

# Capitol Correspondent



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

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

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

Region D  
Population Division 6  
Base Membership: 73

## United States Jaycees National Convention



I traveled to Lisle, Illinois, near Chicago, June 7 through 12 to attend the 2011 US Jaycees National Convention with 18 others from Michigan Jaycees chapters. Those who attended had a full week of events. Individuals who won their state competitions began the week Wednesday meeting one another then giving their best at their speak-up, write-up, and interviews. As the Michigan Jaycees speak-up winner, I had a couple of weeks to prepare a five to seven minute speech based on a question given to me. I did my very best, and although I did not win the award for 2010 Speak-up, I was honored to represent our state and Lansing Jaycees in the competition. There was a fantastic assortment of individuals; each person I heard had a thought provoking and sometimes humorous response to our prepared question.

There were awards beyond the individual and team competition. Similar to our state awards program, the US Jaycees honor states and chapters in areas of excellence. It was an honor to witness Julie Abshire, from the Wyandotte Jaycees, receive the prestigious Harold A. Marks Award for top chapter of 2010. WOW! That's right – the #1 chapter in the country! All of us were so excited for her!

There were fantastic trainings at the convention. Much like our state trainings, they revolved around becoming better leaders for our chapter and local community. I had an opportunity to watch Jay Johnson, President of the Redford Jaycees, give his exceptional Body Language workshop. The audience loved it and he was spot on with his presentation. This was the same workshop he presented for the Lansing Jaycees in March, which won the Michigan Jaycees 1<sup>st</sup> Quarter Professional Development Award. Another training I enjoyed was the "Put a Ring on it...Member Engagement" workshop where I learned a lot about what motivates today's Jaycees member, how better to serve them, and how best to engage them. In fact, we had a surprise at that workshop as Junior Chamber International (JCI) President Kentaro Harada, from Japan, crashed our meeting and gave a short but inspiring speech about helping others learn to have hope. As you may recall, Japan had a devastating earthquake and tsunami earlier this year. It was a pleasure meeting someone who was from that country and had the courage to step up and continue being an international leader even amongst the tragic event earlier this year. I was quite excited meeting our current international president, knowing that the \$539.04 raised at our Comedy for A Cause fundraiser earlier this year would benefit his home countrymen and women.



Dan Harris (left) poses for pictures with other Michigan Jaycee members at the U.S. National Convention in Lisle, IL.

One of the biggest impacts the convention had on me was the experience of meeting individuals from chapters throughout the country. While the mid-west was well represented, there was a flock of individuals who came to the convention from states far away, including Hawaii. Many states had a signature drink and Hawaii had theirs. Their signature drink, Banzai, came with a crazy ritual that – I won't spoil it for you – included: a large intricately designed bowl filled with their special mixture, mixture infused fruit, ridiculous chants, and a pair of Hawaiian Jaycees playfully mocking your unworthiness. If you meet their challenge you will be deemed worthy of the full Banzai experience. Unfortunately for me, there was some miscommunication. You see, I did it in the



exact opposite order. When I later asked a Hawaii Jaycees member about this their eyes turned fearful – no one had ever done it backwards to the best of their knowledge. I am not sure if this had jinxed me or not. We may never know! The night was one to remember, though. In fact, I had a second initiation at the National Convention. I had never been properly Woo'd! The Region C Jaycees hosted the Michigan Woo party. Matt Sernau and Dave Worthams conducted the ceremony. Over 40 people were initiated to Woo including me, the 2011 US Jaycee President Joanie Cramer, and 2011 Junior Chamber International President, Kentaro Harada, of Japan. It was a great night being officially indoctrinated to the Woo clan along with them!

While the honor of representing Michigan in the competitions may have been what brought me to my first convention, it was the JCI Ten Outstanding Young Americans (TOYA) formal banquet that inspired me to attend future National Conventions. Hearing the story of these ten outstanding young people truly inspired me to do more. While some of their stories were heartbreaking, all of them were inspiring. One of the recipients, Lisa Miller, is a resident of Kalamazoo. After convention she later joined the Kalamazoo Jaycees. Way to go! For more information on these individuals, check out the link to the Chicago convention below.

I look forward to going to Des Moines in 2012 and Seattle in 2013. I hope to see you there!

Dan Harris

2011 Lansing Jaycees Individual Development Vice President

2010 Michigan Jaycees Speak-up Award winner

For more information:

2011 Chicago US Jaycees National Convention

<http://usjc.spotlightportfolios.com/91annualmeeting/US%20Jaycee%20Chicago%202011%20National%20Convention%20vol2.pdf>

2012 Des Moines US Jaycees Convention

<http://www.usjcdesmoines2012.com/home.aspx>

2013 Seattle US Jaycees Convention

[http://www.seattlejaycees.org/content.aspx?page\\_id=22&club\\_id=681323&module\\_id=98761](http://www.seattlejaycees.org/content.aspx?page_id=22&club_id=681323&module_id=98761)

**Submitted by Dan Harris, Individual Development Vice President, [dan@dnharris.com](mailto:dan@dnharris.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](http://www.lansingjaycees.org) for more information.



