

Get Connected

VIRGINIA
FBLA · FBA

Newsletter

Capital Colonial Germanna Longwood New River NOVA Shenandoah Tidewater UVA Wise VSU VWCC

Table of Contents:

Project Ask Kid—Page 1

Give the Gift (Card) of Giving — Pages 2-3

Denice Grawe of Project ASK— Pages 3-4

Nathan Salomonsky of VA FBLA— Pages 4-8

Promotional Materials— Page 8

Social Media— Page 8

Project Ask Kid—Vice-President at Large Camber Thornhill



ASK

Have you ever thought about how great it is to wake up everyday? What about waking up in your comfy bed smelling pancakes and bacon? Everyday when you wake up you get to feel happy and alive, safe and comfortable. Not everyone gets to do that. What about the children who have to worry about not waking up the next morning? What about the children who wake up smelling the rubbing alcohol and peroxide every morning? These children may have cancer.

In this article, Virginia FBLA has had the privilege of getting to hear a little bit about Miss Mackenzie Levi and her family's story about living with cancer. Mackenzie was only 20 months old when she was diagnosed with a cancerous tumor in the back of her head. Mackenzie started her fight with cancer before she was even 2 years old. They began this journey at VCU in Richmond, Virginia.

Mackenzie was just a baby so the experience isn't vivid. For her family, that's a different story. They got to see the real picture of the tumor. The picture set them in shock. The plan was to operate as soon as they could. After about a week of brain scans, blood work, and tests, the operations began.

Mackenzie went through 2 surgeries. The first removed about 95 percent of the tumor. Around a week later, they were able to resect the rest of the tumor. The day after her first surgery she began to have seizures due to low sodium levels in her body. The doctors began to worry about her airways. Her longest seizure lasted a hour and 45 minutes.

Mackenzie was diagnosed with medulloblastoma. She started her follow up care at VCU under Dr. Asadulla Khan. Her treatment plan consisted of six cycles of chemotherapy. Her first three at regular dose and the last three at high dose with stem cell rescue.

She was admitted to the hospital for the last three rounds of chemo. She was eating and drinking better than most. She was able to move into the Hospitality House instead of BMT. Her last round finished on March 4, 2007. On April 15, 2014 she graduated to yearly head scans. Today, Mackenzie is a cancer free, happy girl.

Special thanks to Victoria Levi for making this article possible.

ASK
DONATE



Ask Hero—VP Representing VSU Sarah Patton

VA FBLA-PBL's state service project, Project ASK, is an awesome way to get involved in the community and make a difference in someone's life. VA FBLA has worked with Project ASK to help childhood cancer patients and their families. Expenses add up quickly for cancer patient families with travel, food, and hospital bills. VA FBLA has had the privilege to work alongside this organization with donations from local chapter fundraisers and contributions. By supporting our service project, chapters get the amazing opportunity of receiving ASK Hero status by donating \$150 or more this year.

Who doesn't love ribbons at the state leadership conference? This year, chapters that donate \$150 or more will be recognized as an ASK Hero and receive a ribbon at the State Leadership Conference in Reston, Virginia for their contributions! Remember that regional contributions do not count towards total donations, which means that regional gift card donations do not count towards the \$150 required. Raising money to help childhood cancer patients is a reward in itself, but a fun ribbon doesn't hurt either.

Different fundraisers can be used to raise this amount from your local chapter. Some ideas might be a bake sale, car wash, or penny drive. There are a ton of exciting, new ways to raise money that can be found by researching online. As long as you work hard, believe in Project ASK, and have a sprinkle of creativity, raising \$150 shouldn't be too difficult.

Don't forget to start thinking of ways to raise money for Project ASK this month. It'll feel rewarding to help the community and be recognized at the State Leadership Conference with a ribbon! Everyone will be able to see how your local chapter was able to make a difference and help a child in need.

