

Capitol Correspondent



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

Lansing Jaycees
PO Box 16150
Lansing, MI 48901

www.lansingjaycees.org

Region D
Population Division 7
Base Membership: 52

HIGHLIGHT OF THE MONTH

2008 Year End Convention – Right Here, Right Now, the Sky's the Limit!

From February 13th-15th, the Michigan Jaycees held the 2008 Year End Convention in Big Rapids. This was an amazing event that 3 Lansing Jaycees attended. We had the chance to hang out with the Charlotte Jaycees, who are also a part of Region D, and to meet many new people!

The Michigan Jaycees organization grew for the first time in 8 years! The celebration of this was highlighted during the Saturday evening banquet, at which 2008 USJC President, Denice P. O'Neill spoke to everyone in attendance. Michigan is one of a very few states in the nation to be at growth in 2008.



M. Castelein, A. Clock & A. Fossi at Year End Convention

Angela Fossi and Mike Castelein participated in the First Timers Program, put on by the JCI Senators. This is a program that gives first time convention participants (I know, Mike has been before!) a chance to meet people from other chapters, learn about the organization, and just have fun! Both of them did a fantastic job talking to people, and received a reward at the end of the night.

Saturday morning was the quarterly business meeting, followed by trainings, including officer trainings. Awards were given throughout the day, and the Lansing Jaycees were named the Membership Area of Opportunity Chapter of the Quarter in Base Group C, and our very own Stuff the Bus event took home an award in the Children & Youth Commission! On Saturday night after the banquet, to celebrate growth – there was free pizza and beer available to all convention participants!

I encourage all of you to come to Boyne for the 1st Quarter Convention from May 1st-3rd. It will be a great time!

Angela Clock, Lansing Jaycees President
fallingstar924@hotmail.com (517) 410-9527

Lansing Jaycees

March 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

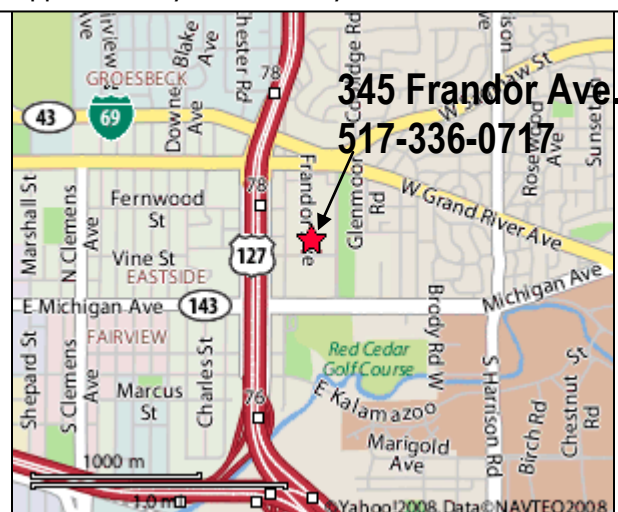
Chair of the Board

- 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
- Jason Niekamp 517-316-5466
 - Management VP
- Michael Spaulding 517-490-8628
 - Membership Director

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



Keep the Momentum Going!

The Lansing Jaycees have had a great start to 2009. As we get ready to wind down the first quarter, I just want to let our membership know what fantastic things have been going on!

We have been relentless in making sure people in the Lansing are aware of the Jaycees. We've posted on websites such as Volunteer Match, Craigslist, and Facebook. These postings have generated interest in the Lansing Jaycees, and make the community aware of our impact on the area.

We've been reaching out to the community and inviting local groups and organizations to speak at our General Membership Meetings. Thank you to Titus Farms, the Greater Lansing Food Bank, and Big Brothers Big Sisters for letting us know more about their organizations, while also taking the time to meet us. Someone from the American Cancer Society will be speaking at our April GMM regarding Relay for Life. I'm looking forward to having more groups at our GMM's, so if you have suggestions, please let me know!

