

CAPITOL CORRESPONDENT



@LansingJaycees



Lansing Jaycees



LEADERSHIP FRIENDSHIP CITIZENSHIP MEMBERSHIP

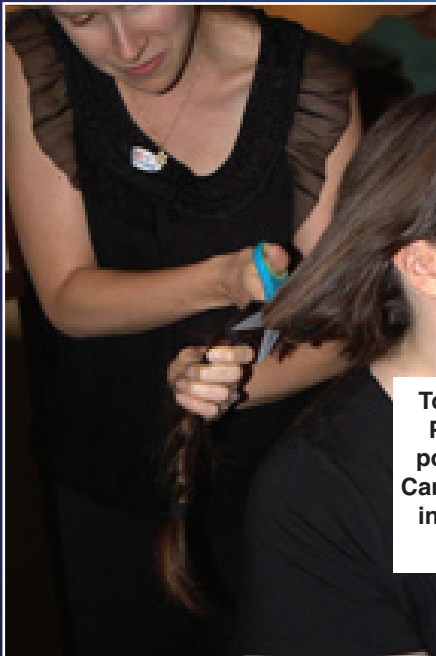
THE MONTHLY NEWSLETTER OF THE LANSING JUNIOR CHAMBER OF COMMERCE | AUGUST 2012

Lansing Jaycees
P.O. Box 1610
Lansing, MI 48901

www.lansingjaycees.org

District 4
Population Division 6
Base Membership: 77

LANSING JAYCEES



To make good on her hair cutting challenge, President Lauren Leeds raffled off two opportunities to cut her hair. (left) Laura D. and Carrie M. won the raffle and took off about nine inches of hair. The hair was donated to Children with Hairloss.



President Lauren, Ruthi D., and Abby S. had the opportunity to see the Michigan Senate in action at our Government in Action event. (Please notice Lauren's cute bob haircut!)



Three great Jaycees friends (from l. to r.) Bridget B., Alex B., and Carrie M. enjoy a Membership Picnic in Mid-August at Hawk Island Park in Lansing.

SEEN IN ACTION!

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

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 .

The Board will meet on July 30 at 6 p.m. at
Northwood University Board Room, 2nd floor
of Summit Bank, 1600 Abbot Rd., E. Lansing

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 to 7 p.m.) at Tripper's Bar and Grill in Frandor. Visit our website, www.lansingjaycees.org for more information.



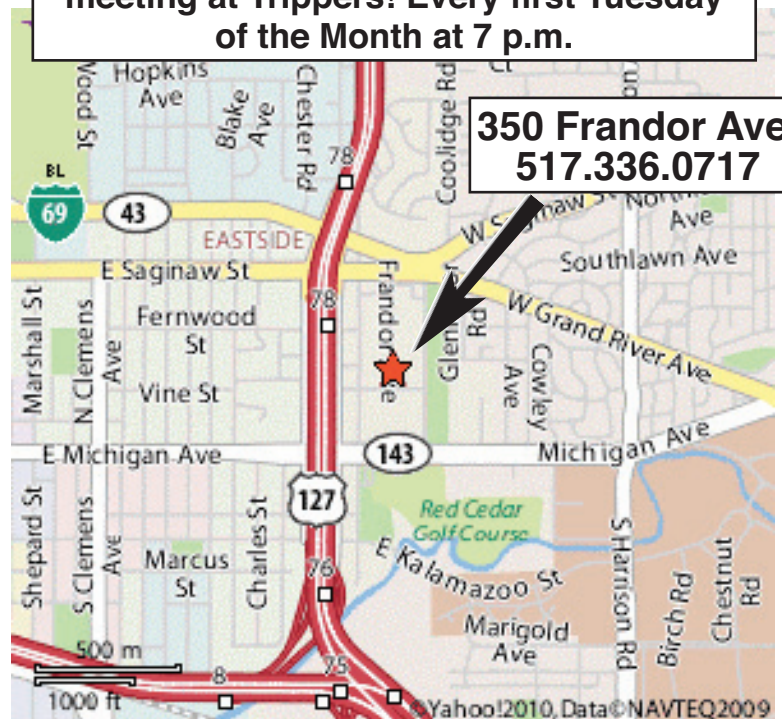
A note from the Capitol Correspondent Editor:
Thanks to the contributors of this month's
newsletter: **Lauren Leeds, Joe Kelly,
Sheryl Soczek, Dan Harris**

ANYONE CAN BE AN AUTHOR!

