

NEW DIRECTIONS

CONNECTING NEW JERSEY - ONE CHAPTER AT A TIME

PRESIDENT'S ADDRESS

Dear New Jersey FCCLA Members, Advisers, and Alumni:

Happy Spring! As we experience the warmer weather and prepare to embark on our journey to the 2023 National Leadership Conference, we begin to conclude another incREDible school year. However, NJ FCCLA continues to remain active in the Ultimate Leadership Experience! I challenge you to take every opportunity and experience to grow as a leader: network with others, give back to your community, and strengthen your leadership skills. Reach beyond your comfort zone while continuing to accomplish goals by creating action plans with purpose and passion!

I was inspired by the dedication and hard work displayed at our 2023 State Leadership Conference this past March, marking our first two-day conference back in-person since 2019! It was wonderful to unite with over 650 conference attendees and witness the empowering energy of cheering for each other. From the riveting fashion show to the informative workshops, you took the next step in your leadership journey to grow personally and professionally. I applaud all competitive event participants for taking the leap in trying new experiences, and I wish the best of luck to our competitors who will be representing New Jersey in Denver, Colorado!

The end of the school year is still a productive time to plan new initiatives and engage in servant leadership! I encourage you to run for chapter office and become involved in its enriching experiences. Challenge yourself to grow in your leadership skills and give back to others, while inspiring your fellow peers to do the same! The State Executive Council always remains a resource for you: we are one email or message away. You can stay up to date on the happenings of our state association by following @njfccla on Instagram.

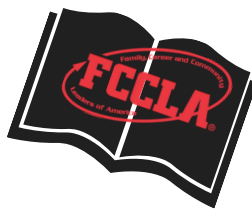
To the Class of 2023: I wish you the best of luck in your future endeavors, and congratulations! Thank you for being such an integral part of our state association, and I know you will accomplish much on your journey. While this may be goodbye in your time as a member, I encourage you to continue to be a part of FCCLA through our alumni program, New Jersey Friends of FCCLA!

As the year concludes, it is time for our State Executive Council to pass on our legacy to the 2023-2024 State Executive Council. I have confidence that our incoming state officers will make an impact by representing our state association with excellence, and I am excited to see what we will accomplish! Thank you for an incredible year, and I cannot wait to see you all in Denver, Colorado for the National Leadership Conference. Until then, I hope you have a fantastic end of the school year and enjoy your summer!

Best regards,
Amanda Chen
NJ FCCLA State President



2023 STATE LEADERSHIP CONFERENCE IN REVIEW



By: Amanda Chen, State President

New Jersey FCCLA is incredible! On March 23-24, over 650 conference attendees arrived in Cherry Hill for an exciting experience at the 2023 State Leadership Conference. Making its well-anticipated return since 2019, our thrilling two-day in-person conference is back! We kick-started the conference with our Opening Session, where the State Executive Council welcomed all chapters and guests to the start of our conference! We were joined by Kirsten Corely, Senior Development Associate of the New Jersey Covenant House, who was able to share about the value Covenant House brings to youth facing homelessness and trafficking. Throughout our conference, we were able to raise over \$2,300 for the Covenant House due to the support of our chapters and alumni. Keynote speaker Nick Zizi concluded our opening session by teaching us the value of our unique identity and how to be a better member of our “dazzle.”

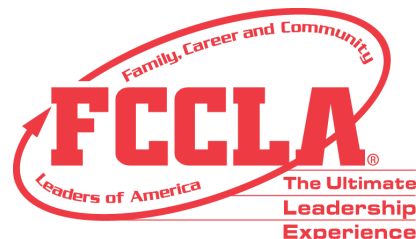
Following the Opening General Session, members had the opportunity to compete in State and STAR events! Our members took the leap in their leadership journey by developing stronger public speaking, teamwork, research, and interpersonal skills while presenting their projects to judges. A variety of dynamic workshops also occurred, where members could explore various topics ranging from advocacy to social media outreach. Later in the evening, voting delegates had the opportunity to hear from state officer candidates at the Meet the Candidates Session where each candidate presented their speech and answered an FCCLA fact and situational question. During an empowering Recognition Session, we were able to recognize our outstanding leadership and achievements across our state association. The prestigious Red Rose Chapter Award was awarded to Gloucester County Institute of Technology, Hunterdon County Polytech, John Adams Middle School, and John P. Stevens High School, which recognizes chapters contributing to an outstanding Program of Work. Ending the first night of our conference, the annual “Fun Night” made its return, where members had the opportunity to celebrate their hard work by attending sessions such as FCCLA Family Feud, Hypno-larious show, movies, and games!

The next day, the State Executive Council provided updates to the state association through a Business Session. Afterwards, members were able to network with others at our North, Central, and Southern Regional Meetings! New Jersey FCCLA was also excited to bring back the well-anticipated Fashion Show, which showcased the talent and efforts of our incredible members! At the end of the day, we were able to award all competitive event participants and announce who will be competing at the National Leadership Conference. Additionally, we said farewell to the 2022-2023 State Executive Council and graduating seniors while introducing our 2023-2024 State Executive Council! Overall, the 76th Annual State Leadership Conference was an incredible success! The State Executive Council would like to thank all members and advisers for working diligently to ensure a wonderful conference experience. We look forward to seeing you again next year!



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Join the Incredible Journey at the 2023 National Leadership Conference!

By: Amanda Chen, State President

Are you ready to embark on an incredible journey to the Mile High City? Well, let's pack our bags as we prepare to head to Denver, Colorado, for the 2023 National Leadership Conference! Thousands of FCCLA members and advisers will unite on July 1-6, 2023, as we learn, lead, and grow!

Take full opportunity to experience and participate in as many FCCLA initiatives as you can: attend workshops, compete in a STAR event, and show your New Jersey pride! I encourage you to take the leap and network with members from across the state and nation. One of the best parts of FCCLA is forming friendships, so be sure to meet lots of new members during your time in Denver. While creating connections, you can share ideas and gain inspiration by seeing what others are doing in their chapter. Another exciting FCCLA tradition is pin trading throughout the conference! Each New Jersey attendee will receive New Jersey pins to trade with others during the duration of NLC. See if you can find pins from other states and use it as a great conversation starter!