**2011 Board of Directors**

*The Board meets on the last Monday each month  
 6:00 PM at Spartan Printing  
 15551 S. US Highway 27, Lansing, MI 48906*

**President**

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

**Chair of the Board**

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

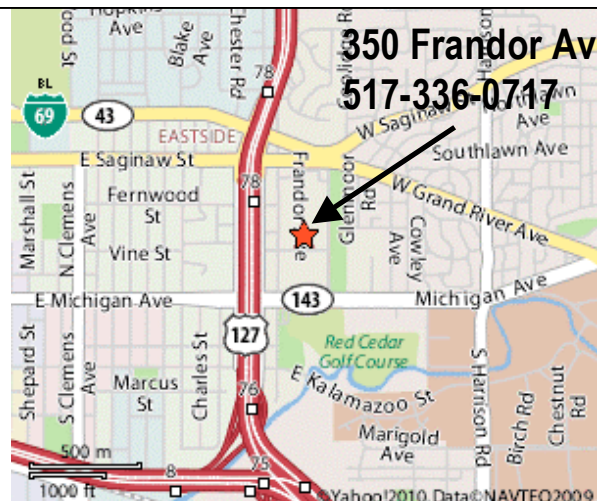
**Board Members**

- **Ilona Hajdar** 517-667-4236
  - *Membership VP*
- **Dan Harris** 517-927-9412
  - *Individual Development VP*
- **Sam Keeney** 989-714-5272
  - *Management VP*
- **Lauren Leeds** 989-482-1232
  - *Community Development Director*
  - *Press Secretary*
- **Charlie Root** 517-862-5326
  - *Director At Large*
- **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



**350 Frandor Ave.**  
**517-336-0717**



## A MESSAGE FROM THE LANSING JAYCEES 83<sup>RD</sup> PRESIDENT

Is anyone else surprised that it is July? I know the order of the months do not change but it really seems like this year has flown by. Most of the board members are busy wrapping up everything that took place during second quarter. What an awesome quarter! We conducted some exciting events; Pet Photos with the Easter Bunny, Easter Egg Hunt on the Capitol Lawn, Bowl for Kids Sake, Comedy for a Cause, East Lansing Face Painting, Business Luncheon, Get Your Food On, Happy Hours, Ele's Place Tour, Super Soaker Fun Day, and New Member Orientation, all while wrapping up the bowling league and starting our softball league. I take back my original question, some of these events seem like they took places ages ago. How did we fit it all in to three months?

I want to sincerely thank all of you that were involved with making this past quarter a success. We were able to finish at growth, meaning we ended the quarter with more members in good standing than we started with. Also, several newer members chaired or co-chaired successful events. Finally, the Board of Directors has done a fantastic job keeping everything running smoothly.

A person that I want to thank is one of our past members, Rina Risper. For those of you that do not have the pleasure of knowing Rina, she is one of our biggest cheerleaders. She helps us out in countless ways throughout the year, and we can always count on her support and guidance. She is the President and Publisher at The New Citizens Press, which is a multicultural newspaper based in Lansing that just recently celebrated their 10<sup>th</sup> anniversary. Imagine my surprise when she notified me earlier this year that I was a nominee for their Best, Brightest and Most Beautiful 2011 article. I thought it was a joke. Anyway, it turns out it wasn't and I am humbled and honored to have been included with such an amazing group of people. Special thanks to Lauren Leeds, who had the difficult job of taking my picture, but it turned out great. The article was published in June and is located here: <http://www.tncp.net/Articles/tabid/1800/articleType/ArticleView/articleId/2900/Best-Brightest--Most-Beautiful-2011.aspx>

I can say with certainty that this would not have happened if I had not joined the Jaycees and made a point to become an active member. This is my third year being on the board, and I can honestly say that I have tremendously enjoyed the opportunity to serve this organization. I have mentioned this before, but it is a truly awesome feeling to hear positive feedback about the organization and our impact on the community. It is not always an easy job, and some days it does seem like there are never enough hours in the day. However, I have a greater understanding of why our exhausted (over the age of 40) members continue to be strong supporters of the organization. The benefits of membership far exceed the costs, and I believe this will continue to be true for years to come.



One of the hardest lessons that I had to learn when I became a board member was to think as a 'we'. It was no longer just about what I wanted to do, it was now what should we do. Based on this I wanted to share the recognition with all of you and say congratulations! Our hard work is being noticed as a positive influence in the community. Let's see what we can do next quarter!