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

What's in a leader?

Lansing Jaycees, what do we do? **WE BUILD LEADERS!**

The Junior Chamber is a leadership development organization, in fact here's something you'll often hear me and other Jaycees say: "The Jaycees believe in building leadership skills through community involvement."

What does it mean to be a leader? There's a saying: "Leadership is action, not position." It doesn't matter if you serve on the Lansing Jaycees Board of Directors, in some capacity with the Michigan Jaycees or if you're a General Member, it's not your title or rank that determines whether or not you're a leader – it's your actions.

True leaders step forward and do something when they see action is necessary, they pitch in to help their team toward a goal. Bottom line: leadership is about showing up and doing what's necessary to get the job done.

Our chapter is chocked full of community leaders – we step forward to paint the faces of eager children attending the East Lansing Art Festival; when called to staff the Make-A-Wish bike foundation or a triathlon/duathlon desperately in need of helpers, we rouse up volunteers; we come together to pull off a major event like the Great Lakes Folk Festival Beer Tent so festival goers can enjoy a nice cold beer on a hot August day. When our community calls we answer because that is what leaders do.

When I look around at our membership this year and the programming we've offered in the past seven and a half months, I must say I am truly awestruck at the extraordinary level of leadership we have in our local chapter.

Already this year we have had nine (count them, nine) first-time chairs. That's a number to be truly proud of! These first-time chairs (among them: Laura de la Rambelje, Meaghan Kelly, Jill Blust, Mallory King, Kris Dezelski, Holly Nester and Melissa Horste) stepped forward with unique project ideas (helping a local organic farm reinforce its fencing, volunteering with Make-A-Wish and learning to line dance) and to chair return projects such as the annual Easter Egg Hunt on the Capitol lawn, Pet Photos with the Easter Bunny, Relay for Life and our ever popular Get Your Food On events. One more thing to add – all but one of those first-time chairs is a General Member.

Furthermore, we have solidified leadership positions for the Monster Mayhem Haunted House – with both experienced and newer members agreeing to head up subcommittees. This event is a huge undertaking that we cannot successfully conduct without leaders.

When I reflect back on the number of General Members who have chaired projects so far this year I'm more than proud, I'm reminded of what a dedicated and determined group of individuals can do: change the world.

It's easy to lose perspective when you're focused on getting through life one-day at a time. That's why I encourage you to take a look back at the Lansing Jaycees calendar for 2012 so far – look at what we have accomplished this year as a group. Don't take my word for it, but it's pretty remarkable.



Lauren Leeds
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INDIVIDUAL DEVELOPMENT REPORT

Tie one on!

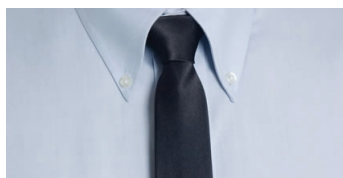
One event coming up will feature me explaining how to tie ties. You may already know how to tie a tie in a knot, but there are many ways to tie a tie. Some methods are better suited for different collars or different types of ties.

These are the three most common ways to tie a tie:

- The Windsor also known as a Double Windsor provides a large symmetrical knot that unties cleanly. The Windsor is best used on wide collar shirts.



- The Half-Windsor is one step shy of the Windsor and is a standard method of tying a tie. The knot is asymmetrical, but unties cleanly.



- *The Four-in-Hand knot is, in my opinion, the easiest way to tie a tie. Slightly asymmetrical, it unties cleanly. If you don't know the name of the way you tie a tie, it is likely the Four-in-Hand.



In addition, there are several other, equally nice ways of tying a tie:

- The Pratt or Shelby Knot provides a medium-sized knot that is symmetrical.

I have been calling a knot the Oriental or Napoleon, but this was as it turns out because of a YouTube video star misnaming it. What

I'll now call the Double Loop Knot is a narrower knot, used for narrower collars. I cannot currently find a photo of this knot, but I'll gladly show you how to tie one at the upcoming event: Tie one On! The real Oriental or Small Knot, as the name implies is a small knot and requires the least steps of all.

