

NEW DIRECTIONS

CONNECTING NEWJERSEY - ONE CHAPTER AT A TIME

WINTER 2015

PRESIDENT'S ADDRESS

Dear New Jersey FCCLA Members, Advisers, and Alumni:

Congratulations to all attendees of the 2014 Fall Leadership Connection! It was very clear from the quality of projects entered that everyone put an incredible amount of time and effort into their work. This conference was a success as it helped members develop their "Recipe for Success!"

Even though the weather is quickly cooling down, make sure the same doesn't happen to your FCCLA chapter's activities! There are many exciting upcoming events that we want to engage in as a state. First, Leadership Boot Camp is almost here! It will be held on January 10, 2015 at John P. Stevens High School. At this conference, members will develop their "Recipe for Success" by partaking in leadership topics including public speaking, teamwork, communication, interview skills, and much more! This is a conference that you don't want to miss!

FCCLA Week is February 8-14, 2015, and this is an amazing opportunity for NJ FCCLA members to advocate for our organization. NJ FCCLA will have a cohesive program for FCCLA Week, and chapters are encouraged to plan special activities to advocate in their schools, give back to their local communities, and celebrate this wonderful organization!

You should also begin preparing for the 2015 State Leadership Conference; it'll be here before you know it! With over 40 competitive events, beneficial workshops, and members from across the state, the State Leadership Conference is an effective way to build membership. Introduce students to the potential opportunities available to them in the Ultimate Leadership Experience and help them grow as leaders!

Cherish your time spent with family and friends during this holiday season! One of the best things about FCCLA is its central focus on the family, and this is an important time for all families. Let's not forget about the New Year either; use this opportunity to set goals for yourself and your chapter! I look forward to all the great things NJ FCCLA will accomplish this coming year!

Sincerely,
Rohit Iyer
NJ FCCLA State President

EMAIL BLASTS!

By Rohit Iyer
NJ FCCLA State President

Great News!!! The State Officers are always thinking of ways to get information to chapters quickly. Email Blasts will be sent out with new information and updates to your chapters this year! Hopefully, we can create a network of Chapter Presidents so that you can share new ideas with your chapter members and build on NJ FCCLA's progress! If you are a Chapter President, please send an introductory email with your name, chapter, and adviser to rohitiyerfccla@gmail.com so that I can add you to the email list. Thanks!

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CALLING ALL LEADERS!

By Casey Sanders
VP of Leadership Development



Are you in need of some extra leadership training? Do you want to meet other members from across the state? Well, head on over to this year's Leadership Bootcamp. This meeting will be held on Saturday, January 10, 2015 at J.P. Stevens High School in Edison, New Jersey.

Leadership Bootcamp is a great way to prepare yourself for the State Leadership Conference; learning about how to be a better leader is a great motivator and can help you expand your horizons and learn how to take charge within your chapters and communities.

FALL LEADERSHIP CONNECTION IN REVIEW

By Gabrielle Morales, VP of Community Service

On November 24, 2014, over 600 members gathered at the Pines Manor in Edison for the Fall Leadership Connection where they were able to start their "Recipe for Success." Members had the opportunity to participate in competitive events, engage in informative roundtables, interact in two engaging pull-out sessions, and listen to motivational speakers. NJ FCCLA had the privilege of having a past White House Executive Pastry Chef, Mr. William Yosses, who spoke about his various experiences and the lessons he learned.

NJ FCCLA members supported three community service initiatives including collecting pull tabs for the Ronald McDonald House, gathering canned goods for the Middlesex County Food Bank, and fundraising for Share our Strength. For the fourth year in a row, NJ FCCLA organized the Cupcake Challenge as a fall competitive event and fundraiser. Members had the opportunity to buy delicious cupcakes baked with the special ingredient, squash, and support Share our Strength and their No Kid Hungry Campaign. New Jersey members supported the Cupcake Challenge, yet again, by raising \$2,200 for Share our Strength!

Members who attended the round table sessions were informed on a wide array of topics including STAR Events, National Programs and initiatives, post-secondary education, and more! The pullout sessions, A Recipe for Leadership and Ingredients for Service, helped give chapter officers beneficial tools and information to bring back to their schools, such as fundraising techniques, ways to become involved in community service, and increasing membership.

