

Capitol Correspondent

The Monthly Newsletter of the Lansing Junior Chamber of Commerce ● April 2009



Lansing Jaycees
PO Box 16150
Lansing, MI 48901

www.lansingjaycees.org

Region D
Population Division 7
Base Membership: 52

HIGHLIGHT OF THE MONTH

Fearless Presenter Workshop

Hello, I'm Arya and I'm a Fearless Presenter! We had a fantastic workshop taught by our very own Dan Harris this past March 7th. It was attended by eight Lansing Jaycee members. The workshop covered the basics of public speaking and worked its way to a two minute speech on whatever topic the participant decided to talk about.



D. Harris gives tips to Lansing Jaycees as J. Kelly listens keenly

A lot was learned and a lot of fun was had. The workshop featured a great mix of mini games, short speeches, and long speeches. We started off by working on taking three phrases and taking turns being more and more expressive each time we said those phrases. Despite being nervous all had fun doing the first exercise and laughing at all the creative ways people came up with to push their expressiveness to the next level. This was quickly followed by a few short speeches in which we used our new found comfort for being expressive to convey a message that required passion to get the point across. Finally we wrapped up with a two minute speech on any topic we wanted. This helped each participant get a sense of how long a two minute speech is and how easy it is to go inadvertently over or fall short of this target.

We are planning to have another Fearless Presenter Workshop in the second half of this year. So keep an eye out and soon you will be a fearless presenter as well!



Arya Amirahmadi,
Lansing Jaycees ID VP
arya_amirahmadi@hotmail.com
(773) 793-1467



*Participants listening to a peer present
(L-R: D. Harris, F. White, O. Smith, M. Castelein)*

Lansing Jaycees

April 2009

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.



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2009 Board of Directors

The Board meets on the 3rd Thursday each month, 5:30 PM at the Jaycees Service Center

President

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

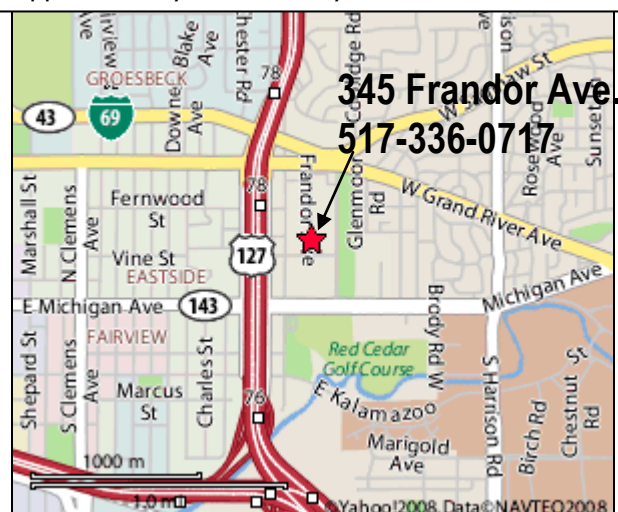
Chair of the Board

- **Sheryl Soczek** **517-862-6376**

Board Members

- **Alexandra Briseno** **517-974-0965**
 - **Community VP**
- **Angela Fossi** **586-484-7027**
 - **Membership VP**
- **Arya Amirahmadi** **773-793-1467**
 - **Individual Development VP**
- **Bridget Burnell** **989-737-9685**
 - **Secretary**
- **Carrie May** **248-756-3840**
 - **Treasurer & Chaplain**
- **Michael Spaulding** **517-490-8628**
 - **Management VP**

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



Presidents Report

Spring is here! Or is it?

A week before our Annual Easter Egg Hunt, and the weather in Michigan decides to get cold – and snowy! Of course, just like the weather, things with the Lansing Jaycees can certainly be unpredictable, but somehow we persevere!

We have had a jam-packed March – filled with lots of preparation for the Easter Egg Hunt and Lansing 150 Parade. We've also gotten out to community organizations such as Volunteers of America and Ronald McDonald House. It's been a year of trying new things, and we've been very successful!

I encourage all of you to participate in our upcoming events – there's something for everyone! We're also looking for people to serve on the committee for our 2nd Annual Bob Pancost Memorial Golf Outing. If you are interested, please let me know. The event will be held June 20th at Highland Hills Golf Course. More details will be coming shortly.

I am so proud of all the work that our chapter has put in to make the 1st quarter of the year a success. Our chapter helped the Michigan Jaycees be at year to date growth by adding new members to our chapter. We have a great bunch of newer members that have been very involved in helping out with many projects. We've also seen great participation from our more seasoned members. I'm looking forward to seeing everyone work together for the good of our chapter.

I would like to encourage anyone who hasn't been to a State Convention to consider joining us at Boyne Highlands from May 1-3 for the 1st quarter Michigan Jaycees Convention. This is the most well attended convention of the year, and is a great place to meet new people! Please let me know if you are interested in attending.