A large variety of projects has been offered so far this year, including the Super Bowl Party, Get Your Food On at various locations, Book Club, Happy Hours, and Snowshoeing and Skiing. We have had committees working hard on planning events such as the Easter Egg Hunt and our Lansing 150 Parade of the Decades entry. I want to thank everyone for working so hard on making all of these events a success!

Don't forget – May 1st-3rd is the Michigan Jaycees 1st Quarter Convention at Boyne Mountain. You don't want to miss this event! Our chapter will cover registration fees, which includes meals, and individuals are responsible for transportation and room costs. If you are interested in going, please let me know as soon as possible – we must turn in our room form by March 31st!

I would also like to take this opportunity to make a challenge to our chapter. I'm not the first one to do this, and I probably won't be the last. However, I will be growing my hair out throughout the year – if the Lansing Jaycees end this year with more members than we began with, I will allow our Membership Vice-President, Angela Fossi, to cut my hair for Locks of Love (with a little help of course!) I sure hope she's good with a pair of scissors! Details are to come, but don't worry – you'll all get to witness this happen!

So, bring your friends and co-workers to an event! Let them see how great the Lansing Jaycees are and why you're a part of this great organization!

Yours in Service,

Angela M. Clock, 81st President
Fallingstar924@hotmail.com; 517-410-9527



Membership

A Message from the Membership VP

Think Spring!

March 20th is the official start of spring. If you are like me that date can't come soon enough. I look forward to seeing more warm weather events on our calendar. This is also the time of year when spring fever can creep up on all of us. According to Dictionary.com, spring fever is a listless, lazy, or restless feeling commonly associated with the beginning of spring. So in between bursts of cleaning and mid afternoon naps make sure you keep an eye on the Lansing Jaycees calendar to help cope with any signs of spring fever.

I wanted to welcome all of our new members and prospects! It has been great meeting all of you and I look forward to watching you take part in the opportunities offered by the Jaycees. It looks like this will be a busy spring with wide range of events planned from the Easter Egg Hunt to the beginning of the softball season. Please take part in these exciting events to get to know some great people and have fun in the community.

I have spent a couple of exciting nights at MSU talking about the Jaycees and the feedback has been fantastic. As a result of the MSU events we have had several people request to be added to the prospect list. We have helped dozens of people learn about the Jaycees and they have really been happy with what they have heard. If you have any schools or groups that would like to hear more about the Jaycees please contact me and we can make arrangements for a presentation. We are continuing to use the web to advertise specific events and/or the Jaycees. I can honestly say we are working hard to build the buzz about the Lansing Jaycees and so far it has been a great. Let's continue to look for opportunities to spread the word about our group.

Our calendar has some great events planned for March. We have a couple of events that I want to highlight. Our first Texas Hold'em of 2009 will be March 19th – 22nd. This is an event we do a few times a year to raise funds for our projects. Please sign up to work at this event so we can continue to use the money we raise to fund community and other chapter events. You do not need special training or experience to help, we are responsible for exchanging cash from the players into chips so you don't need any prior knowledge of Texas Hold'em to help out. We also have a new member orientation on the calendar for March 23rd. This event provides some great information regarding the benefits of being a Jaycee.

Feel free to contact me with any questions or comments.

Quote: Life is not a dress rehearsal. Rose Tremain



Sincerely,

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

January Membership Awards Presented to:

Member of the Month: Colleen Burton

Chairperson of the Month: Amy Miller (GYFO Beqqars)

Lansing Jaycees

A. Amirahmadi & A. Fossi Mix it up →



C. May & A. Hoard checking out the paczkis ↓



↑ M. Castelein enjoying his beverage

→ P. Marshall, A. Ribby, & A. Amirahmadi ready for an Irish feast



Seen in Action

MEMBER SPOTLIGHT

Occupation: Information Technologist at the MSU Resource Center for Persons with Disabilities

Al Puzzuoli

Relationship Status: Single

Dream Job: The one I have is actually pretty close.

Favorite Movie &/or Book: Movie: Star Trek IV; Book: Fantasy, sci-fi, historical fiction

Favorite Type of Music: I don't like most rap or very hard metal. Other than that, it's all good.