In preparation for the National Leadership Conference, be sure to review your STAR event project with your chapter adviser. Ensure it is completed to the best of your ability and follows the National FCCLA rubric! Memorize your lines and practice in front of others so that you are ready to present in front of judges with preparation. Organize any materials or displays you may need to bring ahead of time, so you do not forget any essentials. Be sure to start a packing list and make sure that your bag is easily identifiable at baggage claim! Visit the website, www.tsa.gov, to ensure that all items you are carrying are not prohibited.

It is important to look professional as you are representing your chapter, school, and the state! Make sure to follow the FCCLA dress code while attending sessions and workshops. A white oxford shirt, black pants and/or skirts are a few examples of what to bring in addition to your red FCCLA blazer.

The State Executive Council wishes all of our New Jersey attendees the best of luck in preparation for the National Leadership Conference, and please reach out if you have any questions! We look forward to seeing you soon!

incredible

Fun Facts about Denver, Colorado!



BY: AMANDA CHEN, STATE PRESIDENT

This year, the 2023 National Leadership Conference will be held in Denver, Colorado! As we prepare for our incredible journey, let's learn more about Denver and the interesting history behind this city. Here are five facts that you might not have known about the Mile High City:

1. Denver is the capital of Colorado! In the State Capitol Building, the 13th step is exactly one mile (or 5,280 feet) above sea level, hence the nickname "The Mile High City".
2. Denver started as a gold mining town! During the Pike's Peak Gold Rush in 1858, thousands of people arrived and settled here.
3. Although Denver is not in the Mountains, it is close to them! There are 200 visible peaks and mountains that stretch 140 miles long. It is also near the Colorado Rocky Mountains as its base.
4. Residents of Denver experience over 300 days of sunshine a year! Denver has mild temperatures and short snowstorms.
5. Denver is home to attractions such as the Denver Zoo, the Denver Museum of Nature and Science, the Denver Mint, the Denver Botanical Gardens, the Molly Brown House Museum, and Elitch Gardens! They are known for their museums and historical landmarks, as well as opportunities to ski, snowboard, hike, and camp.

Be sure to take advantage of the Special Events to explore Denver (such as the Elitch Gardens Theme and Water Park, Rock the Red, and the NLC After-Party) by registering in advance. We hope you have an exciting time exploring this beautiful city! The State Executive Council is excited to see you all soon!





A Checklist for Making the Most out of Spring

By: Emma Larsen, VP of Communication

The New Jersey State Executive Council would like to applaud you on a job well done at SLC! Although we only see your hard work come to fruition during conference season, we know that you've persisted through the year with your best foot forward. With the weather turning warm and the flowers blossoming, now is a perfect time to revamp your productive mindset. Try to accomplish some of these goals this spring!

- **Stay On Top of Your Assignments**

Time management is the key to success. The warm weather can distract you from efficiency. You may dream of a vacation or the end of the school year, but don't forget about your schoolwork! Try to start all your assignments the day they are given instead of procrastinating. Staying on top of your assignments minimizes your stress. End the year strong!

- **Spring Cleaning**

Having a solid finish to the school year begins by starting fresh. Cleaning is a great way to not only declutter your spaces, but also declutter your mind. Start small and then build from that to create the most organized and clean environment.

- **Planning & Studying for Finals/Tests**

With the end of the school year approaching, assignments can pile up. Now is the best time to prevent anxiety or stress. Start studying for finals or any tests in advance to avoid those negative feelings.

- **Service**

Giving back to the community with your time this spring will help spread the love this season. Helping those in need promotes kindness and fulfillment which embodies the second C of FCCLA: Community.

- **Discover a New Hobby**

Read a new book, go for a run, try a new recipe, learn to knit, start a garden, take a yoga class: the options are endless! Finding new ways to occupy your time can help you create new hobbies and even make new friends!

- **Self-Care Time**

Resting is not laziness. Listen to your body. Take a nap, lay in the grass and look at the clouds, or take a long shower. Resting is your body's way of recharging in order to be ready for the next challenge!

New Jersey FCCLA hopes that you make the most of your spring by accomplishing the above goals or any other important goals you may have! Don't forget to enjoy the warm weather and soak up the ending of the school year.



Stay in Style This Spring

By: Emma Larsen, VP of Communication

With the varying temperatures in New Jersey, it can be hard to find the perfect outfit in the spring. But lucky for us, Vogue is predicting that "perfectly imperfect" is on trend. This is seen in asymmetrical skirts, mismatching patterns, textures and colors, and even playing with all seasons.

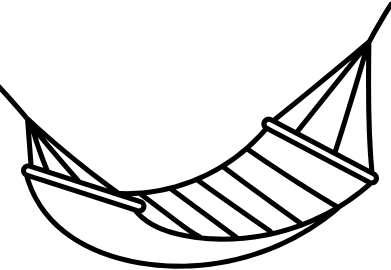
It's always important in spring to layer, so taking inspiration from summer, fall, and winter is the way to go. A wool vest to top a lightweight button down and a skirt would be the ideal blend of all seasons. Another way to layer can be to wear linen pants with an oversized sweater and a comfortable shoe.

Combining raw edges of a skirt with a structured top will emulate the "unfinished" yet polished look that can be worn on the streets or runway.

Spring is also a great season to experiment with different jewelry; anything seems to go this spring, from delicate drop earrings to bold statement necklaces. You can even enhance your outfit with clothing accessories like pins, clips, or chains.

These styles can be rocked by anyone, so try a new look with confidence:





Relaxing & Renewing the Body, Mind, Heart, & Spirit

By: Diya Pottangadi, VP of Public Relations,
Emma Larsen, VP of Communication



As high school students, having a healthy lifestyle and taking time to relax can be a challenge. It's important to remember that balancing isn't just about being able to finish all your work with some time for fun, and relaxing isn't just about cozying up with your favorite movie. It's about renewing your body, mind, heart, and spirit. By doing so, you bring balance to your life while maintaining a good environment for yourself.

