

2022 winter newsletter

NEW DIRECTIONS

President's Address

Dear New Jersey FCCLA Members, Advisers, and Alumni:

Welcome to the start of a brand new year of FCCLA! I hope that your transition back into school and FCCLA is seamless and successful. I'm sure that your chapters have a lot of plans for 2022. Let's make sure that we keep the energy strong! Remember to follow NJ FCCLA's Instagram account, @njfccla, for updates and state officer content, and share the happenings of your chapter members. The state executive council and I would love to hear about your chapter's initiatives and accomplishments.

As we launch this new year, it is important that we all take time to reflect on the events of last year and express gratitude for the moments and people in our lives that were influential parts of our journeys. 2021 was another challenging year, but we were all able to make it through. For me, that has a lot to do with FCCLA, which has taught me to be resilient, innovative, optimistic, and solution-seeking in the face of adversity. I am so grateful to be a part of an organization that has given me an abundance of resources and opportunities to help me succeed, as well as a network of driven individuals that I call family. I hope you all will set time aside to reflect on your year and the things and people for whom you are grateful! At the start of the year, it's also important that we create plans to improve ourselves. As you all create your New Year's resolutions, I hope you will keep effective goal-setting skills in mind. There's nothing worse than a New Year's resolution that falls through in the middle of January, so make sure that the goals you set for yourself are S.M.A.R.T: specific, measurable, achievable, realistic, and time oriented. This is a great opportunity to use the Power of One national program to help you with your 2022 goals. Benefit from the momentum of the new year by forming action plans that create the best version of yourself!

NJ FCCLA has a lot of great things coming up. It all kicks off with our first conference of the new year, Leadership Bootcamp. This virtual conference is designed to help our members grow their leadership potential with fun and engaging presentations, activities and discussions. This February 13-19, we have FCCLA Week, with daily activities related to the national and state FCCLA themes. Last but certainly not least, we have our State Leadership Conference, with exciting workshops, keynote speakers, and competitive events for everyone to enjoy. I hope you will take advantage of all that our state association has to offer!

The state theme for the 2021-2022 school year is Volume 75: The Leadership Legacy Lives On. With community service initiatives, national programs, advocacy opportunities, competitive events, and more, FCCLA has so much to offer each and every one of us. How will you utilize FCCLA to continue your leadership legacy? I can't wait to see what 2022 has in store for our state association!

Sincerely,
Jacquelyn Trotman
State President

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Capitol Leadership & National Fall Conference In Review

Jacquelyn Trotman, State President

On November 4-5, 2021, five of New Jersey's state officers joined over 400 FCCLA members, advisers, and officers from around the country in Washington, D.C. as they participated in National FCCLA's Capitol Leadership Conference. Jacquelyn Trotman, State President; Gianna DeBruyn, First Vice President; Amanda Chen, VP of Communications; Neha Patel, VP of Community Service; and Ananya Singhal, Committee Chair, proudly represented the New Jersey State Association in the Nation's Capital. This conference was an amazing experience for our state officer team, complete with advocacy training, virtual Capitol Hill visits, and lots of networking opportunities!

National FCCLA's advocacy training sessions were designed to prepare Capitol Leadership participants for their Capitol Hill visits with their state's district representatives and senators. Under the direction of Zack Love from the Leadership Training Team and Jane Lucas from Alston + Bird, participants learned about the breakdown of the government, went over tips for conveying the happenings of FCCLA and the importance of Family and Consumer Sciences education, received materials to guide their conversations and give their representatives, and were able to practice different Capitol Hill visit scenarios with a "Hill day" roleplay activity. Attendees even heard from the Campaign for Tobacco-Free Kids' Audrey Blute, who taught participants how they could incorporate the Taking Down Tobacco advocacy initiatives into their "Hill day" conversations.

The New Jersey state officer team met with staff representatives of Congressman Andy Kim and Senator Robert Menendez. They advocated for FCCLA and FCS, highlighting acquired skills, health and wellness, personal finance, sustainability, and the dire need for more FCS educators. The state officers represented our state association very well. Hopefully, New Jersey FCCLA has new advocates at the Capitol!



In addition to representing the New Jersey FCCLA delegation on Capitol Hill, the state officers participated in the Skill Demonstration Events. These competitive events allow students to study and demonstrate college-and-career readiness skills. Ananya Singhal placed 1st in the nation for Fashion Construction and Design Challenge, and Jacquelyn Trotman and Amanda Chen placed first and second respectively in the FCCLA Knowledge Challenge, earning a cumulative \$100,000 in scholarship money to Sullivan University.

We are proud of our State Officers as they represented NJ FCCLA well!



Staying Warm in Fashion

Ananya Singhal, State Committee Chair

As it is getting colder outside, it's important to stay warm for the winter. However, that doesn't mean you have to sacrifice your style for it! Here are a few tips to help you stay warm but fashionable for this winter.

Layering is key! This technique is amazing. Not only does it help you look chic, but it is also perfect for the winter because it keeps you warm and comfortable. Some tips to achieve this look are:

Investing in a Good Coat and Taking Care of It

The coat you wear is the main thing people see when you are outdoors. - make sure that it looks amazing and is comfortable. Also, make sure to keep your coat in good condition by remembering to clean it periodically during the season. A great coat can bring the whole outfit together.

Coordinating Accessories such as Scarves and Socks

A good rule to follow when you go out is to have your neck and ankles protected from the cold. To do this and still be coordinated, use this "SSS" trick, which stands for socks, sweater, and scarf. Remember to match your scarf to your socks and sweater (it can be any element of your outfit, not necessarily a sweater). This makes you look very put together while also keeping you warm.

