

SPECIAL
POINTS OF
INTEREST:

- Board of Supervisors Meeting: Jan 9
- LOTS in Harrisonburg: Jan 13
- Bingo with the Elderly: Jan 18
- Project WARM: Every Saturday

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COUNTING ON MY FINGERS

CHRISTINE HOPKINS, PRESIDENT 2007

I'm going to share a little secret with you – I count on my fingers. I know that the math teachers out there are cringing, but counting on my fingers helps me keep track of things. When I am adding, I count on my fingers. When I am going for a straight in poker, I count on my fingers to see if I have all the cards I need for my hand. (OK, maybe I should not have shared that with the people I play poker with.) When I make lists of things I need to do, I count on my fingers to make sure I have done everything I planned. I also count on my fingers to remember the order of things. Counting on my fingers can keep me on track.

At the November 2006 State Board Meeting, I was counting on my fingers. I counted the number of votes for Virginia State President Trish. I counted the number of people to turn in for Man Miles. And Sunday morning, I counted the lines in the Jaycee Creed. There are 6. As I held up my right hand with one finger up, I counted the number lines of the Creed on my left hand. Now I know that all of you have been reciting the Jaycee Creed since you became a member and I am sure that many of you have one particular line that means more to you than the others. I was counting on my fingers as I recited the Jaycee Creed with all of Virginia and something hit me that I

had never noticed before. This revelation confirmed my desire and commitment to serve the Tuckahoe Jaycees and be best president I can be.

As I said the first line, "We believe that faith in God brings meaning and purpose to human life," I realized that I had one finger up. Number 1. Numero uno. The most important. To me, my faith in God DOES bring meaning and purpose to my life. Before deciding to run for president, spent many hours praying about the challenge. Was this what God wanted for me at this time? It soon became clear that running for president was what He wanted for me to do. As the Board and I worked on plans for this year, I asked the Lord to guide our decisions for the betterment of the Tuckahoe Jaycees. I have asked him to help me to be a servant leader this year. Throughout this year, I will continue to pray for His guidance and wisdom.

We went on to say the rest of the Jaycee Creed: "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

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*Service to
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human personality; And that service to humanity is the best work of life.” As I said each line held up one more finger. When I reached the last line, “That service to humanity is the best work of life,” I had no more fingers to hold up, so I started back with one finger. That’s when it hit me. Service to humanity and my faith in God go hand in hand as the reason why I am a Jaycee. This incredible organization gives me the chance to honor God by serving others. As I go through this year as president, I will use these two principles to guide me and many of my decisions.

I would like to challenge every one of you to reread the Jaycee Creed, think about what each line means and figure out which line best reflects YOUR reason for begin a Tuckahoe Jaycee. When we as a chapter recite the Jaycee Creed, emphasize that particular line to reinforce its meaning to you. Then use that line to guide you and your involvement in the Tuckahoe Jaycees this year and finally, use it to Make your IMPACT.



Christine Hopkins
President 2007
(Halloween 2006)

2007 BOARD OF DIRECTORS

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Mike Gage, Parliamentarian
Karen Gage, Secretary, Treasurer

10 TIPS FOR NEW YEAR'S RESOLUTIONS

AMBER J. TRESKA, [HTTP://IBDCROHNS.ABOUT.COM/CS/MENTALHEALTH/A/NEWYEARRESOLVE.HTM](http://IBDCROHNS.ABOUT.COM/CS/MENTALHEALTH/A/NEWYEARRESOLVE.HTM)

The best way to keep your resolution is to plan ahead.

Chances are, at some time in your life you've made a New Year's Resolution - and then broken it. This year, stop the cycle of resolving to make change, but not following through. Here are 10 tips to help get you started.

1. Be realistic: The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to never eat your favorite desserts again could be a bad choice. Strive for a goal that is attainable.

2. Plan ahead: Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mind-set that particular day. Instead it should be well planned before December 31 arrives.

3. Outline your plan: Decide how you will deal with the temptation to skip the exercise class, or just have one more cigarette. This could include calling on a friend for help, or practicing positive thinking and self-talk.

4. Make a "pro" and "con" list: It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

5. Talk about it: Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better. The best case scenario is to find yourself a buddy who shares your New Year's Resolution and motivate each other.

6. Reward Yourself: This doesn't mean that if your resolution is to diet you can eat an entire box of chocolates. Instead, celebrate your success by treating yourself to something that you enjoy.

7. Track your progress: Keep track of each small

success you make toward reaching your larger goal. Short-term goals are easier to keep, and small accomplishments will help keep you motivated.

8. Don't Beat Yourself Up: Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take them one at a time.

9. Stick to it: Experts say it takes about 21 days for a new activity, such as exercising, to become a habit, and 6 months for it to become part of your personality.

10. Keep trying: If your resolution has totally run out of steam by mid-February, don't despair. Start over again! There's no reason you can't make a "New Year's Resolution" any time of year.

"Short-term goals are easier to keep, and small accomplishments will help keep you motivated."

Fast Facts About New Year's Resolutions

- ◇ 63% of people are keeping their resolutions after two months.
- ◇ 67% of people make three or more resolutions.
- ◇ Top four resolutions:
 - a. Increase exercise
 - b. Be more conscientious about work or school
 - c. Develop better eating habits
 - d. Stop smoking, drinking, or using drugs (including caffeine)
- ◇ People make more resolutions to start a new habit, than to break an old one.



