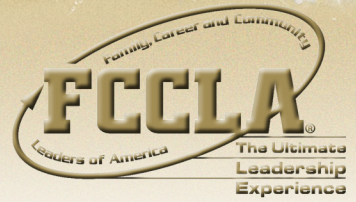


New Directions



Connecting New Jersey - One Chapter at a Time

June 2012

Dear Members and Advisers:

As Ronald Reagan once said, "we can't help everyone, but everyone can help someone." Bullying has become a critical issue in our schools, communities, and in the nation as a whole. One out of every four teens are bullied every day. While we can't help everyone, we can help save at least one person. Suicides linked to bullying are on the rise and we can help put a stop to it, one person at a time. I challenge you, New Jersey FCCLA, to come together and start at your local chapter, your school, and then your community and help eliminate all types of bullying!

As a leadership organization, we need to take the initiative and set the bar for the students in our schools. One of our National Programs is STOP the Violence. As FCCLA members we need to educate other students about violence prevention, be able to recognize signs of bullying, encourage your peers to report signs of bullying, and develop action programs to prevent bullying in your school and community. We truly need to "Raise the Bar" and help the victims in need!

Ruby Kaur
State President
New Jersey FCCLA

Keeping FCCLA on the Radar

By Chelsea Wilson, VP of Public Relations

Even though the school year has ended, FCCLA should still be a priority. It is beneficial to keep FCCLA on the radar this summer! There are many ways your chapter can publicize and advocate for FCCLA. In the last few weeks of school, make FCCLA known throughout the hallways while celebrating the end of the year! Post farewell posters on the lockers of graduating members. Make morning announcements regarding your chapter's accomplishments and activities. Place flyers publicizing your chapter on the back of bathroom stall doors. Create a chapter website to keep members updated throughout the summer months. You want to make FCCLA known throughout the school before the year ends to get students excited to start your chapter's program of work for next year.

Social media is another great way to keep FCCLA on the radar. Set up a Twitter account or a Facebook page for your chapter. Be sure to pledge support by 'liking' the NJ FCCLA Facebook page as well! <http://www.facebook.com/?ref=logo#!/groups/69851723734/> This summer, make it your goal to advocate for FCCLA and your chapter. It is important to gain support for FCCLA within your community. Try setting up meetings and talking with your city council, Board of Education, and mayor. Tell them about the accomplishments within your chapter. This will gain their support for your FCCLA chapter for the upcoming year! After talking to local officials, keep in touch with them by sending them updates about your chapter, inviting them to fundraising and community service events, or recognizing them at celebration dinners.

Increase your public relations and advocacy this summer! Start the summer off right by setting sail with your chapter and keeping the S.S. FCCLA on the radar!

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State Leadership Conference Recap

By Pamela Pangaro, VP of Leadership

65 YEARS OF

Raising the Bar



On March 22nd and 23rd, hundreds of New Jersey FCCLA members were having a blast at the 2012 State Leadership Conference. If you weren't there, here's what you missed:

On Thursday, March 22nd members started training their leadership brains in the 65th FCCLA Olympics! Before they started the day of events and wonderful workshops, Mr. Aaron Davis gave a motivational presentation. As the day rolled on, members participated in events, and spent time in workshops including "Market Madness," "Graduate to Your Perfect Career," and "Crepes for any Course," among others. The busy day ended with a wonderful recognition dinner, and voting delegates met and voted for the 2012-2013 NJ FCCLA State Officers. Before retiring to their rooms for the night, members enjoyed Club FCCLA with Karaoke, Adventures in Leadership, the Disney movie, *UP*, and a live stream of Fashion Runway.

The next morning, members woke up anxiously awaiting their competitive event scores. The Business Meeting informed them of state activity and progress, including the 2012 National Outreach Project, National Leadership Conference, and the 2011 Cluster Meeting in Denver, Colorado. Those attending the 2012 State Leadership Conference enjoyed Mr. Kent Julian's "Who Wants to be 'Normal', Anyway?" before heading off to the Regional Meetings. At these meetings members discussed chapter successes while networking with members from around the state. Once Regional Meetings were over, people gathered for another beautiful Fashion Show before heading to the Awards Luncheon.

