

New Directions

Connecting New Jersey - One Chapter at a Time

President's Address

By Sara Ajani, State President

It's finally that time of the year again - back to school season. As you prepare for the upcoming school year buying new school supplies, finishing up your summer reading and buying some of the newest fall fashions, don't forget to include New Jersey Family, Career and Community Leaders of America in the upcoming school year. Preparing for a great year of FCCLA by recruiting new members using the 3 R's of Membership, planning creative fundraising and kick starting their chapter into gear for a great year.

NJ FCCLA and National FCCLA have adopted the theme "UP: Unlimited Possibilities" for the 2016-2017 school year. Personally, I believe that the phrase "Unlimited Possibilities" perfectly describes FCCLA and all that it offers. From conferences to community service, FCCLA initiatives and programs such as FCCLA at the table and FACTS, enable members to unlock their highest potential and succeed in all aspects of life. What does "Unlimited Possibilities" mean to you?

Membership is one of the most important aspects of an organization and the beginning of the school year is the perfect time to introduce others to all that FCCLA has to offer by recruiting members. The beginning of the school year is also a great time to organize your chapter's program of work. One of the best ways to have an engaging and organized year filled with fun activities is to plan the dates they will occur early. Some ideas that your chapter can implement for a fun year are movie nights, restaurant fundraising events and a food drive to raise money for charity. These events are great for creating strong relationships between your chapter members and creating a positive environment for your members to get involved.

The Fall Leadership Connection is the perfect conference to launch chapter involvement and personally discover the Unlimited Possibilities FCCLA has to offer. This year's FLC will be held on Monday, November 21, 2016 at The Pines Manor in Edison, NJ. The SEC is hard at work planning an exciting, fun and educational conference for youth leaders, like you, to network and learn more about FCCLA.

I wish each of you an exciting and educational school year filled with many new experiences! As you prepare for the upcoming school year, make sure you plan to include FCCLA and all that it has to offer in your calendar!

Meet the NJ State Officers!

Meet the 2016-2017 State Officers throughout this newsletter edition.

What's Inside?

Back to School Tips
Organization 101

Page 2

Nationals in Review
New National Officer

Page 3

Alumni Achievement
Award Winner

Page 4

Be the Change
National Outreach Project

Page 7

Ask Edna
Member Recruitment Ideas

Page 8

Back to School Tips

By Anjuna Chakraverty, Vice President of Public Relations

1. Make sure you have the right school supplies: On the first day of school find out what supplies are necessary for all classes. To make sure you get everything you need, bring a notebook or folder with you so you do not lose any of the informational paper you receive. Having the right supplies will keep you organized and prepared for the year!

2. Take good notes from the start: Take good notes in a way that helps you when you study. Color coding your notes can help you remember them. Use a simple, organized way to take notes. Do not write too much information; keep notes simple to make studying easier. Taking good notes from the beginning of the year can help when work starts becoming more difficult.

3. Do not procrastinate: Everyone has been in that situation when something is due the next day, and starting it was last on the priority list. Don't put yourself in that situation! Be smart, and get started on assignments early. Revisiting an assignment multiple times gives the best results!

4. Be aware of expectations: When you start a new class with a new teacher, finding out the teacher's expectations is very helpful. Knowing what is expected of you and following guidelines is essential to starting the year smoothly. Don't be afraid to communicate with your teachers, ask questions when needed. Teachers want you to succeed!

5. Get back into schedule: At least a week before school starts, get back into your schedule. Start waking up, going to sleep, and eating meals the same time you would in school. Get your body ready for the year, so you don't have more things to worry about like being tired or hungry.

6. Stay organized: Keep a planner or calendar and update it daily with everything you have to do. Add in times and due dates to make sure you don't miss anything. Staying organized from the start is much easier than suddenly realizing you cannot handle all the work being thrown at you.

7. Give yourself a break: When you are feeling too overwhelmed with work, make sure you take a break. Studying for too many hours at a time can be hurting you instead of helping. Study for short periods, taking small breaks in the middle. You don't have to drop your books and watch a two hour movie, but going for a short walk outside or having a conversation with a family member is a great way to take your mind off all your work.

8. Have a homework buddy: For every class have a different person that you trust and know you can rely on. This person can become your homework buddy. Anytime you forget the assignment and forgot to write it down, or you need help getting past a tough question, contact your homework buddy. You don't have to be best friends with them, but you shouldn't just be using them either. If they help you once, find a way to help them back.

9. Be on time: Being on time is very important. You don't want to miss out on anything or give your teachers and coaches the wrong impression. Set alarms on your phone at least thirty minutes before you have to go somewhere. If you had forgotten, you now have time to get ready and go where you need to go.