Throughout the conference, members were presented information on the new national campaign, FCCLA at the Table, which promotes families eating meals together. NJ FCCLA presented their FCCLA at the Table initiative, where members are able to win a supermarket gift card!

On behalf of the NJ FCCLA State Executive Council, I would like to congratulate all competitive event participants on a job well done. The Fall Leadership Connection was successful due to the engaged members and dedicated advisers and alumni!



CLUSTER MEETING IN REVIEW

By Heather Paul, VP of Communications

With all three National Cluster Meetings behind us, there is a lot of information for members that didn't attend! There were two full days of workshops, skill demonstration events, and leadership development, with one day of sight-seeing. One of the 2014 National Cluster Meetings was held here in New Brunswick, New Jersey. The conference offered career and college exploration, including the college fair featuring many colleges offering Family and Consumer Sciences as a program of study.

Many of the workshops offered during the NJ NCM were given by New Jersey FCCLA alumni and members of the National Leadership Training Team. National officers present at the meeting were Garrhett Petrea, Shivani Dhr, Sarah Smith, Connor Jones, and Jared Gustafson. The New Jersey FCCLA state officers had the opportunity to speak during the Opening General Session about New Jersey FCCLA's accomplishments, including our support for Share Our Strength. Overall, the National Cluster Meeting was a great conference and a huge success!

CELEBRATING 70 YEARS WITH FCCLA

by Rohit Iyer, State President

Are you excited to celebrate FCCLA's milestone birthday this year? 2015 will mark FCCLA's 70th anniversary of helping students across America develop leadership skills that will serve them for the rest of their lives! Established in 1945 by Edna P. Amidon, FCCLA has influenced millions of students, and now, it's our turn to give back. I encourage you to combine your FCCLA Week activities with a celebration of FCCLA's 70th birthday and maximize your chapter's public relations potential! This is a great opportunity to advocate for our amazing organization. FCCLA has been going strong for 70 years, and with your help, it will continue for many more!

SPRING COMPETITIVE EVENTS AT THE STATE LEADERSHIP CONFERENCE

by Julia Farhat, VP of National Programs

In the blink of an eye, the 2015 Spring Leadership Conference will be here! The time is now to choose a competitive event! Competitive events allow members to expand their knowledge of a particular topic and help prepare members for life after high school. With so many to choose from, there is certainly a competitive event for every member. New Jersey alone offers 17 state events, and there are over 20 STAR Events! Whether your interests include culinary arts, fashion or interior design, child development, or leadership, you'll be able to find a competitive event that suits you.

I truly encourage you to take the leap and participate in a competitive event that sparks your interests. Competitive events open your creativity and stimulate the application of academic concepts. Also, competitive events promote the development of leadership skills. For a complete and interactive list of all New Jersey competitive events and STAR Events, please visit <http://www.njfccla.org/spring-competitive-events>. Remember, now is the time to start planning your competitive event participation at New Jersey FCCLA's Spring Leadership Conference! Good luck and have fun!

SUPPORT SHARE OUR STRENGTH

By Gabrielle Morales,
VP of Community Service

This is the fourth year of partnership between NJ FCCLA and the Share Our Strength's No Kid Hungry Campaign. With 2015 being our last year supporting Share Our Strength, let's start the year off right! New Jersey FCCLA has held the title of being one of the largest contributors to Share our Strength out of any State Association! Raising money doesn't just have to stop at purchasing cupcakes from our Fall Leadership Conference. I challenge each member to make the biggest impact yet by exploring creative ways to raise funds; all you have to do is think outside of the box! Share your fundraising successes with NJ FCCLA so we can give you recognition through social media and our state website!



JOIN US AT THE 2015 STATE LEADERSHIP CONFERENCE

By Stephanie Zhang,
First Vice President

Now that the 2014 Fall Leadership Connection is over, it's time to get ready for the 2015 State Leadership Conference! As the hype of the holiday ends and we break out winter scarves and hats, it's time to work on your project for the conference! The State Leadership Conference will be held March 26-27, 2015 at the Crowne Plaza in Cherry Hill, and I hope you'll join over 700 members in networking, developing leadership and public speaking skills, and much, much more!

New Jersey FCCLA will be emphasizing the state theme, NJ FCCLA: A Recipe for Success, all throughout the conference through community service, workshops, and our keynote speakers! If members did not find one of the 12 events offered at the Fall Leadership Connection appealing, the State Leadership Conference has 44 competitive events to offer; there is something for everyone! If you're thinking of attending the National Leadership Conference this summer in Washington DC, be sure to check out the 27 STAR Events! All guidelines for competitive events are available on the NJ FCCLA website.