Do you have any pet?: Not at the moment.

Favorite Food: Italian food, Pizza, Sushi

Favorite Game or Sport: Football, a life-long Lions fan unfortunately.

2009 Goal: To become more involved in the community outside of work and MSU.

First Car: Now, that would just be scary!

Why I joined the Jaycees: To meet people and to get more involved.

Random Fact: I used to be able to put my legs behind my neck. Not sure if I can still do it though.



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

GYGO Is Back! – That's right folks – the first "Get Your Game On" of 2009 was held in February at Bridget Burnell's house! While Bunko was the plan for the evening, we didn't have quite enough people to keep the game interesting. So instead a few rounds of "Boxers or Briefs" were played – and Yes! It is as



C. May & S. Soczek at GYGO

entertaining as it sounds! There was much laughter throughout the evening as 9 attendees learned how well we knew each other... and now may just know a little too much ☺ Be on the lookout for the next GYGO coming soon!!!

chairperson: Bridget Burnell, bridget.burnell@qm.com, 989-737-9685

Welcome New Members!

Sara Guthrie, Loretta Hardy, Jo O'Berry, Joe Kelly, Matt Bauer

MEMBERSHIP ANNIVERSARY DATES

March

David Akens

Andy Miller

Sheryl Soczek

Dianne Perukel

Alexandra Briseno

Michael Spaulding

Sean Kottke

April

Troy Steere

Stephanie Steere

A Message from the Community VP

Community Volunteer Events - On the Horizon

March 27th - MSU Museum Wine Tasting Benefit

About 10 people are needed to help pour wine during the MSU Museum Wine Tasting Benefit at the Kellogg Center from 7:30-9:30pm. You will be paired up with a vendor and they will describe their wines to the public while you give them a taste – State law prohibits the vendors from pouring the wine. After the shift is done, you can go and sample other wines; there will be over 100 different varieties. There will also be a silent auction, door prizes and hors d'oeuvres. An Evite will be sent later this month. <http://museum.msu.edu/Events/WineTasting/>

March 28th – Serving Dinner at Ronald McDonald House

On Saturday from 5:30-7:30pm, come and help us make and serve dinner for the families at the Ronald McDonald House of Mid-Michigan. Approximately 4-5 families will be served and two volunteers are needed per family for a total of 8-10 volunteers. An Evite will be sent later this month. <http://rmhmm.org/>

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

12th Annual East Lansing Film Festival – March 16-26th - <http://www.elff.com/>

Lansing Home & Garden Show – March 19-22nd - <http://www.showspan.com/LHG/Home.aspx>

CAHS 6th Annual Fur Ball – Saturday March 21st - <http://cahs-lansing.org/news-and-events/fur-ball.html>

Maple Syrup Festival at Fenner Nature Center – March 21-22nd - http://www.lansingmi.gov//parks/fenner/maple_syrup_festival.jsp

49th Michigan Antiquarian Book & Paper Show – March 29th – <http://www.curiousbooks.com/show/abf.html>

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!

March Volunteer Opportunity Highlight

Big Brothers Big Sisters – Michigan Capital Region

Being a Big Brother or Big Sister is one of the most rewarding and enjoyable things you will ever do! It's easy too. Your Little can join you for the kinds of activities you already like to do! Just 4 hours a month can change a person's life.

Bigs like YOU are Needed!

Little Brothers and Sisters come from all kinds of backgrounds, but they all need the friendship and guidance of someone like YOU!

You can apply to be a Big Brother or Sister online at the weblink below. It's that easy!

For more information about Big Brothers Big Sisters, visit
<http://www.bbbs.org/site/c.rwI8LoN7IzF/b.3762275/k.9D4E/Volunteering.htm>

Join our Relay for Life team!

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

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

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 four registered members for our team and have raised \$500 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

If you sign up now and raise \$100 by April 14th, you will receive a Relay for Life t-shirt to wear during the event.

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.

I am planning to have a speaker from the Relay for Life committee come to our next General Member Meeting on April 7th to talk more about the event.

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!

