

# NEW DIRECTIONS

CONNECTING NEW JERSEY - ONE CHAPTER AT A TIME



## JOIN US AT THE 2017 STATE LEADERSHIP CONFERENCE

*By Austin John,  
VP of Finance and Parliamentary Law*

It is time to experience the UNLIMITED POSSIBILITIES at the 2017 State Leadership Conference in Cherry Hill, New Jersey! Participate in New Jersey's biggest conference of the year on March 23-24 and take advantage of the leadership opportunities presented by NJ FCCLA. The SLC is an amazing way to exemplify your knowledge and skills in leadership development and family and consumer sciences. Hearing from inspiring speakers, innovative workshop presenters, and networking with fellow officers, provides members with priceless experiences. From walking down the runway in clothes designed and created by you, to running a mock business meeting with parliamentary procedure, our State Leadership conference has an event for everyone! Check out the state website to learn more about these events and to keep up with the newest updates. Now is the time to choose from over 50 different competitive events to demonstrate your family and consumer science skills! ...New to FCCLA? State events, focusing on basic FCS skills, are the perfect way to get involved in the competitions we provide. If you plan on attending the National Leadership Conference, consider participating in a STAR event to potentially be qualified for the NLC in Nashville, Tennessee. The State Leadership Conference is not only about competing in events, but is also about developing key leadership skills to make you stand out. Check out New Jersey FCCLA's website and be sure to talk to your adviser and chapter officers about attending the SLC.

## WHAT'S INSIDE?

## PRESIDENT'S ADDRESS

*By Sara Ajani, State President*

As the weather turns cold, NJ FCCLA members are turning up the heat and becoming more involved than ever! In the past few months, New Jersey FCCLA has been successfully represented on the national level in meetings, such as Capitol Leadership and the 2016 National Cluster Meeting in Denver, Colorado.

Congratulations to all 2016 Fall Leadership Connection attendees on a job well done! The quality of the projects and positive spirits presented at the conference clearly demonstrated the hard work and time that we invested into our projects! We all had the opportunity to discover the Unlimited Possibilities that New Jersey FCCLA has to offer through great keynote speakers, interesting workshops, roundtables presentations, and competitive events. Together, we were able to participate in a community service initiative for the Ronald McDonald House and the Middlesex County Food Bank by collecting pull tabs and canned good items. The State Officers greatly appreciate your support! I hope that we all left the conference feeling inspired to get involved with all the Unlimited Possibilities this dynamic student leadership organization has to offer!

The State Executive Council is proud to announce that the 2017 Leadership Boot Camp was held at the Prudential Center on January 7, 2017! The Boot Camp was more exciting than ever. Attendees had the opportunity receive training to develop leadership skills, received a complimentary t-shirt and FCCLA manual, and also attended the NJ Devils vs. Edmonton Oilers Ice Hockey Game immediately after the Boot Camp! It was a great day filled with leadership development, networking, fun and sports!

The 2017 State Leadership Conference will be here before you know it! Be sure to start planning and preparing to attend and compete at the State Leadership Conference. It will definitely be a great experience filled with exciting workshops, interesting competitive events, and engaging keynote speakers! Spread the word by encouraging your friends and fellow chapter members to attend and discover the Unlimited Possibilities within their reach through FCCLA.

As the year progresses, be sure to get involved and give back to your community - no act of service is too small! Whether it be volunteering at a local food pantry, holding a dance marathon, or simply cooking a meal for your family as a part of FCCLA at the Table initiative, any act of kindness spreads the FCCLA Cheer! On behalf of the 2016-2017 State Executive Council, I challenge you to set high goals and work diligently to accomplish them! With the Unlimited Possibilities that NJ FCCLA offers, I am confident that we will make a difference in our schools, communities, and families.

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# HOW TO SUCCEED IN YOUR STAR EVENT

*By Shyamala Subramanian,  
National Vice President of Competitive Events*

The State Leadership Conference is on the horizon, and now is a better time than ever to take advantage of the Unlimited Possibilities in your life by succeeding in your STAR event. What better way to succeed in your competitive event than by using the FCCLA Planning Process page? By keeping track of time and using these five simple steps, you can steer yourself toward success in your STAR event!