JANUARY 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 Project WARM 9am (CD)
7	8 Installation Banquet 6pm Mekong on West Broad Street	9 Board of Supervisors Meeting 6:45 pm (CD)	10	11	12	13 Project WARM 9am (CD) LOTS in Harrisonburg
14 State Book Judging (SD)	15 Board of Directors Meeting Regency Square Community Room 7pm	16	17 Newsletter Articles Due	18 Bingo with the Elderly Lexington Court 6:55 pm (CD)	19 Tuckahoe Cheers 6:30 (M-ship)	20 Project WARM & Breakfast @ Woodlot 9am (CD)
21 Church Visitation, Lunch and Movie Madness Hope Church at Godwin High School (ID)	22 Board of Directors Meeting Regency Square Community Room 7pm	23 Birthday Card Making Night 6:30 pm @ Karen & Mike	24	25 CCC & Membership Paperwork Due (Busi)	26	27 Project WARM 9am (CD)
					→ State	
28	29 Phone Bank	30	31	1	2	3 Project WARM 9am (CD)
→ State						

FEBRUARY 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Project WARM 9am
4 Superbowl M-Nite	5 Chapter Meeting (Team Building Activities) 6:30 Social 7:00 Meeting	6 Board of Supervisors	7	8	9	10 PW Mardi Gras
11	12 Board of Directors	13	14 Newsletter Articles	15 Bingo with the	16 TuckaStud/ TuckaWench Night 7pm	17 Project WARM
18 Movie Madness (ID)	19	20 Birthday Card Making	21	22	23	24 Project WARM 9am
25 CCC & Membership Paperwork Due	26 Phone Bank	27	28	1	2	3 Project WARM 9am

MARCH 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
*Bring new baby stuff for the Crisis Pregnancy Center				1	2	3 PW Color Me Something Pottery Afternoon 3pm
4	5 Chapter Mtg Guest Speaker 6:30 Social 7:00 Meeting *	6	7	8	9	10 Project WARM
11 Movie Madness	12 Board of Directors	13	14 Newsletter Articles	15 Bingo / National	16	17 PW St Patrick's Day Social
18	19	20	21	22	23 Tuckahoe Cheers 6:30	24
25 CCC & Membership Paperwork Due	26 Phone Bank	27	28 Name that Beer	29	30 Camp Work	31 Camp Work

LETTER FROM KAREN GAGE

KAREN GAGE, SECRETARY/TREASURER



HI Tuckahoe

I haven't written a newsletter article in so long. I am proud to be on Christine's board this year as your Secretary and Treasurer to help MAKE AN ImPACT! I will be keeping minutes at each chapter and board meeting and typing up the agendas for each of the meetings as well. I will have a handy dandy notebook that will accompany me to each meeting in case you need to find something that was discussed. I will also keep soft copies as well in case people would like a copy via email.

Board members - please get me your agenda items via email per the following deadlines:
The Thursday before the Monday chapter meeting
The Thursday before the Monday board meeting

We will be pleased to also hand out to you at the Installation Banquet a membership manual chock full of great information that you will need to know as a member of this Awesome organization. We will have extras made to give to new members as they join this year.

I will also be in charge of getting out renewal notices and new member packets.

Also new and exciting this year is that we will have two evenings throughout the year called History of the Jaycees Part 1 and Part 2. At chapters meetings prior to these fun events I will hand you copies of some really great books written about the Jaycees that you can study about and then we can discuss them at the April and November night at our house. We'll have folks bring snacks and beverages and make it very fun and informal.

I hope everyone is ready to MAKE AN ImPACT this year. You can get to know your members better, yourself better and the community better.

Let me know how I can help you.

In Jaycee Spirit!
Karen Gage
Secretary/Treasurer
jckad37@hotmail.com
264-3404 home
869-0217 cell
290-6763 work

"I hope everyone is ready to MAKE AN ImPACT this year."

VIRGINIA JAYCEES 2006 STATE CONVENTION

January 26-28, 2007

Holiday Inn – SunSpree Resort Oceanfront – Virginia Beach, Virginia

Name: _____

Address, City, State & Zip: _____

Home Phone: (_____) _____ E-mail: _____

Chapter: _____ Region/Banquet Seating: _____

MARK IF APPLICABLE:

FIRST TIME ATTENDEE EXHAUSTED JCI SENATOR EXHAUSTED LIFE MEMBER 10th DEGREE JAYCEE

REGISTRATION

TYPE	# of Tickets	EARLY by Jan 10	LATE	TOTAL
Minimum Registration (Exhausted = no charge)		\$10	\$15	
Friday Night Social – offsite @ Croc's ; includes the renown band, "Butter"		\$15	\$18	
Saturday Night Year End Awards and Installation Banquet		\$28	\$32	
Saturday Night Social/Dance – includes open bar (beer, wine & soda) & DJ		\$12	\$15	
FULL REGISTRATION		\$65	\$80	
Child Banquet – chicken finger platter		\$12	\$15	

Cash, personal checks, chapter checks, and credit cards (Visa, MasterCard, and American Express) will be accepted for registration. Make checks payable to: **Virginia Jaycees**

Credit Card #: _____ Expiration Date: _____

Name on Card: _____

Please mail your completed registration form and payments to:

Mary Beth Colvin
Virginia Jaycees 2006 Annual Meeting
10291 Eustace Road
Midland, Virginia 22728

If you have any questions, please contact Mary Beth at (540)788-3067.

All requests for refunds must be received no later than January 19, 2007.

ROOM RESERVATIONS

You **MUST** reserve your room through the **Holiday Inn – SunSpree Resort**, 3900 Atlantic Avenue, Virginia Beach, VA 23451, (757) 428-1711. When you call, tell them you are with the **Virginia Jaycees**. The discounted room rate is \$65 plus 13% tax and reservations must be made by **January 10, 2007**.

Deadline for early registration is postmarked by January 10, 2007.

Tuckahoe Jaycees Inc.
PO Box 6451
Richmond, VA 23230

Make an IMPAct

777-77JC

www.tuckahoejaycees.com



The Jaycee Creed

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