

Capitol Correspondent



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

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

www.lansingjaycees.org

Region D
Population Division 5
Base Membership: 72

HAPPY HOUR

Thank you Lansing Jaycees and Guests for coming out to the first Happy Hour of 2011!



On January 21, the Lansing Jaycees held the first Happy Hour of 2011 at The Irish Pub in Lansing! We had a GREAT turn out! 14 Lansing Jaycees, one Frankenmuth Jaycee and six guests enjoyed Irish food, beverages, and live music. Thank you to all of those that came out and made this event a great success!

I look forward to seeing each of you at our future happy hours this year. Remember we will be having one happy hour every month, however we will be mixing it up and holding them on different days of the week.

Submitted by Ilona Hajdar, 2011 Membership VP, ihajdar@hotmail.com

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.



2010 Board of Directors

The Board meets on the last Monday each month, 6:00 PM at Tripper's

President

- **Angela Fossi** 586-484-7027

Chair of the Board

- **Angela Clock** 517-410-9527

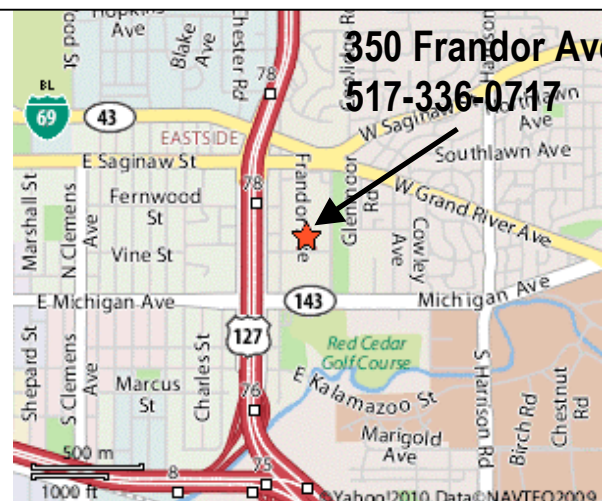
Board Members

- **Ilona Hajdar** 517-667-4236
 - Membership VP
- **Dan Harris** 517-927-9412
 - Individual Development VP
- **Sam Keeney** 989-714-5272
 - Management VP
- **Jeff Shannon**
 - VP At Large
- **Lauren Leeds**
 - Community Development Director
 - Press Secretary
- **Abby Siegel** 517-944-9729
 - Community Development Director
- **Sheryl Soczek** 517-862-6376
 - Treasurer
- **Adrienne Woodward** 517-420-1239
 - Secretary

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



Do you know or know of someone between the ages of 21 and 40 that has an inspiring story? Do you know someone that goes that extra mile to make sure the community is a better place? You have a chance to recognize their efforts. The Michigan Jaycees recognize Outstanding Young Michiganders and Distinguished Service Awards each year.

The Michigan Jaycees' Outstanding Young Michigander program was started in 1955 to recognize outstanding community leaders age 21-40 from the state of Michigan. The program honors a total of 10 individuals annually that is made up of 5 Outstanding Young Michiganders and up to 5 Distinguished Service Awards, one in each of the following categories – Outstanding Young Religious Leader, Educator, Public Safety Officer, Government Leader and Farmer.

Do you know someone that should be nominated? Submissions need to be sent to the Michigan Jaycees by 7 PM on June 15th. The awards will be presented at the Second Quarter convention on August 12th-14th.

Last year's award recipients include:

Stewart Bell – nominated by the Ypsilanti Jaycees as Outstanding Young Michigander. He was nominated because of his passion for the community. He is involving in growing his business and helping local charities.

Michael "MIKE-E" Ellison – nominated by the Michigan Jaycees as Outstanding Young Michigander and Keynote Speaker. MIKE-E is a humble but amazing leader that uses a platform of music and entertainment. He uses his talents to create awareness and educate people.

Tara Lindsay – nominated by Wyandotte Jaycees as an Outstanding Young Michigander. She was nominated because of her compassion and dedication to others. She worked with a variety of populations: underserved, developmentally disabled, emotionally impaired, etc and does so with patience, love and understanding.

Scott Michael Brills – nominated by the Farmington Area Jaycees as an Outstanding Young Michigander. He was nominated because he feels strongly about dealing with the root causes of much of the strife in the world today – educational and lack of basic necessities such as food, water and sanitation.