To live a balanced life, it is important to consider what is important to you and what being balanced means to you. You must also make consistent efforts to renew and replenish your body, mind, heart, and spirit to feel fulfilled and avoid atrophy.

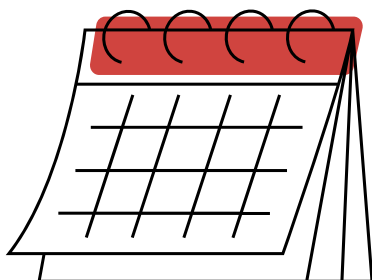
Being fit is not only great for your body, but it makes you feel good too. Remember that some movement is better than no movement and try to find exercises that you enjoy - even 20 minutes of brisk movement is beneficial! You can combine exercising with listening to podcasts or watching a show to make it more enjoyable. Exercising may also help you sleep better... and sleeping is just as important as eating, drinking, and breathing. To function best, teenagers need 7-10 hours of sleep, but about 73% of students do not get a healthy amount of sleep. Strive to be in the 27% of people who do! Nothing can replace sleep - including energy drinks or vitamins. For food, try to have 2 cups of fruits, 2.5-3 servings of vegetables, 6-8 ounces of grains, 5.5-6.5 ounces of protein, and lots of water every day. Lastly, make sure you're staying clean by changing your undergarments daily and washing your clothing and sheets weekly, using sun protectant, and daily grooming. Fun fact: humans naturally produce 26 gallons of sweat in bed every year!

Just as exercising our body is crucial, so is exercising our minds! When doing schoolwork, reframe your mindset and view it as an opportunity to learn new things and discover more about the world. Continue to ask questions and explore subjects that you love. Never let your enthusiasm for learning diminish.

Speaking of enthusiasm, surround yourself with inspiring people and strive to be a role model for others. Read literature, spend time in nature, and practice gratitude by telling people specifically what we appreciate about them or by keeping a gratitude journal. Fun fact: Expressing gratitude reduces aggression, stress, and toxins in the body while improving your self-esteem and psychological health!

It's also important to live a fulfilling life with happy memories - to indulge our hearts! This includes doing things that make our hearts sing with joy along with spending quality time with people you love. When trying to make new friends, try to pursue your hobbies and find people with similar interests. Make sure to replenish your friendships as well; it's important to spend both quality time and qualitative time to maintain those strong relationships.

Though school and extracurriculars can be a lot, make the most of your high school years by renewing your body, mind, heart, AND spirit. By doing so, you may find yourself more energized, fulfilled, and happier while also living a better-balanced life! This being said... don't forget to listen to your body and to take breaks and naps as needed. Most importantly, reach out to people that love and care for you if you are struggling with your mental health. It can be hard to get help, especially if you feel like you're alone, but your adviser and chapter officers are available for you too!



SPRING 2023

Save the Date:

NJ FCCLA Fall Leadership Conference
Monday, November 20, 2023

Packing for the National Leadership Conference in Denver, Colorado

By: Gianna DeBruyn,
National VP of Competitive Events



The National Leadership Conference in Denver, Colorado is only a short few months away, so now is the time to start planning for what I believe is the best conference of the year! Members from across the nation are preparing to attend, network, participate, compete, and showcase their abilities this summer from July 1st to July 6th. The anticipation for NLC is just the beginning, so here are a few essential items you must bring to make your NLC experience the best possible:

- **FCCLA Official Dress Clothing:** Official dress garments are required when attending ALL conference events, with exception to the After Party and Special Event. Make sure to be in the correct attire while attending workshops, general sessions, competitive events, and the expo hall. Check out fcclainc.org for a more detailed explanation of the official dress code.
- **School-Appropriate Casual Clothing:** Denver may be cold in the winter, but the summers are always sunny and warm. You'll want to have a few school-appropriate outfits on hand for out of conference activities such as meals with your chapter, excursions, and more.
- **Comfortable Walking Shoes:** While in Denver, your chapter will most likely explore the city and all its exciting sites. Make sure to pack a pair of sneakers or sandals that will keep your feet happy. But remember, these shoes are not in conference dress code, so only wear them outside of the conference center.
- **Reusable Water Bottle/Hydration:** Denver is extremely higher in elevation than New Jersey is, which means altitude sickness is a reality. Making sure to carry around a reusable water bottle, and even hydration packets, for extra measures is extremely important for the conference.
- **Notebooks/Writing Utensils:** You'll absolutely want to take notes during workshops and networking sessions, so you don't forget anything from your experiences at the conference.
- **Sewing Kit:** You never know when a button will fall off, skirt will rip, or any other unfortunate event where a sewing kit is needed. Make sure to always have one on hand while participating in conference activities.

There are many more things to pack for NLC, but the items listed above are my top 6 necessities. I can't wait to see you in the Mile High City this summer!



FranklinCovey
Leadership Academy



By: Isabella Dabbenigno, VP of Leadership

Leadership Academy is a great way to grow your leadership skills, meet new people, gain more ideas for your chapter, and earn college credits. Yes, that's right - college credits and leadership skills! Leadership Academy is a self-paced leadership course with interactive Zoom sessions designed to facilitate learning. Through engaging conversations and student interaction, you will have the opportunity to meet once a week over the span of ten weeks with peers just like you. All of this is facilitated by energetic FCCLA Alumni from the National FCCLA Leadership Training Team (LTT).

FranklinCovey, a leadership development company, offers two different courses at this time: The 7 Habits for Highly Effective Teens (the 1st course), and Inspire Others: Leadership Readiness (the 2nd course). Both of these opportunities provide amazing tools and information on how you can be the best leader possible. They also offer an optional leadership test at the end of the course. If you earn an 85% or higher, you will receive college credits and be recognized at the National Leadership Conference!

The first course, "The 7 Habits for Highly Effective Teens", is based on Sean Covey's bestselling book. This course utilizes interactive exercises, videos, and inspirational stories to help you learn how to gain better control of your life and build strong bonds in your relationships. It also helps you gain confidence, grow your interpersonal communication skills, and increase your drive.