**1. Identify a Concern-** Explore your talents, interests, and goals! Speak with your adviser, who can help you determine which event you would like to participate in. Perhaps you and your fellow FCCLA members are passionate about the earth (Environmental Ambassador), or maybe you feel the need to brush up on your interviewing skills (Job Interview). FCCLA truly has something for everyone! Consult the 2016-2017 Competitive Events Guide to determine what STAR event you would like to shine in, and whether you will participate in an individual or team event. Determine this early, so that you can begin working on your project as soon as possible!

**2. Set a Goal-** As you set your goals for your competitive events, it is necessary to lay out the groundwork. Read through your project rubric, guidelines, and glossary to define italicized words. Determine whether your project allows audio, costumes, props, and other materials. If necessary, prepare these materials well in advance!

**3. Form a Plan-** Plan out your project by completing the Project Identification Page and the Planning Process page, to clearly outline your goals and the steps necessary to succeed. Brainstorm project ideas with your partners, or talk to trusted adults to decide upon a direction for your project. As you consider this material, be aware of the amount of time you have to complete the project. Draft a personal timeline for yourself to complete the project by, so that you can remain on track!

**4. Act-** Work on your project! Be sure to check in with your adviser to ensure that you are on the right track, and to update him/her on your progress. Prepare your presentation and make sure you have all materials necessary for the State Leadership Conference. Practice, practice, practice! Make sure your project is 100% done at least one week before the conference, so that you have ample time to review your work and prepare yourself mentally.

**5. Follow Up-** A few days before the State Leadership Conference, remember to step back and evaluate your progress. Do you feel prepared to succeed at the State Leadership Conference? Do you have your project and materials packed in your suitcase? Have you perfected your oral presentation? Remember to be confident in your own abilities. You are an excellent leader, and it is almost time to show off your skills to the judges at SLC! Good luck!

# RUNNING FOR STATE OFFICE

*By Sara Ajani, State President*

New Jersey FCCLA is the Ultimate Leadership Experience. Being a State Officer is one of the many possibilities that New Jersey FCCLA offers! Serving on the State Executive Council is a once in a lifetime opportunity and will help you unlock Unlimited Possibilities for your future and for the future of NJ FCCLA.

As a State Officer, you will receive hands-on training and experience that will help you grow as a leader, public speaker, and as a person. You will have the opportunity to represent New Jersey on the national level at meetings such as the National Cluster Meeting, Capitol Leadership, and the National Leadership Conference. You will also play a large role in the decision making for NJ FCCLA. Along with your council, you will make important decisions regarding the budget, community service initiatives, and conferences.

Being a State Officer is a rewarding, fulfilling experience that starts with the decision to apply! The process is not intimidating- have fun and grow throughout the process and your term as an officer! The application process is currently underway and can be found on the NJ FCCLA website. Here is how to begin the process:

1. Discuss your interest in running for a state position with your family and adviser. (A strong support system will go a long way in helping you achieve your goals!)
2. Complete the application which can be found on the NJ FCCLA website under the "Run for State Office" tab. Be sure to follow the deadlines and mail it to the NJ FCCLA office.
3. Attend the Candidates Meeting with your adviser and a parent. Be sure to prepare for the FCCLA Knowledge Test and prepare for an interview with an alumni panel.
4. Attend the 2017 State Leadership Conference feeling prepared and confident! Be sure to be prepared to deliver a speech and participate in the Meet the Candidates Session.

Serving on the State Executive Council truly is a once in a lifetime opportunity that will strongly prepare you with the necessary skills for your future! You will also have the chance to build life-long friendships with your council! Are you ready to discover the Unlimited Possibilities that NJ FCCLA provides?

