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*The reward of a  
thing well done is  
to have done it.*

- Ralf Waldo  
Emerson

## LETTER FROM THE PRESIDENT

TRISH TYLER, PRESIDENT

*"Change is the law  
of life and those  
who look only to  
the past or present  
are certain to miss  
the future."  
- John F. Kennedy*

Why doesn't Tuckahoe reject the unfamiliar? Why are we willing to stretch ourselves in the name of trying new things?

I can't tell you the pride I have for this chapter, Tuckahoe. You never cease to amaze me with your charm, charisma, style and poise, even in the face of trying something challenging, new, and maybe even downright scary!

Just this past month, Tuckahoe stepped forward and began to embark on two new projects. One was a result of a National Partnership with Rebuilding Together, an incredible one-day effort to restore dilapidated homes in the Richmond area. We assumed the entire day-of

coordination between the Rebuilding volunteers, took pictures of the event, and ran to the hardware stores more times than any of you care to mention! However, when the dust has settled, what you may find... instead of memories of being tired and of how much work was done, you will see homes and schools with a fresh coat of paint, new signs, and a lot of TLC. You will also see the gracious faces of the people who live in these homes, and who were unable to better their situation on their own.

Also, we began a new effort for an incredible Community Fundraiser, "Fairways on Fire." This project is Jason MacLauchlan's baby, but has the potential to impact the entire community in an immediate and profound way... as the funds raised will be used to purchase a Bullard Thermal Imager—a new technology that is utilized to detect potentially extra-hazardous situations in fire and rescue situations. It's nothing short of incredible the lives that this thing can save... and once again, Tuckahoe has stepped forward to try something new and different.

We have our old standbys as well... Project WARM, NASCAR (which is coming



up... have I mentioned that?), Bingo with the Elderly... and these signature projects have become the Tuckahoe brand. They are things that we love dearly, and would miss terribly if they weren't around. There is nothing wrong with holding tight to tradition, as long as we are ready to embrace the future... and that future comes from you. Your minds, your hearts and your souls. The things that matter most to you can shape how the Tuckahoe Jaycees can impact the community, and I urge you to bring your ideas forward. THAT is the great thing about Jaycees... our dreams can become reality, with a little help from our friends—and those achievements can change our world.

(Warning: New Theme!)

Ain't No Mountain High  
Enough!

Trish Tyler  
President, Tuckahoe Jaycees

## ASK DOCTOR MAXIM



*Don't forget the Spring Virginia Jaycee State Meeting in Washington DC May 21 - 23. Contact Min Casali for more information.*

**Q:** Can I have the rundown on which OTC pain relievers are good for what? I've heard you shouldn't take Tylenol for a hangover.

**A:** Any drugstore painkiller should be able to cure your most common body agonies, but it's true that some pills work better than others for specific types of pain, explains Barry Ring, M.D., clinical instructor of pain management and anesthesiology at Mt. Sinai Medical Center in Chicago.

"If you have a tension or stress headache, go with Tylenol or another acetaminophen product; it'll block the pain without irritating your stomach," advises Dr. Ring. Tylenol's also good for cold- or flu-induced fevers; it'll get your

temperature down fast. Got a bum knee after pickup basketball or a charley horse from doggy-style sex? Down some Aleve (naproxen sodium) or Advil (ibuprofen). These muscle and joint fixer-uppers are anti-inflammatories, meaning they relieve pain by reducing swollen tissue. Finally, for chronic muscle pain, stick with Aleve. It works as well as ibuprofen but has a longer-lasting painkilling effect per tablet (so you don't have to choke down as many over the long run).

Hangover help: If you're a

frequent drinker, avoid all of these: Acetaminophen, ibuprofen, and naproxen sodium all carry warnings about the evil effect a booze-and-painkiller bender can have on your liver and/or stomach. Truth be told, time and fluids are the real remedy. That Sunday-morning head-throber happens because alcohol has dehydrated your system; the most effective antidote is drinking lots of H2O. As for your girlfriend's chronic "headaches," you'll find the cure not at the drugstore but at the jewelry store. Sorry, pal.

