

WELCOME BACK

FALL 2022



Dear New Jersey FCCLA Members, Advisers, and Alumni:

Welcome back to another exciting year of FCCLA! At New Jersey FCCLA, we have adopted the state theme, FCCLA: Join the Incredible Journey! for the 2022-2023 school year. We are ecstatic you are joining us in the Ultimate Leadership Experience as we embark together on making a lifetime of memories! From developing national program projects to competing in competitive events, there are many ways to get involved. We encourage you to take part in all the opportunities FCCLA has to offer...there's something for everyone!

Thank you to our one hundred delegates who attended the 2022 National Leadership Conference in San Diego, California! Every participant represented New Jersey with enthusiasm and willingness to learn and grow. We hope you had a fantastic time learning in workshops, networking with members nationwide, pin-trading with different states, and leading in your chapters. There were many ways our state was recognized at the National Leadership Conference. Our members shined as they competed in various STAR events, where they were rewarded for their hard work at the New Jersey STAR Events Recognition Session. Additionally, Isabella Dabbenigno, Gianna DeBruyn, Jacquelyn Trotman, and I received recognition for completing the FranklinCovey Leadership Academy and the 7 Habits of Highly Effective People exam for college credit! New Jersey advisers were also recognized for their dedication and guidance at the NLC Recognition Session, taking home awards such as the Master Adviser Award and National Spirit of Advising Award. Lastly, I'd like to congratulate New Jersey's national officer candidate, Gianna DeBruyn, who was elected to the National Executive Council as Vice President of Competitive Events!

As a fellow student, I understand that the transition back to school from summer may seem intimidating. However, you have the ability to start the year strong! Developing goals, utilizing a planner, and forming great relationships with your peers and teachers can help you be successful in your personal and academic life. The fall season is one of the best times to connect with your advisers and chapter members as you strive toward plans together. Whether you are a new or returning member, your FCCLA family is here for you and can be a great support system. The year is what you make of it, so keep an open mind as you make new memories and challenge yourself!

As many of us begin to hold our first chapter meetings, we're here to help! The State Executive Council would love to visit your chapter virtually during any month of the year. You can contact the state office at njfccla@gmail.com to schedule a dynamic meeting! In addition, we have many resources coming your way to help you get started. You can stay up-to-date with what's happening in New Jersey FCCLA by following [@njfccla](https://www.instagram.com/njfccla) on Instagram. We love to see what your chapter is doing in your community.

On behalf of the State Executive Council, we are excited to see how you make your year incredible. We believe in you and hope you have an amazing school year! See you soon at the 2022 Fall Leadership Connection!

Sincerely,

Amanda Chen

NJ FCCLA State President



WHAT TO EXPECT AT THE 2022 FALL LEADERSHIP CONNECTION

By: Amanda Chen, State President

The fall season is always exciting: drinking apple cider with family and friends, the magical view of different colors on leaves, and exchanging summer clothing for sweaters and hoodies. However, one of the best parts of the autumn season for New Jersey members is the Fall Leadership Connection! Luckily for you, it's quickly approaching!

The 2022 Fall Leadership Connection will be held on Monday, November 21st at the Pines Manor in Edison, New Jersey. Participants will have the opportunity to participate in competitive events, hear from an exciting keynote speaker, learn from dynamic workshop presenters, network with other members, and engage in community service. The learning experiences that members will gain are unparalleled and will certainly guide you towards growth in your leadership journey!

One highlight of the conference is the opportunity to participate in competitive events! New Jersey FCCLA offers over thirty exciting events that help members develop skills for college and career readiness. Our events fall under topics such as career focus, child development, education, fashion, interior design, culinary arts, and leadership. At the top of each event guideline, there is a distinction as to whether the event can be completed individually and/or as a team (up to three members). Guidelines and rubrics can be found on the state website, njfccla.org, under the Competitive Events tab. Competitive events are a great way to improve your planning, teamwork, communication, and problem-solving skills. At the conclusion of this conference, we are excited to recognize our members at our Awards Session!

Another aspect of the conference that I encourage you to part-take in is networking! One of the special parts of uniting as a state association is being able to meet different members and advisers from across New Jersey. Each of you has different memories and experiences with FCCLA and sharing them can inspire new ideas! Starting conversations can not only lead you to improve your communication and networking skills but can also start new friendships.

Additionally, we encourage you to learn as much as you can at the Fall Leadership Connection! Our keynote speaker, state officers, and workshop presenters will be delivering dynamic and engaging content to help you learn more about FCCLA and its opportunities. Furthermore, certain chapter officer positions will have the opportunity to engage in leadership pull-out sessions with state officers and leadership trainers. Chapters will also have the opportunity to give back through various community service initiatives.

Be sure to visit our Instagram, [@njfccla](https://www.instagram.com/njfccla), for the latest updates and reminders. We are excited to highlight you and your chapter during the conference! By tagging us, we can feature you, your chapter, and your accomplishments.

The State Executive Council is excited for you to join us soon! We can't wait to see how you make your conference experience **incredible** and bring back valuable information to your chapters, families, and communities. You won't want to miss it!

Conference Alert! By: Gianna DeBruyn, National VP of Competitive Events

Coming soon to Edison, NJ is the 2022 NJ FCCLA Fall Leadership Connection! This conference is filled with workshops, speakers, community service, competitive events, and more!

For the first time in 3 years, NJ FCCLA is offering in-person competitive events at FLC. In order to accommodate the increase in competitive events offered over the past few years, some will remain virtual, but several will be in-person!

Speaking of new competitive events, let's look at a few events that have recently been added to this conference over the past few years!: Apps in Education, Circle Time, Cultural Food Fusion, Battle of the Budget and Virtual Read Aloud

These are just a few of the many events offered at the Fall Leadership Connection. Competitive events promote problem-solving skills, leadership development, public speaking skills, cooperative work in a team setting, hands-on experience in various career paths, and many more learning and growth opportunities. I encourage each and every member to explore all the events offered at this conference and find one that best fits you and your passions. NJ FCCLA focuses heavily on ensuring that each FCS career cluster is represented in the various competitive events offered.

Along with competitive events, this Fall Conference offers amazing speakers and workshops! We will see presentations from members, state officers, and advisers at this conference, along with a keynote speaker! Members will also be able to take part in various community service initiatives, such as a pull tab drive for the Ronald McDonald House and more! Community service is a large part of our organization, and I encourage you to keep a lookout for these service initiatives in which your chapter can participate for the Fall Leadership Connection!

Don't miss out on these **incredible** opportunities! For more information and updates on the Fall Leadership Connection, visit www.njfccla.org and follow [@njfccla](https://www.instagram.com/njfccla) on Instagram.

HOW MY HIGH SCHOOL FCCLA INVOLVEMENT IS HELPING ME IN COLLEGE

By: Amrutha Banda,
Alumnus and former State Officer

My involvement in FCCLA started at the young age of 14. My freshman year self would have never imagined how much of my FCCLA journey would have extended into my college career and adult life. Throughout the years, I have held the position of New Jersey Vice President of Public Relations, various chapter positions, participated in competitive events, and interacted with members across the state and the nation at conferences. The responsibilities and experiences that come with these events and roles have allowed me to harness many developmental skills that I will carry along with me during each stage of life.