## CTE MONTH

*By Kelsey Jacobson, VP of Membership*

February is Career and Technical Month! Career and Technical Month is a public awareness campaign created by the Association for Career and Technical Education. This campaign is held to celebrate the many achievements of Career and Technical Programs across the country. FCCLA is impacted by this campaign, because we are a Career and Technical Organization. The Career and Technical Education Month 2017 has a Tagline which is, "Celebrate Today, Own Tomorrow." With their tagline, they hope to inspire others to share their stories of leadership and excellence. There are many ways to get involved with this campaign during the month of February. During a meeting, you could give the opportunity for members of your chapter to share their success stories in leadership. You could also use social media to promote the benefits of being a part of a Career and Technical Program, FCCLA, and the benefits of Career and Technical Education. Lastly, you could advocate for Career and Technical Education. You could speak with your mayor, congressmen, or Board of Education members about the values of Career and Technical Education. Don't forget to show your support for Career and Technical Education during the month of February!

# COMMUNITY SERVICE AT THE SLC

*By Devanshi Shah, VP of National Programs*

The State Leadership Conference is quickly approaching. This means creating a dynamic tri-fold and memorizing your speech, but don't forget about New Jersey's FCCLA community service initiatives! At the Fall Leadership Conference, members donated four large boxes of pull tabs for the Ronald McDonald House, \$1,759 for Share Our Strength through the Cupcake Challenge and over 1,900 food items for the Middlesex County Food Bank. This March, we will be enthusiastically supporting the Ronald McDonald House and the Food Bank of South Jersey.

- First, we are asking members to donate non-perishable food items to donate to the Food Bank of South Jersey. Donations include cereal, pasta, macaroni and cheese, peanut butter, Nutella, and much more.
- You can also get involved by raising money for The Ronald McDonald House of Camden! We are asking chapters who are attending to raise and donate \$100 to help the Ronald McDonald House get the money they need to expand.
- This year, we are excited to offer a service project at the State Leadership Conference! This year, during the fun night we will give members the opportunity to help make a difference by wrapping up plastic utensils for a local soup kitchen.

Get involved in the Unlimited Possibilities New Jersey FCCLA offers you to help serve your community!

# THE SEASON TO SERVE

*By Devanshi Shah, VP of National Programs*

The winter is a time associated with warm food, chilly temperatures, and lots of layers. Something that we often forget is that not everyone has the same experiences and privileges as us. Many struggle to put hot food on their table or buy the warm clothes we all need to brace the cold. A large component of FCCLA is community service and leadership. Ignite a spark in your chapter by organizing a community service effort. There are so many ways to give back and brighten up the lives of others. This year resolve to create and implement a community service project in your chapter!

## Need Inspiration?

1. Partner with King Arthur Flour and Bake For Good and have a bread baking night. Or, simply have a baking night and bake treats! Donate your dinner rolls or treats to the local soup kitchen!
2. Host a Technology Drive. Since many people receive new phones, video games, and other electronics as gifts, ask students and faculty in your school to donate old technology. Send the electronics to a tech recycling facility or program nearby.
3. Hold a coat drive. New Jersey faces bitterly cold temperatures, so wearing a warm jacket and other winter accessories is crucial. Ask your school and community members to donate new and gently used coats, scarves, sweaters, gloves, mittens, and other cold weather necessities

Keep in mind that when you're starting a service project, the power of many is greater than the power of one. Get everyone involved! Great ways to spread the word are by distributing fliers, making announcements at school, and posting on social media. Take pictures and share them with us by tagging @NJFCCLA in your posts! Remember, alone we can do so little, but together we can do so much.

*By Shyamala Subramanian, National Vice President of Competitive Events*

2017 marks the 70th anniversary of the New Jersey Family, Career and Community Leaders of America state association. In the year 1947, teens just like us shared your passions for leadership and the Family and Consumer Sciences. Let's take a look at some of the significant aspects of life in 1947.

## 1947: Fast Facts

- A movie ticket cost \$0.35.
- Tennessee Williams' "A Streetcar Named Desire" premiered in New York City.
- A loaf of bread cost \$0.13.
- The Central Intelligence Agency was established!
- Ferrari began producing sports cars.
- The film "Miracle on 34th Street" premiered. The movie won three Academy Awards and is a winter classic!
- Jackie Robinson became the first African-American person to play Major League Baseball, playing for the Brooklyn Dodgers and breaking the existing color barrier. He was also named Rookie of the Year!
- President Harry S. Truman declared the Everglades a National Park.
- A United States postage stamp cost 3 cents!
- French fashion designer Christian Dior presented his influential "New Look" collection.
- The first instant-developing camera was presented in New York City.



