

The Monthly Newsletter for the Lansing Junior Chamber of Commerce | December 2015

District 4 • Population Division 3 • Base Membership: 64

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Seen In Action!



Past, present, and junior Jaycees take a look into the past during an archive visit at the Capital Area District Library Downtown



Lansing Jaycees help out at the Greater Lansing foodbank



It's corny but it's true. This is the time of year we need to look back and be thankful for all that we have. This year, in particular, I have a lot to be thankful for. I'm thankful for the job that pays my bills and the roof over my head. I had a kid (I don't think that is ever really going to sink in) and I'm glad he's healthy; and I am thankful for my wife who is doing a superb job helping me take care of him. I'm grateful for the chance to have been President of the Chapter for the past 11 months and look forward to finishing the year and serving as Chairman of the Board next year. But, we can't spend too much time on the future just yet. We have one big project left to do: Stuff the Bus.

President's Report

We are all privileged to live in the time and country that we do. Despite the myriad of problems around the world, we have it pretty good here, but some more than others. This is why Stuff the Bus is such an important event. Giving up an afternoon to stand in the cold and pass out flyers or spending a few bucks on some new PJs can mean the world of difference to a kid in need.

The event takes place on Saturday, December 5, this year from 8:00 A.M. to 9:00 P.M. at the Walmart in Eastwood Towncenter, and we could still use your help. Check the event calendar for details.

Be thankful for what you have and give back what you can. It's all anyone can ask and it's the least we can do.

-Michael Leeds, President

Welcome!

Danielle Fowler (right) took the Jaycee oath during the November General Membership Meeting at Trippers.

She is seen here with Lansing Jaycees President Michael Leeds (left).



2016 Board Elections



This time of the year, we spend a lot of time reflecting on what we accomplished and start making plans for next year. Part of the role of secretary includes acting as the Elections Chair. It was a role that I have been looking forward to all year. After being involved with several boards in the past I always enjoy working to transition to a new team. I think this process helps motivate existing board members to tie up any loose ends. And it also offers the chapter a fresh perspective.

2016 Election Results

Keri Brown – Secretary	Ryan Kiernicki – Treasurer	Michael Castelein – Director	Colin Fitzgerald – Director
Jessi Wortley-Adler – Vice President	Jason Larsen – Vice President	Angela Clock – President	



Above: Jason Larson gives his campaign speech for Director at the GMM in November

Right: Angela Clock give her campaign speech for 2016 Lansing Jaycees President at the GMM in November

My sincere thanks to the 2015 Board of Directors. It has been a pleasure working with all of you and I appreciate all of the work you have done this year. I wish the 2016 board good luck and I look forward to seeing what you have planned for next year.

Yours in Service,
Angela Fossi



Message from the Chair of the Board

Happy Holidays Lansing Jaycees! I hope you all had a wonderful Thanksgiving full of delicious food, good times with family and friends, and that you had some time to reflect on all of the blessings you enjoy. And now as we gear up for some more good eatin' around Christmas and the New Year, I'd like to talk to you about physical fitness. Seems like perfect timing, no?

Okay, maybe it's not the best time to bring it up, with company holiday parties, family parties, cookies, hams, candy, and all that liquid holiday spirit. But I made a choice to be dedicated to working on my own physical fitness back in September. And, the timing just happened to work out that I have now stuck with it long enough to feel as though I can talk about it with you all without fear of falling off the wagon and looking like a fool.

So as I said, I have been working on improving my physical fitness for a few months now, and it has been going very well. Which is amazing because I, like many others, have gone through fits and spurts of trying to lose weight, eat right and do some more exercise. It usually lasts a week to maybe a month, and then I'm right back in the Little Debbie aisle loading up on Nutty Bars. But this time around, for many reasons, it is sticking and I love my new lifestyle. I am stronger, faster, and more agile than I have been for at least a decade, maybe more.

But what really surprised me was how much better I felt mentally and emotionally. That's what many people don't consider when they think about exercise, the effect it can have on your mental well being. After a few months I am generally happier, I am slower to anger, and I am much more inclined to help out around the house.

Using some of my time to exercise allows me to burn through the stress and frustration of a normal work day allowing me to be happier when I'm at home with the ones I love.

So, I am writing this to encourage everyone to take some time to improve your physical fitness. Not only for the obvious reasons of living a longer life, but for the mental health benefits that are often overlooked. There have been several studies I have read that link physical activity to a boost in a person's mood. There have also been studies showing that physical activity can help in treating long term depression. And it doesn't take a ton of work to start seeing those benefits to some degree. According to Dr. Michael Otto, a professor of psychology at Boston University, "Usually within five minutes after moderate exercise you get a mood-enhancement effect." That means a few minutes walking at a decent pace on a treadmill (I'd say outside, but it is December in Michigan) can put you in a better mood. Keep that in mind the next time your co-worker makes you so mad you're wondering who you can call for bail money.

Over the next several months, I will be checking in with you all via the Capital Correspondent to talk more about physical fitness. Whether it be some tips on simple ways to increase your activity, or more information on the long term benefits that maybe aren't so obvious. In the meantime, if you have any questions for me about my challenges and successes or what I'm doing to increase my activity, feel free to stop me at a meeting, or just shoot me an email.