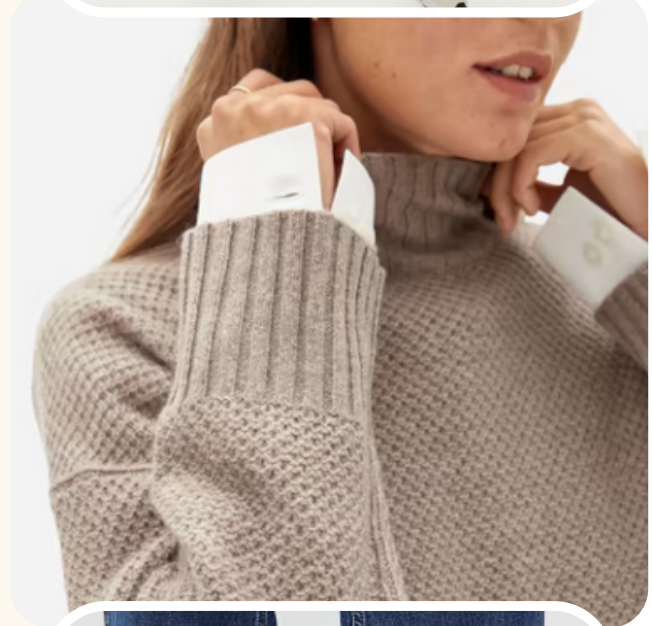
Having More Than One Layer

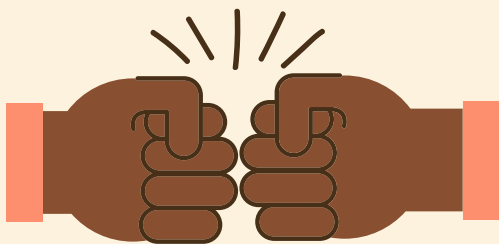
Go beyond putting a coat over a shirt. For example, layer a long sleeve turtleneck under a t-shirt. This puts more depth into the outfit and further helps fight the wintry weather. Another example is using outerwear such as denim jackets or a zip-up to function as a median between your outfit and coat. This helps you keep warm both outside and indoors.

Remember Your Shoes

Many people have a favorite pair of sneakers, but in the winter, boots are a strong addition to your ensemble. Boots are more effective in protecting you from the cold than sneakers are. Just like a good coat is important for both fashion and winter, it is the same with boots. Find a pair that makes you feel confident and are comfortable. These also add dimension to your outfit and can create a powerful fashion statement.

The most important part of these tips is to remember that you do what makes you feel confident and feel good. If you feel amazing in what you are wearing, that will translate to the rest of your outfit. Stay warm and fashionable!





Keeping a Chapter Active During Challenging Times

Ms. Ashley Gerber - Shawnee FCCLA Chapter Adviser

What a whirlwind of a year it has been. Most of us have returned to in-person learning and it is so nice to finally have our students back in the classroom. For some, this year has been just as challenging if not more challenging than last year. It is easy to sometimes put things on the back burner when trying to navigate new territories. Keeping FCCLA active over the last couple of years has been a challenge for sure, but I have found that my students are still so invested in our organization. I learned that constant communication with members helps to keep them active. It is also very important to start the year with a list of all meeting dates. This way, members know when meetings will be held and can make arrangements to attend. Our students are so busy with sports and other activities that if we set the schedule at the beginning of the year, they are more likely to attend. As a chapter, we established guidelines that all members must follow to be considered "active members." We hold our members to these standards and that helps with attendance at events and meetings. All members must attend 90% of monthly meetings, they must be on at least one committee, and participate in one of our community service events. At our school, FCCLA members have the opportunity to earn a Varsity Letter for their participation in our organization. In order to earn a varsity letter, members must compete in at least two conferences that given year. Having this recognition helps keep students motivated and increases competitive event participation. We don't currently know what the future holds, but if we make a conscious effort to promote and encourage our organization, regardless of the situation.

Try to apply some of these tips to increase the success of your chapter!



ask
Edna!

Dear Edna,

My chapter did not have many initiatives this year. Most of us are new to FCCLA and the whole virtual year really threw us off. Everything is still so new and we do not know how to get more involved! Could you please tell us how we can reach out for guidance and ideas?

Sincerely,
FCCLA Member

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Dear FCCLA member,

I am so glad to hear from you! Our state officers would be delighted to work with your chapter to offer their knowledge and experience in FCCLA through virtual chapter visits! They can provide ideas for community service initiatives, membership recruitment, and offer information on national programs and competitive events. They would love to hear what progress your chapter has made and provide suggestions for initiatives you might want to tackle.

The Red Rose Chapter Award information can also serve as a guide for your chapter to determine the next steps. This program is designed to recognize well-rounded chapters who contribute to the State Program of Work! They must take part in membership development, community service, conferences, leadership activities, national programs, and competitive events. More information about the requirements and criteria can be located in the membership section of the NJ FCCLA Website:
<https://njfccla.org/membership>.

With warm regards,
Edna P. Amidon
Founder of FCCLA

New Year, New Me!

Gianna Debruyne, First Vice President

I'm sure everyone has come up with a New Year's resolution once in their life. Whether it was to exercise more, eat healthier, or take up a new hobby, we have all attempted goals but experienced at least one where we never truly succeeded. Well, this year you are going to make it count! Here are some ways to help you improve and stick to your new year's resolution.

Some ideas for resolutions could be:

- Develop a more nutritious diet
- Spend at least 20 minutes per day being active and increasing your heart rate
- Try a new hobby—maybe baking, knitting, or more
- Work towards a goal you have had, such as saving money
- Get organized through the use of a planner or calendar app

Resolutions can be exciting at first, but it might be difficult to stick to them. Here are some steps to help you stay motivated and stick to your goal.