# WINTER FASHION TRENDS

*By Sara Ajani, State President*

With the arrival of cold weather, everyone is wondering how to stay warm while looking chic. Don't worry- dressing stylish while feeling warm is easier than ever. Check out these trends to stay stylish and snug all winter long:

1. Turtlenecks are back in! Pair a simple, solid turtleneck with a scarf or with a statement necklace!
2. Layering is the key to successfully staying both warm and chic this season. Wearing a simple top and adding layers, such as vests, cardigans and scarfs, can keep you both cozy and comfortable.
3. Platforms boots are back and are bigger than ever! Invest in a pair of black, thick wedged boots to keep your feet toasty and compliment your outfit!
4. Headbands, whether they be fur, crochet, or knitted, are the simplest way to keep your ears warm while adding an accent any outfit.



## FCCLA WEEK PRIDE

**How did you show your FCCLA spirit during FCCLA Week 2017?**

FCCLA Week took place from Sunday, February 12th to Saturday, February 18th.

Share how you promoted Family, Career, and Community Leaders of America! It's not too late to use these hashtags on social media:

Monday- #FCCLAatthetable  
Tuesday- #FCCLACareers  
Wednesday- #FCCLAUPlifts  
Thursday- #FCCLAURUP

## FITTING IN FITNESS IN THE WINTER

*By Adrian Wang, First Vice President*

A habit of physical activity in daily life is essential in maintaining a healthy lifestyle. Whether it is part of The Fit You goal or The Better You goal in an FCCLA member's Power of One goals, it is no secret that exercise can easily be incorporated in FCCLA. Furthermore, many of the benefits of leadership can be found hand-in-hand with daily exercise. Through participation, members can learn to set and follow through with realistic goals, gain self-confidence, and boost performance in school and work. 2017 is already here and winter settled in with cold temperatures, it may be hard to find time to fit in the 60 minutes of daily physical activity recommended for youth by the CDC (Center for Disease Control and Prevention). Going skiing, snowboarding, playing ice hockey, or sledding are all great activities for the wintertime; however, they end up costing a lot of money, require a lot of planning, and necessitate an abundance of travelling and training. With some creativity there are many easy ways to stay active and fit through the winter, only using basic equipment in the process.

An easy way to stay active and exercise during the winter is to walk or run. Running and walking require no equipment other than sneakers and layers to stay warm. Running reduces heart disease by over 50%, and through running, there is also a great way to get involved in the community. Events such as Rutgers University's The Big Chill 5K give back to the local community, and is only one example of how being an active runner can help both on an individual and a group level. Running also works mentally, through endurance and goal-setting, keeping both bodies and minds active.

Another great way to incorporate physical activity in the winter is to work with a partner. A partner keeps the motivation up and communication with a similarly situated friend will aid in maintaining a schedule. Working with a schedule creates a sense of responsibility and accountability to one another, and allows individuals to have flexibility to "fit in fitness" whenever they have free time. A partner also helps to make fitness a fun, bonding experience, as opposed to a chore that is forced. "At first the weather was an issue for me, but ever since my friend introduced me to winter track, I began to run with him every day regardless of rain, snow, or sleet. And, I've been loving it ever since." Malhar Khandare, FCCLA member and JPS varsity cross country/ track runner, reports.



# LEADERSHIP IN MUSIC CITY

*By Shyamala Subramanian,  
National Vice President of Competitive Events*

## Here's what you need to know about Nashville, Tennessee!

1. It's the country music capital of the world.
2. The AT&T Building downtown is nicknamed the "Batman Building" because the top resembles bat ears.
3. A sculpture of Athena inside the Parthenon stands at 42 feet high, therefore making it the tallest indoor sculpture in the Western world.
4. Elvis Presley recorded over 200 of his songs on Music Row.
5. From July 2nd through the 6th, Nashville, TN will be the location for the 2017 National Leadership Conference!