"Inspire Others: Leadership Readiness" examines the four essential roles of amazing leaders. These roles include modeling, pathfinding, aligning, and empowering. This course focuses on how quality interaction is built on developing trust, self-reflection, and strong interpersonal communication skills. These are the building blocks of strong relationships. Both of these courses are worth your time and effort.

I encourage all of you to enroll in these incredible opportunities offered by FCCLA, to continue your very own leadership journey. Remember, leadership looks different for everyone, and it is a journey, not a destination. Registration will open in August.

What Participants Have to Say:

Amanda Chen: "Leadership Academy is incredible! I loved being able to grow through the 7 Habits and learning with other members from across the nation. We had a lot of eye-opening discussions that enhanced our learning. The LTT is so supportive, and I truly grew from this experience."

Diya Pottangadi: "Leadership Academy was such a fun experience where I genuinely looked forward to the weekly Zoom calls where we would talk, have fun, and discuss ways to improve our leadership skills. Our trainer was so kind and welcoming. He fostered such a comforting and positive environment for all of us to share our ideas."

Introducing NJ FCCLA National Officer Candidate: Amanda Chen

BY: DIYA POTTANGADI,
VP OF PUBLIC RELATIONS

New Jersey FCCLA is proud to introduce Amanda Chen, our State President, as our National Officer Candidate! Amanda, from John P. Stevens High School, started her FCCLA journey in the 6th grade and has been deeply involved ever since. Joining the State Executive Council in 2020, she has served as the 2020-2021 Committee Chair, 2021-2022 Vice President of Communications, and 2022-2023 State President. Amanda is a dedicated representative of our association and constantly works hard to bring success while uplifting the State Officer Team. Attending numerous state and national conferences, she proudly represented New Jersey FCCLA by advocating for FCS education and FCCLA to the staff of Senators and Legislators, earning college credits through the FranklinCovey program, serving as a Voting Delegate at the National Leadership Conference, and more. We wish Amanda the best of luck and our full support as she continues her FCCLA journey!



Wrapping Up The Year: Chapter Edition

BY: DIYA POTTANGADI,
VP OF PUBLIC RELATIONS

As the end of the school year approaches, celebrate your chapter's accomplishments and prepare for the upcoming year. Make sure to tie up loose ends while also recognizing how far your chapter has come since the beginning of the school year!

1. Host a Chapter Celebration Social/Party:

- Recognize some of your chapter's accomplishments, the most valuable members, competitive event award winners, and more! Allow this time for chapter members to bond and celebrate with another, make new friends, and end the year on a good note with some delicious foods and beverages!

2. Publicize your Chapter's Wins:

- Share the joy and show off how incREDible your chapter is by creating a chapter-in-review flier that has your chapter's accomplishments, posting on your chapter's social media account, writing an article for your school newspaper or publishing a press release, or meeting with your school's principal/vice principals.

3. Fundraise for the Upcoming Year:

- Ending the year well also means making sure you're prepared for the upcoming year. Consider selling spring/summer drinks or treats or have other creative initiatives to raise money (especially as the Fall Leadership Connection comes up fast in the beginning of the school year).

4. Celebrate your FCCLA Advisers & FCS Teachers:

- A great chapter comes with great FCCLA advisers and FCS teachers who work tirelessly to make it a successful year. Be sure to do something special for them - recognize them at a chapter meeting, give them a gift basket, or make them appreciation posters.

5. Help Your FCCLA Adviser & FCS Teachers Clean:

- The end of the year comes with putting away classrooms. Offer to help your FCCLA Adviser and FCS teacher put away their classroom and tidy up for summer break.

For more ideas, check out NJ FCCLA's website and Instagram for more information: njfccla.org @njfccla!

Tips and Tricks for Working With Children

By: Diya Pottangadi, VP of Public Relations



Working with children can be a fulfilling experience that teaches communication, patience, conflict-management, and caretaking. Not only do you learn more about the child/children you're working with, but you can learn more about yourself. The summer is a perfect time to explore the career pathway Education and Training while learning more about child growth and development. Some jobs for teens include babysitting, teaching at a learning center, being a caretaker at a preschool or daycare, and more! Be sure to network within your neighborhoods, family, or friends to see if anyone could use a babysitter. Reach out to local daycares to see if they're hiring or could use volunteers. The YMCA is a great place to start.

Working with children can be daunting, so be sure to do some research or ask someone with more experience for advice. Some great tips for positively disciplining children include redirection, time-ins, and positive reinforcement. Redirection is providing children with different but safe options when they're acting inappropriately. For example, if they're screaming at another child, explain to them that it's not kind to yell at someone and ask them if they'd like to hit a pillow or yell at a stuffed animal instead. By providing them with different options, you're giving them a sense of autonomy and independence while teaching them how to appropriately cope in certain situations. A time-in is similar to a time-out, but instead, you provide a safe space for the child to calm down or have some alone time. If needed, you could talk them through their difficult feelings. Finally, positive reinforcement is praising good behaviors so that the child is more likely to repeat it.

Children are the happiest when they are occupied. So, the best caretakers prepare for their role by researching new ideas to engage children. There are 6 different kinds of play: Quiet Play, Active Play, Cooperative Play, Manipulative Play, Make-Believe Play, Creative Play, and Learning Play. Find new crafts ideas with seasonal focus and rotate different play experiences to keep the children interested. Be prepared to change activities based on the attention span of the children. Being prepared with new ideas keeps you in control of the situation.

Consider stepping out of your comfort zone and making a positive impact on a child's life! Be sure to prepare beforehand, do your research, and speak with your FCS adviser for any concerns or advice! Don't forget to practice patience and kindness while you're at it!

Why take a Family & Consumer Sciences Class?



"Through my Child Growth and Development class, I gained a better understanding of my interests as well as gained new skills. Taking this class showed me new opportunities in potential career choices. Additionally, I was able to gain problem solving skills that you cannot advance anywhere else."

-Adedoyin Ayeni: VP of Membership

I take Child Growth and Development, and it is such a fulfilling experience to work with preschoolers and help them grow. One of the kids I worked with was really shy and would barely speak. Now, not only is he coming out of his shell, but he started speaking in full sentences and expressing his thoughts well. Through this class, I've learned how to work with children and I am more confident in my teaching abilities. One of my favorite things about FCS classes is the hands-on experience you gain with the guidance of your teachers and support of your peers."