Charlie Root, Chair of the Board

Winter Insurance

My mother always told me, "There is no such thing as cold weather, only poor clothing choices," and with winter upon us, I hear her voice echo this warning once again. However, this is one piece of advice from my mom that I am happy to heed.

Some of you may have had the opportunity to see me in the dead of winter happily wearing snow pants, mixed matched gloves, with a scarf wrapped around my head. After all, another lesson I learned from mom, "this isn't a fashion show." I take my layers very seriously and so should you. After all, they are a type of insurance. Insurance is a piece of mind, and in this case, a piece of mind that I will not be uncomfortably cold, get frost bite, or as morbid as it sounds – die. Old Man Winter is a tough old bastard and he doesn't discriminate.

Now I know most of you are seasoned Michiganders, but I would like to share with you what some of my winter insurance policy looks like, just in case you need a kick in the behind to get yours in order.

In the car, I make sure I keep an old pair of boots, warm

socks, and extra gloves and scarfs. I also make sure that I have jumper cables, a lighter or matches, and flashlight. I have a marine quality air horn and I am stocked with instance hand warmers. Roadside emergency kits are also good to have, as well as extra blankets, and flares.

It is also a good idea to think about winter emergencies that could happen while you are at home. In the event that you are snowed in for any length of time do you have enough food and water on hand to feed you and your family? If you are without power, do you have an alternate heating source, or flashlights/candles? While these things may seem like extra expenses, especially ones that you may never use, I urge you to consider it insurance. You buy health, car, and life insurance, why wouldn't you buy winter insurance, too? Give yourself piece of mind and have a happy and safe winter season.

—Jenni Riehle, Board of Directors



From Left to Right: Sheryl Soczek, Michael Leeds, Jenni Riehle. Bundled up while helping out at the Silver Bells Parade in November.

The Finer Points of Catnip

Catnip is a perennial herb from the mint family *Labiatae*. It is best known for its ability to alter a cat's mood or get them high. The active ingredient that causes a high in cats is an essential oil called *nepetalactone*, which can be found in the leaves and stems of the plant. As a cat approaches catnip, a typical response includes sniffing, chewing, licking, head shaking, and chin, cheek, and body rubbing. Additional responses may include stretching, drooling, jumping, licking, aggression, and hyperactivity.

Sniffing the catnip is what produces the high. It is believed that cats eat catnip to bruise the catnip, thereby releasing more of the nepetalactone. The high produced will usually last between five and ten minutes, followed by a one hour period of recovery where the cat will rest. Not all cats are affected by catnip, it's a genetic trait passed from one parent. Kittens younger than eight weeks old will not feel the high from catnip and may actually show an aversion to it. It's not just domesticated cats who enjoy the effects of catnip, many wild species of cats such as cheetahs and cougars enjoy catnip in the wild.

Catnip is not harmful to your cat. They won't overdose on it. Most cats know when they've had enough and will stop ingesting it. Typically a couple small pinches of dried catnip will be sufficient. You can also keep a plant in the house and allow your kitty to nibble on it at their leisure. Many pet stores sell toys containing catnip which can also stimulate play for your cat. Catnip can also be used as a training aid- for example if you want to get your cat to stop scratching on something you can change their interest to a scratching post with the aid of catnip. It is a nice treat you can share with your feline friend – they will often reward you with purrs.



Anna Versalle, Lansing Jaycees General Member, 83rd President of the Kalamazoo Jaycees and 2016 D3 Director

Additional resources:

<https://en.wikipedia.org/wiki/Catnip>

<http://pets.webmd.com/cats/catnip-effects-on-cats>

Member Birthdays

Joe Kelly	12-09
Melanie Tissue	12-16
Jason Larson	12-22
Rob Dowding	12-23

Jessi Wortley Adler	12-23
Marie Scharf	01-06
Karin Root	01-08
Jeff Straus	01-20

DIY Holiday Gifts for under \$5!



Nothing's quite as meaningful as a gift you make yourself!

Aaaaaand nothing's quite as inexpensive as a DIY gift either. Around the holidays, couldn't we all use as much help with our budget as we can get?

Despite what some people

might think, making beautiful gifts that don't look homemade (read: don't look cheap) but still have that thoughtful, personal touch isn't difficult, and it doesn't have to be pricey. Best of all, you don't have to be a hard-core crafter to pull these looks off; just a quick trip to your local secondhand or dollar store and a few minutes are all you need!

While you're shopping, keep an eye out for the kinds of inexpensive items you can easily find at thrift or discount stores that are extremely versatile for making DIY gifts:

- Mason jars
- Frames (with or without the glass)
- Oversized sweaters and T-shirts
- Classic game pieces (doesn't have to be whole game)
- Old books
- Cork boards
- Antique silverware (can be bent into things like jewelry or hooks for accessories)
- Wooden cutting boards
- Mismatched drawer pulls/knobs
- Decorative plates
- Candle sticks
- Costume jewelry (or use old/broken jewelry)

Depending on which projects you choose, common supplies you might need (but probably already have) could include:

- Adhesives (glue, hot/crazy glue, Mod Podge, etc)
- Scissors

- Permanent markers

- Drill/Screwdriver/Screws

- Basic sewing notions

- Paper

- Paint/Stain (left over from another DIY project)

Once you're wandering the aisles of a secondhand store, just let your creativity run wild!

