

# New Directions

## President's Address

By Larissa Szilagyi, State President

Can you hear that NJ FCCLA? It's the birds singing, the new flowers rustling, and even your friends sneezing from allergies. Yes, that's right- it's spring time! In addition to losing a hour of sleep, Spring symbolizes rebirth and the start of new things. We prepare with the ritual spring cleaning and we move our activities from inside to outside as we enjoy the lovely weather. Whatever spring has been bringing us, we all have one thing in common: the transition to new leadership in our FCCLA chapters.

As this school year comes to a close, FCCLA is once again planning for a new beginning! Your new leadership team is full of excitement in the planning of new activities for the upcoming school year. If you are a recently elected officer in your chapter, I encourage you to reach beyond the status quo and start preparing for your position right now. Chapter officers are essential the success of New Jersey FCCLA because you are the anchor of this organization. As chapter officers, you assume responsibilities that keep your chapter achieving new heights whether it's fundraising for our Outreach Programs, encouraging membership growth, or promoting and publicizing FCCLA throughout your school and community. Whatever the job, FCCLA officers and member are always actively engaged until the end of the school year.

If your term as a chapter officer is coming to an end, encourage incoming officers to seize their leadership opportunities with gusto! Leave a legacy by inspiring the new officers and members to assume responsibilities with a positive attitude, and mentor them by assisting them at the onset of their term.

For our graduating members, spring may be a time of change as our seniors are looking forward to college. The good news is that being an FCCLA member is never over. As alumni, members can stay involved. See the NJ FCCLA website for an application NJ Friends of FCCLA. I wish you all a happy spring and I hope you stay active as a member and youth leader for FCCLA. I look forward to seeing some of you at the FCCLA National Leadership Conference in Nashville, Tennessee!

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## Becoming an Active Alumnus

By Maxine LeSaux, First Vice President

Many members think that their final State or National Leadership Conference is the end to their involvement in FCCLA. Fortunately, nothing could be further from the truth! Our State Association is enriched by the participation from Alumni.

Recent graduates can join two organizations that will ensure their valued participation. The first is NJ Friends of FCCLA; For a special promotional fee of \$20 alumni can participate with a four-year membership. Membership in the state alumni associates can be a fantastic avenue to volunteer at future conferences, lead activities at the annual Leadership Boot Camp and network with alumni throughout the state. On the national level, FCCLA Alumni and Associates is the organization for you. Now is a great time to join. This organization communicates on line and is more active than ever with the new Alumni Council leading the way.

Becoming an active alumnus allows graduated members to give back to an organization that provides resources for FCCLA members across New Jersey to have opportunities for leadership development and personal growth.

# Keys to Success at the National Leadership Conference

By, *Chelsea Wilson, VP of Public Relations*

Congratulations! Your success at the State Leadership Conference has set you on a course to prepare for your journey to Nashville, Tennessee and the National Leadership Conference. You may be asking yourself, "What steps do I need to take now?" Being successful at the National Leadership Conference is no easy task, but with these helpful tips, you will definitely perform your best and return to our Garden State with a gold medal!

1. **START NOW!** - If you haven't started already, NOW is the time! Start working on your project and making sure it is the best it can be. Enhance your project by using your scoring rubric as a guideline. Use the judges' comments as advice! Make time to have your project reviewed by our state adviser. With Mrs. D's experience with STAR events, you are sure to leave with some good advice. Remember, the more time spent on your project, the better it will be!
2. **MEMORIZE-** No matter what project you are competing in, you should have a speech memorized. A great way to memorize a speech is to record it on your smart phone or iPod and play it back to yourself multiple times.
3. **ACCEPTABLE ATTIRE-** Start looking for outfits to wear. Shopping early will allow you to find sales! Remember, the National Leadership Conference has a strict dress code. You must be in business attire and wear only red, white, or black. If you are competing in a team, your team should be coordinating.
4. **JUST BREATHE-** Competing at a national level is a daunting task. Remember to breathe. When you start feeling nervous, try doing some breathing exercises. Before you meet with the judges, take 5 deep breaths to relax your body.
5. **HAVE FUN-** The National Leadership Conference is a fun experience. You want to enjoy yourself. When competing, judges love enthusiasm! Bring the fun you are having into your competition. Remember to smile!