Confidence

College is a new and unnerving location that requires me to get out of my comfort zone. Confidence is the self-assurance that an individual needs in situations like this to believe in their own abilities and qualities. FCCLA has allowed me to break out of my shell and experience this newfound confidence within myself. Being able to present competitive events to a panel of judges, speaking at workshops, and talking to hundreds of chapter members at meetings has allowed me to be comfortable in the situations I find myself in college. I can now network with ease and present topics to larger audiences all while emanating my personality and true identity without the barrier of being nervous and uneasy.

Professionalism

College is a place to start practicing and demonstrating professionalism that will be utilized in the workplace. It is important to display traits of respect, a good work ethic, and a high standing reputation. FCCLA has instilled me with well-mannered ways to act in professional settings such as interviews, speeches, formal dinners with proper etiquette, and constructing emails. These vital skills have come in handy when applying to internships, research positions, jobs, and leadership roles.

Family

College has opened my eyes to how support systems are a crucial part of enduring hardships and bolstering strength to accomplish great tasks. One of the main focuses of FCCLA is the importance of family relationships on an individual's life. FCCLA has taught me that your family will get you through the toughest times while also being there for your successes. Family doesn't necessarily have to be your blood relatives. I have discovered that the numerous relationships and bonds I have formed with my peers and friends that I have made in college have molded into my small family miles away from home.

Overall, FCCLA has built me into a more equipped person for the situations I will endure during my life in college. I know that I am ready for any challenge or opportunity that I will stumble upon on the path of life.

Lead4Change: A Student Leadership Program

By: Nitya Angadala, VP of Community Service

Lead4Change is a student leadership program that strives to educate and teach leadership skills to students from the 6th to 12th grade. Through their Leadership Curriculum with a Community Service Framework, the program aims to achieve effective results for students by teaching them how to take initiative, serve, and achieve things that may seem impossible. Through their specific designed courses, educators and organizations are able to implement the community service and leadership training into their own curriculum.

Lead4Change provides youth the opportunity to learn and make a measurable change due to their unique lessons. Their program promotes 21st century skills, so students can learn skills that will prepare them for the future. As of 2012, Lead4Change has been tested by 1.8 million students across all 50 states, with success. Lead4Change works with organizations and educational associations to further their impact and reach out to more students and educators. With their relationship and partnership with FCCLA, Lead4Change continues to enhance and provide leadership and service opportunities, including many resources for FCCLA members.

Joining this journey is simple! First, create a member profile on lead4change.org. Next, teach the lessons provided by Lead4Change. Not only can educators teach these lessons, but so can students! Finally, share your story in the Lead4Change Challenge.

Lead4Change has a challenge where they award participants up to \$10,000 for their school or organization. By combining your Star Events and National Programs (such as Community Service) with Lead4Change, you can help your state and chapter!

INTRODUCING

GIANNA DEBRUYN, NATIONAL VICE PRESIDENT OF COMPETITIVE EVENTS!

By: Amanda Chen, State President



Exciting news! At the 2022 National Leadership Conference, Gianna DeBruyn represented New Jersey as a national officer candidate. After taking an FCCLA knowledge test, interviewing with the Nominating Committee, participating in a national officer candidate fishbowl, and delivering a speech, Gianna faced the entire process with enthusiasm and dedication. We are thrilled to announce that she will serve on a team of ten youth leaders who make up the 2022-2023 National Executive Council!

Gianna has been elected to serve as the National Vice President of Competitive Events.

Recently, Gianna traveled to Herndon, Virginia, where the FCCLA National Headquarters is located. There, she met with the National Executive Council for the August Planning Meeting. They successfully brainstormed many exciting ideas for the upcoming year. As the year progresses, Gianna will be leading at the national level at conferences such as the National Fall Conference, Capitol Leadership Conference, and National Leadership Conference.

Gianna has been a part of NJ FCCLA since seventh grade. Her involvement started in Southern Regional Middle School, where she first part-took in a community service initiative of sewing curtains for classrooms. Ever since, she has taken part in over twenty FCCLA conferences and thirty community service initiatives. She has been a vital part of the NJ State Executive Council, previously serving as the State Vice President of Membership, State Vice President of Leadership Development, First Vice President, and State President. Her engaging personality and consistent hard work have made an impact throughout her chapter, state, and nation. She will be a rising senior this coming school year and hopes to pursue a career in fashion merchandising.

We believe Gianna will continue to do an incredible job as a national officer! We wish her the best of luck as she represents NJ FCCLA on the National Executive Council throughout this school year.



Go for Red...Go for the Red Rose Award!



By: Diya Pottangadi, VP of Public Relations

Since the colors of FCCLA are red and white, would you have been able to guess that FCCLA's flower is the red rose? The color red is symbolic of strength, courage, and determination - all of which are fine qualities to have as a leader! The red rose was chosen because "it gives joy through its beauty and fragrance, symbolizing a desire for beauty in everyday living." This flower is fitting for FCCLA as FCCLA offers many workshops and opportunities for its members to develop their character and important life skills.

The Red Rose Award is a prestigious award that recognizes chapters that accomplish the goals in the State Program of Work for the school year and increase their membership. You can apply on the behalf of your chapter! This award will be announced at the State Leadership Conference in March, and your chapter will receive a plaque that you can proudly display as a token of your chapter's accomplishment and effort.

Be sure to check out the requirements in September, or early in the school year. Speak with your chapter advisers and members to create a plan on how your chapter can win this award!

The application and requirements can be found on the New Jersey FCCLA website: njfccla.com, under the Membership section. Your chapter needs to earn a total of 80 points. There are required elements that add up to a total of 20 points. To earn the remaining 60, there are a variety of tasks your chapter can do. Make a plan from September to February in order to bring the Red Rose Award home!

Your chapter could be recognized at the 2023 State Leadership Conference!

Congratulations to the 2022 Red Rose Chapter Award Winners:

**Edison High School
Hunterdon County Polytech
John Adams Middle School
John P. Stevens High School**



5 STEPS TO BEGIN YOUR LEADERSHIP JOURNEY BY OUR STATE OFFICERS!

By: Benita Kizhakkepuram, VP of Parliamentary Law

#1

Amanda Chen, State President

For leaders, **accountability** is crucial in any scenario—especially when working in teams. Implementing this leadership trait has immense positive effects: you can build trust and be reliable. Taking action on what you say you will do helps develop relationships, produce progress, and communicate visions! Teams often become stronger when teamwork and accountability are placed into effect. The same applies to independent work, as taking responsibility can motivate you to accomplish personal goals.

#2

Adedoyin Ageni, Vice President of Membership

Time management is essential to leadership. As leaders, it is necessary to understand how to effectively complete all of our given tasks. The four quadrants of time management, outlined in the 7 Habits of Highly Effective Teens by Sean Covey, will help you understand how to manage your time effectively. Being able to juggle multiple responsibilities while still having time for yourself is crucial to ensuring that you are an effective leader.