We hope you are excited for the 2017 National Leadership Conference. 8,000 members from 48 state associations, Puerto Rico, and the Virgin Islands will congregate in one city to demonstrate their leadership and take the city of Nashville, TN by storm!

At the 2017 National Leadership Conference, you will have the opportunity to show off your skills by participating in a STAR event competition, support your peers from NJ FCCLA during the exciting Knowledge Bowl pool play rounds, attend interesting workshops that provide valuable leadership lessons from presenters from all over the nation, hear from accomplished guest speakers who share inspirational messages, network with members from across the nation who share your passions, and have the time of your life in a region of the country you may not have visited before. Nashville, Tennessee holds Unlimited Possibilities for FCCLA members, so make use of all that Music City has to offer.

So practice your presentations, put those finishing touches on your STAR events, and pull on your cowboy boots as you head into the country music capital of the world. We can't wait to see you in Nashville this summer!

# NATIONAL CLUSTER MEETING IN REVIEW

*By Austin John, VP of Finance and Parliamentary Law*

Over 3,000 FCCLA members traveled to the city of Denver in Colorado to participate in the National Cluster Meeting. Amongst those 3,000 members, eight representatives from New Jersey attended the meeting this year. All eight members participated in either skills demonstration events or the knowledge bowl competition and had huge success in each of their events, making this year's NCM a great showing for New Jersey FCCLA. The John P. Stevens Knowledge Bowl Team. Devanshi Shah received first place in Early Childhood Challenge Senior Category, Kelsey Jacobson received second place in the Early Childhood Challenge Senior Category, and Prachi Patel received first place in the Consumer Math Challenge Senior category.

Our success in the competitive events reflected well on New Jersey's own, Shyamala Subramanian, the 2016-2017 National Vice President of Competitive Events. The relative success of the New Jersey delegation contributed to the elite status of NJ FCCLA in the North Atlantic region and has opened up a window of unlimited possibilities for New Jersey members. From touring the city to learning more about leadership, our representatives have equipped themselves with leadership qualities.

# FALL LEADERSHIP CONFERENCE IN REVIEW

*By Samantha Matson, VP of Communications*

The 2016 Fall Leadership Conference was a huge success! Over 600 FCCLA members and advisers from all over the state met at the Pines Manor in Edison, New Jersey to participate in competitive events, community service initiatives, roundtable presentations, and so much more.

New Jersey FCCLA offered participants a choice of 15 competitive events, including two new events. These events received a great response from members and there was participation in all events.

Our keynote speaker for the day was Shane Feldman. Shane is the founder and CEO of "Count Me In", an organization that promotes student volunteerism. He founded this organization when he was only 13 years old. During his speech, he spoke about the 5 Hashtags of Life.

There were three community service projects that took place at this conference. There was a collection of nonperishable food for the Middlesex County Food Pantry, where approximately 1,900 food items were collected. Additionally, for the Ronald McDonald Charity, 4 large boxes of pull tabs were collected. To support Share Our Strength and the No Kid Hungry Campaign, cupcakes were sold from the Cupcake Challenge event participants. The \$1,759 collected from cupcake sales was sent directly to Share Our Strength.

During this conference, there were 24 roundtable presentations. These presentations were made by members who were knowledgeable in a certain area of FCCLA; for example, fashion, a national program, or other similar topics. The presentations were a success, as members enjoyed learning more about FCCLA!

Plan to attend the State Leadership Conference in March!

# FCCLA @ THE TABLE

*By Destiny Montgomery,  
VP of Leadership Development*

FCCLA @ the Table is a great opportunity to bring families together. This unique program encourages member to have a meal at least once a week to build relationships and enjoy healthy meals with family. Here is a picture of my family enjoying a homemade Dominican burrito bowl in our pajamas!

