

# CAPITAL CORRESPONDENT



@LansingJaycees



Lansing Jaycees



LEADERSHIP FRIENDSHIP CITIZENSHIP MEMBERSHIP

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

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

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

District 4  
Population Division 6  
Base Membership: 77

# LANSING JAYCEES

Lansing Jaycees members Laura de la R., Ruthi D., Laela H., Charlie R., Karin R., Junior Jaycee Joy R., Jenni R., Matt W., Sarah M., Abby S., Joe K., Eric R. and Danielle W., and friends of the chapter Nick A. and Ryan de la R. came out and represented the Chapter by walking in the MSU Homecoming Parade.



# GO GREEN!



## 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 .

#### *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 will meet the second Tuesday of November 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](http://www.lansingjaycees.org) for more information.



### A note from the Capital Correspondent Editor:

Thanks to the contributors of this month's newsletter: **Joe Kelly, Dan Harris, Sheryl Soczek, Kris Dezelski, Carrie May, Angela Clock, Eric Richmond, Abby Siegel, Angela Fossi, Danielle Wellington**

#### ***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! The second Tuesday of November at 7 p.m.



## PRESIDENT'S REPORT

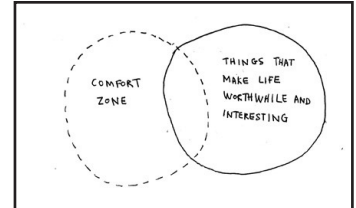
### Trying Takes Courage

*"What would life be if we had no courage to attempt anything?"*

Vincent van Gogh

I admit it – I hate change. Most of the time, I would be perfectly happy to be an old stick-in-the-mud. Fortunately, life doesn't allow for that.

Autumn heralds the beginning of the season of change. Leaves on trees across Lansing are changing from green to vibrant hues of red, orange and yellow. In another month, all the trees will have dropped their leaves and the skies will be threatening snowfall.



Before we know it, we'll blink and it will be January and our friends and families will be making New Years resolutions.

In less than a month, we will know who the next president of the Lansing Jaycees will be and who will be serving on the 2013 Lansing Jaycees Board of Directors.

Every member who stepped forward to put their name on the ballot is trying to make a difference in our chapter, and thereby, in our community. Regardless of the election results next month, I am proud of each person who was brave enough to step forward and ask to take on a leadership position for the Lansing Jaycees.

Trying takes courage. It's easy to just kick back and rest on your laurels, but you're going to miss out on all the things that make life worthwhile. In fact, most of the stuff that makes life interesting and worthwhile is outside your comfort zone.

I used to be paralyzed by the thought of trying something new, but luckily I got over that fear. And I'm thankful I did. Otherwise, I might have never learned just how yummy sushi can be, or that I can survive a 10 mile hike along the Pictured Rocks lakeshore trail, or that I can eat and enjoy pretty spicy Thai food, or that I can survive a yoga class and still walk the next day.

You see, there's your comfort zone and then there's where the magic happens. There's very little overlap. So, what's holding you back? Is it fear? Is it the comfort of what you're used to? I encourage you to push yourself beyond where you feel comfortable. Try something new, perhaps that's trying a new cuisine, or maybe it's stepping up to lead a Jaycee project.

If you want an opportunity for personal growth, then as former First Lady Eleanor Roosevelt said: "You must do the thing which you think you cannot do."

Though we will be selecting our new set of leaders next month, our work for 2012 is far from over. We can still make a significant impact on our community. Our signature project "Stuff the Bus" is coming up around the corner and will provide our chapter with an opportunity to make a difference in the lives of children and families across the greater Lansing community. When we pull together as a chapter and try to make a difference, we make a difference.



Lauren Leeds  
lleeds823@gmail.com



## INDIVIDUAL DEVELOPMENT REPORT

### Nothing but Nets

The World Health Organization reported that in 2010, 655,000 people died of malaria. Other observers estimate the death toll at 1.2 million. The UN has a goal of ending malaria deaths by 2015. Tents prevent mosquitos from killing. And these long-lasting insecticide-treated bed nets only cost \$10 to purchase, distribute and educate communities on their usage. As the UN Foundation says "You can save a family."