We had another successful month full of ID events. Jamie Hutchinson hosted February's GYFO which supported a new locally owned business on the MSU campus. Sean Kottke held another Book Club meeting, this time on Christopher Moore's "Fool". Also several of our members attended the 4th quarter convention chaired by Angela Clock. March is yet again full of ID events for our members benefit.

Continuing on my series of lessons I decided to tackle organizational skills. Having being recently elected as the Lansing IDVP for 2009 I quickly found myself needing to be more organized in my life outside of work. Luckily for me I had just bought a new cell phone that had a much more advanced calendar than my previous phone. I'm rather happy that I use it as my organizer because I'm pretty sure I would be showing up at the wrong places and times wondering where everyone is at. Anytime I have something new come up that I need to be at I just pop it in to the calendar and forget about worrying that I'll miss something. I also set a ring tone to remind me of the event during the day which helps me remember if I have a busy day at work. However it encourages my co-workers to beat it to a pulp when I leave it at my desk and they can't figure out how to turn the ring tone off! I've also done this with my email inbox as well which has been separated into three major categories to help me quickly access the emails in each category. I found a list of ten benefits of organization which I've included on the next page of this newsletter.

As always if you have any ideas for ID events you'd like to see added to the calendar please let me know. They can be events that improve your personal as well as professional skills.



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

*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*

GET YOUR FOOD ON!

March GYFO celebrated St. Patricks Day a bit early, and in style! We met at Dublin Square in East Lansing for dinner and drinks. In all - 11 people attended the event!

The Next GYFO is right around the corner - on April 9th at Mitchell's Fish Market in Eastwood Towne Center.

Come give it a try - there is more than just fish!

See you there!

Chairpersons: Bridget Burnell (March) bridget.burnell@gm.com and
Jaimie Hutchison (April) jaimjohutch@hotmail.com

Individual Development

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

In February, five avid readers gathered at the Gone Wired Café to discuss the works of Christopher Moore and to laugh the night away with our favorite bits of wit and wisdom from Moore's library of comic novels.

For our next outing, the Book Club will be digging into *State by State: A Panoramic Portrait of America*, a collection edited by Matt Weiland and Sean Wilsey that features essays on all 50 states by 50 contemporary authors.

Want to know which state ranks #1 in toothlessness? How about where Michigan ranks in terms of gasoline consumption?



Read as many or as few of the essays as you wish, and come to the Gone Wired Cafe (2021 East Michigan Ave.) on Saturday, March 28 at 8:30 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

Our Chaplain is on hiatus right now, but had she been available – I am certain that she would encourage our membership to pay homage to St. Patrick this month in whatever way you see fit!

Sport the Green (easy for Lansing Residents!) and if you are so inclined – raise those glasses tall! And maybe remember to think about your good fortune – even as simple as a roof over your head and food on your table – especially in these challenging times... is there some way you can help someone less fortunate than you this St. Patty's Day?

Submitted by the editor on behalf of:



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

Top 10 Benefits of Organization:

- HELPS RELIEVE STRESS:** By writing things down, it will reduce the stress that comes from trying to remember many obligations, activities, appointments, and to-do's.
- FIND IT FASTER!** Using a single organizing system to hold everything saves time when trying to locate important information.
- TRACKS TIME!** Writing notes on dated pages helps Dad know when and how much time you put into a project.
- PLANS THE FUTURE!** A paper organizer lets you easily look at an upcoming schedule and plan future events.
- SPEND 10... SAVE 60!** Ten minutes of daily planning saves 60 minutes of poorly used time.
- NO BATTERY BLUES!** Important information can't be lost or erased by low batteries or electrical failures. Batteries not included is a good thing!
- ADDED PEACE OF MIND:** Never again forget where you was supposed to be, who you should have called or how much you paid for any work-related expense! What a pleasure during tax time!
- VALUE BOOSTER:** Using a Day-Timer Planner will help increase your value to any company, as well as productivity at home when off the clock.
- GOAL ACHIEVER:** Assists in establishing time-related goals and keeps you motivated by constantly reminding him until they're achieved!
- BRAINSTORMING BUDDY!** Sketch, write, highlight, and mind-map even in color. All ideas stay neatly in one place... accessible in an instant.