1. **Develop a goal** - Be specific with your goal. Brainstorm how you will work to accomplish it.
2. **Take small steps** - Plan out daily or weekly tasks to accomplish that relate to your goal. Remember that you have all year, so take things slow.
3. **Enlist family and friends** - Include others in your resolution and have them help you in any way they can. Make them your accountability partners.
4. **Reward yourself** - Give yourself rewards when you reach progress on your goals. This will make you want to work towards these milestones.

Hopefully, with these tactics and ideas, you will be able to stay motivated and accomplish your resolutions this year. The New Year is an excellent time to start fresh and leave all of your regrets in the past. It is the perfect opportunity to bravely create a new way of thinking. Dare yourself to improve your life by strengthening the building blocks of your physical and mental health.



Taking the Lead by Running for State Office

Gianna Debruyne, First Vice President

From leadership training opportunities, attending national conferences, and rocking the red blazer, you too can experience these opportunities by running for the NJ FCCLA State Executive Council!

Running for state office has truly transformed many FCCLA members into a dynamic youth leader and set their compass on a lifelong leadership journey.

This transformational opportunity can be effective for you as well. The road to being a State Officer is exciting and challenging, and you will learn so much about yourself and FCCLA. To become a State Officer, it's important to understand all the steps of the election process.

The first step is to complete the application. The application will ask for basic information, responses to open-ended questions, and a chapter adviser recommendation. If your application is on time and complete, the next stage of your State Officer Journey is the State Officer Candidates' Meeting. A parent and your FCCLA Chapter Adviser must be present for this meeting.

The Candidates' Meeting is an informative seminar about the election process and the expectations for serving as a state officer. Each applicant will take the State Officer Candidate Test during the meeting. You can study for this test by using the information found on the state and national websites, including national programs, state initiatives, and the history of FCCLA. Candidates must earn a minimum score of 80% on the test. The final phase of the day is an interview with NJ Friends of FCCLA. During the interview, the panel will ask relevant questions about your involvement in FCCLA and your desire to become a State Officer.

Upon successful completion of the State Officer Candidate Test and interview process, candidates will progress to the election at the State Leadership Conference. Candidates will be given a prompt for the 90-second speech that will be delivered to the voting delegates in a closed session. At this session, candidates will be asked an FCCLA fact question and be presented with a situation question.

What are you waiting for? Begin your application today! The State Office is excited to receive your application. The application can be found under the "Leadership" tab on the NJ FCCLA website. We cannot wait to see you take the leadership reins for NJ FCCLA!

2021 NJ FCCLA Fall Leadership Connection in Review

Gianna Debruyn, First Vice President

The 2021 Fall Leadership Connection was NJ FCCLA's first hybrid conference and a wonderful way to kick off our 75th Anniversary! This hybrid conference allowed members to experience the fun of NJ FCCLA conferences both in-person and virtually. With keynote speakers such as Patrick Grady and Ty Allan Jackson, exciting workshops, and members and advisers from across the state in attendance, the 2021 FLC was an exciting opportunity to begin networking face-to-face again! After a long year of virtual meetings, we were all so excited to be able to experience all that NJ FCCLA has to offer its members in the world of leadership!

At our last in-person Fall Leadership Connection back in 2019, NJ FCCLA offered 15 competitive events. With a lot of hard work from our state staff, the state executive council, and alumni, we were able to offer 30 Virtual Fall Competitive Events as part of the conference! From culinary to design to finance, members created amazing projects. Members were recognized for their outstanding accomplishments at the closing session. The judges and advisers were extremely impressed with the effort and time members put into their competitive events. We congratulate all competitors for their hard work!

Our speakers, Patrick Grady and Ty Allan Jackson, spoke about the importance of leadership, commitment, and chasing your passions regardless of personal obstacles. With engaging activities and inspiring stories, members learned how they can follow their desired path to become the most successful person they can be.

The WeHelpTwo Sock fundraiser was the main community service initiative for this conference. We were able to sell 60 packs of socks to help build a well in Uganda! Along with the sock fundraiser, members were able to decorate cards to send to children in hospitals. The creativity and sincere encouragement our NJ FCCLA members expressed in the cards were an inspiration. We also collected pull tabs to donate to the Ronald McDonald House. Thank you to all members and advisers who participated in our community service events at the Fall Leadership Connection!

Thank you to all attendees at the 2021 Fall Leadership Connection and congratulations to all competitive event participants. We are so grateful to be able to hold this hybrid conference and we cannot wait to see you all at Leadership Bootcamp!

Keeping the Fun in Fundraising

Adedoyin Ayeni, Vice President of Membership

As the school year continues, fundraising only becomes more important. As more conferences and chapter initiatives are offered, it is important to give members the means to participate. From bake sales to movie nights, there are so many fundraising ideas to choose from. Here are 5 fun and creative fundraisers your chapter can hold!

1. Free-Throw Challenge

With your council, plan a basketball free-throw competition with your peers. Have participants pay a fee to compete and allow people to come and watch the competition. In the end, the participant who makes the most consecutive free-throws wins. The winner can be awarded a prize to help attract more participants. Get some snacks and sell them as well. This can be a fun way to get many different people interested and make a lot of money.

2. Talent Show

You can have the students at your school show off their talents with a talent show. You can charge an admission fee for attendees to watch the show. You can also sell snacks at the event. At the end of the night, everyone has a wonderful time watching and laughing with their friends.

3. Trivia Night

Trivia is always a fun and popular experience for all. Have all types of questions - including FCCLA questions! Make sure you make it an enjoyable experience for all. Participants can play in groups or individually.