“Humility does not mean thinking less of yourself than of other people, nor does it mean having a low opinion of your own gifts. It means freedom from thinking about yourself at all.” ~William Temple

Sincerely,  
Angela M. Fossi  
83<sup>rd</sup> President – Lansing Jaycees

**Submitted by Angela Fossi, 83<sup>rd</sup> President, [kitispart@gmail.com](mailto:kitispart@gmail.com)**



A MESSAGE FROM THE MEMBERSHIP VICE PRESIDENT

You're welcome  
I'm here  
for you  
HELLO  
Love  
you  
rock  
you  
Como  
Estas  
Miss  
you  
Thank  
you  
you

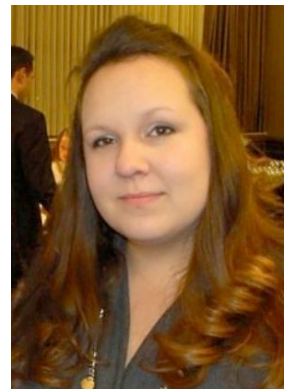
**The Power of Words**

As I spend this wonderful summer being a stay-at-home mama with my little princess Caydence, I am reminded that it is the simple things in life that get you through. A simple “hi” from a friend that you haven’t heard from in a while, a “I’m here if you need something” from a friend that knows you are having a rough day or a “thank you” from someone that knows you put all you have in to something.

Saying “thank you” and “you are welcome” shows respect for another person. These phrases express that you appreciate what someone else has done for you, and show that you value that person. Furthermore, when someone says “thank you” to you, and you reply “you are welcome,” this interaction shows that you appreciate the time the other person took to let you know he appreciates what you did for him; it makes that person feel that you must be special to him, an important and valued person. You feel respected, as does he.

It is the day-to-day expected behaviors that often get lost without the recognition of a “thank you” or “you are welcome.” Choose not to lose these valuable moments in your interaction with those in your life. Choose to be a powerful and meaningful person in someone’s day, and send a quick little note of “hi, how are you” or “thank you for being you”.

As always, thank you Lansing Jaycees for all that you do!!!



*Submitted by Ilona Hajdar, Membership VP, [ihajdar@hotmail.com](mailto:ihajdar@hotmail.com)*



We are always looking for the next big thing and new best way to reach out to people for any and all types of reasons. The United States Junior Chamber (USJC) has found a great new way to offer trainings to all of its members!!! Through the most user-friendly webinar programming that I have ever seen and experienced, they will be offering the following:

- July 19th, 8PM EST - *Conflict Resolutions* with National Vice President Bob Prater
- July 27th 8PM EST - *How to Run an Effective Meeting* with National Vice President Jennifer Ray
- August 2nd, 10PM EST - *Retention Planning* with National Vice President Misty Miner
- August 10th, 10PM EST - *New Member Orientation* with National Vice President Jennifer Ray
- August 16th, 8:30 EST - *Basics of Recruiting* with National Vice President Kathy Crick
- August 23rd, 10PM EST - *PR and Sticking to your Mission Statement* with National Vice President John Baine
- September 7th, 8PM EST - *New Member Orientation* with National Vice President Amy Newton
- September 13th, 9PM EST - *Networking and your 30 Second Elevator Speech* with Chief of Staff Chrystal Ramsay

These are free of charge as being part of our GREAT organization!!! Keep your eyes out for the specific links for these webinars and consider taking the time to learn about the greatest young persons organization in the world.

If you have any questions, contact Ilona at [ihajdar@hotmail.com](mailto:ihajdar@hotmail.com).

**Submitted by Ilona Hajdar, Membership VP, [ihajdar@hotmail.com](mailto:ihajdar@hotmail.com)**

## 2011 Summer Assembly MIJC Convention

Lansing Jaycees, the time has come!

On August 12<sup>th</sup> we will be headed to Grand Rapids for the 2011 Summer Assembly MIJC Convention. This convention will be filled with priceless presentations, trainings, recognition, networking and FUN.

If you are interested in attending, contact Ilona at [ihajdar@hotmail.com](mailto:ihajdar@hotmail.com)



# LANSING JAYCEES



Dan Harris makes funny faces for the camera at the 2011 United States Junior Chamber National Convention. Hey, Dan – is this before or after the Woo?



Angela Fossi (far left), 83<sup>rd</sup> President of the Lansing Jaycees, swears in 5 new members at the July General Membership Meeting!



Bridget Burnell and her daughter, affectionately known as Blue, enjoy fun in the sun at the Super Soaker Fun Day Picnic!



Colleen Burton and Ilona Hadjar enjoy some networking time at the Meet & Mingle – Sing Your <3 Out! Event!

# SEEN IN ACTION



## Super Soaker Fun Day Picnic



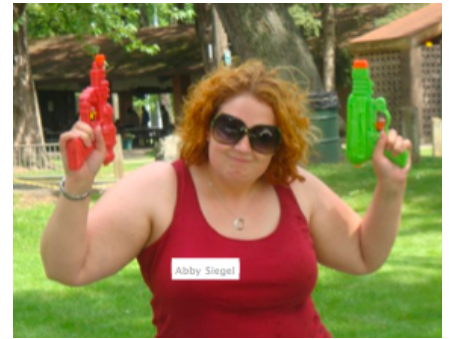
On June 25, the Lansing Jaycees were responsible for reminding members and non-members of how fun it is to be a kid again.

Family and friends gathered at Patriarch Park for Super Soaker Fun Day Picnic to enjoy the beautiful weather, great food, and, of course, getting drenched by squirt guns and hundreds of water balloons. The main attraction of the day (probably still on minds of everyone who attended) was a delectable little dish called Bacon

Explosion, prepared by Charlie Root – and an explosion it was!

