

Capitol Correspondent



The Monthly Newsletter of the Lansing Junior Chamber of Commerce | December 2011

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

www.lansingjaycees.org

Region D
Population Division 6
Base Membership: 72

2011: In Review



Submitted by **THE LANSING JAYCEES**

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**

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 for more information.



2012 Board of Directors

Board Meeting Date and Locations will be announced early in 2012, so please watch your email to stay posted.

Welcome our 2012 Board of Directors:

President

- **Lauren Leeds**

Chair of the Board

- **Angela Fossi**

Vice Presidents

- **Dan Harris**
- **Joe Kelly**
- **Eric Richmond**

Secretary

- **Abby Siegel**

Treasurer

- **Sheryl Soczek**

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Join us for our monthly membership meeting at Trippers! Every first Tuesday of the Month at 7:00 PM



I am writing this article as we are finalizing the shopping for Stuff the Bus. This is one of my favorite events as it was the very first event that I participated in as a Jaycee four years ago. Every year we keep raising our goal of the number of children we can assist and every year the Lansing community comes together and helps us meet that goal. This is usually the event that really makes me proud to be a Jaycee as it really illustrates the impact we have on the community. This year we are helping 41 children and their families. Thank you to everyone that helped organized and volunteered at this exciting event.

Soon we will be recapping the year at our annual banquet that will take place on Jan. 21 at the Lexington Hotel. The goals of the banquet are to recognize the accomplishments of the chapter during the past year. We will also be swearing in the 2012 board of directors. Invitations will be mailed to members, past presidents and other special guests.

The Lansing Jaycees have a very strong history in the community. We have been an actively chartered chapter since June of 1929. The best way to really gain an understanding of our impact to the community is to talk to some of our past presidents and exhausted roosters. They continue to be involved so they can help carry forward the history of the chapter, as well as hear about all of our current accomplishments.

As many of you know, membership is available to anyone between the ages of 21-40. Many people ask me what happens after someone turns 41. Well, they become an exhausted rooster. At the banquet prior to their 41st birthday we honor them with a ceremony to welcome them as an exhausted rooster. This is a great way to hear stories and learn more about someone.

Overall, the banquet is a great tool for reflection. Many of you have dedicated many hours, days and weeks to ensuring our chapter remains a strong presence in the community and those efforts are greatly appreciated. Sometimes, we are all so busy that we forget to review the big picture.

In closing, I want to sincerely thank all of you for allowing me to complete my second year as president. This has been a tremendous opportunity and I will forever be grateful for the experience. It has been an honor to serve in this capacity and I look forward to acting as chairman of the board next year. I especially want to thank the 2011 board of directors for their passion and commitment to the community and organization. Thanks for all of your hard work and dedication.



Sincerely,
Angela M. Fossi
83rd President – Lansing Jaycees

Submitted by Angela Fossi, 83rd President, kitispart@gmail.com

A MESSAGE FROM THE LANSING JAYCEES CHAIR OF THE BOARD

“When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us.” – Alexander Graham Bell

The end. Or the beginning?

The time has come for me to hang up my Chair of the Board hat and return to being a General Member of the Lansing Jaycees for the first time since 2007. Four years – no, I definitely haven’t broken any records for being the longest serving member of the board, but I have mixed feelings about it.

In some ways, I’m sad because I’m not sure how involved I’ll feel as a General Member. I have had a lot of different experiences since the last time I was in this position, and have learned so much through my time on the board. Will I chair projects? Will I still show up to over 60 events a year? These are questions I’ve been asking myself.

But, I’m excited because I’m looking forward to 2012. I’m looking forward to running some projects again, learning more skills and helping the community. Like Bell said in the quote above, “we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us.” And while I will look fondly back at the experiences I’ve had since joining the Jaycees in 2004, I have to remember to look forward and help the future of the organization.

I encourage you all, whether you are leaving the board, joining the board, chairing a project for the first time, or aging out – reflect on what you’ve learned in your past experiences. They are learning tools for the future. But don’t dwell on the past – use what you’ve learned to make yourself, our projects and the chapter better in the future.



Yours in Service,
Angela M. Clock

**Submitted by Angela Clock, Chair of the Board, 2011 MIJC Community Development VP,
fallingstar924@hotmailcom**

Forward Movement

As I prepare to write my last article as the Lansing Jaycees Membership Vice President, I reflect on an unbelievable year. This year has provided me with so many lessons, revelations and experiences. I took a look back at my first article of the year and saw so much excitement for new beginnings. Now as the year finalizes I am pleased to say I am happy with how everything came together.

