

Virginia Jaycees Life Member Association

Celebrating and Making Our History

April 2015

A Word from President Sabitha...

Hello Life Members!

Spring is finally here to stay! We had a busy winter with our January meeting in Virginia Beach, regional socials in February and the NOVA winery tour in March. Our hospitality suite for the January meeting was beautiful and spacious, with an array of delicious treats provided by Roz Goin and a fun game night on Saturday hosted by our very own Blair Hedgepeth. It was truly a weekend of reunions as there were some surprise visits by quite a few Life Members we had not seen in a while. We also welcomed five new Life Members: Christina Brunner, Jodi Dean, Tina McCabe, Terri Henshaw Preciado and Barbara Scott.



While February was a bitterly cold month for all of Virginia, our regional socials were exactly what we needed to warm us up – an afternoon/evening with our LMA family.

The Atlantic, Capital, Highland/Mountain and NOVA regions all met throughout the month; a big thank you to our regional coordinators Chris Taylor, Leslie Hager, Patrick Knightly and Sharon Sobel.

The first day of Spring (March 21st) was our winery tour in Northern Virginia – a perfect day to start the new season! Chris Taylor planned a fun filled day with tours to Cobbler Mountain, Philip Carter and Aspen Dale wineries. Our day pleasantly ended with dinner at The Black Bear Bistro in Warrenton.

We continue our support of Camp Virginia Jaycee with our fundraising and volunteering efforts for Camp's 3rd Annual Founder's Day event on Saturday, April 25th. Lee Wolfe has successfully launched a "Duck Race" which we hope to continue and grow in our efforts to sponsor more camperships this year and in the future.

As we wrap up the 2014-2015 year, we will be meeting in Richmond on May 15-17th for our year-end meeting and to elect the new officers. The Virginia Jaycees will not be meeting in May; instead, the weekend will be hosted by the Virginia JCI Senate as they celebrate their 45th anniversary. The LMA will have our own suite. We will have a Dutch treat dinner on Friday evening and possibly on Saturday evening. The Virginia JCI Senate invites the LMA to join them for their anniversary luncheon and Saturday night entertainment. We hope to see many Life Members at the Richmond meeting to elect our new officers, spend time at our suite and help celebrate the Virginia JCI Senate's anniversary.

As this is our final newsletter for the current year, I would like to take this opportunity to thank you all for allowing me to serve you as your 2014-2015 President. It has been my privilege and honor to serve you. This year included meeting many veteran Life Members and welcoming several new Life Members into our organization. I am fortunate to have a dedicated and talented executive board and others that have helped make this a successful year. We started the year with a goal to reach out to more members via newsletters, email and social media, to increase attendance at meetings, to organize more regional socials, to continue our support for Camp Virginia Jaycee and to work closely with the Virginia Jaycees to ensure their success – I'm proud to say we achieved all our goals!

Here's to Celebrating and Making Our History!

Camp Vice President - Lee

Hello everyone! Happy Spring! I'm sure by now everyone is thawed out and enjoying this season's beautiful bounty. Speaking of beautiful, Camp VAJC's Founder's Day is planned for Saturday, April 25. Please mark your calendars for this very special day (and as much as it's been talked about and advertised on social media already, your calendars should be full of reminders!) and come out to Blue Ridge to enjoy the celebration and awesomeness that is the Blue Ridge Mountains, home to our beloved camp. Lots of activities are planned for that date, but one in particular I'd like to promote is the Amazing Camp VAJC Duck Race! Yes, we're having a duck race in the creek at Camp on Founder's Day (An alternate plan is in the works if there's not much rain over the next few weeks, but I don't anticipate this being a problem!). This is a fundraiser for camperships, sponsored by the LMA; I'm hoping all reading this article will somehow participate. You can participate in four ways: helping with the project the day of the event, buying ducks, selling ducks, or buying and selling ducks (I prefer you participate in that last mentioned way - lol)! Please see the flyer in the newsletter for some info, and contact me for more info: cell # is 540-239-3524, and email is mikeandleewolf@yahoo.com. I'd be glad to send you more info or selling sheets. My personal goal is to sell enough for two camperships, so we really need to work towards hitting at least \$1,600.00! We CAN do this!

