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**Connecting New Jersey-  
One Chapter at a Time**



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## **Powering Up with Your State**

**By Brian Moore,  
First Vice President**

Are you ready for the 2014 State Leadership Conference?! This year, the NJ FCCLA State Officers and Staff have prepared a powerful leadership conference that will “Power Up” you and your chapter! An exciting program has been developed with great keynote speakers, exciting workshops, and so much more! This year’s Club FCCLA has been planned to include Zumba, a comedy act, a movie, and a craft for everyone to enjoy! In addition to our fantastic program and Club FCCLA, NJ FCCLA created three new State Events for our members, which can be found on the NJ FCCLA website! There are also several new National FCCLA STAR Events that can be found on the national FCCLA website! Begin your countdown today for this year’s State Leadership Conference, where you will be sure to electrify your leadership skills!

## **President’s Address**

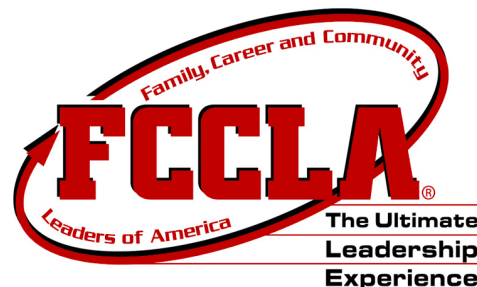
**By: Larissa Szilagyi**

“3....2....1... Happy New Year!” That’s right NJ FCCLA- it’s time to begin a new year! I hope you’ve had a great year with FCCLA, whether you’ve attended a conference or had an excellent community service project! Now, I urge all of you to make a New Year’s resolution that will help you exceed excellence. So let’s Power Up with FCCLA in 2014!

To start 2014 off right, I suggest creating SMART goals for all you want to accomplish. Replace your New Year’s resolution with a SMART goal so it’s realistic and attainable. Let’s say you want to attend the 2014 State Leadership Conference. For your New Year’s Resolution/SMART goal, choose a date by which you want to select your competitive event. Then, set a date to pinpoint when you want it finished. By creating these SMART goals, you will see that it is easier to stick to them!

The 2014 State Leadership Conference will be an amazing opportunity for everyone, so make it a New Year’s Resolution to be prepared for it when the date finally arrives! Maybe your New Year’s Resolution is to become a better leader and a bigger part of FCCLA; in that case, reach out for more leadership opportunities, like spearheading a community service event. Lastly, make a New Year’s Resolution that will not only affect you, but also your community. Make it your goal to volunteer, raise a set amount of money for Share Our Strength, or even create your own fundraiser!

As the New Year begins, think of what you want to accomplish. A new year is a renewal for all people. I hope that all of your goals this year include your endeavors in FCCLA. Happy New Year NJ FCCLA!





## Role Models

By: Jessica Derr

Role models are the people we look up to and aspire to be. They are the people we hope to become in our futures, and we model ourselves after them. If you were to ask someone who their role model is, most of the time they would tell you that it is a celebrity, parent, or a relative. In my case, it's my mom. My mom is a very hard working and charitable person. She helps those in need even when we barely have anything for ourselves. We both share the same values, and I look up to her for the little things she does to help people. We admire our role models for their strength as they handle their struggles.



## Leadership Bootcamp

By: Larissa Szilagyi

Leadership is a word that can be defined as "to guide an organization or group toward excellence." FCCLA is an organization that is dedicated to student leadership. Our tagline even says it- "The Ultimate Leadership Experience." Each member strives to become the strongest leader he or she can be. At the 2014 Leadership Bootcamp, members were given the opportunity to develop their leadership skills. Whether they were in the lieutenant or sergeant track, members were trained to be dynamic and effective leaders. Each year, NJ FCCLA has amazing Leadership Trainers who come and help our members improve their public speaking, business etiquette, and even job interview skills, and this year they did not disappoint! Whether members want to run for a chapter/state office or want to lead a community service project, Leadership Bootcamp taught them skills they can use to become great!