When you start any new project or movement in life you must always take a look at the past. Remember to not allow the past to give you a step-by-step guide on how it is done, but utilize tidbits as an encouragement to make every move in a positive direction.

“While I take inspiration from the past, like most Americans, I live for the future.”

- Ronald Reagan

Though this year has come and gone, here's to taking our lessons, revelations and experiences forward for the best possible future!

CHEERS!!!



Submitted by Ilona Hajdar, Membership VP, ihadjar@hotmail.com



Thank you Lansing Jaycees for attending, participating and creating a year full of beneficial, unbelievable and fun-filled events for our chapter and community.

LANSING JAYCEES



Sam Keeney and Lori Castelein pack care packages for the troops. Merry Christmas to all our overseas heroes!



Carrie May and Michael Leeds pack care packages for the troops with the Blue Star Mothers



Jamie and Eric Sheppard help at the Jaycees Annual Stuff the Bus event outside of Wal-Mart at the Eastwood Towne Center on December 3, 2011.



Eric Richmond and Michael Leeds decorate the CATA bus for the Jaycees annual Stuff the Bus event.

SEEN IN ACTION

Membership Anniversary Dates:

December:

**Robert Dowding, Angela Fossi, Carrie May,
Charlie Root, Geoff Streit, Jennifer Zavadil**

January:

Andrew Hoard, John Prush

December Birthdays

Tamara Ferguson

Joe Kelly

Holly Nester

Carrie May

Brittany Gray

Jaimie Hutchison

Careena Eggleston

Robert Dowding

Jessi Wortley Adler

Happy Birthday!!!



Welcome New Members!



Amy Phillips

A note from the Capitol Correspondent Editor:

Thanks to the contributors of the October newsletter: *A. Siegel, L. Leeds, A. Fossi, A. Clock, I. Hajdar, L. Leeds, D. Harris, J. Hermann, S. Keeney, M. Leeds, A. Woodward*

**Follow us on Twitter - @LansingJaycees
Follow us on Facebook - Lansing Jaycees**

ANYONE CAN BE AN AUTHOR!

Please submit your articles, photos, or ideas for future newsletters to:

**Abby Siegel
2012 Lansing Jaycees
Newsletter Editor
queenpetunia@hotmail.com**

MESSAGES FROM THE COMMUNITY DEVELOPMENT DIRECTORS

Out with a BANG!

What a fantastic year it's been for the Lansing Jaycees! To keep the momentum going, my Community Co-Director Abby Siegel and I have focused on providing projects that make an impact in the greater Lansing area.

Stuff the Bus

Most recently, we held our annual "Stuff the Bus" event, which was a huge success again this year. After the overwhelming support from the greater Lansing area last year, when we were able to help provide Christmas to 38 children and their families, this year the Chapter adopted 41 children through Salvation Army's "Adopt-a-Family" program. By the end of the day on Dec. 3, we had a stuffed bus and nearly \$600 in donations.

Thanks to this project, this year 41 local children will have presents to open on Christmas morning, as well as clothes and winter necessities like a hat, gloves and a coat. Thanks to all the Jaycees, past and present, who helped make this event a success again this year!

Food Drive

Several members volunteered at MSU's "Tackling Hunger" Food Drive to benefit the Greater Lansing Food Bank. Having never participated in this project before, I wasn't sure what to expect, but I can see why members look forward to this event every year. The Greater Lansing Food Bank provides emergency food to individuals and families in need in Ingham, Eaton, and Clinton counties.

Helping the food bank collect thousands of pounds of food in one day was a rewarding way to spend a few hours on a Saturday. If you weren't able to make it this year, I recommend you mark your calendar for next year, as the drive is always held during the last home game of the year.

Holiday care packages

To help spread holiday cheer to members of the U.S. military serving overseas, Lansing Jaycees recently helped Blue Star Mothers – Dewitt Chapter 99 pack holiday care packages. We were able to cram holiday care packages, containing gifts, candy and food to send to 15 brave men and women. Due to having the extra manpower, it didn't take long to pack their planned 15 care packages and we also packed an additional set of packages to be sent out early next year.

The Blue Star Mothers are seeking the names of additional troops to send care packages to, so if you know of anyone serving overseas, please forward their name, address and information on when they'll be returning home to me at: laurenloo823@yahoo.com and I will be happy to get the information to my contact with the Blue Star Mothers.

Looking ahead

Last February, the Chapter formed our first-ever Polar Plunge team to help raise money for Special Olympics of Michigan. Watching Sheryl Soczek, Sam Keeney, Dan Harris, and Amy Miller jump into freezing cold water for a good cause was worth standing in the cold for hours.

