



Lansing Jaycees  
P.O. Box 16150  
Lansing, MI 48901

[www.lansingjaycees.org](http://www.lansingjaycees.org)

District 4  
Population Division 6  
Base Membership: 77

## OUT WITH A BANG!

The 2010 Year End Awards Banquet was held on Saturday, January 21st at the Lexington Hotel in Lansing. Congratulations to the following award winners:

Bob Pancost Memorial Business Awards: Dan Henry Distributing, and Geno's Pizza

Membership Project of the Year: Take Me Out to a Tiger's Game, Angela Fossi

Management Project of the Year: Hauntings, Samantha Keeney  
Individual Development Project of the Year:

Resume and Interview Seminar, Dan Harris

Community Development Project of the Year:

Pet Photos with the Easter Bunny, Eric Richmond and Lauren Leeds  
Overall Project of the Year: 9/11 Vigil, Abby Siegel and Lauren Leeds

We also awarded Lifetime Membership to Stephanie Steere as she aged out of the organization. Michelle Walk also aged out and was roasted. The end of the night came with the 2011 Board of Directors presenting Karen Brown her JCI Senator pin and number. Congratulations to all for a fantastic 2011!



Sheryl S. and Karen B. at the Lansing Jaycees Year End Banquet Past President's Reception.



Carrie M. gets her roast on with Michelle W., an aged out Lansing Jaycee.



Out-of-Town guests were abundant at this year's banquet. Here is Jim Williams from Kentucky and Andrew H.



One of the official parts of the banquet was getting the 2012 Board of Directors sworn in.



87th MIJC President Dave Worthams, and Lansing Jaycees Monique F. and Angela F. enjoy the banquet.



Karin R. receives her First-Year Springboard Award from Angela F.



**JAYCEE CREED**

**BY C. WILLIAM BROWNFIELD**

WE BELIEVE THAT FAITH IN GOD GIVES MEANING  
AND PURPOSE TO HUMAN LIFE;  
THAT THE BROTHERHOOD OF MAN TRANSCENDS  
THE SOVEREIGNTY OF NATIONS;  
THAT ECONOMIC JUSTICE CAN BEST BE WON  
BY FREE MEN THROUGH FREE ENTERPRISE;  
THAT GOVERNMENT SHOULD BE OF LAWS  
RATHER THAN OF MEN;  
THAT EARTH'S GREAT TREASURE  
LIES IN HUMAN PERSONALITY; AND THAT  
SERVICE TO HUMANITY IS  
THE BEST WORK OF LIFE

**2012 Board of Directors**

**The Board meets on the last Monday  
each month, 6 p.m. at Maner  
Costerisan, 2425 E. Grand River Ave.,  
Lansing, MI 48912**

***President***

- **Lauren Leeds 989.482.1232**

***Chair of the Board***

- **Angela Fossi 586.484.7027**

***Board Members***

- **Danielle Wellington 616.405.6993**

***Membership VP***

- **Joe Kelly 616.617.8037**

***Individual Development VP***

- **Dan Harris 517.927.9412**

***Management VP***

- **Eric Richmond 802.734.1405**

***Community Development VP***

- **Sheryl Soczek 517.862.6376**

***Treasurer***

- **Abby Siegel 517.944.9729**

***Secretary***

The Lansing Jaycees is an organization of people ages 21-40 which promotes leadership training through community service. We meet the first Tuesday of each month at 7 p.m. (dinner from 6 p.m. to 6:30 p.m.) at Tripper's Bar and Grill in Frandor. Visit our website, [www.lansingjaycees.org](http://www.lansingjaycees.org) for more information.

