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New Directions

Connecting New Jersey - One Chapter at a Time

Spring 2016

President's Address

Behind every good leader is a great team. One of the most valuable people on each chapter's team is your adviser. Advisers are the backbone to chapters and their job is challenging to say the least! They are the people who Empower us to be our best and challenge us to find the MEpower within ourselves.

Take time out of your day to thank the people around you who have supported you through your FCCLA career. These people include your advisers, administrators, chaperones, and alumni. These remarkable people take time out of their lives to support you and help you achieve your goals every day. Recognizing him/her could be as simple as sending a hand-written thank you note. I am sure it will brighten anyone's day!

We had yet another fantastic State Leadership Conference! Our organizational achievements were made possible because of your individual efforts, along with the efforts of your chapter members and adviser. It was evident through the quality of the projects that you focused on achieving your personal best while developing leadership skills. It was very exciting to feel the positive energy in the general sessions, workshops, and competitive event areas. The State Executive Council hopes you enjoyed your experience and plan to come back next year as an attendee or as a volunteer if you are graduating this year!

I would also like to wish you a fun-filled spring, and I look forward to seeing all STAR Event participants this summer in San Diego, California for the National Leadership Conference! Thank you for the opportunity to serve as your President; I had a wonderful year serving on the State Executive Council. I will return to continue serving our organization as an alumna through Friends of FCCLA. So, I will not say goodbye but simply "See you at the next conference!"

Sincerely,

Sanjna Namasiwayam

State President



State Leadership Conference Community Service Results



Being Environmentally Friendly

By: Michelle Qu, Vice President of Community Service

As members of the Family, Career and Community Leaders of America, our organization values the community and the act of giving back. For many years, there have been multiple efforts to help those in our community; whether it has been cleaning up parks, distributing food through Feed the Children, or working with the Ronald McDonald House.

We are coming to the end of the 2015-2016 school year and the State Executive Council would like to share some amazing news with all of our members. With all of your help, this year we were able to collect 1,841 pounds of food, 124 pounds of pull tabs, and \$3,340 for the Ronald McDonald House at the State Leadership Conference! Thank you for all of your efforts that you have put forth! We would not have been able to make such significant contributions without all of our members and chapters.

All of the food and non-perishable items collected were donated to the Food Bank of South Jersey, which supplies over 250 charitable food providers in the Camden, Burlington, Gloucester, and Salem Counties. The pull-tabs were donated to the Ronald McDonald House of New Brunswick, which houses many families with children being treated in nearby hospitals for pediatric cancer. All of the money donations collected will be used towards refurbishing the New Jersey FCCLA room in the Ronald McDonald House of New Brunswick. The remaining portion will be used towards purchasing items from the wishlist for the Ronald McDonald House of Camden.

Helping the entire state of New Jersey would be impossible, but when everyone puts in a little work, we can make a tremendous impact. Thank you all once again for everything you have done to make our community a better place!

FCCLA During the Summer

By: Heather Paul, First Vice President

Depending on your wants and interests, volunteering and working over the summer is a great way to add community service hours as well as saving up money to attend all FCCLA conferences available to you. Having a summer job also can prepare you for the future and teach you great skills! Jobs with FACS skills are very helpful in developing life skills. Examples of different FACS jobs are:

1. Work at a bakery! Bakeries are a great way to learn simple food science.
2. Work as a babysitter or help out at a nursery.
3. Try good customer service with a job in a retail clothing store.
4. Work at a restaurant.
5. Help people with home improvements.

There are many jobs for a student at this age. The process of applying for a job is simple. It includes preparing a resume, completing an application and interviewing for the position. If you don't get a call back right away, keep trying. You can learn this information by looking into the Job Interview STAR event. The State Executive Council wishes you good luck on your job search!