Despite only forming a team a few weeks before the event, the Lansing Jaycees had one of the most successful fundraising teams. To build on that success, I'd like to plan on forming another team. The 2012 Polar Plunge is scheduled for Sunday, Feb. 26 at Eagle Eye Golf Course. If you are interested in being on the team, or chairing this project, please contact me or Eric Richmond. I know that with additional time and planning, we can have one of the top three Polar Plunge teams!

Thanks, serving as your Community Co-Director this year has been an honor. Here's to 2012!



Submitted by Laruen Leeds, Community Development Director, laurenloo823@yahoo.com

White Elephant Gift Exchange

Dear Lansing Jaycees –

Well, thanks a lot, LayJays, all that fun gift-exchanging you did after your General Membership Meeting on Dec. 6 means I don't have to come to any of your houses to drop off gifts for you! It seems like everyone had an entertaining time, and there were plenty of fun gifts you all are sure to see pop up again next year. I for one wish Mrs. Claus would have gotten me a photo of the back of Carrie May's head! Although this was a white elephant exchange, where people are allowed to steal gifts from one another, once their randomly drawn number is called, there was not a lot of exchanging of gifts. The most sought after items were Carrie May cookies (top on my wish list, too!), mini liquor bottles and a mixer, and a flask, which was grabbed at the last moment from Sam Keeney, leaving her a little sad. Luckily, someone gave her moustaches and that cheered her up. According to my sources, the participants went away very happy with the fun time and the holiday cheer it brought.

Everyone have a safe and happy holiday season!

-Santa Claus

Submitted by Abby Siegel, Community Development Director, queenpetunia@hotmail.com

A MESSAGE FROM THE INDIVIDUAL DEVELOPMENT VICE PRESIDENT

At the end of December we will have had 18 different Individual Development projects. That is something! Looking back at the past projects, we have had an incredible journey this year. We have had multiple Get Your Food On events representing five different cultures (Scotland, Japan, Mongolia, Switzerland, and Thailand). We met an author and local headquarters of a charity whose mission is to solve an education crisis with orphaned children born with AIDS. We've networked at breakfast and lunch with local leaders. We participated in Comedy for a Cause, giving over \$570 to JCI Operation Hope to help Japan rebuild itself after the horrific combined earthquake, tsunami, and nuclear reactor disaster. We have also worked on ourselves. We learned to paint pottery, learned about personal image management, the power of body language, freshened up our resume and worked on our interview skills, and learned the finer points of debate. We participated in some sports as well; learning to play cricket as well as tossing rocks at houses (err curling)! We couldn't have done this without your support. I want to thank you, our readers, experts, leaders, supporters, and members, for making these events possible.

I would like to acknowledge, give special thanks, and applause to **Geoffrey Streit**, **Brittany Gray**, and **Joe Kelly** for doing their first project and Chairperson's Planning Guide (CPG) this year.

Joe Kelly, Vice President Elect, has shown interest in and has extended an offer to manage the roles and responsibilities of Individual Development next year. I met with him earlier this month and he has a lot of enthusiasm, great ideas, and initiative. I look forward to seeing him continue bringing great learning opportunities for the Lansing Jaycees, our community, and guests. He has my full support. I encourage you to share your ideas on future individual development projects with him.



May your 2012 be enriched by learning new things with old friends.

Daniel Harris
2011 Individual Development Vice President
2012 Vice President Elect

Submitted by Dan Harris, Individual Development VP, dan@dnharris.com

Life Coaching In Your Inbox: On Being Unstoppable

Recently, my friend Kyeli and I were promoting a joint class. As part of our marketing, we asked our friends and colleagues to use social media and help us spread the word; we gave them a variety of examples and quotes that they could use to tweet and mention on Facebook. I was fascinated to notice that one phrase in particular was used so much more than all the others: “Do you want to be an unstoppable force for good in the world?”

The idea of being unstoppable is quite magnetic. Especially when it comes to making a difference, the picture of a person overcoming huge obstacles to prevail and beat the bad guys is the stuff of movies and dreams. We all want to be unstoppable, don’t we?

Well, there are many different elements that play into what it takes to be unstoppable. Today I’ll address the one that is perhaps the most paradoxical: knowing when to stop.