Submitted by A. Amirahmadi

Management

A Message from the Management VP

The first Texas Hold'em Tournament charity event of the year is fast approaching (March 19th through March 22nd). We have gotten a great response from the chapter in regards to filling volunteer time slots for the four-day event. There are still four volunteer time slots available. If interested or have any questions please contact Angela Fossi at 586-484-7027 or kitispart@gmail.com.

The next sponsorship committee meeting is scheduled for 7:00 p.m. on March 16th at R-Club. The goal of this committee is to establish working relationships with local businesses that benefit both organizations. I would like to see this program really take off and grow. If anyone has connections with local businesses that they believe may be interested in such a program or has ideas of what the program should consist of, please attend the committee meeting or contact me at 517-316-5466 or niekampj@hotmail.com.

If you have any other ideas or suggestions that fall under Management VP, please send them my way. Spring is just around the corner!

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



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

Keep the day open – Time and Location will be announced soon!

Still a couple slots to fill for March Texas Hold'em!

Help us out so we can take advantage of this incredible fundraising activity - contact Chairperson Angela Fossi @ kitispart@gmail.com or 586-484-7027

March 19th – 22nd at Trippers in Frandor
Money raised at texas holdem supports Community Projects, the JC's Softball Team, Jaycee Bucks, and much more!

A note from the Capitol Correspondent Editor:

Thanks to the contributors to the January newsletter:

A. Clock, A. Briseno, J. Niekamp, A. Amirahmadi, A. Fossi, S. Kottke

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

**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

Calendar of Events

Lansing Jaycees Activities...



Mar 3rd – General Membership Meeting – Trippers in Frandor:

6-7 social hour; 7:00 Meeting (Details = A. Clock @ 517-410-9527);

Sponsorship Committee Meeting (Details = Jason Niekamp @ 517-316-5466)

and **Lansing 150th Celebration “Parade of the Decades” Meeting** (Details = Sheryl Soczek @ 517-862-6376) at Trippers immediately following GMM

Mar 5th – GYFO – Irish Fare – A Pre-St. Patty Day Feast at Dublin Square

Irish Pub 327 Abbot Rd., E. Lansing: 6:00 PM (Details = B. Burnell @ 989-737-9685)

Mar 7th – Public Speaking Class – Dan Harris will help you learn and Enhance your public speaking skills in this seminar free to Lansing Jaycees; Trippers in Frandor at 9AM – 3:30 PM (Details = A. Amirahmadi @ 773-793-1467)

Bowling League – Royal Scot on Grand River at 8:30 PM (Details = A. Fossi @ 586-484-7027)

Mar 8th – Volunteers of America Breakfast – Serve breakfast for the hungry at VofA Community Kitchen 430 N. Larch St., Lansing at 7:30AM – 9 AM (Details = A. Briseno @ 517-974-0965)

Mar 10th – Ronald McDonald Committee Mtg. – Help decide what will be served to the Ronald McDonald House Families on March 28th; Gone Wired Café 2021 E. Michigan Ave., Lansing at 5:30 PM (Details = A. Briseno @ 517-974-0965)

Mar 12th – Parade of the Decades Meeting – Come help plan the Jaycees float at Olga's in Frandor, Lansing at 5:00 PM; (Details = Sheryl Soczek @ 517-862-6376)

Mar 13th – Happy Hour – Art's Bar & Grill 809 Kalamazoo St., Lansing at 5:30 PM (Details = A. Fossi @ 586-484-7027)

Mar 14th – Model Legislature – Learn how the state legislative process works first hand – Michigan State Capital; 9AM – 5PM (Details = A. Clock @ 517-410-9527)

Mar 19th – 22nd - Texas Hold'em Tournament – Help with this fundraiser! – Shift times have been announced; Trippers in Frandor (Details = J. Niekamp @ 517-316-5466)