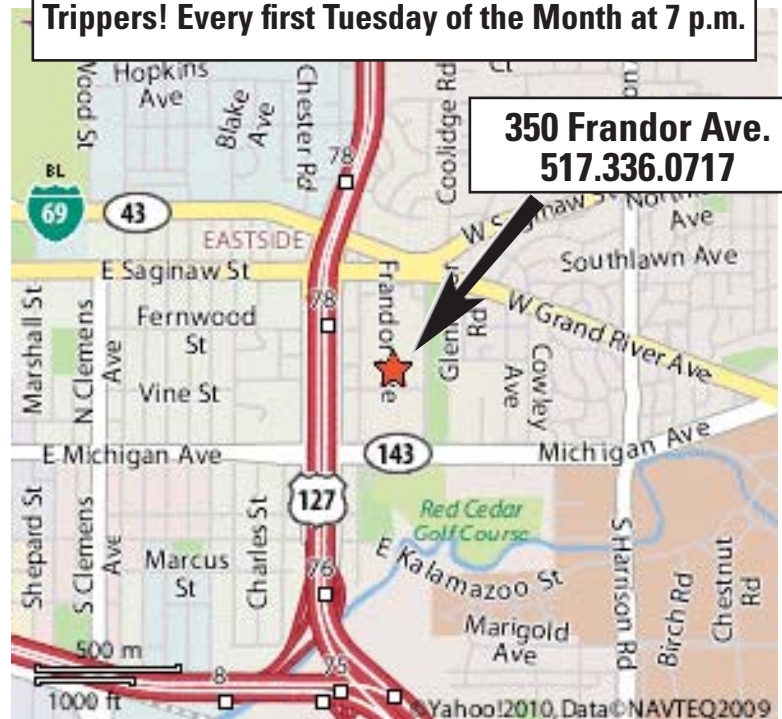


A note from the Capitol Correspondent Editor:  
Thanks to the contributors of the January newsletter: Lauren Leeds, Danielle Wellington, Eric Richmond, Joe Kelly, Dan Harris, Kris Dezelski, Sheryl Soczek, Michael P. Leeds, Abby Siegel, Angela Fossi

**ANYONE CAN BE AN AUTHOR!**

Please submit your articles, photos, or ideas for future newsletters to: Abby Siegel  
[queenpetunia@hotmail.com](mailto:queenpetunia@hotmail.com)

**Join us for our monthly membership meeting at  
Trippers! Every first Tuesday of the Month at 7 p.m.**



**350 Frandor Ave.  
517.336.0717**

## PRESIDENT'S REPORT

Hello Lansing Jaycees! Are you ready for 2012?

Each year we get the chance to reinvent ourselves and the same goes for this fantastic organization.

I'm excited to be serving as your 84th president and I'm over the moon to be doing so alongside a great group of individuals on the 2012 Board of Directors.

While several of us are returning members, everyone will be serving the Chapter in a new role this year. The great thing about having new board members is all the new ideas and the different approach they bring to their respective position.

While we will see the return of signature projects like the annual Easter Egg Hunt on the Capitol lawn and the beloved Stuff the Bus event, there will also be new and exciting events planned throughout the year.

The great thing about the Jaycees is that our members determine what programming is offered. Is there a project the Chapter did years ago and you want to see it run again? What have you always wanted to try, but haven't had the opportunity to do yet? Have a restaurant suggestion for a "Get Your Food On," or a pub for us to try out for a monthly happy hour? Have you noticed a community need and you want to help some way?

If you have an idea for a project, feel free to approach the appropriate vice president or any other board member with your suggestion. As one of last year's Community co-directors, I can tell you that board members welcome your input.

Specific to my new role in the Chapter, I have big shoes to fill this year and I hope to lead the Lansing Jaycees in the same direction as my predecessors. The health and stability of our Chapter are at the forefront of my plan for us to obtain Blue Chip again this year.

On a grander scale, this year I would like us to file the necessary paperwork to establish a Lansing Jaycees foundation, which would have 501(c)(3) status. I believe that having such a status would encourage greater cooperation from businesses in our community, as they would be able to financially benefit from donating to our cause through tax deductions.

The year ahead of us has many uncertainties, but one thing I know for certain is that no matter what may be in store, I am proud to be a Lansing Jaycee!



lleeds823@gmail.com

### Meet your 84th President, Lauren Leeds

**Occupation:** Media Specialist for the Michigan Senate

**Relationship Status:** Married to the Chaplain

**Dream Job:** Communications director for an animal welfare organization

**Favorite Movie and/or book:** Movie: Eternal Sunshine of the Spotless Mind; book: Where the Wild Things Are

**Favorite Type of Music:** Rock, Punk, Folk, etc.

**Do you have any pets?** Three cats and a dog

**Favorite Food:** Sesame chicken and crab rangoons

**Favorite Game or Sport:** Euchre

**2012 Goal:** To file paperwork to establish a Lansing Jaycees Foundation that's a 501(c) 3

**First car:** Booger green, 1985 Ford LTD

**Why I joined the Jaycees:** To become more involved in my community.

**Random Fact:** First woman in her family to graduate from college.

**Favorite Jaycee Project and reason:** Pet Photos with the Easter Bunny because it involved two of my favorite things: cute, furry animals and photography.