What does this have to do with the Jaycees? The Junior Chamber International (JCI) is a partner in the Nothing but Nets program that helps distribute nets. And the United States Junior chamber rewards local chapters that participate in Nothing but Nets, as doing so fulfills a requirement for a Jaycees program called Blue Chip. As such, the Lansing Jaycees have regularly committed some time and effort to raising funds for the purpose of saving lives from malaria.

As part of our inter-chapter collaboration known as Twinning, another JCI program, the Lansing Jaycees

and the Edmonton Jaycees have agreed to a fundraising challenge. We are asking individuals to bring their pocket change that they have collected to the November General Membership meeting to raise funds for Nothing but Nets program.

The accounting is that any denomination of \$1 or less will count towards the chapter's fundraising total, while any contribution made in greater denominations will count against the other chapter's fundraising total. All funds will be donated to Nothing but Nets.

You can be part of something bigger than yourself by working to end malaria. It is within our reach, and something worth fighting for.



Joe Kelly  
joewkelly@gmail.com

## MEMBERSHIP DEVELOPMENT REPORT

### October Winners!

**October Renewal Winner:** Jessi Wortley-Adler!!!

**October GMM Winners:** Renee Berke, Sarah Mangiapane, and Shawn Brueshaber!!!

What did these people win? A gift certificate to Trippers! That's right, free appetizer and pool!

General Membership Meetings have an additional incentive! What more of an incentive does one need than being around really cool people and talking about upcoming Jaycee's events, you ask!? Well, members should be rewarded, so from here on out, raffle drawings will take place at all of the GMM's in 2012.

There will be raffle prizes drawn for all of those who

are present, both prospects and members. There will also be exclusive drawings for all of those who attend the GMM of their JOIN month. The chance to win that prize will especially be high! The small print only requires that renewal payments are paid to Danielle Wellington or Sheryl Soczek the month BEFORE your join month. If you have any questions about what your join month is, about the rewards program, or if you have a great idea for a reward, please contact Danielle Wellington at DanielleLWellington@gmail.com.



DanielleLWellington@gmail.com

## Letter from the MIJC's Presidential Candidate

*"I wanted you to see what real courage is, instead of getting the idea that courage is a man with a gun in his hand. It's when you know you're licked before you begin but you begin anyway and you see it through no matter what. You rarely win, but sometimes you do."*  
- Atticus Finch, To Kill a Mockingbird



During the most recent Michigan Jaycees convention, chapters from all over the state came together to vote for the 2013 Michigan Jaycees Board of Directors.

Most of you know I made the decision to run for 89th President of the Michigan Jaycees. I felt I had the vision and skills to take the organization in the best direction. I have had amazing opportunities and mentors throughout the years. It felt like the right step to take to continue my Jaycee career.

Despite that, I was unsuccessful in my bid for MIJC President. And as I recover from what was a disappointing loss, I wanted to take a few moments

to address the chapter that helped me get to this point.

I want you all to know that you should ALWAYS do what you think is the right thing. Please do not let anyone else tell you that you cannot do something. Fight for what's right and reach for your goals. Do this, even if you know you may fail.

There is no way that I could have ever thought about running without the unwavering support of my chapter. You guys have been incredibly supportive in loaning me out the last few years to serve the Michigan Jaycees. Without you, I could not do what I have been doing.

And without you, I could not have made the run for MIJC President. I could not have endured this loss without you and your support. Knowing that I have you guys to come back to means the world to me.

Thank you for supporting me. Thank you all for what you do in our local community. Thank you for being the best chapter in the state.

Yours in Service,  
Angela M. Clock, #81

## DATES TO REMEMBER

### INDIVIDUAL DEVELOPMENT CALENDAR OF EVENTS:

- OCTOBER 19** - Star Gazing, 7:45 - 11 p.m., Angela Fossi's House, 206 Carom Circle, Mason
- OCTOBER 27** - Debate Judging, 6:15 a.m. - 6:45 p.m., Mona Shores H.S., 1121 Seminole, Muskegon
- NOVEMBER 10** - Nyaka AIDS Orphan Project, 9 a.m. - 3 p.m., 2970 E. Lake Lansing, E. Lansing
- NOVEMBER 18** - Resume Workshop, 1 - 2:30 p.m., Haslett Library, 1590 Franklin St., Haslett

