



Why do we...

THE EXPRESS

SERVE?



The Service Edition

Service is a large part of what makes FBLA such a special organization, and in this issue we celebrate this!

Read on to see what your local chapters are doing to serve their schools, communities, and NYS FBLA.



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Send articles and pictures to reporter@nysfbla.org to be included in the next issue!





Preparing for an FDM

Marigrace Gerhardt SVP District 4

If you have ever been to an FDM, you know it is a lot of fun. You get to meet new people, attend awesome workshops, and hear from a great keynote speaker. What you do not see is all of the hard work put into making an FDM run smoothly. A lot of effort is put in behind the scenes, that you don't necessarily see. It is the job of a State Vice President to plan our district's FDM, so if you're looking for some insight, here it is.

The first step is selecting a location. Where an FDM is held is very important. It needs to be a large enough space for your members and it needs to be close to all of the schools attending your FDM. I suggest a community college, or a school, mainly because many rooms are going to be needed. Along with the location, you have to choose the date. Find a date in October (normally the months FDM's are held) that the venue is free and then work around the schools you invited. Picking a date can be kind of tricky, as you are dealing with many different schools who have very different schedules.

Once you have a location and date, you need to solicit a keynote speaker. Keynotes normally are associated with the state charity or a business association. When picking a keynote you want to make sure the topic is interesting so students stay involved in the presentation. For my keynote speaker this year, I picked a representative from a Feeding America food bank local to my area. Her purpose is to inform members about our state charity and give members ideas on how to get local chapters involved in supporting our charity.

Next, you have to pick workshops. Workshops are a really fun thing to plan because the topics are totally up to you and your Board of Trustee members. Business and leadership skills are always great topics for workshops. When picking a workshop always make sure you have a good presenter and an adult chaperone in the room if students are the presenters. Here is a short list of possible workshop ideas:

- Introduction to Parliamentary Procedure
- FBLA Trivia
- How to Prepare for College
- How to Build Your Résumé
- Fundraising Ideas
- Community Service Ideas
- What is the Program of Work?
- How to Become a State Officer

Once you have all of these basics finalized, there's not much more to do. All that is left is finding a place to get food, if members will be eating there, create a schedule for the day, and make signs for your workshops. After that it is just the little things, like making sure you have name tags for your members and participation certificates for each school who attends. Overall, planning an FDM might be stressful, but in the end it is a great feeling knowing you accomplished so much. It is a lot of work, but if you are up for it, it is definitely rewarding and a lot of fun. Good luck!

How does NYS FBLA serve? Let's find out!



Cobleskill-Richmondville: Written by Sophia Lucear

This fall, Cobleskill-Richmondville FBLA has been off to a busy start volunteering and giving back to the community. We have participated in many activities including: holding numerous chapter meetings, cheering on participants in the FAM Walk/Run, acting as guides at our Open House, hosting a hot chocolate bar at Homecoming, helping children carve pumpkins, volunteering for the first annual Richmondville 5K, and bringing in goods as we “trick or treat” for the local animal shelter. We also had the privilege of learning how to plan a Fall District Meeting. For the first time in many years, one of our members, Marigrace Gerhardt, is a state officer and thus we learned how to plan, execute, and host the Fall District Meeting. Our chapter helped Marigrace organize the planning of the event and nine members also hosted workshops on various business topics! This was a great learning experience and we look forward to helping with the Spring District Meeting as well! This autumn has provided us with many opportunities and we now we cannot wait to spring forth with more!

Carmel

On Saturday, September 16, Carmel’s FBLA chapter travelled to the Patterson Fire house to volunteer in the “BBQ Blues” event for Patterson’s Rotary Club. This event has been a tradition for Carmel FBLA to participate in and this year Carmel FBLA showed up strong with many members who worked from around 10 am to 7 pm. Carmel FBLA volunteers helped to organize the event, keep an eye over children and clean up once the event was done. This event was a fundraiser event for Patterson’s Rotary Club. Rotary Clubs are very important in many communities and this is especially true for ours. Patterson Rotary Club gave us an opportunity for Carmel FBLA to get closer to members of our community. We are very grateful to Patterson’s Rotary Club for giving us the platform to help out our community. Carmel FBLA loves doing this event and we hope to be able to keep on participating in it for years to come!