By: Alex Wang, Vice President of Membership

As humans, it is obvious that we have left our carbon footprint on the world. With record global temperatures and many natural disasters taking place recently, the environment has been thoroughly affected in an extremely negative way. So the question is: "What can I do? I'm just one person!" Well, one person can do a lot! Big waves start off as just little ripples of water, and if we all collectively start becoming more environmentally friendly, we can all make a difference! Here are ways that YOU can be environmentally friendly at home:

- Reuse, reduce, and recycle- These words have probably been engraved in your brain since elementary school! Recycle all that paper, plastic, and glass, and bring your own bag when buying groceries. There is an unlimited amount of things that can be done to accomplish the three R's of being environmentally friendly.
- Start a compost pile! Whether it be food scraps, or other compostable material, starting a compost pile will produce great fertilizer for growing flowers, veggies, and other plants right at home! Invest in some worms, keep them happy with that compost, and they will return to you nutrient-rich fertilizer for those plants.
- Turn it off! When you're not in a room, turn off the lights! It'll be better for the environment, and it'll save you money on your electricity bill. Similarly, turn off the faucet when you're brushing your teeth. Water is too often taken for granted, and it'll also help save some cash.
- Unplug! If your phone or computer doesn't need to be charged, don't keep it plugged in, as simple as that. Plus, you'll save some money.
- Plant some trees in your community! It may take a while for a tree to grow, but it will help your community tremendously in the future, improving air quality and helping the ecosystem.
- Buy and use ecofriendly! This can be as small as rechargeable batteries to as large as a hybrid car or solar panels. Anything that can be bought to help the environment contributes to helping lessen our impact on the Earth that we live on.

With icebergs melting and species disappearing, there is a lot to be done in order to turn our carbon footprint on the environment around. However, big things start out small, and you can do your part in being environmentally friendly!



Tips for Launching a New Council

By: Sanjna Namasivayam, State President

A change in leadership can be stressful for the incoming officer team, but these three steps will help to make the transition a smooth one. First, adopt the behavior of a leader! There are infinite ways to define being a leader; however, when heading an organization, it is important to lead by example. Try to selflessly put the needs of the organization before your own. When it comes to addressing issues in the organization, having an overly optimistic or pessimistic view of the issues will hinder your efforts to move forward. Also, if you want your officers to feel passionate about the same issues, you need to motivate them to fix it!

Second, create a vision for your chapter. Everyone wants to work for an organization that is expected to achieve great results. As the leader, it is your job to recognize the great work that is being done and to paint a picture of a future organization that is much further advanced than the one that exists today. A great way to do this is by creating a program of work for your chapter outlining major fundraisers, community service events, and conferences for the entire school year.

Finally, make sure you communicate! People often believe they communicate enough, but this is rarely true. Miscommunications within an executive council can be detrimental to the organization. To prevent this, schedule a transition meeting with the incoming and outgoing councils. During the meeting, be sure to clearly outline the roles and responsibilities of each position so there is no doubt for the incoming officers as to what he/she is expected to do. Launching a new council can be difficult, but if you follow these steps, the transition will happen effortlessly!



Prepare to be EMPOWERED!

By: Rohit Iyer, National Vice President of Finance

The State Leadership Conference was an amazing experience for New Jersey FCCLA members, and now it's time to look forward to the National Leadership Conference in San Diego! In order to have a truly spectacular time and succeed, you'll need to prepare well in advance.

1. Improve your project early! Even projects with perfect scores at the SLC can be improved. The competition at the NLC is a whole different level, so don't get too comfortable with the state of your project. Look for ways, even small details, that you can make your project better. Don't forget to consult with your adviser! In addition, take advantage of opportunities to show your project to Mrs. DiGioia-Laird, the state adviser.
2. Make a list of everything you need to pack well in advance! There's nothing worse than opening your suitcase the night before the NLC starts and realizing that you forgot all your white dress shirts. Don't be that person! (Believe me, it's not fun forgetting the right clothes) In addition, remember to bring snacks and breakfast for the mornings in San Diego. You may not have time to grab breakfast outside before your day starts.
3. The best tip that I can give you is to have a great time! The National Leadership Conference is a once-in-a-lifetime experience, and you deserve to enjoy it without having to worry about small details! Prepare early, and you'll be sure to have the time of your life in San Diego this summer!



Keeping Members Engaged Post SLC!