## Introducing the 2013-14 New Jersey FCCLA State Executive Council!

*Larissa Szilagyi*

*State President*

*Brian Moore*

*First Vice President*

*Michelle Qu*

*Vice President of Membership*

*Dominika Rybaltowski*

*Vice President of Public Relations*

*Julia Farhat*

*Vice President of Communication*

*Victoria Delano*

*Vice President of Community Service*

*Trisha Gugale*

*Vice President of National Programs*

*Rohit Iyer*

*Vice President of Parliamentary law*

*Jessica Derr*

*Vice President of Finance*

# Spring Cleaning: Top Six Organizing Tips

By Priyanka Patel

Spring is finally here, and there is no better time to clean up your room. The refreshing Spring weather brings the traditional Spring-cleaning. Spring-cleaning means sorting, purging and organizing yourself. Here are some ways to organize:

1. Make small modifications. Making large changes might make it hard to adjust, so making small changes might make it easier to do so. For example, designate a places where certain objects will go all the time.
2. Begin by sorting and making decisions. Start with one corner of your room at a time. Group items into link categories and then find the appropriate storage place.
3. When in doubt throw it out. Items that are questioned for their purposes usually aren't useful, so it's best to get rid of them.
4. Make organization automatic. Time should not be set aside to get organized. Things should be put where they are supposed to go right after they are used so there is no issue of misplaced items.
5. Create organization that work for you. Not all methods of organization work for everyone. Everyone is different in the way that they get themselves together.
6. Be frugal about what purchases are made. Don't buy unnecessary items; make sure they have a purpose so they don't add to the clutter.

# Earth Day Everyday!

By: Kristelle Ibarreta, VP of Community Service

There is always a way to reduce your carbon footprint! Climate changes are affecting our land, our oceans, and animals. Actions to reduce global warming can be done every day and not just on Earth Day! Here are some ideas to keep in mind to help the environment:

- Go Organic: Promote healthy eating. "There are no pesticides used on the food you eat; Pesticides harm our planet and the animals that try to eat the fruit being grown.
- Start a Vegetable Garden: Since you are going organic, grow your own garden! This will help you eat more fruits and veggies, save a couple dollars, and prevent you from wasting gas.
- Hike or Bike: Many kids are forced to walk to school, which helps our environment. If you are close enough, encourage your chapter to bike to school for a week, and who knows, maybe they will keep up the good habit! Bike or walk to where you can. It will save gas and prevent some pollutions.
- Carpool: If something is to far carpool with a couple of friends if they are along the way! It is always fun to ride with friends.
- Go Paperless: Encourage your chapter to go paperless. We have a lot of technology today that will allow us to do so! Talk to your teachers, ask to email papers or homework, or ask permission to use a laptop to take notes!
- DIY Green Projects: REUSE, REUSE, REUSE find items that are recyclable and make something out of them! Participate in the Recycle and Redesign event for the Go Green competitive Event for the Fall Leadership Connection. Make a project for yourself or with your chapter. Try to make a bike generator or a plastic bottle green house! Getting a new washing machine? You can make the metal drum into an ottoman!

There are always opportunities to help the environment! Make an extra effort on these dates with your chapter to help out and serve your community!

# Trends Blossom This Spring!

By Ruby Kaur, State President

One of the biggest trends this Spring is colored pants for men and floral/pattern pants for women. Any store you enter will bombard you with tons of pants in all different colors from pastels to bright colors. This is an unusual trend because pants are usually on the more neutral side, but this spring, it's all about going bright and eccentric!

When you think of Spring, colors such as pink, green, and other bright colors come to mind; However, much to your surprise, black and white color combinations are in this spring. Many designers added black and white statement outfits to their runway collections. These outfits work all year round and can be worn for many different budgets. The good thing about this color combination is that you can grab things from the back of your closet and bring them back to life. For women's clothing, chevron patterned clothing is huge. A chevron pattern is a zig-zag pattern in two different colors. It is super chic and classic. It looks great as a pencil skirt or even a simple blouse. Before you go out and spend a fortune trying to keep up with the latest trends, dig in your closet or even your parents'! Trends go in cycles and repeat over time, so you might be surprised at what you can find!

# Recognizing Outstanding Leaders

By Ruby Kaur, State President

As Gerard C. Eakedale once said, "Recognition is the greatest motivator." Recognizing distinguished leaders in your chapter is one of most important parts of the 3 R's of Membership. As the school year draws to a close, take some time to recognize those members who have actively helped throughout the year. Members are the backbone of your chapter; do not let the anticipated closing of the school year create apathy that leads to overlooking well deserved recognition.