10. Always be prepared: Be prepared for any situation. Keep some everyday things that you may need in your locker at all times. These things could be different for everyone, but some important things to keep are a sweater, water and a small healthy snack, deodorant or body spray, and extra supplies like pens, pencils, and a notebook.



Organization 101 Great Time Management is Key!

By Samantha Matson,
Vice President
of Communication

The many responsibilities that you have to juggle may be both stressful and overwhelming, but you can do something to reduce these feelings. Time management and organization can and will be your saving grace. This will not free you from all stress, but they will be the tools you need so you can be able to keep it in check. Here are some ways to improve both your organization and time management.

- Keep a planner and take note of any deadlines that you must meet or any events that you need to remember. This keeps all of your important dates in one easy and accessible place.
- Prioritize. If you know you need to get something done, such as studying for a final or writing an essay, don't push it off because something less important came up like going to the movies. Put first things first.
- Don't procrastinate. Waiting until the last minute does not only affect the item you're procrastinating, it causes a chain reaction on rushing on absolutely everything. Don't waste the first 59 minutes waiting for the last minute to come around.
- Deadlines matter. A project may be due on Monday, but you should make a deadline for yourself a day or two before. This gives you time to make adjustments and improvements. If you hadn't done it by a day or two before, you would not have any time to work out the problem.
- Post-it note reminders. Sometimes you need a little reminder to tell you what you need to do that day and post-it notes are a great way to do that. You can make a small To-Do list on a post-it note at night and put it in a place that you know you will see it. The next morning you can read it so you remember what you need to do that day.

You can't get wasted time back and using organization skills and managing your time well will make sure you make the most out of every second.

With so much to love about San Diego, from visiting the San Diego Zoo to seeing the beautiful Pacific Ocean, this year's National Leadership Conference was definitely one to remember! From July 2-7th, 2016, over 8,000 individuals who share the same passion and love for FCCLA met in Sunny San Diego, California for the 2016 National Leadership Conference.

The 2016 NLC was truly great. NJ FCCLA members had a positive attitude that was reflected in our success. The state association earned 103 gold medals, 31 silver medals, and 6 bronze medals. NJ FCCLA experienced tremendous success at the conference through STAR events, workshops and the election process.

This year was an extremely memorable conference since NJ FCCLA had two of its very own National Officers, Rohit Iyer and Stephanie Zhang, representing us on stage as the National Executive Council! Rohit and Stephanie have been involved in FCCLA for the past four years and have been very influential in NJ FCCLA. In addition, Shyamala Subramanian, a rising senior from John P. Stevens High School in New Jersey, was elected to serve on the 2016-2017 NEC as the Vice President of Competitive Events. Shyamala is an outstanding individual and is passionate about FCCLA and its mission and purposes.

In addition, Bill Plastine, former NJ FCCLA State and National Officer, received the Alumni Achievement Award. Bill Plastine is one of the hardest working and dedicated alumni in our organization. NJ FCCLA is extremely proud of all of his accomplishments and honored to have such committed alumnus.

History was made at the 2016 National Leadership Conference as the voting delegates addressed leadership issues. This past year, National FCCLA had proposed several bylaw amendments that would have drastically changed the makeup of the Board of Directors and the FCS foundation on which our organization is built. Over 40 voting delegates spoke up for what they and their states believed at the Business Meeting at the NLC. As a voting delegates myself, it truly was inspiring and amazing to see student leaders like you and I standing up for important issues. The results of the voting was that the bylaw amendments were not adopted.

Some other important changes included the updating of two national programs - FACTS and Financial Fitness. The updated units for FACTS (Families Acting for Community Traffic Safety) are People, Vehicles, and Roads. The updated units for Financial Fitness are earning, spending, saving and protecting. These national programs and their units are tools that can help reinforce life altering skills such as money management and road safety. More information about these changes can be found on the state and national website.

One of the most enjoyable parts of the National Leadership Conference is the various tours! This year NJ FCCLA participated in several sightseeing tours. From watching the Yankees and Padres game to going on rides at Belmont Park, NJ FCCLA members were able to explore the beautiful west coast.

Overall, the 2016 National Leadership Conference in warm and sunny San Diego will definitely be one to remember!

Congratulations to our New National Officer!