As always, if you have any ideas for projects you'd like to help with or have the chapter host, please feel free to let anyone on the Board of Directors know. We're here to help you! I look forward to seeing you all out to events in April and May! Bring a friend or co-worker to an event – you never know who the next Lansing Jaycee will be!



Yours in Service,

Angela M. Clock, 81st President

Fallingstar924@hotmail.com; 517-410-9527

Membership

A Message from the Membership VP

It has been another great month to be involved with the Lansing Jaycees. We had some very popular events in March and successfully completed our first Texas Hold'em tournament. I sincerely thank everyone who participated in March events and I look forward to an exciting April. I am happy to report that the Lansing chapter experienced positive growth for the quarter. I cannot accept the credit for this accomplishment, I attribute our success to all of you building the buzz about the Lansing Jaycees and helping to attract new members as well as retain our existing members. The results have been very positive. Thanks to all of you who helped create the buzz!

One way that we can build the buzz is to focus on Springboard and Degrees. This is a great program that allows for members to learn about the Jaycees and experience personal growth in a structured manner. There are ten Degrees that can be obtained. The Degrees are set up to be logical and many of our members may have completed the requirements and just need to complete the certification form to obtain the formal recognition.

The first three Degrees are classified as the Involvement Phase and focus on orientation, training, community awareness and sharing Jaycees (this is a Springboard if completed during the first year of membership). The next three Degrees make up the Experience Phase and they build on the experiences from the first phase and focus on activation, action and recruiting. The final Degree phase is focused on leadership and developing training and leadership skills. Check out the information I have posted regarding the program in our website under File Archive Management: Common Forms: Degree and Springboard Flyer.

The bowling league will be wrapping up on April 18th. Congratulations to everyone that participated in the league. We also have a Happy Hour on April 17th at Oade's Bar and Grill located on the westside of Lansing. Our first Lugnuts outing is scheduled for Tuesday February 21st. We have our First Annual Beer Bus trip on April 25th and book club on April 24th.

Let's keep building the buzz!

Feel free to contact me at any time if you have questions or comments.

Sincerely,

Angela Fossi,
2009 Membership VP,
kitispart@gmail.com;
586-484-7027



*Quote: Don't walk behind me, I may not lead.
Don't walk in front of me, I may not follow.
Just walk beside me and be my friend.
Unknown (often attributed to Albert Camus)*

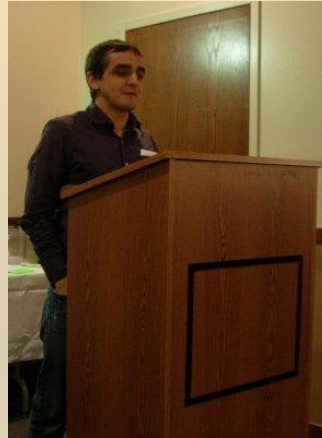
February Membership Awards Presented to:

Member of the Month: Mike Castelein

*Chairperson(s) of the Month: Angela Fossi & Arya Amirahmadi
(HH – Chicago Pub)*

Lansing Jaycees

A. Amirahmadi
speaks like a pro! →



A. Fossi
cooking for
families in
need ↓



**M. Castelein, C. Burton, J. Niekamp,
J. Kelly**

Cheers to Happy Hour!

**M. Horste, A. Ribby, T. Hart, P.
Marshall, A. Fossi**



**A. & A.
Hoard help
prepare
food at
Ronald
McDonald
House too**

Seen in Action

MEMBER SPOTLIGHT

Occupation: Unemployment Engineer

Relationship Status: Single

Dream Job: It was to be professional baseball player, but I'm still dreaming.

Favorite Movie and/or book: The Matrix

Favorite Type of Music: Anything by Soulja Boy

Do you have any pets?: Yeah 1 and I keep her upstairs

Favorite Food: Chicken Wings

Favorite Game or Sport: College basketball

2009 Goal: To find a new job that pays significantly more than my previous one

First car: 1990 Pontiac LeMans

Why I joined the Jaycees: To meet new people and to grow myself individually

Random Fact: I broke my wrist when I was 21 and that is one of the reasons I was able to get my foot in the door to being in the IT industry.

Michael Castelein



**Who should be featured in the next Lansing Jaycees Member Spotlight?
Submit your recommendations to Angela Fossi at kitispart@gmail.com**

**WELCOME NEW MEMBERS!
ERIC DOBRY & SHANNON
CULBERSON**

MEMBERSHIP ANNIVERSARY DATES

April	May
Troy Steere	Becky Beauregard
Stephanie Steere	Darrin Beauregard

**Most active
member Q1:
Colleen
Burton!**



Membership Survey Summary

Thanks to everyone that completed the membership survey in February. We had a total of 23 responses. There were some great ideas for projects and several people expressed an interest in getting involved in chairing projects. We will be working on evaluating the results during the upcoming months.



Here is a summary of some of the results:

How many events per quarter?