- The Victoria Knot or Prince Albert Knot is the same as the "Double Loop" Knot, with a slight variation. The "Double Loop" Knot has the tie go through the inner most part of the knot, while the Victoria has the tie go through the outside part of the knot.
- The Cross or Christensen knot is a cross between the half-Windsor and the Victoria. It was intended for Cravats of equal length throughout. Using a current necktie will produce a smaller knot.
- And, of course, there is the bow tie. According to the Brooks Brothers website, the bow tie was born in the 1600's when the Croatian mercenaries fought in support of Louis XIII. The upper class in Paris saw their neckwear and began tying scarves creatively. The bow tie knot is the same as the knot that we use to tie our shoes.



Joe Kelly
joewkelly@gmail.com

DATES TO REMEMBER

MANAGEMENT - TEXAS HOLD 'EM EVENT DATES:

AUGUST 27 - 29 - Tripper's, 350 Frandor Ave., Lansing 5:30 p.m. - 2:15 a.m.

Sign up to volunteer for August Texas Hold 'Em dates here.

SEPTEMBER 24 - 26 - Tripper's, 350 Frandor Ave., Lansing
Sign up sheets will be available at the next General Membership meeting.

MEMBERSHIP CALENDAR OF EVENTS:

AUGUST 24 - 26 - Delta County Jaycees Duck Races, Time: TBA, Escanaba, MI (Details - Angela Clock 517-410-9527)

SEPTEMBER 2 - A Beggar's Happy Hour, 4 - 8 p.m., Beggar's Banquet, 218 Abbot Rd., East Lansing

SEPTEMBER 4 - General Membership Meeting, 6 - 8:30 p.m., Tripper's, 350 Frandor Ave., Lansing (Details - Lauren Leeds)

INDIVIDUAL DEVELOPMENT

CALENDAR OF EVENTS:

AUGUST 30 - Get Your Phò On: Asia's Finest Food, 6 - 8 p.m., Asia's Finest Restaurant, 6443 S. Cedar St., Lansing

SEPTEMBER 22 - Star Gazing, Time & Location TBD

COMMUNITY CALENDAR OF EVENTS:

SEPTEMBER 3 - *RESCHEDULED* Remembering President Ford, 10 a.m. - 2 p.m., Gerald Ford Muesum, 303 Pearl St. NW, Grand Rapids, MI

MANAGEMENT CALENDAR OF EVENTS:

AUGUST 27 & SEPTEMBER 24 - Board of Directors Meeting, 6 - 8 p.m., Maner Costerisan, 2425 E Grand River Ave, Ste. 1, Lansing, MI (Details - Lauren Leeds)



MANAGEMENT - MONSTER MAYHEM

HAUNTED HOUSE EVENT DATES:

AUGUST 28 - Haunted House Core Committee Meeting, 6 - 8 p.m., Reno's West, 5001 W. Saginaw, Lansing, MI (Details - Eric Richmond)

AUGUST 29 - Haunted House Sponsorship SubCommittee Meeting, 6:30 - 7:30 p.m., Panera Bread, Frandor, 310 N. Clippert St., Lansing, MI (Details - Kris Dezelski)

SEPTEMBER 9 *The Day Has Arrived* - Haunted House Truck Unload, 10 a.m. - 5 p.m., Monster Mayhem Headquarters (Details - Eric Richmond)

SEPTEMBER 10 - Haunted House Core Committee Meeting, 6 - 8 p.m., Location TBD (Details - Eric Richmond)

More dates will be added in September and October, so keep your eyes peeled on the Lansing Jaycees Calendar on our website:

www.lansingjaycees.org



Membership Anniversary Dates: September

Adrienne Woodward • Alyson Kechkaylo

Nicholas Kechkaylo • Lauren Leeds

Eric Richmond • Rocco Huang

Eric Sheppard • Jamie Sheppard

Amy Richter • Melissa Horste • Michael Spaulding

October

Angela Mills • Careena Eggleston

Jessi Wortley Adler

MANAGEMENT REPORT

Put on your leadership boots...