The State Leadership Conference has something for everyone, and I hope you are as excited as I am! Get ready for the thrilling opening general session and keynote speaker, engaging and informative workshops, networking with members from around the state, the annual Fun Night, the popular Fashion Show, and an unforgettable experience! The registration information can be found on the NJ FCCLA website. Start planning and fundraising now and get a head start on your projects; I hope to see you at the 2015 State Leadership Conference!

INDOOR FUN WITH KIDS

By Gabrielle Morales, VP of Community Service

Stuck indoors this holiday season with your younger siblings because of the bad weather? No worries! I have some great ideas for the holiday season that will make you wish you could stay indoors all the time!

- Make some hot cocoa and watch a classic kid-friendly movie with the family.
- Make homemade ornaments. This is a something the kids will love, especially when they can make their own personalized ornament to put on their tree!
- Bake cookies! Kids love to help cook in the kitchen, and it brings the family together.
- Make crafts! There are tons of choices from making snowmen to snowflakes. The children can paint, draw, color, and cut. This is both educational and fun. The options are endless and they will stay entertained for hours.
- Holiday Charades- A fun twist on a common game that allows the children to be active and have fun as well as spend time with the family.

STAYING FIT THROUGHOUT WINTER

by Casey Sanders, VP of Leadership Development

The holiday season is fun, but can be stressful. Between cooking, cleaning, decorating, and visiting friends and family, stress levels can elevate through the roof. Even as the temperatures continue to drop, it is important to stay active so as to keep the stress at bay. Rather than trying to brace the cold and go for a jog, there are plenty of things to do indoors to keep fit, healthy, and relaxed!

Yoga is a great way to stay fit. Not only is it a great cardiovascular workout, but it is an amazing way to stay relaxed. Yoga is a practice that is both physical and mental and works to transform the body and mind. It elevates the heart rate, steadies your breathing, and is a great activity that you can get the whole family to do together!

Being active isn't enough on its own; you have to eat well, too. When planning your meals, try to integrate every color of the rainbow into your recipes. Colorful fruits and veggies are very appealing and can be terrific additions to any dish!

KEEPING WARM WITH STYLE

by Stephanie Zhang, First Vice President

Now that winter is here, the challenge is how to look fashionable while remaining warm. Although we love a winter wonderland, we really don't love the shivering cold that accompanies the beautiful scenery! However, there is a way to stay both chic and warm this season, and the secret is all in the layering! Put on a shirt, and add a knitted vest or sweater before putting on your winter coat! Play with the colors and textures of the fabric, and you can easily create a stylish look. Secondly, invest in some cute, classic, and warm accessories, such as a scarf, earmuffs, and/or gloves! These add a nice touch to your outfit while protecting you from the harsh cold. Think twice about purchasing a jacket with a print that will only be "in" for that particular season; invest in a timeless and fabulous winter coat that can be worn for future winters! Use your accessories to add a fashion forward trend to your winter look. Thirdly, fur and shearling are all the rage nowadays, so don't be afraid to incorporate this popular trend into your wardrobe! Fur accents can be used from hats and scarves to shoes and jackets; it's extremely versatile! Don't let your fashion sense suffer from the bleak winter, but rather take the challenge to look stylish and warm this season!

CELEBRATE FCCLA WEEK!



By Michelle Qu, VP of Membership



Sunday, February 8th, will be FCCLA @ the Table. To encourage the national initiative, FCCLA @ the Table, members will take a pledge online and share a meal with their family. Through the pledge, members are to take a picture and post it on either Instagram or Twitter with the #FCCLAattheTable and tagged NJ_FCCLA.



Monday, February 9th, is Media Blitz day. Get the word out about FCCLA using social media. Send out an FCCLA Media Release to your local media outlets. Record a PSA with your chapter at your local TV or radio station, change your social media profile pictures/cover photo to the FCCLA logo for the whole week.



Tuesday, February 10th, will be an Advocacy Day, where members will promote their chapters and increase their membership. Focus on recruiting new members and recognizing and retaining existing members!