	1	2 or 3	4 to 6	7 to 9	None
Community Involvement	8.7% (2)	52.2% (12)	39.1% (9)	0.0% (0)	0.0% (0)
Social Activities	0.0% (0)	39.1% (9)	39.1% (9)	21.7% (5)	0.0% (0)
Environmental Awareness	59.1% (13)	27.3% (6)	4.5% (1)	0.0% (0)	9.1% (2)
Personal Development	13.6% (3)	81.8% (18)	4.5% (1)	0.0% (0)	0.0% (0)
Social Issues	56.5% (13)	39.1% (9)	0.0% (0)	0.0% (0)	4.3% (1)
Governmental Affairs	54.5% (12)	31.8% (7)	0.0% (0)	0.0% (0)	13.6% (3)
Professional Development	27.3% (6)	63.6% (14)	0.0% (0)	0.0% (0)	9.1% (2)
Family and Youth Activities	27.3% (6)	59.1% (13)	9.1% (2)	0.0% (0)	4.5% (1)
Sporting Activities	18.2% (4)	63.6% (14)	13.6% (3)	4.5% (1)	0.0% (0)
Business Networking	39.1% (9)	43.5% (10)	4.3% (1)	0.0% (0)	13.0% (3)

Do you belong to any other service organization(s)/group(s) or currently volunteer with a group?

Yes - 39.1%

No – 55.5%

Not currently, but I was involved with __. – 4.3%

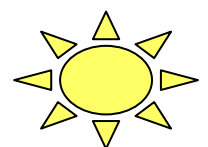
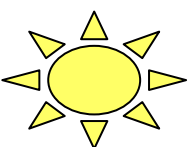
Would you like to get involved in any of the following committees?

Individual Development (Professional Development, Business Networking, Personal Development, Learning a new skill, etc) = 43.80%

Management (Texas hold'em, budget, sponsorship, GMM, Newsletter, etc) = 18.80%

Citizenship (Community, Environmental Awareness, Social Issues) = 75.00%

Membership (Membership Mixer, Sporting Activities, Social Activities, etc) = 68.80%



A Message from the Community VP

Community Volunteer Events - On the Horizon

April 11th – The Lansing Jaycees Easter Egg Hunt

Come help in the annual event at the Michigan State Capitol in Downtown Lansing. Set up begins at 8:30, with the activities starting at 10am. The hunt will begin promptly at 11am. After the hunt, feel free to meet up for lunch - usually, we head to Clara's or the Nuthouse.

April 19th & 26th – Beekman Center Projects

We are working with the Beekman Therapeutic Riding Center in Lansing to come up with some clean up or repair projects. Possible projects: Fence rebuilding, painting, barn moving. Stay tuned for more information.

May 8th – Bowl for Kids Sake

Join our bowling team to raise money for Big Brothers Big Sisters in Lansing. Our goal is to raise \$600 and we are a third of the way there! The event takes place at the Royal Scot Bowling Center from 8:15am-11:30am. If you would like to join or to donate go to the following website:
<http://www.bbbs.org/faf/search/searchTeamPart.asp?ievent=300918&lis=0&kntae300918=D05EFBD19BE34FD9BB004D47CD445326&team=3330690>

Other Local Volunteer Information

Southside Community Kitchen - <http://southsidecommunitykitchen.org/>

Animal Placement Bureau - <http://www.apbpets.com/>

Beekman Therapeutic Riding Center - <http://btrc.samsbiz.com/>

Capital Area Humane Society - Volunteer Orientation - <http://cahs-lansing.org/support/index.html>

Community News and Events

The All-of-you Review – Olds Barn at Woldumar Nature Center - April 17th:

<http://www.allofusexpress.org/>

Adopt a River- Spring Clean-up - Impression 5 Science Center – April 18th:

<http://impression5.org/index.php>

Party for the Planet – Potter Park Zoo – April 18th: <http://ingham.org/ppz/Events-PartyPlanet.htm>

Document Destruction Day - Lansing City Hall – April 18th:

http://www.lansingmi.gov/pubserv/wastereduction/special_events.jsp

Spring Open House - Van Atta's Greenhouse & Flower Shop – April 18th & 19th:

<http://www.vanattas.com>

Earth Day Celebration – Lansing City Hall – April 22nd:

http://www.lansingmi.gov/pubserv/wastereduction/special_events.jsp

CATA Community Health Fair - CATA Transportation Center – April 24th:

<http://www.cata.org/>

Regional Household Electronics Collection - Lansing City Hall – May 2nd:

http://www.lansingmi.gov/pubserv/wastereduction/special_events.jsp



Alexandra Briseno 2009 Community VP
xandrab@hotmail.com 517-974-0965

VOLUNTEER OPPORTUNITIES ARE EVERYWHERE!

Look for Volunteer Opportunity Highlights in each issue of the Capitol Correspondent
There's something out there for everyone!

April Volunteer Opportunity Highlight

American Cancer Society

The American Cancer Society seeks to empower and mobilize communities to prevent cancer, save lives, and diminish suffering caused by cancer. Volunteering for ACS give you an opportunity to make a meaningful difference in your community, help cancer patients and their families, and build relationships and networks that last a lifetime! Volunteers are needed for Cancer Education and Awareness, Patient Service Programs, Advocacy, Community Events such as Relay for Life, and other opportunities.

