

# Capitol Correspondent



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

Lansing Jaycees  
PO Box 16150  
Lansing, MI 48901

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

Region D  
Population Division 7  
Base Membership: 52

## JULY HIGHLIGHT OF THE MONTH

### Membership Picnic / July GMM



**A. Clock received a pie in the face due to membership recruitment success in June**

Our July GMM/Picnic turned into a great time – complete with food from Backyard BBQ and great homemade items, a softball game, and the Great Pie Slam of 2009! We had this picnic before our Lansing Jaycees softball team game on July 10<sup>th</sup> at Erickson Park in Delta Township.

Angela Fossi and I put a challenge out to our membership to recruit 5 new members in the month of June. Our chapter stepped up to the challenge and recruited 6 new members in June! The payoff was 4 members had the chance to throw pies in our faces. Thanks to Orion Smith for providing homemade whipped cream (which was yummy!). The lucky members to throw pies were Felicity White, Andrea Hoard, Abby Siegel and Andrew Hoard.

The weather was great, the food was fantastic, and dessert was caked in my eyes! We couldn't have asked for a better event. Thanks to all who came out!

**Chairperson:**  
**Angela Clock**  
[Fallingstar924@hotmail.com](mailto:Fallingstar924@hotmail.com)  
517-410-9527



**A. Fossi also had to clean up after the pie throwing**



# Lansing Jaycees

## August 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](http://www.lansingjaycees.org) for more information.



### In This Issue

Presidents Report	pg. 3
Membership Info	pg. 4
<i>Seen in Action</i>	pg. 5
<i>Member Spotlight</i>	pg. 6
Community Info	pg. 9
<i>Projects &amp; Opportunities</i>	pg. 10
Individual Development Info	pg. 11
Chaplains Message	pg. 12
Management Info	pg. 14
Upcoming Events	pg. 16
Grab Bag	pg. 17
Business Directory	pg. 17

### *2009 Board of Directors*

*The Board meets on the 3<sup>rd</sup> Thursday each month, 6:00 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**
- **Andrea Hoard**         **517-402-8488**
  - **Membership Director**

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



## *President's Report*

---

### **Anything is possible...**

As we learned in July – it is possible to introduce our community to the Lansing Jaycees and also gain new members to our chapter. While I've been reflecting over all we've done this year, it reminds me that anything is possible for each and every one of us.

There are many things we've got coming up, including Fall Fun Fest, Happy Hours and ANYTHING you want as a project. As a member of the Lansing Jaycees, you have the opportunity to try something new or start a completely new project in our community. You can share your talent and passion with other people in the area.

We have been going strong all year, and I want our chapter to keep it up! We should be proud of everything we've done so far this year, and take this momentum into the remaining months of the year.

This is why we're putting another challenge out to all of you – for the rest of the third quarter, through the end of September, the Board of Directors challenges the general membership to a recruitment challenge. If our general membership can recruit more new members than the Board of Directors during this time, your Board will wear Snuggies for the entire October GMM. Yes, Snuggies as in the blanket with sleeves!

I also want our members to start thinking about serving on the 2010 Board of Directors. There are positions open for all interests! If you have any questions about any position, please feel free to ask me or someone else on this year's Board.

So, remember to offer the Jaycee experience to all those you know – you might get to see a Snuggie filled GMM in October!

Yours in Service,

Angela M. Clock,  
81<sup>st</sup> President  
[Fallingstar924@hotmail.com](mailto:Fallingstar924@hotmail.com)  
517-410-9527



# *M e m b e r s h i p*

---

## **A Message from the Membership VP**

We are quickly approaching the end of summer. Time is moving so fast. Have you been looking at our calendar and wondering when we do a certain event? Feel free to contact me with your ideas and we can work on getting it scheduled. We are always looking for suggestions for events.