I encourage all of you to look around and find the Outstanding Young Michigander that deserves to be recognized. We all know people that represent "Service to Humanity is the Best Work of Life" and this award has been created to showcase their efforts.

Please contact Angela Fossi at kitispart@gmail.com if you have any questions or would like to review the nomination forms.



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

A MESSAGE FROM THE MEMBERSHIP VICE PRESIDENT

As a member I have been unbelievably lucky to meet some of the greatest people, have fabulous adventures and learn the most rewarding skills. Thinking back on the first event I had ever attended (a fall GMM), I never would have thought I would achieve so much and come so far. Many Jaycees told me from day one, that as with everything in life...

“What you put in to it, is what you will get out of it!”

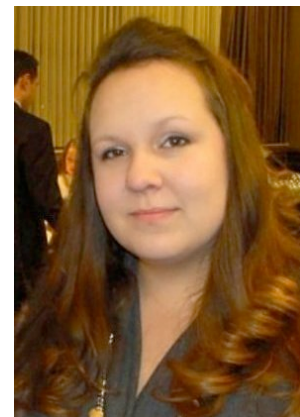
I personally took this as a challenge! Very similar to the polar plungers, I just dove right in bypassing the mental cautions of how cold it was. I am well aware that my method and approach is perceived by some as bull-headed and a bit crazy. Remember there are many routes to accomplish every task and goal in life. For those less insane than myself, there is a great way to “get your feet wet” in the Jaycees.

PASSPORT TO LEADERSHIP

The Lansing Jaycees, Michigan Jaycees and U.S. Jaycees provide members a way to experience all that the Jaycees provide with an easy itinerary plus incentives! Each event that you attend and each milestone in your Jaycee life provides you another stamp in your passport. For example in February alone we have or have had committee meetings, new member orientation, GYFO, state convention, GMM, GYGO, happy hour, chapter visits and a board meeting. If you attended or attend any of these events you could be over halfway through your first three pages of your passport to leadership and well on your way to receive local and state recognition. All while having fun, being with friends, learning new skills and helping our great community!!!

Are you ready for the trip of your LIFE!?!?!?!?

If you have any questions or are for further great experiences, do not hesitate to contact me. I look forward to seeing you at the next Lansing Jaycees event!!!



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

A promotional poster for the 2011 International Progressive Dinner. The background is blue with a globe and a yellow ribbon. The text is in yellow and white.

**2011 INTERNATIONAL
PROGRESSIVE DINNER**
SAVE THE DATE!
SUNDAY, MARCH 6
1 P.M.

HOSTED BY YOUR
2011 LANSING
JAYCEES BOARD OF
DIRECTORS IN
RECOGNITION OF
OUR MEMBERS

WE WILL BE ACCEPTING UNUSED TOYS FOR TOYS FOR TOTS

LANSING JAYCEES



Angela Fossi enjoys the Happy Hour!



Adrienne Woodward and Colleen Burton pose for pictures!



Colleen Burton, Amy Simon, Jeff Boog, Alexandra Brisano, Geoff Streit, and Charlie Root enjoy drinks at The Irish Pub



Table 2 at The Irish Pub:
Dan Harris, Chad Williams, Adrienne Woodward, Sara Guthrie, Andrea Hoard, and Dave Akens

SEEN IN ACTION

Membership Anniversary Dates:

February:

**Sasha Fournier, Sara Guthrie, Daniel Harris,
Jaimie Hutchison, Wayne Hutchison,
Amy Simon**

March:

**Alexandra Briseno, Eric Dobry, Joe Kelly,
Andy Miller, Dianne Perukel, Sara Skerratt,
Sheryl Soczek, Michael Spaulding**

February Birthdays

**Charles Root
Amy Richter
Daniel Harris
Andrew Marlatt
Shannon Culberson
Sara Guthrie**

Happy Birthday!!!



**Know Someone Who Wants to Join
the Lansing Jaycees?**



Invite them to an event! See page 14!

A note from the Capitol Correspondent Editor:

Thanks to the contributors of the February newsletter:
*A. Fossi, I. Hajdar, L. Leeds, A. Clock, A. Seigel,
E. Richmond, D. Harris, D. Akens, S. Kenney,
S. Soczek, 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:

**Adrienne Woodward
2011 Lansing Jaycees
Newsletter Editor
woodwa46@msu.edu**

CONGRATULATIONS!!