By: Alex Wang, Vice President of Membership

It is after the State Leadership Conference, and it is springtime. You've done well in your competitive event, had a blast at the conference you've been waiting on for weeks upon weeks, and the number of school days left are dwindling. You're getting outside more with your friends, and the National Leadership Conference is not until the summer. Combine all of this in your mind, and there are many reasons not to be engaged. ...HOWEVER, there is still plenty of time for FCCLA after the State Leadership Conference and much to be accomplished! Here are some ways to keep members in your chapters engaged after the State Leadership Conference!

- Have outdoor meetings! The nice weather outside will keep members cheery and happy as you discuss what's going on in your chapter!
- Continue to hold fundraisers and community service events! Encourage these activities because they will keep your members involved and active! Try to make them fun and spring-themed. Fundraisers will also cut the costs of the National Leadership Conference!
- Make sure students are working on their STAR Events! Remind them that they are representing themselves, their chapter, and their state at the National Leadership Conference, so if they want that gold medal, it takes time and hard work!
- Hold a post-State Leadership Conference chapter party! This will reward students for all of their accomplishments at the conference and will also make them excited for what else is to come for the rest of the year!
- Provide incentives! Wherever there are incentives, there will be members. Reward those who are active and make them feel good! Remember that "Recognize" is one of the three R's of Recruitment! This will keep active members engaged.

Remember that FCCLA is a year long commitment, and that the end of the State Leadership Conference does not mean the end of your involvement in FCCLA for the school year. So keep being engaged, enjoy the nice weather, and FCCLA on!

Ask Edna

Dear Edna,

My chapter is fairly small, and we've been trying to expand our membership. Teenagers these days are always on social media, so how can we utilize social media to recruit, retain, and recognize?

*Sincerely,
Stressed out VP of Membership*

Dear Vice President of Membership,

First, thank you for reaching out to me for innovative ways to achieve the 3 R's of membership with social media! Membership is the lifeblood of FCCLA, and for a good reason – they represent our organization's mission and purposes, and every student should have access to opportunities to empower themselves and others! Furthermore, advertising and marketing has largely shifted to the online world, so it's crucial now more than ever to use platforms like Facebook, Twitter, Instagram, and LinkedIn to reach out to new and returning members! First, think from the viewer's perspective – think W.I.I.F.M, or What's In It For Me? Post exciting, eye-catching photos and statuses/tweets; people don't want to constantly see links or posts like, "Come to our event!" Appeal to the audience and use humor, videos, exciting photos, and interesting hook-ins! Second, stay active! The more you post, retweet, share, and engage with your followers, the more your chapter will be noticed. Thus, you'll have more followers, and people will pay attention to what you post. The internet is an extremely fast-paced world, so don't become forgotten because of inactivity! Lastly, make all of your platforms connected and visible. For example, if you have a chapter Facebook page, have links to your chapter's Twitter and Instagram accounts. This way, members will know that you are present on all relevant social media platforms. Promote your chapter's events, recognize stakeholders and exceptional members, alumni, and advisers, and post relevant news to constantly hold your audience's attention. Staying connected online is easy, fun, and extremely helpful in increasing and retaining membership! Good luck, and don't forget to check out NJ FCCLA's social media on Facebook, Instagram, and Twitter @nj_fccla if you need some examples!

Sincerely,

Edna P. Anidau

Your Guide to the Hottest Trends of Spring 2016

By: Stephanie Zhang: National Vice President of Competitive Events

The school year is winding down, flowers are blooming, and you're ready to put away the sweaters and winter jackets for the next six months. This past fall, designers have reinvented the wheel by reintroducing trends from the past, emphasizing prints, and creating casual, relaxed silhouettes with lightweight fabrics and flattering cuts. Check out these 5 trends for this spring to stay on top of your style!

- **Life's A Picnic** and in soft gingham dresses and loose blanket trousers, how could it not be? By reinventing fashion's favorite patterns in easy, breezy new silhouettes, the warm spring weather can't come fast enough!
- **Blast from the Past** - If you thought the fashion industry was done with the 70's Flair, you thought wrong! This trend has materialized into clean, casual separates in rich neutrals. A 70's classic, suede, has returned on the runway, and mixed prints, chiffon dresses, flared separates, and vests are making a comeback.
- **Make It Pink, Please** - Ever since Pantone released its colors of the year, pink has been everywhere - handbags, clothing, shoes, jewelry - and designers emphasized femininity for this spring. They're thinking pink (and ruffled!) with dresses and skirts, ranging from pale pastels to bright neons.
- **The Classic Backpack** - The humble rucksack was given a haute makeover. Brand names and designers such as Herschel, Burberry, and Alexander Wang have changed the game, swapping handbags for conventional and handy (but trendy!) backpacks.
- **The X-Factor** - Off-the-shoulder tops were a fashion favorite all last spring, but designers have amped it up with a new take on last year's popular trend. In cool cut outs on tops and dresses, this silhouette was a hit among top designers on the runway.