*If you would like to help out the Board of Directors in any way this year, contact Trish Tyler.*

## 2004 BOARD OF DIRECTORS

Trish Tyler President	288-5138 trishtyler68@hotmail.com
Kay Faries Chairman of the Board	741-3872 teechme00@juno.com
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Min Casali State Director	358-9288 mincasali@cavtel.net
Min Casali, Newsletter Editor	358-9288
Matthew Montero, Webmaster	918-0889
Rob Priest, Chaplain	683-8025

# May 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Chapter Meeting Topeka's 7:00 pm (MD)	4 Project WARM 5:30 - 7:00 (CD)	5	6	7	8
9	10 Board Meeting (MD)	11 Project WARM 5:30 - 7:00 (CD)	12	13	14 NASCAR! Beer Sales at RIR Busch Race (MD)	15 NASCAR! Beer Sales at RIR Nextel Cup Race (MD)
16	17 Dinner Social 6:30 pm (MD)	18 Project WARM 5:30 - 7:00 (CD)	19	20 Bingo with the Elderly (CD)  Corporate Sponsorship Meeting (MD)	21 State Meeting (SD) →	22
23 →	24 Richmond Jaycees Drive for the Blind (SD)	25	26	27	28	29 Memorial Day Picnic (ID)
30	31 Happy Memorial Day	<p><b>For more information:</b></p> <p>CD = Community (Matthew Montero)                      ID = Individual (Lauren Lightfoot)                      M = Membership (Christine Hopkins)                      MD = Management (Trish Tyler)                      SD = State Director (Min Casali)</p>				

**For more information:**

CD = Community (Matthew Montero)  
 ID = Individual (Lauren Lightfoot)  
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## THERE'S STILL TIME

MIN CASALI, STATE DIRECTOR

The Virginia Jaycees State Meeting is almost here. The early registration deadline has passed, but there's still time to get you in! Just contact me, Min Casali and I'll set you up. Here is Saturday's agenda. Look at all that great stuff!

### Saturday, May 22, 2004

7:30AM- 8:30AM	First Timers Program	Parlor 222
8:00 AM	Continental Breakfast	Foster's – 3 <sup>rd</sup> Floor
8:00AM - Noon	Registration	Pre-Function – 3 <sup>rd</sup> Floor
8:00AM – 4:00PM	AAA Open House	
8:45AM – 9:45AM	LMA Meeting	Fairfax Room
8:45AM – 10:00AM	<b>TRAINING SESSIONS</b>	
	CPG Training	
	Recruiting a New Member Can be Easy & FUN	
	What's in it for Me - Effective Jaycee Networking.	
	LP Roundtable – State of the Organization	
10:15AM–12:30PM	<p style="text-align: center;"><b>Opening Ceremonies</b>            1<sup>st</sup> Quarter Awards            QPR's, Degrees of Jaycees, Blue Chip 2003, Membership Incentives and Recognition</p> <p style="text-align: center;"><b>Dixie Assembly</b>            Dixie Institute Chair Chester Lowe,            Hour of Power Speakers</p> <p style="text-align: center;">1<sup>st</sup> Quarter Awards            PM of the Quarter, Presidential Awards of Appreciation,            Outstanding Local Officer</p>	Grand Ballroom
10:30AM-Noon	JCI Senate Meeting	Raphael's – 3 <sup>rd</sup> Floor
Noon – 1:30pm	Virginia JCI Senate Luncheon	Raphael's – 3 <sup>rd</sup> Floor
12:30PM – 2:00PM	Lunch/Regional Meetings	
2:15PM – 4:00PM	<b>TRAINING SESSIONS</b>	
	Piggybacking in Community Service – Why Reinvent the Wheel?	
	Ways & Means – Fundraising for your Chapter	
	What Color are You?	
	Extensions & Red Chip Programs	
2:15PM – 3:15PM	Finance Committee Meeting	Board Room 2
3:15PM – 4:15PM	Corporate Planning Committee	
4:00PM – 5:00PM	Training Task Force Meeting	Board Room 2
5:15PM – 5:30PM	Man Mile/First Timers Turn In	Foster's -- 3 <sup>rd</sup> Floor
5:45PM – 6:15PM	Presidential Reception (Invitation Only)	
6:15PM	Doors open for banquet	
6:30PM	<p style="text-align: center;"><b>Camp Virginia Hall of Fame,            Virginia Jaycees 65<sup>th</sup> Anniversary            Presentation and Champagne Toast            &amp;</b></p>	Grand Ballroom

Virginia Jaycees  
 May Conference Draft Agenda

## THE WORST THAT COULD HAPPEN

CHRISTINE HOPKINS, MEMBERSHIP VICE PRESIDENT

“Sure, I’ll ask. What’s the worst that could happen anyway - they say no?”