Fall is coming up fast. That means brisk nights, cider mill trips and bowling! Its time to start putting together a couple of Lansing Jaycees teams for league bowling. I will be getting information soon regarding dates and times of the league. Last year we had teams participate in a fun league that meet every other Saturday night at Royal Scot. I think we are going to join the same league this year. Let me know if you want to be on the team or a substitute.

Here are some upcoming events to keep in mind - We will have a tailgate at the MSU football game on September 12th. We will also have our Member Mixer on September 22nd. Stay tuned for more exciting events. 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](mailto: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)*

## **June Membership Awards Presented to:**

Member of the Month: **Abby Siegel & Felicity White**

Chairperson(s) of the Month: **Alexandra Briseno** (Relay for Life)

# Lansing Jaycees

**Below:** A. Clock receives a pie in the face from A. Hoard for the June Membership Challenge!



**Above:** M. Castelein leaving the field after a long inning



**Above:** S. Guthrie & C. Burton enjoy breakfast with kids after Shopping Spree



**Left:** C. May & T. Steere take advantage of a brief dry spell camping

# Seen in Action

# MEMBER SPOTLIGHT

Occupation: Graphic Designer

**Abby Siegel**

Relationship Status: Single

Dream Job: I really would like to travel around the world, eating food and talking to people. Anthony Bourdain-ish, but without most of the cynacism

Favorite Movie &/or Book: I love too many movies to name. My favorite book is probably Lamb by Christopher Moore, but I read anything and everything

Favorite Type of Music: Rather than make that list, it would be easier to say I don't like country, hard core rap or super-heavy metal

Pets: I had fish, they died. Next, I'm thinking of killing hermit crabs!

Favorite Food: Yes, please! Breakfast at Golden Harvest is by far my favorite meal of the week.

Favorite Game or Sport: College anything – I bleed green

2009 Goal: To 4.0 all three classes this semester. This is my first time back to school in four or five years.

First car: It wasn't mine, but I acted like it was. The second family car was a geo prizm, periwinkle blue, named Cecilia.

Why I joined the Jaycees: It's just too much fun!! I wanted to meet new people, help out in the community and do it all with like-minded people.

Random Fact: If you let me, I will talk your ear off about being an exchange student



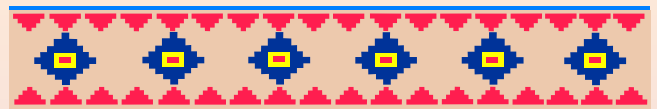
## MEMBERSHIP CHALLENGE

**BOD vs. General Membership**  
Who can you Recruit?

Here's the challenge – if the membership can recruit more new members between now and the end of September, the BOD will wear *Snuggies* to the October GMM.

**Start Recruiting Now!**

## MEMBERSHIP ANNIVERSARY DATES



**August**

Colleen Burton  
Stephanie Nees  
Anne Ribby

**September**

Arya Amirahmadi  
Michael Ciranna

## Lansing Jaycees Annual Camping Trip

The Jaycees descended upon Sleeper State Park in Caseville for the Annual Camping Trip. A total of eleven adults and three children stayed in a total of five tents, a fifth-wheel and a pop-up camper on four camp sites!

Half the crew ventured up Thursday, with the rest following on Friday. The group had a fantastic day at the beach on Friday, including playing with a Finger Zinger courtesy of the Steeres. We were glad we enjoyed the beautiful weather while we did, because that was the end of it! Torrential downpours on Friday saw most everyone heading to a pizza joint down the road for dinner. And we were thankful to be on a bit higher ground after a quick examination of the sites across the way, which were flooded the entire weekend. The rain during the rest of the trip caused many of us to hone our Euchre and Catch Phrase skills under the shelter of a few canopies. And because pie iron creations have become a favorite, we were grateful for Past President Karen Brown's quick thinking in pulling out a massive beach umbrella to provide shelter while cooking dinner on Saturday.



**Campers battle the rain – but the fire still burns**



While it sounds terrible, it was a blast. It's always great to have the opportunity to catch up with old friends and make some new ones. The Jaycee spirit was evident on this trip – everyone pitched in to help each other out, we only required one visit from the DNR during quiet hours, and the ever-present resilience in the face of the unexpected made for another successful camping trip!