We know you're eager to get your hands on spring fashion and break free from the winter wardrobe. Take your style to the next level by keeping a lookout for these 5 trends this season!





Good Reads

By: Nataly Zaks, Vice President of Leadership Development

As the weather gets warmer, I love to sit outside and put my nose into a good book. Being a longtime bookworm, here are some good reads that I think you will all enjoy!

- The *Harry Potter* series by J.K. Rowling- arguably my favorite book series in the world! As most of you know, the books are about Harry Potter and his two friends, Ron Weasley and Hermione Granger, as they attend Hogwarts- a school for witches and wizards.
- *Gone with the Wind* by Margaret Mitchell- If you love history or simply want to read a perfect example of American classical literature, then this book is for you! Scarlett O'Hara's life is transformed from the daughter of a wealthy plantation owner into many trials and tribulations due to the civil war.
- *The Count of Monte Cristo* by Alexandre Dumas- Another classic on this list! This is a beautifully written book about Edmond Dantes, a young and successful man who is wrongfully imprisoned. After he breaks out of prison, he tries to get even with the people who put him in jail.
- *Stargirl* by Jerry Spinelli- I read this book many years ago, and I still remember it today. *Stargirl* is an easy to read novel which encourages individuality and praises all of our unique qualities. I strongly recommend that you read this feel-good novel!
- *Memoirs of a Geisha* by Arthur Golden- This novel is historical-fiction, about a young girl working in Kyoto, Japan around the era of World War II. I have reread this novel time and time again. The story is very entertaining as well as informative, giving the reader an inside perspective into the beautiful culture of Japan.
- *What Color is your Parachute?* by Richard Nelson Bolles- Lastly, this list would not be complete without this great self help book. Those of you who attended the Leadership Bootcamp this year have already received a copy! This book promotes creating your own success in life, and gives a lot of good advice for teenagers and adults alike!

I absolutely recommend each and every one of these books. Each has made a lasting impact on me, either through the knowledge it has brought me, or simply how entertaining it was. Happy Reading!

Chapter Community Service Ideas

By: Michelle Qu, Vice President of Community Service

Now that everything seems to be on the calm side after the State Leadership Conference, take advantage of your free time to continue your community service efforts this springtime. It is never too late to start giving back. With the entire chapter contributing, the events will be a blast while you make a lasting difference in someone's life. Below are a few ideas in different categories that you and your chapter can implement this spring:

DONATION

- Donate old clothes or household goods. If it's in good condition, give it to your local Goodwill or women's shelter.
- Bring new or lightly used toys and stuffed animals to a children's hospital.
- Donate children's books, novels, and other reading materials to shelters, libraries, and schools.

VOLUNTEERING

- Coach a youth sport team.
- Volunteer to give music lessons to people in your community.
- Volunteer to run/walk for an event, like Race for the Cure or Relay for Life.
- Volunteer with animals. Check out your local rescue league, ASPCA chapter, or animal shelter to learn how. Make sure to check out the volunteer requirements--some places require 18+ volunteers to actually work with the animals.
- Volunteer at a crisis line. Many organizations have specific programs for teens and their peers, where you'll be trained to listen actively as a teen crisis counselor.
- Volunteer at a homeless shelter. There are multiple different volunteer options, such as preparing and serving food to people in need.

NEIGHBORHOOD ENHANCEMENT

- Help neighbors paint and repair their homes.
- Arrange for the local health department to conduct neighborhood health checks.
- Contact Habitat for Humanity to see how you can support them throughout your community.