I have certainly enjoyed being Camp VP this past year; elections are just around the corner. I hope I can leave my successor in good shape. Thank you for the opportunities the position has given me -- officially welcoming new members to the LMA, helping our Queen Roz in January, etc. I look forward to observing how newly-appointed officers impact our great organization in the coming year!

Yours in the Ellie-May spirit!

Lee Wolfe

Camp Vice President



Our Liaison - Christine

Hi there! I would like to do more talking upfront at the upcoming meetings. To make this a reality, please encourage your chapters to nominate worthy participants or give a hint to a Jaycee that can help a chapter complete a nomination. The application form is on the LMA website and linked to the Virginia Jaycees website. Please have anyone who is interested in submitting a nomination, and who has any sort of questions, contact me by email at cshopkins1027@gmail.com. I'll be happy to guide anyone through the application process and read any nomination drafts if desired. Let's recognize those Jaycees who deserve a Life Membership!



State Functions Vice President - Joyce

Hello LMA Family!

I'm so sorry that we were not able to join you in Va. Beach. Trust me-Pneumonia is no fun. I hope you all had a great time! I know for sure that you enjoyed the delicious creations provided by my BFF Roz Goin and her trusty sidekick (and best furry friend) Sam! My special thanks to those sweet folks who helped her and manned the bar.

At our November meeting, I challenged each of you to start reaching out and making contact with one another. I especially wanted you to contact those we have not seen in a while. I hope that you have made an effort to do that and will continue to do so. When I was LMA President, I told you all I had not been blessed with a great family growing up. But I have been blessed by the incredible friends that I found in the Jaycees and those friendships have grown into my LMA family. **Friendships are too precious to take for granted--keep reaching out.** Those precious people that you see a few times a year may be going through "real life stuff", and could use an email pick me up, phone call, or a card.

My thanks to all who hosted regional socials! The Mountain/Highland region had a great time braving the mounds of snow to meet in Staunton. Our wonderful hostess, Leslie Hager did a great job of bringing us all together! One thing is for sure-when the LMA gets together, there is bound to be laughter, food, and fun!

It has been an honor to serve as your State Functions Vice President this year but I did not do it alone. Please join me in thanking Scott Grantham-Products, Roz Goin-Hospitality, Gerry Machek-Bar Master, Rob Cooke-Web Master, Blair Hedgepeth-Entertainment, and Jennifer Rebby-Newsletter. And my deepest thanks to everyone who served our organization this year!!!

To those of you who are new to the LMA-welcome to the family!
I look forward to getting to know you!

I'm looking forward to seeing all of you in May!
And please be thinking about attending our October trip to Chincoteague this year!
More fun, more laughter, more adventures, and more great food!!! ☺

Love you! Joyce Cooke



Hospitality Goddess - Roz

It was great to see everyone at Virginia Beach. I really want to thank my helpers for the weekend, in alphabetical order (yes, I'm a retired teacher): Bubba, Laura, Lee, Lin, Mike and an extra big thank you to my junior helper--Maureen.

I couldn't have done it without you!



I can't believe we're talking about the May meeting already. Even though this will be somewhat different-many things will remain the same. The Hospitality Suite will be open Friday night, Saturday morning for breakfast, Saturday for lunch--for those of you not going to the Senate Celebration, and Saturday night. If you could, let me know if you plan on eating lunch in the suite. If everyone is going to the Senate Luncheon, then there's no need to fix lunch for a crowd. Also, if you happen to be one of my "special foods" people, please let me know when you will be with us so I can plan food that won't kill you off(it's such bad form!)