To find out more about taking the pledge visit, [www.njfccla.org](http://www.njfccla.org). Pledge to prepare and eat a home cooked meal with your family. Make sure to take a photo of you and your family enjoying your meal together and post it on social media with the hashtags “#FCCLAatTheTable” and “#NJFCCLA”. You can also tag @nj\_fccla on Instagram to be included in our very special FCCLA @ the Table slideshow at Spring Leadership Conference!



# FAMILY FUN IN THE WINTER

*By Destiny Montgomery, VP of Leadership Development*

For most families, winter break consists of celebrations, decorations, a ton of food, and a whole lot of fun! What are things you can do as a family? Here are some ideas:

## 1. Go Ice Skating

Take advantage of the weather by going ice skating as a family. Even the little ones can enjoy some time on the ice with a walker or other arena provided resources. Skate rentals and admission starts at low prices. For more information on pricing and times for this fun family activity, visit your local Ice Rink website.

## 2. Bowl in the New Year

Maybe braving the winter cold just isn't for you, but you can still get out of the house and have some fun! A great family activity that's not only during the break, but year-round, is bowling. It's inexpensive, and there are great family bargains out there

## 3. Go to the movies

Whether it's cuddling up with some popcorn for a good movie at home or capitalizing on matinee pricing at the theater, this season is perfect for catching a good film.

## 4. Be a local tourist

One fun way to whittle away the break is to tackle the local tourist attractions. Sure you know they're there, but, often times, you are just simply too busy to go and check them out.

# USING THE WEBSITE

*By Samantha Matson, VP of Communications*

A great way to spread a message is through social media, but how can you get the most out of using this resource?

When using social media, posting about chapter events is a good idea to promote FCCLA in your local community. Chapter events that should be promoted can include community service projects and fundraising events. It is also helpful to have a chapter social media account where you can post information about upcoming chapter meetings and events.

Here are some social media “do’s” and “don’ts”:

1. Keep posts short and sweet.
2. Keep posts grammatically correct.
3. Be active, post regularly.
4. Use words that make you sound enthusiastic!

# SOCIAL NETWORKING

*By Samantha Matson, VP of Communications*

The New Jersey FCCLA website is full of information that can answer any questions that you might have. The only way that you can get the most of these resources is if you know how to navigate the website!

On the home screen, you can find basic information about what FCCLA is, about recent initiatives, and it is also the location of the newsletter for the current season. There are many different tabs on the website, which are: Home, About Us, Meetings, Leadership, Calendar, Advisers, Competitive Events, Community Service, Programs, and Resources. Under each of these tabs, there is information about the topic to answer your questions.

However, if you do not find the information you need to answer your question, you can email a state officer who could direct you to the location of that information. To find the state officer's contact information select the Leadership tab.

A great way to stay on top of what is going on in New Jersey FCCLA is to check the website regularly!

# LEADERSHIP ACTIVITIES FOR CHAPTERS TO ENJOY

*By Destiny Montgomery, VP of Leadership Development*

## “Stand by your Quote”

Place thoughtful leadership quotes on the walls--leave plenty of room between the quotes and make certain the print is large. It works best if the quotes touch on different aspects of leadership; in short, have a variety of different quotes. Ask the participants to leave their chairs and walk around the room reading each of the quotes (there is no particular order). Then have them stand by one quote that resonates well with their personal views on what makes a good leader. When all participants have selected a quote (you can have more than one person by a quote), have each explain to the group why his or her chosen quote is important to them--share a leadership insight. The facilitator can write key ideas or words on the whiteboard. These can launch further discussion questions or serve as a “bridge” to additional leadership content.

## Build a Tower

Provide members with household items, items that can be found around the classroom, or meeting room. It is optional to bring items in for this activity as well. Separate members into equal groups to accommodate your chapter size. Have members work as a team to create a tower with provided materials.