Give the Gift (Card) of Giving — VP Representing NOVA Karennia Öner

The ASK Childhood Cancer Foundation supports the children and families affected by cancer in Virginia through diagnostic research, funding for patient counselors and chaplains, and the provision of support groups for families of children with cancer. The Future Business Leaders of America has been an important ally in this mission since 1982. FBLA annually collects gift card donations for the ASK Childhood Cancer Foundation. Regional fall conferences are your chance to give back to the community and those in it! Gift cards are collected at fall regional conferences and count towards regional contributions to our state service project. Gift card donations are important to ASK's mission because gift cards allow for gift giving, supply acquisition, and other important parts of the support system that ASK strives to create.

Gift card donations from convenience stores, fast food locations, and popular stores are all great places to start if you are not sure of where to begin.

Gift cards from convenience stores allow families to buy household items, toiletries, and other necessities. Some great convenience stores include Target, Walmart, and other common places that are easily accessible by families. Gas gift cards from Wawa, Sunoco, and other prevalent gas stations are another great asset for families, as travel can get expensive when treatment requires frequent visits.

Fast food gift cards are great for providing a simple, appreciated meal to families and children who spend hours and days in treatment without sources of food. Wendy's, McDonald's, and other popular fast food locations are suggested for gift card purchase.

ASK requests gift cards from places such as iTunes, Amazon, Best Buy, and similarly fun stores as children and teenagers undergoing treatment oftentimes find solace and enjoyment in enjoying simple pleasures. ASK has an arsenal of toys for children to pick from when they come to the clinic, and sometimes gift cards go a long way in making someone happy!

Continues on to Page 3...

Give the Gift (Card) of Giving — Continued

Unable to donate? Promote the cause within your local chapter and inspire others to join the call to action! By speaking to students in your school about the benefits of donating gift cards to ASK, you can create an impact without spending a cent. To date, FBLA has raised over \$1,000,000 for ASK, and your efforts can help increase the monetary impact FBLA has had on ASK. Gift card drives in local chapters can be promoted on social media, through fliers, and by word of mouth. By incentivising donations with gift card donation contests wherein classes who donate large amounts win something in return, competition can create a community of not only cancer awareness, but of altruism and achievement.

Your donations allow families to acquire household supplies that may otherwise be financially out of reach, give children with cancer a sense of joy from leisure shopping, and help ease the duress of financially staying afloat during a very expensive and emotionally tumultuous period. A simple, inexpensive donation for you may determine the happiness of an entire family for the foreseeable future. A \$5 gift card can change lives: a child's, a family's, and even yours!

Denice Grawe of Project ASK— VP Representing Longwood Dylan Ratliff

Describe your involvement with Project ASK.

I am the Business Manager for ASK. That's a catch-all title for answering the phone, answering general questions when people contact us over the website, processing mail and donations, helping families with financial aid requests, maintaining our Facebook page and website, and any other administrative support that's needed. I'm one of three people at the ASK office, and my position is part-time.

What does the "ASK" in Project ASK stand for?

ASK stands for Assistance, Support, and Kindness.

What exactly does Project ASK do?

ASK provides direct support to children with cancer and their families in the greater Richmond area. We do this by funding three full-time staff positions at the Pediatric Hematology/Oncology Clinic at VCU: Child Life Therapist, Child Psychologist, and Chaplain. We keep the clinic stocked with snacks, drinks, and other fun stuff to pass the time when kids are in treatment. We also offer educational support through After School tutoring and Summer Enrichment camp, as well as other school-related support when needed. We partner with a local preschool to offer a specialized preschool experience to kids who are being treated for cancer and their siblings. We offer direct financial aid to families in crisis. We host fun events throughout the year, like a day at the zoo and a holiday party. We provide bereavement support to families who lose their children to cancer. Our mission is to Make Life Better for Children with Cancer.

When and how did Project ASK begin?

ASK was founded in 1975 by a group of parents whose children were being treated for cancer at the Medical College of Virginia hospital. The first position we funded was Chaplain.

How does Project ASK differentiate from other childhood cancer organizations?

ASK provides direct support services (see above), not funding for research. The support services are broad (financial, educational, psychological, spiritual, and social) and aim to be comprehensive. We are not a chapter of a national organization, but are our own local organization. ASK funds one of only two preschool programs in the country.