## New Jersey FCCLA 2013 Fall Leadership Connection Recap

By: Julia Farhat

Couldn't make it to the Fall Leadership Conference? Don't worry, we'll fill you in! The day started out with the Opening General Session, which included a presentation from our outstanding keynote speaker, Jim Steffen, America's Fun Fitness Coach. He powered up our members and inspired them to start living a healthy lifestyle by showing us that exercise can be a lot of fun! Jim demonstrated fun exercises he nicknamed "boga" because they involve an exercise ball. Get it? Ball + yoga = boga! Jim also explained why a positive attitude will make you a happier person and help you achieve your goals.

The members then moved on to the workshop sessions where they attended fun and knowledgeable sessions. Chapter Presidents and Vice Presidents of Membership attended the Electrifying Leadership workshop led by State President Larissa Szilagyi, and State Vice President of Membership Michelle Qu. At this workshop, chapter officers took away leadership and membership development skills to bring back to their chapters. Vice President of Community Service and Vice President of Finance, Jessica Derr, led the Power Surge workshop session. Chapter officers learned about the Power of One National Program and NJ FCCLA's Community Service efforts at this session. Many members attended Round Table Presentations, where they gained knowledge on various National Programs, STAR Events, and Post-Secondary Education.

The annual Cupcake Challenge cupcake sale was a tremendous success! Thanks to our members, we raised \$2,475 for Share Our Strength! We also collected 50 tubs of non-perishable food items for a local food bank and 80 pounds of pull-tabs for the Ronald McDonald House! The Community Service efforts from NJ FCCLA were remarkable! We invite you to meet with us again at the New Jersey FCCLA 2014 State Leadership Conference where you can see first-hand the amazing efforts of our members!

## Get Excited for the 2014 NLC in San Antonio

# TEXAS

By: Rohit Iyer

From July 6-10, 2014, FCCLA members from across the country will convene at the 2014 National Leadership Conference in San Antonio, Texas! Members will have the opportunity to compete in STAR Events, attend workshops, listen to great speakers, and so much more! In addition, there is so much to enjoy in the great city of San Antonio. Members will have a chance to remember the Alamo, walk along the beautiful River Walk, and visit numerous attractions.

The National Leadership Conference is only a short time away! To qualify for the National Leadership Conference, members must first compete in a STAR Event at the 2014 State Leadership Conference in Cherry Hill, NJ on March 20-21. More information can be found at the NJ FCCLA website: [fcclanj.org](http://fcclanj.org).

## POWER UP Community Service



Martin Luther King Junior once said, "Everyone can be great, because everyone can serve." New Jersey FCCLA members proved their greatness this year at the Fall Leadership Connection. With the help of our members we were able to donate 3,600 pounds of food for the Middlesex county Food Bank, 80 pounds of Pull Tabs for the Ronald McDonald House and \$2,475 for Share Our Strength.

This year's State Leadership Conference is upon us and it is time for New Jersey members to once again exhibit their enormous generosity. At this conference, we will be collecting Pull Tabs for the Ronald McDonald House. This is a quick and inexpensive way to get all of our members involved. We are also collecting non-perishable food for the South Jersey Food Bank. Each conference participant is asked to bring 5 food items. Finally, each chapter is asked to donate \$150 for Share our Strength.

Start planning for this community service project and get your members motivated NOW!

## The New Jersey State Officers Take Washington, D.C.:

# CAPITOL LEADERSHIP



By: Julia Farhat

This past September, the New Jersey FCCLA State Officers had the amazing opportunity to travel to our nation's Capitol for the learning experience of a lifetime at Capitol Leadership! Among the attendees of this conference were state officers, dedicated members, and state and chapter advisers from all over the country. Over the course of four days, September 29th to October 2nd, the officers developed new leadership skills, learned about how the government works, met with legislators and federal officials, participated in public policy development and advocacy, and explored historic Washington, D.C.

The officers attended meetings held by the FCCLA National Officers and the Leadership Training Team. These training sessions prepared the officers for their visits to Capitol Hill, where they advocated for FCCLA and Perkins Funding. The Perkins Act funds Career and Technical Student Organizations, including FCCLA, in support of Career and Technical Education. The state officers first visited the office of New Jersey's Senator Menendez. Each officer then advocated for Family and Consumer Sciences education and Perkins Funding with the offices of Congressmen Pallone, Smith, and Andrews.