***The Lansing Jaycees 2009 Campers were a little saturated from the weekend, but it didn't dampen their spirits! Reportedly everyone had a great time!***

**Chairperson: Carrie May,  
[carriemay@aol.com](mailto:carriemay@aol.com)  
248-756-3840**



# Membership

## New Member Jump Start Project

The JumpStart program is designed for new members to come together to develop, plan and execute a project for chapter members and prospects. Through involvement with the JumpStart program, new members get to know the membership body better, learn about project and event planning, and have a great time!

This year, the JumpStart group began meeting in July to decide on an event. Several great suggestions came about including: working with Habitat for Humanity, employment seminars including job search, resume and networking techniques, participating in the Silver Bells in the City parade, clothing drive, Binder Park Zoo trip, a progressive dinner, and many, many other great ideas. After much consideration, this year's group has decided to put together a Haunted House and Haunted Corn Maze tour around the Greater Lansing area. The planning is still in the early stages, however, look forward to an exciting event for all this October!

As a reminder, any new member is welcome to participate in the planning and execution of the JumpStart project. In addition, if your suggestion was not selected for the JumpStart project, we still encourage you to participate in this project with us as well as talking with any of the board members about the possibility of chairing a project with the ideas that you submitted!

– submitted by A. Hoard, Membership Director

### Do you like to bowl?

The Lansing Jaycees will be forming teams for the upcoming fall leagues. We bowl at Royal Scot every other Saturday night beginning September 12th.

For Info contact Angela Fossi at [kitispart@gmail.com](mailto:kitispart@gmail.com) or at 586-484-7027.



## Happy Birthday!!!

### August

Kimberly Mlinaz  
Michael Ciranna  
Alexandra Briseno  
William Nurmi  
John Prush  
Kathie Dunbar  
Jeff Cobb  
Jason Green



## REGIONAL CHAMBER: 2 Memberships for the Price of 1!

The Lansing Jaycees have joined the Lansing Regional Chamber! What does this mean for you? If you are a member of the Lansing Jaycees, you can attend Chamber events for the member price. How? All you need to do is show your Lansing Jaycees name badge when you go to the event! This is a great opportunity to network with other members of the community and learn more about the Lansing Regional Chamber.

Take advantage of this great partnership through your Lansing Jaycees membership. Please check out the Lansing Regional Chamber calendar at [www.lansingchamber.org](http://www.lansingchamber.org). You can also sign up for their e-newsletter at this webpage!

If you don't have your name badge or you have more questions, please contact Angela Clock at [fallingstar924@hotmail.com](mailto:fallingstar924@hotmail.com)



# *Community*

## **A Message from the Community VP**

### **Community Volunteer Events - On the Horizon**

#### **Sept 10<sup>th</sup> – Fall Fun Fest Committee Meeting**

Come and help plan our big Halloween event for the community which takes place on October 30th at the GM Lansing Delta Township Plant Habitat. All ideas are welcome. Last year we had a Treat or Treat Trail, games, crafts and raffle prizes. We will be meeting at Panera Bread in Frandor - across from Trippers – at 6pm. Check the JC event calendar for more details.

#### **Community News and Events**

Mason Down Home Days – Sept 17-20: [www.masonchamber.org/SF-DHD](http://www.masonchamber.org/SF-DHD)

Old Town Blues Fest – Sept 18-19: [www.oldtownbluesfest.com](http://www.oldtownbluesfest.com)

#### **Michigan Festivals**

Michigan has festivals all year around, search at [www.mfea.org/findevents.cfm](http://www.mfea.org/findevents.cfm) for events.