How widespread are Project ASK's programs?

If a child is being treated for cancer at the Pediatric Hematology/Oncology Clinic at VCU (and this draws from a pretty wide area across the state), they are coming into contact with ASK and our services. And we try to be available to families from the moment of diagnosis, throughout treatment, and into either survivorship or bereavement.

Continues on to Page 4...

Denice Grawe of Project ASK— Continued

How long has Virginia FBLA been involved with Project ASK?

Since 1982 the Virginia Chapters of the FBLA have supported ASK as their State Service Project, so 34 years.

What do the gift cards FBLA donates usually go to?

The gift cards usually go right to the clinic. \$5 gift cards to fun places (like McDonald's or Five Below) go into the clinic "treasure chest," from which every child is allowed to pick a treat after that day's treatment. Larger denominations may be used as holiday and birthday gifts to teens, like a \$10 gift card to iTunes or Starbucks. Gas and grocery store gift cards are given out whenever we learn that a family is in need of that specific assistance.

Which gift cards would you recommend chapters purchasing to donate?

We can find a use for just about any gift card we receive. Like I said above, "fun" places are good to give to kids. But grocery stores and gas stations are important to families.

What other events does Project ASK put on to raise money throughout the year?

Every spring we hold our Fun Walk & 5K (www.askwalk.org); 2017 will be our 12th year for that. Every fall we have the Dunkin' Donuts Munchkins Run (www.donutrun.org); this year will be our 6th year for that. We also hold an annual gala, which is a nice event for people who are less interested in running around. And throughout the year there are other organizations, like the Home Building Association of Richmond, that host events that benefit us.

Virginia FBLA has been helping Project ASK for thirty four years and is happy to do so. Being able to help Ms.Grawe and the rest of the Project ASK team change the lives of ASK children and their families is something you, Virginia FBLA, should be truly proud of. We strongly encourage you at your chapter meetings to plan fundraisers and donate gift cards. Do like to run or walk? Take part in the Fun Walk & 5K or Donuts Munchkins Run which comes up on November 19th. If that's not your thing maybe volunteer to help at one of these events. Virginia FBLA promote a Legacy of leadership by making an impact on the lives of ASK children and their families.

Nathan Salomonsky of VA FBLA— VP Representing Capitol Josh Shearin

Ever wonder what life would be like if you were the CEO or President of a major corporation? Do they ever have any free time to kick back and relax, and not have to worry about their corporate responsibilities? Is the phrase "No Days Off" their reality? Well, this article is for you! In this month's edition of the Virginia FBLA Newsletter, we get to hear from our Virginia FBLA President, Nathan Salomonsky!

Nathaniel Louis Salomonsky was born on January 14, 1999, in Henrico County, Virginia. He currently lives with his parents, Ben and Jenny Salomonsky. His father is a former student of Providence College and Virginia Commonwealth University. He graduated college with a master's degree in accounting, and is now a certified accountant. Nathan's mother is also a former student of Virginia Commonwealth University. She graduated with a bachelor's degree in business management. She also works at VCU Oncology as a nurse's manager support assistant. Nathan also has a fifteen year old sister, Maggie, who is also a member of FBLA. Together they own a yellow Labrador named Mister! Nathan's hobbies include playing with Mister, being a member of his school's golf team, class officer activities, and of course, FBLA. He is an avid car enthusiast, who enjoys working on his own car. His favorite musicians include artists like Paul McCarthy, Coldplay, and OneRepublic. He enjoys the TV shows/movies House of Cards, Law & Order, Forrest Gump, Goldfinger, and Cannonball Run.

Continues on to Page 5...

Nathan Salomonsky of VA FBLA— Continued

Some of his greatest achievements and awards include winning first place in Introduction to Business at FBLA SLC and the West Point Society of Richmond Leadership Award. He has been class president twice, NHS Co-President, a member of NEHS, and most recently, was elected as Virginia FBLA's State President! He lives by this statement: "Never act selfishly, because who believes someone who is selfish?"