Products Director - Scott

Products? You want clothing with VA JCLMA and Ol' Farty on 'em? We've got them or can get whatever you want with Ol' Farty embroidered on them!! We now have available for sale to life members: polo shirts, both in green and blue, both men's and women's short sleeved denim shirts, men's long sleeved denim shirts (all are \$20 each, and I have just about every size covered) and now, navy blue, Haynes Beefy-T pocket T-shirts, with Ol' Farty in full color on the back for \$15 each. If I don't have what you are looking for, let me know what you want with Ol' Farty on it and I can have it for you within a few weeks. Also, check out the Marketing on Main website they have set up just for us to see some of what is available:

<http://www.companycasuals.com/vajaycees/start.jsp>. You can also get to this link on the LMA website home page (www.VAJCLMA.com) by clicking the "products" link on the lower left. See y'all in November,



Chairman of the Board - Sean



Our officers this year have done a wonderful job of putting together fun events for us to enjoy. They've worked very hard to make this happen. Now it's your turn – how can you help the LMA? I hope you'll consider giving back to our organization by taking on a leadership role! We are passing the torch to you!

Each year, we need new officers to step up and help our organization support the Virginia Jaycees, make a difference in our communities, and put together fun activities for our fellow Life Members to enjoy. I'd like to encourage you to consider an elected or appointed office for the 2015-16 LMA year. Here is a list of the offices for you to consider:

- | | |
|--|------------------------------------|
| ◆ President (elected) | ◆ Products Director (appointed) |
| ◆ State Functions Vice President (elected) | ◆ Newsletter Director (appointed) |
| ◆ Camp Vice President (elected) | ◆ Hospitality Director (appointed) |
| ◆ Liaison (appointed) | ◆ Barmaster (appointed) |

We also have a Secretary/Treasurer who usually serves a two-year term. Lin Martin is currently mid-way in her term. If you have any questions about these positions or would like to be considered for an office, please let me or President Sabitha know. Thank you!



Chaplain - Lisa

Happy Spring (finally)!

Wow, what a long, cold, snowy winter it was! Hopefully, by the time you read this, the temps will have finally warmed up and stayed warm for us to get out of our hibernation mode and enjoy life more.

I hope that you have been taking care of yourselves. I know many of you have had some losses and challenges over the past few months, either with ones you love or with yourselves. Life can certainly throw us some curve balls. And they can zap our drive, our energy, and our hope. If you're finding yourself in a funk, procrastinating on things you need to do, or lacking motivation to move toward some worthy goals, read about my **5 Top Ways to Motivate Yourself**.

Motivation—here today, gone tomorrow.

*What **is** motivation and why does everyone want to "get" it? Why do we think we have to have it in order to start or finish something? Why does it seem so elusive or fleeting?*

I think it's important to answer those questions before I share with you 5 top ways I have learned and used successfully for myself and with my clients over the years. This will give you a better basis for understanding why the techniques work and be willing to try them out. And if you can learn what motivation is, where it comes from (and why it leaves), and how to get it when you need it to accomplish something, you can achieve more of what you want in your business—and your personal life.

So what is motivation? The dictionary defines it as: the emotion, desire, physiological need, or similar impulse, to act. The two key words here are EMOTION and ACT. Without emotion, there is no action. Without action, there are no results — no change, no growth. Although we can sometimes be fearful of change, as human beings we seek out newness and variety (at least on occasion).

I hear my clients (who come to me because they want change) often say, "I guess I'm just lazy" when they're not taking action on something. Laziness is a "throw around" word—people use it too freely and casually. People are not *lazy*; they are just unmotivated. They are stagnant (lack of action) and unemotional (lack of emotion). We act off of emotion, not intellect. Just "telling" yourself to do something or relying on force of will ("willpower") is inconsistent, ineffective, and frustrating. Go back to the definition above. **Thoughts backed by strong EMOTION create ACTION.**

Emotion creates energy and, as we learned in science class, energy creates motion. The emotion can be *pain* or *pleasure* (current or anticipated), but either emotion can get you into action. Pain is an "away-from" or avoidance motivator and Pleasure is a "toward" or reward motivator. Most people are more "away-from" motivated, meaning they will be more likely to take action to avoid pain than to gain pleasure.