### COMMUNITY CALENDAR OF EVENTS:

- OCTOBER 18 & 25** - Meet the Candidates, 5:30 - 8 p.m., Oct 18 at Mott Auditorium, Olivet College, Oct 25 at Red Ribbon Hall, Eaton Rapids
- OCTOBER 21** - 10th Annual 5k Canine Cruise, 9 a.m. - Noon, MSU campus courtyard between Fee & Conrad Hall
- OCTOBER 29** - Face Painting at Trick-or-Treat on the Square, 4:30 - 7:30 p.m., 200 S. Washington Square block
- NOVEMBER 3** - Model Legislature, Capital Building
- NOVEMBER 3** - Outstanding Young Michigander & Distinguished Service Awards Banquet, 6:30 - 11 p.m., Michigan Historical Museum, 702 W. Kalamazoo St., Lansing
- NOVEMBER 16** - Silver Bells Parade Staging, 2:30 - 7:30 p.m.

### MANAGEMENT CALENDAR OF EVENTS:

- OCTOBER 14** - Debate Committee Meeting, 5 - 6:30 p.m., American Crepes, 986 Trowbridge, E. Lansing
- OCTOBER 20** - Costume Party at the Irish Pub, 1910 W. Saginaw, Lansing
- NOW - NOVEMBER 13** - Great Lakes Scrip Fundraiser, Sheryl Soczek, 517-862-6376
- NOVEMBER 26 - 28** - Texas Hold 'Em, 11:30 a.m. - 2:15 a.m., Tripper's, 350 Frandor Ave., Lansing
- OCTOBER 29 & NOVEMBER 26** - Board of Directors Meeting, 6 - 8 p.m., Maner Costerisan, 2425 E Grand River Ave, Ste. 1, Lansing, MI (Details - Lauren Leeds)

### MEMBERSHIP CALENDAR OF EVENTS:

- OCTOBER 16** - Painting Pottery Meet & Mingle, 5:30 - 8 p.m., Playing Picasso, 300 N. Clippert St., Ste. 15A, Lansing
- NOVEMBER 13** - General Membership Meeting, 6 - 8:30 p.m., Tripper's, 350 Frandor Ave., Lansing (Details - Lauren Leeds)

**October Birthdays**

**Andy Miller • Bridget Burnell**  
**Michael Spaulding • Abby Siegel**  
**Meredith Blixt • Eric Sheppard**  
**Danielle Wellington • Nicole Dezelski**

**November Birthdays**

**Eric Dennis**  
**Michelle Smith • Geoff Streit**

**Membership Anniversary Dates:**

**October**

**Angela Mills**  
**Careena Eggleston**  
**Jessi Wortley Adler**

**November**

**Mike Castelien • Angela Clock**  
**Eric Dennis**  
**Angela Fossi • Ilona Hajdar**  
**Meaghan Kelly**



## MANAGEMENT REPORT

### Walk yourself to better health

In a quest to have better health I began walking late last July. It has been a quest to better health. When I first started walking I had trouble completing 10-15 minutes without taking time to stop, sit down, and have a drink of water. In total it was a struggle to walk more than a mile and a half.

Over the course of two months my endurance has skyrocketed. I can now walk a little more than two hours non-stop, trekking over 5 miles in the process. Along with a better diet this has helped me lose more than 35 pounds.

Fall is here and winter will soon be here. I am sure you will think it is crazy that I might suggest you consider adding a daily walk to your schedule. With proper planning it is feasible. While we have cold winters in Michigan it is not impossible. The time to start a plan would be now so you are well into your program when weather turns cold. Many people walk and jog outdoors in winter. If you find the outdoor temperature too harsh, consider walking in one of the many malls in the area. Both the Lansing and Meridian malls are open to walkers. Consider starting a walking program before Halloween and reap the benefits come next spring.

The following is an excellent article that will help you get started:

#### BEGINNING A FITNESS WALKING PROGRAM

You know you want to begin a fitness program, but don't know where to start. It's easy! Walking is one of the easiest and most profitable forms of exercise. All you need is a good pair of shoes, comfortable clothing, and desire.