Youth leaders from around the country participated in many awesome experiences during Capitol Leadership. They attended a Share Our Strength service learning project to learn how to shop for healthy foods on a budget, and they even shopped for a local food bank! Guest speaker Ernesto Aguello spoke about the Snap to Live Program, and Dr. Bella Dinh-Zarr explained the importance of road safety. The state officers also sat in the gallery of the United States Senate and walked the streets of our nation's capital with the attendees of the conference.

The Officers were also in Washington, D.C. for the beginning of the government shutdown; therefore, the team was able to see first-hand the consequences of partisanship and the lack of communication among elected officials. This was a valuable experience for the youth leaders attending the conference.

# Learn to Network!

By: Rohit Iyer



Networking is a fundamental skill for success, so as FCCLA members we put a huge emphasis on developing this opportunity. Networking is making personal contacts with people with whom you can share information and create connections for better opportunities in the future. Networking can help you land a job! In fact, many people obtain job interviews because they have connections at a company, earning them an advantage over their peers.

The most important part of networking is being proactive! When in a public setting, like an FCCLA conference, people will not always be the first to approach you. You have to be proactive and start talking to others, and you might meet someone who you could make important connections with! Although this may sound uncomfortable at first, warming up to the idea of stepping out of your comfort zone will get you used to doing it in the future. By being proactive and networking, you'll be surprised at the amount of friends and connections you can make!



# Eating Healthy

By: Dominika Rybaltowski

During the cold winter months and the holiday season, it is easy to indulge in high calorie and sugar-pumped treats. And while they are okay to eat in moderation, too much of any sweet is unhealthy! During Capitol Leadership, the State Officers attended a workshop held by representatives from Share Our Strength. They were able to learn how you can make small changes to your diet that will affect your health positively! Below are some of the things they learned:

- Buy plain and all natural yogurt! Fruity yogurts, even Greek and fruit on the bottom yogurts contain a lot of sugar! Instead of reaching for flavored yogurts, add fresh fruit, nuts, seeds or granola to your yogurt for a fresher and healthier alternative!
- Buy fresh fruits and vegetables! Although frozen and canned fruits and veggies are still great, some of the essential and vital nutrients are absorbed out of them before packaging. To get the most out of your produce buy it fresh!
- Buy whole or multigrain breads and pastas! By buying white breads you are buying purposeless calories. White breads are stripped of the nutrients that are essential in wheat and grains.
- Try to eat a healthy amount of protein! Stick to eating poultry and fish like chicken, tuna, and salmon. They are essential in providing protein for your body! Cut down the amount of steak and red meats you eat, for they can be high in cholesterol and lead to heart problems. If you are vegetarian, look for protein rich foods like beans for your protein supply.



# Ask Edna

FCCLA members ask our founder, Edna P. Amidon, their most challenging FCCLA questions.

Dear Edna,

I've been involved in my chapter for a few years now. I've been a chapter officer and have headed many committees in my school. However, I feel like I want to do more for my organization. I was thinking of running for state office, but I have many reservations. I'm scared about all the public speaking and work I will have to do. Plus, I don't even know how to apply or get started. SOS! PLEASE HELP!!

Sincerely,  
*Curious Officer*

Dear Curious Officer:

I understand you may have many reservations about running for state office, but it is an amazing experience! Officers are given tasks that do involve public speaking and much work, but they are also taught great leadership skills that help them understand how to tackle the anxiety of the task (like public speaking) and make it great. SO, do not fear! Your state advisor and the Alumni Leadership Team will guide you through every step of being a state officer. They are there to support you and help you through any issues you may have in office.

If you are dedicated and are willing to run, download and complete the state officer application that can be found on the New Jersey state FCCLA website. If you are running, I suggest you complete your STAR or state event in advance in order to prepare you to run at the 2014 State Leadership Conference. Being a state officer is a worthwhile responsibility, but if you are willing to put in the hard work and dedication, you will be an amazing officer.

