

February 2005



TUCKAHOE TRIBUNE

Tuckahoe Jaycees

Volume III, Issue II

WHAT WILL YOU DO FOR A NEW MEMBER?

JASON MACHLAUHLAN, PRESIDENT 2005

The great thing about the Jaycee concept is that we all have a defined life expectancy to our active Jaycee career. When we hit forty, we are supposed to take a back seat and let the younger members guide the chapter, giving them the opportunity to gain and exercise leadership skills. Oh we still stick around looking out for the membership, helping out with projects that hold special meaning for us and we will act as a confidant for active members to go to for advice while still keeping the talk within the family.

The bad thing about the Jaycee concept is that we all have a defined life expectancy

to our active Jaycee career.

So herein lies a problem. What if we don't replace ourselves? Well, what will happen is that people will age out. The chapter will shrink; fewer members have to keep doing projects with less manpower. Then the chapter falls below 20 members and the state yanks our charter and we are a Jaycee chapter no more and the community loses a valuable resource.

The way to stop this is to recruit members. Well duh, no wonder we elected you President. But for most of us recruiting is not that easy and getting them involved is just as difficult. The 2005 Board



has some ideas on getting folks involved, but we need you the members to help find those new Tuckahoe Jaycees. To give you an incentive for every member you get to join you, at the end of the year, will get a chance to a) try to throw a pie in my face or b) try to knock me into a dunk tank! I triple dog dare ya!

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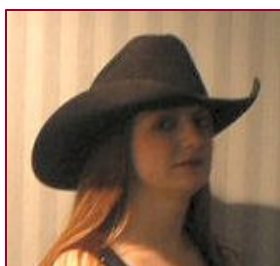
Name that Event Contest!

We're holding a contest to come up with a name for our Friday Evening Bar Social that will be happening every third Friday of the month. If you think you've come up with a catchy name for it, email it to mincasali@cavtel.net. The prize will be a free membership into the Tuckahoe Jaycees for either your renewal or for a friend's sign up!

Deadline is February 13th!!

JAYCEE TIME? HOW ABOUT ON TIME???

AN ID ARTICLE BY MIN CASALI, MANAGEMENT VP



I want to talk now about two things: being on time and cleanliness. Really, they go

hand in hand. If you're organized, both of these things will follow.

I'm a recovering slob myself. I've always been messy, and it didn't help that I had a messy roommate all the time as well. (No, not Alex.) I did, however, live for a short time with a boyfriend who was very neat. He got me into

some good habits and I really liked the way my clean house looked as I went upstairs to bed. And when I came down again first thing in the morning. It's a great feeling.

When he and I...um...split ways, I was afraid that I'd fall back into old patterns. I didn't want to!

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LAISSEZ LES BONS TEMPS ROULER

(Lay say lay bohn tohn roo lay)

Let the good times roll

MEGAN GURETSKY, STATE DIRECTOR



Well Guys..... January was an eventful month and we did, "Let the Good Times Roll". We visited many other chapters including Fredericksburg, Ashland,

Hopewell, Richmond, Chesterfield, and the South of the James Jaycees. I would like to send out a big THANK YOU to all

of you fellow Tuckahoe's who went out on visitations with me.

January 28th-30th was our State Convention in Williamsburg. We had a wonderful time visiting with friends from all over the state and missed those who could not attend. MAYBE NEXT TIME!!!!

I am challenging all of you to come and visit other chapters with me this month. Some of my visitations include:

February 5th-The Games People Play

Game Night/Pre-Super Bowl Party.

February 8th-Colonial Heights Monthly Meeting

February 10th-Chesterfields Monthly Meeting

February 12th-Fairfax Jaycees present the Return of the Dating Game.

More events will be announced later. Please contact me if you would like to join me. Email me at: Mgretzki@cs.com or call me: 804-467-4391

2005 BOARD OF DIRECTORS

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Matthew Montero, Webmaster

MEET YOUR BOARD OF DIRECTORS!

ERIC COSTELLO, COMMUNITY DEVELOPMENT DIRECTOR



Name?

Eric Costello

Why did you join the Jaycees?

Community Service, meet new people and model citizens like Scott Elliot.

Where were you born?

New York, NY

Occupation?

Business Analyst for CarMax (uh, wanna buy a used car?)

Pirates or ninjas?

Ninjas

Hobbies?

Golf, watching New York Giants football, poker, distance running, politics, debating, maps, staring into space

Do you dress your feet in the sock-sock fashion or the sock-shoe fashion?

Sock-sock-shoe-shoe

Why do you hate Matthew Montero?

Because I could never grow as much facial hair as he has.

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That's when I discovered The Fly Lady. This may sound strange, but you need to check it out for yourself. www.flylady.net. She helps you organize your home, and your life, by getting you to form routines and teaching you that you can keep things clean by working on it just a little bit at a time.

It's really been helping me out a lot. I recommend it to anyone! I mean, my house is no museum, but I don't have to take an entire day off work to prepare for a dinner party. I don't cringe when people come to the door.