But this is not the best way to motivate yourself. First, because this means you need to put yourself into pain in order to take action. Second, because once you take action and move away from the pain, the energy that was driving the action (pain) subsides and then you are like a sailboat dead in the water with no wind.

"Towards" motivation is the better energy to elicit because it feels better and continues longer. Like a magnetic force, It draws you to the proverbial "pot of gold at the end of the rainbow" vs. shoving you from behind. The techniques shared here are Positive Motivational Techniques with forward momentum. Using them allows you to view your future with excited expectancy and feel naturally drawn to take steps to move toward what you want.

The next page list ways to motivate yourself!!!

🕒 **Be forward-motivated vs. away-from.** Focus on what you want instead of on what you don't want; your subconscious doesn't know the difference. It only knows what you are focusing on and will create the conditions, energy, and perceptions that will match it.

🕒 **Chunk it down.** Goals are best accomplished by breaking them down into small steps or small accomplishments (e.g., start by making 1 follow-up call every day, plan one speaking engagement a month, spend 15 minutes a day posting to social media, go to one new networking event, raise your rates by 25% this month).

🕒 **Engage your senses—Future pace to create emotion behind your goal.** Remember, thought backed by emotion creates momentum. Bring yourself to your ideal future. SEE, HEAR, and FEEL the goal as if it has already been accomplished. Imagine it in the present and infuse it with imagery, sound (internal dialogue, external comments or music representing the wonder of it), and what you would be feeling—physically and emotionally—for having achieved it. Make it as vivid and detailed as possible and really live it for a full minute or more.

🕒 **Clear the mental garbage.** Change your internal dialogue (self-talk). How are you talking to yourself? Negative thoughts lead to negative action (or no action). Are you cheering yourself on, encouraging yourself, creating a "can do attitude?" Is your critical voice getting more air time? Change that negative dialogue into a supportive one. This takes diligence and practice to do consciously. Weeds grow wildly and easily in the garden of our mind. That's why **I recommend using techniques such as hypnosis and EFT to speed up and maintain the process** of clearing the weeds and planting the seeds.

🕒 **Engage support and accountability partners.** Everything is easier and more fun when done with company (and usually gets done faster).

a. Find a positive, supportive buddy who you trust to help keep you on track and committed to your success. Someone who has created the success you want or is good at encouraging others would be a good pick.

b. Find someone who has the same goals as you do, so you can motivate each other and even work together to get your tasks done.

c. Hire a coach to help support and encourage you, develop sound plans of action, hold you accountable to that action, and assist with effective course correction when needed.

Even though we sometimes unconsciously fall into one of these positive motivating techniques, it takes a conscious effort at first to be consistent in motivating yourself into action to accomplish your goals. But the rewards are worth it. So I encourage you to try all of them at least once. Practice them until you get better at them (remember, anything worth doing well is worth doing poorly at first). Keep the ones that work better for you and use them again and again. Pretty soon, you'll be **unstoppable!**

I look forward to seeing you at the May Meeting and Virginia JCI Senate's 45th anniversary celebration in Richmond!
Blessings,
Lisa Smith
Chaplain, 2014-2015



In Good Company at the January Convention



Regional Reunions



Minutes of the January Meeting...

January 24th 2015 10:30am at Ramada Virginia Beach Oceanfront

President Sabitha called the meeting to order at 10:31AM.

Pledge of Allegiance was led by 2014 State President Jackie Julien.

Invocation was given by Lisa Smith, Chaplin. Lisa gave a report of cards sent out since the November meeting.

Sabitha presented the meeting minutes from November meeting. Stu Shatz motion to approve as presented and Dan Banka second. No discussion, all in favor.