-Diya Pottangadi, VP of Public Relations

2023-2024 State Officer Preview

BY: DIYA POTTANGADI, VP OF PUBLIC RELATIONS

New Jersey FCCLA is excited to introduce the 23-24' State Executive Council. These officers will be leading our State Association in the upcoming year and are excited to serve. Learn about their FCCLA Journey, what they look forward to during their time in State Office, and their FCS experiences below!

Amanda Chen, State President

FCCLA Journey: Started in Middle School

FCS Class: Being in my Child Development Class has deepened my love of working with kids. Seeing the preschool children and watching them grow and develop is the highlight of my week!

State Officer Experience: Attending the 2022 Capitol Leadership Conference was an eye opening experience to see how our government runs first-hand. I will never forget the opportunity I had networking with officers from across the nation and advocating for FCCLA, Family and Consumer Sciences and Career and Technical Education at the officers of our New Jersey Representatives and Senators!

Isabella Dabbenigno, First Vice President

FCCLA Journey: Freshman Year of High School

FCS Class: In my Fashion and Interior Design Classes I have learned the valuable skills of patience, problem solving and critical thinking. Through experiences like learning about proper clothing care I have skills that I will use forever.

State Officer Experience: I am looking forward to working with a new state officer team!

Lucais Romo, Vice President of Membership

FCCLA Journey: Began in 7th Grade

FCS Class: I took Skills for Life figuring it was a good choice. My FCS course has energized me to begin leading chapters through FCCLA. I am looking forward to being my Tomorrow's Teacher to practice the skills I will prepare me for my career path.

State Officer Expectations: FCCLA has brought me out from being lonely to a leader thanks to my chapter, state and National FCCLA Families and I hope to share that experience with the NJ FCCLA members.

Emma Larsen, Vice President of Communication

FCCLA Journey: Freshman Year of High School in 2020

FCS Class: I have learned patience and problem solving through my Fashion classes and I am looking forward to taking Culinary Arts next year!

State Officer Experience: Learning about FCCLA on the State and National Level

Malav Shah, Vice President of Community Service

FCCLA Journey: Freshman Year of High School

FCS Class: I have a love and passion for Culinary Arts and I am looking forward to studying basic food and nutrition, food science and food production. This will help me on my career path.

State Officer Expectations: I joined FCCLA curiously with my best friend and now I am looking forward to helping more members discover the opportunities FCCLA provides.

Hitha Srinivas, Vice President of Parliamentary Law

FCCLA Journey: Began Freshman Year of High School

FCS Class: I enjoyed my middle school FCS class so much that it brought me into FCCLA. Next year I am looking forward to taking Child Growth and Development.

State Officer Expectations: I am looking forward to improving my public speaking skills during my term

Stuti Shah, Vice President of Public Relations

FCCLA Journey: Began Freshman Year of High School

FCS Class: Next year, I will be taking Child Growth and Development, and I am excited to learn about children, their development, and the project on how to take care of a baby for a week.

State Officer Expectations: I joined FCCLA as a way to get involved and overcome my fear of public speaking. I look forward to working with the State Executive Council and furthering my leadership skills. Furthermore, I look forward to attending my first national conference and going to Capitol Hill to advocate for FCS education.

Brian Muirhead: Committee Chair

FCCLA Journey: Began in 7th Grade

FCS Class: I've learned a lot about FCS from my FCCLA adviser, such as how to speak confidently and food safety - being aware of your surroundings in the kitchen is vital to helping protect you and your family members from getting hurt.

State Officer Expectations: Meeting individuals from all different areas and schools is something I am looking forward to during my term as a State Officer! I also hope to build new friendships and strengthen my leadership skills during my term.

Litzu Palacios, Committee Chair

FCCLA Journey: Freshman year of High School

FCS Class: Next year I am planning to take Tomorrow's Teachers and I am looking forward to learning more about FCS Education.

State Officer Expectations: I am looking forward to learning more about leadership and helping our members.

Fatema Poonawalla, Committee Chair

FCCLA Journey: Started in 6th Grade

FCS Class: I loved my FCS class in middle school and I am looking forward to taking Culinary Arts in High School.

State Officer Expectations: I am looking forward to working with such a passionate and hardworking team. I see myself exploring new and diverse opportunities. I can't wait to share these opportunities with our members.

The 23-24' State Executive Council will be serving you this upcoming school year! Interested in running for State Office for the 24-25' school year? Applications will open up January 2024 on the NJ FCCLA website: njfccla.org.



Fundraising for Covenant House at the State Leadership Conference

BY NITYA ANGADALA,
VP OF COMMUNITY SERVICE

Homelessness happens for a range of reasons. Youth who are homeless find themselves disconnected from the necessary supports and systems that we may take for granted. Parental or adult support is often missing or abusive. Many youths have been part of systems such as foster care that can perpetuate their trauma. Homeless and trafficked youth suffer disproportionately from trauma, sexual and physical abuse, involvement in the foster care system, domestic violence, mental health challenges, and life on the street.

The Covenant House of New Jersey helps youth facing homelessness and human trafficking. They provide immediate shelter and care for youth ages 18-21. The Covenant House of New Jersey also provides an array of services to promote resilience to enable their clients to transition to independent living. Seeing the inspiring mission and goals of the Covenant House, the New Jersey FCCLA State Association decided to support the Covenant House of New Jersey through the State Leadership Conference's community service initiative. Each chapter was encouraged to fundraise in order to support this initiative. The New Jersey FCCLA State Executive Council also wanted to reward and recognize the chapter that collected the most amount of donations at the conference. We would like to congratulate all the chapters that donated to the Covenant House! This chapter's hard work through fundraising has allowed them to surpass the general range that was asked in terms of donations. The members of this chapter worked together to make an impact in the lives of homeless youth. The chapter members for JPS FCCLA were awarded with a gift basket that contained numerous snacks that the members could share among the chapter members.