By Devanshi Shah, Vice President of National Programs and Community Service

At every National Leadership Conference, we are greeted by the friendly faces of the National officers. We see them on stage and strive to be like them. This past July, New Jersey FCCLA traveled to sunny San Diego, California for the National Leadership Conference. Of the ten friendly faces we saw on stage, two were our very own New Jersey FCCLA members. Rohit Iyer, National VP of Finance, and Stephanie Zhang, National VP of Competitive Events, did a phenomenal job representing New Jersey and all of FCCLA. Though the new National officers have been elected, Rohit and Stephanie will remain active in FCCLA through the Board of Directors and CEAT, and New Jersey will continue being represented on the NEC with our new National Officer, Shyamala Subramanian.

Shyamala Subramanian, a senior at John P. Stevens High School, was elected onto the National Executive Council as the National Vice President of Competitive Events! This process was not easy but Shyamala put in hard work and dedication to represent, our chapter, state, and region! The process began in April with an Intent to Run form. Following that, Shyamala filled out an application, took an FCCLA knowledge test, had interviews with the nominating committee, participated in the NOC fishbowl, and gave speeches for the voting delegates. The tasks were often difficult, but Shyamala handled all of them with a smile on her face and excitement for what's in store.

We're incredibly proud of Shyamala and all she has accomplished, but we know this is just the beginning. We can't wait to see all the exciting and empowering things Shyamala will do this year to show us the UNLIMITED POSSIBILITIES!



Alumni Achievement Award

By Devanshi Shah, VP of National Programs and Community Service



This past July, New Jersey FCCLA members traveled to San Diego California for the National Leadership Conference. At the conference, Bill Plastine, former State and National executive Council member and current member of NJ Friends of FCCLA, was awarded the Alumni Achievement Award! Read on to get to know more about Bill!

Tell us a little about yourself. I work for BASF which is a global chemical company headquartered in Germany. I am a member of the Learning & Leadership Development team. I graduated from The College of New Jersey with majors in Political Science and Marketing. I'm currently finishing up my MBA at Rutgers University with concentrations in Strategy and Leadership.

What was your favorite memory from FCCLA? My favorite FCCLA memory is competing in the Parliamentary Procedure STAR event. I really enjoyed learning about Robert's Rules of Order and developing the skill of "thinking on your feet" in team practices. The challenge of working with a team to demonstrate a meeting using Parliamentary Law during the competitions was a great learning experience for me. This is how my involvement with FCCLA began, as a friend of mine asked me to join the Junior Parli Pro team during my freshman year of high school.

Why did you join NJ Friends of FCCLA/ Alumni and Associates? I joined because I wanted to give back to an organization that has done so much for me. I am so glad that I did and that I remain involved, because I find my time spent as an alumnus and volunteer at FCCLA events to be just as rewarding and enriching as my time spent as a member and officer.

How did you feel when you found out that you won the Alumni Achievement Award? I felt very honored to have been nominated by the New Jersey association and selected by the National organization. It was especially meaningful for me to receive the award in San Diego (as it is the city at which I was elected a National Officer) and to have so many members of my extended FCCLA family in the audience to cheer me on.

What work do you do as an alumnus? I deliver the annual Chapter Presidents training at FLC, serve as a competitive events judge and manage the state officer election process at SLC, co-design/deliver the annual Leadership Bootcamp and State Officer Trainings, and co-design/deliver the National Officer Training for newly elected NEC members at the NLC. I also serve as the Alumni Leadership Team Chair for the NJ Friends of FCCLA Executive Board.

What did you learn from FCCLA that you still use today? I would probably need several pages to list the skills I learned through my FCCLA experiences. Here are a few highlights: public speaking, networking/relationship building, etiquette, image, time management, professionalism, critical thinking, and people development. I utilize the skills I learned in FCCLA and my FCS classes on a daily basis. There is no doubt that the time and effort it takes to compete in competitive events, hold an officer position, attend meetings, etc. was well worth it.

As you can see, Bill Plastine was a passionate and dedicated member and continues to use his passion and skills to serve FCCLA as an alumnus. New Jersey FCCLA is truly lucky to have alumni like Bill Plastine dedicated to our organization, thereby insuring its success now and in the future!

NJ FCCLA on Social Media

By Anjuna Chakraverty, Vice President of Public Relations

Of the 7.3 billion people on Earth, 3.17 Billion are active on social media and NJ FCCLA is just one more to add to the ongoing list! Our states social media accounts are becoming more active, because members are getting involved. You can get more involved with NJ FCCLA by following us on our social media accounts listed below. Tag us in your posts using the hashtag #NJ FCCLA. Social media is an effective way to reach out to a large number of people. It is also a great way for members to become aware of current events occurring at the state and national level. We try our best to keep members updated and involved in the exciting events and meetings taking place. There are many ways to get involved, like sending in FCCLA @ The Table pledges (Check out our article on FCCLA @ the Table for more information). On our social media accounts you can check for updates on upcoming events, learn new and exciting information about FCCLA, and get to know your state officers! You can expect weekly posts on our social media accounts. We would appreciate it if you could send us feedback and tips to make our social media accounts more impactful. Let us know any questions or concerns you may have about our social media accounts. And, don't forget to click that like button!