A Losing Season That Never Ends

Many moons ago, when I was completing my first certification program, Dave Buck — my teacher and the CEO of Coachville — said something that stuck in my head: most people are playing unwinnable games in a losing season that never ends. He pointed out that athletes and high performers are able to clearly distinguish when it’s time to play full out (Game ON) and when it’s time to recuperate (Game OVER). But in our day-to-day lives, we don’t do that. We don’t say “game over.” We don’t take a break. We just continue with to-do lists that go on forever and gain twice as many additions for every crossed-out item.

This is not a sustainable way of being, my dear peep. Whether the metaphor is an athlete playing full out, or an artist on stage giving their heart to the performance, it’s important to know when to go dark.

Nature Can Help

And it just so happens that we are coming up on the darkest time of the year, the Winter Solstice. All around us, squirrels and other small creatures are fattening up and getting ready to crawl into hibernation. Our pets get fluffy and sleepy. The trees go quiet, the harvest has been collected – it’s the time of year to renew and get ready for what’s coming next.

And that is my invitation to you, my dear peep. In the midst of the holiday madness, may you find time to slow down, to take stock of what went well this year and what needs to be called good enough. May you find moments to stop, to breathe, to notice what your heart longs for next.

I guarantee you this: the more you listen to your body and learn when and where you need to stop, the more you will be an unstoppable force in the world, where you are so badly needed.

Questions? Comments? Do come over to my blog and have your say: <http://julicahermann.com/on-being-unstoppable/>

And may you have glorious and glittery holidays, peeps! See you in January!



Submitted by Julica Hermann, Social Change and life Coach, julica.hermann@gmail.com

Get Your Food On -Thai Princess

Several of us decided to enjoy a meal and great conversation at Thai Princess in Okemos on Nov. 30. This was an event that I was looking forward to for several months. The goal of this event was to learn about Thai food and its culture.

Everyone decided to order an appetizer so the group could experience several dishes at once. We enjoyed the presentation. In Thailand the people take great care in the arrangement of each plate. Our appetizers were beautifully garnished and were almost too nice looking to eat. Thankfully we decided to clear our plates as you can tell from the picture of Eric enjoying one of the carrots used in the garnish.

Several of us ordered Tom Yum soup to enjoy prior to our entrée. This is a fantastic soup with a complex flavor that everyone seems to enjoy more and more as they are eating it. Some of us that have had it before will make a special trip to the restaurant just for the soup.



Have you ever gone to a restaurant where everything looks great but you seem to always order the same thing? Well that is what usually happens to me at Thai Princess. I normally order the Pad Eggplant but I decided to expand my horizons and order something different. I ordered the Red Curry and it didn't disappoint. It was a mild curry with a red pepper flavor and was full of vegetables and chicken.

One of the main goals of a Get Your Food On event is to try something that you don't normally get to experience. To meet that goal after the event I researched several of the meals that were sampled and distributed recipes of the meals to the attendees. It was fun to see the ingredients used to make the dishes that we enjoyed so much.

This meal was the perfect way to warm up on a chilly November night. And the staff was funny and helpful. Our waitress even offered to roll me out to my car! All in all I think we had a fun night.

Submitted by Angela Fossi, 83rd President, kitispart@gmail.com

LEARN TO CURL: COMING IN 2012!!



Curling is a sport consisting of pairs of teams who slide 42 lb. granite stones (also called rocks) across a sheet of “pebbled” ice. Each team has eight stones, handled by four teammates. The purpose is to score the highest points over eight or 10 ends. An end is a round where both teams alternate sliding each of their stones until all 16 have been slid. Easy to learn but challenging to master, curling is often called chess on ice.

Currently there are three curling centers within a reasonable driving distance of Lansing. One that is likely most familiar with our members is the Detroit Curling Club. This club, based in Ferndale, offers seasonal membership and community education events. Ferndale is a short 1.5-hour drive from Lansing. Several Jaycees learned to curl at Detroit Curling Club in the last year. Another popular location is the Midland Curling Club, based in Midland, Michigan. This location is also a short 1.5-hour drive. Three members of the Lansing Jaycees attended a region competition earlier this year. While there were not enough members from all participating regions to make it a true challenge, all who

attended will agree that a great time was had. The third location is in Kalamazoo. The Kalamazoo Curling Club is an extremely popular venue. While the Lansing Jaycees have not attended an event at this location, it should be known that Dave Worthams, our very own Michigan Jaycees President, is a member of this club.

I am planning to chair a learn to curl event at one of these three locations in early 2012 so stay tuned!