#3

Gianna DeBruyn, National Vice President of Competitive Events

Communication and teamwork are examples of the essential components of successful leadership. We, as leaders in FCCLA, are constantly working with various groups of people, whether it may be for a community service initiative, competitive event, or a council. Having a healthy relationship and practicing regular communication with your peers is a necessity in leadership, especially when making decisions or plans.

#4

Benita Kizhakkepuram, Vice President of Parliamentary Law

Compassion is key to leadership. Being compassionate helps build strong positive relationships with others. One way we can grow to be a compassionate leader is through active listening, in which we give the speaker our undivided attention so that they feel respected and valued. By putting others before ourselves and supporting the growth of our peers, we take the next step in our leadership journey.

#5

Isabella Dabbenigno, Vice President of Leadership Development

One of the main jobs of being a leader is **encouraging** others. Leaders bring a sense of positivity to each person they meet. Remaining positive, even when your group is going through a rough patch, can give the encouragement needed to keep everyone on track. Most of the time, it only takes one person's kindness and positivity to encourage everyone to keep going!



We Are Here For You!

By: Adedoyin Ageni, VP of Membership
Every year, the State Executive Council (SEC) is given the amazing opportunity to serve the state association.

One of the many ways we help New Jersey chapters grow and increase involvement is by having State Officer visits. Our council members are excited to join you at your next chapter meeting! We are prepared to help your chapter grow in any way we can!

Talk to your adviser about taking advantage of this opportunity to network with the State Executive Council and ask questions. We can share information relating to competitive events, community service, increasing membership, national programs, and more!

We want to help you! To take part in this amazing opportunity, email the state office at njfcccla@gmail.com. We can't wait to meet you!

CONFERENCE DATES:

MONDAY, NOVEMBER 21, 2022
FALL LEADERSHIP CONNECTION

SATURDAY, JANUARY 7, 2023
LEADERSHIP BOOTCAMP

THURSDAY- FRIDAY
MARCH 23-24, 2023
STATE LEADERSHIP CONFERENCE

SERVICE OPPORTUNITIES FOR THE FALL:

By: Nitya Angadala, VP of Community Service

As we start the 2022-2023 school year and slip back into normalcy from the hardships of the pandemic, it is important to be mindful that someone in your community may need a hand. Promoting community service is so important, especially with your local FCCLA chapter as they begin the school year. Work with your fellow members and make a difference in your community by working towards impactful community service initiatives. Some examples and ideas are as follows:

1. Hold Drives!

- **Food Drives-** Since many food banks and pantries are supplied by youth organizations, there is a lack of donations during summer. By the end of August, food banks often lack supplies for families that are in need.
- **School Supply Drives-** As the school year kicks off, every student is required to have school supplies so that they are prepared to learn and can aim for success. School supply drives ensure that all kids have the same opportunities by having the school supplies necessary to start the school year right. Consider teaming up with local groups such as the public library, municipal food pantry, and/or religious organizations to help provide school supplies for those in need within your community.
- **Clothing Drives-** For some, September means new sneakers and a new first day of school outfit, but for others, it means struggling to find clothes to wear to school. Help your community by holding a clothing drive and/or coat drive.

2. Volunteer!

Assign chapter members to volunteer in various locations so that your chapter can collectively make a difference.

- **Soup Kitchens-** Chapter members can volunteer to work at a soup kitchen. Some kitchens may need help serving food, while others may need help organizing the stock room or making homemade snack bags for distribution. Be aware of age restrictions for this initiative!
- **Nursing Homes-** Learn something new with your chapter members while making new connections with people in a nursing home. You can gain a new perspective on the world around you!
- **Veteran Homes-** Veterans in these homes have risked their lives serving and protecting our nation. Volunteering at a Veterans' Home can allow you to show your gratitude and gain insight into veterans' experiences!

3. Need More Places to Volunteer?

Visit <https://www.nj.gov/state/volunteer-centers.shtml>, where the New Jersey Department of State lists centers and organizations that seek volunteers to serve the community. Be informed of the latest volunteering opportunities and centers that are local and of convenience to you!

NATIONAL ADVISER RECOGNITION

At the 2022 FCCLA National Leadership Conference, some of our outstanding advisers were recognized for their hard work and dedication to their students. The following advisers were brought on stage to show their appreciation for their involvement in FCCLA.

SPIRIT OF ADVISING MASTER ADVISER ADVISER MENTOR

ASHLEY GERBER

JAMES ANGAROLA

JULIE LAUCKS

CAREY GLIDDON

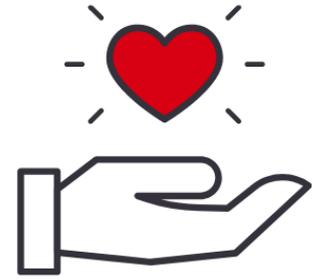
SUSAN SEAGO

ADVISER ACADEMY

HELEN CASTILLO



COMMUNITY SERVICE INITIATIVES



2022 FALL LEADERSHIP CONNECTION



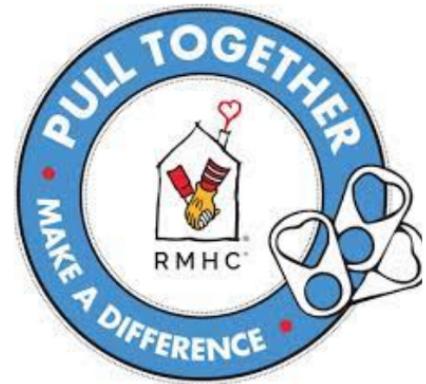
Non-Perishable Food Items

BRING IN NON-PERISHABLE FOOD ITEMS TO DONATE TO MIDDLESEX COUNTY FOOD BANK. EX: CANNED FRUIT, CANNED VEGETABLES, CEREAL BOXES, PASTA, CAKE MIX, ETC



Pull Tabs

COLLECT PULL TABS TO HELP THE RONALD MCDONALD HOUSE AS WE ARE TRYING TO REACH 1 MILLION TABS DONATED!



Cupcake Challenge

PLEASE BRING IN \$5 TO THE CONFERENCE SO THAT YOU CAN PURCHASE A CUPCAKE! THE MONEY COLLECTED WILL BE DONATED TO A CHARITABLE CAUSE.



HERE'S THE SCOOP! MEET THE STATE COUNCIL ... FAVORITE ICE CREAM TREATS!

By: Benita Kizhakkepuram, VP of Parliamentary Law



Amanda Chen **State President**

One of my favorite ice cream treats is a root beer float! Especially during the summertime, combining root beer with a scoop (or more) of vanilla ice cream tastes the best. The classic flavor of the two makes a creamy and delicious combination and is a great beverage to have with any meal!

Adedoyin Ayeni **Vice President of Membership**

My favorite ice cream treat is a strawberry shortcake ice cream sundae! The combination of fresh strawberries, shortcake, and vanilla ice cream combines all of my favorite flavors. To top it off, the strawberry compote and whipped cream make the delicious treat come together beautifully! It's the perfect way to end a meal!