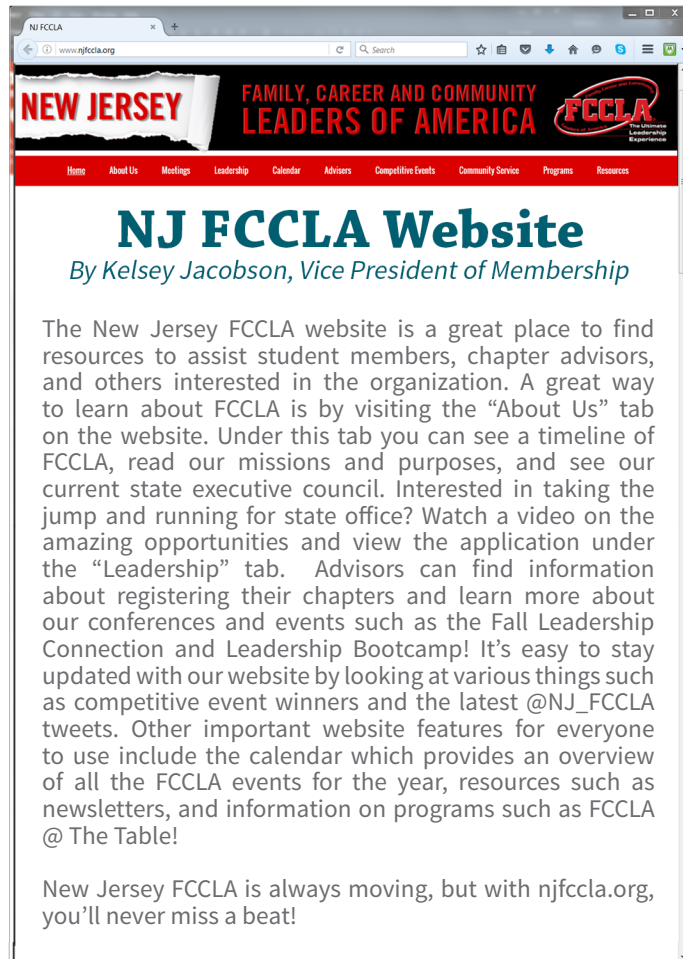
@NJ_FCCLA



@NJ_FCCLA



NJ FCCLA



Fall In Love with Fashion

By Devanshi Shah, VP of National Programs and Community Service



The school year is beginning, the leaves are starting to change color, and the fashion is better than ever. The end of the Summer may mean packing away some of your favorite clothes, but it's time to say "hello" to the crisp and refreshing season of Autumn and the new trends that come along with it. This season you can look forward to comforting colors, throwback trends, and amazing accessories! Follow the five Fall trends below!

- Deep hues- We love our neon and pastel colors, but nothing says "Fall" like burgundy and olive green. Find your favorite pair of skinny jeans in these rich colors and pair it with any neutral color!
- We love to sip our favorite fall drink- The Pumpkin Spice Latte. This season the drink is a color that all designers are using!
- Turtlenecks are back in, and this time they're here to stay! Not only do these trendy tops keep you warm as the temperature begins to drop, but they also look great paired with any pair of jeans, a skirt, and a statement necklace!
- Everyone loves their skinny jeans, but what if you ditched them for a pair of boyfriend or flare jeans. Yes, flare jeans seem so circa 2006 but they're back! Boyfriend jeans are also making their way to the runway paired with a flannel shirt!
- Statement Earrings- You can never have enough jewelry! Jewelry designers and their models on the runway are telling us to put our diamond and pearl stud earrings to the side. They have swapped them for statement earrings in vibrant colors, interesting textures, and different styles.



MEET SARA AJANI!
State President
John P. Stevens High School

Q: Why did you join FCCLA?

A: Coming into high school, I was overwhelmed with over 50 different clubs, organizations and sports. Taking into consideration my passion for fashion and public speaking, I was immediately attracted to FCCLA. After my first chapter meeting, I started to love FCCLA and all that it has to offer and decided to get more involved."