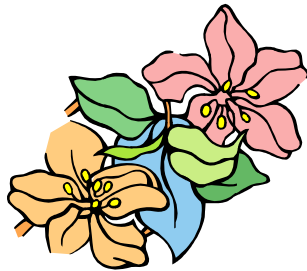
How many times have you said or heard this? In high school, it could have been said when you were thinking of asking your parents for the keys to the car, or to stay out past curfew. In college, it may have been when you wanted to ask out that really hot guy, or needed help from a professor. Now, it may be when you want to ask your manager to try something different at work.

For some people, this statement is said with ease and the confidence that they can handle the answer being no. They will then run to the person they need to ask and can accept the answer with no hard feelings.

For others, being told “no” far outweighs any benefit there could be for asking the question. For these people, “no” IS the absolute worst thing that could happen. It represents rejection and failure. This one small word, laced with overwhelming rejection, holds so many people back from reaching the potential they have, and for doing things that they can do.

I was always one of the “no” people. I wasn’t afraid of failing. After all, Thomas Edison failed 1000 times before he found the right material for making a light bulb. No, my fear was

rejection. My fear of hearing “no” stopped me from doing so many things. I was so afraid of new people, conflict, and rejection that at times, it seemed to hold me hostage. This fear stopped me from asking people to become members of an organization I love and treasure, the Tuckahoe Jaycees. I was too afraid that the person I was asking would not want to be a Jaycee. To me, him saying “no” was personal. He was saying “no” to a group that has helped me to grow and change as an adult. In my mind, by him saying “no” to the Jaycees, he was telling me that he did not value me, or the person I have become. I was being rejected.



So, I am sure some of you are asking why in the world are you the Membership Vice President if you have this fear of rejection. Well, one reason I decided to accept this position is that I want to overcome my fear. President Trish, Chairman of the Board Kay, and some other very close friends had the faith in me to encourage me to look this fear in the face and try to conquer it. Slowly, but surely, and with their constant support, I am

doing that. My fear of rejection is less today than it was in January. I am sure that by the end of the year, this fear will be even smaller.

My fear of rejection has been replaced with a new fear, one that will benefit both the Tuckahoe Jaycees and myself.

In the past few months, I have changed my answer to the “What’s the worst that could happen?” question. While a part of me is still afraid of being told “no,” this new fear is much greater. Now, “the worst that could happen” is that I will NOT ask someone to become a Jaycee who wants to be. This new fear has caused me to take action. I can no longer let my fear of rejection control me. I have to ask people to become a Jaycee. Why? Because they may also have the same, crushing, fear of rejection. They may want to be a member, but, like me, are too afraid to ask to become a one. They may be afraid that we will reject them. I now know that I have the responsibility to ask everyone, because I may be the only one who will.

So, the next time you hear someone ask, “what’s the worst that could happen?” think about what the worst really is. Is the worst asking and being told “no,” or is it NOT asking someone who wants to be asked?

*The heart that  
loves is always  
young.*

**-Greek  
Proverb**

*A sure way for  
one to lift  
himself up is  
by helping to  
lift someone  
else.*

**-Booker T.  
Washington**

Be Young... Be Foolish... but most of all... BE HAPPY!

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[http://www.jaycee.com/  
tuckahoe/tindex.htm](http://www.jaycee.com/tuckahoe/tindex.htm)

### 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

### Moving?

Please drop us a line to let us know if you will be having a new address, phone number and/or email address! You can clip this form and mail it to the address above, or just email the information to any board member.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone number

\_\_\_\_\_  
Email Address

- I prefer my newsletter emailed to me.
- I prefer a paper copy of the newsletter mailed to my home.
- I would like both an emailed copy and a hard copy.