Mar 21st – Bowling League – Royal Scot on Grand River at 8:30 PM (Details = A. Fossi @ 586-484-7027)

Mar 23rd – New Member Orientation – LOCATION & TIME TBD (Details = A. Fossi @ 586-484-7027)

Mar 24th – Grand River Connection – Network with other Lansing Professionals; LOCATION & TIME TBD (Details = A. Amirahmadi @ 773-793-1467)

Mar 27th – MSU Wine Tasting Benefit – Come for an elegant evening featuring more than 100 varieties of wine to sample. Door prizes and silent auction included. MSU Kellogg Center at 7:30 PM (Details = S. Soczek @ 517-862-6376)

Mar 28^h – Ronald McDonald House Dinner – Help prepare a dinner for the families at Ronald McDonald House of Mid Michigan 121 S. Holmes St., Lansing at 5:30 – 7:30 PM (Details = A. Briseno @ 517-974-0965)

March Book Club – Join the Club for “State bt State” discussion at Gone Wired Café; 2021 E. Michigan Ave, Lansing. 8:30 PM (Details – Sean Kottke @ 517-980-0965)

Mar 29th – Egg Sorting Extravaganza at the Steere's House; 5353 Oak Hills Drive, Eaton Rapids, MI (Time TBD). Stuffing goes faster if the eggs are sorted first! Help separate tops and bottoms!

Calendar of Events



Lansing Jaycees Activities...

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);

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 – Time TBD (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** – Time & Location TBD (Details = A. Clock @ 517-410-9527)

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)

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

Eat Local with Titus Farms

At our February GMM Titus Farms presented information regarding their farm and CSA. The deadline to sign up for the 2009 CSA is April 15th. The CSA last for 19 months beginning June 14th and ends October 18th. They offer a weekly or bi-weekly pick up of a wide variety of fresh locally grown vegetables. The selection ranges from salad greens to kohlrabi. Please visit their website at www.titusfarms.com for more information. Angela Fossi participated in the CSA last year so feel to contact her at kitispart@gmail.com if you have any questions or concerns.

Five Reasons to Buy Local:

1) Local produce tastes better and is better for you



2) Local food supports local families

3) Local food preserves open space and supports a clean environment

4) Local food protects genetic diversity

5) Local food is about the future

Learn more at

<http://www.titusfarms.com/Welcome.html>

HAPPY BIRTHDAY!

March

Angela Backus
Rachel Rosenbaum
Matt Bauer
Anne Ribby



March is: World Blogging Month (WoBloMo)

I didn't make this up... <http://woblomo.com/>

So for all you bloggers – make sure you're blogging at least every other day through the month of March!

*Lansing Home and Garden Show
March 19th – 21st at the MSU Pavilion
Adults \$8/ Kids \$4 (under 5 free)*

Gardens, landscaping, flowers, remodeling, construction, kitchen & baths, pools & spas, home services, and much more!

Check it out!

<http://www.showspan.com/LHG/Home.asp>

TOP 10

St. Patrick's Day Drinks!

- 1) Green Machine Punch – vodka, limeade, & sherbet
- 2) Everybody's Irish – Irish Whiskey, crème de menth & green chartreuse
- 3) Emerald Isle – gin, crème de menthe & bitters
- 4) Shamrock – Irish Whiskey, vermouth, crème de menthe & chartreuse
- 5) Irish Shillelagh – Irish Whiskey, light rum, sloe gin, powdered sugar, lemon juice, peaches & raspberries
- 6) Irish Dream – Ice, Irish cream liqueur, hazelnut liqueur, crème de cacao & vanilla ice cream
- 7) Irish Flag Shooter – Crème de menthe, Irish cream liqueur & Grand Marnier
- 8) Irish Cofee – Sugar, Irish Whiskey, hot coffee & whip cream
- 9) Depth Charge – Peppermint schnapps & Beer
- 10) Irish Rickey – Whiskey, lime juice & Club Soda

Recipes at:

http://www.associatedcontent.com/article/145718/top_10_saint_patricks_day_drinks.html?cat=74

Membership has its Benefits!

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

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