This is also the time where fundraising is very important for those members who will be attending the National Leadership Conference. Recognizing hard work is a perfect way to motivate these members to keep going when others have come to a halt. It is especially important to recognize unselfish actions of member who fundraise to help their peers when they will not be participating in the National STAR events.

The end of the school year brings that bittersweet time when we need to say farewell to the graduating members. Take time to acknowledge the seniors and say goodbye by recognizing their contributions to the chapter.

There are countless ways that you could recognize members! Have their names announced on the morning announcements for all their hard work and dedication. Provide a recognition dinner and present outstanding members with an award or simply recognize them at chapter meetings. The possibilities are endless!

## 5 Steps to Become a Better Leader

by: Kristelle Ibarreta, VP of Community Service

### Step 1: Know Yourself

There are many different leadership styles. What is your preferred leadership style? What are your strengths and weaknesses? Where can you improve? All these questions will help you realize the areas in which you need to focus. Use your past experiences to help you reflect and analyze your actions.

### Step 2: Find a Motivator

Motivation is the key to whatever you do. If you lack drive, how will you push yourself to reach objectives? Find someone or something that inspires you to achieve your goal of being a better leader, such as like setting a target amount to raise for Share Our Strength. You can even have a friendly challenge between a group of friends, like who will eat healthy and exercise without giving into junk food for Student Body. In many cases you can be the motivator!

### Step 3: Don't Worry Be Happy

Be positive all the time. Even when it comes close to the State or National Leadership Conferences, it is important to remain cheerful. Becoming a better leader means to make events fun for everyone! Your smile and good attitude could make someone's day.

### Step 4: Inspire the Future Leaders

Seek to pass down the reigns of leadership to the underclassmen. Always look out for young emerging leaders. Guide and inspire them to do what you do and more. Help them achieve higher goals; you can be their mentor. Be their role model, like the role model who influenced you to do better!

### Step 5: Be Open-Minded

Always be open to new, creative ideas. Find these new ideas and tweak them to make them work for your chapter. Keep trying to get feedback from your members to do more of what they enjoy. Being more open-minded will allow you to see what works for your chapter and what doesn't, which will allow not only you to improve but your chapter to shine as well!

## Role Model Highlight

By Maxine LeSaux, First Vice President

Hillary Rodham Clinton is a fantastic example of a leader and advocate in her successes within the political arena. She served as the First Lady of the United States from 1993-2001. During this time she became influential in public policy, advocating for health care reform. After her term as First Lady, she began her own journey in politics. She became the Senator for New York State and, most recently, Secretary of State. Her strong leadership skills and vast array of knowledge have been an asset as she traveled throughout the world to meet with foreign leaders, dealing with the Arab Spring outbreak and securing Libyan relations after the bombing of the U.S. Embassy. She has broken gender barriers and served her tenure as Secretary of State with bipartisan support. She has become one of the most influential figures in Washington DC throughout the last two decades. Her work has inspired many young women to aim higher, advocate for more causes and become more successful!

# Plant Freshness This Spring

*By Brian Moore, VP of Membership*

The Spring Season is the perfect time to plant your own vegetable garden! Vegetable gardens provide a variety of benefits including: saving money, a fresh look for the outdoor area of your home, a fun experience, and a new family activity! Gardening can be a rigorous process, but a great physical and fun activity in which to involve your family. A \$2 tomato plant can grow up to 10 pounds of tomatoes, which could cost \$10 or more. Your vegetable garden can save you up to \$100 throughout the growing seasons.

The first step to creating your vegetable garden is deciding what to grow in the correct season. Some great spring vegetables to plant are broccoli, carrots, cabbage, onions, potatoes, spinach, beets and swiss chard. There is a beautiful array of color in the vegetables listed above! Beets can provide a beautiful red color in recipes, and swiss chard can give great green, white, and red colors in a spring soup. A summer garden is perfect for Jersey tomatoes, eggplant, corn, zucchini and corn.