**Bridget Burnell welcomed baby
Liadan “Blue” Elizabeth on
Wednesday, February 9, 2011!**

**Jeff Shannon welcomed baby
Everly Drew on Friday,
December 24, 2010!**



A MESSAGE FROM THE COMMUNITY DEVELOPMENT DIRECTOR

Did you know that March is Reading Month in Michigan? In connection with the state's recognition of the importance of reading, the Lansing Jaycees are holding a children's book drive at the next General Membership Meeting on Monday, March 1.

Gently loved and new books brought to Trippers will be donated to the Capital Area Literacy Coalition. This worthwhile, private and nonprofit agency helps children and adults in the community learn to read, write and speak.

According to their website, their greatest need is for books suitable for children pre kindergarten through eighth grade, but all donations are welcome.

The Lansing Jaycees "March is Reading Month" book drive will help the coalition give more people in the greater Lansing area the ability to read.

They also will accept:

- Uncolored coloring books;
- Books and magazines with cover and pages are not ripped or missing;
- Activity books that have not been used up; and
- Magazines not older than a year.

I encourage you to give your bookshelves a once over for any gently used children's books you may not need, or to pick up an extra copy of your favorite children's book (mine is *Where the Wild Things Are* by Maurice Sendak) and bring it to the March GMM.

Together, we can help the Capital Area Literacy Coalition spread literacy, and the love of reading and learning to local children.



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

A MESSAGE FROM THE CHAIR OF THE BOARD

I'm Just a Bill...

Have you ever wondered how a bill actually becomes a law? Join the Michigan Jaycees for our annual Model Legislature on Saturday, March 12th! This is an event where YOU get to be a legislator for a day and pass bills for the State of Michigan.



The Michigan Jaycees are one of a very few groups that are allowed access to the floor of the House of Representatives in order to hold our Model Legislature event. Our members will get to be legislators and debate issues that are important to our citizens.

We will also hear from a guest speaker, and have lunch at the Nuthouse. Registration will be up online shortly, and is \$25 for members and \$35 for non-members (lunch included). Join us for this great opportunity to learn about our legislative branch of government!



**Submitted by Angela M. Clock,
2011 Community Vice President, Michigan Jaycees;
Chair of the Board, fallingstar924@hotmail.com**

A MESSAGE FROM THE COMMUNITY DEVELOPMENT DIRECTOR

Save The Dates!

The Community Area has many things going on:

Easter Egg Hunt Committee Meeting

Soup Spoon Cafe Feb. 19 11 a.m. to 12:30 p.m. Planning has begun for our first big event for the year. Come give your input on how to make this event a success.

MSU Museum Chocolate Party

Kellogg Center Feb. 27 1:30 p.m. to 3:30 p.m. Help out at this decadent MSU Museum Fundraiser. Area chefs come together with samples of their masterpieces. This event fund raises for the care and preservation of MSU Museums collections.

Polar Plunge for Special Olympics

Eagle Eye Golf Course Feb. 27 Registration begins at Noon, Plunge 1 p.m., Post Plunge Party 2 p.m. Dress up in costumes and take a dip in a frigid pond for Special Olympics. Join Lansing Jaycees in fundraising for our Plungers! Or Plunge yourself!

New & Used Children's Book Drive

Lansing Jaycees GMM March 1 starting at 6 p.m. March is Reading Month! Bring your favorite children's book to our General Membership Meeting. Books will be collected and taken to Capital Area Literacy Coalition.

MSU Museum Wine Tasting

Kellogg Center March 25 7:30 p.m. to 9:30 p.m. This is another volunteer event for the MSU Museum.

Easter Egg Stuffing

Sohn Linen April 16 8 a.m. to Noon This is one of the final steps in our preparation for Easter Egg Hunt!

Easter Egg Hunt

Capitol Lawn April 23 9 a.m. to 12:30 p.m. Help us make this event a success.



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

One world.
One medicine.
One health.

VET-A-VISIT 2011

48TH ANNUAL OPEN HOUSE

VET-A-VISIT

MICHIGAN STATE UNIVERSITY
VETERINARY MEDICAL CENTER
SATURDAY, MARCH 19 @ 9 AM - 4 PM
FREE ADMISSION!

Vet-A-Visit, the college's annual open house event, will be held on Saturday, March 19th from 9:00am to 4:00pm!

Veterinary and Veterinary Technology students are working hard to prepare dozens of exhibits and hands-on activities. Please save the day and plan to support our students and show off the college to your family, friends and neighbors.

There is no admission fee to Vet-A-Visit, but there will be refreshments and CVM merchandise to purchase (all proceeds support numerous classes and clubs).