John Jay Sr.: Written by Amy Zhou

The John Jay Chapter of FBLA hosted the first of its two biannual blood drives for the 2017-2018 school year on October 19th, and it was very successful. FBLA members gave their free periods to the cause and made sure that the event ran smoothly by signing people in and providing general help to the professionals. The John Jay Community too did not disappoint. Teachers, students and even parents--who drove in just to donate blood--showed up in great numbers to give to those in need. Students are not often given the chance to contribute so directly in the saving of other lives as a blood drive does, but once given the chance, their enthusiasm is unstoppable. Some students hadn't even signed up prior to the event, but once they saw the drive, they jumped at the chance to give back to their community without a second thought; while younger students had to be turned away if they did not have a registration form, they all excitedly promised to be back for the drive in the spring. The generous spirit of the community was clearly visible, and the drive had already surpassed its goal by the middle of the day. 86 pints of blood were collected. The chapter would like to extend a special thank you its partner, the New York Blood Center, one of the largest community-based, non-profit blood collection organizations in the nation, and looks forward to a long partnership ahead. Thank you as well to all those who donated, and to the members who gave their time to make the event a success.

Lakeland: Written by Amanda Brown

On October 1, 2017, students from Lakeland High School volunteered as Team Hornets at the annual Support-A-Walk, which is hosted by Support Connection at FDR park in Yorktown Heights, NY. Support Connection is a local organization that helps and supports people who have breast and ovarian cancer. Students helped set up the refreshments tent with water and snacks for people to enjoy after the walk, as well as brought baked goods such as homemade chocolate chip cookies, cupcakes, and chocolates to sell and donate. All donations collected went to Support Connection. Students also made a team banner with the concept positivity. The concept of positivity was inspired by one thing positive within our environment can turn someone's day to a positive day. Team LHS Hornets donated over \$220 dollars to Support Connection. Overall, it was a positive day for everyone who attended this year's walk!

Lakeland FBLA has teamed up with Support Connection as our local charity for the last couple of years. During the course of the year, we raise donations for Support Connection, so they can continue to provide to our community, support groups for people who have been affected with breast and ovarian cancer, as well as activities such as the annual walk to the community and raise awareness for breast and ovarian cancer.

Monroe Woodbury: Written by Anusha Dawson

As early as seven in the morning on Friday, October 27, 2017, members of Monroe Woodbury FBLA gathered in the lobby of the high school to assist workers from the New York Blood Center in setting up the area for the annual fall blood drive. They organized rows of chairs and tables for the incoming donors, accompanied by an assortment of lab equipment, and as the students began to trickle in, the volunteers sprung into action. Students kept detailed attendance records and directed patrons through their donation process. They escorted donors after their contribution, and were the eyes and ears of the busy workers to ensure that the weakened donors were in good health. Prior to the blood drive, members had also distributed colorful posters and forms throughout the school to encourage students to donate and promote the event. The volunteers responsibly took time from their classes to help out, and the incredible abundance of them resulted in the event running smoothly and efficiently. At the end of the day, the New York Blood Center determined that 77 pints of blood were collected, which equates to 231 lives. FBLA organizes the blood drive biannually as an act of service beneficial to all in the community. Adults, as well as students, are welcome to contribute to the state blood center. It's convenient location in the high school provides an opportunity for students to step forward and be active contributors in aiding their community. These students are introduced to the blood donating process, and will hopefully continue to promote this highly beneficial and crucial organization.



A Story: Tri-Valley High School



As Tri-Valley FBLA begins its 30th year, we recognize 29 years of service, education, and progress. In the fall of 1987, members of Cobleskill FBLA came to Tri-Valley High School to help students charter their own chapter. On February 1 of the next year, Tri-Valley FBLA, was officially chartered. That year, Ms. Brenda Hay, a former member of Cobleskill FBLA, became the advisor of six members. The Tri-Valley chapter currently has 54 members and continues to grow. With service as a cornerstone, one of the nine goals of FBLA is to encourage members in the development of individual projects, which contributes to the improvement of home, business, and community. Over the years, Tri-Valley FBLA has contributed thousands of hours and thousands of dollars to the national charity, the March of Dimes, as well as various state charities like the American Red Cross, American Cancer Society, Wounded Warriors, ALS Foundation, and many more.