Some highlights this month:

Michigan Renaissance Festival – Holly - Aug 22-Oct 4: [www.michrenfest.com](http://www.michrenfest.com)

Dozynki Polish Festival – Grand Rapids – Aug 28-30: [www.polishheritagesociety.com](http://www.polishheritagesociety.com)

Michigan State Fair – Detroit – Aug 28-Sept 7: [www.michigan.gov/mistatefair](http://www.michigan.gov/mistatefair)

Michigan Peach Festival – Romeo – Sept 3-7: [www.romeolions.org/peachfestival.htm](http://www.romeolions.org/peachfestival.htm)

Arts, Beats and Eats – Pontiac – Sept 4-7: [www.artsbeatseats.com](http://www.artsbeatseats.com)

Lamafest 2009 – East Lansing – Sept 5-6: [www.michiganllama.org](http://www.michiganllama.org)

Frontier Days – Charlotte – Sept 9-13: [www.charlottefrontierdays.com](http://www.charlottefrontierdays.com)

Wine & Harvest Festival – Paw Paw – Sept 11-13: [www.wineandharvestfestival.com](http://www.wineandharvestfestival.com)

Oktoberfest – Frankenmuth – Sept 17-20: [www.frankenmuthfestivals.com](http://www.frankenmuthfestivals.com)



Alexandra Briseno 2009  
Community VP  
[xandrab@hotmail.com](mailto:xandrab@hotmail.com)  
517-974-0965

#### **Other Local Volunteer Information**

Animal Placement Bureau - [www.apbpets.com](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>

Habitat for Humanity – Lansing - [www.habitatlansing.org](http://www.habitatlansing.org)

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

VolunteerMatch - [www.volunteermatch.org](http://www.volunteermatch.org)

## ***The Community Needs Your Help!***

The Lansing Jaycees have been a big part of helping the community since the chapters' inception in 1929. Whether it was conducting massive fundraising efforts, sponsoring local events, collecting food and/or clothes for drives to helping people in need, the Lansing Jaycees are known for its contributions to the people of Lansing. As the 2009 Community Vice President, I am reaching out to our members and am asking you for your ideas and suggestions for community service events that we can conduct during the rest of the year. Feel free to contact me at [xandrab@hotmail.com](mailto:xandrab@hotmail.com) - no suggestion will be turned away. A chapter is only as great as its members!

## **VOLUNTEER OPPORTUNITIES ARE EVERYWHERE!**

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

### **August Volunteer Opportunity Highlight SOUTHSIDE COMMUNITY KITCHEN**

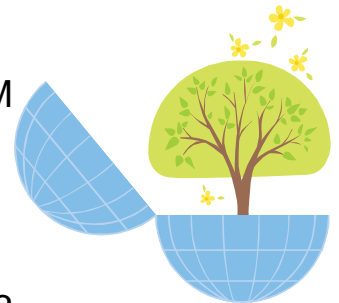
The Southside Community Kitchen serves about 10,000 meals a year. Volunteers are needed to help prepare and serve these meals at the Kitchen and to sort food at the Red Cross. Meals are served on a reliable schedule in a safe, nurturing environment with no cost or prerequisite requirements for the guests. With your help – fewer people in the Lansing Community will go hungry. Volunteer your time or make a tax-deductible contribution to the Southside Community Kitchen.

Contact Anna Thiel at 517-676-8144 or Lisa Dedden Cooper at [lisa@lisadedden.com](mailto:lisa@lisadedden.com) for more information.

## **Let's talk Environment – How can you help preserve?**

### **Clean & Plant:**

- 1) Eaton Conservation District Tree Sale – September 27<sup>th</sup>, 11AM – 3PM at GM Lansing Delta Township, 8175 Millett Highway
- 2) Thornapple River Clean-up – September 19<sup>th</sup>, 8AM  
[www.thornapppleriver.org](http://www.thornapppleriver.org) for info
- 3) Charlotte River Conservation Day – October 3<sup>rd</sup> at Bennett Park; cleanup, plant trees, label drains and more - call 517-543-5848x5 for info



### **Conserve:**

Rain barrels are an ideal way to conserve water in the summer. Using one can save up to 40% on household water bills and they are a great way to water the lawn, garden, and landscape. **Purchase a 55 gallon rain barrel (50% recycled!)** with spigot for only \$49 (includes tax) on September 12<sup>th</sup>, 9AM-3PM at the East Lansing Foods For Living parking lot – 2655 E. Grand River. Also available at this sale – the ever-popular **Earth Machine Compost Bin!** 80 gallons, easy to assemble and use, 10 year warranty – only \$40!