We hope to see you there!

Vet-A-Visit 2011 Steering Committee: Lisa Gartland & Erica Ward (Class of 2013); Stephanie Bagwell & Tasha Likavec (Class of 2014); Dr. Sarah Abood

Submitted by Eric Richmond

Radiology Center Tours
Human-Animal Bond

Proper Pet Care

Aquatics Tunnel

Equine Dressage

Face Painting

Plethora of Parasites

Petting Zoo

Learn about Veterinary Careers
Common Pet Toxicities

Stuffed Animal Surgery

CVM Merchandise for Sale
or at Shop.MSU.edu

Wildlife Rehabilitation

Animal Welfare

Kids Craft Table

Painted Horse

Heartworm Tunnel

IMPRESSION 5

Milk a Cow

POTTER PARK

Food & Beverage Sales

FOR MORE INFO, OR TO GET ON OUR MAILING LIST: COMMUNICATIONS@CVM.MSU.EDU

A MESSAGE FROM THE INDIVIDUAL DEVELOPMENT VICE PRESIDENT

The year is well underway with opportunities from the Lansing Jaycees to help you grow personally, professionally, learn about other cultures, and opportunities to make an impact on other's lives. A few weeks ago we had our first Individual Development Committee meeting. There are several activities coming up and more in the planning stage.

February 21st will be the next Individual Development Committee meeting. If you have an idea that you would like to share, get involved, or better understand how the individual development commissions fit into our chapter plan be sure to attend this event. It will take place at Olga's Kitchen, next door to Trippers in Frandor. We will meet from 6:30 till approximately 7:30.

On February 26th at 4pm we will be heading over to the Midland Curling Club to compete against Region F Jaycees. This event has been in the planning stages for some time and started as a curling challenge from the Frankenmuth Jaycees. We have spots available for participants and spectators. Not only will you have the chance to curl and watch some great curling action you will have the opportunity to meet Jaycees from Frankenmuth and Region F. In addition it is very likely you will witness me perfecting my polar-bear summersault technique, a falling technique I developed during the last Jaycee curling event, as I slide a stone across the ice! Stay tuned for the evite and carpooling information.

On March 3rd Angela Clock will be facilitating a book reading discussion with an international theme. Location and time are TBA. We will be discussing the book *Price of Stones*, by Twesigye Jackson Kaguri and Susan Urbanek Linville. I recently finished this book and it was one of the most moving, inspiring stories I have read in a long time. The book introduces us to co-author Twesigye, a native of Uganda, and the story behind his decision to assist AIDS Orphans in Africa (note: these children are orphans of parent(s) who acquired AIDS, to date less than 5 children have the disease). He shares with us the challenges of building a grassroots organization; building the first school in his home district of Kanungu, Uganda; fundraising challenges; tragedy; and triumph. Note: We will have an opportunity to meet with the individuals involved with the Nyaka AIDS Foundation right here in East Lansing later in the month.

March 13th is the next Learn to Curl event. We will meet the Lansing Curling Club at the Detroit Curling Club in Ferndale from 3:00 pm to 6:00 pm to throw some rocks! If you are an experienced curler this is a great way to practice curling strategy, and it is a perfect opportunity for new and inexperienced curlers to have a hands-on opportunity to learn curling strategy and mechanics in a safe, supportive environment. Participants who wish to carpooling will meet at 1:00pm at the Okemos carpool .

On March 15th we will be visiting the staff from the Nyaka AIDS Foundation in East Lansing. We will have an opportunity to learn more about the project, the schools, and their mission. Location and time are TBA.

March 27th is another Learn to Curl event.

The Individual Development Committee has a lot more activities in the next few months in development. Upcoming projects include a series of professional development luncheons, a Gus Macker style basketball tournament to support the Nothing But Nets – Eradicate Malaria in Africa project during Spring, Punjab India Mobile Book Library book donation project later in the year, and more! Feel free to contact me if you have ideas or want to contribute. dan@dnharris.com



The 5.5 Secrets of Successful Delegation Pt. 5

Most of us know successful delegation is more than assigning a task to a person and hoping for the best. As with most things there is part art and part skill behind implementing this process. I have identified 5 and a half secrets behind successful delegation: proper breakdown of task, assigning the correct person, creating an open dialog, monitor progress, review and revise, and building an environment of trust. Part 1, proper breakdown of task, part 2, assigning the correct person, part 3, creating an open dialogue, and part 4, monitoring progress, were covered in prior issues of the Capitol Correspondent. The remaining elements will be shared in this and the next edition of this newsletter. If you would like a copy of prior articles on this topic please contact the author by email: dan@dnharris.com.