Since 1988, hundreds of Tri-Valley FBLA members have developed the skills necessary to facilitate the transition from school to work and become competent, aggressive business leaders. Members attend professional development conferences in the fall and competitive event conferences in the spring and summer. Over the years, members have attended conferences in major cities such as Chicago, Baltimore, Washington DC, Denver, Nashville, Anaheim, and San Antonio. As much as the members work hard and participate to make the chapter stronger, nothing is possible without our assiduous advisors. Our chapter has multiple advisors to ensure that all of our members get an equal opportunity to learn and grow as business leaders. These three women have been influential in many ways and have made our chapter what it is today. Ms. Brenda Hay is the heart and soul of Tri-Valley FBLA. In 1988, she, along with the help of Cobleskill FBLA, chartered the Tri-Valley chapter and played a key role in developing the club into what it is today. Ms. Hay has inspired countless students and many

still come back to contribute to our chapter. She has truly created the FBLA family that this whole organization is all about and has made Tri-Valley FBLA memorable for every member that has ever joined.

Mrs. Judy Swarthout started her career at Tri-Valley in 1990 as a business teacher. She became an FBLA advisor in 1996 helping charter Tri-Valley Jr. FBLA. Her first FBLA conference was chaperoning for a National Fall Leadership Conference in Providence, RI. Ever since, Mrs. Swarthout has served as an advisor for our high school and junior chapters. This year, she is serving on the NYS FBLA Board of Trustees and is the advisor to NYS FBLA President, Gillian Mathews. Mrs. Swarthout's favorite FBLA memory was winning Chapter of the Year at the State Leadership Conference in 2012. She said, "After everything the chapter had accomplished that year, it was nice to receive recognition, especially for the senior members."

Mrs. Nancy Peters came to Tri-Valley High School in 1997. Her first FBLA experience was also in Providence, RI. After falling in love with our organization, she became the Tri-Valley Jr. FBLA advisor in September of 1998. One memorable experience was attending her first NLC, the 2011 National Leadership Conference in Nashville, TN after a major flood wiped out the Grand Old Opry Hotel thus causing the conference to be moved to downtown Nashville. She has since taken members to the Institute for Leaders (IFL) and National Leadership Conference (NLC) in San Antonio, Chicago, Atlanta, and Anaheim. As you can tell, Tri-Valley FBLA would not be the same without these amazing leaders. They have shown each and every member what it is like to live up to their potential and truly "Build their Bridge to Success." Throughout the years, the advisors of the Tri-Valley chapter of FBLA have given their members life skills that they will use from the rest of their lives. From the first members back in 1988 to the newly inducted members of 2017, FBLA has benefited every member in their own way and continues to aid in making them a better person.

From a personal view, FBLA has been a huge part of our lives as we continue to live and breathe this great organization. Both coming from Tri-Valley FBLA, we know firsthand the experiences and life skills that our chapter have been given to us, and we've used these to strive as part of the 2017-2018 New York FBLA State Officer Team. This chapter has undoubtedly developed competent, aggressive business leadership in us and has pushed us to become the leaders we are today. Without Tri-Valley FBLA, we wouldn't have had the chance to take the same amazing opportunities that we have been given and for that, we are forever grateful to this amazing chapter and the people who have shaped it.