Wednesday, February 11th, will be Appreciation Day to show gratitude for those who support our initiatives. Without the work of our advisers, parents, and/or friends, the existence of our chapters would not be possible. Wednesday is also Red Out Day. Wear red and FCCLA Gear to school.



Thursday, February 12th, is Throwback Thursday. A popular post on social media, there will definitely be a #ThrowBack-Thursday. Members will post a picture online of their favorite FCCLA conference or memory. From chapter events and services to a National Leadership Conference, share your most treasured memories with your friends!



Friday February 13th, is Leadership in Action Day. Chapters should plan for members to participate in service activities. Another way to demonstrate a commitment to Leadership in Action is by engaging in Random Acts of Kindness. Although kindness should be present in everyday life, make this a day of kindness for those around us.



Saturday, February 14th –Share what you and your chapter did during FCCLA Week by posting photos on Instagram and tagging @NJ_FCCLA! We are stronger united, and through FCCLA Week activities, we can make the NJ FCCLA delegation stronger, united, and heard! Express your love for FCCLA on Media Day.

As an organization, we have a flower, an emblem, a logo, a motto, a tagline and of course a bundle of conferences. All these items and activities represent our FCCLA organization; however, did you know that FCCLA has its own week on the calendar? In the month of February, from the eighth to the fourteenth, the New Jersey State Association, as well, every chapter in the nation, is celebrating the Family, Career and Community Leaders of America! Each day of the week represents a different initiative and holds its own purpose.

FCCLA Week is not just about participating in activities each day. It is about recognizing every members contribution to our state association and national organization. FCCLA Week is about coming together and celebrating the opportunities and benefits of membership. Mark your calendars today and promote your chapter!

GOALS, GOALS, GOALS POWER OF ONE

By Julia Farhat, VP of National Programs

We all have goals. Many times it is difficult to reach a specific goal when we are busy with other goals. Not to fear! The FCCLA National Program, Power of One, is here to help members find and use their own personal powers to reach their goals! With Power of One, members set their own goals, work to achieve them, and enjoy the results.

Let's break it down. Power of One consists of five units: A Better You, Family Ties, Working on Working, Take the Lead, and Speak out for FCCLA. A Better You helps to improve personal traits. The purpose of Family Ties is to get you closer to your family members. Working on Working allows you to explore different careers. Take the Lead will sharpen your leadership skills. Finally, Speak Out for FCCLA encourages you to tell others about your positive FCCLA experiences.

I encourage you to complete the Power of One national program. Power of One gives you the opportunity to try new things and challenge yourself in new fields. Also, Power of One helps you to actually reach your personal goals. For more information, please visit <http://www.fcclainc.org/content/power-of-one/>. As a bonus, by completing Power of One you will even be recognized on the national FCCLA website and at the New Jersey FCCLA Spring Leadership Conference.

BECOMING A NJ STATE OFFICER

by Heather Paul, VP of Communications

Becoming a state officer is a wonderful opportunity! It's a great way to expand your leadership, give back to the community, and have a great time all while doing something you love. It may seem challenging, but it is exciting and fun at the same time. Becoming a state officer helps you learn time management skills, develop leadership, and become more professional. You can learn so many things that will help you become successful in the future.

The process is simple. First, find the 2015 application on the NJ FCCLA state website. Complete and submit the application by the deadline date. Then, plan to attend the Candidates' Meeting on February 21, 2015 to learn about becoming a state officer. At this meeting, candidates will take a test on FCCLA knowledge and need to score above 80 percent to proceed to the next round. The information about FCCLA can be found on the state and national websites. The next round is an alumni panel where candidates speak to alumni and will be asked a series of short questions. A parent and your chapter adviser will need to attend the meeting with you.

At the State Leadership Conference, candidates will make a speech in front of members as a part of the voting process. Afterwards, voting delegates will meet with the candidates, where candidates will be asked one factual question and one situation question. Voting takes place at the State Leadership Conference. Once elected, the state officers-elect will be installed at the closing session of the conference. If you are interested in running for State Office, speak to your chapter adviser about this amazing opportunity!

THE MORE THE MERRIER

By Michelle Qu, VP of Membership

It seems as though July was just yesterday, and between now and then, the school year flew by. In the blink of an eye, 2014 is over and we are welcoming 2015! At this point, members have participated at the National Cluster Meeting in New Brunswick and the Fall Leadership Connection. The opportunities in NJ FCCLA are not done for the year. There is time to recruit new members and open the world of FCCLA to interested students. But ...what to do? Your chapter may have used all of the ideas to recruit members during the beginning of the school year. Well, not to fear, here are a few mid-year recruitment ideas.