**Favorite Quote:** "The best way to find yourself is to lose yourself in the service of others." ~Mahatma Gandhi

**Jaycee Join Date:** September 2011 GMM



**Meet 2012 Membership VP, Danielle Wellington**

**Occupation:** Inside Sales at Neogen Corporation

**Relationship Status:** Happily in a relationship with Doug Marek, however I am considered single when filing taxes.

**Dream Job:** Successfully owning my own business with anything that involves creativity and people.

**Favorite Movie and/or book:** Elf with Will Ferrell and any kind of book that involves self-improvement, whether it involves professional development, healthy living, or faith.

**Favorite Type of Music:** Alternative, Country and Hip Hop.

**Do you have any pets?** Three Pets – One dog, Tucker (8 year old Greyhound Lab mix) and two cats, Kokomo and Purdy (both 5 years old.)

**Favorite Food:** Ice Cream

**Favorite Game or Sport:** Golf and Loaded Questions.

**2012 Goal:** Reach my highest potential as a friend, daughter, sister, aunt, girlfriend, neighbor, employee, student, and leader.

**First car:** Red Dodge Dakota Sport Truck

**Why I joined the Jaycees:** To network, build friendships, to give back and TO BE A LEADER!

**Random Fact:** I love to learn new things. I am currently earning my master's degree, I love to golf and paint and would like to learn a new language, learn how to sew, and how to refinish furniture.

**Favorite Jaycee Project and reason:** Stuff the Bus has been my favorite project thus far. The obvious reason is that the event gives the community the chance to come together to give back to those in our own community who are in need. My not so obvious reason for the event being my favorite is that it was the first event that I really began to take ownership of being a member of the Jaycees, and decided to co-chair a larger event even though it was outside of my comfort zone to do so. In the end, I learned so much and I am forever thankful of the experience!

**Favorite Quote:** "Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." Henry Ford.

**Jaycee Join Date:** July 2011

## MEMBERSHIP REPORT

2012 will be an exciting year with the Jaycees! There are almost 80 total members, and I am eager for continuing renewal and growth within the Lansing Chapter this year.

Membership is a way to congratulate and reward YOU! Everyone works together to form such an influential group within the community, and it is important for us to take the time to personally get to know each other and to simply have a good time. Some of the Membership events in store for 2012 include happy hours, joining leagues, taking trips, and trying new things. These activities really bring the Jaycees together, in order to build new and long lasting relationships.

"Coming together is a beginning. Keeping together is progress. Working together is success." - Henry Ford

According to Henry Ford, in order to be an effective team, it is essential to come together and to keep together. Both of these aspects are crucial to be able to work together and succeed. The Lansing Jaycees successfully organizes a wide range of projects throughout the community in order to raise money and in order to in turn give back to the community. None of this could happen if it were not for everyone coming together and for us to keep together. Thank you for being members of the Lansing Jaycees! We would not be the success that we are without each and every one of YOU!

Please contact me at any time with new and creative ways for us to get together as a group. Also, keep in mind we are always looking for new members and I hope that everyone continuously invites friends to all of our events. Here's to a fun and eventful 2012! Cheers!

### MEMBERSHIP CALENDAR OF EVENTS:

**JAN 27** - Made in Michigan: A Happy Hour, 5:30 - 8 p.m., Bagger Dave's, 1351 E. Grand River Ave., East Lansing (Details - Lauren Leeds)

**JAN 28** - Bowling League, 8:30 - 11:30, Royal Scot Golf and Bowl, 4722 West Grand River Avenue, Lansing (Details - Mike Castellen or Sid Muthiah)

**FEB 1** - Visitation - Greater Muskegon Jaycees Snowfest Trivia, 5 - 11 p.m., Racquets, Muskegon (Details - Angela Clock)

**FEB 5** - Super Bowl Party, 5:30 - 11 p.m., Mike Castellen's House, 2345 Lyons Ave, Lansing (Details - Michael Castelein)

**FEB 7** - General Membership Meeting, 6 - 8:30 p.m., Tripper's, 350 Frandor Ave., Lansing (Details - Lauren Leeds)

**FEB 11** - Bowling League, 8:30 - 11:30, Royal Scot Golf and Bowl, 4722 West Grand River Avenue, Lansing (Details - Mike Castellen or Sid Muthiah)

**FEB 24** - MIJC Red Wing Trip, 7 - 10 p.m., Joe Louis Arena, 600 Civic Center Drive, Detroit, MI (Details - Angela Fossi)

**FEB 25** - Bowling League, 8:30 - 11:30, Royal Scot Golf and Bowl, 4722 West Grand River Avenue, Lansing (Details - Mike Castellen or Sid Muthiah)



DanielleLWellington@gmail.com

# LANSG JAYCEES



Alex B., John P., Carrie M., and Jason Larsen at the Year End Awards Banquet.