SCHOOL ACTIVITIES

- Encourage the school cafeteria to donate leftover food to local homeless shelters.
- Make new kid survival kits for new students at the school.
- Arrange for student music performances during lunch.
- Start a New Buddy Club for new students.

Hopefully, this list inspires your chapter to start something different for the next year. This is just a short and brief list; feel free to think outside of the box and create something unique and create a precedent within your school. Remember that, as Howard Zinn said, "Small acts, when multiplied by millions of people, can transform the world."

Leaving a Legacy

By: Heather Paul,
First Vice President

FCCLA members put forth a lot of time and energy into their positions and events. Leaving a legacy is a great way to always be remembered and start a chain of events. As leaders, we always strive to leave a positive legacy within our chapters. For chapter members, you can leave a legacy by running for a chapter office position. For chapter officers, you can run for the state executive council! This is a great way to leave a legacy for your chapter as well as in NJ FCCLA.

Besides running for a position, changing things in your chapter can also leave a legacy. For example, you could encourage your chapter to use parliamentary procedure. From this, you will leave your legacy and it will have a positive effect on future members. Another way that you could leave a legacy could be by mentoring a new chapter member. You can teach them how to do a specific event or just get them involved. Typically, the chain will continue and they will help a new member in the future. Leaving your legacy is a great way to be remembered. It's also a great way to boost your self esteem by knowing that you're the reason something has improved. Your voice is always heard and you must use it to leave a legacy in your local chapter or state!

Spring Children's Ideas

By: Adriana Pasquale,
Vice President of Public Relations

With beautiful weather upon us, it is the perfect season to spend increasing amounts of time outside enjoying the fresh spring air. Young children are extremely curious and eager to learn, especially when there is so much to explore outside during the Spring season. Getting the whole family outside in the great outdoors is a perfect way to encourage family fun while exercising and developing large motor skills. Strengthening family relationships at a young age is necessary to promote open communication between family members, and spending time together outdoors is a great way to do so.

- Water-color painting allows children to express themselves creatively and experiment with mixing various colors. Hang large pieces of paper on a fence and use watercolors to create colorful spring painting. Let the paintings dry in the sun and then display them in the house for a touch of color.
- With all of the flowers blooming and butterflies flying around, going on a nature walk could allow for endless fun. Collect flowers and closely examine them with a magnifying glass to identify each part of the flower. Further, discuss how various plants and flowers need sunlight and water daily in order to grow.
- Bubble fun promotes movement and activity while children run and try to pop the bubbles of all sizes. To make the bubbles, measure 6 cups of water into one container, then pour 1 cup of dish soap into the water and slowly stir until the soap is thoroughly mixed in. Try not to let foam or bubbles form while you stir. Measure 1 tablespoon of glycerin and add it to the container. Stir the solution until it is mixed together, then blow bubbles! Just as fun as blowing bubbles, sidewalk chalk could lead to hours of fun and laughter.
- Create classic games such as hopscotch and tic-tac-toe.
- Try tracing children's silhouettes and labeling each body part to enhance the learning experience. With extra imagination, create a 2D obstacle course promoting gross motor development among children.
- Have lunch outside for a change and have a picnic filled with nutritious foods and snacks. For added fun, make this yummy meal together, pack it all up, and head to a local park or even just into the backyard. Involve the whole family in this experience.

Overall, it does not matter what you decide to do as long as you get to spend time together! Participating in these fun activities will create joyful memories and lasting traditions. Children of all ages will enjoy these fun activities while spending time with friends and families.

Growing a Garden

By: Adriana Pasquale,
Vice President of Public Relations

Growing your own garden can be a fun and rewarding experience! Fresh garden vegetables are rich with nutrition as well as sweet, juicy flavors and vibrant textures and colors.

Here are some tips:

- Start small. As a beginner, don't overwhelm yourself with large amounts of plants which will become frustrating and take the fun out of growing your own garden. Begin with a few types of vegetables before expanding your garden as you learn more.
- Plant in a sunny location. Vegetables need at least 6 hours of direct sunlight per day. The more sunlight they receive, the better they will taste and the faster they will grow!
- Plant in good soil. Providing plants with proper soil is the key to success when beginning your garden. Enriching your soil with compost provides needed nutrients for the vegetables.
- Space your plants properly. It is important to pay attention to the spacing guidance on seed packets and plant tabs. Plants set too close together compete for sunlight, water, and nutrition.
- Buy high-quality seeds. Seed packets are less expensive than individual plants. Spending a little extra on seeds in the beginning of the spring season will pay off as you continuously harvest delicious vegetables throughout the months.