# MEMBER RECOGNITION

*By Anjuna Chakraverty, VP of Public Relations*

Does your chapter follow the three R's of membership? Recruiting, retaining, and recognizing members are essential to a successful chapter. Members are motivated to work harder, when they are showed that their work is valued. There are numerous ways to recognize members in your chapter for exceptional work. Use some of these ideas:

1. Start a Leader of the Month program! Create a poster, make an announcement, or decorate a bulletin board to recognize a remarkable leader.
2. Recognize a success that occurred by starting Success Story of the Month! Think about what your chapter did to create change in your school and community and make a social media post or putting up a poster about it.
3. Have chapter presidents write letters to extraordinary members to show their appreciation for the member's hard work. Handwritten letters show members how much you care!
4. Hand out small prizes to members for coming up with a good idea! Ideas can be about new ways to fundraise, how to improve membership, etc. Every little thing counts!
5. Create a Wall of Success! After a leadership conference, create a bulletin board with pictures and captions recognizing members and advisors that participated in competitive events, presented workshops, or attended the conference.

# SAY YES TO FCS!

*By Kelsey Jacobson, VP of Membership*

There is a huge demand for Family and Consumer Sciences Educators in not only secondary schools, but higher educations as well. Pursuing a career in Family and Consumer Sciences has many benefits. An example of these benefits is the ability to make an impact on a child's life by teaching them skills they may not develop in their core classes. Family and Consumer Sciences takes what a student may learn in their math or science class, and applies it to their daily lives.

There are a number of careers that are based in Family and Consumer Sciences. Careers range from Early Education to Fashion and Textiles, and from Nutrition and Wellness to Hospitality and Tourism. The possibilities in Family and Consumer Sciences are endless. For more information on what Family and Consumer Sciences has to offer, visit [www.aafcs.org](http://www.aafcs.org).

# LAST EFFORT MEMBERSHIP RECRUITMENT

*By Kelsey Jacobson, VP of Membership*

As we face winter and the second semester, most people have finally settled into a routine at school. This is an opportunity to recruit the last of your members for the school year. National FCCLA recently released the “Go for the Red” membership campaign. Go for the Red is a membership campaign that provides incentives for members and chapters who increase membership. This campaign works towards empowering members to recruit, retain, and recognize their members. Here are two ways to get involved and recognized with this campaign: individual and chapter. For the individual award, members must recruit 3 or more members. If members do so, they can fill out an application on the national website, [www.fcclainc.org](http://www.fcclainc.org), for their name to be listed on the Membership Campaign Tab and a chance to win a t-shirt. If a chapters recruits 10, 15 or 20 members, the chapter will receive a chapter status of bronze, silver, or gold respectively. Successful chapter recruitment may be eligible to receive a banner with their chapter's status on it.

Now that you can be recognized for your recruitment efforts, why not get out there and recruit your last members for the school year. There are many ways to get new members involved in your chapter. You could hold a community service event to benefit the people in your community, as well as, spread awareness about FCCLA. In addition, you could have a membership event, such as a movie night. Invite all members to bring a friend or even have an open event. The possibilities are unlimited!

# DIY FOR THE WINTER BLUES

By Devanshi Shah, VP of National Programs

Do the post-holidays have you feeling blue? Are you sitting at home because it's too cold and snowy? Use the snow as your inspiration for this fun and easy D.I.Y. project!

## DIY SNOW GLOBE



**Materials Needed:** A mason jar, glitter, water, glycerin (Can be found at your local drug store), yarn or ribbon, hot glue gun or super glue, a pinecone or other items to place in the middle.

1. Gather all necessary materials
2. Take the lid of the jar and your pinecone or other item and glue the item to the lid using the hot glue. Let it dry.
3. Fill  $\frac{1}{3}$  of the jar with glycerin and  $\frac{2}{3}$  water.
4. Add the glitter of your choice-Approximately one lid full.
5. Screw the lid back onto the jar tightly and flip it so that the lid is the base.
6. Add ribbon and any other decorative items.
7. Shake your snow globe and see the snow fall!

Using a Door Draft Stopper or a Draft Snake is a great way to lower your heating bill and make sure your home is energy efficient. It just so happens that a door draft stopper is also a very easy DIY sewing project. With some scrap fabric and fifteen minutes, you can stop drafts in your house, too.