**Remember to bring your Pennies to the General Membership Meetings to Support Ronald McDonald House in the Michigan Jaycees Penny War!**

**What community project do you want to see the Lansing Jaycees do? Share your ideas with Community VP Alexandra Briseno [xandrab@hotmail.com](mailto:xandrab@hotmail.com)**

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

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

<http://www.freekibblekat.com>

# *Individual Development*

## A Message from the Individual Development VP

Hello All!

Hope your summer is going well. For this month I have chosen to ramble on about ways of expanding your knowledge about your profession. Its easy to get stuck in a routine at work and lose the motivation for learning new trends and skills that are relevant to your industry. There are plenty of resources out there from networking groups, groups focused on a particular industry, to conferences that bring speakers from all over the country. I personally have become involved in several groups and conferences involving software development and have learned a lot about where the industry is going and what new (and cool!) technologies are on the horizon. So don't be afraid to step out of your comfort zone. You'll meet a lot of interesting people and learn a lot along the way.

As a bonus here are some "rarely" known facts about August:

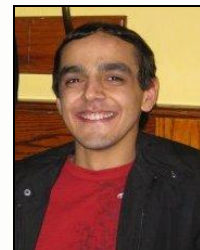
August is the eighth month, renamed by the Romans from *Sextilis'*, meaning sixth, to honor their emperor, Augustus.

August is the height of the summer time in the temperate zone of the Northern Hemisphere. The longest days of the year is passed, but the hot days remain. In the northern regions and mountains, cool nights and early frosts lets one know that the summer is about to come to an end. In the Southern Hemisphere, August means the winter will soon be over.

The birds are already planning to fly south for the winter. The insects are more noisier and numerous than in any other month. This is perhaps the busiest month for businesses, since most people take their vacations in August.

And as always if you have an interesting idea for and ID project please let me know. Also there is going to be yet another International Food Fest at my place on November 21st so get your chopsticks and lederhosen ready because its going to be, as the French would say, FANTASTIQUE!!!

*Do you have an idea for a new activity you'd like to try, or something you want to learn more about? Any skills you'd like to improve? Perhaps other Jaycee members share your interest! Please send me your ideas for future ID projects. I'd love to hear from you!*



Arya Amirahmadi, 2009 Individual Development VP [arya\\_amirahmadi@hotmail.com](mailto:arya_amirahmadi@hotmail.com) 773-793-1467

## **GET YOUR FOOD ON!**



**Come check out the new restaurant downtown Lansing – the DOWNTOWN DOG HOUSE!**  
**It's not just Gourmet Hot Dogs... you'll need to stop out to see what else they offer.**

**August 25<sup>th</sup>  
6:00 PM**

Chairperson: Carrie May  
[carriemay@aol.com](mailto:carriemay@aol.com)  
248-756-3840

## GYFO - Dinner & a Lugnut!

July saw a special Get Your Food On when the Lansing Jaycees had dinner at the Nuthouse, followed by a visit to the Lansing Lugnuts Game! It was a great opportunity to join activities into one awesome event! Great job Sara Guthrie for organizing this dining experience!

Chairperson: Sara Guthrie,  
517-977-6332

## Book & Movie Pairings... and more excitement coming this fall!

August Book Club is movie/book pairing – a discussion of “Julie & Julia” by Julie Powell on August 29<sup>th</sup>. Watch the Jaycee Juice for details on time and location.