Or, that could have been the water balloons we were all being violated by, with Sangs throwing water balloons into what was deemed the “safe zone”.

Fun was had and memories were made at an event that I hope continues at least on an annual basis with the Lansing Jaycees.



*Submitted by Patrick Caveney, General Member*

### Meet Charlie Root, Director At-Large



**Occupation:** Customer Service Rep. at Spartan Printing, Inc.

**Relationship Status:** Married to Karin Root.

**Dream Job:** Comic Book Shop Owner.

**Favorite Movie and/or book:** The answer to both is the Lord of the Rings Trilogy.

**Favorite Type of Music:** Good. I like good music.

**Do you have any pets?** I have a very hyper German Shorthaired Pointer named Clara.

**2011 Goal:** Survive 2011.

**First car:** A totally sweet 1988 Ford Tempo, complete with missing gas pedal.

**Why I joined the Jaycees:** To make new friends and serve my community.

**Random Fact:** I once attended a Halloween party dressed as a gorilla pimp.

**Favorite Jaycee Project and reason:** The Haunted House is my favorite because it requires us to come together as a chapter like no other project we do. It takes so many people contributing as much as they can to make our haunted house a success, and it is a fine example of what we can accomplish as a team.

**Favorite Quote:** “If God had intended us to drink beer, He would have given us stomachs.” – David Daye

**Jaycee Join Date:** November 2009...ish?

**Membership Anniversary Dates:**

**July:**

**Tracy Prush**

**August:**

**Colleen Burton, Lori Castelein,  
Sangeetha Kannan, Samantha Keeney,  
Siddhartha Muthiah, and Anne Ribby**

**July Birthdays**

**Colleen Burton  
Nikki Sarrazin  
Amy Simon  
Carmen Espinosa  
Sheryl Soczek  
Alyson Kechkaylo  
Lauren Leeds  
Angela Fossi**

*Happy Birthday!!!*



**Welcome New Members!**



**Meredith Blixt, Patrick Caveney,  
Adam Dobbrastine, Nikki Sarrazin, Kyle Smith,  
Charles Strong, and Danielle Wellington**

***A note from the Capitol Correspondent Editor:***

Thanks to the contributors of the July newsletter: *D. Harris, A. Fossi, I. Hajdar, P. Caveney, C. Root, L. de la Rambelje, J. Hermann, L. Leeds, A. Siegel, A. Clock, S. Keeney, 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  
adrienne.d.woodward@gmail.com**

## Laura de la Rambelje



**Occupation:** Public Health Consultant at Michigan Department of Community Health.

**Relationship Status:** Married to Ryan!!! ☺

**Dream Job:** Still figuring this one out....

**Favorite Movie and/or book:** **Movie:** Life is Beautiful; **Book:** Depends on the genre; I love history.

**Favorite Type of Music:** Latin pop at the moment.

**Do you have any pets?** Yes, Pokey, our awesome black cat with a tuxedo – he’s always ready for your best event!

**Favorite Food:** Blueberries.

**Favorite Game or Sport:** Cranium or biking (football to watch).

**2011 Goal:** To find more peace and to create more happiness for others.

**First car:** My parents’ Ford Aerostar...

**Why I joined the Jaycees:** To join in helping others and have fun while doing it.

**Random Fact:** My Mom is my hero.

**Favorite Jaycee Project and reason:** So far it’s been the face painting at the EL Arts Festival.

**Favorite Quote:** “My dearest friend,

Whether I stand high or low in the estimation of the world, my conscience is clear. I thank God I have you for a partner in all the joys and sorrows, all the prosperity and adversity of my life, to take a part with me in the struggle.

Gold and Silver have I none, but such as I have, give I unto thee...” John Adams to Abigail Adams

**Jaycee Join Date:** May 3, 2011.



## A MESSAGE FROM THE CHAIR OF THE BOARD

### What's in Your Jaycee Future?

*"As for the future, your task is not to foresee it, but to enable it." - Antoine de Saint-Exupery*

It's that time of year. The time where we start thinking about what we want to do as Jaycees in the next few months, next year, and in the future. As I'm serving my second year on the Michigan Jaycees Board of Directors, I've been asked about my experience. In thinking about this, I went back and did some research on Lansing Jaycees who have served at the MIJC level and how it relates to my personal experience.

In the past, we've had many members serve as Region Directors (RD). Currently our chapter is part of Region D, which encompasses the chapters of Lansing, Ionia and Charlotte. RDs are responsible for visiting their assigned chapters, helping with membership, and being a support system for chapters. Throughout the years, regions have changed as the organization has changed, so it's always possible for there to be a different number of chapters in each region.

After I served as 81st President of the Lansing Jaycees, I needed something to do during my year as Chair of the Board. So I decided to run for RD, and was elected to serve in that role in 2010. I had a little experience during my year as president to meet some of the other presidents in our region, which helped me transition into the RD role. It was a great way to get to know members from other chapters and work with other RDs and board members from around the state.