The Interview:

Hello Nathan! First off I just want to thank you for taking time out of your busy schedule to talk with me. I'm not going to waste in of your time, so let's jump right into it! First question! How did you find out about FBLA?

I saw FBLA on the club sign up sheet, and in parentheses I saw, 'Future Business Leaders of America.' The rest is history.

What were your initial thoughts about the organization? What were you expecting, and what did you come to find out?

My first thought about the organization was that FBLA was a small, local organization. I knew about the competitive events, which I did not think would be all that competitive to begin with. Boy was I wrong on both fronts.

What made you decide to stay a member of FBLA, versus scratching them off the list. What caught your attention?

My career goal is to go into business. FBLA is single-handedly the best organization for co-curricular business education while also providing fantastic and powerful leadership positions.

Let's talk about the different offices within FBLA. Here in Virginia, we have three categories, if may say: your local school chapter, your regional chapter, and the state chapter. Tell me about your success within each.

As the Local chapter president, I look forward to continue our legacy of leadership in the community, whether it be community service projects or recruitment in our school for FBLA. At the regional level, our region was introduced at our RFLC FBLA Kahoot, and the winners received prizes. It was a great way to get our members involved in the competitive spirit of our organization. At our RFLC, we also hosted Mens Warehouse; which gave a fantastic workshop on how to dress for success. At the state level, this year will be special because just about every resource at our disposal is being used to increase membership. We want to continue our state's legacy of leadership and impressive national status by growing our FBLA family. And on that note, I encourage everyone reading this article to invite a friend into our amazing organization. Being apart of the FBLA family is something that for a small due, so much can be gotten. Workshops, competitive events, elected offices and the list goes on.

You mentioned being president at both the regional and state level. Let's talk about that for a moment. What made you decide to run for presidency in the Longwood Region?

My run for the Longwood position was based on the simple desire to be a leader in FBLA. I knew from the beginning that FBLA was and organization unlike any other, and one that would have unbelievable leadership opportunities.

Continues on to Page 6...

Nathan Salomonsky of VA FBLA— Continued

What made you consider running for presidency in the state office?

After my successful term as the Longwood regional president, I knew I could take my skills to the next level. I put in my application for State president, and with a long and difficult campaign, comprised of many candy wrapping hours and platform developing, I prepared myself for the position. I knew that if I won, I would have all the faculties needed to perform the job at the highest level. I knew that my passion and energy for FBLA would be best channeled in a position where I could have a big voice, and a team that I knew from the previous year, who also had the same passion for this organization. The team we had last year was a powerhouse, and I mean that. And now, with our outside the box Program of Work this year, we have a lot on our plate, and a dedicated team is needed to execute with the punctuality and professionalism one would expect from an organization of aspiring business leaders.

What was your reaction when you found out that you had been elected to state President?

Shock. It was shock. I had four substantial competitors, and here I was, a kid from a rural town running for the top position in one of the greatest FBLA state chapters in the nation. My advisor and I were sitting in the election results briefing, with all of the other competitors and their advisors in the room as well. The tension that came with the reading of the presidency results was immense. It was unbearable; but after hearing my name read out, I just blankly stared off into the distance for a good 15 seconds followed by turning around to look at my advisor to see her reaction. We both smiled, and with a nod of my head, it was understood between her and I that something unbelievable had been accomplished.

How was that transition, going from a regional president to a state president?

Well, as our regional president, I had the pleasure of getting to know so many wonderful members in our region. Being able to hand out awards to all of the committed members in our region was an unforgettable experience. But the transition into the State Presidency was a big leap. Executive leadership from the regional position helpfully carried over, but the enormous responsibility of leading a state, one which has over 10,000 members is quite the duty. But just after the inauguration at SLC, meeting the dedicated member base who attended SLC made me, more than anything, proud. Proud to be an FBLA member. Proud to be our State President and work for people who have the same dreams and aspirations I have. Proud to get to know members that travel 5-6 hours just to have a shot at competing for a national title. Those experiences made me proud.

Me being the Capital Region President, I know firsthand how much responsibility comes with being in these positions. What is the workload like for you? Is it too much? Not enough?