Although growing your own vegetable garden could be quite challenging at first, if you follow these tips you will be able to enjoy delicious, nutritious vegetables all summer long! Garden vegetables are organic and free of any pesticides or chemicals that can be harmful and take away from the health benefits of the foods. Growing a garden can be made into a fun experience by involving the whole family and asking each member to take responsibility for a certain vegetable.



Time to Fundraise!

By: Rohit Iyer, National Vice President of Finance

Spring is in full bloom already, and that means that your chapter fundraising should be, too! The spring is the best time for you to fundraise for the coming school year and if your chapter qualifies, to attend the National Leadership Conference in sunny San Diego, California! Here are some quick ideas for effective chapter fundraisers:

- **CAR WASH:** With all the pollen flying around, everyone can use a car wash during the spring season. If your school allows organizations to hold car washes, look into it! It's always fun to hang out with your friends while washing cars. It's also a great way to cool down during a warm spring day!
- **CANNING:** Have you ever walked out of Costco or Sam's Club and seen people collecting change in cans for different causes? This is called canning, and stores like the ones above often let student organizations raise money from their customers. Canning is a great way to make a lot of money, involve many members, and get the word out about FCCLA all at the same time!
- **MOTHER'S DAY FLOWER SALE:** Mothers are some of the most important people in our lives; they feed us, nurture us, and give us unconditional love! What's a great way to say thank you? Flowers on Mother's Day! We should show them love 365 days a year, but Mother's Day is a day dedicated specifically to these special women, and students will definitely buy flowers when Mother's Day comes around.

These are just a few ideas to get you started on fundraising! Remember, there's no time like the present!

Getting Involved in NJ Friends of FCCLA

By: Nataly Zaks,
Vice President of Leadership Development

Who says that your involvement in FCCLA has to stop when you end high school? Many graduating FCCLA members join NJ Friends of FCCLA so they can be involved even when they graduate! All graduating seniors, alumni, and friends of the state association are encouraged to join. As a Friend of FCCLA, you will have the opportunity to present at conferences, continue your leadership development, and give back to an organization that has helped you to grow! Initiatives of NJ Friends of FCCLA include t-shirt sales, fundraising events, reunions, and community service collections. NJ Friends of FCCLA is also proud to support a scholarship for a graduating senior at each State Leadership Conference. Without NJ Friends of FCCLA, our state events would not be possible. If you would like more information about joining, visit the NJ FCCLA website or email njfriendsoffccla@gmail.com.

Spring Snacks and Recipes

By: Sylvia Melendez, VP of National Programs



As winter comes to a close, it seems like everyone is trying to eat healthier for summer! If you are looking for quick recipes that taste great and provide good nutritious value, here are 2 quick and healthy snacks you can enjoy in the comfort of your own home, at school, and even on the go!

RECIPE IDEA 1: SMOOTHIES

What better way to enjoy a healthy snack than a smoothie? You can put all sorts of things in them. Anything from strawberries, mangos, and peaches, to things like nuts and seeds are all options! The smoothie recipe below is called the Spa Day. Peel and chop 2 medium cucumbers. Then blend with lime juice. Add 1/2 cup water and 1 cup of ice. Next add 3 to 4 tablespoons sugar or honey and you have a tasty snack!



RECIPE IDEA 2: HUMMUS & VEGGIES

If you're looking for a lot of flavor whip up some hummus as a dip for your favorite vegetables. Any vegetable works! Cucumbers, zucchini, sweet peppers, carrots and even celery will get the job done. All you need is 1 Can Chickpeas that have been drained and rinsed. 1/2 Cup Chickpea Water, a 1 tbsp. Extra Virgin Olive Oil, 3 Garlic Cloves, 3 tbsp. Tahini (sesame paste) and finally a Splash of Lemon Juice. Put it all in a blender, mix and now you can enjoy a tasty snack. Who says healthy can't taste great?