The State Leadership Conference was incREDible. Together, all the chapters raised a total of \$2,300 to donate to the Covenant House. What made it even more special is that representatives from the Covenant House themselves were able to do a workshop for others to understand the mission of CHNJ and provide a background behind the issue. Senior Development Associate Kirsten Corley and a former resident of CHNJ gave an amazing workshop, providing anecdotes of the past resident and how CHNJ changed his life. The workshop not only allowed members to put themselves into the shoes of youth that are homeless, but was engaging, informative, and spread the importance of this initiative.



By: Benita Kizhakkepuram,
VP of Parliamentary Law

Spring is an important time for chapters to raise funds for our upcoming National Leadership Conference in Denver, Colorado. By having strong and creative fundraisers, you might be able to make the expenses more affordable for your chapter members. Take inspiration from some of the following ideas to have an amazing conference experience!

Garage Sale: It's time for spring cleaning! Encourage your members to collect and bring in slightly used items to raise funds for your chapter. This is an incredible way to clean out your closets while developing a more sustainable lifestyle that improves the environment.

Mother's Day Flower Fundraiser: Prepare flower bouquets and baskets to sell to members for Mother's Day while showing appreciation for our amazing mothers!

Chapter Outdoor Movie Night: Gather all your friends to watch a movie together while enjoying snacks, popcorn, and nice weather!

Dance Marathon: Plan with your chapter to host a school-wide Dance Marathon where members can enjoy music, snack, games, and of course, dancing. This bonding event can help your chapter raise funds or even donate as community service.

Ice Pop Sale: With warmer weather comes the need for ice pops! Sell ice pops after school to provide peers with a refreshing snack after a long day at school.

Don't forget to use social media to spread awareness about fundraisers and increase participation!





Meeting Senator Diegnan

**BY: NITYA ANGADALA,
VP OF COMMUNITY SERVICE**

On March 1, 2023, the State Officers, Amanda Chen, Adedoyin Ayeni, Nitya Angadala, Benita Kizhakkepuram, and Diya Pottangadi, visited New Jersey State Senator Patrick J. Diegnan in his office. Officers promoted FCCLA, explaining the background and unique opportunities it provides. They promoted the importance of Family and Consumer Sciences (FCS) education by explaining how the various classes provide 21st century skills that make students college and career ready. Each Officer provided their own personal anecdotes of how their FCS class helped them in terms of their high school career, workplace, and daily life. Senator Diegnan was impressed to hear all these anecdotes and understand the impact that FCS education had on the lives of youth. The Officers continued to explain FCS in terms Career and Technical Education (CTE). They explained their efforts in promoting CTE throughout the month of February, as February is Career and Technical Education month, such as meeting with administrators, legislators, and talking to the middle school chapters to help them get ready for the endless opportunities that FCCLA provides.

Officers continued to explain how FCCLA helps promote the impact that CTE and FCS education has on students as they are intercurricular. This means that students would be able to gain both classroom knowledge with hands-on experience through numerous initiatives and competitive events in FCCLA. Senator Diegnan seemed impressed to know that an organization like FCCLA can help students develop essential skills and experience for four career pathways: education and training, hospitality and tourism, human services, and visual arts and design.

After explaining the background of this wonderful organization and FCS, FCCLA State Officers explained their call to action, or why they wanted to meet Senator Diegnan. They explained that there are no direct majors in New Jersey colleges for students to go into FCS and become educators. Instead, interested students would have to go into the industry and then obtain a teaching certificate, or attend college in a different state and pay out-of-state tuition. After understanding the importance of FCS education, Senator Diegnan was surprised to see that there were no direct routes for students to become Family and Consumer Sciences educators, and because of that, programs were shutting down as there would be no one to take over for retiring teachers. Senator Diegnan, not aware of this pressing problem, agreed to look into this issue. Overall, the visit with Senator Diegnan was successful in promoting FCCLA and FCS education, raising awareness in the issues, and hopefully keeping FCS programs alive for future generations.

FCCLA After High School



**BY: ADEDOYIN AYENI,
VP OF MEMBERSHIP**

FCCLA involvement doesn't have to end after you graduate. As our Senior members begin a new chapter in their lives, there is a unique opportunity to become a part of NJ Friends of FCCLA! As a member of NJ Friends of FCCLA, you have the opportunity to volunteer, judge, present at conferences, and network with fellow alumni. Whether it's helping with fundraising or community service initiatives, becoming a member of Friends of FCCLA allows you to continue your FCCLA journey! Without the continuous support of alumni, our organization could not have been as successful as it is today. If you would like the opportunity to give back to our incREDible organization, fill out the application on the NJ FCCLA website (njfccla.org → About Us → NJ Friends of FCCLA)!



We Want to Meet You!

BY BENITA KIZHAKKEPURAM
VP OF PARLIAMENTARY LAW

This past year, our State Executive Council has taken steps to meet with our chapters from across the state! Specifically, we met with 3 chapters including Thomas Jefferson Middle School, John Adams Middle School, and Hunterdon County Polytech!

Thomas Jefferson Middle School students had an incredible enthusiasm for NJ FCCLA. These members had such great energy that filled the room, and they were motivated to bring their great ideas to life, such as their dance fundraiser. It was incredible to connect with another chapter, especially a younger one, and have strong conversations about FCCLA, how to fundraise, competitive events, and prepare for the State Leadership Conference while having an enjoyable time with lots of laughs as well.

John Adams Middle School brought passionate energy and involvement in FCCLA initiatives! We enjoyed helping them take part in their SOUP-er Bowl community service initiative, which focused on collecting canned items for their local food pantry through the theme of the Super Bowl. Additionally, we focused on helping members prepare for the State Leadership Conference by choosing competitive events and forming teams! Their members were ready to take the lead in their community and give back.

At Hunterdon County Polytech, we focused on preparing for the State Leadership Conference! We answered questions, went through the outline of the conference, and helped their members gain a better understanding of what the conference was all about. Overall, it was such a fun experience meeting new members and helping them in any way we could!

It is not too late to schedule a meeting with us this year! We can talk about competitive events, community service, membership growth, national programs and so much more. To take part in this incredible opportunity and meet the State Executive Council, contact our State Office at njfccla@gmail.com. We are so excited to meet you and your members!