Watch for some more pairings coming up this fall! Perhaps “Shutter Island” by Dennis Lehane, movie starring Leonardo DiCaprio coming in October... and on November 5<sup>th</sup> at the Hutchison’s House – “Everybody Dreams” by Mike Stratton – event to include discussion with the author, a dream interpretation, wine & appetizers.

Contact Sean Kottke via email [misterck@hotmail.com](mailto:misterck@hotmail.com) or Facebook for questions and to share book ideas.



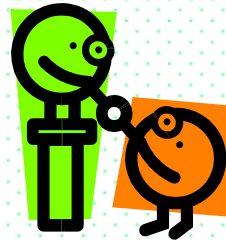
## Chaplain's Corner

Carrie May,  
Lansing Jaycees Chaplain  
[carriemay@aol.com](mailto:carriemay@aol.com)  
248-756-3840



### Did you know....?

Did you know that we have a lot of new members and prospects right now? It's funny – people have different reasons for joining the Jaycees. Some want to be more active in the community; some want to develop leadership skills. Others have family members who were Jaycees, and they caught the buzz from them. I have never heard someone say they joined the Jaycees and didn't expect to meet new people. That's what many of us were looking for – a place to meet new people with whom we would be likely to have something in common.



So, my suggestion to you is to take some time and chat with some people that you haven't met or haven't talked with much, whether they happen to be new members or some of our seasoned veterans. You just never know what kind of friendship will develop until you give it a chance.

Also - a group of new members is working on a Jump Start project that will take us on a tour of haunted houses and corn mazes! **If you're new or haven't worked on a project before**, this is a great way to get involved! There's always info in the Juice, or talk to one of your friendly board members for more information!

# JCI PRESENTER

**Saturday, August 29  
8:30 AM—5:30 PM**

**Location: Doubletree  
Dearborn/Detroit  
5801 Southfield  
Expressway  
Detroit, MI 48228**

**\$45 for Jaycees  
\$60 for Non-Jaycees**

**Registration Closes  
Monday, August 24**

**Register online at  
[www.mijaycees.org](http://www.mijaycees.org)**

## **MICHIGAN JAYCEES**

534 S Walnut  
Lansing, MI 48933  
Phone: 517-487-6077  
[www.mijaycees.org](http://www.mijaycees.org)

### **Questions?**

Contact: Bridgette Rillema  
2009 MIJC Training Director  
Phone: 616-293-8150  
[kentcity131@yahoo.com](mailto:kentcity131@yahoo.com)

## **ABOUT**

JCI Presenter is an effective presentation course. It is a full day course focusing on the concepts of creating and delivering effective presentations. Participants will learn about using visual aids, strong delivery methods, and understanding the audience. JCI Presenter is interactive and participants will practice presentations during the entire course.

JCI Presenter is for those who want to expand their presentation skills and can be applied to your personal, professional, and Jaycee experiences.

## **PROGRAM**

Module 1: Opening  
Module 2: Presentation Types  
Module 3: Audience Analysis  
Module 4: Presentation Content  
Module 5: Effective Delivery  
Module 6: Presentations  
Module 7: Closing

## **REGISTRATION INCLUDES**

- Class Materials
- Continental Breakfast
- Mid-Morning Snack
- Lunch
- Mid-Afternoon Snack

## **TRAINERS**

Head Trainer: Lori Tomlin, JCI Certified National Trainer

Assistant Trainer: Michelle McAllister, JCI Certified National Trainer



Hosted by the Michigan Jaycees Training Committee

“Leadership and Learning are Indispensible to Each Other “ – John F. Kennedy

## A Message from the Management VP

Hello everyone from your management Vice President. Summer is coming to a close soon, and the Softball Team has wrapped up the season. As a chapter we have had a lot of fun and exciting projects, with more to come! Thanks to all of you who helped with the Texas Holdem Tournament this month. As you know, this fundraiser is key for supporting all the other projects we do throughout the year.

I still encourage everyone to chair a project yet this year – you can also co-chair with a fellow member! Remember – you get out of it what you put in to it!