Fall Fun with Family

By Destiny Montgomery,
VP of Leadership Development

Summer is coming to an end and fall is upon us. As we start another school year, return back to sports, and re-invigorate our FCCLA chapters, remember that the fall brings so many fun opportunities to engage with the beautiful outdoors. What is a better way to enjoy this experience than with our families? Here are 5 ideas on how your family can enjoy the wonderful season of fall:

- **Visit the Farm.** Seek out your nearest farm. Go Apple picking or visit the pumpkin patches with your family. Bring home some delicious produce and make treats to satisfy your sweet tooth.
- **Decorate Your Porch with Fall Flair-** Let your neighbors know how much you love the fall. You and your family decorate your house or porch with festive fall decor to show your excitement for the season.
- **Old Fashion Leave Pile.** Take a break from your young adult life and jump into a pile of fun. Go back to the old days when your family would rake the leaves together and take a dive into leaves with endless laughter.
- **Carve a Pumpkin.** Pick a pumpkin from your local farms pumpkin patch and get together as a family to carve it. Use your pumpkin to add to your fall decorations at home.
- **Give Back to Those In Need.** The fall has many holidays where families gather together as one. Go out to your local Food Bank to donate any canned foods or offer any helping hands as a family.



Raising Fun Through Fundraising!

By: Adrian Wang, First Vice President

“Fundraising: the act of obtaining contributions from a target body for a certain cause.” This is a deceptively simple definition for such an important part of FCCLA. Fundraising initiatives help the local chapter survive and thrive throughout the school year. Fundraising is understandably difficult, and so many times a chapter ends up with little funds in their treasury, a situation that hinders chapters from starting tasks and projects that support growth and achievement.

First, a great way to receive necessary money for the chapter is to apply for grants from National FCCLA. Just by logging on to the official FCCLA website, fcclainc.org, and clicking the Grants & Funding tab, current awards and grants that the chapter can receive may be easily viewed. One example of a grant is the national IMPACT (Investments in Members and Partnerships and Assistance for Chapters and Teachers) Fund, which could be used to directly support members through grants to chapters on members’ behalf. The money received can aid the chapter in going through with fundraising events such as an FCCLA-run fashion show or cook off, both great ideas that further Family and Consumer Sciences and related occupations while keeping an energized atmosphere that can attract non-members to join. Furthermore, by completing a national Financial Fitness project, which is all about making and managing money in the 21st century, and applying for recognition on the national website under the Programs tab, a chapter could earn up to \$1000, all by just completing programs that further chapter members growth through experience... a win-win regardless!

Many other organizations and clubs in schools often hold bake sales and pizza sales to fundraise, and sure, they have success to a certain degree. Chapters could, however, go above and beyond with unique sales and events that are like no other in schools. For example, during the fall, seasonal items that are sure to be hot commodities could be sold, such as pumpkin pie and pumpkin spice lattes. During the spring and summer, fresh fruit smoothie sales could be held, a delicious and healthy way to cool off while still making money. Execution, just as or even more important as the money raised, is also essential to ensure success. Meeting deadlines and being specific with initiatives will help to put more money in the treasury, and creative fundraising throughout the year will allow FCCLA to become a well-known name throughout the school.

Fundraising can be hard, but that doesn’t mean it can’t be FUN. Asking other clubs or organizations to work together to fundraise could be a great way to increase participation and positive relationships with other students and staff. In the end, it is best to remember that chapter members and officers should be most involved in the fundraising, as they set examples for their friends and other students. Members shouldn’t be afraid to try something new in the coming year- just ensure that there is administrative approval and that the ideas have been discussed!



MEET ADRIAN WANG!
First Vice President
John P Stevens
High School

Q: Why did you join FCCLA?

A: I joined FCCLA to serve my community and to gain experiences that could help me improve myself and those around me. My brother served as a state officer and he was the catalyst in having me join in my freshman year. Upon joining, I was greeted by a community of the nicest, most encouraging people I have ever met.

FCCLA @ the Table

By Destiny Montgomery, VP of Leadership Development

With a new school year starting, change is upon us. Different classes, new friends, a new locker. With everything changing around us, it’s important to consider and appreciate what we always have; our chapter members, advisors, NJ FCCLA members, and most importantly, our family. For the third year, New Jersey FCCLA is supporting the initiative, FCCLA @ the Table. This initiative provides a great opportunity to bring families together for a meal at least once a week to build stronger relationships. Studies show that teens that eat dinner with their families perform better academically, are less likely to be obese, are more likely to eat healthy, and have much better relations with their parents and siblings. This year, make a positive change by visiting www.njfccla.org and taking the pledge to prepare and eat a home cooked meal with your family. Make sure to take a photo of you and your family enjoying your meal together and post it on social media with the hashtags “#FCCLAAtTheTable” and “#NJFCCLA”. You can also tag @nj_fccla on Instagram to be included in our very special FCCLA @ the Table slideshow at the State Leadership Conference.