John P. roasts Stephanie S. at the Year End Awards Banquet. Stephanie received lifetime membership in the Lansing Jaycees.



Dan Henry representative receives the company's award from Angela F. and Sam K. for its help with Great Lakes Folk Fest.



Dave W., Jim W., Bridget B., Colleen B. and Danielle W. mingle at our year end celebration.



Bridget B. and past President Amy M. enjoy the Year End Awards Banquet.

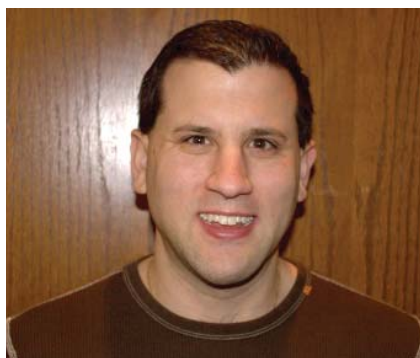
# SEEN IN ACTION!



**Meet 2012 Community VP, Eric Richmond****Occupation:** Software Business Analyst at IBM Microelectronics**Relationship Status:** Engaged**Dream Job:** Movie Director, or NASA Engineer**Favorite Movie and/or book:** Star Wars, the original holy trilogy**Favorite Type of Music:** Rock/Alternative**Do you have any pets?** 2 dogs, 2 cats, and a turtle**Favorite Food:** Pasta or French Fries**Favorite Game or Sport:** Football or Hockey for watching. Softball or Volleyball for playing.**2012 Goal:** To rule the world. Also to contribute to the community as much as possible and increase member involvement.**First car:** Pontiac Sunbird**Why I joined the Jaycees:** To meet driven people, and cool people**Random Fact:** I lived in the 49th least populated state in the country for 11 years, but am now back in my home state. My fiancé is in the veterinary school at Michigan State. Also, I like turtles.**Favorite Jaycee Project and reason:** Monster Mayhem of course! I love the feeling of a dedicated group of people coming together, working hard, and achieving great things. I also love scaring people, big time. Let's aim even higher in 2012!**Favorite Quote:** This may be paraphrased, but:

"Not everything that counts can be counted, and not everything that can be counted counts." -- Albert Einstein

**Jaycee Join Date:** September 2010



edr@thelastbyte.com

**COMMUNITY REPORT****Coming together in 2012**

Hi everyone! I can't believe it's 2012 already. I'll be your Lansing Jaycees Community Vice President this year. As a first time board member, I'm partially intimidated, but mostly excited. My favorite part about being a Jaycee is the feeling of coming together for a common cause and giving back. We've got a great group of go-getters on our board and among our general members this year. I can't wait to work with you all!

I'm also going to be your Monster Mayhem (redux) chair for 2012. That's right, we're bringing it back and it promises to be scarier and better than ever! Keep an eye out for details on the Haunted House and our various signature Community events in future committee meetings, newsletters, GMMs, and mailings. Events in various stages of planning for the first half of the year include (in no particular order):

- The Polar Plunge for the Special Olympics
- Bowl For Kids Sake for Big Brothers/Big Sisters
- Volunteering with MSU Museum's Chocolate Party and/or Wine Tasting benefits
- Valentines for the Troops
- Pet Photos with the Easter Bunny
- Easter Egg Hunt!
- Food drive(s)

This list is just a small sampling of what we can accomplish if we come together. In fact, "Coming Together" is going to be a recurring theme of mine for the year. The Lansing Jaycees can do great things when we come together. Let's remember that making an impact can be of any size, shape, or form and we all represent the Lansing Jaycees and our community. Helping with particular tasks or errands is crucial to the success of many activities, but more than that your role is part of a whole and we all rise together.

Questions and ideas are always welcome, but I would also encourage you to attend the Community committee meetings or email me at any time if you want to be a part of a project where we can all lean on each other, count on each other, and achieve great things. Come together in 2012!