All in all, the 65th Annual NJ FCCLA State Leadership Conference was a huge success that will go down in NJ FCCLA history. This success would not be possible without the help of Alumni, Members, Advisers, and of course, the 2011-2012 State Officers, and State Adviser, Mrs. Patricia DiGioia-Laird. We hope to see you at the National Leadership Conference in Orlando, Florida!

Award Winners

By Brian Moore, VP of Membership

During this year's State Leadership Conference, numerous awards were given to some of New Jersey FCCLA's greatest supporters during the Recognition Session! These passionate advocates of FCCLA have shown outstanding qualities of dedication to this organization and we are sure they will keep "Raising the Bar" throughout their years of involvement with New Jersey FCCLA! New Jersey FCCLA admires and acknowledges all their hard work!

Spirit of Advising

Edwina Williams

Chapter Adviser, Ocean Vocational Technical School

Karen Opyoke Adviser of the Year

Jean Delardo

Chapter Adviser, Parsippany Hills High School

Rookie of the Year

Janet Patten

Chapter Adviser, County Prep High School

The Enthusiast

Karen GaNung

Chapter, Adviser, Randolph Middle School

Administrator of the Year

Dr. Gina Mateka

Principal, Gloucester County Institute of Technology

Friend of FCCLA Award

Cathy DiGioia

NJ Friend of FCCLA

Distinguished Service

Benjamin Brooks

Alumni and Associate

State President Award

Carl Archut, Jr.

Gloucester County Institute of Technology

#realitycheck

at the 2012 National
Leadership Conference

Top Ten Things to See and Do at the 2012 NLC

By Maxine LeSaux, First Vice President

- 1 Run 4 Red 5K - A walk or run event to raise money for Alumni and Associates
- 2 "Celebrate the Fabulous Flavors of Florida Coast to Coast" at the annual Gala
- 3 Level 4 of the Family and Consumer Sciences Knowledge Bowl
- 4 Career Explorations- An opportunity to tour local Orlando businesses
- 5 Theme parks galore!
- 6 Tours to Kennedy Space Center, Epcot, SeaWorld, and Hollywood Studios
- 7 Interesting Guest Speakers
- 8 Youth Networking Sessions
- 9 FCCLA Leadership Academy
- 10 Exciting Leadership Workshops



Ask Edna

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

Dear Edna:
I have just been elected to serve as a chapter officer and the summer is approaching quickly. I don't want to lose contact with my fellow officers. What can I do to ensure that everyone can keep in touch?

Sincerely, Johnny

Dear Johnny:

Congrats on becoming a chapter officer and I'm glad to see that you're concerned about keeping in touch with your fellow officers. Social networks are key in keeping in touch with people. Set up a closed Facebook page just for chapter officers so you can post pictures and updates. In addition, you can set up meeting dates to go out for ice cream or dinner to discuss events and fundraisers for the upcoming year. Staying connected over the summer will encourage the lines of communication to stay open during the upcoming school year!

Sincerely, Edna

National Dress Code-Dress for Success

By Jennifer Brooks, VP of Communication

It's that time of year for FCCLA members attending the National Leadership Conference to start fixing up their projects for competition, while also planning for their attendance in Orlando, Florida. While all of this is important, FCCLA members and advisers must not forget the importance of dressing professionally. Clothing ensembles are known to be fun and show off personalities, but there comes a time when one must realize it's possible to still do that while following the "Dress for Success" rule. In this world, the clothes you choose are critical to your outcome. If one were to wear flip-flops and jeans to a business interview, they most likely would not get the job because they were not considerate of the company's dress code. The same idea goes out to anyone attending an event for FCCLA. When you go on stage and receive your medal, make sure you're dressed appropriately! Make sure your packed clothing fits the criteria so you do not miss out on any opportunities offered. By dressing well, you will set the right example for others. Just remember, you are representing your school and state!