For more information on how you can help serve the Lansing Community through ACS, visit <http://www.cancer.org/docroot/home/index.asp>

Relay for Life – Why Aren't YOU on the Team Yet?

Join our Relay for Life team!

Chairperson: Alexandra Briseno;
xandrab@hotmail.com 517-974-0965

This year our chapter has formed a team and will be participating in Lansing's Relay for Life event on June 5-6th.

Relay for Life is a 24 hour event held at the Lansing Catholic High School track. Teams are made up of friends, family and co-workers and team members take shift to walk around the track in support of the fight against cancer. There will be music, activities and games during the event. Other events will be a Victory Lap for cancer survivors and a Luminaria Ceremony at sundown.



We have eight registered members for our team and have raised \$1,190 so far. Our goal is to have over 10 members and a fundraising goal of \$2000. If you are interested in joining our team, sign up at: http://main.acsevents.org/site/TR/RelayForLife/RFLFY09GL?team_id=398383&pg=team&fr_id=14401



Luminaria Ceremony: Paper luminaries can be bought for \$10 each. You can decorate them for someone in Honor Of or in Memory Of someone with cancer. These will line the track during the event and at sundown will be lit and the names listed. The deadline to register someone's name is May 19th. I have several luminaries for sale, so contact me if you are interested.

GREAT JOB CARRIE MAY and the entire Easter Hunt Team!

Watch for the full story on this incredible event in next month's newsletter!

Donate Food to Animal Shelters Daily: Free For You – A Click Away:

<http://www.freekibble.com/>

<http://www.freekibblekat.com>

Event Recap: Serve Breakfast for Volunteers of America



A. Hoard, A. Echols, S. Soczek, and R. Rosenbaum taking inventory

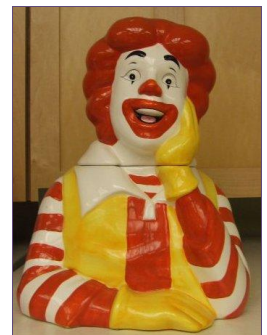
On Sunday, March 8th seven of us went to the Volunteers of America community kitchen to help the staff with serving breakfast to the needy. Although another volunteer group was there to serve breakfast, they made use of the extra help by having us inventory their dry and refrigerated food storage areas, preparing sack lunches and cleaning up the dining and kitchen area. We were glad we could help out our local community and those who help the needy.

Chairperson:
Alexandra Briseno;
xandrab@hotmail.com
517-974-0965



Event Recap: Make Dinner for Ronald McDonald Families





Eleven of us prepared and made dinner for the families staying the Ronald McDonald House of Mid-Michigan on March 28th. We had a test run of our menu the Monday before to make sure we all agreed. We made baked chicken, cheesy potatoes (which was the group favorite), green beans, salad, cheese dip, corn muffins and Oreo cake for dessert. Some of us got a tour of the facility and we all had a good time preparing the food, listening to the 80's music and knowing that the families did not have to worry about making dinner after a long day at the hospital.







Chairperson:
Alexandra Briseno;
xandrab@hotmail.com
517-974-0965



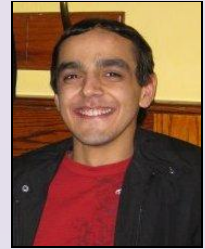
SUPPORT RELAY FOR LIFE!

 <p>Fazoli's 5617 W Saginaw Lansing, MI 48917 517-323-8470 5066 @ fazolis.com</p> <p>Presents</p>  <p>Relay for Life</p> <p>April 23rd, May 12th & 18th</p> <p>15% OF YOUR PURCHASE WILL BENEFIT THE RELAY FOR LIFE</p> <p><small>Flyer distribution on Fazoli's property is prohibited and will result in the forfeiture of your organization's entire donation.</small></p>	 <p>Relay for Life</p> <p>Present this ticket to your Fazoli's cashier and 15% of your sales will benefit</p> <p>Relay for Life</p> <p>Valid at: </p> <p>5617 W Saginaw Lansing, MI 48917</p> <p>Name: _____</p> <p>E-Mail: _____</p> <p><small>Providing your e-mail address allows Fazoli's to send special offers to you. We do not share your name.</small></p>
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A Message from the Individual Development VP

Well it's officially spring! Even though as I write this we're projected to get six inches of snow. However, this will not stop me from sharing with you some information on my latest interest: Composting. Now that I've settled into my house I'm faced with the wonderful task of raking up about two years worth of leaves. As usual I brought it up at work and one person mentioned composting. The more I've read about it the more I became interested in doing this. It's great for the environment and provides you with free soil. So here are some tips that I found at www.composting101.com:



Arya Amirahmadi,
2009 Individual Development VP;
arya_amirahmadi@hotmail.com;
773-793-1467