Gianna DeBruyn **National Vice President of Competitive Events**

My favorite ice cream is Ben and Jerry's Phish Food! This delicious chocolate ice cream with swirls of marshmallow, caramel, and fish-shaped chocolate chunks is the best sweet treat for any occasion. It is amazing on its own or on a waffle Sunday, which is my favorite way to enjoy this treat!

Benita Kizhakkepuram **Vice President of Parliamentary Law**

I love brownie sundaes! Warm brownies with a scoop of cold vanilla ice cream have been my favorite ice cream treat since I was young. In my family, for each of our birthdays, we always go out for dinner and order brownie sundaes for dessert!

Nitya Angadala **Vice President of Community Service**

My favorite ice cream has always been the classic chocolate ice cream. You can always find me at the ice cream shop getting scoops of double chocolate fudge brownie ice cream. If I had the choice, I would love to add chocolate syrup or chocolate chips - just about anything chocolate. Can you tell that I love chocolate?

Emma Larsen **Vice President of Communication**

My favorite ice cream treat is mango mochi! The mochi is best at a Japanese restaurant since it is homemade, but I do enjoy this delicious treat store bought. There's nothing like taking a bite of a fruity, sweet dessert after dinner.

Diya Pottangadi **Vice President of Public Relations**

My favorite ice cream treat is a milkshake! Milkshakes are such a sweet treat to enjoy, both alone or accompanied by a meal. My favorite milkshake flavor is cake batter. Although toppings are usually reserved for traditional ice cream, I love putting cake crunch and whipped cream on a milkshake.

Isabella Dabbenigno **Vice President of Leadership Development**

A go-to ice cream favorite is Friendly's S'mores ice cream. It is such a great option for those hot days when you're craving something cold and sweet. This ice cream has crushed graham cracker chunks, chocolate chips that melt in your mouth, and a creamy marshmallow flavored ice cream!

NLC In Review!

By: Nitya Angadala, VP of Community Service

This year's FCCLA National Leadership Conference was definitely one to remember! The 2020 National Conference was virtual after being hit with the unexpected obstacle - the COVID-19 pandemic. Finally, after an interesting two years, New Jersey FCCLA members were able to get the full NLC experience in San Diego, California from June 29 - July 3. Almost 100 members and advisers across New Jersey participated in the conference! They all got involved with the experience ranging from cruising through the EXPO center, participating in competitive events, networking with members across the country, getting specialized leadership training through workshops and RED Talks, and bonding with each other through the fun excursions that the conference had to offer!

Let's recap the amazing things we experienced at the 2022 National Leadership Conference!

Excursions: All NLC attendees visited the San Diego Zoo, a 100-acre wildlife park home to over 12,000 rare and endangered animals, representing more than 650 species and subspecies! This incredibly large zoo is famous worldwide! Attendees were able to bond together and see all these different animals! NJ FCCLA members also enjoyed a trip to SeaWorld and saw sea creatures like the orcas and dolphins, and rode on fun rides. Members were also able to enjoy authentic Mexican food on a dinner cruise.

Pin Trading: One of everyone's favorite part of NLC had to be pin trading! The halls were sprinkled with members from different states exchanging pins and networking. Pin trading served as an outlet for students to network with those from across the country. Each student received a bag of NJ FCCLA pins and had the opportunity to trade pins with other states' members!

Competitive Events: There were more than 70 NJ FCCLA members that participated in competitive events. NJ FCCLA did a wonderful job with 18 projects scoring top 10 in the nation! From those 18 in the top 10, there were 2 projects that placed 3rd place, 3 projects in 2nd place, and 2 projects in 1st place nationally! Overall, there were 28 gold medals, 25 silver medals, and 15 bronze certificates were awarded to our members. Congratulations to all NJ FCCLA competitive events participants!

Fashion Show: This year's Fashion Show was one to remember! One of our NJ FCCLA members was selected, Karina Urbina Taveras from Ocean County Vocational Technical School, who participated in the Fashion Design STAR Event. She modeled a beautiful garment on stage for over 7,000 people to see. All the creations were beautiful and presented in a very professional and exciting show organized by FIDM. It was inspiring to hear the stories and how these young designers had come up with their designs.

NLC In Review! continued

The closing session was great for members to reflect on their time at the conference and reflect on what they learned. The new National Executive Council, serving 2022-2023, was announced during a heartfelt farewell ceremony for departing national officers. Speaking of the new National Council, our very own State President, Gianna Debruyn, is now serving as the National VP of Competitive Events! We are so proud of Gianna's accomplishment and that she is representing New Jersey on the national level. National FCCLA concluded the national conference by announcing a new theme for the upcoming year! For the 2022-2023 year, the National theme is... incREDible! Overall, the National Leadership Conference was a great opportunity for our members to meet other members from around the country, attend workshops, and network. Closing out the 2021-2022 school year with this conference inspired members to look forward to the opportunities the upcoming school year has in store!



National Programs

1. Power of One
2. FACTS
3. Families First
4. Financial Fitness
5. Student Body
6. Career Connection
7. Community Service
8. Stand Up

Click [here](#) to find out more!



Healthy Before/After School Routines... And Why You Should Have Them!



By: Diya Pottangadi, VP of Public Relations

As we start the school year, it's important to develop a routine in order to make the most out of the year! While a routine may sound dull, it can provide structure and help develop healthy habits to promote health, wellness, and organization. Routines can help you effectively get your priorities accomplished while decreasing your stress levels and maintaining a healthier life.

Routines don't have to be a strict schedule. Routines can give you a sense of control and structure when things are a bit chaotic, leaving you with less stress, better habits, more focus, and more productivity. Remember: You're in charge here!

Before creating a routine for the school year, think about the last school year. Where do you want to improve? Do you want more sleep, eat a full breakfast, or more time to relax? Start by planning your after-school routine first! After all, the key to a great morning routine is having an effective after school routine. As you read through the guide, jot down ideas you want to include in your schedule and an estimation of much time you want/will spend. At the end, take a fresh piece of paper and write the order of everything you want to do with time frames!

Think about...

1. **Bedtime!** How much sleep do you want? Aim for at least 8 hours! Think about a good wake-up time and count backwards from there. That should be the time you aim to be in bed!
2. **Other commitments with time restrictions** (outside classes, dinner time, etc).

What you'll do immediately when you get home (shower, eat a snack, relax, etc).

1. **What you want to accomplish** and about how much time you'll give yourself (homework, extracurricular responsibilities, exercising, etc).
2. **Time for fun things and hobbies.** This will rejuvenate you and decrease stress
3. **Setting up for success!** Give yourself time to organize yourself for the next day such as packing your bag and doing a light cleaning of your room.
4. **Winding down.** Include a 5-minute downtime before bed to journal, read, or simply relax.

Now, for the morning routine!

1. **You have a wake-up time already planned!** Now, think about what time you plan on leaving the house . Is the amount of time from wake-up to leaving the house enough for everything you need to do? If not, consider changing your wake-up time and bedtime.
2. **Think about any self-care you want to incorporate** (a workout, journaling, meditation).
3. **Next, think about necessities** (showering, getting dressed, eating, etc). What order do you want to do it in? Necessities before self-care or self-care before necessities?