JOIN THE NJ DELEGATION AT THE NATIONAL LEADERSHIP CONFERENCE!

By Connor Shah, VP of Finance

Where better to study leadership than in a city where the world's most premier leaders have lived? Amazing food, breathtaking attractions, and thousands of our nation's strongest student leaders are just some of the reasons why Washington, D.C. is the most ideal location for our 2015 FCCLA National Leadership Conference. Get ready to meet people from around the United States as we #SpreadtheRed in our nation's Capital!

This conference is especially important as FCCLA celebrates its 70th anniversary! As an organization, we will recognize our past accomplishments, enjoy meeting new friends, and prepare for a successful future. National FCCLA has a lot planned for this conference, such as the unveiling of the new and improved Student Body national program and recognition for the FCCLA @ the Table pledges. National Leadership Conferences are always a crowd pleaser due to over 25 STAR Event competitions, networking opportunities, and the many great workshops and guest speakers! It is guaranteed that your stay in DC will be unforgettable.

Together we can accomplish so much more. The New Jersey FCCLA delegation will have an opportunity to bond and succeed in the competitive events. The New Jersey State Officers are particularly excited to return to Washington, D.C. after Capitol Leadership in October 2014 and can't wait to see everyone there!

- Encourage every member to bring a friend
- Create a chapter website and update it with chapter events and services
- Relate a peer's personal interest to FCCLA
- Explain the upcoming conferences to spark interest
- Invite a friend to join your STAR Event team
- Write monthly/quarterly newsletters
- Initiate a chapter recognition program

Within the first month of the New Year, chapters should continue to recruit members as membership number totals are calculated in early February. Implement some of the listed ideas and continue building a strong chapter, a larger family, and a bigger state!

PROFITS FOR YOUR CHAPTER

By Connor Shah, VP of Finance

Let's face it, between the conferences and activities, FCCLA can be costly. Fundraising is the cornerstone of any successful organization. Here are a few great ideas to make money so you can continue funding all your great projects and put the "fun" in "fundraising!"

FOOD FUNDRAISERS:

1. Joe Corbi's

Pizza kits, cookies, and cinnamon rolls. What more could you ask for? Joe Corbi's offers tons of products that are ordered ahead of time and then conveniently delivered to you. There is something to satisfy everyone and not to mention great profit margins.

2. After-school selling

Everybody gets hungry after a long day in school. Get permission from an administrator and start selling any type of food after school. Whether it's baked goods, pizza, or hot chocolate (perfect in the winter), after school selling is a great idea!

EVENT FUNDRAISERS:

1. Clothing Drive

Did you know that over 20 billion pounds of clothing is thrown away every year? Clothing drives may not seem profitable when offered 10¢ per pound of clothing, but the turnout is quite surprising and rather easy. Most of the time, there is free pickup, so just a few volunteers are needed to weigh and record.

SPECIAL FUNDRAISERS:

1. Duct- tape a Teacher

Duct taping a teacher or administrator to the wall during lunch periods can be extremely profitable and fun! Selling strips of duct tape for \$1 can quickly raise money for your chapter. Ask for donations of duct tape from your members!

2. School/District Cupcake Challenge

Duplicate the state cupcake challenge as an opportunity to make some needed revenue for your chapter. Have a cupcake baking contest and then sell the cupcakes for a profit.

WHO WANTS SOME RECOGNITION?

By Julia Farhat, VP of National Programs

National Programs are a great way for members to make an impact on their families, careers, and communities. National programs are worthwhile and often require a personal investment of creativity, time, and work. With that being said, it is only fair for national program participants to be recognized! Members need to tell others about their projects by submitting an application for recognition to the national headquarters; the application can be found on the national website. All national program applications must be submitted no later than March 1st, 2015. The National Organization will select winners and a runner up for high school and middle school levels in each national program. These winners will be recognized at the 2015 National Leadership Meeting in Washington, D.C. and will have recognition on the national FCCLA website. Good luck to all participants!

ALUMNI RECOGNITION

by Connor Shah, VP of Finance

One of the greatest riches of New Jersey FCCLA is the dedication of its alumni members. Even after high school, graduating members enroll in our Alumni Association, NJ Friends of FCCLA. These alumni help in the New Jersey State Office, run conferences, volunteer, and much more. The success of our State Association relies heavily upon our experienced alumni association.