The workload is intense. Deadlines have to be made every week. I will have to excuse myself from meals and family events to take calls vital to our organizations function. It is a 24/7 job. I take it very seriously. When it comes to emails, sometimes I get more than 10 a day, sometimes none. You have to be ready at a moment's notice to get info out to people, and confirm everyone has received the info. I find the workload to be manageable. I wake up at 7:30 on weekdays and take care of FBLA stuff before I go to golf practice, to make sure I have all the loose ends of my responsibilities completed, then later in the day, when people have replied to me, I have time to finish up ideas, projects, duties, etc.

Continues on to Page 7...

Nathan Salomonsky of VA FBLA— Continued

What have been some of your achievements during your time in FBLA? What would you say has been your greatest achievement?

Last year I worked hard towards a first place title at SLC in the Introduction to Business competitive event. But so far, my greatest achievement would have to be the campaign for the State Presidency. It was a lot of work, and A LOT of candy, but in the end, it was worth it. I hope that my greatest achievement this year though will be that, with the help our of determined State officer team, we were able to increase membership. Membership is the core of this organization, and I want to keep our state in the highest percentage of members to enrolled students in the nation.

You're in the beginning stages of your senior year. At that same time, you're in the beginning stages of your final year in FBLA, at least at the high school level. What are some of your plans going into this year?

Grow awareness for our state service project partner, Project ASK. Increase participation in our BAAs and CSAs. Though my ultimate goal this year is to increase membership. Making those who are not members aware that this organization is something that is the one of the greatest assets to a high school career.

This year's theme is "Legacy of Leadership." How do you plan to leave YOUR legacy on the Virginia FBLA chapter?

I hope to leave an example of what professionalism looks like. Staying true to your commitments and helping others before yourself. That is what I hope to do with my term as our State President.

When conversations take place regarding past Virginia FBLA Presidents, do you think your name will be mentioned?

I think the President gets a lot of credit for success and blame for failure, but no state president is successful if their officer team is not passionate and driven. This year's officer team lives and breathes FBLA and I hope we will be remembered for our pure passion for this organization.

What is your advice to the 2017-2018 Virginia FBLA President, their successors, and all current and new members of FBLA?

For those seeking office, remember one thing: Do not run for office for yourself. People do not trust selfish people. You have to be a genuine, good listener. Understand that you are the medium to amplify the concerns of the voters, and the propulsion of change they want. For those looking to get the most out of their membership, remember to attend as many conferences as possible. RFLCs, NSLCs, SLCs, NLCs, NFLCs . So many networking opportunities, a characteristic of FBLA that most people is the most valuable part of their membership.

My final question is this. And yes, this answer will contain spoilers! Can we expect to see you in the FBLA PBL office next year?

We will see what university I attend. Whichever way I go, I will do everything I can to remain an advocate and leader in FBLA PBL, an organization I owe so much to and believe so much in.

Continues on to Page 8...

Nathan Salomonsky of VA FBLA— Continued

Well, there you have it. Today, we learned a lot about our Virginia FBLA President Nathan Salomonsky. I couldn't have been more honored to be able to interview such a talented, smart individual. Hopefully while reading this, you were able to take some of the advice he gave, and will start applying it to your life. Future Business Leaders of America is such a phenomenal organization, and it shouldn't be taken for granted. I'm going into my second year in FBLA, and I only wish I would've joined sooner. Take the initiative today, and take advantage of your time within this organization. Nathan and I assure you, you won't regret it!

Promotional Materials— State Reporter Jacob Knight



Your State Officer Team has been hard at work during the last months creating promotional materials to help your chapter grow! This package is now available for your use at this link: <http://bit.ly/VAFBLAPM>. The package includes flyers, a branding kit, the new VA Legacy of Leadership Logo by State VP Rep. Capital Josh Shearin and more!

Social Media— Buzz Squad



[/virginiafuturebusinessleadersofamerica](#) [/virginiaphibetalambda](#)



[/vafbla](#) [/virginia_pbl](#)



[/vafblapbl](#)



[va fbla](#)



[va fbla](#)



[vafbla-pbl.org](#)