When you are selecting clothes, make sure to either ask a knowledgeable associate for help or bring along someone who can offer professional, honest advice. For more information and to view examples, visit http://fc-clan.org/files/acceptable_attire.pdf. Black or khaki bottoms, pants or knee length skirts, are required, along with collared red, white or black shirts. Professional shirts are never sheer. You should use the "better safe than sorry" motto when deciding if something is acceptable for NLC. We hope to see you in Orlando, Florida for the 2012 National Leadership Conference and remember to "Dress for Success!"

How to Land a Summer Job

By Kristelle Ibarreta, VP of Community Service

Bored at home during the summer...
Never know what to do after vacation...
Have you ever wondered how to get a summer job...
Here are some tips!

Number one: Always keep in mind the people you know. If you have friends whose parents own a business, ask them to see if they're hiring. Don't be afraid to ask those closest to you for leads!

Number two: Focus on seasonal jobs; they are easier for students who do not want to work during the school year. Go to your local pool or beach and apply to lifeguard. A popular summer job is working at a youth camp. You can have the best of both worlds by working outside!

Number three: If you know your career aspirations, search for a paid or unpaid position in that field! For example, if you like to cook, go to your local diner and see how it works. Use your goals to motivate you!

Finding a summer job can be fun and easy to find if you look for what you are interested in. Take a chance and find the perfect job opportunity for YOU!

The Best Thing I Ever Ate!

By Maxine LeSaux, First Vice President



Chocolate Soda. The name sounds unappealing at first, but in actuality, this dessert is absolute perfection. Recently, at the Lifesmarts National Competition in Philadelphia, the NJ team visited the Franklin's Fountain for an unbelievable experience. After walking into the shop, we were greeted with the sweet aroma of

ice cream. This shop boasts an antique feel with vintage devices and even a manual cash register. The store was featured on The Best Thing I Ever Ate with Marc Summers. When looking at the menu filled with homemade ice-cream flavors, I gave into my impulses and ordered the chocolate soda. This dessert is made with seltzer, chocolate syrup and rich, flavorful ice cream. The first taste yields a bubbly chocolate flavor erupting in your mouth. My dessert was finished in less than ten minutes and I proceeded to scrape the bottom of the glass. I would highly recommend any one in the Philadelphia area to stop by Franklin Fountain and sample the Chocolate Soda!

Spring Fling: Having Fun at your FCCLA Meetings

By Chelsea Wilson, VP of Public Relations

Are you tired of your basic routine for chapter meetings? Do you want to change it up and get members excited? Spring is all about change and having a good time! It is important to retain membership during the spring season that will overlap into next year. Retaining members is easy if you keep them excited about FCCLA. The best way to maintain FCCLA enthusiasm within your chapter is planning fun and exciting FCCLA meetings! Here are a few things to keep in mind while planning your meeting:

- Have a purpose and an agenda. Make sure your meetings are executed as planned. Try to get members involved in the planning, preparing, and leading of the meeting.
 - Incorporate fun icebreakers. Build excitement in the very beginning of your meeting and prepare your members to have a good time. Search the web for icebreaker ideas!
 - Include exciting team-building activities. Make your meetings unique by incorporating fun activities that generate membership bonding. Embrace the nice spring weather! Have a chapter picnic and hold your meeting outside! Plan membership events that get everyone involved! Have a bowling night or watch a movie together as a chapter!
- Spring Fling is all about having fun and I'm excited to hear how your chapter embraces the spring season, gets members involved, and plans exciting FCCLA meetings!

Keeping Your Chapter Motivated During the Summer Months

By Brian Moore, VP of Membership

Is your chapter ready for the summer? Now that the school year is coming to an end, motivation in your chapter during the summer months is a key to success. Although the school year is ending, your chapter should still remain active. FCCLA doesn't go on a summer break! Here are three simple ways to keep your chapter motivated during the summer months:

1. Plan to hold fundraisers and provide community service activities during the summer;
2. Recognize your chapter for their hard work during the school year;
3. Keep communication up during the summer months.