MEET KELSEY JACOBSON!
Vice President of Membership
Southern Regional High School

Q: What is your favorite FCCLA memory?

A: My first State Leadership Conference in 2013 when I competed in Entrepreneurship. The conference was so educational and I was amazed at how many people I had met from all across NJ. I spoke with a few of the state officers and that was when I knew I wanted to run for State Office.

Be the Change

*By Adrian Wang,
 First Vice President*

FCCLA members are challenged to accept the responsibility of making decisions that affect our lives today and the world tomorrow. One way that student members are obligated to change the world around us is through community service. By actively taking a role in changing our community in a positive manner, members both improve the quality of life for those in the community as well as fulfill the namesake of FCCLA itself- the Family, Career and Community Leaders of America. There are many ways that local chapters and members can participate in community service, whether it is with the state and national association, or service projects and initiatives on a local scale.

By having chapters join the state and national association in community service projects, the initiatives are strengthened and the opportunity to make a difference is increased exponentially. FCCLA has various national programs focused on the improvement of local communities, including FACTS, STOP the Violence, and Leadership Service in Action. Participating in any of these programs may provide rewards for a chapter, if chosen by national FCCLA after being submitted on the website, fcclainc.org. Participation also creates a better understanding of how each individual can create a huge impact in change through decisive action. Furthermore, FCCLA's national outreach project, Lead2Feed, is focused on having students lead by creating projects to address real-world hunger issues. New Jersey FCCLA actively participates in Share Our Strength and the No Kid Hungry campaign, focused on ending childhood hunger by connecting them with nutrition programs and donations of food items to support communities across America. Information on all of these community-based initiatives and programs can be found on the state and national websites, and it is encouraged for members to learn more about what FCCLA is looking to achieve through community service, and how members can support these initiatives in their own local areas.

Participating in community service in general or creating service projects carried by chapters in their own schools and towns may also be a great way to serve the community. Something as simple as having the chapters help out at a soup kitchen, cleaning the local park, or organizing a food drive can be just as effective as any other source of community service, as simplicity can help increase participation. It is essential to realize that without taking cooperative action, problems that are being faced throughout the nation will not be solved. FCCLA members have the power to change the world around us, especially through community service. To do so, just answer the follow simple questions: What is the goal? How can members help? Where and when will we take action?

National Outreach Project

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

LEAD2FEED
 STUDENT LEADERSHIP PROGRAM

You've heard before that FCCLA is the "Ultimate Leadership Experience", but have you ever considered why? Part of what sets FCCLA apart from any other organization is our focus on servant leadership. Through FCCLA and the Family and Consumer Sciences, members have the opportunity to develop valuable leadership skills through community service opportunities. Our national outreach project, Lead2Feed, does just that. Lead2Feed gives student leaders the opportunity to develop and implement community service projects to alleviate hunger in their communities, while integrating skills aligned with 21st century life skills and the Family and Consumer Sciences.

The Lead2Feed project integrates technology for a chance to win grants for community outreach projects. By logging in and completing either a 6 lesson or 10 lesson track, students prepare themselves for their projects and learn about the leadership skills they will need to implement in the process, through videos, real-life examples, and photos.

Next students select milestones and earn badges upon completion of their milestones, after submitting Team Information, Charity Information, and Project Information. Additional project information includes a video, 3 photos, and 2 student reflections. Submitting this information automatically qualifies students for national recognition.

FCCLA's national outreach project engrains in student leaders time management, responsibility, and accountability, among other valuable leadership skills. Perhaps the most significant take away is that of gratitude. In their experiences working to feed the hungry and stop food insecurity, young leaders face their own privilege and become more aware of the fact that they are coming home to a full plate and a roof over their heads. The knowledge that our national outreach project imparts upon students is not limited to career success skills; rather, it is contained in the way their attitudes about life change as a result of participating in service projects.

Through our national outreach project, Lead2Feed, you have the ability to relieve hunger in your immediate communities while developing positive habits that last for a lifetime.



MEET DEVANSHI SHAH!
Vice President of National
Programs & Community Service
John P Stevens High School

Q: What is your favorite competitive event and why?

A: Interpersonal Communication because it allowed me to see that technology was something that affected my relationship with my family and friends. This helped me make a difference in my life and those around me.

Ask Edna



Dear Edna,

I am interested in taking a leadership role in my chapter and maybe becoming a state officer in the spring. Do you have some suggestions about how I can assume more leadership roles?

Sincerely,
Taking the Leadership Leap

Dear Anonymous,

Leadership is about action. My first suggestion is to get super involved in your chapter. Chair a committee and be very visible to your chapter officers, members and chapter adviser. Start by holding a chapter office. Chapter positions and state officer positions are similar as they both hold a lot of responsibility and duties. You might want to attend the Fall Leadership Connection and compete in the Lessons in Leadership competition.