4. Reverse Raffle

Another great way to make money is through a raffle. To make it more fun, pull tickets throughout the night, instead of pulling out a winner one time. The last ticket to be pulled is the winner. Turn the event into a night jam-packed with activities and food. You can also combine this event with any other event to have double the fun!

5. Culinary/Fashion Demonstration

Lastly, hold a demonstration of culinary arts or apparel. Find a chef, interior designer, fashion designer, or any other professional who is willing to hold a demonstration to teach others about their profession. This can attract many students who will not only be interested in the demonstration but may also be interested in FCCLA. You will make money and also be able to attract members.

With these events, your chapter is sure to have a successful fundraiser. Remember to keep the "fun" in fundraising!

Putting the “Sparkle” into Chapter Meetings

Anushika Sathuvalli, Vice President of Parliamentary Law

Regularly held meetings are vital to a successful and productive chapter. However, while the information given at a chapter meeting is important, it is even more important to make sure that members retain the information. To do this you need to engage members and keep them interested. Meetings with high energy are often the most effective, as they hold members’ interest by providing an engaging experience. The last thing you want is for your chapter meeting to be monotone and lack enthusiasm from both chapter members and officers. Here are some suggestions to make your chapter meetings more energetic:

Meaningful Icebreakers

Icebreakers are brief chapter-bonding activities that occur at the start of a meeting. Icebreakers are a great way to raise the energy of the members in a room before the information is given.

That being said, it is important to increase the enthusiasm of the room with these icebreakers – not decrease it. The icebreaker is the first thing that members participate in at a meeting, so it is important to start off with an interesting icebreaker to hook their attention. Avoid using common or overused icebreakers such as two truths and a lie. Instead, try using an icebreaker that requires your members to get up and move. Simon Says and scavenger hunts are great ways to do this. You can also choose icebreakers that focus on a specific FCCLA element like communication or leadership. Try using icebreakers that are unique and new to your members. This will definitely hook your members’ interest as well as get them energized.

Change up the speaker

Chapter officers usually run meetings. Make sure to vary who is presenting the information at the meeting. Members like to hear multiple voices and perspectives. It gives ‘life’ to the meeting. Rotate who speaks based on which officer can present a specific topic the best. For example, the Vice President of Community Service is best fit to talk about service projects, so they should be the one presenting that information during a meeting.

Vary the format

Chapter meeting formats are unique to each chapter. For example, one chapter may find it beneficial to show a presentation during their meeting while others may prefer a traditional podium-style meeting. Regardless of what meeting format you choose, try to change it up midway between the meeting. You can start your meeting with a presentation and then transition into a scavenger hunt. This gives members something to look forward to and keeps them from getting bored.

Remember, meetings are supposed to be fun and enjoyable for members. Sometimes, the best way to make sure your meeting is interesting for members is to ask them what they enjoy. Regardless, utilizing these tips in your chapter meeting is sure to put some sparkle into it!



The Best Chocolate Dessert I Ever Ate...

Jacquelyn

"One of the best chocolate desserts I've had is the Chocolate Mousse Cheesecake from The Cheesecake Factory when I went there for dinner with my family. It was chocolate on top of chocolate, and I loved it!"



Anushika

"The best chocolate dessert I have ever eaten are fudge brownies made by my best friend. She makes the best brownies, so whenever there is a special occasion she always brings them. I love her brownies because they are crispy on the outside, but moist on the inside. Recently, I had some of her brownies for Christmas."



Gianna

The best chocolate desert I have ever eaten was a Godiva chocolate cheesecake from The Cheesecake Factory. I will never forget my 13th birthday dinner with my family when I first discovered this creamy and delicious chocolate cheesecake. Ever since that day, I will always take the opportunity to ask my family to get this delicious dessert for special occasions.



Adeletoyin

"The best chocolate dessert that I have ever eaten is Chocolate Zucchini Bread. For Thanksgiving, my cousin likes to bring a different non-traditional dessert that she makes herself. One year she decided to make Chocolate Zucchini Bread. It was amazing."



Amanda

"One of the best chocolate desserts I have ever eaten was a Chocolate Strawberry Cake from Paris Baguette. It was for my cousin's birthday, and it tasted amazing!"

Mrs. Dworzanski

"The best chocolate dessert I ever ate was a Frrrrrrrozen Hot Chocolate from Serendipity 3 in New York City because Serendipity is one of my favorite movies. I love a warm hot chocolate but this chocolatey, delicious frozen treat with whipped cream and chocolate shavings can be enjoyed all year round!"

Mrs. DiGioia-Laird

"The best chocolate dessert for any occasion is a devil's food cupcake with a dark chocolate ganache, chocolate filling, and topped with chocolate shavings. The more chocolate the better!"

Neha

"The best chocolate dessert I have ever eaten was chocolate mousse! The first time I tried it was at one of my cousin's birthday parties, it was my aunt's recipe. I loved the bittersweet rich chocolaty flavor and the cold fluffy airy texture. This is a perfect dessert for family dinners in the summer."

Aditi

"One of the best chocolate desserts I have ever eaten is the blue ribbon brownie from Applebees!"

Ananya

"The best chocolate treat I have had is an eggless black forest pastry that I used to get from a bakery in India."



Happy 75th Birthday, NJ FCCLA!

Amanda Chen, Vice President of Communication

On June 11, 1945, Edna P. Amidon founded the national organization, Future Homemakers of America (FHA). Just two years later, the New Jersey State Association joined the ranks of this incredible organization! The history of our organization has grown over a vast period, with changes and additions adding to its strength.