**COMMUNITY CALENDAR OF EVENTS:**

**JAN 26** - Easter Egg Hunt Committee Meeting, 6:30 - 8 p.m., Leo's Spirits & Grub, 2085 West Grand River Avenue, Okemos (Details - Eric Richmond)

**FEB 7** - Valentine's for Vets, 6 - 7 p.m., Tripper's, 350 Frandor Ave. Lansing, (During our social hour before GMM)

**FEB 26** - Special Olympics Polar Plunge, Registration - 11:30 a.m. Plunge starts at 1 p.m., Eagle Eye Golf Course Clubhouse, 15500 Chandler Road, DeWitt (Details - Eric Richmond)

**MARCH 31** - Easter Egg Stuffing, Time TBA, Location TBA

## INDIVIDUAL DEVELOPMENT REPORT

### Individual Development in 2012

As IDVP, I'd like to offer individual development projects that interest the chapter. Of course, if you have a great idea for a project, please let me know, so that it can be planned this year! You can always feel free to contact me at joewkelly@gmail.com.

I'd like to offer several of the projects that were done last year, including:

- Nothing But Nets (A fundraiser for anti-malaria nets)
- Get Your Food On (Where we go to an international restaurant and learn a bit about the culture).

There are also some new projects that I'd like to offer:

- Programming Programming. Several members of the Jaycees are software developers, so it might be of interest to run a few projects where everyone can learn how to program. I'm personally familiar with COBOL, one of the oldest programming languages, and LaTeX, a markup language that most math books are written in.
- That's Debatable. Speech and debate are a major part of the competitions held at convention. I'd like to increase our involvement in these competitions, in particular the debate event. To prepare for competition, it may be helpful to judge a few debates to familiarize yourself in what others may be looking for in successful argumentation. If you are interested in debate, please see a "Casual CASDL Debate Judging" about an opportunity to judge this month.

### Casual CASDL debate judging

The Capital Area Speech and Debate League (CASDL) is looking for judges for their series of speech and debate tournaments. The next one will occur on January 28, which is a Saturday. The tournament features three-person debate as well as a host of speech events including the reading of original poetry and interpretation of published poetry.

Judging requires no prior experience. If you would like to have a crash-course in judging, please arrive at 8:00 AM to Pattengill Middle School (626 Marshall Street). At the very latest though, arrive at 8:45 AM. The tournament is expected to run until 5:00.

There is a free lunch provided by the tournament.

Meet 2012 ID VP, Joe Kelly

**Occupation:** Software Developer

**Relationship Status:** In a relationship

**Dream Job:** Mathematician

**Favorite Movie and/or book:** **Movie:** Three Days of the Condor

**Favorite Type of Music:** Various Artists

**Do you have any pets?** No

**Favorite Food:** Olga's Spinach Pie

**Favorite Game or Sport:** Poker

**2012 Goal:** Lose at least 10 pounds.

**First car:** 1983 Ford Crown Victoria, Light Blue

**Why I joined the Jaycees:** Because my daddy did.

**Random Fact:** An average person is 7 and 1 half heads tall, including the head.

**Favorite Jaycee Project and reason:** Introduction to Debate Workshop – because this is the only project that I chaired and it combines two of my favorite things, the Jaycees and debate.

**Favorite Quote:** "Dream as if you'll live forever, Live as if you'll die today" -- James Dean

joewkelly@gmail.com



### INDIVIDUAL DEVELOPMENT CALENDAR OF EVENTS:

**JAN 28** - Casual CASDL Debate Judging, 8 a.m. - 5 p.m., Pattengill Middle School, 626 Marshall Street Lansing (Details - Joe Kelly)

**Meet 2012 Management VP, Dan Harris****Occupation:** Doctoral candidate and entrepreneur**Relationship Status:** A bit eccentric but friendly!**Dream Job:** A well paid sleep study participant.**Favorite Movie and/or book:** is always fun to watch when you're having a bad day.**Favorite Type of Music:** is being streamed on Spotify.**Do you have any pets?** I borrow pets of family members and friends when needed.**Favorite Food:** is best when eaten!**Favorite Game or Sport:** Detroit Red Wings!**First car:** is in the scrap yard.**Why I joined the Jaycees:** I joined to fill out surveys!**Random Fact:** Only one McDonald's in the world has turquoise arches. Officials in Sedona, Arizona, thought yellow would clash with the natural red rock.**Favorite Jaycee Project and reason:** The one that brought the biggest smile was Pet Photos. The coolest one was Polar Plunge!**Favorite Quote:** "If your life's work can be accomplished in your lifetime, you're not thinking big enough." ~ Wes Jackson**Jaycee Join Date:** I joined again February 4, 2009**MANAGEMENT CALENDAR OF EVENTS:**

**FEB 10 - FEB 12** - Year End Assembly, Tentatively plan on leaving Lansing around 6 p.m. on Friday, Doubletree Hotel, One Wenonah Park Place, Bay City, Register online at: <http://mijcfeb2012.eventbrite.com/>  
(Details - Dan Harris.