Summer months are a great time to hold fundraisers and participate in community service. Many communities hold celebrations to honor their township or for the numerous summer holidays. Use these celebrations as an opportunity to have an FCCLA stand. Promote FCCLA and sell baked goods to raise money for Share Our Strength. Hold a car wash, an ice cream social, or a movie night! Summer fundraising ideas are almost endless. Community service also comes easy in the summer. Get your chapter members involved with children's summer camp programs as counselors, volunteer at a soup kitchen, or any other great summer volunteer opportunities.

Recognizing your chapter members is an important part of having a successful chapter. A great way to recognize your members for their hard work during the school year is to hold an end-of-the-year chapter party! Thank your members for all their hard work throughout the school year, pump your members up for summer fundraisers and community service opportunities, the 2012 National Leadership Conference, and any other activities your chapter may be doing!

As Rowan D. Williams said, "Bad human communication leaves us less room to grow." To grow and be successful, good communication is a hefty requirement. Make sure that during the summer months you keep communication up! In today's world, communication is very easy! Start a chapter Facebook page/group, an email list, or a chapter website to spread the word. Use your modern communication tools to keep your members updated with your chapter's summer agenda. Communication often leads to motivation!

I hope these suggestions will help your chapter stay motivated during the summer months! Have a fun, FCCLA-filled summer! Just remember this: Motivation is the electrical power that activates the engine of success.

Financial Tips for the Summer

By Anindya Mehta, VP of Parliamentary Law

It's about that time of the year, when the bell rings and school is out for the summer. Everything we want or need this summer has a price tag. As students, we mostly rely on our parents to fund our summer adventures. This constant demand for money can be a strain on many families. However, with summer right around the corner, you can start helping your family with this expense.

For those who are attending the National Leadership Conference in Orlando, Florida, fundraising is the best solution to lower your cost. Raising a small amount of money can go a long way! Find out how your local chapter can participate in different fundraisers to earn money. If your chapter does not have any fundraisers planned, take the initiative and create one that your chapter can successfully carry out.

Summer jobs are one the hottest, most discussed topics among teens. Visit local food marts, delis, malls, and restaurants and find who is hiring. Holding a job not only helps you earn money, but it also helps you gain responsibility, punctuality, and maturity because you deal with new customers every day. You also learn how to converse with different types of people in a respectful manner. Financially, you are earning enough money to pay for your own expenses such as clothing, games, and entertainment. By earning your own hard-earned pay, you begin to realize how to save and budget your money as well.

Save money this summer by choosing cost-saving, fun alternatives to expensive activities. Try renting a movie or watching a movie on Netflix instead of purchasing expensive movie tickets. Play fun backyard games like horseshoes or bocchie ball occasionally instead of paying for miniature golf. As an alternative to eating out, learn how to cook delicious summer foods at home and enjoy a barbeque with friends.

Saving money can be fun and will ensure you have the funds to pay for the important things in life. Enjoy your summer as your savings account grows!

Healthy Summer Snacks

By Anindya Mehta, VP of Parliamentary Law

With the summer sun shining, many of us have thrilling vacations, plans, and adventures scheduled. For many, it's a time to relax from the arduous days of schoolwork. For others, it's a time to explore new places, meet new people, or spend quality time with friends and family. No matter what the plans may be, we are always excited for summer. With all this fervor and anticipation, we tend to completely forget something essential for our bodies and well-being, our healthy eating habits.

During summer-time, we tend to overlook the necessity of eating nutritious and nourishing foods. With all the activities that preoccupy us, it's tempting to grab fast food. Foods like burgers, fries, potato chips, sodas, and pizza certainly do the trick to satisfy our appetite. However, the continuous pattern of opting for fast food becomes dangerous and detrimental to our health. Relying on unhealthy snacks every day takes a toll on our bodies.

Eating fast foods is convenient, however, eating healthy is even easier! To start off, try adding some different varieties of fruits to your daily routine. Apples, bananas, and oranges are some excellent additions to your diet. These fruits have various minerals like potassium, iron, and vitamin C in them. By consuming these fruits on a daily basis, you can take a step toward better health. It is also crucial to eat a daily serving of vegetables. Some teens have a mental block against vegetables. Try new foods this summer. Explore different salads, fresh soups, fresh sandwiches and even try preparing vegetables in a new way. By eating different varieties, you not only include fruits and vegetables, but you also include your complex carbohydrates such as breads, cereals, and pastas.