- 1.** Grass clippings add necessary nitrogen to a compost pile, but be sure to mix with the "brown" materials that add carbon. Both are necessary for quick decomposition and rich compost. Piles made up of just grass will compact, slow down and start to stink.
- 2.** Do not compost fats, pet droppings, or animal products. They will attract pests to the pile and can spread disease.
- 3.** Newspaper or plain white paper from the computer is excellent for composting - just remember to shred it first to speed up the process.
- 4.** Got compost? When finished it should look, feel and smell like rich, dark soil. You should not be able to recognize any of the items you put in there.
- 5.** Worms love coffee grounds!
- 6.** If adding ashes to your compost bin, do so sparingly. They are alkaline and affect the pH of the pile. In contrast, acidic materials include pine needles and oak leaves.
- 7.** Plants that have been treated with pesticides and/or herbicides (weeds and lawn clippings) should be avoided.
- 8.** The microbes responsible for breaking down your compost pile need a balance of nitrogen and carbon. Nitrogen comes from green materials such as food scraps, manure, and grass clippings. Carbon comes from brown materials such as dead leaves, hay, wood chips and shredded newspaper. A ratio that contains equal portions of both and is well mixed works best.
- 9.** Algae and seaweed make excellent additions to your compost pile. Be sure to rinse off any salts before using.
- 10.** Finished compost is usually less than half the volume of the materials you started with, but it's much denser.
- 11.** Keep your compost pile in a black plastic bin and in direct sunlight to continue the composting process through the winter. Hay bales can be used to further insulate the pile.

continued on next page...

Individual Development

ID VP Article Continued...

12. Wooden pallets make excellent compost bins. Start with one pallet on the ground. Drive two metal stakes into each side. Slide additional pallets over each support and you have a bin ready for compost.

13. Straw is an excellent source of carbon for your compost pile. However, it may contain weed seeds, so make sure the pile is "cooking" properly.

14. Compost decomposes fastest between 120 and 160 degrees F. Decomposition will occur at lower temperatures, but it takes much longer.

15. The perfect size for a compost pile is one that is at least 3' x 3' x 3'. It's not only a manageable size to turn, but it's ideal for retaining heat while still allowing air flow.

16. For faster composting keep your pile or compost bin in direct sun.

17. Don't throw away your kitchen waste in the winter - try an indoor composter.

18. Compost piles should remain damp but not too wet. As you build your compost pile, make sure that each layer is moist as it is added. The surface should also remain damp (think of a wrung out sponge), especially during the summer months.



19. Does your compost pile smell? It's probably due to a large number of anaerobic microbes, which are working hard to break down your compost, but creating a smelly situation in the process. To cut down on the anaerobic process, aerate your pile regularly, creating air spaces and limiting the anaerobic microbes while stimulating the less stinky aerobic microbes.

20. Help start a new compost pile with aged manure, cottonseed meal, alfalfa meal, blood meal, or compost starter. They are rich in nitrogen and help jump-start the microbes responsible for breaking down organic matter into compost.

21. Anything that was living at one time is great for compost bins. Think of leaves, vegetables, and grass clippings.

22. Compost piles can either be layered - thin layers of alternating greens and browns, or they can all be thrown in together and mixed well. Either way works!

23. Soak finished compost in water to "brew" compost "tea," a nutrient-rich liquid that can be used for foliar feeding or for watering plants in your garden, backyard, or houseplants.

24. Apply finished compost to your garden about 2-4 weeks before you plant, giving the compost time to integrate and stabilize within the soil. Click here for a [guide to vegetable gardening](#).

25. For faster results, use a compost turner every two weeks to aerate your pile.

Individual Development

Take More Pride in Your Country with the Lansing Jaycees Book Club!

In March, four Jaycees gathered at the Frandor Biggby's to discuss a number of essays from *State by State: A Panoramic Portrait of America*. Jaycees in attendance agreed that since there are so many rich observations in this collection, we'd like to continue reading from this book for April. So, for our next outing, the Book Club will be continuing with *State by State*, a collection edited by Matt Weiland and Sean Wilsey featuring essays on all 50 states by 50 contemporary authors.

Read as many or as few of the essays as you wish, and come to the Chapbook Café at Schuler Books in Eastwood Towne Center on Friday, April 24 at 7:00 PM for coffee and conversation with your fellow Jaycees.

Contact Chairperson Sean Kottke on Facebook or via email (misterck@hotmail.com) if you have any questions about Book Club or have recommendations for future titles

HAPPY READING!



Chaplain's Message

Carrie May,
Lansing Jaycees Chaplain
carriemay@aol.com
248-756-3840



There are a few quotes that have had me thinking lately, and I thought I'd share them with you:

"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved."

-Helen Keller

I think this goes along with the notion of the road less traveled. Sometimes, you just need to give something a whirl to see how it goes. If you never try, you never fail, but you also never succeed.

"To bring up a child in the way he should go, travel that way yourself once in a while."

-Josh Billings

Developing leadership skills can be a challenging endeavor, and I've always found that people respond best to those who ask of you only what they are willing to do.