This all brings me to an essay I wanted to share with you all. You may have heard the term "Jaycee time", because we all run 15 minutes late everywhere we go. Come on now! It's so unprofessional. And it will stress you and others out! There are ways to attack this problem and I'm here to share them with you.

Now I apologize that you won't be able to understand all the lingo in the following article. You'll just have to go to the website to see what it's all about!

This is going to be a hard essay for some of you to listen too, but it has to be said. I have fussed on this characteristic of SHEs before and it needs to be emphasized again.

Are you always late?

Does your family sit in the car and say "Please come on! What is taking you so long. We are going to be late!"

If they do, then you know what I am about to say.

This is a habit that comes from our SHEness. I would say that 75% of SHEs are unable to get some where on time.

Let's look at some of the reasons for our tardiness.

1. You have to do one more thing!
2. You can't find your keys.
3. You forgot something and had to turn around and go home.

4. The phone rang as you were walking out the door.

5. Your alarm didn't go off.

6. There was too much traffic.

7. You had to change clothes, because you just didn't like what you were wearing.

I am here to tell you that these are all excuses and you know how I feel about excuses.

I want you to look at the underlying reasons for your nasty habit.

1. You have to do one more thing!

This is perfectionism. This is what has got our homes in the shape they were in when we hit bottom; Just one more thing.

2. You can't find your keys.

Oh I hate this one. When we set ourselves up because we don't put our keys in the same place every time, we are asking for trouble. Even in our purses, we should have one place for them. I now have mine on a lanyard. Kelly taught me about putting your keys on a leash. It is so easy to find them when they have a tail!

3. You forgot something and had to turn around and go home.

Forgetting something is another way of not preparing for the day ahead. You did not do your before bed routine and therefore had no idea what you had in store for yourself when you walked out the door. During my before bed routine, I look at my calendar for tomorrow appointments, decide what will be appropriate to wear, and place the items that need to go with me at the front door by my briefcase/tote/purse. I even write it down on my to do list.

4. The phone rang as you were walking out the door.

Forget the phone. One second later you would have been gone anyway and the machine would have picked it up. Why are you letting a stranger have control

over your life. The phone is for your convenience and not hindrance. If you have family members that are out of pocket, then screen the call and then leave. If it is not one of them, then walk out the door and return the call later.

5. Your alarm didn't go off.

The truth is you didn't want to get up, because you didn't get enough rest last night. And you did not do your before bed routine. If this is something you should do every day then it needs to be on your routine. My DH sets the alarm for the next day as he is dressing in the morning. If something did go wrong; power failure or a simple mistake, If you did your before bed routine, you will still be able to get out the door with time to spare. Because your clothes are all laid out and ready for you to jump into.

6. There was too much traffic.

You know the roads that you have to travel. You know what times the traffic is awful. Leave in plenty of time to be able to overcome any unforeseen problems. My DH adds 15 minutes to his travel time and takes a break for breakfast on his long drives to court. This way he has 45 minutes built into his schedule for emergencies.

7. You had to change clothes, because you just didn't like what you were wearing.

Then if you have something in your closet that makes you feel bad then get rid of it. Now if you got splattered with mud or fell down, I might except that, but only if you were not in a hurry. Have you ever noticed that these things happen when you are rushing? When you looked at your calendar (or did you?) you made a wrong choice for clothes.

8. I had to go the bathroom.

This is classic, We have all had our children say this to us and we know how we felt at that moment. This is one more way of asserting a small amount of power over someone.

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FEBRUARY 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Project WARM Big Split II 9am (CD)
6	7 Membership Meeting Roma's (MD)	8	9	10	11	12 Project WARM 9am (CD) ROTS
13	14	15	16	17 Bingo with the Elderly 7:00 pm (CD)	18 Social at Playing Field 6:30pm (MD)	19 Project WARM 9am (CD) Snow Tubing (ID)
20	21 Membership ID Meeting Tuckahoe Library 6:30 (MD)	22	23	24	25	26 Project WARM 9am (CD)
27	28	<p>For more information: CD = Community (Scott Elliot) ID = Individual (Jason Maclauchlan) M = Membership (Jason Maclauchlan) MD = Management (Min Casali) SD = State Director (Megan Guretsky)</p>				

BINGO WITH THE ELDERLY

ERIC COSTELLO, COMMUNITY DEVELOPMENT DIRECTOR



couple of inches of snow and treacherous roads. Bingo is held on the third

Thursday of every month, from 7 to 8 PM at Lexington Court Home, which is located at the corner of Gayton Road and Cambridge Drive. The role of the Jaycees at Bingo is to call the Bingo balls and assist the residents with the games. We also hand out quarters to the residents when the hit Bingo. Typically, about 25-30 residents attend Bingo and many of them are regular players. Bingo is one of Tuckahoe's signature Community Development projects and we've been

doing it for a number of years. Most of the residents are very cheerful and like chatting with us before and after the Bingo games. I can tell that they look forward to this because most of them are in their seats ready for Bingo before we walk through the door. In 2005, Tasha Hutchison has volunteered to chair the project. Tasha, who hails from Rockville, Maryland, has only been a member for 2 months. Her newcomer status to the Jaycees didn't stop her from stepping up to chair a project. Contact her at Tasha_Hutchison@carmax.com if you have any questions about Bingo.