Statewide Vice President positions were not created until the 1961-62 Jaycee year. Prior to that year, what we know today as District or Region directors, were called Vice Presidents. Since these positions were created, Lansing has had only a few members serve in these roles. In 1981-82, the 51st President of the Lansing Jaycees, Duane Humphrey, served as the MIJC Community Action Vice President. Dave Allen, 60th Lansing Jaycees President, served as West Area Vice President from 1989-90 and Community Vice President in 1990-91 (is anyone sensing a pattern?).

After my year as RD, I was inspired to do more. For those of you that know me, community is very important to me – whether it's my role at work (nonprofit and government experience), where I live, or what I do in my spare time. I also wanted to follow in the footsteps of one of my mentors, Kris Collee, who served as the 2010 MIJC Community Development Vice President (CDVP). As I've reached the halfway point in my year as CDVP, I can tell you that it's a lot of fun, yet it's a lot of work. I've been lucky to travel all over the state and see our 41 chapters do amazing things. I've met a lot of great people and hope that in some way, I've inspired them – to do a new project, to run for an office, or just to step outside their comfort zone a bit.

And I would be remiss if I didn't talk about a couple more offices. Since Martin P. Luthy served as the first president of the Michigan Jaycees in 1925-26, the Lansing Jaycees have had eight members serve as MIJC President. The last Lansing Jaycee to serve in this capacity was 68th MIJC President Dave Allen in 1991-1992. Prior to that, it was William Kutchev in 1956-57 as the 33rd President of the Michigan Jaycees. Our chapter has also had the honor of having the 29th President of the United State Junior Chamber as a member. Paul Bagwell served in this role in 1948-49.

So, the question is – what will you do with your time in the Jaycees? Wherever your leadership, friendship, and sense of citizenship lead you, I hope you enjoy the journey.

Yours in Service,  
Angela M. Clock



**Submitted by Angela Clock,  
2011 MIJC Community Vice President,  
Chair of the Board, [fallingstar924@hotmail.com](mailto:fallingstar924@hotmail.com)**

## A MESSAGE FROM THE COMMUNITY DEVELOPMENT DIRECTORS

### RELAY FOR LIFE

Hello all and happy summer!

As you probably read in last month's newsletter, we had a fantastic time at Relay for Life in June!

But, wait, there's more! We have until August 31 to meet and/or exceed our goal of \$2,000. Currently, our team has raised \$1505.75, which means we need to raise only \$494.25 more! And, if we make it to \$2,200, the Angelas (Clock and Fossi) will be sumo wrestling for our entertainment!

To make it to our goal, we have two upcoming fundraisers. The first is a Rummage and Bake Sale on August 5 and 6 in Lansing. If you would like to clean out your closets and help us gather items to sell, please contact me. We'll also need baked items and other goodies too, so let me know if you can help with that as well.

Our other fundraiser is a Brown Bag Auction taking place at a time and site yet to be determined. Through sponsorships and donations, we'll have several items to bid on. The catch? You won't be able to see what you're bidding on, you'll be basing your bids on the decorated bag the item is in. It'll be a fun, mysterious time!

We will have more information available on both of these fundraisers, so keep checking your Jaycees Juice to see where and when to come out! Please feel free to involve your friends and family in both of these events, everyone is welcome!



*Submitted by Abby Siegel, Community Development Director, [queenpetunia@hotmail.com](mailto:queenpetunia@hotmail.com)*

### 9/11 VIGIL

Much like our parents remember where they were on Nov. 22, 1963 when they heard about the assassination of President John F. Kennedy, every one of us can recollect what we were doing when the news broke that airplanes had been hijacked and flown into the World Trade Center towers on Sept. 11, 2001.

This year marks the tenth anniversary of the most devastating terrorist attack on our shores since Pearl Harbor came under fire on Dec. 7, 1941.

In honor of the thousands of people who lost their lives on 9/11 and the first responders from all corners of the country who bravely answered the call to search for survivors, the Lansing Jaycees will hold a vigil the morning of Sept. 11, 2011 on the lawn of the state Capitol. After the vigil we will peacefully walk to [Remembrance Plaza](#), where a piece of one of the towers serves as a memorial.



We're still planning for this solemn event and would love input from members. So far we have a commitment from the MSU ROTC Color Guard and are working on other promising leads.

Please consider sharing your thoughts for how we can successfully plan a vigil that honors this important and tragic event in our nation's history. Feel free to contact Lauren Leeds at: [laurenloo823@yahoo.com](mailto:laurenloo823@yahoo.com) or (989) 482-1232 with any ideas you may have.

*Submitted by Lauren Leeds, Community Development Director and Press Secretary, [laurenloo823@yahoo.com](mailto:laurenloo823@yahoo.com)*

## Show Your Best You: Personal Image Seminar

Within seconds, people decide whether or not they are going to work with you and your company based on your professional image. Relying almost entirely on non-verbal cues, they will determine whether you are credible, honest, trustworthy, and competent. In today's fiercely competitive business arenas, making a positive first impression is essential. Shelley Davis Mielock, an accredited Image Consultant, will guide you through four simple rules you can use to take control of your personal image.