**MANAGEMENT REPORT**

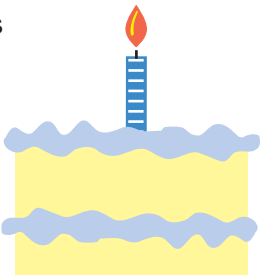
Hi everyone!

I am excited to be your 2012 Management Vice President. One of the most important roles Management VP has throughout the year is making sure our chapter has fundraising in place for our outings and events we enjoy. In the past Texas Hold 'Em and Haunted House were major contributors. The money we raise goes to pay for projects such as Easter Egg Hunt, Stuff the Bus, camping subsidies, year end banquet, convention reimbursements, and others.

I am pleased to announce Sam Keeney did an outstanding job last year preparing for and scheduling in Texas Hold 'Em. Unfortunately the first date we were offered wasn't until July.

While this means we will be doing a lot of chip counting, and cash handling at Trippers during the last half of the year it also means we have a fundraising gap for the first six months. That can change! Several board members have come up with some ideas, however, I would like to hear from you. Is there a great fundraising idea you know about that you believe would benefit the chapter? If so let me know! I look forward to hearing your ideas.

dan@dnharris.com


**Membership  
Anniversary Dates:**
**January:****Andrew Hoard****John Prush****February****Sara Guthrie****Laela Hampton****Daniel Harris****Jaimie Hutchison****Wayne Hutchison****Amy Simon****Andrea Stay****Chris Vieth****Emily White**
**January Birthdays  
Karin Root, Stephanie Steere, Nicholas Kechkaylo.**
**February Birthdays  
Charles Root, Amy Richter, Daniel Harris, Douglas Mains, Sara Guthrie**




## AUXILIARY OFFICER'S REPORTS

### Meet 2012 Director-At-Large, Kris Dezelski

**Occupation:** Certified Public Accountant

**Relationship Status:** Married

**Favorite Movie and/or book:** The Big Lebowski, American Psycho

**Favorite Type of Music:** Talk radio,

**Do you have any pets?** 2 Weimaraners, and 1 Cat

**Favorite Food:** Sushi

**Favorite Game or Sport:** Football, GO GREEN!

**First car:** Chrysler Le Baron

**Why I joined the Jaycees:** Meet new people, and serve my community.

**Random Fact:** I had pretzels today!

**Favorite Jaycee Project and reason:** Stuff the Bus or Easter Egg Hunt

**Jaycee Join Date:** October/November 2011



dezelskik@gmail.com

### Meet 2012 Secretary, Abby Siegel

**Occupation:** Graphic Designer

**Relationship Status:** In a relationship with ID VP Joe Kelly

**Dream Job:** Eating and meeting people (I don't know how to make money at this, but I shall find a way!)

**Favorite Movie and/or book:** How about TV show? Firefly

**Favorite Type of Music:** Good. Which is completely subjective, and if you ask other members of the BOD, they'll tell you my music taste is not good.

**Do you have any pets?** I have a house plant

**Favorite Food:** Real

**Favorite Game or Sport:** to play - Bananagrams. To watch -Football GO WHITE!

**2012 Goal:** Take lots of photos with my handmade pinhole camera, to continue blogging, and continue the awesomeness that is the award winning publication *Capitol Correspondent*.

**First car:** 99 Mitsubishi Mirage, still running, actually. Her name is Luna

**Why I joined the Jaycees:** I wanted to do more in the community, none of my friends were too interested in doing that, so I made new friends.

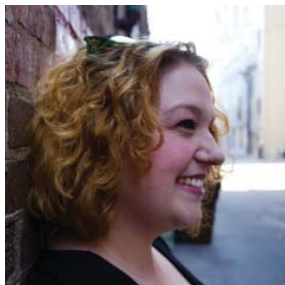
**Random Fact:** I lived in the Caribbean when I was 11.

**Favorite Jaycee Project and reason:** Relay for Life, Get Your Food On.

**Favorite Quote:** "Whatever the problem, be part of the solution. Don't just sit around raising questions and pointing out obstacles."

— Tina Fey, *Bossypants*

**Jaycee Join Date:** July 2009



queenpetunia@hotmail.com

Greetings from your Treasurer!