In 1964, the first Teen Times issue was released. This national publication continues to be circulated today. In 1983, STAR Events and Cluster Meetings began. STAR (Students Taking Action with Recognition) Events are competitive events offered at the national level. Members who participate grow their career-readiness skills and receive recognition. To date, 33 STAR Events are offered. During this period of time, New Jersey developed state level events to better serve our membership. The Banner competition was NJ FCCLA's first competitive event. Tune into FCCLA first debuted in the fall of 1999. Currently, NJ FCCLA has 30 Fall Competitive Events and 24 Spring Events.

In 1998, our state association changed its name from FHA to the Family, Career and Community Leaders of America (FCCLA). This was one year prior to the national organization changing its name from FHA to FCCLA. In 2003, our tagline was created: The Ultimate Leadership Experience. National FCCLA celebrated its 75th Anniversary on June 11, 2020 with the theme: Your Story, Our Story. Many successful FCCLA alumni include celebrities Dolly Parton, Reba McEntire, and Bo Jackson.

New Jersey FCCLA has had a long history of success as well. Throughout our organization's history, 25 National Officers have come from New Jersey, with Melanie Mendonca serving on last year's National Executive Council. Our members consistently produce high-quality work and are recognized for their achievements in competitive events, national programs, and more. Annually, we see much success in competitive event results. At our recent Fall Leadership Connection, 92 gold medals, 68 silver medals, and 37 bronze medals were awarded. At the 2021 Hybrid National Leadership Conference, New Jersey FCCLA earned 60 gold medals, with 12 projects placing in the Top 3 spots in the nation! Over 40 NJ FCCLA members completed the Power of One national-

program in 2020, which helped members develop goals and achieve them. The continuous dedication of our members makes our state one of the most active in the North Atlantic Region. What makes our state association special are the connections that have formed within our communities and chapters, where each member has the opportunity to access many resources and networks. Each chapter works together to create events and service initiatives that bring local communities closer.

NJ FCCLA Vice President of Membership, Adedoyin Ayeni, says: "Through FCCLA, I have been able to not only improve my leadership skills, but also gain new skills that I will use for the rest of my life. Through networking opportunities given to me by FCCLA, I was able to connect with students from all over the state of New Jersey and the United States. FCCLA is an organization that has greatly impacted my life for the better, and I am beyond ecstatic that I get to be a part of the 75th Anniversary!"

As we celebrate this grand milestone for our state, our chapters are going beyond measure by improving their local communities through community service, events, and projects. The everyday actions we take as members all build to create a brighter future, especially through opportunities to develop leadership and life skills. This year's state theme, **Volume 75: The Leadership Legacy Lives On**, is built upon the legacy we uphold as an organization and the mark we make as leaders. Reflecting on the decisions of past members, we understand the responsibility we hold in changing the future. While members move into adulthood and the workforce, the career preparation opportunities FCCLA has taught will support them for the rest of their lives, continuing to make an impact on future generations with FCCLA's legacy. We thank you all for being involved and continuing to pave the way with FCCLA!



Keeping Members Involved!

Adedoyin Ayeni, Vice President of Membership

As we head towards the middle of the school year and the heart of winter, membership recruitment becomes exceedingly important. FCCLA offers opportunities for members that they cannot receive in other organizations. These opportunities span from improving public speaking and networking to organization and opportunities to develop transferrable skills.

Go for the Red, FCCLA's membership campaign, is the perfect guide for chapters and members who strive for membership growth. Go for the Red is an annual campaign that promotes membership growth and empowers students to recruit, retain, and recognize FCCLA members. Through its three R's—Recruit, Retain, and Recognize—chapters and members are given a guide on increasing membership. Each unit focuses on a different part of membership growth, outlining the steps chapters can take to increase membership. To apply for Go for the Red, members can visit the FCCLA student portal and fill out the application under Surveys/Applications. The application deadline is March 31st!

As leaders, we need to reach as many students as possible during the month of January. New Jersey members need to be affiliated by February 1st to participate in the Competitive Events in the spring. Recruitment does not always have to be elaborate or extravagant. One recruitment strategy is to ask every member to invite a friend to the next chapter meeting. Students are more likely to join if they have a friend or someone they know in the chapter. Perhaps, you can plan a very special meeting at night with a speaker and refreshments to create some excitement. You may also share this newsletter with your peers and administrators to introduce FCCLA to those around you.

A membership retention strategy is to energize and retain existing members. A great way to accomplish this is to start a member of the month program for your chapter in which members who are highly motivated and make great contributions to the chapter are recognized for their efforts. It is also important to reach out to your members personally and say thank you; this can be as simple as a handwritten note or a shoutout during a chapter meeting. Give enthusiastic members more responsibility by asking them to chair a committee or initiative.

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Remember to always recognize your members. One way is to showcase members who have been successful with competitive events at a meeting about success in FCCLA. Encourage members to select an event and invite a new member to be part of their team. You can also put up posters in the FCS classrooms and bulletin boards around your school to recognize member achievement. Let others see the efforts of your members!

Remember members are the blood that courses through the veins of every chapter. Make sure you do your best to grow your chapter as much as possible!

Guide to Being Awesome *2022 Leadership Bootcamp*

Adedoyin Ayeni – VP of Membership

On Saturday, January 8th, 2022, New Jersey FCCLA held their 13th Annual Leadership Bootcamp where students were given the opportunity to indulge in the Ultimate Leadership Experience. Led by alumni Catherine DiGioia-Weinfeld and Bill Plastine, the theme of the conference was the Guide to Being Awesome. Leadership lessons were based on Robby Novak's book, *Kid President's Guide to Being Awesome*. The day was jam-packed with leadership development training to help students strengthen their leadership skills.

The first session led by Bill Plastine focused on lessons taught in chapters 1–3 of the book. In these chapters, students learned about productivity and the effectiveness of their work ethic. Lessons included putting your phone down, 7 tips to managing distractions, and the importance of not wearing "busy" as a badge of honor. Students were given the opportunity to network with others through breakout rooms, where different rules and lessons were discussed.