**The seminar will take place:  
July 27, 2011 from 6 to 7:30 p.m.  
Show Your Best You: Personal Image Seminar  
Mieshel Image Consulting  
610 Seymour Avenue  
Lansing, MI 48933**

You can learn more about Shelley at <http://www.mieshelimage.com>. Or listen to her and Tiffany Dowling, co-host, on their radio show program "In Her Shoes Radio" Sundays at noon on 1240 AM WJIM.

For more information, check out their website at <http://www.inhershoesradio.com>.

*Submitted by Dan Harris, Individual Development VP, [dan@dnharris.com](mailto:dan@dnharris.com)*

## Get Your Food On: Do You Fondue?

Do you like cheese? Then "Get Your Food On (GYFO): Do You Fondue?" is perfect for you!

I've always wanted to go to a fondue restaurant, so I decided to plan a GYFO trip for the Lansing Jaycees. On Saturday, Aug. 20 we will carpool to The Melting Pot ([www.meltingpot.com](http://www.meltingpot.com)) in Ann Arbor to experience the full fondue experience.

We will order off their large group menu. So far, we've decided on the cheddar fondue, spinach and artichoke fondue, and Wisconsin trio fondue options; house salad (with your choice of peppercorn ranch or sweet and tangy house dressing); "The Huron" entrée option, which includes filet mignon, teriyaki sirloin, chicken, white shrimp (anyone with a shellfish allergy will have a separate fondue pot) and salmon (gluten free and vegetarian options are available); and the following three chocolate dessert fondue options: pure milk chocolate, yin & yang (a mix of dark and white chocolates) and the s'mores fondue (milk chocolate topped with marshmallow cream, flambéed and garnished with graham cracker pieces). Doesn't that all sound divine?

Those interested in arriving to Ann Arbor ([www.visitannarbor.org](http://www.visitannarbor.org)) well before our 6 p.m. reservation can explore all the city's downtown has to offer and after our dining experience, we can check out the Jolly Pumpkin Brewery ([www.jollypumpkin.com](http://www.jollypumpkin.com)) right next door for a nightcap. We will be carpooling to this event, so let me know if you need a ride, or if you plan to drive solo.

Hope you decide to join us for an evening that's sure to be memorable!

*Submitted by Lauren Leeds, Community Development Director and Press Secretary, [laurenloo823@yahoo.com](mailto:laurenloo823@yahoo.com)*





## Coaching In Your Inbox: Your Declaration of Independence & Inner Freedom

In the spirit of the Fourth of July, let's talk this month about Freedom and Independence.

At some point when we grow up, we decide we have to “settle down,” become responsible, do what we need to do to pay the bills. We get a job, we wear the right clothes, we behave ourselves. Well, I'm here to tell you that's not where it's at. Now, don't get me wrong: I am not advocating going AWOL on your taxes or not paying the rent/mortgage. But on the other hand, I think too many good peeps out there are feeling stuck, underutilized, uninspired. If this is you, and if you want things to change, the place to look is your sense of inner freedom.

One of my favorite coaching tools, courtesy of my favorite coaching teacher Martha Beck, is the distinction between the Essential Self and the Social Self. The essential self, as you've probably guessed, is who you are at your very essence. It is made up of your natural skills, talents, preferences, strengths (and weaknesses) – what makes you the fabulous you that you are. The social self, on the other hand, is the part of you that was developed in response to your environment and its cues. Your social self keeps you out of trouble, and its main concern is to make sure you are safe and UNDER THE RADAR. Your social self quickly learned that making parents or teachers mad was a recipe for disaster, so it made sure you followed the rules. The problem is that you learned most of these rules when you were 6, and here you are at 32, still feeling trapped by a bad case of the SHOULD.

Sometimes we need to make a big change in our life. Sometimes we really do need a new job, or it would be a good idea to move across the country, or what have you. Other times, we need to rearrange our perception of the situation. As my friend Scott told me just yesterday: “The way you relate to the issue IS the issue.” Whether it's actually taking action in the world, or cleaning out some old beliefs and mental patterns, the goal is to have a sense of inner freedom.

So if you are feeling like you'd like to craft your own personal Declaration of Independence and Inner Freedom, here's a few suggestions of what you could do. (Notice I didn't say “should.”)

1. Notice where your social self is dictating your life.
2. Do some journaling and ask your essential self to speak. What do you REALLY want?
3. Visit Byron Katie's website and learn how to challenge your thoughts. (thework.com)
4. Make a list of your core values. Notice where you're out of alignment.
5. Do one small thing you've been meaning to do for a long time that will make you feel happy.
6. Write your personal manifesto. Share it with one good friend.

Thoughts? Questions? What truths do YOU hold to be self-evident? Drop me a line at [julica@julicahermann.com](mailto:julica@julicahermann.com), or join me on my free monthly call. We talk about our essential selves there on a regular basis. ☺ You can sign up at my website: [www.julicahermann.com](http://www.julicahermann.com).

**Submitted by Julica Hermann, Social Change and life Coach,  
[julica.hermann@gmail.com](mailto:julica.hermann@gmail.com)**



## A MESSAGE FROM THE MANAGEMENT VICE PRESIDENT

There are good ships, and there are wood ships, the ships that sail the sea.  
But the best ships are friendships, and may they always be.