This year, NJ FCCLA had the honor of hosting our first National Cluster Meeting. It is safe to say the conference would not have been successful without our outstanding alumni presence. The alumni helped at registration, judged competitive events, served as workshop speakers and volunteered at the Knowledge Bowl to name a few. We would like to genuinely thank all of the alumni that came back to help for this conference.

In November, the Fall Leadership Connection was exceptionally fun and exciting! A big reason for this was the involvement of our NJ FCCLA alumni. The alumni presented round tables, leadership workshops, and helped make the conference relaxed and an overall success.

Once again, we would like to extend our warmest thank you to all of the alumni that work behind the scenes passionately to help all of us. New Jersey FCCLA encourages all members, especially current seniors, to join NJ Friends of FCCLA. Becoming a part of this amazing group of alumni allows you to give back to the organization that gave so much to you!



CHICKEN POT PIE SOUP

PREP TIME: 10 MINUTES
COOK TIME: 19 MINUTES
YIELD: 4-6

Ingredients:

- 2 cup chicken, cooked & diced
- 3 Tbsp unsalted butter
- 1/2 yellow onion, diced
- 3 celery stalks, diced
- 1 cup broccoli florets, chopped
- 1/4 cup all-purpose flour
- 3/4 cup chicken broth
- 1 cup heavy cream
- 1 cup milk (I used skim)
- pinch of crushed red pepper flakes
- 1 tsp kosher salt
- 1/2 tsp ground black pepper
- 1 cup cheddar cheese, shredded
- 1/2 package pie crust (I used Pillsbury), thawed

Instructions:

1. In a large pot, melt butter over medium high heat. Add onions, celery and broccoli and cook to soften about 3-5 minutes. Sprinkle with flour and cook an additional minute, stirring constantly. Slowly add broth, milk, cream, red pepper flakes, salt and pepper. Use a whisk to combine, then add in cooked chicken. Heat over medium heat until warm, about 10-15 minutes.
2. To make crust strips, unroll thawed pie crust (for one crust). Cut into strips and lay on parchment paper lined baking sheet. Bake in a 450 degree oven for 6-8 minutes, until browned. Remove from oven.
3. To assemble, Pour soup into individual ramekins and top with shredded cheese and pieces of pie crust strips. ENJOY!



CARROT CAKE

16 SERVINGS
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 1 HOUR 10 MINUTES
(PLUS 1 HOUR COOLING TIME)

http://www.eatingwell.com/recipes/carrot_cake.html. From *EatingWell: April/May 2005, The EatingWell Diabetes Cookbook (2005)*

Carrots give carrot cake a health-halo effect—people think it's health food, but it's usually very high in fat

and calories. But our version has about 40 percent less calories and 50 percent less fat than most. First, we use less oil in our batter. Then we skip the butter in the frosting (don't worry, it's still light and smooth). To ensure the cake is moist, we add nonfat buttermilk and crushed pineapple.

Cake Ingredients:

- 1 20-ounce can crushed pineapple
- 2 cups whole-wheat pastry flour, (see Ingredient Note)
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 2 teaspoons ground cinnamon
- 3 large eggs
- 1 1/2 cups granulated sugar
- 3/4 cup nonfat buttermilk, (see Tip)
- 1/2 cup canola oil
- 1 teaspoon vanilla extract
- 2 cups grated carrots, (4-6 medium)
- 1/4 cup unsweetened flaked coconut
- 1/2 cup chopped walnuts, toasted (see Tip)

Frosting Ingredients:

- 12 ounces reduced-fat cream cheese, (Neufchâtel), softened
- 1/2 cup confectioners' sugar, sifted
- 1 1/2 teaspoons vanilla extract
- 2 tablespoons coconut chips, (see Ingredient Note) or flaked coconut, toasted

Preparation:

