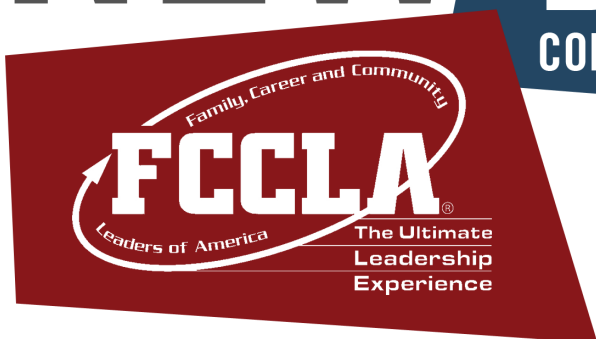


NEW DIRECTIONS

CONNECTING NEW JERSEY - ONE CHAPTER AT A TIME



The Next Step of Leadership

By Ruby Kaur, State President

As Ronald Reagan once said, "The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things." As a state officer, your duties are to inspire your fellow members to do more, achieve more, and dream more. A common misconception that causes members to shy away from assuming leadership positions is that they feel pressure to do something remarkable. However, they fail to realize that in the process of being a state officer; they are already doing something wonderful – inspiring others! To me, FCCLA has been such a huge part of my life. During my junior year, I felt like it was my turn to give back by inspiring the members who come after me. Just as someone helped me along the way, I wanted to do the same for someone else.

If you run for state office, I promise you will not regret it. You will have the opportunity to attend Capitol Leadership and network with leaders from across the United States, attend The Leadership Academy – a workshop for state officers given at the National Leadership Conferences, Capitol Leadership, and National Cluster Meeting– and you will be able to improve your public speaking skills. So start filling out the application; it will be the best decision you ever make! Chelsea Wilson the Vice President of Public Relations says, "If you're thinking about running, then run. If you can envision yourself wearing the red jacket then you can handle the role of a state officer. Every great thing starts with a vision. You may doubt yourself along the way, but stick with it because the experience is worth everything."

And the War Continues....

Kristelle Ibarreta, VP of Community Service

At the 2012 Fall Leadership Connection, New Jersey FCCLA kicked off our year-long community service project, Penny Wars! Members came prepared with coins, while the alumni were ready to fight back! Here are each regions standings:

FIRST place goes to the CENTRAL region with 13,414 points! Following behind them in SECOND are the NJ FRIENDS OF FCCLA with 1,630 points! In THIRD place is the NORTHERN region with 939 points! Closely following them is the SOUTH-ERN region with 903 points!

Good job to everyone! The Central region may have won Battle at FLC, but the war is not over! Push your chapters to keep collecting change for Share Our Strength and help your region compete for an ice cream party at the 2013 State Leadership Conference. Get your regions together and prepare for Battles at Boot Camp and SLC!

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Service in the Snow

Kristelle Ibarreta, VP of Community Service

Winter is a time of giving back! Ever find it hard to think of community service in the snow? Embrace winter! Try some of these Service in the Snow ideas:

- Knit scarves and donate them to a local homeless shelter
- Give back to your school by offering your time to help at the local hockey game!

If you drive to school, show your teachers some appreciation on any snowy day by offering to help clean snow off their cars!

- Bake some winter cookies with your local pre-school
- Make and sell homemade hot chocolate mix and donate the money to an organization!

Do not forget to report all of your chapter's hard work! Remember to submit community service to national FCCLA by March 1st or email me to be recognized on the state website!

Prepare for the Final Phase of Passport to Excellence!

By Brian Moore, VP of Membership

Are you ready for the final phase of Passport to Excellence? From March 14 to the 15, NJ FCCLA members from across the state will travel to Cherry Hill to partake in the Ultimate Leadership Experience at our finest hour. The 2013 State Leadership Conference will be a conference you won't forget!

Students attending the conference will have the opportunity to expand their horizons throughout NJ FCCLA's conference schedule. Many options offered are to attend exciting workshops, compete in both state and STAR events, network with peers, hear from passionate keynote speakers, and much more. Don't forget to pack your casual clothes for NJ FCCLA's Fun Night which includes a dance, a hypnotist, and much more!

Registration forms for the State Leadership Conference are available on the NJ FCCLA website at <http://www.njfccla.org>. All registration forms are to be submitted to the NJ FCCLA State Office by February 1st. The State Executive Council is looking forward to seeing you in March!

By Chelsea Wilson, VP of Public Relations

What are your chapter's plans this FCCLA Week? From February 10th to February 16th, the Family, Career and Community Leaders of America will be hosting its annual FCCLA Week. Throughout the week, chapters across the nation will be recruiting members, recognizing advisers, completing community service, fundraising for national outreach projects like Share Our Strength, advocating for the organization and its purposes, and recognizing its members. Members are encouraged to wear red or FCCLA gear to promote the organization. FCCLA Week is a great opportunity to show off the organization and the great ways it impacts students across the nation. Start planning today! Remember to get everyone involved and have fun!