Greetings from Ireland! As I reflect on my time as a Jaycee. I am struck by the above Irish blessing. Not only are the Jaycees a great organization for their community, but perhaps one of the things a chapter is best at are the friendships they produce. I see the Jaycees and the events they put on as the ships that sail the seas, ones that are the vessel for the true strength of the Jaycees. The Friendships.

I encourage you to get involved with building ships, which will help you to build the best kind of ship the Jaycees has to offer – the friendships built by working together and helping out the local community.



**Submitted by Sam Keeney, Membership VP, [samfish8@gmail.com](mailto:samfish8@gmail.com)**



## GREAT LAKES FOLK FEST

August 12 – 14, 2011, the Lansing Jaycees will be hosting a Beer and Wine tent at the Great Lakes Folk Festival. We are working on solidifying the remaining details of the event; however, we already made the hardest decision! We will be working with local distributor Dan Henry. This will allow us to serve Leinenkugel's in addition to other regional favorites for the beer!

This event will require help from the membership in addition to volunteers found via Volunteer match. This is a busy summer weekend, so **any help** that can be provided, even if it's with set up and tear down, would be appreciated.

There will be some changes to the tent this year. We are going to be serving some non-alcoholic beverages and allowing families in during the day so people are able to enjoy their food in the shade of the tent while mom and dad enjoy a beer. However, come 9 pm only those 21 and over will be allowed in the tent.

Volunteer activities include pouring beer, checking ID's, being a bouncer, and selling tickets for beverages.

**Submitted by Sam Keeney, Management VP, [samfish8@gmail.com](mailto:samfish8@gmail.com)**

## A MESSAGE FROM THE TREASURER

Well, there it is, the year is half over. That means you have had 6 months to collect “stuff” and most likely need to get rid of older “stuff”. You can unload your books, CD’s, DVD’s and pretty much everything else you own on one website or another. Below are some websites and what they specialize in, (All You, May 20, 2011):

[www.facebook.oodle.com](http://www.facebook.oodle.com) - Sell to everyone on the marketplace or just your friends. You can sell the item for cash, sell it for a cause, request items or give them away.

[www.yardsellr.com](http://www.yardsellr.com) – Users “like” a block/category of items they are interested in then listings will show up in your newsfeed (similar to eBay).

[www.half.com](http://www.half.com) – Specializes in books, music, movies and games. Enter the UPC or ISBN number and have the item listed. There are no start-up or listing fees.

[www.sell.com](http://www.sell.com) – For goods and services (bulk items too). Your first listing is free, the transaction is settled privately.

[www.glyde.com](http://www.glyde.com) – List CD’s, DVD’s, books or video games.

[www.paperbackswap.com](http://www.paperbackswap.com) – Readers post unwanted books, when it is requested, you pay to ship it then receive a credit that you use to acquire a book from someone else.

[www.listia.com](http://www.listia.com) – A free auction site where you can post anything you don’t want. Bid on items using credits earned for signing up, referring friends or listing your own stuff.

[www.ebay.com](http://www.ebay.com) – Unload your collectibles, name-brand clothing, small electronics and other items here. Post your item, pay the fee and wait to see if it sells.

[www.craigslist.org](http://www.craigslist.org) – Find furniture, appliances, cars, etc. that are in your area. Friday afternoon and Saturday mornings are the best time to post your item. Be open to negotiation. (Favorite site of mine as I sold my car there a few years ago within 3 days of posting it).

[www.amazon.com](http://www.amazon.com) – CD’s, DVD’s, video games, software and books are resold on this site (another favorite of mine). It is easy to undercut the competition on this site, you must pay the shipping, however Amazon will then issue you a credit. A fee is charged when the item is sold.

I am sure there are many other sites out there, amazing what you can do on the internet..... Enjoy your summer and happy getting rid of your “stuff”.



**Submitted by Sheryl Soczek, Treasurer, [soczek@mail.hfs.msu.edu](mailto:soczek@mail.hfs.msu.edu)**

## A MESSAGE FROM THE SECRETARY

Greetings from Canada!!

Are you new to the Jaycees? Just now thinking of joining? Or, maybe you're a veteran, and have "Been there, done that" more times than not. Regardless of your status, have you really contemplated exactly what the Jaycees has to offer you? Especially a chapter as involved as the Lansing Jaycees?

I had not, until I moved to Edmonton, Alberta, Canada.

What do the Jaycees offer, you may wonder? For me, it was an immediate network of people – people who shared my beliefs and goals in a country far from home. People who invited me to meetings, games, and out for drinks within days of my arrival. People who invited me to important events they are holding within one week of my arrival date. (Granted, they also put me to work, but that's also a benefit of being involved!)

In other words, being a part of the Jaycees offered me immediate friends from around the world.