Written by President Gillian
Mathews and 3N SVP Aidan
Mentnech



FDM Success

Mamaroneck FDM: Written by Maddie Silverstein

This year the Annual Fall District Meeting for New York State District 3S was held at Mamaroneck High School. Every year at the Fall District Meeting, each District 3S Chapter enjoys a captivating keynote speaker, followed by attendance to different educational workshops. Additionally, at the meeting the District Office Team for the coming year is selected. New York State District 3S Vice President, Chloe Weiser, organized the entire meeting, and it was hosted at Mamaroneck High School due to the fact that she is a member of Mamaroneck FBLA. The event was a huge success, and was attended by a Chapter of FBLA from each of the following schools: Lakeland High School, Mount Vernon High School, Hendrick Hudson High School, Nelson Mandela High School, and of course Mamaroneck High School. The keynote speaker for the night was David Einhorn, a hedge fund manager with a net worth of 1.54 billion dollars. The members of District 3S were excited and intrigued while listening to his presentation about life skills and critical thinking. The workshops attended by the members varied in many different areas. One example of an interesting workshop was concerning mindfulness. A professional gave insight on how mindfulness connects to the business world, and how to implement mindfulness in your daily life in order to relieve stress, and feel happier. Other workshops included judges of FBLA State Competitions giving an inside scoop on how to succeed in competition, how to become a State Officer, and the keys on proper public speaking. During the catered meal potential District Officers were interviewed and then selected for each position.

The 2017-2018 New York State District 3S Officer Team is:

Secretary: Buu Hac Nguyen
Treasurer: Andrew Danziger
Reporter: Maddie Silverstein
Historian: Nina Tagliabue
Event Planner: Michaela Gualano
Media Specialist: Abby Troy

Mamaroneck FBLA was honored to host such a wonderful and exciting event, and thanks Chloe Weiser and Maria Siciliano for their hard work, as well as each District 3S Chapter Advisor. District 3S awaits a prosperous and triumphant year to come.



Canastota FDM

The 2017 New York State FBLA District 7 Fall Conference was held at Herkimer County BOCES on Friday, October 20. Twelve Canastota High School members and two Middle Level members attended along with over 100 other members from throughout Madison, Oneida, and Herkimer counties. Eight workshops were presented to the membership in attendance on topics such as “Careers”, “What Employers Look For”, “Professional Image”, “The College Admission Process”, and “Resume Building.” Several professionals from the area presented workshops to the membership. Canastota members, Emily Case, Matthew McDermott, and Lucas Barnello served as workshop presenters, presenting “FBLA 411” and “The New York State Program of Work” to the membership. The following FBLA members were chosen to serve as FBLA District 7 officers:

District Reporter – Emily Case, District Historian – April Dabrowski, District Secretary, Matt McDermott, and Madison County District Representative – Lucas Barnello. Matthew McDermott finished in third place in the Battle of the Chapters competition. Five members attended the National Fall Leadership Conference in November held in Buffalo, New York.

Falconer FDM: Written by Jacob Thierfeldt

On October 12th District 13 held its 2017-2018 Fall District Meeting at Falconer High School. The chapters in attendance were Falconer, Clymer, Randolph and Pioneer. Our first workshop was titled “Program of Work.” This workshop presented by SVP Emily Johnson. It went over the State’s Program of Work and the challenges in it. The second workshop held was about the BAA’s. It was aimed so it would helped you become a more active chapter/member. It also helped you learn the basics on how to do them. In our third workshop we had a guest speaker from Jamestown Business College come in to teach us about leadership and qualities of a good leader. This was a very interactive workshop where everyone was involved and playing Kahoot. This got all the groups interacting with each other. The next workshop that was held was “How to Network.” It gave the students good advice and skill builders to become a better networker. Then the students went around introducing themselves and using these skills they learned. Many of the participants got to know each other and made friends they can still talk to! The last workshop held was “Public Speaking/Benefits of FBLA.” This was held by Mrs. Wallace. The showed the the benefits of FBLA throughout high school, and beyond. It also gave a very good guide and tips to public speaking.