Sincerely,  
*Edna*





## STAY WARM, LOOK COOL

By: Trisha Gugale

It is that time of the year again where we all wonder how to stay stylish yet warm in the wintertime! Here are some stylish ideas on how to stay warm and still look cool:

- Down filled puffer coats: These coats look fabulous when worn in different colors and are still a great way to keep cozy. After all, nothing is more out of style than catching a cold.
- Hot liquid leggings: While they require some effort to get on, these leggings trap in a lot of heat in both temperature and style.
- Scarves: You can never go wrong with a scarf. Whether it is an infinity scarf, wrap-around scarves or snoods, scarves are the ultimate winter accessories perfect for staying warm and looking cool.
- Sweaters: Coming in all colors and sizes. Ranging in many fabrics from cashmere to wool, sweaters are the best winter fashion investment. They will keep you super warm yet super classy.
- Leather: Leather dresses, skirts and jackets are a huge fashion trend right now. This material traps a lot of heat but still keeps you looking edgy and stylish.
- Tall Boots: Tall boots are a fantastic way in the winter to keep your feet warm.
- Leg Warmers: These can be worn with boots and many other types of shoes and will keep your legs toasty and stylish.

It is possible to look great this winter while keeping warm. Follow the fashion tips listed above and we guarantee that you will have a cozy winter!

## KEEP MOVING THIS WINTER!



By: Rohit Iyer

The winter is a time when many of us lose sight of personal goals regarding fitness, and then try to restart them with New Year's resolutions. Unfortunately, only 8% of people accomplish these goals. Here are some tips for avoiding these resolutions and staying in shape the whole winter!

### 1. Stay Consistent

Exercise doesn't have to be an intense activity that leaves you on your knees gasping for air! You should be motivated and excited, so pick a program that you know you will be able to stick with. Starting simple with pushups, sit-ups, and a run a few times a week can lead to bigger and better things, so get started now! Soon enough, this will become second nature and all your hard work will pay off later in the year!

### 2. Eat Healthy

Nutrition is a huge part of seeing results from exercise. None of your hard work will meet its full potential without the companionship of a good nutritional meal plan, so eat foods that are high in the essential nutrients. The holiday season may trick you into eating a lot of high calorie desserts, but, putting in effort now will help you see greater results in the future.

### 3. Find a buddy!

You may have heard this before, but it is much easier to exercise when you have a friend next to you going through the same routine. Together you can motivate, challenge, and help one another through the whole season!

## Cozy Families in Chilly Months: Family Connection

By: Julia Farhat

During the winter, it becomes easier to isolate yourself from the people around you. However, with the cold forcing you to stay indoors, you might find great opportunities to spend time with your family just like these:

- Have your family cozy up on the couch with a warm cup of hot chocolate and a movie!
- Cook dinner together at least once a week!
- Have a family game night!
- When it snows- build a snow man or an igloo together!
- Make cookies and share memories around the fire!

While it's important to continue strong relationships with your immediate family, reach out to your extended family whenever you can. Offer to help your grandmother with her grocery shopping, your aunt with babysitting your cousins, or shoveling snow for your grandfather. These may be small acts, but they will show your relatives that you love and care for them. Developing and maintaining relationships with family members is the key to having great family connection!





# Winter Dessert

By: Michelle Qu

During the summer, your entire family would have a camping trip and bond with nature. At night, everyone would sit around a fire and make s'mores. Now, the snow is gingerly covering every surface in town. The entire family is over to celebrate an event and it is time to have dessert. Slightly different from the hand-made s'more, this original recipe is perfect for the winter season and it has a healthy twist to it as well!

Brownie S'mores directions:

1. Preheat the oven at 350 degrees.
2. Open can of pumpkin puree
3. Open box of brownie mix and add it to the mixing bowl.
4. Using mixer, blend brownie mix and puree together. Add a few tablespoons of water if necessary for moisture.
5. Add nuts, raisins, or chocolate chips if you like.
6. Spray your pan to prevent sticking and place graham crackers on the bottom.
7. Pour in mixture
8. Cook for 25 to 35 minutes.
9. Add marshmallows on top of the brownies, covering the entire pan and place back in the oven for 5 minutes.
10. Let it cool and enjoy!