Remember a large amount of space is needed to plant a vegetable garden. You also have to take into account how much space each vegetable needs for optimum growth. Vegetables need space to grow without overcrowding other vegetables. Three things to focus on when choosing a location for your garden are: full sun, good soil, and plenty of water. Most vegetables need six to eight hours of direct sunlight and nutritious, moist soil to grow and maintain health. If space is tight and you need to go small, plant an herb garden. Herb gardens are even perfect for planting in pots on a patio. Fresh herbs are nutritious and add a great deal of flavor to delicious summer dishes. Have a blooming spring and summer through the bounty of a home garden!

## Becoming a Savvy Shopper this Spring

*By Priyanka Patel*

This Spring, think about where your money is going. Trips to the store should have a purpose whether it is just getting a pair of shoes or a summer top. Create a specific list; don't add more things onto that list at random. If you intend on going to the store for sandals, just buy those shoes. Buying things on impulse is not considered a sound consumer skill and generally leads to squandering your money. Also, wait for sales and use coupons. Many items are marked down during holidays such as Memorial Day and the Fourth of July. During these sales, consumer can experience a significant savings. Just being aware of sales and identifying what you need will help save money. With these consumer tips it is easy to become being a savvy shopper!

## Spring: New Beginnings

*A poem by: Angela Wybrow*

I have always loved the heralding of spring,  
When the spell of youth is cast upon everything.  
Gardens everywhere awaken from their sleep,  
As the sun, from behind the clouds, does peep.

Leafy green shoots begin to sprout.  
Flowers begin to pop their heads out.  
Yellow daffodils stand proud and tall,  
But, sadly, are gone in no time at all.

The sweet smell of blossom on the trees,  
Wafts down from above on the gentle breeze.  
Buttercups and daises are abundant everywhere  
And the buzz of flying insects fills the warm air.

The season heralds a bright new dawn.  
Baby birds and animals are being born.  
The days are beginning to get progressively longer  
And the sun's rays are beginning to shine stronger.

There's a sense of hope at this time of year,  
Bringing with it, some much needed cheer.  
It's heartening to know that summer is around the corner,  
When the weather will grow increasingly warmer.

# Spring Fundraising Ideas

By Priyanka Patel

Let Spring bloom in new ways to fundraise for your chapter.

1. A flower sale or a plant sale in school is a great way to bring in some money for the chapter, especially because everyone loves to plant flowers in the Spring.
2. As the trees start to pollenate, they start leaving a film of green pollen on cars, which allows for a perfect opportunity for a car wash. A car wash is an inexpensive way to bring in funds for your chapter, and it is a lot of fun for chapter members.
3. Springtime is when everyone does their spring-cleaning, this is a wonderful chance to have garage sale at a member's house or at the school. Simply collect all the items up for sale from your chapter and have members volunteer to work at the garage sale.
4. As the weather turns warm, give up the bake sales and create frozen treats to sell. Root beer floats, frozen fruit bars and cups of cold watermelon chunks are always a hit at the end of a long hot day.

Remember to keep the "Fun" in Fundraising!

# Amazing Art: Chalk Illusions

By: Pam Pangaro VP of Leadership

Art is everywhere; As you walk down the street you can find traces of artists on walls and sidewalks. Some refer to this as graffiti while others call it art. Over the past few years, Chalk Illusions have exploded through the Internet's interest in art. Chalk Illusions, also known as Sidewalk Art, have been around since the 16th century starting in Europe. Over the centuries, this art has gone through culture changes; today's most popular drawings are of 3D Illusions. When looking at them, it is difficult to believe that the images are just drawn with chalk! This spring take the time to enjoy chalk illustrations. This art is simply amazing!

# Chef DePasquale's Habanero Sugar Cookies

By Brian Moore, VP of Membership



## INGREDIENTS

- 4 Habanero peppers, brunoised
- 1 tsp. cinnamon, ground
- 1 1/2 cups sugar
- 1 lb. butter (softened)
- 1 1/4 tsp. vanilla
- 2 eggs, beaten
- 2 3/4 cups, all-purpose flour
- 1 tsp. baking soda
- 1 tsp. salt

## METHOD

1. Pre-set oven to 325 degrees
2. Mix habaneros, sugar, butter, vanilla, and eggs in mixer or large bowl. Blend until smooth.
3. In a separate bowl, combine remaining dry ingredients.
4. Combine dry ingredients into habanero mixture and mix well.
5. Spoon/Scale dough into teaspoon sized balls.
6. Place on baking sheet.
7. Bake 8-10 minutes or until cookies are a light brown.
8. Sprinkle with cinnamon or cinnamon sugar.
9. Cool on rack and serve.