Review and Revise

No matter how much research and planning went into a project, nor how much effort went into allocating resources and selecting the right individual to delegate assignments one thing you can usually count on is that things don't necessarily go as planned. One of the strongest traits of leaders and managers is the ability to evaluate what went well, what didn't go well, understand which variables you or your delegate had control over, and which variables were outside your or your delegate's control. Further, this trait can only be beneficial if it is communicated properly. The feedback mechanisms and critical thinking done during this phase help solidify what you and your delegates have learned throughout the project. Too often this part is brushed off as either irrelevant, or if considered, often not implemented as people are rushed to accomplish the next project. Don't be misled. This phase is critical for true learning and process improvement to happen. This edition of the 5.5 Secrets to Effective Delegation will cover these issues.

Once the project has completed draft an outline of the core milestones, deliverables, and outcomes that were expected. Then identify the appropriate person responsible for each of these elements. Using this guide schedule evaluation sessions with each individual identified in the outline. While these sessions could be done over the phone you will likely have a more productive evaluation session if it is done in person. In addition this step should be done in a timely fashion. Details tend to get rather fuzzy if too much time has passed between an event and event analysis. Your goal when meeting with each individual is to gather and document their insight on what went well, what didn't go well, what roadblocks were impeding progress (think systems or processes, not individuals), document any revisions made to the original plan, and recommendations if this task were to be implemented in the future. As you can imagine their perspective can be both insightful and informative. Much of this will come from their more intimate level of involvement on the task, however do not discount perceptual differences gathered from their unique set of values, attitudes, and beliefs. The knowledge gained from their level of involvement along with their unique point-of-view will act as a catalyst for the necessary brainstorming needed when making recommendations for future implementations of the same (or similar) project.

Once you have finished meeting with all of the delegates on a particular project you are half way done. Don't forget to ask yourself the same questions: what went well, what didn't go well, what roadblocks [internal and external systems or process] impeded your progress, document revisions you made, and your recommendations for future implementation of the project. You can now organize a detailed report that can be used as a blueprint for future implementation. As an added bonus, if you will be reporting to someone about the project you will already have a document clarifying the elements that offer an opportunity for an even more successful event.

The final secret, building an environment of trust, will be shared in the next installment of the Capitol Correspondent.

Daniel Harris is the Lansing Jaycee's 2011 Individual Development Vice President. He has his own management consulting practice and the author of a forthcoming book. He received his M.B.A. from Northwood University in 2007 and is currently working on his Doctorate of Business Administration in Entrepreneurship studying innovation management. He can be reached at dan@dnharris.com.

Why Macphees?

On January 22nd several of the Jaycees braved treacherous weather, and Dan's driving, to have dinner at a unique restaurant in the Flint area named Macphees. I'm of course just kidding Dan, thank you again for driving. A good time was had by all, and almost everyone tried the haggis, with I think just one holdout, to generally positive reviews, along with lots of Belhaven, a Scottish ale which seemed to have quite good reviews by those on hand. Other dishes served included the biggest shepherd's pie this side of England, which I still believe may have actually been half of a small cow each, meat pies and bridies. Bridies and meat pies are traditional Scottish dishes containing mincemeat and onions in a pastry. They also have a little history to them. In olden days, when a young couple were first married the family would provide them with these dishes until the woman learned how to cook, so they wouldn't starve in the meantime. There was no fast food at the time you see. They were hearty food and kept well so they were perfect for this task. Thus they were given the name bridies. Scottish food is not health food by any means. The cuisine is intended for people living in a far north environment doing hard, high calorie work.