1. To prepare cake: Preheat oven to 350°F. Coat a 9-by-13-inch baking pan with cooking spray.
2. Drain pineapple in a sieve set over a bowl, pressing on the solids. Reserve the drained pineapple and 1/4 cup of the juice.
3. Whisk flour, baking soda, salt and cinnamon in a medium bowl. Whisk eggs, sugar, buttermilk, oil, vanilla and the 1/4 cup pineapple juice in a large bowl until blended. Stir in pineapple, carrots and 1/4 cup coconut. Add the dry ingredients and mix with a rubber spatula just until blended. Stir in the nuts. Scrape the batter into the prepared pan, spreading evenly.
4. Bake the cake until the top springs back when touched lightly and a skewer inserted in the center comes out clean, 40 to 45 minutes. Let cool completely on a wire rack.
5. To prepare frosting and finish cake: Beat cream cheese, confectioners' sugar and vanilla in a mixing bowl with an electric mixer until smooth and creamy. Spread the frosting over the cooled cake. Sprinkle with toasted coconut.

Nutrition:

Per serving : 342 Calories; 17 g Fat; 5 g Sat; 7 g Mono; 56 mg Cholesterol; 43 g Carbohydrates; 6 g Protein; 3 g Fiber; 349 mg Sodium; 150 mg Potassium
 3 Carbohydrate Serving
 Exchanges: 2 1/2 other carbohydrate, 1/2 vegetable, 3 fat

Tips & Notes:

- Ingredient Notes: Whole-wheat pastry flour, lower in protein than regular whole-wheat flour, has less gluten-forming potential, making it a better choice for tender baked goods. You can find it in the natural-foods section of large super markets and natural-foods stores. Store in the freezer.
- Large thin flakes of dried coconut called coconut chips make attractive garnishes. Find them in the produce section of large supermarkets.
- Tips: No buttermilk? You can use buttermilk powder prepared according to package directions. Or make "sour milk": mix 1 tablespoon lemon juice or vinegar to 1 cup milk.
- To toast chopped walnuts and coconut chips, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 5 minutes.

FCCLA @ THE TABLE

by Casey Sanders, VP of Leadership Development

The holiday season is terrific because it brings families together. This is a great opportunity to visit www.njfccla.org and take the pledge to prepare and eat a meal with your family. There are so many opportunities this time of year to kick back and relax with family and friends, so why not scan cookbooks on online resources for some fun and nutritious recipes that you can prepare together? FCCLA @ the Table's purpose is to bring families together for a meal at least once a week which, statistically, builds terrific relationships within families and lowers the chances of kids participating in risky behaviors.

Make sure to take a photo of you and your family eating your meal together and post it on Instagram with the hashtags "fcclaatthetable" and "njfccla". You can even tag @nj_fccla so we can look at all of your hard work! Happy holidays and happy cooking!



VISIT NJFCCLA.ORG FOR MORE INFORMATION.

THE GIFT OF GIVING

By Gabrielle Morales, VP of Community Service

This holiday season, the gift that no present can top is the gift of giving! I want all of you to take the initiative to reach out and do something for others. There are a countless number of things you can participate in not just on your own, but with your families as well. Isn't that what the holidays are all about!?

For example, this past month, my family and I went to New York and visited a clinic for children with cancer. We had a bag full of toys and gave them out to all of the patients and siblings that were there. My heart was filled with joy as I saw the smiles on each child's face, and I can honestly say this was much more rewarding than receiving a gift myself.

The gift of giving does not always have to be an extravagant gesture that involves a lot of money. Here are a couple ideas you can use to engage in the gift of giving this holiday season. Happy Holidays!

- Visiting a hospital or nursing home
- Making small gift bags filled with holiday goodies for those in need
- Giving toys out to children whose families may not be able to afford any
- Volunteering at a soup kitchen
- Donating food to those in need
- Delivering cookies to employees at your nearby police department or fire station
- Send holiday cards to those who serve our country

Even if you aren't able to give something during the Holidays, remember that sometimes just visiting others who are lonely and showing them that you care is worth more than giving a gift!

DON'T FORGET ABOUT VITAMIN D!

By Rohit Iyer, State President

Often called the sunshine vitamin, Vitamin D is crucial to your health this winter! Vitamin D is important for overall health, and specifically, healthy skin and strong bones. Just a few of the functions of the body that vitamin D helps with are the immune system, muscle function, respiratory development, and brain development. Your body mainly produces Vitamin D from exposure to sunlight, but here in New Jersey, it can be difficult to get the necessary exposure to sunlight during winter months.