## Winter Fundraising

By: Dominika Rybaltowski

Fundraising is a great opportunity to take advantage of the cold winter months! Many people are easily intrigued by warm treats that are both convenient and fun! Here are some fantastic winter fundraising ideas:

- Hot chocolate kit sales! Create mug sets with all the fixings for a nice mug of hot chocolate! Add marshmallows, chocolate powder and some fun decorations!
- Valentine grahams! Ask your school administrators if you can sell personalized valentines with lollipops or different types of candies to be distributed to the "valentine's" homeroom!
- Waffle Mornings! Sell waffles once every week or two weeks to students before homeroom starts or during lunches! Make it a waffle bar, selling plain waffles for a set price and extra depending on the toppings students choose!

## Staying Financially Fit in the Winter

By: Jessica Derr



This is the season for spending. It seems as if people are buying just to spend money. There are two main things to remember when shopping this season.

1. Always budget your money. Before you go out shopping, stop and figure out how much money you are willing to spend. Keeping a budget stops you from making careless purchases and "breaking the bank."
2. Comparing prices is also a good thing to know how to do. You can save a lot of money just by comparing the prices of an item from store to store. For example, when buying a computer, check a few stores. You may find that some stores have the same model for hundreds of dollars less. Such simple research can make a huge difference on your wallet!
3. Look for sales and coupons. Make a promise to stop buying a regular retail prices. Search for the bargains.

So next time you're out shopping with friends, remember- shop smart! Breaking your budget may seem like a rational move at the moment but could leave you with some harsh consequences in the end.

## Fighting the Winter Blues

By: Trisha Gugale

Winter is a difficult time, because people tend to hibernate by staying indoors with a warm cup of hot cocoa, zone out in front of the TV or just simply sleep. No matter how blue you may be feeling this winter, there are ways to stay inspired and fight the winter doldrums. First, it is important to see that staying indoors is a great way to spend time with friends and family. Most people get the winter blues because they are not as active as they are during the warmer half of the year. Therefore it is important to take on projects in the household that will keep you moving around while simultaneously spending time with your loved ones. Have a winter cleanup, hold family game nights, or take on some knitting projects; there is a lot to do that will keep your mind busy and sharp this season! And when it snows, go out and make snowmen, snow angels, and shovel with your family members. Winter is the time to enjoy the company of warm fuzzy blankets, hot cocoa, and the holidays. So shake off those winter blues and spend some time bonding with the ones you love.

# A Week of FCCLA Values

FCCLA Week is a week where we take everything we stand for as an organization and put it all into action with fellow members, advisers, alumni, our families, and our communities! FCCLA Week is the week of February 9-15. Many values FCCLA holds include advocacy, community service, the pride in our membership, leadership development, and personal development. Here is a list of recommendations for a great FCCLA week:

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## **Monday: Advocacy!**

Speak out for FCCLA and Family Consumer Sciences in your school! Plan a meeting with your principal or activities coordinator so they see exactly why Family and Consumer Sciences and Career and Technical Education are so important to our education and the community! Encourage them to attend a meeting of your FCCLA chapter so they can see firsthand the impact FCCLA has on students!

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## **Tuesday: Share Our Strength**

Share Our Strength is a national organization aiming to end youth hunger by 2015 with the help of FCCLA. Start a fundraiser! There's no better time to fundraise for Share Our Strength; efforts will soar when the spirit for FCCLA is at its highest! Host a bake sale at your school! Or have a "blue jean" day for teachers where they donate a couple of dollars to wear jeans (and possibly an orange shirt)! Or host a basketball tournament after school! There are endless possibilities to raise awareness and fundraise for Share our Strength!

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## **Wednesday: Red-Out**

Ask your chapter members to wear red on "red-out" day! Whether it be a plain red t-shirt or one of FCCLA's official shirts, wear red to show your support for our favorite Career and Technical Student Organization! Organize a time during the day to gather everyone together and have them "rally" for FCCLA! Take a picture to put on the school website or send it out to your local newspaper to promote FCCLA!

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## **Thursday: Career-Technical Education (CTE) Day**

Create a display describing and showcasing your FCS course's main subjects or hold a demonstration showcasing skills you've learned in your course. A great way to show your school the importance of CTE is by inviting your school administration to observe a class to learn more about CTE!