Where does this leave Lansing? Well I am glad you had asked. As treasurer and fundraising chair for the Lansing Curling Club, I can say there is a lot of interest from our community in seeing curling return to Lansing soon. We are building momentum and look to have a full calendar of fundraising events next year. Earlier in 2011, we applied for 501(c)3 status which will aid our fundraising initiatives. We have an agreement in place with the City of Lansing and Todd Martin Development Fund to the rights to build a facility at Washington Park. Washington Park is being renovated by the Todd Martin Development Fund to offer leadership training and physical education to at-risk children in the greater Lansing area.



What does this mean to you? You have opportunities in several areas related to curling. There will be an opportunity to learn to curl in 2012. Those who want to play a more active role may want to consider joining the Lansing Curling Club as either a non-league member, or, for those with some curling experience, join as a league member. If you want to assist in fundraising strategy and implementation you are welcome to contact me (treasurer@lansingcurls.org), check out our website (www.lansingcurls.org) or Facebook group, Lansing Curling Club, for more information. Though independent of the Todd Martin Development Fund, we share the mission of providing leadership training and physical education to at-risk children in the greater Lansing area. Please consider joining us in whatever capacity you feel comfortable with.

I encourage you to try curling. Just a little over a year ago I too had never curled before. I found the sport to be challenging, the physical aspect exhilarating (it is harder than it looks), but it was the people that surrounded the sport that persuaded me to join a group, serve on the local board, and carry the battle flag in fundraising. I think you'll find it an enjoyable experience too if you give it a try!

For more information:

Curling: <http://en.wikipedia.org/wiki/Curling>

Lansing Curling Club: <http://www.lansingcurls.org>

Detroit Curling Club: <http://www.detroitcurlingclub.com>

Midland Curling Club: <http://www.midlandcurls.org>

Kalamazoo Curling Club: <http://www.kalamazoocurlingclub.com>

Great Lakes Curling Association: <http://www.greatlakescurling.org>

United States Curling Association: <http://www.curlingrocks.net>



Submitted by Dan Harris, Individual Development VP, dan@dnharris.com



DESTINATION CHARTED FOR
HAPPILY EVER AFTER

JAYCEES
Michigan Junior Chamber

**2011 YEAR END
CONFERENCE**

FEBRUARY 10 - 12, BAY CITY, MI

President's Ball
Networking
Amerada Games
Live Music
Leadership Seminars
Public Welcome

Register Online at
mijaycees.org

A MESSAGE FROM THE SECRETARY

I can't believe the end of the year is just around the corner. It seems that just yesterday I was taking the Oath of Office and being sworn in as the 2011 Lansing Jaycees Secretary. My, how times have changed. I never thought in January, 2011 that I would live in Canada now!

Being a part of the Lansing Jaycees organization has been one of the best experiences of my life. Each and every one of you has helped me grow into a better individual, who is more committed to the community each and every day. Words can't express how much you guys mean to me, and I am truly thankful you gave me the opportunity to be a part of this.

Now, as I move forward into a Vice Presidential role with JCI Edmonton, I know I will take all the lessons learned from you and apply them up here. The Edmonton chapter is really looking forward to learning what you have to offer, so I hope you don't mind if I "borrow" some of your knowledge on how to make a chapter strong!

I know it's not the end of my time with the Jaycees, nor with the Lansing Jaycees, so instead of saying good-bye, I'll just say, "See you later!"

Have a safe and Happy Holiday Season!

Sincerely,
Adrienne Woodward



Submitted by Adrienne Woodward, Secretary, woodwa46@msu.edu

P.S. – This is how we build snowmen in Canada ...



Lansing Jaycees Activities...

January 14 – **Bowling League** – Royal Scot Golf and Bowl, 4722 W. Grand River Ave., Lansing; 8:30 – 11:30 PM (Details = S. Muthiah & M. Castelein @ 248-631-6109)

January 21 – **2011 Annual Banquet** – Lexington Hotel, 925 South Creyts, Lansing; 6 – 10 PM (Details = A. Fossi @ 586-484-7027)

January 28 – **Bowling League** – Royal Scot Golf and Bowl, 4722 W. Grand River Ave., Lansing; 8:30 – 11:30 PM (Details = S. Muthiah & M. Castelein @ 248-631-6109)

February 10 - 12 – **Year End Convention** – Keep watching the Capital Correspondent and Jaycee Juice for more details!!

February 24 – **Red Wings Game** – Joe Louis Arena, 600 Civic Center Drive, Detroit; 7 – 10 PM (Details = A. Fossi @ 586-484-7027)

February 26 – **Special Olympics Polar Plunge** – Eagle Eye Golf Course Clubhouse; look for more information in the coming month!

Watch the Juice weekly for other events yet to be planned!

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.

To advertise your business here, submit information to adrienne.d.woodward@gmail.com