**How to start:** First of all, start out slow and easy. Just walk out the door. For most people this means head out the door, walk for 10 minutes, and walk back. That's it? Yes, that's it. Do this every day for a week. If this was easy for you, add five minutes to your walks next week (total walking time 25 minutes). Keep adding five minutes until you are walking as long as desired.

**WATCH your posture.** Walk tall. Think of elongating your body. Hold your head up and eyes forward. Your shoulders should be down, back and relaxed. Tighten your abdominal muscles and buttocks and fall into a natural stride.

**Be sure to drink plenty of water before, during, and after walking.** Incorporate a warm up, cool down and stretches into your routine. Start your walk at a slow warm up pace, stop and do a few warm up/flexibility drills. Then walk for the desired length of time. End your walk with the slower cool down pace and stretch well after your walk. Stretching will make you feel great and assist in injury prevention.

#### Management Shout out!

Many thanks to those who came out and volunteered at Texas Hold 'Em:

**August:** Alex Briseno, Carrie May, Angela Clock, Sam Keeney, Sheryl Soczek, Michael Spaulding, Joe Kelly, Michael Leeds, Angela Fossi, Charles Strong, Anne Ribby, and Lauren Leeds.

**September:** Lauren Leeds, Abby Siegel, Colleen Burton, Jessi Wortley-Adler, Angela Fossi, Ryan Kiernicki, Joe Kelly, Sheryl Soczek, Michael Leeds, Andrew Hoard, Charlie Root, Kerri Runions, Danielle Wellington, Shawna Henderson, and Angela Clock.

The toughest thing about starting a fitness program is developing a habit.

Walking daily will help (a minimum of five days a week is a good goal). You should walk fast enough to reach your target heart rate, but you should not be gasping for air.

After you have formed the habit you will want to evaluate your program and your goals. Here are some general guidelines:

If you are walking for the general health benefits try to walk 30 minutes a day, most days of the week, at a "talking" pace. (Talking pace means you have elevated breathing, but you can still carry a conversation.)

To improve cardiovascular fitness you should walk three to four days a week, 20 to 30 minutes at a very fast pace. At this pace you are breathing hard but not gasping for air.

If you are walking for weight loss you should walk a minimum of five days a week, 45 to 60 minutes at a brisk pace.

Once you can comfortably walk for 30 to 60 minutes five to six days a week you may want to put more "umph" or speed into your routine. Follow these easy tips for walking faster (or for some real speed learn to race-walk).

**Zero to 60 in 12 Weeks** - An easy to follow schedule to get you walking 60 minutes in 12 weeks.

Notice: If you're new to walking, start off with slow, short sessions and build your way up gradually. If you have any health concerns or medical conditions, be sure to check with your doctor for advice before you begin a routine.

#### 12 WEEK BEGINNER SCHEDULE

Having a hard time getting started ... here is an easy to follow beginner schedule that starts with 15 minute walks and will have you walking 60 minutes in 12 weeks. Warm up and cool down time are included in the scheduled minutes. Be sure to stretch after your walks.

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1	15 min	15 min	20 min	15 min	20 min	15 min	20 min
2	15 min	20 min	20 min	15 min	20 min	15 min	25 min
3	15 min	25 min	20 min	15 min	25 min	20 min	25 min
4	20 min	30 min	20 min	20 min	25 min	20 min	30 min
5	20 min	30 min	30 min	20 min	30 min	20 min	35 min
6	25 min	30 min	30 min	25 min	30 min	25 min	40 min
7	25 min	30 min	40 min	30 min	30 min	30 min	40 min
8	25 min	30 min	40 min	30 min	40 min	30 min	50 min
9	30 min	40 min	40 min	30 min	40 min	40 min	50 min
10	30 min	40 min	50 min	30 min	50 min	40 min	50 min
11	40 min	40 min	50 min	40 min	50 min	40 min	50 min
12	40 min	40 min	60 min	40 min	60 min	40 min	60 min

Consistency is key in creating a new habit, so be sure that you get something in at least five days a week. The starting day for this schedule may be changed to suit your needs. Just try to keep your easy and harder days in the same order. If you are particularly tired one week, don't increase your time... just stick with the last week's schedule.