Now, organize your thoughts and make a draft of your routine! Having a routine allows you to build healthy habits, save time and energy, and accomplish important tasks effectively. In fact, 92% of high-performance people have a routine and 2 out of 3 people who prepare the night before have lower stress levels. Incorporate a strong routine in your schedule and thrive this school year! You got this!

Student Body is one of the eight National Programs. It is a peer education program that helps members focus on their physical and mental health. The units of Student Body are:



**The Healthy You
The Fit You
The Real You
The Resilient You**

Learn more at fclclainc.org!



Advice for Incoming Freshman

By: Gianna DeBruyn
National VP of Competitive Events

ATTENTION INCOMING FRESHMEN! Entering high school can invoke many different emotions: Nerves, excitement, fear, joy, etc. The reality of the situation is that you are entering an entirely new chapter of your life. You are embarking on a journey that you will navigate for the next four years filled with ups and downs. Here are a few helpful tips and tricks I have learned throughout my past three years as a high school student.

- **Focus on your academics!** Throughout high school, you will make some amazing friendships, and you will want to have fun! Don't be afraid to indulge in your newly found friendships, but always put your schoolwork first. Your freshman year GPA is the foundation for your entire high school career, so don't fall behind! You may have the mindset that you can fix your grades in the future but trust me when I say it is not as simple as you may think. Starting off high school with a strong foundation will benefit you and your mental health in the long run.
- **Get involved!** In high school, there will be many different extracurriculars and organizations to explore, FCCLA being one of them! Don't be afraid to step out of your comfort zone and try these activities! Extracurricular activities like FCCLA help you develop leadership skills, provide positive social/emotional experiences, and make you college and career ready. The best way to explore extracurriculars is to learn about the activity and what it offers. Focus your time and energy on the extracurriculars that you enjoy. This improve your future.
- **Stay organized!** High school can be intimidating as your workload increases, including time dedicated to sports and extracurriculars. My biggest piece of advice is to use a physical planner to keep track of due dates, upcoming events, and various tasks that may come your way. Navigating your workload can be challenging, but with the help of some organizational skills, a positive mindset, and good decision making, you can accomplish anything high school may throw your way.

High school is a small step in your journey! If you feel overwhelmed throughout your high school career, remember that the events that occur throughout the next four years will not make or break your future. School is a learning experience, and you will develop skills that will aid you in future endeavors. Your actions and efforts throughout the next four years will set you apart from others and enable you to succeed. Congratulations and welcome, Class of 2026! I wish you the best of luck.



Managing a Busy Schedule 101



By: Isabella Dabbenigno
VP of Leadership Development

Managing a busy schedule can be difficult. As students, there is a lot to balance: schoolwork, extracurricular activities, family, and friends. If you don't find a healthy balance, it can pile up until it becomes too much to handle. This is an overwhelming experience that many have faced. There are many ways to avoid this: find what works for you!

A planner is beneficial to plan out events, meetings, and reminders! This can be a physical planner or a digital one. Some recommended planner apps are Planner Pro, Artful Agenda, and Structured. Similar to a planner, a to-do list can be a perfect way to conquer your deadlines. One website for to-do lists is todoist.com

Another key to managing a busy schedule is communicating with others. This may not seem like a big deal when you're trying your best to get everything done, but it is extremely important. You need to make sure to communicate with your parents/guardians for transportation and safety reasons. You also need to communicate with your teachers. Don't be afraid to ask your teachers for help; that is why they became teachers - to help you learn and grow! It is also beneficial to communicate with your teachers if something comes up, such as a family emergency or you're going through a rough time. Most of the time, teachers are very understanding. But if you don't tell them, there is no way for them to help.

To ensure you meet your deadlines, limit your distractions and build self-discipline. Technology can be a distraction when doing homework, chores, or spending time with your family and friends. To remain productive, turn off your devices and leave them out of sight! By doing so, you may find it easier to focus, and tasks become completed quicker. Remember that nothing will get accomplished unless you hold yourself accountable and push aside time to get your work done! Even with a busy schedule, it is crucial to set aside time for yourself. Things can get chaotic quickly, so it is important to take care of your mental and physical health. When you set aside time for yourself, it gives your mind and body a rest.

Taking care of yourself helps to keep you performing to the best of your abilities. It's essential to put your health first and only take on what you can manage.

By following these recommendations for a busy schedule, you can conquer all your due dates and goals while still taking care of yourself!

Upcycling For the New School Year

By: Emma Larsen, VP of Communication

Are you struggling to let go of your favorite fashion pieces, or do you have old clothes and accessories that you can't seem to find a purpose for?

Upcycling is a great way to put the "screens" aside and dive into a project for the coming school year. You may have learned about the benefits of recycling but never really understood how to apply it in your life. Upcycling is the opposite of tossing things in the trash. Upcycling takes something that is old and dated and turns it into some cool and trendy. This is the answer for the clothes that are in the back of your closet. Upcycling means reusing discarded objects or materials in such a way as to create a product of higher quality or value than the original.

The 2022-23 school year presents a prime opportunity to learn how to upcycle or find new ways to improve your skills. Upcycling is a way to express your creativity to create a one-of-a-kind product. Provided below are inspirations to help you jumpstart your journey in upcycling!

- Create a bag for your gym clothes out of an old sweatshirt.
- Make a tote bag to hold your books out of scrap fabric from your school's fashion class (or old clothes)
- Design and create a lunch bag out of thrifted or old jeans.
- Deconstruct an old sweater to create hats and scarves.

if you don't have a sewing machine...

- Grab an old, oversized tee shirt, cut it to your desired style, and tie-dye it! Or take an oversized tee shirt and cut it into old strips to weave it into a bag or scarf.
- Construct a desk organizer out of cereal boxes and paper towel rolls. You can cover it in construction paper, paint it, wrap patterned duct tape around it, etc.

There are many ways to decorate and reconstruct old items - that would have otherwise been thrown away - into innovative and creative new things. The possibilities and creativity are endless! Check out our competitive events: Repurpose & Redesign and Go Green and give upcycling a try!

Making the Most of Social Media For Your Chapter + Increasing Engagement

By: Emma Larsen, VP of Communication

Social media is a prominent part of our generation's lives. Implementing a platform, such as Instagram, for your chapter is a great way to bring attention to FCCLA at your school. It can be intimidating at first, especially when first starting an account. However, no need to fear, NJ FCCLA is here to help!

Starting social media can be overwhelming! One way to minimize this stress is to break down the tasks. Here are some tips to keep you on track and make the most of your social media:

Tip 1 - Set a goal.

Creating goals is the first step in any achievable process. Start small by posting once a week. Then reach toward a bigger goal, like posting 2-3 times a week. Do this by using the SMART goal process; Make sure the goal is specific, measurable, attainable, realistic, and time-bound (trackable). Start with what you think is best for your chapter.

Tip 2 - Present opportunities.

Members are more likely to be involved with your chapter's social media accounts if you present opportunities for them. For example, have a challenge, such as meet 5 new people from other schools at the Fall Leadership Connection or take pictures with ten red things. Creating little tasks for your members will help increase engagement.