Sincerely,  
Mike Spaulding  
2009 Management VP  
[Navy\\_1\\_01@yahoo.com](mailto:Navy_1_01@yahoo.com)  
517-490-8628



## **2<sup>nd</sup> Quarter State Convention Awards**

The Lansing Jaycees are making their presence known in Michigan!  
For 2<sup>nd</sup> Quarter, Lansing was recognized for the following:

- \*Overall Single Project of the Quarter in Children & Youth, Community:  
**EASTER EGG HUNT** chaired by **Carrie May**
- \*Overall Single Project of the Quarter in Chapter Activities, Membership:  
**1<sup>st</sup> ANNUAL BEER BUS EXTRAVAGANZA !** Chaired by **Amy Miller & Carrie May**
- \*Overall Single Project of the Quarter in Marketing & PR, Management:  
**LANSING 150 PARADE** chaired by **Sheryl Soczek**
- \*Base Group C Single Project of the Quarter in Financial Management, Management:  
**TEXAS HOLD 'EM** chaired by **Angela Fossi, Carrie May & Angela Clock**
- \*Overall Newsletter of the Quarter: **CAPITOL CORRESPONDENT**, edited by **Bridget Burnell**

**\*#10 in Parade of Chapters (Top 10 Chapters in the State)**

*and*

**\*\*\*Michigan Jaycee of the Quarter\*\*\***

**Andrea Hoard**





Are you interested in the USJC Annual Meeting?  
Information is available by contacting  
coreynday@aol.com

## Do Monday's cause Heart Attacks?

Stress is a common part of all of our lives these days. With many balls in the air, it can get difficult to keep juggling. So the stress of returning to work and five long days before the next weekend seems reason enough to dread Monday mornings. But is it really a hazard to your heart as the old wives tale says?

It seems in several studies over the years, scientists have found that deaths from heart attacks follow a pattern: they occur at their lowest rates on weekends, jump significantly on Mondays, then drop again on Tuesdays.

One recent study found that the risk of a heart attack on a Monday is about 20% greater for men and 15% greater for women.



### WHY?

Our blood pressure soars on Monday mornings - more so than any other day of the week. However, people who don't have to work on Monday morning don't have this common surge.

So let's be honest – there may be other factors involved than just the dreaded start to the work week. For example, many people drink more heavily over the weekend, so perhaps the “binge” may play a role.

Regardless of the cause, it is a fact that heart attacks are more common on Monday – so be sure to take some time Sunday evening to relax in preparation of the week – read a book, try some yoga, spend time with family – whatever works for you to survive another week by managing that stress!

Source: *Never Shower in a Thunderstorm: Surprising Facts and Misleading Myths about our Health and the World we Live in;* Anahad O'Connor, 2007

## **EXPANDING HORIZONS**

### **Region D**

**Mark your calendar for the next Region D Meeting – October 3<sup>rd</sup> – More info to come!**

**THE JAYCEES ARE ON FACEBOOK! – Become a Friend!**

# Calendar of Events

## Lansing Jaycees Activities...



**August 4<sup>th</sup>** – **General Membership Meeting** – Come see what the Lansing Jaycees are all about; 6PM at Trippers; 350 Frandor Ave., Lansing (Details = A. Clock @ 517-410-9527)

**August 6<sup>th</sup>-9<sup>th</sup>** – **Texas Hold'em Tournament** – Support the Jaycees by signing up for a shift at the biggest fundraising event at Trippers; 350 Frandor Ave., Lansing (Details = C. May 248-756-3840)

**August 10<sup>th</sup>** – **Jumpstart Planning Meeting** – Grand Traverse Pie Company, 1403 E. Grand River, E. Lansing; 6:00 PM (Details = A. Fossi @ 586-484-7027)

**August 11<sup>th</sup>** – **Lansing Regional Chamber Mixer** – Lexington Hotel, 925 S. Creyts, Lansing; 5:00 PM (Details = A. Clock @ 517-410-9527)