Source: [www.thewalkingsite.com/beginner.html](http://www.thewalkingsite.com/beginner.html) and [www.thewalkingsite.com/12week.html](http://www.thewalkingsite.com/12week.html)

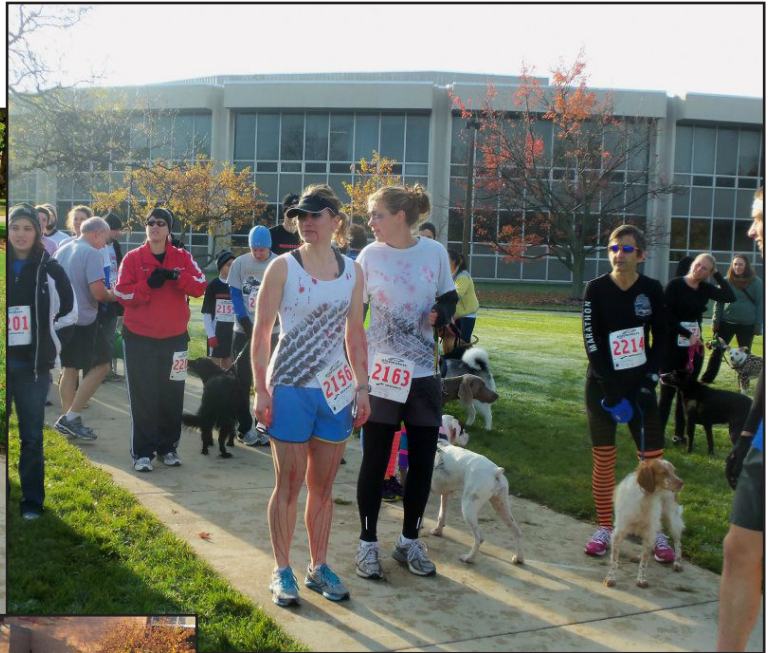
**Dan Harris**  
dan@dnharris.com



## COMMUNITY DEVELOPMENT REPORT

### The OTS 10th Annual Canine Cruise!

The veterinary professional fraternity Omega Tau Sigma (OTS) is running their 10th annual 5K Canine Cruise Walk/Run & Costume Contest on Sunday, Oct. 21. All proceeds benefit the Ingham County Animal Control. The route is through the MSU campus, which is especially beautiful in the fall. You can choose to run or walk and you can even bring your dog(s) along if walking. There will also be a Halloween costume contest with prizes for both humans and dogs. Don't miss the fun and cuteness! Seriously, why would you want to miss dogs in costume?



The registration booth and start/finish lines are in the MSU campus courtyard between Fee & Conrad Hall, which is near intersection of Wilson and Fee Road. Parking in that immediate area is free during the time of the event.

Registration fees per person are as follows:

- \$20 after October 5. T-shirt availability not guaranteed if a late registration.
- Add \$5 for a long sleeve t-shirt.
- \$10 for children 12 and under.

The registration form and instructions are available at the following link.

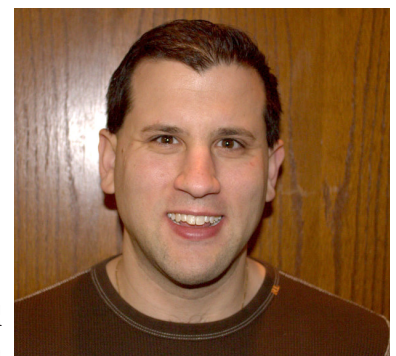
<https://sites.google.com/site/michiganstateots/home/canine-cruise>

Please register in advance if possible, but day-of registrations are ok, too. The schedule of the event is as follows on Sunday, Oct. 21:

- 9 a.m. registration begins
- 9:45 a.m. Halloween costume contest judging
- 10 a.m. begin run/walk
- Contest winners announced shortly after completion of the run/walk.

All proceeds benefit the Ingham County Animal Control for animals

desperately in need of food, care, and forever homes. Many Jaycee humans and dogs will be there, you should be, too!