"Most folks are about as happy as they make up their minds to be."

-Abraham Lincoln

Mind over matter, baby!

"The best way to cheer yourself up is to try to cheer somebody else up."

-Mark Twain

When was the last time you made someone laugh? If you can't remember, you should get on that. The benefits of laughter are innumerable!

EXPANDING HORIZONS

Region D Meeting

The Lansing Jaycees are hosting the next Region D Meeting – Here's Our Opportunity to Shine and show Region D what Lansing is all about!

Come represent our Chapter on
April 18th

Gone Wired Café on Michigan Ave.
5 PM – 7 PM

Have a new activity
you want to try – or something you want
to learn more about? Maybe some of
our other Jaycees members do too!!

Contact Arya Amirahmadi –
ID VP with your idea and lets all get
involved!

GET YOUR FOOD ON!

April GYFO was at Mitchell's Fish Market in
Eastwood Towne Center -

Chair: Jaimie Hutchison jaimjohutch@hotmail.com

DID YOU MISS IT ???

Don't miss the next one in May at Mango's Grill on
Park Lake Rd.

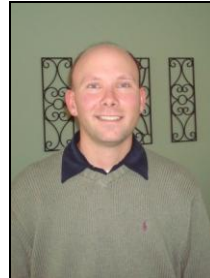
Chair: Andrew Hoard andrew.t.hoard@gmail.com

A Message from the Management VP

I would like to inform everyone that I have accepted a position in southeast Iowa and will be moving to the great state of Iowa in April. As a result, I am stepping down as Management VP. Mike Spaulding will be taking over my responsibilities. Fortunately, Fairfield, Iowa does have an active Jaycees chapter which I am looking forward to being a part of. It has been a pleasure being a member of the Lansing Jaycees and to serve on the board. I will miss the happy hours, GYFO events, and being part of the softball team. I wish everyone the best of luck and I believe that the future looks very bright for the Lansing Jaycees!

On a side note, I am trying to sell my house. It is a wonderful ranch style house with 3 bedrooms, 1.5 baths, and a detached 2.5 car garage. The house has new stainless steel Kenmore appliances, new carpet, new windows, new paint, and a finished basement. The garage also has new siding. The address is 3124 Lawdor Road, Lansing, MI 48911. If anyone is interested in taking a look at the house, give me a call at 517-316-5466 or email me at niekampj@hotmail.com. Thanks!

Jason Niekamp
2009 Management VP - *outgoing*
niekampj@hotmail.com
517-316-5466



Hello Everyone!

My name is Mike Spaulding and I would like to take this time to introduce myself as your new Management Vice President. As Jason Niekamp moves on to what will hopefully be more successful life opportunities in Iowa we all certainly wish him nothing but the best. I personally would like to take this time to recognize Jason, he is a great person, and served the Lansing Jaycees well.

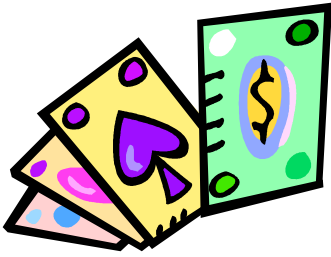
I have some great projects lined up for the quarter, such as Softball, and Beer Olympics. I urge anyone wishing to chair projects of their own, or anyone who would like to Co-chair projects to please get a hold of one of the Vice Presidents, and we will be happy to help you with any questions or concerns you may have.

I look forward to serving all of you. Good luck Jason, and if you have any questions about anything don't hesitate to ask.



Sincerely,

Mike Spaulding
2009 Management VP – *Incoming*
Navy_1_01@yahoo.com
517-490-8628



Texas Hold'em

Save The Date for the Next Big Event!

May 7th – 10th at Trippers in Frandor
Many have already volunteered for this event.
If you have not – Contact Carrie May to get
your slot - carriemay@aol.com

*Money raised at Texas Hold'em supports Community Projects,
the JC's Softball Team, Javcee Bucks, and much more!*



**1st Quarter State Convention Michigan Jaycees Boyne Mountain, MI, May 1st – 3^d
Let's Make this A Big One!**

Contact Angela Clock for Info Fallingstar924@hotmail.com

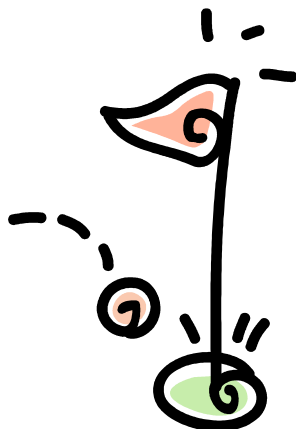
2nd Annual Bob Pancost Memorial Golf Outing!

Are you a golfer, or one of the many members who wants to learn or improve at golfing, this is the project for you! Heck... even if you don't like golf – this is still a fun one to be involved in!

The 2nd Annual Bob Pancost Memorial Golf Outing will be June 20th at Highland Hills Golf Course. We need your help to prepare for this exciting event!