Becoming a state officer requires a lot of dedication to the organization. You must represent FCCLA and its purposes throughout your daily life. Talk with your chapter adviser and ask for his/her assistances. The first official step to becoming a state officer is to fill out the application which can be found in January on the New Jersey Website, www.njfccla.org. A paper copy of the application will be distributed at Leadership Bootcamp which is held in the beginning of January. After submitting your application you will be required to complete an FCCLA knowledge exam that tests your basic knowledge of the organization. After passing the exam, you will present a speech in front of the voting delegates at the State Leadership Conference in March. I wish you the best of luck in your endeavors in the coming year. The way to achieve any big goal is to start with small steps that take you in the direction of your goal.

Sincerely,
Edna P. Amidon



MEET ANJUNA CHAKRAVERTY!
Vice President of Public Relations
Edison High School

Q: Why did you join FCCLA?

A: I joined FCCLA, because a close friend recommended it to me. They told me what it was and how much they liked being part of it. Once I joined, I really enjoyed it and knew I wanted to continue."



MEET AUSTIN JOHN!
Vice President of Parliamentary
Law and Finance
John P Stevens High School

Q: How did you join FCCLA?

A: One of my close friends, who is now one of my fellow state officers, Adrian, had asked me to help out one day after school with fundraising for FCCLA and I caught on immediately.

Member Recruitment Ideas

*By Austin John, Vice President
of Parliamentary Law and Finance*

FCCLA is built upon you, our members. And this year, your 2016-2017 State Executive Council has come up with two events to help you increase membership in your chapter. To kick off the year, we're starting with our newest event, GET RED-Y for FCCLA. This is an event in which students who have been a part of the organization from last year, and new or potential members, can come together, and experience FCCLA first hand through new activities developed by your state executive council. This exciting new event has the potential to bring in many new members for your chapter with the help of past members sharing experiences, picture slideshows, icebreakers, and refreshments! For more information about Get Red-Y for FCCLA, go on the New Jersey FCCLA website, njfccla.org.

Besides our new initiative, there are many ways to promote FCCLA and recruit new members. If your school has a club or activities fair in the beginning of the year, get involved by creating a tri-fold poster displaying chapter events and creating a sign-up sheet with new member names and e-mails. Chapter officers and members can also recruit new members by handing out fliers with meeting times and locations with after school sales. Though students may come to buy cupcakes, they could walk away with information about FCCLA!

The Three R's of membership are Recruit, Retain, and Recognize. In order to build upon last year's membership numbers, it's important that returning members get recognized for their past contributions to your chapter. By creating bulletin boards with competitive event winners, members of the month, and chapter activities, members will come back again and spread the word about the organization!

Get creative, gather your friends, and help strengthen our state association while creating lifelong memories with the people that share the same passion. If you have any ideas or questions about membership recruitment, feel free to contact our Vice President of Membership, Kelsey Jacobson!

Healthy Fall Eating

By Kelsey Jacobson,
Vice President of Membership



Pear, Beet, and Gorgonzola Green Salad

Preparation time: 15 minutes

Cooking time: 90 minutes.

You can roast the beets up to 2 days before assembling salad.

8 servings (serving size: about 1 cup)

Ingredients

2 peeled beets

4 cups thinly sliced, firm Bosc pears

1 tablespoon lemon juice

4 ounces crumbled Gorgonzola or blue cheese

1/4 cup extra-virgin olive oil

1/4 cup balsamic vinegar

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

2 teaspoons Dijon mustard

1 large shallot, peeled and chopped

1 (5-ounce) bag spring-greens mix

Preparation

1. Preheat oven to 350°.

2. Wash beets, leaving wet, and wrap individually in foil. Arrange beets in roasting pan or on baking sheet; bake 90 minutes or until tender (poke a thin-bladed knife through foil to test). Cool in foil. (To cook on stovetop, place beets in saucepan and cover with water; bring to a boil and cook over medium heat until tender. Cool. This takes less time than baking--45 minutes to an hour.) Dice beets.

3. Toss pears with lemon juice in a small bowl; cover, and refrigerate up to 2 hours. Place diced roasted beets and cheese in 2 separate bowls; cover, and refrigerate up to 2 hours.

4. Combine oil and next 5 ingredients in a bowl, stirring with whisk.

5. Remove pears, beets, and cheese from refrigerator 15 minutes before serving; bring to room temperature.

6. Place greens in a bowl; top with pears, beets, and cheese, and drizzle with vinaigrette.

This recipe was found on www.myrecipes.com

MEET DESTINY MONTGOMERY! Vice President of Leadership Burlington County Institute of Technology



Q: What is your favorite FCCLA memory?

