler alert) had me reaching for a box of tissues. This movie taught me that anyone can make a difference and start a change. Thursday, April 29th, 2010 was the Official "Pay it Forward Day." Love, altruism, and action equals change. But you don't need to wait for next year, or the next "Pay it Forward Day" to make a difference. This year Make a Difference Day is Saturday, October 23rd!