Guide to Being Awesome *2022 Leadership Bootcamp (cont'd.)*

The second session led by Catherine DiGioia-Weinfeld focused on chapters 4-6 of the book. Students were first taught about the importance of communication and active listening as a tool to being effective leaders. Members were then given the opportunity to practice these skills with their peers to solidify the skills. Afterward, students were taught about empathetic listening. Through intent and skill, students learned that stronger communication techniques are the key to meaningful connections with others.

In addition to the dynamic sessions given to students, there was an adviser session focusing on becoming more effective adults and communicators. At the end of the sessions, a reflection and a closing session highlighted the most important takeaways of the day. Members were able to continue their learning through a week-long Goosechase activity, where they completed challenges through a leaderboard. Awards for the top winners were presented at Thursday's closing session.

This amazing conference offered something for everyone. The conference was filled with workshops that taught members valuable skills such as communication, goal setting, and personal growth. We hope to see you at the 2023 Bootcamp next year!

The Endless Elements to Education Careers

Neha Patel, Vice President of Community Service

Careers in education lead to fulfilling futures focused on making a difference in the lives of others. Out of this career pathway, teaching is one of the most rewarding and important jobs. The nation is facing a serious shortage in K-12 schools. There are profound consequences to a lack of sufficient, qualified teachers. This weakens the cornerstone of democracy, free public education for all. One of the biggest reasons for the teacher shortage is the lack of individuals seeking an education degree. There are fewer and fewer new educational school graduates every year. Teachers enjoy life long learning, autonomy in their classroom and style of teaching, and the satisfaction of making a difference in the lives of so many students. Careers in education are perfect for those who love working with people and understand leadership, like our FCCLA members!

There's no doubt that teachers have the power to transform the lives of their students, but there are other education career paths that may better align with one's skills and interests.



The Endless Elements to Education Careers (cont'd.)

Neha Patel, Vice President of Community Service

Earning a degree in education is a crucial first step in becoming a teacher; however, a degree in education does not limit one to teaching in a traditional classroom setting. An education degree is a steppingstone to a wide variety of careers in education, including educational administration, school counseling, or even social work. Let's explore some education careers outside of the classroom.

Writer or Editor

Those who enjoy reading, writing, or communication and have pursued education degrees can easily find themselves in a career as a writer or editor. This is a perfect option for those trained to be English teachers but have decided the teaching route is not for them.

Curriculum Designer

A curriculum designer is a fitting choice for creative individuals who discover that they prefer to create teaching plans rather than to teach them. These professionals develop educational programs and instructional materials for schools, organizations, and companies.

Test Developer

Those with degrees in education have firsthand experience of creating lesson plans and fulfilling standardized testing demands. Test developers create and revise exams from public school standardized testing to career certification exams. This can be a great choice for those detail-oriented individuals who enjoy having clear team goals and working towards deadlines.

These are only a few of the career choices outside of the typical classroom environment. There are endless possibilities for what you can do with a degree in education. Before making decisions about your career, explore the many options at every step of the way. Remember to keep an open mind and never rule out any career pathways!

Throw out all the stereotypes and never let assumptions dictate important decisions. You never know what you will find when you keep your mind open!



Leadership: Books, Movies, and Podcasts

Aditi Kudva, Vice President of Leadership Development

Leadership is portrayed in a variety of ways throughout modern books and movies. One novel that exemplifies this is *Little Fires Everywhere* written by Celeste Ng. This book is about a mother and daughter who are financially unstable. The mother, Mia, holds various jobs, while simultaneously pursuing her dream of photography. Although the mother is burdened with taking care of her child and being financially unstable, she still chases her dreams. The mother displays leadership, as she is modeling the way for her daughter, showing her that pursuing passion is more important than living a life where she's unhappy with her job.

A movie that demonstrates leadership is Disney and Pixar's *Luca*. This movie is about a curious child, excited to explore the outside world. He takes risks and makes friends along the way. Though he was determined to fit in throughout the beginning of the movie, by the end, he embraces his true self. It is inspiring to viewers to see a boy realize that he doesn't have to fit in to live out his dreams; he can be his unique self! *Luca* modeled the way and inspired other young kids and sea monsters by taking pride in who he is.

A great podcast about leadership is *Coaching for Leaders* by Dave Stachowiak. New episodes come out every Monday on Spotify, Apple Music, or other platforms. Dave Stachowiak provides insightful conversations which offer leadership wisdom to his listeners. He talks about how leaders aren't born, they're made, and he coaches listeners on how to develop leadership qualities through a series of episodes. He has over 15 years of leadership experience at Dale Carnegie and is also a part of the global leadership academy. Definitely give his podcast a listen!

Many modern movies and novels display qualities of leadership in diverse ways. Leadership does not have to be a person leading a group of people; inspiring others to become more of themselves makes someone a leader!

Be Who You Are: Collaborating with other Organizations

Adedoyin Ayeni, Vice President of Membership

In the Fall Newsletter, we talked about increasing inclusivity in your chapters in a variety of ways. In this article, we will go into more detail about the benefits of collaborating with other organizations for mutual understanding. At the 2020 New Jersey CTSO Unified Fall Leadership Connection, NJ FCCLA partnered with five other career and technical student organizations (CTSOs) to give all conference participants an amazing experience despite the need for a virtual conference. Collaborations such as this can not only help members learn more about other CTSOs and help foster good working relationships but also allow for members to network with students in other organizations. Furthermore, partnerships can be extremely beneficial in giving members as many opportunities as possible.