Planning a Fun, Fabulous FCCLA Week!

Membership Recruitment!	Adviser Recognition!	Community Service/ Share Our Strength!	Advocate for FCCLA!	Member Recognition!
<ul style="list-style-type: none"> • Handing out flyers with reasons to join • Making announcements in homerooms • Distributing membership forms to friends • Host an after-school meet-and-greet where students can come for refreshments and mingle with chapter members about what FCCLA is all about 	<ul style="list-style-type: none"> • Make a quilt where each member has his or her own patch. This kind of gift is personal and will mean a lot to your adviser • Make an announcement on the loud speaker • Write an article for your local newspaper 	<ul style="list-style-type: none"> • Host a restaurant night • Have a bake sale • Volunteer at a local soup kitchen • Engage in Penny Wars • Have a Food Drive • Create a pledge for Share Our Strength 	<ul style="list-style-type: none"> • Have a town proclamation dedicating the week to FCCLA • Speak with education leaders like a principal or superintendent. • Discuss how FCCLA has impacted you and the importance of Career and Technical education. • Invite an elected official like a mayor to a chapter event or meeting 	<ul style="list-style-type: none"> • Distribute roses or carnations with thank you notes • Announce members' names during the school day • Host a recognition dinner after school • Create candy bags with a thank you poem attached • Create membership certificates

Hot Chocolate Around The World!

Everybody loves a nice big mug of hot chocolate on a cold winter day. Countries all over the world put their own delicious touch on this drink:

Mexico-Hot Chocolate is whipped until frothy, and spiced with cinnamon and vanilla. Some cooks even use chili powder to add an extra kick!

Brazil- Brazilians love coffee so much that they add espresso into their Hot Chocolate. Ingredients include milk chocolate, bittersweet chocolate, vanilla beans and milk.

Morocco- The people of Morocco infuse their Hot Chocolate with oranges, saffron, and rosewater. This drink is delicious with whipped cream on top!

Belgium- This style of hot chocolate is more like a meal than a drink. Many Belgians cut up bananas, strawberries and chocolate biscuits to dunk into the Hot Chocolate making a drinkable fondue.

Spain- In Spain, hot chocolate is served with a small Churro, which is made for breakfast.

New Year's Resolutions

By Priyanka Patel, Committee Chair

As the New Year rings in, members set goals to tackle new challenges. The New Year stirs ambitions to be a better person. Having a New Year's resolution is a great way to achieve those goals throughout the year. Members from across the state have shared their New Year's resolutions.

"To make sure that I reach deadlines."

Camilla Mereles, Sophomore at Ocean Township

"To exercise regularly."

Nicole Eldridge, Senior at Freehold

"To get assignments done earlier rather than rushing to get them done."

Amanda Rosacha, Senior at Randolph

"To get a date to prom."

Gabbie Caleca, Junior at Freehold

"To be a better person."

Rohit Iyer, Freshmen at JP Stevens

"To get a job and work out."

Jamie Valentine, Junior at GCIT

"To spend as much time with my family as possible and create a stronger bond between all of us."

Fatima Naqvi, Freshmen at Ocean Township

"To focus more on school."

Larissa Szilagi, Junior at JP Stevens

"To get a B in math this year."

Bailey Morris, Junior at Randolph

"To get in shape, talk in front of people more, and try no stay calm."

Sam Darnall, Junior at GCIT

Meet the State Officer Pets!



Pam Pangaro's Kitten Penny



Chelsea Wilson's Miniature Dachshund-Brandy



Maxine LeSaux's Cat-Beauty



Brian Moore's Bischon Frise-Bella

Winter Accessories Under \$10!

By Chelsea Wilson, VP of Public Relations

Many teenagers struggle when it comes to money and fashion. They want to look nice, but do not want to break the bank. Are you one of these stressed out teenagers? There is no need to worry. This winter you can show off your style, while being a savvy spender! Check out our top winter accessories for under \$10!

- Furry Earmuffs
- Phone Wristlet
- Scarf
- 30-Pack Bracelets
- Xhilaration LCD Gold Watch
- Colorblocked Mittens
- Moustache Cuff Links
 - Knit Socks
 - Glasses
 - Knit Beanie



What do you really know about FCCLA?

By Pamela Pangaro, VP of Leadership

There is no doubt that FCCLA is a giant organization with an even bigger history behind it. This quiz is going to test your knowledge on FCCLA and how much you truly know of this national organization.