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## **Friday: Recognition Day**

Not only is it Valentine's Day, it's FCCLA Week's Recognition Day! This day is the day to recognize fellow members of your chapter, advisers, and FCS teachers for all their hard work! Give your advisers small gifts to recognize and thank them for their dedication! Recognize a member by starting a "Member of the Month" program. And, as a class, thank your FCS teacher with a card or small gift.

When your chapter starts to plan your events for the upcoming dates of FCCLA week, keep FCCLA values in mind! The opportunity is yours to plan an exciting week to honor and showcase FCCLA in your chapter and community!

By Brian Moore, First Vice President

## Where Art Thou Alumni?

By Brian Moore, First Vice President



New Jersey FCCLA needs the help of our graduated members! So, I beg to ask the question: NJ FCCLA... Where Art Thou Alumni? Alumni are a great resource to help run state leadership conferences, aid in scholarships, stay connected with FCCLA, and more. Every alumni member helps make a difference in the impact we can have on our membership and is extremely valued by the State Officers and Staff. The State Officers ask that members and advisers please contact their alumni and urge them to join NJ Friends of FCCLA! For more information on alumni activities, please check the NJ FCCLA website or contact the NJ FCCLA State Office through e-mail or phone!

# ↑ HOW TO: Keep Chapter Members Involved ↑

By: Michelle Qu

This past November, New Jersey FCCLA hosted its annual Fall Leadership Connection and had over 700 members participate! Members were excited about attending the conference, but what happens when we get back home? Here is a list of ways we can keep our members involved:

- Start a recognition board that show cases the most active members each month! Once members see that participants' efforts are being noticed, they will be motivated to stay active also. This will motivate members to really participate and possibly involve new members!
- Give members more leadership opportunities. Create committees for community service events or fundraisers. This way, members will know that they have a real stake in the organization.
- Create a member of the month campaign! Each month, nominate the most active member. Have their name read out on the announcements and give specific examples of what they did to get them to their position.
- "I" is for Invitation. The best way to get members involved is to personally reach out to them. People are more likely to take part in something when they know that there are others who are doing the same. Ask your friends and classmates to attend at least one meeting and see what FCCLA is really about.

Staying active in your chapter and state organization is the only way to get the Ultimate Leadership Experience!

## Speak Up for FCCLA

By: Trisha Gugale

Every organization needs support from its community. How can our communities ever be informed about FCCLA if we, as members, do not promote our organization? To advocate for FCCLA there are a few things to remember. First, it is important to have thorough knowledge about FCCLA in order to successfully capture attention. Members should know the basics, such as our mission, purposes, and creed. Having knowledge about what we stand for increases our accountability. Second, social media is everywhere today, and most people engage in at least one form of social media. Members should encourage others to download the FCCLA mobile app and after seeking permission should not hesitate to share pictures or relevant videos with the community. Our various publications such as Teen Times and The Adviser should be shared with others so they can get the latest scoop of what is happening in FCCLA. If possible, try to engage in a mutually beneficial relationship with media. They need stories about what is happening in the community and we need to promote all the wonderful things our organization is doing. Of course, not all of us have a connection to social media, but this does not mean that members cannot incorporate our national programs or our community service efforts into simple daily conversation. FCCLA is a well-rounded organization that can easily be assimilated into our everyday activities and communities.

## Keeping Up with School Work

By: Michelle Qu

During the winter, it is easy to put off homework and put the blame on the belief of having a snow day. Eventually, we start to procrastinate and push everything off, telling ourselves "I'll do it later." But "eventually" comes and you're stuck trying to push your way through piles of assignments. Here are a few tips on how to stay on track with homework:

- Create a detailed timeline. Figure out when your assignments are due and plan out a step-by-step outline of what you want to do the days leading up to it. If you have a paper due in a month, read the book in a week and have a draft ready in two.
- Use an agenda. Work is much easier to complete when you know what you have to do. If you find yourself coming home and not knowing what to do, write it down! This will keep you on track and ahead of the game!
- Cut off your technology supply. Leave your phone in another room and don't do your homework anywhere near a TV. The only thing these distractions help you with is procrastinating, and a procrastinator never gets the job done the right way!