Chapter Spotlight: Floral Park FBLA

Written by Beverly Bruno

As Warren Buffett once said, "There's one investment that supersedes all others: Invest in yourself." Becoming apart of Future Business Leaders of America is an investment in oneself because of the unique experiential learning that one will enjoy from the endless opportunities offered by FBLA. Floral Park Memorial High School is gearing up for a new FBLA year, and has many great things in store! Under the new leadership of President Beverly Bruno, Vice President Marwa Alami, Secretary Matthew Simunovich, Treasurer Ali Bashir, and Historian Shafay Ahmed, Floral Park's FBLA chapter is being revamped in fun and exciting ways! On September 20, 2017 we conducted our first meeting of the school year in which we discussed our activities and events from last year, such as our Shark Tank competitions, District Induction Dinner, and the State Leadership Conference. We introduced our new officers, invited attendees to apply for membership, and encouraged any ideas that we could use to further improve our chapter and make it even more enjoyable for everyone. Not only are we committed to spreading FBLA pride throughout our school through community service, fundraising, and social media, but we also plan to hold workshops for all FPM students that will teach necessary skills such as resume-writing, public speaking, and so much more! Floral Park FBLA is not just a business club, but a life skills and development club. Our belief is that exposure to the business world at a young age will foster creativity, maturity, and growth within the members that will allow them to become leaders in whatever fields they choose to pursue. We work to leave students with a newfound sense of confidence, stellar work ethic, self-assurance, and knowledge that they can apply to various aspects of their lives. We look forward to an unforgettable year full of memories, relationships, and experiences.

Alumni Interview

Written by Jordan Richheimer and Ann Wang

We interviewed Jordan's older brother, Zachary Richheimer, Williamsville East High School Class of '14, to learn more about his experiences in FBLA and how his experience in our organization has helped him.

A&J: When were you a member of FBLA?

Z: I was a member of the Future Business Leaders of America from 2011-2014.

A&J: Did you hold any officer positions, and when?

Z: Yes, I was my chapter Secretary in 2011, as well as the Treasurer in 2012 and 2013, and Co-President in 2014.

A&J: What did you do after high school?

Z: I proceeded to study finance at the University at Buffalo.

A&J: How did your participation in FBLA help you in college?

Z: At my final National competition, I was able to win 1st place in the Banking and Financial Systems competitive event with another member from Williamsville East. FBLA confirmed my interest in specialty areas of business, so I knew what I wanted to study.

A&J: What do you do right now?

Z: Currently, I am a consultant for financial institutions at KPMG LLP, one of the big four global accounting firms. This means that I ensure banks have proper risk management across their investments.

A&J: How has your experience in FBLA helped you in your daily life?

Z: Through competitions and serving in multiple officer positions, I was able to learn fundamental skills such as public speaking and organization; these skills are the basis for what I do on a daily basis.

A&J: How can a member of FBLA maximize their own experience?

Z: Make the most of being in FBLA! As a member, you're given so many opportunities to grow as a leader, including the State and National Leadership Conferences. These, in addition to the Fall and Spring District Meetings, serve as great chances to develop your skills and meet other like-minded students.

A&J: What other advice do you have for students?

Z: Find something you're passionate about and learn everything you can about it to be able to pursue it on a professional level!

How FBLA Has Changed Me and My Work Ethic

Written by Yash Rijal

As a freshman and sophomore in high school, I spent a lot of time opening up to the ideas of different clubs and activities, FBLA being one of them. Members were often spotted parent-teacher conferences selling food items, and in the hallways selling lollipops. My peers admirably grew more work-oriented, hard working, and focused, which were all qualities I sought to have. As a junior, I could not be happier that I chose to become a member of FBLA. FBLA allows students to learn about business, leadership skills, and how to better the community surrounding us by establishing programs.

FBLA meetings are mostly student run, and they establish a sense of leadership that can help create confidence and speaking skills needed for things such as interviews and speeches. These meetings encourage member participation, and it allows you to become more focused and business oriented, which can be crucial if college applications are around the corner.

FBLA has annual state and national competitions that increase academic profile. In these events, one can compete individually, or in a group, which can be desirable to those who do not wish to venture beyond their comfort-zone. Last year, I had the privilege of observing my fellow associates work and practice for these competitions. Though the competitions were not easy, the end result was most definitely worth the time and effort.

FBLA allows the members to give back to the community, as this year, FBLA is working with the March of Dimes Foundation, which is a foundation that seeks to end premature births, birth defects, and infant deaths. Though it is definitely important to allow clubs and foundations into the schools, it is more important for those clubs to be community oriented in order to gain support from students and community members. One of the reasons I knew I wanted to become a member was because I wished to give back to the community.

Though I have not been a member for long, I definitely already see an improvement in my work. I have become more hard working and more study oriented than I had been in the previous years of high school. FBLA encourages self growth and community growth, both of which are necessary to the establishment of a solid foundation.