Eric Richmond  
edr@thelastbyte.com



## AUXILIARY OFFICER'S REPORTS

### Treasurer's report

Here we are, the last three months of the year. Almost time to start your holiday shopping if you haven't already. It is always helpful to find ways to save money this time of the year to make that shopping less hurtful to your pocketbook. Here are some websites that can help make that happen (allyou.com):

#### Smartphone Apps:

Grocery iQ – Assists in creating grocery lists, organize it by aisle and find coupons.

RedLaser – Scan the barcode and the app will tell you where you can find the product for less.

SnapTell – Take a picture of an item and it will instantly compare prices online and give you product ratings.

WeReward – Complete tasks at local shops and restaurants, earn points then trade your points in for cash/equivalent.

#### Websites:

Sharesomesugar.com – This website gives you the resources to borrow items instead of buying them. Create a network with friends and neighbors then post what you are looking to borrow.

Coupons.com – Has hundreds of printable deals and online codes (often higher discounts than the newspaper flyers).

### Are Credit Card reward offers worth it?

We have all probably received offers in the mail "Receive \$200 cash back after first \$500 purchase" or something similar from one of the plethora of credit card companies out there. Are these luring deals worth it? Chances are you have received an offer or two, because a recent Consumer Reports study found that about 85 percent of U.S. households participate in at least one rewards program. 85 percent! Sounds like a lot of people in America must agree that rewards programs are a good deal.

But are they a good deal? The answer probably depends on several factors and in general, probably varies from case to case. Is there a purchase you need to make that fits this deal? Are you expecting to make a debt based purchase, i.e. a home or a new car? What is your credit score like?

If you are getting ready to make a large debt based purchase such as a house or a new(er) car then these deals are probably not for you. Why? These deals, in general, will at least temporarily reduce your credit score because it will increase your revolving debt limit. Revolving debt is the general term to describe credit cards and similar types of accounts. The more revolving credit you have available, in general, you are considered a riskier borrower and will have to pay higher interest rates. Higher interest rates can cost thousands more over the course of a long term debt note like car or house. Why would you want to save hundreds when you could save thousands?

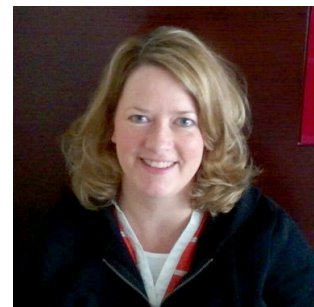
But what if you don't have any planned debt based purchases?

Lansingjaycees.org – Here you can print out an order form for our Great Lakes Scrip program and purchase gift cards. No, you won't save any money, but the Jaycees will make some!

While we are on the subject of gift giving, have you ever asked someone to create a wish list you could have? I have done just that, it was super easy and I can add to it each year. Check out the website [www.wishlistr.com](http://www.wishlistr.com), it allows you to create a list showing the name of the item, a link to that item and additional informant (I list the store name). The list can then be forwarded to your friends/family who requests it. Now whenever someone asks you for gift idea, you can direct them to your most up to date list. Remember to keep it up year round as you never know when someone will want to buy you something!

Enjoy your shopping and preparations for the holiday season.

Sheryl Soczek  
soczek@msu.edu



Then using a reward offer or two might work out for you. This past summer, my wife and I found out that she would need to fly down to Texas for a surgery her mother was having down there. Right about the same time we happened to receive a credit card rewards offer that basically paid for her flights. Neither of us are planning a large debt based purchase any time soon, my credit card score was in a position where I could take a small hit and still be in very good shape, and this purchase fit the offer, so we did it. We closed this account as soon as we got our cash back and my wife returned from Texas.

#### Other things to consider:

- In general, consumers with credit card rewards tend to overspend their budgets.
- Interest rates on purchases are much higher than rewards amounts. So they don't work out if you are carrying a balance and paying interest.
- Rewards like airline miles can expire.

When it comes to a topic like this each person has to look at their facts and circumstances to determine if something is right for them, so hopefully this has given you some things to ponder.

Kris Dezelski  
dezelskik@gmail.com





## Can I use a Chairperson's Planning Guide (CPG) for anything?

The answer to the above question is, of course, YES! Consider the following example:

Let us say we had a wedding to plan. (Did I mention this example is taken from my life?) What is the primary purpose of this event? Well, obviously, its to get married to Joe Kelly (IDVP) and have a nice reception. Good. Number one from the CPG is done.