A: My favorite FCCLA memory has to be my second State Leadership Conference. My first night, my friends and I went out to eat at a restaurant in the hotel and it was a great time. Although, it was my last year with them at the FCCLA spring conference, the endless memories continue.

MEET SAMANTHA MATSON! Vice President of Communication Edison High School



Q: Why did you join FCCLA?

A: I joined FCCLA because at the time I was enrolled in my first FCS course and the topic of FCCLA came up. FCCLA had the ability to make a difference in our family, school, and community. Competing in events during conferences and the fun and exciting environment of this organization, made it something that I couldn't wait to be a part of it."

FACTS and Financial Fitness

By Samantha Matson,
Vice President of Communication

FACTS and Financial Fitness are two important national programs that are strong in the New Jersey FCCLA association. But, what are these recently updated programs about? The National Program FACTS stands for Families Acting for Community Traffic Safety and the goal are designed to address safe driving practices. Financial Fitness is a program that gives youth, like us, the tools to be able to be responsible with their spending and use of money.

These two programs have made appearances at the National Leadership Conference. These national programs are peer education programs. In New Jersey, we offer Peer to Peer as an individual or team competitive events in which the participants must create a peer education program that will benefit their community using one of the national FCCLA programs.

The Fall Leadership Connection offers two competitive events that are related to Financial Fitness; Consumer Clout and Financing Your Future. Consumer Clout is an event where participants learn about consumer skills and how to put them into action. There are three parts to that event, a knowledge test, a letter of either praise or complaint written to a major company, and finally, scenarios about consumer comparisons. Financing Your Future is an event in which the individual or team participants must create a video that focuses on the challenge of financing education after high school. Participants find the way to get the best and most affordable education and they share their findings through the video presentation and event file folder.

MEET SHYAMALA SUBRAMANIAN!
National Vice President of Competitive Events
John P Stevens High School



Q: What is your favorite competitive event?

A: Parliamentary Procedure is my favorite event because it was a dynamic experience. Everyone needs to work as a team and “think on your feet.” I was practicing public speaking while having fun.

New Competitive Events and New Themes

By Shyamala Subramanian, National Vice President of Competitive Events

We are all familiar with the feeling you get right before your turn to present. Your knees are weak. Your heart is thumping in your chest. But you’re excited to show the judges what you’ve been working so hard on for months. It’s finally your turn to showcase your talent, and you can’t wait to bring home the gold!

Competitive events provide a platform for members to prepare for future careers, while developing positive character traits and lifelong leadership skills. This year, NJFCCLA has some wonderful new competitive events and event themes for members to explore.

At the 2016 NJ FCCLA Fall Leadership Connection, the theme for Caregiver Carry-All will be “camping with the family” Members will prepare portable activities related to the theme of family camping that are suitable for children of a specific age group. Members of NJFCCLA will surely have a wonderful time planning for a wonderful weekend in the woods!

Members are encouraged to put together a beautiful public relations piece in the Banner event. This event encourages collaboration and creative and critical thinking, and the 2016-2017 Banner theme will be “UP: Unlimited Possibilities”. Don’t hesitate to explore the unlimited possibilities of putting your banner together!

For the ever-popular Cupcake Challenge, the secret ingredient will be berries. Show us what creative concoctions you can come up with using berries, whether they’re strawberries, raspberries, blueberries, or blackberries! Together, we can continue to fundraise for Share Our Strength, while enjoying your sweet and delightful desserts.

Everyone loves to take pictures and this year Go Green event participants get to create picture frames to display them! Participants get to use their interior design skills to repurpose items and use sustainable items to create a unique picture frame!

Say Yes to FCS is a new event that is all about promoting and advocating for Family and Consumer Sciences Education (FCS). Participants will research Family and Consumer Sciences education, meet with a public figure, create a “handout”, use social media to present a peer public relations message about the impact FCS has on students and create a display about FCS and related career opportunities. Be one of the first to try this new event!

Community Service is such an important part of FCCLA, which is why we created the new event- Community Counts! This four part event is all about state and local initiatives to fight hunger. Participants must inform their chapters about hunger and food insecurity, participate in a local community service project directed at populations with food insecurities, have a minimum of one chapter member participate in The Cupcake Challenge for Share Our Strength, and participate in the food drive at the Fall Leadership Connection!

So what are you waiting for? Today is your day to start brainstorming all of the unlimited possibilities for you to find success in NJ FCCLA.