Have your chapter collaborate with other organizations in your school for fundraisers and community service initiatives or meetings about specific topics. For example, you may want to focus a specific fundraiser on funding female students to have access to education in parts of the world where education for women is not the norm. Partnering with different groups in your school whose mission align with the purpose of your fundraiser may give you the opportunity to work together to achieve your goal. More people and more heads working towards a common goal can only make your initiative successful. Community service initiatives may benefit from partnering with organizations at your school that focus on community service and giving back. Organizations like other CTSOs, UNICEF, Rotary Club, or Key Club may help your chapter understand how to have a successful and effective initiative.

Most schools have organizations like the Black Student Union, Gay-Straight Alliance, or Women in STEM. Partnering with these organizations can ensure your chapter reaches out to members who may not see FCCLA as the safe space it is. Student organizations that focus on the betterment of a particular minority group can be a great way to push towards being an inclusive chapter. FCCLA strives to be a place for all students to improve their leadership skills. These organizations may help to teach your chapter ways to better serve your community as leaders. Ensure that your partnership with them is mutually beneficial and puts FCCLA in the best possible light.

Through collaborations members are given the opportunity to not only learn about organizations but also reach and educate others about FCCLA. Going deeper, we are provided the opportunity to understand strengths of our peers and we can collectively serve each other. These opportunities for inclusion give us the ability to grow and become a more effective and caring organization.

Inclusion does not stop with simply saying you are open to all members. Inclusion goes far deeper into actively ensuring that your chapter is a place where everyone feels welcome. As leaders, we all have the mission of ensuring that everyone around us feels safe enough to be who they are. As leaders we are privileged to have the support of an organization that is preparing us for success in life. Use that privilege to offer others the opportunities that we are given. That kind of sharing is the essence of leadership.

Fun and Easy Chocolate Desserts to Try

Anushika Sathuvalli, Vice President of Parliamentary Law

You can never go wrong with a good chocolate dessert! FCCLA promotes spending time and building bonds with your family. There is no better way to spend time with your family than cooking together. Try making these easy and fun chocolate desserts with your family.

CHOCOLATE TRUFFLES

From RecipeTinEats

This recipe only requires four ingredients and is quick and easy to make! Rolling the truffles is perfect for a family activity.

- 285g / 10 oz dark chocolate melts (chocolate chips or chocolate block coarsely chopped)
- 2 tbsp (30g) unsalted butter
- 1/2 cup (125mL) cream (full fat, not low fat, not whipped)
- Coating of your choice (cocoa powder, coconut, icing sugar)



DIRECTIONS

Place chocolate, cream, and butter in a microwave-safe bowl and microwave on high for 4 x 30-second bursts. Make sure to stir in between! After melted, cover the bowl and let it rest for 5 minutes. After 5 minutes, mix one more time and place the bowl in the refrigerator for 6 hours. Put the tray that you will use to place the rolled truffles on in the fridge as well. After 6 hours, remove the bowl from the fridge- the chocolate mixture should be firm. Scoop a tablespoon of ganache and roll it into a coating mixture of your choice in your hands. Roll it into a ball then place it on the chilled plate. Repeat with the remaining chocolate mixture, and serve at room temperature.

FUDGY BROWNIES

From InspiredTaste

Brownies are a classic and can be enjoyed by both children and adults. The recipe is simple enough for those with little experience in the kitchen, but also fun to make.

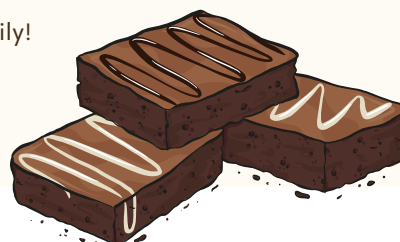
- 10 tablespoons (145 grams) unsalted butter
- 1 ¼ cups (250 grams) granulated sugar
- ¾ cup plus 2 tablespoons (80 grams) unsweetened cocoa powder, natural or Dutch-process
- ¼ rounded teaspoon kosher salt, use slightly less if using fine sea or table salt
- 1 teaspoon vanilla extract
- 2 large cold eggs
- ½ cup (65 grams) all-purpose flour
- ⅔ cup (75 grams) chopped walnuts or pecans, optional

yum!

DIRECTIONS

Preheat oven 325 degrees Fahrenheit. Line the bottom and sides of an 8-inch square baking pan with parchment paper. Next, add 1 to 2 inches of water to a medium saucepan and heat the water just until it is simmering. Combine butter, sugar, cocoa powder, and salt in a medium heat-safe bowl, and then rest the bowl over simmering water. Stir the mixture in the bowl until the butter has melted and the mixture is quite warm. Remove the bowl from heat and set it aside for 3 to 5 minutes. After cooled, stir in the vanilla with a spoon. Add the eggs in one at a time and make sure that each egg is combined in the batter well. When the batter looks thick add the flour and beat until fully incorporated. You need to beat vigorously so that the brownie batter pulls away from the sides of the bowl. Lastly, spread the batter evenly in the lined pan and bake for 20 to 25 minutes. After the brownies have cooled, cut them into squares and serve.

Enjoy making these delicious chocolate recipes with your family!



'TIS THE SEASON... FOR CRAFTING!

Jacquelyn Trotman, State President

Now that the weather is getting colder and we are finding ourselves spending more time indoors, it is the perfect time to tap into our creativity with some winter-themed crafts!