Anyway, you may be wondering, why Macphees, why now and are you <expletive deleted> insane to want to eat haggis? Well, Macphees is a Scottish themed bar/restaurant that serves some traditional Scottish dishes. To my knowledge it is the only restaurant in Michigan that serves Scottish food. As for why now, this date just happens to fall near the birthday of Scottish poet Laureate Robert Burns, January 25th. Known as Scotland's favorite son, the ploughman poet or the bard of Ayrshire, he lived from 1759 to 1796. His most famous work was probably the writing of Auld lang syne, the song sung on Hogmanay (New Year's Eve) as a toast to the days of old, or old long since. Every year on the 25th of January many people of Scottish descent celebrate the life and poetry of "Rabbie" Burns with a traditional feast of haggis and a dram (scotch) generally served with neeps and tatties. Neeps and tatties are potatoes and a kind of turnip, called a "swede", sometimes mixed together which is then called clapshot. A Burns dinner, as the event is called, is often held at a church or meeting hall and consists of a speaker, who MCs the event, the reciting of Burns' poetry, such as the address to the haggis, the Selkirk grace before eating and a toast to the lassies; pipers playing such Scottish songs as my bonnie lies o'er the ocean and Loch Lomond, and highland dancing along with the traditional eating of the haggis for dinner. So you may be wondering to yourself who would want to eat such a horrible thing as haggis? Despite its poor reputation, traditional haggis can be quite tasty. Although the haggis served at Macphees was a bit different than other varieties I've had, it is all basically the same dish. Traditionally haggis consists of oats, suet, onions and ground up sheep's organs served in a sheep's stomach. Generally today they use a higher grade of meat and it is cooked in a casing rather than a stomach. It is actually illegal to import haggis into the U.S. since 1971, due to health code restrictions on importing sheep parts. At the dinner someone mentioned the taste was sort of similar to that of Taco Bell, but basically haggis is the Scottish version of a sausage. From the Polish kielbasa, the Spanish chorizo to the American hot dog, every nation, generally speaking, has its own version of a sausage. The main difference is, usually sausages are traditionally prepared in an intestine casing, while the Scots used stomach instead. Are you crazy for wanting to eat it? I'd say no, but others may still disagree. At any rate, I urge anyone to try a bite if given the opportunity. You may just get hooked! So thanks again to everyone who came out for a pleasant evening and I hope you all enjoyed this experience.

Submitted by Dave Akens

A MESSAGE FROM THE MANAGEMENT VICE PRESIDENT

The beginning of the year brings us an onslaught of committee meetings, and brainstorming for the rest of the year. The Fundraising and Sponsorship Committee met recently to discuss fundraising ideas for the chapter and potential businesses to approach for sponsorships. The meeting raised a number of good ideas and suggestions for the year. However we are by no means done with planning. Currently we are now in need of members who are interested in helping to run fundraising project ideas and talk to potential sponsors. Some of these would include taking the lead on a restaurant fundraiser, helping out with a 5k, selling Enjoy the City books, working Texas Hold 'Em for a few examples. In addition I am working on setting up challenges for funds raised and projects run in the Management commission I will do something as a reward for the members. The first challenge is the Enjoy the City Book fundraiser if we sell 50 more than last year the top-selling members can pie me at the March GMM. So stay tuned for future challenges.



Submitted by Sam Keeney, Membership VP, samfish8@gmail.com

Frankenmuth 8k

Saturday, February 5th, three of the Lansing Jaycees were on a mission to check out the Frankenmuth Winterlaufe (winter race). The Frankenmuth Jaycees have put on a 4th of July race for the past 35 years. Last year they began an 8k race that takes place the first weekend in February. This year's race was checked out due to the idea of the Lansing Jaycees putting on a 5k. It was a great experience being able to see a fellow chapter putting on such an event. The February race had 550+ people attend, it's second year. By volunteering at a chapter's race we were able to get a behind the scenes look at what it takes to put on a race. In addition to making contacts with some of the vendors that could be useful for a Lansing 5k.

So lace up your sneakers and get prepared for more information about a Lansing Jaycees 5k as the year progresses.

Submitted by Sam Keeney, Membership VP, samfish8@gmail.com

A MESSAGE FROM THE TREASURER

Dues: Many people ask what are they for? Where does my money go? Why am I billed way before my anniversary date? Your dreams have just come true as I attempt to answer all of those questions for you.

The majority of your dues go to pay the Michigan Jaycees dues (who in turn pay for your Junior Chamber International Dues). The amount we pay to the Michigan Jaycees depends on when you renew, hence the early renewal notice from the Lansing Jaycees. According to the Michigan Jaycees, a member is considered an on-time renewal if they pay their dues prior to the month they are actually due (i.e. You joined in March; you would be on-time if paid by February). For an on-time renewal we are charged \$50.00. A late renewal would be paying your dues in the actual month in which you are due. We are charged \$58.00 for those renewals. If you are a new member or are a member that did not renew by your anniversary date (you are then considered a new member) and have let your membership lapse, the dues rate is \$60.00. As you can see, the earlier you choose to renew the more money you are saving our chapter to be used to run those events you love to attend.