Just a few neat ideas:

A hollowed-out book makes a cute keepsake box, a great place for kids to hide tiny treasures or a clever spot to hide the remote control! Dressy jewelry magnets could really add some glitz to someone's fridge (and to their grocery list)! Consider using other small items too; photos Mod Podged onto small tiles, clips from the office supply aisle or colorful bottle caps make great magnets, too! This rustic yarn sign is just one beautiful example of the string art tutorials available; with variations in thread/twine/string, nail heads/screws/pins, word/image designs and frames, the possibilities are endless!



Turn strips of fabric, lace or ribbon into charming bookmarks by attaching small brooches or single earrings to the ends. Just some scrap fabric, uncooked rice and a super-easy straight stitch are all you need to show loved ones you care (and don't want them to get frostbite!) with adorable hand warmers.

Danielle Wellington, Board of Directors, Community



Upcoming Events

The Star Wars Saga - Episode IV: A New Hope This evite is for Friday, December 4, 7:00 p.m. - Star Wars Episode IV: A New Hope (at Eric's house) more info...	12/04/15	07:00 PM - 09:30 PM EST	Eric Richmond
Stuff the Bus!!! One of the Lansing Jaycee's Signature Community Service Projects. There are many ways to be involved -- the day of the event and after the event too -- with the sorting and purchasing of remaining items. Volunteer the DAY OF! The following is the link to volunteer the day of: http://vols.pt/wu94zd .	12/05/15	08:00 AM - 09:00 PM EST	Jessi Adler
Stuff the Bus Sorting and Wrapping Gifts Volunteers will be sorting and wrapping gifts at the back room at Sohn Linen. more info...	12/06/15 -12/08/15	10:00 AM - 09:00 PM EST	Jessi Adler
December Happy Hour at Lansing Brewing Company Our final Happy Hour of 2015 will be at Lansing Brewing Company! Join us for some hometown brews, amazing food and a ton of fun! more info...	12/11/15	05:00 PM - 07:00 PM EST	Charlie Root
The Star Wars Saga - Episode V: The Empire Strikes Back This evite is for Friday, December 11, 7:00 p.m. - Star Wars Episode V: The Empire Strikes Back (at Eric's house) more info...	12/11/15	07:00 PM - 09:30 PM EST	Eric Richmond
Star Wars Episodes VI & VII: Return of the Jedi & The Force Awakens This evite is for Saturday, December 19, 5:30 p.m. - Star Wars Episode VI: Return of the Jedi (starts at Eric's house, followed by a trip to Celebration Cinema Lansing for Episode VII: The Force Awakens, 9:45 p.m. in IMAX 3D. You are responsible for getting your own tickets.) more info...	12/19/15	05:30 PM - 11:45 PM EST	Eric Richmond
January General Member Meeting Our General Member meetings occur the first Tuesday of each month (except July - stay tuned for date) at Trippers in Frandor starting at 7 PM with a social hour starting at 6 PM. The meeting is open to all members and anyone interested in learning about the Lansing Jaycees. We hope to see you there! more info...	01/05/16	07:00 PM - 08:30 PM EST	Angela Clock

Jaycees Business Directory

Keller Williams Realty

Member: Rob Dowding 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 your family in achieving your Real Estate dreams and goals.

Phone: (517) 853-6390 Email:
Sold@RobertDowding.com Website:
www.RobertDowding.com Blog:

Advertise your Business Here

Did you know that members can feature their business in the Jaycess newsletter for free?

Advertise your business in the Lansing Jaycees bi-monthly newsletter. Send an email of interest to Jenni Riehle at jenniriehle@gmail.com.

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Alan Waters Agency

Member: Alexander Nelson

Trusted Insurance Advisor

Auto - Home - Life - Business - Health

Alan Waters Agency | Farm Bureau Insurance

Office: [517-381-8110](tel:517-381-8110) | Cell: [517-927-8876](tel:517-927-8876)



Michigan's Insurance Company



Want to see your business featured? Contact Jenni Riehle at: [JenniRiehle@gmail.com](mailto:jenniriehle@gmail.com)



About US

The Lansing Jaycees is an organization of people ages 21–40 that promotes leadership training through community service. We meet the first Tuesday of the month at 7 p.m. at Tripper's Bar and Grill in the Frandor Shopping Center, with networking between 6 p.m. and 7 p.m. Visit our website, www.lansingjaycees.org for more information.



The 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!

2015 Board of Directors

President: Michael Leeds
mp_leeds@yahoo.com

Chair of the Board: Charlie Root
croot80@gmail.com

Programming Vice President: Eric Richmond
edr@thelastbyte.com

Executive Vice President: Colleen Burton
colleen713@yahoo.com

Secretary: Angela Fossi
kitispart@gmail.com

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jeffrey.straus@gmail.com

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Director: Danielle Wellington
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