**August 15<sup>th</sup>** – **Children's Shopping Spree** – Time to take the kids back to school shopping! 7:15AM-11:30AM; meet at Sears Parking lot; 3131 E. Michigan Ave., Lansing (Details = S. Soczek @ 517-884-2413)

**August 15<sup>th</sup>-19<sup>th</sup>** – **Michigan Jaycees 2<sup>nd</sup> Quarter Convention** – Convention will be held at the Double Tree Hotel in Dearborn, MI. (Details = A. Clock @ 517-410-9527)

**August 20<sup>th</sup>** – **Board of Directors Meeting** – All members welcome; 6:00 PM at the Michigan Jaycee Service Center, 534 S. Walnut, Lansing (Details = A. Clock @ 517-410-9527)

**August 21<sup>st</sup>** – **Happy Hour** – Buddy's Pub & Grub; 3048 East Lake Lansing Rd., East Lansing; 5:30 PM (Details = A. Fossi @ 586-484-7027)

**August 25<sup>th</sup>** – **GYFO: Downtown Dog House** – Downtown Dog House at 107 E. Allegan, Lansing; 6:00 PM (Details = C. May @ 248-756-3840)

**August 28<sup>th</sup>** – **GYGO: Interactive** – Interactive Game Night at Bridget Burnell's House, 7517 Glen Terra, Lansing; 7:00 PM (Details = B. Burnell @ 989-737-9685)

**September 1<sup>st</sup>** – **General Membership Meeting** – Come see what the Lansing Jaycees are all about; 6PM at Trippers; 350 Frandor Ave., Lansing (Details = A. Clock @ 517-410-9527)

**September 10<sup>th</sup>** – **Fall Fun Fest Committee Meeting** – Planning Meeting at Panera Bread, 310 N. Clippert St., Lansing (Details = A. Briseno @ 517-974-0965)

**September 17<sup>th</sup>** – **Board of Directors Meeting** – All members welcome; 6:00 PM at the Michigan Jaycee Service Center, 534 S. Walnut, Lansing (Details = A. Clock @ 517-410-9527)

**September 18<sup>th</sup>** – **Happy Hour** – Green Door, 2005 E. Michigan Ave. Lansing; 5:30 PM (Details = A. Fossi @ 586-484-7027)

**September 22<sup>nd</sup>** – **Member Mixer** – Old Chicago, Okemos; 6:00 PM (Details = A. Fossi @ 586-484-7027)



**Watch the Juice Weekly for other Events yet to be planned!**



## August is:

*The height of summer time! And perhaps the busiest month for businesses as most people take their vacations! Get out there and Enjoy!!*

# TOP 10

Summer Outdoor Vacation Destinations in the US  
(per Good Morning America)

- 1) Grand Canyon
- 2) Appalachian Trail
- 3) El Capitan
- 4) Mendenhall Glacier, Juneau, Alaska
- 5) North Woods, Ossipee River, Maine
- 6) Boundary Waters, Minnesota
- 7) Wind River Range, Wyoming
- 8) Hiking the Narrows in Zion National Park
- 9) Tree Climbing in Atlanta
- 10) Hiking Tahoe Rim Trail, Tahoe National Forest CA

<http://abcnews.go.com/GMA/Summer/Story?id=2105885&page=1>

### **A note from the**

### **Capitol Correspondent Editor:**

Thanks to the contributors of the June newsletter:

A. Clock, A. Briseno, A. Amirahmadi, A. Fossi, C. May, A. Hoard

## **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@gm.com](mailto:bridget.burnell@gm.com)

## Jaycee Business Directory

### **ClockRocks**

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](http://www.etsy.com/shop.php?user_id=5189064) H: 517-410-9527

### **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 [bridget.burnell@gm.com](mailto:bridget.burnell@gm.com)

## **Membership has its Benefits!**

[http://www.usjaycees.org/index.php?option=com\\_content&task=view&id=21&Itemid=60](http://www.usjaycees.org/index.php?option=com_content&task=view&id=21&Itemid=60)