Welcome to January and welcome to a brand new year. Before we get started I wanted to give a wrap-up of our financial status of 2011. In short, we did great! In September we revised our budget and did a great job of keeping to it. Below are our ending balances.

Checking \$10,813.05

Savings: \$5,151.64

6-Month CD: \$3,230.82

We did a great job this year controlling our spending and raising funds for both our chapter and community. Below is a summary of our earnings/spending. If you would like additional information, please let me know.



Here's to a new year!

soczek@msu.edu

### Lansing Jaycees FY 2011

<b>Income:</b>	
2010 Banquet	825.00
Community Fundraisers	893.54
Easter Egg Hunt	721.07
Fundraising	1,726.12
Great Lakes Folk Fest	4,875.22
Interest/Dividends	79.40
Member Dues	4,810.00
Texas Hold'em	15,606.00
<b>Total Income:</b>	<b>29,536.35</b>

<b>Expenses:</b>	
Administrative Expenses	3,245.40
2010 Banquet	2,303.60
Bill Otto Award	250.00
Community Misc.	1,646.33
Donations not in Comm.	300.00
Easter Egg Hunt	2,195.38
Great Lakes Folk Fest	5,500.75
Individual Management	25.00
Membership Management	330.53
Softball/Team Sports	415.00
State Events	1,463.44
State Member Dues	4,282.00
Texas Hold'em	7,224.00
Total Expenses:	29,181.43
<b>2011 Net Income</b>	<b>354.92</b>

## AUXILIARY OFFICER'S REPORTS

**Meet 2012 Chaplain, Michael P. Leeds**

**Occupation:** Philosophy Graduate Student at MSU

**Relationship Status:** Married

**Dream Job:** Dr. Video Game Player Astronaut

**Favorite Movie and/or book:** Movie- Bill and Ted's Excellent Adventure

**Book:** Animal Farm

**Favorite Type of Music:** Rock generally

**Do you have any pets?** yes

**Favorite Food:** Pizza

**Favorite Game or Sport:** none realt but If I had to pick it would be football

**2012 Goal:** Fsnish my disertation

**First car:** Ford Fairmont

**Random Fact:** Facetious is the onlt word in the English language that uses every vowel, once and in order. Facetiously uses the y.

**Favorite Jaycee Project and reason:** Stuff the bus. Big event with lots of involvement from within and without

**Favorite Quote:** "The unexamined life is not a life fit for a human" Plato

"Teenage angst has played off well, now I'm bored and old"

Kurt Cobain (Serve the Servants)

**Jaycee Join Date:** March 2011

My name is Michael Leeds and I am the Lansing areas Jaycee's Chaplin for 2012.

The position of Chaplin is an evolving one but in general I have two jobs or goals for the year. First and foremost I am here to lend moral support. This organization is not one that sits idly and lets things happen, we make things happen. At times we try to make what feels like too many things happen all at once. I am here to not only offer words of encouragement but to also lead by example and help out in any way I can. If you need someone to bounce ideas off, I'm here. If you need someone to help with some heavy lifting, I'm here.

Secondly I see myself as being a mediator is disputes or a sounding board for the frustrations our members feel with matters both in and outside of the chapter. Sometimes this is about reminding people of what they already know: our members are good people and far more often than not their behaviors and comments which annoy or frustrate you are coming from a place of helpfulness.

I look forward to the year to come and working with all of you in our joint endeavors.

[mp\\_leeds@yahoo.com](mailto:mp_leeds@yahoo.com)



## How you can become stress free in seven days

Stress is a chronic condition. It's all around you; in your workplace, social life, and even in your home.

Stress is a mental condition generally brought on by worrying about things you cannot change and/or feeling overwhelmed by a situation. It can erode your sense of self, and adversely affect your blood pressure and even your mental stability.

Stress, although often caused by external forces, is nurtured and magnified in the mind. Let's examine what you can do to decrease, and even eliminate, it. It can be managed! There are several ways you can do this yourself. Consider this your: Seven-day Stress Eliminating Course. Here are seven simple steps to follow, one for each day:

1. Acknowledge that stress is good - Make stress your friend! Your body reacts to stress either by fighting it or fleeing from it. Identify your responses to stress. The extra energy you feel in fighting it can be re-channeled to enhance your performance at the right moment. Consider this; no top sportsman is ever totally relaxed before a big competition. Use your stress wisely to push yourself that little bit harder when it counts most.