- 1: There are ____ numbers of National Executive Officers each year.
 - a. 6
 - b. 10
 - c. 12
 - d. 15
- 2: The FCCLA Colors are:
 - a. black and red
 - b. navy and red
 - c. gray and red
 - d. white and red
- 3: The 2011 National Leadership Conference was held in:
 - a. Chicago, IL
 - b. Nashville, TN
 - c. Anaheim, CA
 - d. Washington, DC
- 4: In 1999 ____ changed their name to FCCLA:
 - a. New Homemakers of America
 - b. Future Homemakers of America
 - c. American Homemakers of America
 - d. Family Homemakers of America

- 5: What is the National Magazine for FCCLA?
 - a. Teen Times
 - b. New Directions
 - c. The Ultimate Leadership Experience
 - d. FCCLA Times
- 6: Where is the National FCCLA Headquarters Located?
 - a. Washington, DC
 - b. Reston, VA
 - c. Orlando, FL
 - d. Boston, MA
- 7: How many purposes does FCCLA have?
 - a. 20
 - b. 12
 - c. 8
 - d. 5
- 8: What is the FCCLA Motto?
 - a. Towards New Horizons
 - b. Just keep swimming
 - c. The Ultimate Leadership Experience
 - d. Family First
- 9: National Meetings held in different parts of the country in the fall are:
 - a. Cluster Meetings
 - b. Capitol Leadership
 - c. National Leadership Conference
 - d. Fall Leadership Connections
- 10: What do we face the future with?
 - a. Bravery
 - b. Success
 - c. Knowledge and Skills
 - d. Warm Courage and High Hope

By Ruby Kaur, State President

Fish! is a wonderful, short book by Stephen C. Lundin that explains how to love what you do and make your workplace more exciting and energetic. In the book, the main character Mary Jane Ramirez loses her husband and gets transferred into a really unmotivated and unenthusiastic part of her company. No one does what they are supposed to and it is commonly called the “toxic energy dump.” She explores the neighborhood during her lunch break and she meets Lonnie, an employee at the famous Pike Place Fish Market, where she is fascinated with the levels of high energy in the workplace, and he gives her advice on how to increase productivity in her office.

There are four practices that are the foundation of the Fish! philosophy: Choose Your Attitude, Play, Make Someone’s Day, and Be Present. Lonnie explains all four of the elements to Mary, and she then takes it back to her office and tries to apply it. To her surprise, her co-workers are very responsive and they are split up into four groups, each group with one section. They get time to think about what each section means to them and they set aside one day where everyone shares their part. The book was brief and to the point. I would recommend it to everyone, regardless of age. You can relate it to almost any situation, and it shows you that you can motivate others and make work fun and productive!

Running an Efficient Meeting

By Priyanka Patel, Committee Chair

Having trouble running an organized chapter meeting? Using parliamentary procedure could be the key to running an efficient meeting. Having an agenda for each meeting can help guide members through a meeting and make sure all the business is addressed. In a chapter meeting, the agenda should include the call to order, committee reports, unfinished business, new business, announcements, and adjournment. Each member should get an agenda so they can follow along and make notes.

Committees should be organized for events and/or fundraisers. Chairs can report back every meeting to inform other members about the status of their committee. This also forces members to continue to make progress on their initiatives.

In addition, motions should be made during a meeting. A motion opens the door for members to discuss a potential change and allows everyone to have a voice. If you would like to learn more about parliamentary procedure, chapters can create a team of 6-8 members and compete in the Parliamentary Procedure STAR Event at the State Leadership Conference.

By Pamela Pangaro, VP of Leadership

FCCLA is more than competitive events! The FCCLA National Programs allow members to reach out and be a part of something big without the pressure of a competition. The best thing about National Programs is that they can win prizes and recognition just like competitions do. There are many to choose from that can help enrich a weak-knowledge point in your life. Below are National Programs that FCCLA offers; more information can be found at njfccla.org under the “National Programs” tab.

Career Connections: 6 Unit Program that offers projects to strengthen their awareness of skills needed for careers.

Community Service: Allows students to create projects that improve the quality of life in their communities.

Dynamic Leadership: Gives members the opportunity to build leadership skills by learning about leadership, recognizing lifelong benefits of leadership, practicing leadership skills, and becoming stronger leaders.

FACTS: Families Acting for Community Traffic Safety allows students to strive to save lives educating adults and youth about traffic safety and supporting enforcement of local rules and regulations regarding community traffic safety.

Families First: Gives members a better understanding of how families work and teaches skills on how to become a stronger family member.

Financial Fitness: Puts members in charge of their money, allowing members to learn how to make, save, and spend money wisely.