## DIY DOOR DRAFT STOPPER

**Materials Needed:** Fabric (old or new), Thread, Sewing machine, Measuring Tape, Rice, and Twill Tape (optional)

1. Measure your door and add a few inches. Cut Fabric.
2. Fold in half lengthwise (hotdog fold). Pin the long edge and one short end closed.
3. Sew one short end. Lift your presser foot, turn, and sew all the way down the long side. Clip corners, being careful not to cut the seam.
4. Turn the tube inside out. Use a pencil to gently help you poke the corners.
5. Fill  $\frac{3}{4}$  of the way with rice.
6. Fold the rough edges on the open end of the tube inside about an inch.
7. Optional: If you want to add a handle loop for easy storage when not in use, cut a piece of twill tape. Insert it in the opening to form a loop. Pin in place.
8. Sew shut. Reinforce the opening with more than one stitch. (I scooted my sewing machine all the over to the edge of the table and asked my husband to hold the rice tube while I sewed the opening shut.)

# FUN SNACKS FOR THE WINTER

By Adrian Wang, First Vice President

In the winter season, there is no better way to celebrate family and friendship than dedicating time to enjoying a meal or preparing a quick and healthy snack together with loved ones. Through FCCLA @ the Table and programs such as Families First, members who enjoy kinship with close friends and relatives can gain recognition by submitting pictures of homemade snacks or family dinners. NJ FCCLA has the recipe for success, with our brand new NJ FCCLA Recipe Book, with local recipes submitted by members across the state. Here are some fun examples that all members can use at home!

Here is an incredibly delicious, wholesome meal that you can make with your family! Baked Garlic Rigatoni, a creamy, hot pasta dish that will leave your stomach satisfied.

## GARLIC RIGATONI

### INGREDIENTS

kosher salt	1 1/2 tsp. fresh thyme leaves
1 lb. rigatoni pasta	1/2 tsp. crushed red pepper flakes
1 15- oz. can cannellini beans, rinsed, drained	Freshly ground black pepper
extra-virgin olive oil	1 c. Freshly grated pecorino
5 garlic cloves, minced	1 c. freshly grated Parmesan

### DIRECTIONS

1. Bring an 8 quart stock pot of water to a boil and generously season with salt. Cook pasta according to al dente package directions, less 2 minutes. Reserve 1 cup of pasta water.
2. Using a blender, purée beans with 1 cup fresh water until smooth. Set aside. Position rack to the top third of the oven and turn on broiler.
3. In a large cast iron skillet over medium heat, warm 1 tablespoon olive oil and sauté garlic until softened. Add 1 cup pasta water, bean mixture, 1 tsp thyme, red pepper flakes, 1 tsp salt and 1/2 tsp black pepper; bring to a boil and simmer on low for 5 minutes. Mix in 1/2 cup Pecorino and 1/2 cup Parmesan.
4. Drain pasta and return to pot. Fold in sauce over pasta until just combined. Transfer back to cast iron skillet. Sprinkle remaining cheese evenly over pasta. Broil until golden brown and bubbling, about 10 minutes. Garnish with remaining thyme leaves. Serve immediately.

Afterwards, settle down with a classic wintery dessert, bread pudding. The recipe takes 10 minutes to prepare and 45 minutes to bake, a perfect amount of time to sit down and enjoy a board game with family and friends!

## BREAD PUDDING

### INGREDIENTS

2 cups milk	¼ teaspoon salt
¼ cup butter or margarine	6 cups soft bread cubes (about 6 slices bread)
2 eggs, slightly beaten	½ cup raisins, if desired
½ cup sugar	Whipping (heavy) cream, if desired
1 teaspoon ground cinnamon or nutmeg	

### DIRECTIONS

1. Heat oven to 350°F. In 2-quart saucepan, heat milk and butter over medium heat until butter is melted and milk is hot.
2. In large bowl, mix eggs, sugar, cinnamon and salt. Stir in bread cubes and raisins. Stir in milk mixture. Pour into ungreased deep round pan.
3. Bake uncovered 40 to 45 minutes or until knife inserted 1 inch from edge comes out clean. Serve warm with whipping cream

For more recipes, members can visit the NJ FCCLA website in the near future to find new, seasonal recipes that will continually be updated.