Being Active after SLC

BY BENITA KIZHAKKEPURAM

After a successful and incREDible year, each chapter is challenged with keeping their members engaged and active after the State Leadership Conference. Even though our conferences have come to an end doesn't mean your chapter has. This may seem difficult, but there are so many ways to keep members engaged while also preparing your chapter for the coming year. Here are 5 ways for your chapter to continue to be incREDible as the year comes to a close!

1. Recognizing Members:

Each of your members have worked very hard throughout the year. Make sure to recognize them for their achievements. Every member deserves to feel appreciated for their hard work. Consider hosting a recognition dinner or party for your members! You can also use this opportunity to say farewell to your senior members and strengthen the bond within your chapter! Remember, recognition goes a long way!

2. Preparing for NLC:

The National Leadership Conference is an amazing opportunity for any member, so it is important to make sure your members are prepared. Make sure to go through the outline of the trip, which can be found on the national website. Additionally, make sure your members practice their competitive events by going to the Delegates Meeting and presenting it to your adviser. We can't wait to see you in Denver, Colorado!

3. Fun Meetings:

As the year comes to a close, this is the perfect opportunity to take a new outlook on your meetings. Try working meetings where members have a task to complete in addition to your regular meeting agenda. The weather is getting warmer, so you can also have your meetings outdoors. Consider inviting a guest speaker, such as an adviser from another chapter, someone from the industry, or of course, the State Executive Council! Make your meetings fun and something for your members to look forward to!

4. Community Service Initiatives:

Community service is always important, no matter the time of year! Your chapter can participate in a number of initiatives. Make sure to analyze need and timing when planning your next initiative. For example, you can teach English to new immigrants or educate your community on sustainability.

5. Planning for the Next Year:

Most of all, plan for next year! Make a program of work or elect a council for the next year. Come up with fundraisers or community service initiatives that your chapter can do in the coming year.

The year might be coming to an end, but your chapter can continue to be active and engaged! End the year on an incREDible note!

incREDible
FCCLA



3 R's of Leadership: Recognize... Teachers, Advisers, Seniors, & Members

BY: ADEDOYIN AYENI, VP OF MEMBERSHIP,
ISABELLA DABBENIGNO, VP OF LEADERSHIP DEVELOPMENT,
DIYA POTTANGADI, VP OF PUBLIC RELATIONS

Go For the Red, FCCLA's national membership campaign, empowers students to Recruit, Retain, and Recognize members. These 3 R's are the building blocks to effective membership growth. In this edition, we focus on our final R: Recognize.

The end of the year is a perfect time to recognize important figures in our chapter such as our FCS teachers, FCCLA advisers, seniors, and members. When you recognize someone, they feel heard, appreciated, and are more inclined to want to continue the incredible job they are doing now. We want to show that we care and see their hard work!

At Leadership Bootcamp this year, New Jersey FCCLA focused on appreciation styles and the importance of using them effectively in your chapters. With this idea, we are going to discuss recognizing people in ways that cater to their appreciation styles. The Five Languages of Appreciation by Chapman & White are Acts of Service, Quality Time, Words of Affirmation, Tangible Gifts, and Appropriate Physical Touch. Everyone has a specific language that they are more receptive to. When recognizing, it is important to take notice of which one that is. Although it may seem difficult and tedious, in the long run, it will help your chapter grow and flourish. Check out the list below for some ideas to show your appreciation through each style!

Another great and fun way to recognize is through awards and titles! With your chapter council, make awards specific to everyone worthy of recognition. These awards can be funny or serious, but they should make everyone feel heard and recognized for their hard work, specific to them. You can also recognize groups of members who participated in certain initiatives. Take note of the members who really stepped up this year, went above and beyond for your chapter, and showed incredible leadership development. These are the members that deserve special recognition. Perhaps through a Member of the Year Award or Most Developed Leadership Award, you can show these members that you noticed their hard work.

Make sure to do something special for the hardworking, dedicated seniors in your chapter who have been active with FCCLA through the end of their high school journey. One way to do this is by creating a slideshow with the member's name, their photo, and where they're off to next. Invite them up and give them an FCCLA red rose and a handmade poster with a loud FCCLA applause!

As a member, if there is a teacher or senior member who has positively impacted you in any way, be sure to tell them or leave them with a heartfelt letter. Not only will it help them feel appreciated, but it can serve as a reminder of their impact and be a keepsake for life.

Use your last chapter meeting of the year to recognize the valuable people in your chapter. Special refreshments would be appropriate! Recognition goes a long way, and your teachers and members will really appreciate it! Show them that they have done incredible this year and leave them with an experience they'll cherish forever!

Words of Affirmation:

- Write a meaningful note or letter
- Verbally tell them what you appreciate about them be specific!

Quality Time:

- Throw a recognition party
- Involve/invite them in chapter activities

Acts of Service:

- Ask them if you can help them with anything
- Ex: For teachers, perhaps tidying up the classroom or participating more in class

Gifts:

- Make them something small and meaningful
- Gift them something they may need or use





Ideas for an IncREDible Summer Break!

By: Benita Kizhakkepuram, VP of Parliamentary Law

Plan to have a balance of fun and productivity this summer break! Create fun memories while trying new things, experimenting with new hobbies, and having fulfilling experiences. Consider some of the ideas below for an incredible summer break!

1. **Plant a Garden:** Plant a garden to get fresh fruits and vegetables - a healthier and more sustainable option to purchasing them from a grocery store! Or adopt a plant for your room instead!
2. **Chapter Bonding Activities:** Plan activities over the summer for your chapter or Executive Council to have fun while forming strong connections with each other! Ideas include campfires, game nights, picnics, or movie nights filled with snacks and icebreakers!
3. **Summer Job:** Earn and save money for personal finances while developing important skills of responsibility and time management through a summer job!
4. **Beach Day:** Spend time with your family and friends by enjoying a relaxing day at the beach! Take advantage of the beautiful weather and New Jersey's incredible beaches. Make sure to bring sunscreen!
5. **Volunteer:** Use the summer to give back to our community! Volunteer at soup kitchens, children's hospitals, and local park cleanups!