If you would like to help plan this event – Please sign up for the committee! Volunteers are needed to help get teams signed up, coordinate the raffle, find prizes and giveaways, and more – contact Felicity White at

whitefel@msu.edu;
517-490-0076

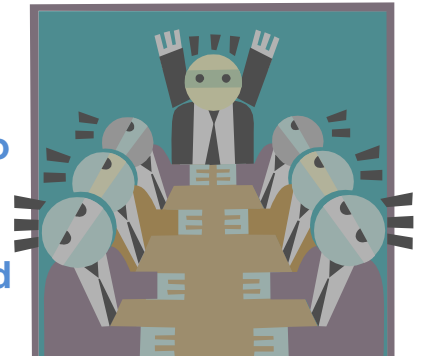


Curious about just what it is the Lansing Jaycees Board does?

Interested in serving on the Board in the future and want to check it out?

All members are welcome to attend monthly Board meetings held on

the 3rd Thursday of the month. This month's BOD meeting will be at Gone Wired Café on Michigan Ave. April 16th! Feel free to stop by, or talk to any current Board Member about the BOD to learn more!



A note from the Capitol Correspondent Editor:

Thanks to the contributors of the April newsletter:
A. Clock, A. Briseno, J. Niekamp, A. Amirahmadi, A. Fossi, S. Kottke, M. Spaulding

ANYONE CAN BE AN AUTHOR!

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

Bridget Burnell, Lansing Jaycees Secretary
989-737-9685 bridget.burnell@qm.com

Calendar of Events



Lansing Jaycees Activities...

Apr 3rd – Happy Hour – Reno's West – 5001 W. Saginaw, Lansing – Come say goodbye to our Management VP Jason Niekamp! (Details = A. Fossi @ 586-484-7027)

Apr 4th – Egg Stuff Extravaganza – Sohn Linen – 2401 Wood Street 9AM-3PM – The eggs don't stuff themselves © (Details = C. May @ 248-756-3840); **Bowling League** – Royal Scot on Grand River at 8:30 PM (Details = A. Fossi @ 586-484-7027)

Apr 7th – General Membership Meeting – Trippers in Frandor: 6-7 social hour; 7:00 Meeting (Details = A. Clock @ 517-410-9527); **Golf Outing Committee** – First meeting to start planning the Golf Outing scheduled for June 20th at Highland Hills in Dewitt. Meeting will take place immediately following the GMM at Trippers in Frandor (Details = A. Clock @ 517-410-9527)

Apr 9th – GYFO – Mitchell's – Try Mitchell's Fish Market in Eastwood Towne Center, Lansing (Time TBD) (Details = J. Hutchison @ 517-339-2394)

Apr 11th – Easter Egg Hunt – The annual Hunt on the Capital Lawn – 10 AM – 12 PM; **Volunteers needed starting at 8:30 AM!!!** (Details = C. May @ 248-756-3840)

Apr 14th – Empty Plate Dinner – Greater Lansing Food Bank – More info coming soon – 5:30 PM at the Kellogg Center in East Lansing, MI (Details = A. Briseno @ 517-974-0965)

Apr 17th – Happy Hour – at Oade's Bar and Grill – 936 Elmwood Rd., Lansing at 5:30 PM (Details = A. Fossi @ 586-484-7027)

Apr 18th – Region D Meeting – Gone Wired Café 2021 E. Michigan Ave., Lansing at 5:00PM – 7:00PM (Details = A. Clock @ 517-410-9527)

Apr 19th – Beekman Therapeutic Riding Center Projects – 2901 Wabash Rd., Lansing – Time TBD: Help with repair projects such as rebuilding fences, painting, etc. More info to come. (Details = A. Briseno @ 517-974-0965)

Apr 21st – Lugnuts Game – at Oldsmobile Park – 505 E. Michigan Ave., Lansing at 7 PM; May meet at the Nuthouse before the game or pick up your ticket at the gate; Notify A. Fossi by 4/20 to reserve; Tuesday is \$1 Hot Dog Night! (Details = A. Fossi @ 586-484-7027)

Apr 24th – Book Club – at Schuler's in Eastwood Towne Center, Lansing at 7 PM; State By State Discussion (Details = S. Kottke @ 517-980-0965)

Apr 25th – Beer Bus! – Boarding the bus at Okemos Park & Ride at 10 AM Sharp. Stops include Bell's Brewery in Kalamazoo and The Livery in Benton Harbor! (Details = C. May @ 248-756-3840)

Apr 26th – Beekman Therapeutic Riding Center Projects – 2901 Wabash Rd., Lansing – Time TBD: Help with repair projects such as rebuilding fences, painting, etc. More info to come. (Details = A. Briseno @ 517-974-0965)

Apr 28th – Grand River Connection – Perspective2 – 319 E. Grand River Ave., Lansing. At 6PM-8PM. Check out the Calendar online for details (Details = A. Amirahmadi @ 773-793-1467)



Calendar of Events

Lansing Jaycees Activities...