After we pay the Michigan Jaycees, we have little money of your dues left over. They go to pay a variety of things: Bank account fees, software, rent, nametags/pins, website fees, Charitable Gaming Association dues, PO Box rental, etc. If there are fees left over after all of our overhead expenses are paid, dues go to our various projects and member incentives like conventions, the Easter Egg Hunt and other various events.

As you can see, dues do not go far in our organization in relation to all of the projects we sponsor. Please do your part in renewing your dues on time and bringing members to our great organization.



Submitted by Sheryl Soczek, Treasurer,
soczek@mail.hfs.msu.edu

A MESSAGE FROM THE SECRETARY

Contact Information: As you know, the Lansing Jaycees do a lot of their communication through social media. Facebook status updates keep “fans” informed on the happenings of our group, and our Twitter account lets members know where we plan on being next. These days, keeping up with the social media trends not only keeps us connected, it also lets us know where we are impacting the community.

One of our most valuable resources of information are electronic invitations, or e-vites. Although it is not our intention to flood your Inbox with events that are happening, we do need to get a valid head count to determine the success of our events. Additionally, making reservations—whether for Happy Hours, Get Your Food Ons, or Committee Meetings—is much easier when we know who to expect at each event.

Therefore, we ask that you keep your contact information current with your most up-to-date and frequently used accounts. It's easy to do: Just go to www.lansingjaycees.org, log on to your account, and go to Change Contact/Profile Info! If you have any problems, e-mail me, and I will be happy to help!



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

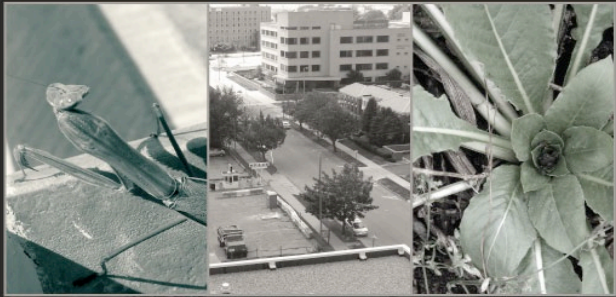


Photo Exhibition: The Intrigue of Life
*Life around us is constantly changing.
What happens when we pause to capture a moment in time?*

Caitlin Blehm at Riverwalk Theatre
February 4 - March 29
10:00-5:30 Weekdays (Theatre is closed Mondays)
228 Museum Drive, Lansing, MI 48901

The complex block features a collage of three images at the top: a close-up of a green leaf, an aerial view of a city street, and a close-up of a flower. Below the images is the exhibition title and a quote. At the bottom, the artist's name, dates, and location are listed.

Lansing Jaycees Activities...