Tip 3 - Post latest news or events.

Having your members informed through social media is a great way to keep your audience engaged. Sometimes it is hard to locate information for the next meeting or community service initiative, so posting it on a social media platform can reach these members who struggle with staying involved.

Tip 4 - Ask Questions!

Start with the basics. One of the most efficient ways of increasing engagement is by asking questions. Include simple questions in your posts to communicate with members and invite their creativity. Also, let the followers ask questions using the sticker "ask a question" on Instagram.

Tip 5 - Connect with New Jersey's platforms.

Reach your members by staying active with NJ social media platforms:
Instagram: @njfccla
Twitter: @nj_fccla
Facebook: NJ FCCLA

Some members may not know that your chapter has an account, so promote the account during a chapter meeting! Don't forget to like and comment on New Jersey FCCLA's posts. This is a great way for other chapters to reach your platforms!



Fashion-Forward Looks For The Fall

By: Emma Larsen, VP of Communication

As we say goodbye to tank tops and flip-flops, it's time to start thinking about fall outfits. Fall is such a fun way to play with fashion as some days are still warm, and others are cool and crisp. Layering is key for the fall, allowing you to experiment with color and texture.

Fashion is in a constant state of transformation, and past trends can help us make predictions for the future. This year, 2022, is different from any other year, bringing trends from all different eras while still taking inspiration from the present. As you read about fashion-forward looks for fall this year, keep in mind that everyone has a different style that is unique to them! These trends are simply suggestions to help enhance your outfits going into the 2022 fall season.

Keep warm as the weather starts to get cooler. Remember practical is cool! Jackets are a great choice to layer with especially as classrooms during the fall can be very hot. To adapt to the constant climate change in our classrooms, it's best to style with a sweater or t-shirt. Leather jackets can add an edgy flare to your average outfit.

Statement shoes are in! Comfort is key, but that doesn't mean you can't be stylish. When you think of loafers, you may picture your grandma's closet. However, the fashion capitals of the world, like New York and Paris, are filled with this type of shoe.

Outfits that are heavily influenced with western notes such as boots are in. Yes... cowboy boots are cool in the northeast! Wearing boots is a stylish way to enhance your outfit into a trendy but classic look.

Pairing a casual outfit with a statement shoe can always elevate it to the next level. You can keep this in mind when planning your outfit for the first day of school.

Cargo pants are an unexpected trend for most as it is commonly seen as workwear, or even worse, "dad shorts". However, there are a variety of ways to style these to make them your new staple piece this fall. You can pair these pants with a warm leather jacket or a lightweight t-shirt as the weather fluctuates. The fall weather presents many options to diversify your closet: consider including cargo pants.

Black is a versatile color that can be used to professionalize or formalize an outfit but can also compliment and emphasize other colors in your look. Black is often known as a safe color choice, but for decades, black has been used by famous designers on the runway, such as Givenchy and Chanel. Black is a timeless color that will never go out of style, so it is one of the best colors to have in your closet.

As the leaves change their colors, your closet should too!





How to Increase Your Leadership Game

Isabella Dabbenigno

VP of Leadership Development

There is not just one single definition of what makes an effective leader. Leadership is not a one size fits all. Anyone is capable of being a leader, as the only thing a leader needs to get started is the passion and willingness to make a difference and help others. FCCLA has many leadership opportunities available to students. If you want to increase your leadership game within FCCLA, take advantage of these opportunities!

- **Competitive Events:** Get out of your comfort zone and gain experience in the four career pathways: human services, hospitality and tourism, education and training, and visual arts and design. Not only will these events help you gain career experience, but also important life skills. Competitive Events are offered at FLC, SLC, and NLC.
- Take on a **leadership role** in your FCCLA chapter. As you develop your leadership skill, you can take on roles with more responsibility, such as running for a state officer position.
- **Fall Leadership Connection (FLC):** An opportunity for everyone to come together to network, compete, listen to speakers, go to workshops and sharpen leadership skills along with gaining new ideas to implement in your local chapter!
- **Leadership Boot Camp:** This conference is held at the start of the new year is all about leadership. The trainers create an engaging conference that helps members understand more about the impact of positive leadership. This experience will allow you to grow your leadership abilities.
- **State Leadership Conference (SLC):** Sharpen your leadership skills with competitive events, networking with other members from New Jersey, listening to motivational speakers, learning about community service ideas, and interacting in workshops!
- **National Leadership Conference (NLC):** A conference where members across the country come together and compete in STAR events. This is a great opportunity to network, learn new leadership opportunities, and travel to Denver, Colorado in July 2023.
- **FCCLA Spirit Week:** A week-long celebration of everything FCCLA stands for that challenges you to participate in daily Family Consumer Science-related activities.

Leadership Awards:

- Red Rose Chapter Award: Recognizes a phenomenal, well-rounded chapter.
- Go for the Red: An award given to individuals and chapters who increase their membership!
- Power of One: Members are recognized at SLC for their participation

Don't be afraid to get out of your comfort zone and try something new! Every opportunity offered is to help develop the leader in you. Leadership is not a destination but a journey. It is time to Join the Incredible Journey!

AN AWESOME NATIONAL LEADERSHIP CONFERENCE



by Abigail DeVico, College Freshman from Shawnee FCCLA Chapter

A couple of months ago, I had the opportunity to attend FCCLA's NLC in San Diego, California. I was an active member of the Shawnee High School Chapter. When I went to San Diego this past summer, I had just graduated. When I say it is an experience I wish I could relive every day, I mean it! Attending an in-person NLC was one of the best things I have done.

While at NLC I competed in the Hospitality, Tourism, and Recreation STAR event where I created a restaurant. This competition was such a great opportunity for me and something I am planning on using even in college. I am a marketing major in Coastal Carolina University and this STAR Event project reaffirmed that I am on the right career path. Leadership, communication, and time management are among the many skills I developed from FCCLA competitive events and conferences.

Participating in STAR events was particularly exciting this year. I placed second in the nation for level 3 in the Hospitality event. To this day, I still cannot believe that I did that. When my name was announced, I was taken back. It is one of those surreal experiences. As I reflect on some of my biggest accomplishments, competing and placing 2nd is definitely at the top of the list. Honestly, getting to NLC and doing well at NLC takes a lot of work. You have to be dedicated. It might seem scary at first but one thing I will say is to take that leap; it is well worth it!

So, this year, if you find yourself at a crossroads when it comes to competing and attending conferences and not sure you should put yourself out there, GO FOR IT! FCCLA conferences are such rewarding experiences. FCCLA not only benefits middle and high school students, it's something that follows you in life.

Even though I am not a part of FCCLA in college, I still can apply all that I have learned and experienced in college and beyond. Be proud of what you do in FCCLA and take advantage of all the opportunities. When you graduate and go on to wherever life takes you, remember how FCCLA gave you a terrific start!