May 1st -3rd – **Michigan Jaycee 1st Quarter Convention** – Boyne Highlands, Boyne City, MI – (Details = A. Clock @ 517-410-9527)

May 5th – **General Membership Meeting** – Trippers in Frandor: 6-7 social hour; 7:00 Meeting (Details = A. Clock @ 517-410-9527);

May 7th – 10th – **Texas Hold'em Tournament** – Trippers – 350 Frandor Ave., Lansing. Volunteers Needed!(Details = C. May @ 248-756-3840)

May 8th – **Bowl for Kids' Sake** – Royal Scot on Grand River in Lansing, 8:15PM-11:30PM; Donate to the team online to support Big Brothers Big Sisters (Details = A. Clock @ 517-410-9527)

May 9th-10th – **Float Building** – Lansing 150th Parade Float Build at Colleen Burton's Garage – 3214 Greenoak Ave., Lansing – Sat. 3PM-7PM; Sun 11AM-5PM (Details = S. Soczek @ 517-862-6376)

May 15th – **Lansing 150th Parade** – Meeting location TBD – 9AM-1:30PM – Walk with the Jaycees Float in the Parade downtown Lansing – (Details = S. Soczek @ 517-862-6376);

May 16th-17th – **East Lansing Art Festival** – Face Painting at the Art Festival – Need a Chairperson! (Details = A. Briseno @ 517-974-0965)

May 19th – **GYFO: Mango's Grille** – 5900 Park Lake Rd., East Lansing at 6PM (Details = A. Hoard @ 517-303-6643)

May 22nd – 25th – **5th Annual White Water Rafting Trip** – River Expeditions, 900 Braodway Ave., Oak Hill, WV. \$129.20 pp includes one day of rafting, 3 nights camping, BBQ dinner, lunch on the river, and more!(Details = M. Castelein @ 517-242-1050)

May 28th – **Lugnuts Game** – at Oldsmobile Park – 505 E. Michigan Ave., Lansing at 7 PM; (Details = A. Fossi @ 586-484-7027)

May 29th – **Happy Hour** – Rookies Restaurant and Bar – 1640 S. US 27, Lansing at 5:30 PM (Details = A. Fossi @ 586-484-7027)

And watch the Juice Weekly for other Events yet to be planned!

Some fun things coming up in and around Lansing...

Discussion, Q&A and Signing with Nevada Barr, author of Borderline – Schuler's Books in Okemos – April 11th

The comedic action of Mike Green – Connxtions Comedy Club, April 15th – 17th

Jeremy Camp at the Breslin Arena in East Lansing – April 17th

Retro Dinner and Dancing Cruise on the Michigan Princess Riverboat – April 18th

Salsa Night on the Michigan Princess Riverboat – May 8th

State of Michigan's Official 'Green Today, Jobs Tomorrow' Conference – Lansing Center & Radisson Hotel – May 11th

Murder Mystery Dinner Theater on the Michigan Princess Riverboat – May 30th

April

HAPPY BIRTHDAY!

Tracy Prush
Orion Smith
Andrew Hoard
Julie Monroy



April is: PANDA MONTH!

Take some time this month to learn about Panda's, their habitat, and how you can help protect them. Support zoos that treat pandas and other animals well.

April is also a very environmental friendly month, with both Earth Day and Arbor Day Celebrations!

You can participate by planting a tree, installing a bird house, cleaning a riverside, road, or park, or talking to your kids/nieces/nephews/etc. about the importance of conservation and a clean environment. Here's some fun ways how:

<http://www.arborday.org/kids/teachingyouth.cfm>

<http://www.dltk-kids.com/crafts/earth/games.html>



Membership has its Benefits!

http://www.usjaycees.org/index.php?option=com_content&task=view&id=21&Itemid=60

Jaycee Business Directory

To advertise your business here, submit your information to bridget.burnell@gm.com

Pure Romance by Kim

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kdoug5@jcpenny.com

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One of a kind, handmade jewelry! Contact Angela Clock at for information or to see samples, or visit: http://www.etsy.com/shop.php?user_id=5189064
H: 517-410-9527

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

cvieth@viethconsulting.com

TOP 10

Easter Bunny Pet Peeves

- 1) Constantly having to bail your brother, the Trix rabbit, out of the drunk tank
- 2) You always spend the day after Easter plucking the buckshot out of his tail
- 3) It's tough to get dates when you smell "eggy"
- 4) Make one little mistake, and they turn your feet into keychains
- 5) When people see you hopping around with a basket, they automatically assume you're feminine
- 6) Tail
- 7) Having to work the other 364 days as a fry-cook at Denny's
- 8) Kids and their "hilarious" firecrackers
- 9) News flash to all the wacky dads out there: you're not the first to come up with "Show me the bunny"
- 10) Two words: Rat Traps

From the David Letterman Show

(with some edits for political correctness)

http://www.cbs.com/latenight/lateshow/top_ten/index.php/19970327.phtml