- February 10 – March 1 – Enjoy the City – Lansing/Jackson Fundraiser** – Sell Enjoy the City coupon books, and the Jaycees keep the profit! (Details = S. Keeney @ 989-714-5272)
- February 22 – Happy Hour** - Come one, come all! The Lansing Jaycees bring you the fourth in a series of 1,000 event that the Michigan Jaycees are looking to bring to the state of Michigan this year. Stay tuned about future events that will be a part of this series. Enjoy a mid-week happy hour! We hope to see you there! – Houlihan's Restaurant & Bar, 5732 W. Saginaw Hwy., Lansing; 5:30 – 7:30 PM (Details = I. Hajdar @ 517-667-4236)
- February 23 – Jumpstart Meeting** – Grand Traverse Pie – Okemos, 3536 Meridian Crossings, Okemos; 6:00 – 7:15 PM (Details = A. Fossi @ 586-484-7027)
- February 24 – Packing Care Packages for the Troops** – Oak Island Club House, Oak Island Mobile Home Park, East Lansing/Bath area; 4:30 – 6:15 PM (Details = L. Leeds @ 989-482-1232)
- February 26 – Bowling League** – Royal Scot, 4722 W. Grand River, Lansing; 8:30 – 10:30 PM (Details = A. Fossi @ 586-484-7027)
- February 26 – Curling in Midland** – Midland Curling Club, 2009 Jefferson Ave., Midland; 4:00 – 10:30 PM (Details = D. Harris @ 517-927-9412)
- February 27 – MSU Museum Chocolate Party Benefit** – Kellogg Center, 55 South Harrison Road, East Lansing; 1:30 – 3:30 PM (Details = A. Siegel @ 517-944-9729)
- February 27 – Lansing Polar Plunge** – Eagle Eye Golf Course, 15500 Chandler, East Lansing; 12:00 – 3:00 PM (Details = L. Leeds @ 989-482-1232)
- February 28 – Board of Directors Meeting** – Tripper's, 350 Frandor Ave., Lansing; 6:00 – 8:00 PM (Details = A. Fossi @ 586-484-7027)
- March 1 – General Membership Meeting** – Tripper's, 350 Frandor Ave., Lansing; 6:00PM Social Hour, 7:00 PM meeting (Details = A. Fossi @ 586-484-7027)
- March 3 – Book Club – The Price of Stones** – Grand Traverse Pie Company, 1403 E. Grand River, East Lansing; 6:30 – 8:30 PM (Details = A. Clock @ 517-410-9527)
- March 6 – 2011 International Progressive Dinner** – Save the Date!, Location TBD; 1:00 PM (Details = I. Hajdar @ 517-667-4236)
- March 12 – Bowling League** – Royal Scot, 4722 W. Grand River, Lansing; 8:30 – 10:30 PM (Details = A. Fossi @ 586-484-7027)
- March 13 – Learn to Curl!** – Detroit Curling Club, 1616 Lewiston, Ferndale; 3:00 – 5:00 PM (Details = A. Fossi @ 586-484-7027)
- March 15 – Nyaka AIDS Orphans Project Visit** – Nyaka AIDS Orphans Project, 3660 W. Hiawatha Dr., Okemos; 6:00 – 8:00 PM (Details = A. Clock @ 517-410-9527)
- March 17 – 19 – Texas Hold'em** – Tripper's, 350 Frandor Ave., Lansing (Details = S. Keeney @ 989-714-5272)
- March 25 – MSU Museum Wine Tasting Benefit** – Kellogg Center, 55 South Harrison Road, East Lansing; 1:30 – 3:30 PM (Details = A. Siegel @ 517-944-9729)
- March 26 – Bowling League** – Royal Scot, 4722 W. Grand River, Lansing; 8:30 – 10:30 PM (Details = A. Fossi @ 586-484-7027)
- March 27 – Learn to Curl!** – Detroit Curling Club, 1616 Lewiston, Ferndale; 3:00 – 5:00 PM (Details = A. Fossi @ 586-484-7027)
- March 28 – Board of Directors Meeting** – Tripper's, 350 Frandor Ave., Lansing; 6:00 – 8:00 PM (Details = A. Fossi @ 586-484-7027)

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

Facts about carrots.

Why? People like carrots. Here are some things you may or may not have known about the fleshy root veggie.



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- The history of cultivation of carrots is unclear, but it is.
- Carrot cultivation is thought to have originated in Afghanistan about 2000 years ago, where they were yellow, white, red or purple, but never orange.
- Wild carrots and cultivated carrots are different species. If you let a cultivated carrot go wild for a couple of seasons it will revert to its distinct ancestor, not a wild carrot.
- Orange carrots were created by Dutch farmers who bred them to honor the house of orange, the Dutch ruling family of the time.
- Some ancient Greeks believed that carrots could prevent women from getting pregnant. Modern research has shown there may be some validity to that theory.
- Carrots being good for eyesight is a myth. This was begun as propaganda by the British to explain why their pilots were having great success against German pilots at night. This was to hide the real reason, which was a line of radar.
- Carrots have shown promise in fighting cardiovascular diseases and cancer.
- A person who eats too many carrots can develop a condition called Carotenemia which can turn the skin an yellow or orange color.
- The heaviest carrot on record was 18.9 pounds. The longest was just under 19 feet-2 inches.
- Carrots have been shown to be a good companion plant. Growing them with tomatoes has been shown to increase yield and if left to flower attracts beneficial insects.
- Although some “baby” carrots are grown and harvested while still small, most today are actually full sized, mature carrots that have been cut into shape. This originally was done to reduce waste as carrots with any bad spots or imperfections were thrown out.
- The iconic symbol of Bugs Bunny eating a carrot was originally satire of Clark Gable in the movie “it happened one night” when he leaned against a fence and quickly ate several carrots while talking to a girl.
- Finally be careful when picking carrots. They are in the same family as poisonous hemlock. Several people a year generally die from mistaking hemlock for wild carrots.

Some information provided by wikipedia and thecarrotmuseum.com

Submitted by Dave Akens, Carrot Enthusiast

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 your information to woodwa46@msu.edu