3 R's of Leadership: Recruit

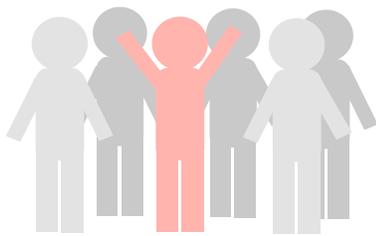
By: Adedoyin Ajeni, VP of Membership

It is that time of year again: the beginning! As the school year begins, so does membership growth. Go For the Red, FCCLA's national membership campaign, empowers students to Recruit, Retain, and Recognize members. These 3 R's are essential to membership growth. As the year begins, we must focus on the first R, recruit - how to gain more members.

One of the most important things to remember when recruiting is who your target audience is. FCCLA wants to provide opportunities to students who are interested in Family Consumer Sciences and leadership development. Your goal is to inspire students who might not know their full potential or students who love Family Consumer Science but don't know how to translate that into leadership. For example, you can go into your Fashion, Interior Design, Child Growth, or Foods/ Nutrition classes and talk to students about the incredible opportunities FCCLA offers. By talking about how students can transfer their passion into award-winning projects such as National Programs and Competitive Events, you can inspire them to join FCCLA.

Additionally, when recruiting members, people want to know what they can gain from the organization. It is important to share what FCCLA has done for you and how it has impacted your life. Furthermore, focus on the community service opportunities and the ability to give back and help your community. Talk about the experiences they can gain through conferences. Explain the unique opportunities to advocate for topics that they believe in. Most of all, explain how FCCLA is a student-led organization where students make decisions about their future.

FCCLA has something for everyone! Encourage current members to invite their friends! Bring in guest speakers to speak about different topics. Have an "open house" where students are allowed to attend a meeting to see what the organization is all about. The membership possibilities are endless! Remember, membership development does not stop after September! It's a year-long adventure!



How to Run an INCREDIBLE Meeting

By: Adedoyin Ajeni, VP of Membership

Meetings are the backbone of any organization. For chapters, they serve as a way to bring members together and provide valuable information. Meetings are essential to the development of your chapter, so they must run smoothly, and be fun and exciting for members. Here are the 3 most essential parts of a meeting!

Icebreakers:

Icebreakers are the perfect way to warm members up and start a conversation. They help strengthen bonds between members and reduce tension, improving the efficiency of meetings. It creates a comfortable environment for all students, which makes sharing ideas more fun and less stressful. Start your meeting with a fun icebreaker like Ultimate Rock Paper Scissors, Two Truths and a Lie, or What Do We Have in Common!

Agenda:

Before every meeting, it is important to have a plan that executes the goals of the meeting. Agendas should be planned with the chapter officers and approved by your FCCLA adviser. Agendas define the objectives of the meeting. They help keep members engaged and focused on the tasks. They serve as a reference for meeting discussions and help members keep up with the information. Start the agenda with an icebreaker, then move on to reminders from past meetings. After that, outline new details. Lastly, include announcements about the next meeting or events.

Goal:

What is the goal of your meeting? What do you want to achieve during the meeting? It is a great idea to have a main activity planned for the meeting. Center the meeting around an initiative. For example, focus on a community service initiative like blanket making or a food drive. This will guide your meeting while allowing members to have a great time!

Overall, meetings are important! It is imperative that members have a positive experience at each meeting! Meetings are the center of planning and allow for ideas to become reality. When members are having fun and are engaged, they come up with better ideas! Make your meetings a safe and fun place for everyone!





The Future

By: Isabella Dabbenigno
VP of Leadership Development

FCCLA members, make no mistake, we are the future! We have the power to make decisions, important decisions that can change our lives and the lives of others. With this power comes great responsibility. One way that older teens can make a difference is by exercising their right to vote when they become 18. It's crucial that we become informed and that we have an understanding of how to navigate the voting process so that our choices can have an impact on our society and country.

Rock the Vote is a nonpartisan, nonprofit campaign dedicated to building the political power of youth. They focus on helping us identify what matters and help us find our voice. Rock the Vote states "...our democracy continuously fails to represent youth, generation after generation." As we become voting age, we need to become more present as voting members of society. To prepare us for this important role, we need to address the questions and break challenges that many new voters face.

What are the requirements to register to vote in NJ?

To register, you must be...

- A United States citizen
- At least 17 years old to register, though you may not vote until you have reached the age of 18 years of age
- A resident of the county for 30 days before the election
- A person not serving a sentence of incarceration as the result of a conviction of any indictable offense under the laws of this or another state or of the United States.



What are the ways to vote?

Registered voters can vote by:

- **Vote-by-mail ballot**
 - Apply and receive your ballot early. Vote and return ballot by mail, must be postmarked 8pm on Election Day.
 - Great option for college students who can't make it home for elections.
- **In-Person Early Voting**
 - Vote via a voting machine during the in-person early voting period prior to Election Day
 - General Election In-Person Early Voting is October 29, 2022–November 6, 2022
- **At Your Polling Place on Election Day**
 - Voting in-person at your polling place will take place from 6:00 a.m. to 8:00 p.m. To learn more about where your polling location is, visit <https://nj.gov/state/elections/vote.shtml>, listed on the Polling Locations page.
 - General Election - Election Day is November 8, 2022

How do I get started?

It may be intimidating to start this journey, however, there are many resources available to us to navigate through the process.

Visit <https://nj.gov/state/elections/> and <https://www.rockthevote.org/> which have up-to-date websites with loads of voting information and detailed instructions on getting registered.

Our generation wants to be informed and heard. We want to impact change. Voting is our first step!





Babysitting Preparedness

By: Michelle Marino, Alumni Member

My 13-year-old daughter was recently approached by a family in our neighborhood to see if she wanted to start babysitting for their 4 year old son. She was ecstatic because she absolutely loves children and immediately started to think of all the fun crafts and activities that she would plan.... However, the little boy's father spoke up and asked a question that stopped my daughter in her tracks, "Are you CPR certified?"

As a parent, you need incredible trust and faith to leave your child in the care of some else. I commend this father for being so direct to ensure that in case of an emergency, my daughter would be prepared. This started us (my daughter and I) on a search for upcoming babysitting and CPR courses and resources in our local community. My daughter was fortunate to find an introductory babysitting course (by SafeSitter) but we knew this was just the beginning in her babysitting & CPR preparation.

Whether you are taking care of your little brother or sister or looking for an after school job helping with birthday parties or want to start your own babysitting business, knowing proper first aid and safety procedures is critical when caring for kids. Here are a few resources to help you get started:



SafeSitter (www.safesitter.org): Primarily focused on students up to 8th grade, SafeSitter is a national nonprofit organization that has been offering programs that include life skills, safety skills, and child care training for youth for over 40 years. On their website you can search for local in-person training or virtual classes.

American Red Cross (<https://www.redcross.org/take-a-class/babysitting-child-care>) : For students 11 years old and older, the American Red Cross offers programs and certifications on how to be a safe, professional and reliable babysitter. Not only is the American Red Cross a leader in the nation in babysitting and child care training but they also offer programs where you can get certified in First Aid and CPR/AED so you are prepared for all emergencies.

Babysitting Preparedness continued

UNSOLICITED MOM ADVICE 😊: When I was younger and babysitting, phones were plugged into the wall and were always ready in case of an emergency. Many households no longer have house phones. When babysitting make sure your cell phone is fully charged! Many parents like to just check in and it's important that your phone is readily available if you should need it... that being said, PLEASE PUT THE PHONE DOWN.