Power Of One: A 5 Unit program that give members the ability to find and use their personal power. This is an individual program that benefits the individual as a person and a member of their community, family, and organization.

STOP the Violence: Gives Students the chance to Take On Prevention through empowering youth with attitudes, skills, and resources in order to recognize, report, and reduce violence.

Student Body: Members learn to eat right, be fit, and make healthy choices through this National Program by helping young people make informed, responsible decisions about their health.

Winter Fun on A Budget

Brian Moore, VP of Membership

As the winter season sets in and the holiday season ends, it's time to tighten the reins on our spending. There are so many great ways to have fun throughout winter! Below is a list of seasonal activities to do on a budget!

1. Go Sledding: This is an inexpensive activity for you to enjoy with your family and friends while taking advantage of the winter weather!
2. Attend Your School's Winter Sports Games: Almost every school has a winter sport team, such as ice hockey, for you to attend. Typical admission for a game should be \$2, or if you are lucky, a game could be free!
3. Hold A Movie Night: A movie night with your friends or family is a great way to spend some quality time. Take a night to pop some corn and cozy up with some blankets to enjoy a film.
4. Build A Snowman: Take advantage of all the snow on the ground and build a snowman. You'll be surprised how much fun you will have from this free activity.
5. Have a Bonfire: Bonfires are a great way to stay warm outside and spend some time with good company. Make sure you are safe and have an adult present while conducting this activity.
6. Go To The Gym: Many young adults are realizing going to the gym can be not only fun, but a beneficial experience for your mental and physical health. Go to your school's gym for free or find a reasonably priced gym near you!
7. Ice Skating: The winter weather provides the perfect weather for ice skating! This is a fun activity, but be sure to be safe and use indoor rinks. Don't chance using a frozen lake for ice skating!
8. Baking: Whip your baking skills into shape when you have to stay inside this winter! Experiment with new recipes or create your own. Share your finished products with family and friends.
9. Play Board Games: Wipe the dust off your old board games when you're stuck inside during the next snow storm! You can even hold a Board Game Night with your family and friends.
10. Reading: If you don't enjoy reading already, challenge yourself this winter to buy a good book! Some books pertaining to leadership you could read are, "The 7 Habits of Highly Effective Teens" by Sean Covey and "Fish! A Proven Way to Boost Morale and Improve Results" by Stephen C. Lundin.

ANSWERS:

1. B
2. D
3. C
4. B

5. A
6. B
7. C
8. A
9. A
10. D

All Leaders on Deck

By Larissa Szilagyi, J. P. Stevens High School

Boot Camp is synonymous with extensive physical activity. On January 5th the Family, Career and Community Leaders of America turned the concept of "Boot Camp" into motivation, learning and fun. During the NJ FCCLA 4th annual "Boot Camp," held at John P. Stevens, members across the state were able to participate in intensive leadership workshops. These informative workshops allowed first time attendees to experience a more general program while the "veterans" experienced the more intensive track. Some workshops for these members included "Top Ten Communication Tips for Everyday Excellence," which allowed students to go in depth on how to improve their verbal and nonverbal communication skills. Another workshop offered was the "Attitude" workshop which presented students with the effects of negative attitude and how to stay optimistic.

How does this "Leadership Boot Camp" reflect the objectives of FCCLA? Students need to look beyond local activities and examine the opportunities that New Jersey FCCLA offers. FCCLA's tag line, is "The Ultimate Leadership Experience." Founded in 1945, FCCLA was created as an organization to develop leaders in the family and workplace while giving service to the community. Throughout the years, FCCLA was able to implement programs to help students be leaders in their own communities. FCCLA rewards those who participate in National Programs like "Power of One," which helps students learn how to set goals and stick to them, and "Dynamic Leadership" which allows students to become more effective leaders in their homes, schools and community.

During leadership conferences, FCCLA offers several competitions that challenge students to learn more and develop job skills. Students Taking Action with Recognition, STAR events, provide students the opportunity to participate in competitions such as Applied Technology, Illustrated Talk, Promote and Publicize, and Parliamentary Procedure. Furthermore, New Jersey FCCLA offers state level competitions that help a leader improve their public speaking and time management abilities like "FCCLA Speaks", Fashion Runway and Toys that Teach.

So, how did Boot Camp achieve FCCLA's message? Members were given valuable tips and tricks about positive leadership skills, community service, and 21st century skills. The Leadership Bootcamp was based around the "Fish Philosophy" which is explained in the book "Fish!" by Stephen C. Lundin. This book gives four basic skills-- Choose Your Attitude, Make Their Day, Be Present, and Play-- and how to implement them into daily life to receive better results in your family and career. As a whole, Boot Camp defined the ultimate leader as an overall well-rounded student who communicates with enthusiasm and caring.