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COMMUNITY DEVELOPMENT NEWS

SCOTT ELLIOT, COMMUNITY DEVELOPMENT VICE PRESIDENT



Lets make 2005 a great year, there will be lots of opportunities for you to get involved with your community and chapter.

Remember this is your chapter, so if you have any ideas bring them on! For now, here are some of the upcoming opportunities.

Project Warm Big Split II

The wood pile is again low. An unusual amount of rainfall this year put us in the unfortunate situation of a low supply of split wood. Thankfully, the November Big Split was a success and helped increase our supply. Then along came Mother Nature and her gift of freezing weather. Please help out on February 5, 2005 from 9am - 5pm for the Big Split II to keep those in need warm. As Jaycees, we do not want to have to turn away people who need our resource to stay warm. For more information about project warm, please visit the website at www.projectwarm.com.

We will have doughnuts, food, and drinks for volunteers!

Please call or e-mail me, Scott Elliott, at 804-334-9118 or Sellio70@aol.com to fill a

two hour slot on February 5th. See you there!

DIRECTIONS TO THE WOODLOT

➤From west side of Richmond: Take 64 East to 95 North. Take first exit on 95 (Lakeside Ave/Hermitage Road exit). At the end of the exit ramp, turn left onto Westbrook Ave. Follow Westbrook Ave. over Brook Road and Chamberlayne Ave. until it ends at Old Brook Road. Turn right onto Old Brook Road (Henderson Middle School/John Marshall High School are on your left). After the High School and North Richmond YMCA, turn left onto Bellevue Ave. Follow this road all the way behind the schools/playing fields, almost until it ends. (If you reach the police K-9 unit, you have gone too far). You should see a dirt/gravel parking lot on your right, turn into it and drive straight back to the far back right hand corner of the parking lot. From there, look to your right; you should see a dirt driveway back to the woodlot area.

➤From the Southside or City: Take 95 North, take Chamberlayne Ave. exit (near MCV area). Go North on Chamberlayne Ave. (past Laburnum Ave. stoplight). One stop light after Laburnum Ave. interchange (Ginter Park Elementary School is on the corner), turn right onto North Ave. Go about ¼ mile, turn left onto Old Brook Road (big water

tower on the corner). Follow Old Brook Road for about ½ mile, then turn right onto Bellevue Ave. Follow this road all the way behind the schools/playing fields, almost until it ends. (If you reach the police K-9 unit, you have gone too far). You should see a dirt/gravel parking lot on your right, turn into it and drive straight back to the far back right hand corner of the parking lot. From there, look to your right; you should see a dirt driveway back to the woodlot area.

Chairperson Wanted - This year of project warm will end when the weather breaks in March but the new year and splitting sessions will start soon after. If interested in Chairing the project please contact me or talk to me personally at the Big Spit II on February 5th.

Ideas wanted - Chapter goal raise \$1500 for Diabetes research. How do we do that you ask? Well, I know we have many creative people in our chapter that can generate some terrific ideas. If interested, please contact me, Scott Elliott at Sellio70@aol.com. Get the creative juices flowing and warm up from the cold, its for a great cause!!

Rebuilding Together - National Rebuilding Day in Richmond Saturday, April 30th, 2005 serving the Eastview neighborhood in the northeast area of Richmond. Stay tuned for more details.

Tuckahoe Jaycees Inc.
PO Box 6451
Richmond, VA 23230

777-77JC

<http://www.jaycee.com>
Click on Tuckahoe!



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

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9. Something came up.

This to is another way of letting the appointment person know that there are other people that are more important than they are. You have set the appointment and don't give them a courtesy call if you are running late: Their time is valuable too. You have not set your priorities in order of importance. My word is my bond. If I tell someone I am going to be there, then I am going to die trying.

Habitual Tardiness is Passive

aggressive behavior. This kind of behavior is a way to exercise power over someone that you have no power over any way. Even on the slightest level.

To remedy this behavior:

Do your before bed routine.

Make an appointment to leave the house. by saying to yourself. It takes me 30 minutes to drive there and sometimes traffic is bad so I will add another 15 minutes to the trip. My appointment is at 9:00am so if I leave my house by 8:00 then that will give me plenty of time. If you are way early, you always

have your planner with you, so you can write a letter, pay a bill, work on a menu, or prepare for the meeting. That little extra time before an appointment will help you pull yourself together.

I want you to put a stop to this kind of behavior and a little planning to your day will help.

I want you to FLY and be on time for a change.

FlyLady

P.S. People that know you are going to be in shock when you are on time!