Onto the who, when, where and why question. The "who" was simple, Joe and I, and friends and family. "Why" was also an easy one - because we're in love. We have scheduled this event for next May. The "where" was the hardest part to answer. We explored lots of places in the Lansing area, but were a bit disappointed. While walking around Aquinas College's campus in Grand Rapids one day, we found our ceremony venue. We then locked down a reception venue, also in Grand Rapids.

Now manpower assignments. I consider this to be an evolving area for this particular project. This early in the planning, many questions need to be answered by Joe and me. However, I know we'll get down to crunch time and it will be good to have a list of people who can do things, like help address invites and put together gift bags. This is a place on the CPG that can help in any event planning. I like to call it the Ghostbusters question (Who you gonna call?).

Here is a short list for number four on the CPG, supplies and resources:

Bride, Groom, Bridesmaids, Groomsmen, Officiant; Friends, Family, send an invitation to the President (they may not come, but will send you a congratulatory note);

Food, Drinks, CAKE!;

A photographer, a cool classic car to drive us from one venue to the other;

Music for dancing, Comfy shoes for dancing, a place to crash when we're done dancing;

Invites (so people know when to show and where).

I am an idealist, and I don't like thinking about problems on what is referred to as "the most important day in one's life" but, we must to answer the fifth question on the CPG:

We're having an outdoor wedding ceremony. What if it rains? Solution: We get married in the rain! Or, we go inside the building adjacent to the gardens and proceed with the ceremony.

We may have low attendance if invitations get lost in the mail, or aren't sent with enough time to respond. The solution there is getting invitations out with plenty of time, and getting addresses correct. A bigger potential problem is that Joe and I come from two different religious backgrounds (he is Catholic and I am Jewish). We have solved this issue by having a civil ceremony performed by a judge (Joe's dad).

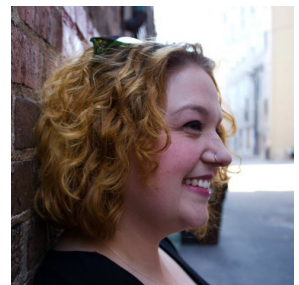
Our budget is something that is probably not appropriate to discuss in a newsletter. However, we have resolved as a couple that we do not feel like going broke for a one day celebration does anyone any good. So, we're being mindful of our money.

A timeline is good to have. But, since we have never planned a wedding before, we have been using a timeline from a wedding planning website, weddingwire.com. Its been easy to use, and also easy to tailor to our particular wedding needs.

What makes a CPG so easy to work with, and so beneficial for any type of project planning is that it cuts out unnecessary stuff. I have found in wedding planning, there is a LOT of unnecessary stuff. I'm looking forward to the next seven months of planning, but I am over the moon about spending the rest of my life with Joe Kelly.

The last three parts of the CPG are: record any revision of the original plan, recommendations for the future, and measurable results and impacts. We are only doing this once, so these questions are unnecessary. However the day goes, even if it isn't perfectly according to plan, I know it will be amazing, and less stressful because of the planning we have done using a tried-and-true CPG method.

Abby Siegel  
queenpetunia@hotmail.com



## 2013 Lansing Jaycees Elections

Elections for the 2013 Lansing Jaycees Board of Directors are coming up soon! Elections will be held at the November General Membership Meeting (also known as the Annual Meeting) on Tuesday, Nov. 13, 2012. The GMM will be held at Tripper's (350 Frandor Ave., Lansing, MI). Voting will take place at the close of regular business as listed on the GMM agenda.

Your elections committee consists of committee chair Carrie May and committee members Colleen Burton and Andrew Hoard.

### Procedures for Nominations

Nominations for elected positions may be made in two ways. Written nominations accompanied by a written second may be submitted to the Elections Committee until Nov. 13 before the Annual Meeting. Nominations may also be made and seconded orally at the November General Membership Meetings as long as the nominated member is present to consent to being nominated. Only members in good standing (dues are current and no other monies are owed to the chapter) may nominate, second or be nominated.