As we continue to do great work in our community, chapter, and ourselves the time has come to remind you in a couple of months we will vote on next year's leadership. Two-thousand twelve marks my second year serving on the Lansing Jaycee board of directors. Looking back I can tell you I couldn't imagine how different these last two years would have been for me had I not volunteered to serve on the board.

Have you considered serving on the board?

These are some questions you may want to ask yourself and others:

- 1) Ask yourself what role you are seeking? President, Vice President, Director, Treasurer, Secretary, or Chaplain? Which position would you feel most comfortable in?
- 2) Have you considered talking to the person who serves in this role now?
- 3) Have you talked with people who served in this role during other recent years?
- 4) Have you chaired or co-chaired a project?
- 5) Do you have a good understanding of the Chairperson's Planning Guide?

- 6) Do you have a couple of project ideas for January and February (or know someone who does)?
- 7) What do you want to achieve after being part of the board, for our community, our chapter, for our members, for yourself?
- 8) Are you available to commit to one evening a month for board meetings and a retreat (usually 1/2 to 1 day) at the beginning and mid-point of the year?

Acting on these questions now will put you in a great position to both state your case for being elected next November and more importantly give you a solid foundation for a great start in 2013!

If you have any questions about the Management Vice President or Individual Development Vice President roles feel free to contact me at dan@dnharris.com. I look forward to seeing you grow as a leader!

Management Shout out!

I would like to give a shout out to Anne Ribby, Michael Leeds, Alex Briseno, Sheryl Soczek, Joe Kelly, Abby Siegel, Lauren Leeds, Colleen Burton, Kris Dezelski, Angela Clock, Carrie May, Robert Dowding, Angela Fossi, and Amy Miller for working one or more Texas Hold'em shifts in July. Each shift worked contributed over \$120 in operating profit that our chapter can use in other programs. Thank you again and keep up the great work!



Dan Harris
dan@dnharris.com

AUXILIARY OFFICER'S REPORTS

Treasurer's Report

If anyone is looking for an exercise class that will challenge you on a daily basis, Pure Barre may be for you. This class amazingly has kept me interested and challenged since December.

What is Pure Barre? "Pure Barre is the fastest, most effective way to change the shape of your body. Using small isometric movements at the ballet barre set to motivating music, Pure Barre lifts your seat, tones your thighs, abs and arms and burns fat in record breaking time," (www.purebarre.com). This is true, however like any exercise program you won't see huge results unless you have a proper diet (which I don't). However, after several classes, I could start to feel my body getting stronger and in some places firming up.

Classes are about 60 minutes and a reservation is recommended as they fill up fast. They can be on the pricy side, however specials are offered through their Facebook page at times or through Groupon. Once in a while frequency members (me) are able to bring friends for free. If you are interested, let me know and I will see what I can do.

The technique protects your joints and does not involve any bouncing or jumping. The workout consists of a warm-up focusing on the core then moving to the arms. The thighs are next, it is not un-common for your legs to literally be shaking before you are

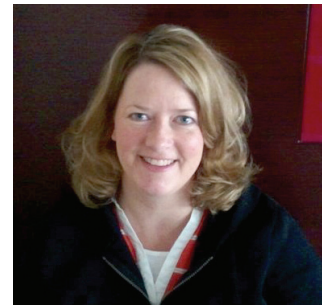


done (this is a good sign as it means your muscles are changing). The glutes are next (working on what they call "The Pure Barre Ledge," followed by flat back and rounded back abdominal exercises. Finally comes the cool-down and final stretch. After each muscle group is worked to fatigue, there is a stretching session to create long, lean muscle without bulk and work on flexibility.

This workout is not for the casual exerciser, it can be intense. I know of many first timers to the classes that leave feeling like they have not worked out very hard, the next day they know. I then typically receive feedback that their body is hurting in places they didn't know could hurt!

Our local Pure Barre is located at 3544 Meridian Crossings Drive, Suite 160 in Okemos (right next to Stillwater Grill). I encourage everyone to check-out their website and see if this program is for you.

Sheryl Soczek
soczek@msu.edu



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

To advertise your business here, submit information to
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This service is FREE for Members of the Lansing Jaycees!!