Don't forget to prepare for the upcoming school year by doing any summer work in advance to have an amazing and stress-free start to the new school year!



Saying Goodbye to High School

BY: ADEDOYIN AYENI, VP OF MEMBERSHIP

"The two hardest things to say in life are hello for the first time and goodbye for the last." These wise words by Moira Rogers are ones that ring true for every senior as they graduate and enter a new journey in their life. Although it may be difficult, we seniors must say goodbye to our high school careers and look to the future. As we take the steps into the next four years of our lives, here are 3 of the most important things you must do to prepare for your college life.

1. Identify a Support Network:

One of the most important and helpful things you can do for your college career is to identify a support network. Who are the people in your life who are there to help you no matter what? Who can you call when you need encouragement and support? These people are the people you can depend on. Make sure to spend the rest of your college career with these people and strengthen your bonds.

2. Create a Yearly Schedule:

Creating a schedule of what you hope to accomplish each year of college is a great way to keep yourself organized and prepared for the future. It is crucial to have a detailed plan of tasks to accomplish to keep yourself on track to earn your degree and ensure that you are well-prepared for college. Overall, it will provide insight into your goals!

3. Have Fun:

Remember that your last year in high school is a time to make memories that you will cherish forever! Use this time to have fun and spend time with the people you love!

Most importantly, remember "if opportunity doesn't knock, build a door" (Milton Berle)! You are incredible and will do amazing things as you leave high school and start your new journey.



A Fresh Spring Dessert... Lemon Squares!

By: Isabella Dabbenigno, VP of Leadership

Looking for a new fresh spring dessert to impress your family and friends? Try these Lemon Squares! They are an old family recipe and come out delicious every time!

Ingredients for Crust:

- 2 cups of flour
- 1 cup softened butter
- 1/2 cup confectioners' sugar

Ingredients for Filling:

- 4 eggs
- 2 cup sugar
- 4 tablespoons of all-purpose flour
- 1 teaspoon baking powder
- 4 tablespoon lemon juice
- 1 teaspoon of lemon zest

Crust Steps:

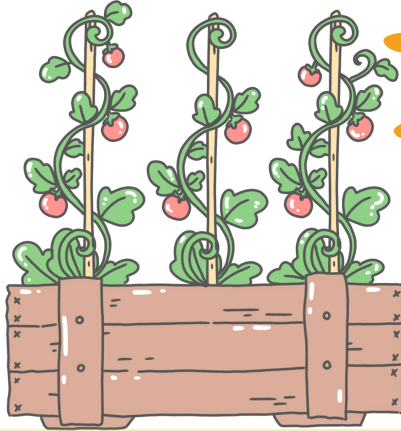
1. Preheat the oven to 350 F.
2. Combine the crust ingredients in a bowl.
3. Pack onto an ungreased 13x9 pan.
4. Bake for 20 minutes.

Filling Steps:

1. Preheat the oven to 350 F.
2. Beat eggs in a mixing bowl.
3. Add sugar, flour, baking powder, lemon juice, and lemon zest into the eggs. Beat mixture until frothy.
4. Pour over the crust and bake for 25 minutes or until light brown.
5. Cool at room temperature for 1 hour to allow the bars to set. Then place them in the refrigerator for 1-2 hours before cutting.
6. Cut into 12 squares, dust with confectioners' sugar, and serve!

Enjoy! Let us know how it goes by sending us pictures or messaging us on Instagram at @njfccla!

Summer Gardening



By: Gianna DeBruyn, National VP of Competitive Events

Gardening may require a lot of time and care, but there are so many benefits to this sustainable practice. Whether your garden is a small patio planter, a backyard vegetable garden, or a plot in a community garden, creating your own mini garden is the first step in achieving a happy and healthy lifestyle. But the question that most people have is: "How can I get started?"

First, it is important to know that miniature gardens planted in a pot or other container are not meant for outside sun or rain. For the indoors, it is better to use real small plants that do not grow more than 2 cm per year. These plants are easy to maintain over time without needing too much care besides regular watering.

For outdoor gardens, you should start by making efficient use of space. The location of your garden, the amount of sunlight it receives, proximity to a source of water, and protection from frost and wind are important factors to consider when selecting the perfect place to plant.

The best way to maximize space in your garden is to convert from traditional row planting to 3x4 foot wide raised beds. Single rows of crops, while they might be efficient on farms that use large machines for planting and harvesting, are often not the best way to plant a backyard vegetable garden. In a home-sized garden, the fewer rows you have, the fewer paths between rows you will need and the more square footage you'll have available for growing crops.

Finally, keep a record of your planting success and failures. Over time, this kind of careful observation will teach you more about growing vegetables than any single book or authority. This is because your notes will be based on your personal experience and will reflect what works best for the unique conditions of your own garden. Just like many other pursuits, remember that practice does make perfect!





Say Yes to FCS

Building a Stronger Tomorrow Through
Family & Consumer Sciences Education

"Through my Nutrition class this year, I learned many different real-life skills relating to health and wellness. I was able to expand my knowledge on important topics in nutrition. This experience will provide me with the necessary knowledge to ensure good health through the food that I eat."

Gianna DeBruyn, National VP of Competitive Events

In my Interior Design class, I learned how to use a sewing machine! Prior to this class, I've never sewn before, and this proved to be a challenge when I was making window treatments. This experience helped me problem-solve, while learning the importance of hues and patterns in Interior Design and fulfilling consumer needs, in a hands-on manner.

Benita Khizakkepuram: VP of Parliamentary Law

This year, I am taking Child Growth and Development. I can honestly say that this is one of my favorite classes. I have learned so much more than I would in a regular classroom setting. FCS classes are so hands-on, which is the best way I learn. In my Child Growth and Development Class, I am directly working with preschoolers helping them develop and get ready for kindergarten. It is such a rewarding experience working with children, especially when you see your efforts and things you have learned from Child Growth and Development actually impact the child you are working with positively. The hands-on experience and learning that you can apply to your life is definitely a reason why I would recommend FCS classes to everyone!

Nitya Angadala: VP of Community Service