### Absentee Ballots and Proxies

Absentee ballots will be available and distributed to the membership in the Jaycee Juice and in separate emails. Members wishing to vote by proxy (designating someone else to vote for them) should contact the elections committee directly. Members

are strongly encouraged to submit absentee ballots. If a member submits an absentee ballot and attends the Annual Meeting, the absentee ballot will be voided and the ballot completed at the meeting will be counted. Members must be in good standing as of Oct. 31, 2012 to be eligible to vote. Absentee ballots must be submitted to the Elections Committee before the polls close.

### Quorum

In order to have the elections at the Annual Meeting be valid, the chapter must establish quorum, or a minimum number of votes required to transact business of the chapter. Quorum for these elections is defined in the chapter's Bylaws as a majority of individual members entitled to vote. Quorum is established with members present and absentee ballots and proxies submitted. If quorum is not established at this meeting, the annual meeting will be held at the next most convenient time established by the Board of Directors.

### Available Positions

The following are positions for which members in good standing may be nominated. You may read more detailed descriptions in the chapter's Constitution and Bylaws, located in the file archive at [www.lansingjaycees.org](http://www.lansingjaycees.org), read the October newsletter, or speak to the Elections Committee or current or past board members. Members in good standing may also be appointed to the following positions on the Board of Directors by the 2013 President and confirmed by the 2013 Board of Directors. President; Secretary; Treasurer; Assistant Treasurer; Vice Presidents – up to four positions; Directors – up to six positions.

The following positions are appointed by the 2013 President or elected by the 2013 Board of Directors: Legal Counsel; Chaplain; Parliamentarian; Current Nominees.

### The current nominees are as follows:

#### President:

Daniel Harris

Abby Siegel

#### Vice President / Director:

Ruthie Dake

Ilona Hajdar

Charlie Root

#### Treasurer:

Sheryl Soczek

#### Secretary:

Eric Richmond

### Elections Rules

Please contact the Elections Committee Chair, Carrie May, for a copy of the Elections Rules.

### Elections Committee Contact Information:

Carrie May [carriemmay@yahoo.com](mailto:carriemmay@yahoo.com) 248-756-3840

Colleen Burton [colleen713@yahoo.com](mailto:colleen713@yahoo.com) 517-281-6049

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## 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](mailto:Sold@RobertDowding.com)

Website: [www.RobertDowding.com](http://www.RobertDowding.com)

Blog: [www.RealestateRealresults.com](http://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.

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## CHAIR OF THE BOARD REPORT

As I watched the nominations for the 2013 Lansing Jaycees Board of Directors I began reflecting back to my first board nomination in October 2008. I was nominated to become Membership Vice President for the 2009 Board of Directors. This was an exciting time in my life. But I'm not going to lie, part of me was really afraid that I was going to struggle to make time for this new responsibility.

New board members typically struggle with time management so I dug into my article vault and found some of my favorite time management articles. Even if you are not making a change in your Jaycee career this is good advice for all of us. The end of the year tends to be stressful for all of us.

There are several articles and books that offer valuable advice for time management. I don't know too many people who constantly have spare time. Usually if we find that we have a free afternoon or evening we savor it because it is such a rarity. If you feel like you are always chasing the eight ball I would suggest going to [mindtools.com](http://mindtools.com) and completing the time management quiz that is located there. They also have some excellent articles that offer great advice.

I come back to this several times to track how I spend my time. There are seven days a week and 24 hours in a day. That makes a total of 168 hours. Take away 40 for

work and another 56 for sleep and that still leaves 72 hours of "free time." One of my least favorite feelings is realizing an entire week, month or year went by and I didn't accomplish the high priority items that I had originally planned on finishing.

If you find you are always running out of time it may be good to keep a schedule of your time so you get a good idea of how you are spending it. Time is similar to money. It is precious and we never seem to have enough of it. But until we start tracking it we never really have a full picture of how we are using it.

Once you have your schedule find out how it fits with your goals. Are you spending more time at work than you want? Are you getting interrupted many times in a day? Are you helping everyone else before you finish your tasks? Once you figure out how you are spending your time and set goals for what you want to accomplish it makes things more manageable. You can also start planning in advance instead of waiting until the last minute to work on something.



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