No-Sew Sock Snowman



MATERIALS

- 1 White Sock
- 1 Colored Sock
- Rice
- Rubber Bands
- Buttons
- Ribbon
- Glue Gun
- Markers or Paint
- Orange Pom Pom

DIRECTIONS

1. Fill the white sock with rice until the desired snowman size is reached.
2. Tie the top of the rice-filled sock with a rubber band.
3. Use another rubber band to tie off a section of the sock near the middle for the head.
4. Glue buttons to the bottom section of the snowman.
5. Draw in the mouth and eyes with a black marker or black paint. Glue two orange pom-poms for the carrot nose.
6. Add a ribbon to serve as the scarf.
7. Cut off excess material from the white sock. Cut the foot part of the colored sock, without the heel, roll the bottom, and place it on the head of the snowman.

MATERIALS

- Mason Jar
- Plastic Figurine, Small Trinket
- Glycerin
- Glitter
- Water
- Spoon
- Glue Gun

DIRECTIONS

1. Glue figurine or trinket to the inside of the jar's lid.
2. Fill the mason jar with cold water.
3. Add 1-2 teaspoons of glitter. Stir.
4. Add a few drops of glycerin.
5. Screw the lid onto the jar. Consider gluing it to secure.
6. Crafts like these have the power to turn your home into a Winter Wonderland.

DIY Snow Globe



Spotlight on National Programs

Ananya Singhal, State Committee Chair

National Programs are initiatives that help members develop college and career readiness skills. Participation in these programs can help them prepare for their future, including personal life and careers. Below are two examples of national programs in which you can participate!

Power of One: This program helps members discover the power within themselves. Participants set goals for themselves in all aspects of life, including both their personal and professional lives. Then, members work to achieve these goals and track their progress.

Power of One can have a great impact on your life. Learning to set goals, create an action plan, and achieve these goals is a formula for success in life. Power of one has five distinct units that helps participants find balance by strengthening all aspects of life. Get started today because this program must be completed by March 1st. Completing this program can make you eligible for state and national recognition!

Student Body: This program helps us learn the importance of health and wellness. It empowers young people to maintain a healthy lifestyle by making responsible, informed decisions.

One project idea that can be done in this program is advocating for the ban of tobacco. This program helps teens in all aspects of health and deals with important topics such as mental and emotional health. Student Body is a national program that encourages everybody to take charge of their physical and mental health. This program is also due March 1st and includes national recognition in the National Leadership Conference, online, and in the Teen Times. There is also a cash prize of up to \$1,000.

All of the national programs are extremely beneficial, and I encourage you to take charge and participate in one of these programs today!

The 5 units of Power of One

1. A Better You - improving on yourself
2. Family Ties - get along better with your family
3. Working on Working - working on improving your skills for your career and your professional life
4. Take the Lead - developing leadership qualities
5. Speak Out for FCCLA - spread the word about FCCLA

Student Body

1. The Healthy You - teaches us about the importance of food and lifestyle choices
2. The Fit You - encourages teens to take charge of their own health and fitness
3. The Real You - focuses on mental health and how to maintain it positively
4. The Resilient You - empowers teens with their emotional health



Take the Lead This Winter Season!

Neha Patel, Vice President of Community Service

Warm food, chilly temperatures, and lots of layers are most commonly associated with the winter season. We often overlook the fact that not everyone in our community has the same experiences and privileges as us. Many families struggle to put hot food on their table or buy the warm clothes needed for the cold temperature. The largest components of FCCLA are community service and leadership. Take the lead in your chapter by organizing a community service effort. The number of ways to give back is limitless! Your actions make a huge difference in the lives of those around you. This winter, it is your time to spark the light in your chapter through community service projects. Here are a few ideas to get started:

Sponsor a WeHelpTwo Sock Fundraiser

By partnering with WeHelpTwo, chapters have the chance to raise funds for their cause (currently providing clean water in Africa) and impact their local community through the sock donation program for local homeless shelters. Socks are the most requested items in homeless shelters but the least donated article of clothing. Learn more on <https://www.wehelptwo.com/>.

Knit scarves, hats, and mittens

Coats are not the only pieces of clothing keeping us warm during the freezing temperatures; our heads and hands need to stay warm as well. Set up a meeting to knit a few scarves, hats, and mittens to donate to people in need at local shelters. In your chapter, find those with the particular talent of knitting and have them teach members some of the beginner stitches.

Join Quixote Quest

The Quixote Quest is a teen volunteer organization dedicated to serving others in your neighborhood through service projects: mentoring an economically disadvantaged child, providing therapeutic intervention for a child with a disability, recording the life stories of elders, caring and finding homes for abandoned animals, and providing education about dating violence and how to stay safe. Learn more on <https://www.centerffs.org/who-we-are>.

Hold a coat drive

New Jersey faces bitterly cold temperatures, so wearing a warm jacket and other winter accessories is crucial. Contact local churches or community centers to set up coat drives for individuals in your community. Help those close to home brace for the cold weather.

Bring food for a shelter

The winter season often results in a lack of available resources in community shelters, as people are constantly in a hurry to stay warm indoors. Get involved in your local shelter by providing food to be given away. Before shopping, try to find a list online to see what foods are needed most, or contact your local shelter to see how you can help.

Host a Clean-Up

The environment is in a dire situation, and it is up to you to spark a change in your community. Work with chapter members to participate in clean-ups to make permanent changes in your local area while serving as a catalyst for lasting changes in the attitudes and behavior that have a profound effect on waste management in your community.

Donate Your Time

During the winter months, animal shelters get extremely full and need volunteers like you to help. If you love animals, contact your local animal shelter and set up a time to take the pets on walks or simply spend time with the animals. Pets need lots of human interaction to make them more sociable and adoptable.

While initiating service projects, always remember, the power of many is greater than the power of one. Get everyone in your chapter, school, and community involved. Spread the word by posting on social media, making announcements at school, distributing flyers, and informing friends and family. Take pictures of your community service and share them with us by tagging @njfccla in your posts! Alone, we must address the issue. Together we can make a difference!