2. Avoid stress spewers - Stressed people spew out stress words and thoughts indiscriminately. They like to talk about their problems and, before you know it you are affected, too! Identify the ones that affect you! They include the doom and gloom media warnings of what may - never - happen!

3. Learn from the best - When others in your environment are not coping well, identify the ones who keep calm under pressure. What

are they doing differently? What is their attitude? What language do they use? Are they trained and experienced? Study their habits, ask them how they do it, learn from the best stress managers, and copy what they do.

4. Practice breathing techniques - You can trick your body into relaxing by using this breathing technique: Breathe in slowly for a count of 7; then breathe out for a count of 11. Repeat the 7-11 breathing until your heart rate slows down, your sweaty palms dry, and you start to feel better.

5. Put a stop to stressful thoughts - As stress is a mind manipulator, you can tangle yourself up in stress knots just by thinking thoughts like: "If this happens, then that might happen, and then we're all up the creek!" Most of these things never happen, so why waste all that energy worrying needlessly?

6. Isolate your trigger points and hot spots - Make your own list of stress trigger points or hot spots. Be specific. Do presentations, interviews, meetings, feedbacks, tight deadlines trigger stress for you? Then identify specifics. For instance, do only presentations to a certain audience get you worked up? Is one type of project more stressful than another? Do you drink too much coffee?

7. Take care of your body! Lack of sleep, poor diet and no exercise will add to your distress! This, although obvious, is all too often ignored as a stress management technique. Be good to your body. Give it rest, good nutrition, and go out and enjoy life!

Source: <http://www.articlecircle.com/> - Free Articles Directory



## CHAIR OF THE BOARD REPORT

**Meet 2012 Chair of the Board, Angela Fossi (aka Fossi)**

**Occupation:** Project Manager at Vertafore

**Relationship Status:** Single

**Dream Job:** Anything baseball related

**Favorite Movie and/or book:** The Tao of Pooh by Benjamin Hoff and Love with a Proper Stranger.

**Favorite Type of Music:** Pretty much anything except country.

**Do you have any pets?** Yes. 2 very demanding cats, Mags AKA Princess Krabby Patty and Moxie.

**Favorite Food:** Anything sold at Astoria Bakery in Greektown.

**Favorite Game or Sport:** BASEBALL!!!!!!!!!!!!!!

**2011 Goal:** Homebrew beer.

**First car:** 1984 Plymouth Reliant.

**Why I joined the Jaycees:** To meet people.

**Random Fact:** The Eisenhower interstate system requires that one mile in every five must be straight. These straight sections are usable as airstrips in times of war or other emergencies.

**Favorite Jaycee Project and reason:** Stuff the Bus. It was my very first project that I participated. It provided a great example of how the Jaycees can assist other organizations to help improve our community.

**Favorite Quote:** "You can't save time. You can only spend it, but you can spend it wisely or foolishly." — Benjamin Hoff (The Tao of Pooh)

**Jaycee Join Date:** November 2007

Happy New Year! I am excited to serve at Chair of the Board in 2012. We have been discussing some of the goals for the upcoming year and I can't wait. Now is your time to provide input and help put project ideas on the calendar.

My goals as Chair of the Board is to assist the current board of directors as needed. This is a role that is intended to provide some historical background and help pass along important information from year to year. I also want to connect with our members. This will be a great time for me to talk to some of our members that have been involved with the organization for years as well as people that are just getting started.

Lauren wants to focus on projects that are important to our members. How can we do that? We need your input regarding event ideas. We know that there is a lot of competition for your time and we want to make sure we continue to offer events that are beneficial.

kitispart@gmail.com



## JAYCEE BUSINESS DIRECTORY

### Keller Williams Realty

I pride myself and the Robert Dowding Team at Keller Williams realty with excellent customer service in the representation of sellers, buyers, and investors in the entire Greater Lansing Area. Leverage yourself by hiring a true professional to assist you, your friends and family in achieving your Real Estate dreams and goals.

Ph: 517.853.6390

Email:

Sold@RobertDowding.com

Website:

www.RobertDowding.com

Blog:

www.RealestateRealresults.com

### Website Design Services

Vieth Consulting provides development services for organization and commercial websites. Contact Chris Vieth for more information or for a quote.

H: 627-7145

W: 930-3611

ccvieth@viethconsulting.com

### Relief Massage Therapy

Pain and stress relief by Certified Massage Therapist. Contact Sasha Fournier at 517-410-4251. By appointment only.

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