And, I didn't have to move mountains to meet them or to get involved. No, our fearless President, Angela Fossi, did that for me! Upon hearing about my move to Edmonton, Angela simply sent an email to the Chris Curtola, President of the Edmonton Jaycees. Within 24 hours of the initial contact, I had not only received an email from Chris himself welcoming me to Edmonton, but also from three other Edmonton Jaycees Board of Directors members! These members offered me any help they could provide, giving me advice on where to live, where not to live, what to I should do as soon as I arrived, where I should visit, and the list goes on and on and on...

To top it off, President Fossi wrote such a positive letter about my experience and involvement in Lansing that the Edmonton Jaycees recently elected me as the Secretary of their Board of Directors as well! (Suckers... ☺)

The moral of the story is this: Don't underestimate what being involved in the Lansing Jaycees – or any Jaycees chapter, if you move – can do for you. The Jaycees offer opportunities to network and meet new people like no other organization I know. Here in Edmonton, the Jaycees offer travel stipends to any member who wishes to travel to Regional, National, or even World conventions! In Lansing, money is also offered for travel to conventions – just ask any Board member what you need to do in order to qualify.

Besides the travel, I also know I am making friends here in Edmonton that will last a lifetime – sort of like you people I know in Michigan!!

Stay in touch! I miss you guys!

Sincerely,  
Adrienne Woodward  
2011 Lansing Jaycees Secretary



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



## Lansing Jaycees Activities...

- July 21 – 24** – **Annual Camping Trip** – White River Campground, 735 Fruitvale Road, Montague, MI (Details = A. Fossi @ 586-484-7027)
- July 21** – **6<sup>th</sup> Annual Poetry in the City** – Downtown Lansing, Michigan Capital Steps; 6:45 – 9:00 PM (Details = A. Fossi @ 586-484-7027)
- July 25** – **Board of Directors Meeting** – Spartan Printing, 15551 S. US Highway 27, Lansing; 6 – 8 PM (Details = A. Fossi @ 517-484-7027)
- July 26** – **9/11 Vigil Committee Meeting** – Biggby on Jolly Road, 2546 East Jolly Road, Lansing; 6 – 8 PM (Details = D. Harris @ 517-927-9412)
- July 27** – **Show Your Best You: Personal Image Seminar** – Mieshel Image Consulting, 610 Seymour Ave., Lansing; 6:00 – 7:30 PM (Details = D. Harris @ 517-927-9412)
- July 30** – **Happendance Rummage Sale** – Happendance Studios, 3448 Hagadorn Rd., Okemos (Details = A. Siegel @ 517-944-9729)
- August 2** – **General Membership Meeting** – Trippers – Frandor, 350 Frandor Ave., Lansing; 6 – 8 PM (Details = A. Fossi @ 517-484-7027)
- August 5** – **Lugnuts Night** – Cooley Law Stadium, 505 Michigan Ave., Lansing; Game starts at 7:05 PM (Details = I. Hajdar @ 517-667-4236)
- August 11** – **Howzat! Introduction to Cricket – Fielding Practice Session** – TBD (Alternative date is August 16; Details = A. Hoard, or D. Harris @ 517-927-9412)
- August 12 – 14** – **Second Quarter Convention** – Grand Rapids, MI (Details = I. Hajdar @ 517-667-4236)
- August 12 – 14** – **Great Lakes Folk Fest – Beer & Wine Test** – Albert St. Parking Lot, East Lansing Parking Lot 1, East Lansing; 12:00 – 10:30 PM (Details = A. Kechkaylo @ 989-714-5272)
- August 18** – **Howzat! Introduction to Cricket – Practice Bowling and Batting** – TBD (Alternative date is August 23; Details = A. Hoard, or D. Harris @ 517-927-9412)
- August 20** – **Get Your Food On: Do You Fondue?** – The Melting Pot, 309 S. Main St., Ann Arbor; 6:00 – 8:30 PM (Details = L. Leeds @ 989-482-1232)
- August 20** – **The Olivia Raine Foundation Golf Outing** – Fenton Farms Golf Course, 12312 Torrey Rd., Fenton (Details = C. Root @ 517-862-5326)
- August 25** – **Howzat! Introduction to Cricket – Game Day! Match Session** – TBD (Alternative date is September 1; Details = A. Hoard, or D. Harris @ 517-927-9412)
- August 29** – **Board of Directors Meeting** – Spartan Printing, 15551 S. US Highway 27, Lansing; 6 – 8 PM (Details = A. Fossi @ 517-484-7027)
- September 6** – **General Membership Meeting** – Trippers – Frandor, 350 Frandor Ave., Lansing; 6 – 8 PM (Details = A. Fossi @ 517-484-7027)
- September 19 – 22** – **Texas Hold ‘Em** – Trippers – Frandor, 350 Frandor Ave., Lansing

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



*Do you have a favorite project or event that you want to be more active with?*



**DO YOU HAVE A GREAT NEW IDEA FOR A PROJECT OR EVENT?**



*So get off your chair and make it happen!!!*



## **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.

H: 627-7145

W: 930-3611

[ccvieth@viethconsulting.com](mailto:ccvieth@viethconsulting.com)

*To advertise your business here, submit your information to [woodwa46@msu.edu](mailto:woodwa46@msu.edu)*