However, experts often recommend 10 to 15 minutes of sun exposure to achieve your daily dose of Vitamin D! A fun way to produce some Vitamin D is to play a sport or exercise with friends outside. In addition, physical activity is a natural stress reliever that can be very refreshing as well. Try to get outside every day so that your body can produce the Vitamin D it needs! But remember, if you are out in the sun for more than a few minutes, wear protective clothing and apply sunscreen with an SPF of 12 or higher.

If you are unable to soak up some Vitamin D outside, try finding some foods rich in Vitamin D. Vitamin D rich foods include mushrooms especially portabella or shitake, fatty fish like salmon or tuna, broccoli, and egg yolks. Other foods enriched with Vitamin D include varying brands of breakfast cereals, orange juice, yogurt and margarine.

Find the Vitamin D formula that works best for you, whether it is going outside daily or starting off your day with a breakfast cereal rich in Vitamin D!

HOW DISNEY'S "TOY STORY" RELATES TO LEADERSHIP

**By Casey Sanders,
VP of Leadership Development**



When contemplating leadership, the Disney Classics may not be the first things that come to mind. However, Disney stories are filled with lessons, morals, and concepts that focus on how to be a leader. Let's examine the movie "Toy Story," as an example.

"Toy Story" introduces us to a group of toys belonging to a boy named Andy. Their unofficial leader is Andy's favorite toy, Woody, an old cowboy doll with a string. Woody receives some competition when Andy gets a new toy for his birthday, Buzz Lightyear of Star Command, who thinks he's really a soldier of Star Command rather than a toy. Buzz alienates Woody because he thinks he practices autocratic leadership. He believes that leaders boss others around and tell them what to do. Finding this strategy unsuccessful, Buzz joins forces with Woody and they each employ their strengths to keep their toy family together.

As youth leaders, we need to recognize the value of the democratic leadership style and understand that success comes from team work. Successful leaders use their innate qualities to inspire a team to achieve goals. Leaders like Buzz and Woody can see beyond the task at hand and look to achieve long-term goals by combining the strengths of the team. "To Infinity... and Beyond!"

LEADERSHIP BASICS: FUN FOR ALL

By Michelle Qu, VP of Membership

"A leader is one who knows the way, goes the way, and shows the way." This quote by John C. Maxwell states that leaders are those who do not stop at just themselves. Leaders are people who look beyond themselves and inspire others; leaders promote the development of new leaders and encourage their potential.

Leaders are not born, they are made, and becoming a leader is a lifelong mission. It is more than what meets the eye. Being a leader is about responsible actions and positive attitude. Good FCCLA leaders inspire peers to become active in their local chapter. Leaders employ a positive attitude and a team spirit. Always keep a smile on your face and make new members comfortable.

Every chapter's program of work should include leadership development. Begin by helping members understand the rich and meaningful history of FCCLA. Create activities that bring members together to work as a team. Make a banner, plan a service project, and include fun social events to promote camaraderie. Begin every chapter meeting with a short leadership activity and discuss the leadership trait that was demonstrated. Most importantly, leaders listen to the ideas and concerns of new members. Make new members welcome; reach out and incorporate new members on a committee or project.

Leadership is a lifelong journey. The experiences are much more enjoyable when we meet new friends and members along the way.

By Heather Paul, VP of Communications

The recently updated New Jersey FCCLA website is up and ready to go! STAR Events and competitive event guidelines are also up! The website has a lot of useful information, including the 2014-2015 calendar-at-a-glance, the NJ FCCLA Program of Work, and leadership development opportunities.

NJ FCCLA is excited to add your chapter website link to the state website. If you have a chapter page, make sure to email the link to njfccla.website@gmail.com, so we can feature your chapter on our state website!

NJFCCLA.ORG

The screenshot shows the NJFCCLA website with a navigation bar including Home, About Us, Meetings, Leadership, Calendar, Advisers, Competitive Events, Community Service, Programs, and Resources. Below the navigation bar are social media icons for Facebook, Twitter, and Instagram, with the text "Like us on Facebook!" and "FOLLOW US ON TWITTER & INSTAGRAM!". A "New Jersey Calendar At A Glance" section shows dates for Friday, January 9 (6:00pm State Execu), Saturday, January 10 (Leadership Boot Camp), and Monday, January 12. A "Join us at the Leadership Boot Camp!" section mentions January 10th, 2015, at John P. Stevens High School. A "Click here for more information and to take a survey about the 2015 LBC program!" link is provided. The FCCLA logo is also visible.