If you want to enjoy your summer, make a solid effort to integrate foods high in nutrients, proteins, and other minerals. These foods will nourish your body and help your body stay fit for any activity.

Attend the 2012 National Cluster Meeting!

November 9-11 Reno, Nevada



Meet the 2012-2013 State Officer Team

President, Ruby Kaur

Senior at John P. Stevens High School

"Courage is not the absence of fear, but rather the judgement that something else is more important than fear." -Ambrose Redmoon

Hobbies: Sewing, shopping, and exploring new places

Favorite Song: This Love by Maroon 5

Hero: Her mom because she is always pushing her to dream big and supports her through the good times and the bad.

FCCLA Memory: Attending the 2011 National Leadership Conference in Anaheim, CA and spending time with NJ FCCLA

VP of Membership, Brian Moore

Junior at the Gloucester County Institute of Technology

"Be the change you wish to see in the world" -Mahatma Gandhi

Hobbies: Reading, spending time with family and friends, and watching movies, especially Lilo and Stitch.

Favorite Song: Shake It Out sung by The Glee Cast

Hero: His family and friends because they inspire him in many different ways

FCCLA Memory: Attending the 2011 National Leadership Conference in Anaheim, CA

VP of Parliamentary Procedure & Finance, Anindya Mehta

Senior at John P. Stevens High School

"If you want success as bad as you want to breathe, then you will be successful." -Eric Thomas

Hobbies: Reading, playing soccer, watching movies, working out, and hanging out with friends.

Favorite Song: Glad You Came by The Wanted

Hero: Michael Phelps

FCCLA Memory: Experiencing the 2011 National Leadership Conference opening ceremonies in Anaheim, CA.

VP of Leadership, Pamela "Pam" Pangaro

Senior at Randolph High School

"Learn from Yesterday, Live for Today, and Hope for Tomorrow" -Albert Einstein

Hobbies: Playing in the marching band, painting, and stage managing in theater performances

Favorite Song: They Live In You from The Lion King on Broadway

Hero: Her bubbe, which means grandmother in Yiddish, because she is well spoken and tells it how it is. She is respected by many and well liked because she spoke her mind. FCCLA Memory: Winning second place Gold in Manners Matter when she was in 6th grade. It was the first time she had ever won something for her efforts and felt so proud of her accomplishments.

1st Vice President, Maxine "Maxie" LeSaux

Senior at John P. Stevens High School

"A person who won't read has no advantage over one who can't read" -Mark Twain

Hobbies: Going to the beach, reading, cooking, riding her bike, traveling, spending time with her family, and going on walks with her dog.

Favorite Song: Mr. Tambourine Man by Bob Dylan

Hero: Her Grandmother because she is a strong and wise woman and she loves to spend time with her whether it is watching jeopardy or cooking together

FCCLA Memory: Running the First High School Dance Marathon in NJ at her school. Children from the hospital came and they just danced for 5 hours straight.

VP of Community Service, Kristelle Ibarreta

Senior at Freehold Township High School

"Do not follow where the path may lead. Go instead where there is no path and leave a trail." -Harold R. McAlindon

Hobbies: Photography, playing tennis, shopping, going to the beach, dancing, singing, spending time with family and friends, and traveling

Favorite Song: Marilyn Monroe by Nicki Minaj

Hero: Her Uncle EJ because he is always there for her and he pushes her to accomplish bigger and better things, to go outside the box and imagine what is next.

FCCLA Memory: Attending her first FCCLA NLC in Chicago, IL. At that conference she realized she wanted to become a leader in "one of those red jackets."

VP of Public Relations, Chelsea Wilson

Senior at Ocean Township High School

"Nothing is impossible, the word itself says I'm Possible" -Audrey Hepburn

Hobbies: Playing softball and field hockey, spending time at the beach, and shopping especially for shoes

Favorite Song: Fine by Me by Andy Grammer

Hero: Her Aunt Cathy because she is always encouraging, works hard to achieve success, never gives up, and puts family first.