While babysitting, it is not acceptable to be surfing the web, checking out the new TikTok, or chatting with friends. Children need your undivided attention to ensure they are safe at all times. Pull out a puzzle, enjoy a "carpet" picnic, play with stuff animals... enjoy being in the moment with the child and let their (and your) imagination soar!

**Do you love working with kids?
Interested in Child Development?
Here are some Competitive Events
that might interest you!**

Fall Events:

- Apps in Education
- Caregiver Carry-All
- Circle Time
- Get Up and Move!
- Illustrated Talk - Issues that Impact
- Children and Education
- Virtual Read Aloud

State Events:

- Lessons Learned
- Storybook Ethics
- The Effective Teacher ***NEW
- Toys that Teach

STAR Events:

- Early Childhood Education
- Focus on Children
- Say YES to FCS Education
- Teach & Train

Student Spotlight

Looking for a delicious treat this fall season? Why not try this Fall-Fest Cupcake Challenge Recipe from one of our 2021 Fall Leadership Conference Gold Award teams from Gloucester County Institute of Technology. The base cupcake recipe sounds delicious on it's own, but for an added bonus (and challenge), try the delicious fall icing!

APPLE CIDER CUPCAKE RECIPE

by Raygen Huntsinger and Katelyn Eastlack from GCIT

Yield: 36 cupcakes

Ingredients:

- 2 ¼ cups apple cider
- 3 eggs
- 3 teaspoons vanilla extract
- 6 tablespoons canola oil
- 5 ¼ cups all-purpose flour
- 1 ½ cups granulated sugar
- 1 ½ cups brown sugar
- 3 teaspoons baking powder
- ¾ teaspoon salt
- 2 ¼ teaspoons cinnamon
- ¾ teaspoon nutmeg
- 1 cup finely diced apples

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Mix apple cider, eggs, vanilla extract, and canola oil in a bowl.
3. Mix all-purpose flour, granulated sugar, brown sugar, baking powder, salt, cinnamon, and nutmeg in a separate bowl.
4. Slowly start to add the wet ingredients into the dry ingredients.
5. Mix the apples into the batter.
6. Scoop batter into a cupcake pan lined with cupcake liners to about ¾ of the way filled.
7. Bake for 15-17 minutes or until a toothpick is inserted and comes out clean.



Apple Cider Brown Sugar Buttercream Recipe

Ingredients:

- 3 cups unsalted butter (room temperature)
- 1 cup brown sugar
- 9 tablespoons apple cider
- 3 teaspoons vanilla extract
- 2 ½ teaspoons cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon ground cloves
- 1 pinch of salt
- 7 cups powdered sugar

Directions:

1. Using a mixer, creaming together the butter and sugar.
2. Add in the apple cider and vanilla extract.
3. Add cinnamon, nutmeg, ground cloves, and salt.
4. Once that is all combined, slowly add the powdered sugar, one cup at a time.
5. After adding all the powdered sugar, let the buttercream whip for about 3 minutes on medium speed.



Cinnamon Apple Bread Pudding

This recipe is from a former Apple Bake Off participant. The Apple Bake Off is a competitive event hosted at the Fall Leadership Connection sponsored by the CIA offered only to seniors.

Cinnamon Apple Bread Pudding

Yield: 6 8 ounce ramekins

Ingredients:

1 packet active dry yeast	1 tsp. nutmeg
3/4 cup milk	1 1/4 tsp. salt
1/4 warm water	1/4 cup chopped pecans
5/6 cup butter	2 tbsp. raisins
4 cups flour	1/2 cup granny smith apple
1 whole egg	1/2 cup honey crisp apple
3 egg yolks	1 cup white sugar
1 1/4 cup packed brown sugar	2 tbsp. rum
1 1/3 cup heavy cream	
1 1/4 tsp. vanilla extract	
2 1/2 tsp. cinnamon	



Instructions:

1. Mix water, 1 tsp of sugar, and yeast together in a bowl. Set aside.
2. In another bowl, mix the whole egg, milk, 1 tsp of salt, 1/4 cup of granulated sugar, and 1/4 cup of melted butter.
3. Then add 2 cups of flour, the yeast and water mixture, and 1/4 tsp of vanilla extract.
4. Once combined, add 2 more cups of flour.
5. Pour the mixture onto a clean working surface and knead for about 5 minutes or until the dough is supple and smooth.
6. Oil a bowl and place the dough inside. Cover the dough with oil and place a layer of cling film on top. Keep it in a warm place for 2 hours.
7. Mix 3/4 cup of brown sugar, 1/4 cup of granulated sugar and 1 1/2 tbsp. of ground cinnamon.
8. After the dough has more than doubled in size, take it out and form it into a rectangular shape, slightly larger than a 9x13 pan.
9. Preheat the oven to 350 degrees Fahrenheit.
10. Spread butter then the brown sugar, granulated sugar and cinnamon mixture.
11. Roll the dough tightly and evenly.
12. Slice the rolled dough into 16 slices and arrange in a buttered 9x13 pan.
13. Cover with cling film and store in a warm place for 1 hour.
14. Remove cling film and place in the oven for 25 minutes.
15. Preheat the oven to 300 degrees Fahrenheit.
16. Cube cinnamon rolls and the apples but set the apples aside.
17. In a bowl, mix together the egg yolk, brown sugar, heavy cream, vanilla extract, 1/2 tsp. cinnamon, 1/2 tsp. nutmeg, and salt.
18. Then put the cubed cinnamon rolls into the mixture and set aside.
19. Next, place a small pot on the stove on low heat with all of the cubed apples, the rest of the cinnamon and nutmeg, 2 tbsp. of white sugar and butter.
20. Cook until the apples are just soft and there is a nice caramel color.
21. Pour the rum into the apple mixture and cook out the alcohol, 2 to 3 minutes.
22. Cool the mixture and then pour into the custard made earlier along with the chopped pecans and raisins.
23. Pour the combined mixture into the ramekins, place in a 9x13 pan filled up halfway with boiling water and cover the top with foil.
24. Bake in the oven for 25-30 minutes.
25. Remove the foil and the ramekins from the pan and cool.
26. Beat heavy cream until it forms stiff peaks. Then garnish the bread pudding with the whipped cream.

New Jersey FCCLA WANTS YOU!



**For the 2023-2024
State Executive Council**



ARE YOU...

- Passionate and dedicated to FCCLA?
- Diligent, kind, and responsible?
- Ready to take on a leadership position?

RESPONSIBILITIES

- Advocate for Family and Consumer Science education
- Promote and encourage involvement, participation, and dedication to chapters
- Maintain FCCLA's image
- Help members and advisors maximize their potential
- Plus much more!

**If so, run for
State Office!**

BENEFITS

- Increase skills in leadership
- Grow your public speaking skills
- Network with people across the nation
- Make a positive impact on your community
- Develop important life skills
- And so much more!

FIND THE APPLICATION ON...

 NJFCCLA.ORG

Under the Leadership tab!
Due February 2023