FCCLA Memory: Attending the 2011 National Leadership Conference in Anaheim, CA and being able to network with members from across the nation.

VP of Communications, Jennifer "Jenny" Brooks

Junior at the Gloucester County Institute of Technology

"The time is always right to do what is right." -Martin Luther King, Jr.

Hobbies: Reading, traveling, dancing, and photography

Favorite Song: Don't Forget to Remember Me by Carrie Underwood

Hero: Her Parents for always supporting her and standing by her side.

FCCLA Memory: Attending the 2011 National Leadership Conference in Anaheim, CA

Leadership Beach Reads

By Maxine LeSaux, First Vice President

Not many people believe that a book can be so influential on a person's life. *The Immortal Life of Henrietta Lacks* is a book that truly changed my life. The story profiles the life of a woman in Baltimore, Maryland during the 1950's. She was diagnosed with cervical cancer and began to seek treatment at Johns Hopkins Hospital. Her doctors took a specimen of her cancer cell and began to conduct research on the sample. Her cells behaved like nothing ever seen before. They multiplied rapidly and seemed to be immune to all external influence. While this was occurring, Henrietta was completely clueless that her cells were taken. Her doctors did not choose the correct treatment and she crumbled very quickly. Unfortunately, Henrietta passed away, but her cells remained alive and are continuously used for research. Some of the cells used in today's research are descended from Henrietta Lacks' cells. This story is amazing, in that it intertwines both a scientific view and the struggle Henrietta pursues. Anyone looking for a great beach read, this is the right book. I was consumed with this book for hours and literally did not put it down until it was finished.

Summer Health Tips:

By Pam Pangrano, VP of Leadership

No grades, no homework, no stressful school. Summer time is just around the corner and students are rushing toward it at a rapid speed. With this excitement, students sometimes forget about safety and health during the summer. Here are some fun, safe, and healthy tips for this summer:

WATER-UP! One of the most important health factors to keep in mind during a hot day is hydration. Hydration is the key to staying healthy all year long. Your body is made of over 70% water and during summer you lose water faster than any other season. Drink at least 8 glasses of water a day, or about 6 regular sized bottles a day to stay fresh and feeling good.

RUB IN THAT LOTION! The sun gives off Ultra-Violet Rays that can harm your skin and create further issues during your older years. It is important to wear sunscreen every day, even if you aren't planning on spending the day in the sun. Sunscreen works best if applied at least 30 minutes before sun exposure. This allows the sunscreen to react with your skin, giving you a better protection. Also when picking out sunscreen make sure you are getting either SPF 30 or higher, anything lower is not protective. Make sure you protect your eyes with sunglasses. Your eyes, especially light colored ones, can also be damaged by the Sun's UV Rays. So have fun, but remember to keep your skin safe!

Advice for Newly Elected Chapter Officers

By Jenny Brooks, VP of Communications

If you have just become a chapter officer, congratulations! Hopefully you understand the honor and responsibility of your new role. Here are some pieces of advice to help improve your term of office:

- **Get Organized!** An officer must be organized and a good decision maker. Losing papers, falling behind with responsibilities, etc., will cause stress, which is never fun. You will need to be able to organize events and sometimes make tough decisions for your chapter. If you are not the best at organizing, try purchasing special items such as event planners or folders to help you out.

- **Get Involved!** As an officer, you should be even more involved with FCCLA, your school, and your community. Your school community should know that you are a representative of FCCLA. Take every opportunity to relay chapter information to get more students involved!

- **Get Professional!** Everyone loves to have fun. Aim to have a balance of work and play, but make sure it is professional. To help you distinguish what is acceptable, try thinking, "I am a role model and I am a leader. Should I be doing this?" Since you are now a chapter officer, try your best to always be a professional leader instead of just when it is convenient.

If you follow this advice, you are sure to shine as a chapter officer! Always try to think of ways to improve not only your life, but also the lives of others around you. If you feel too pressured with your new position, try talking to your chapter adviser. Together you can work together to have a term as an officer. Good luck!