Secretary/Treasurer Report - Lin Martin

- *Balance in the checking account is \$25,298.41.

- *Accepting forms for dues for May '15 - May '16.

- *Camp Vice President's report – Lee Wolfe

- *Camp needs sheets handed out for donations camp needs.

- *Camp Work Party is going to be held on March 6 - 7, 2015.

- *Founder's Day is April 25th. The 5K run that had been starting to be planned for Founder's Day will not happen due to other 5K's happening in the area. Other projects being possibly planned are Duck Race, Card pull, and BINGO. Hope Ellis made a motion to have projects to run at Founder's Day. Second by Beth Fujishige. No discussion, all were in favor.

State Function VP report - Sabitha for Joyce Cook

February regional socials

Atlantic -

When: February 21st, 2015, noon

Where: Mermaid Winery

Contact: Chris Taylor

RSVP by February 16th

Capitol –

When: February 21st, 2015, 1:30pm

Where: Capital Ale House Midlothian

Contact: Patrick Knightly

RSVP by February 16th

Mountain/Highland –

When: February 28th, noon

Where: Mrs Rowe's Family Restaurant (same road as Texas Steak House)

Contact: Leslie Hager

RSVP by February 23rd

NOVA –

When: February 21st, 2015, 7pm

Where: Ireland's Four Courts, Arlington (in the cottage room)

Contact: Sharon Sobel

RSVP by February 16th

Minutes of the January Meeting continued..

Bar Master – Sabitha for Gerald Machek

Bubba Blankenship and Mike Wolfe are filling as Bar Master this weekend.

Entertainment Director – Sabitha for Blair Hedgepeth

Blair Hedgepeth has games planned for tonight after the Reception.

Hospitality Goddess – Sabitha for Roz Goin

Show up and eat, eat, and eat. Others are filling in and helping Roz this weekend since Joyce is not here. Lunch is at 12:00 noon, cost is \$5.

Products Director – Lee Wolfe for Scott Grantham

Lee Wolfe announced that the company she works for will print products for the LMA. They will be able to customize the products for you.

2015 State President Amy Tenhouse addressed the membership.

President Amy gave an update on the state of the Virginia Jaycees.

*May Convention - Will not have a big convention as in years past; they will be having a 1 day training/meeting. Looking at when to have 2 meetings in the future. Months are being considered for when to have the meetings.

*State Office Building - City taxes are delinquent to the City of Lynchburg. Taxes have not been paid since 2013. Tax bill has not received any paper bill for the taxes. The total amount owed is \$9,635. Total amount is due by June 30, 2015. President Amy is in talks with Camp Virginia Jaycee for purchasing the state office building. If they are unable to reach an agreement with the camp by April 15th, state is asking for a loan and will be repaid upon the sale of the building. Questions by the membership about the building and the taxes. Motion by Amy Tenhouse that the LMA offer a loan to the pay off the taxes of \$9,635 if the sale of the State office building to Camp Virginia Jaycee or another buyer does not happen by May 15, 2015 to settle the taxes with the City of Lynchburg. Second made by Valerie Hart. Discussions about the funds to be loaned to the Virginia Jaycees. Sherry King called the question. Valerie Hart second. All in favor. Vote called for the original motion, all in favor, no nays.

Winery tour – Chris Taylor

*March 21st in the NOVA area. Looking for wineries and hotels to stay at. More information forth coming.

Liaison – Christine Hopkins

*5 new Life Memberships are being given out tonight at the banquet.

COB's remarks – Sean Neff

*Camp work party is March 6-7.

*Will be talking to people this weekend about positions to serve on next year's board.

President's remarks - Sabitha Venkatesh

*Thanked everyone for their support. 12 Past State President's present at the meeting.

Old Business

*No old business.

Minutes of the January Meeting continued..

New Business

*VA Jaycees President-elect Amy Tenhouse

May Meeting - Working with the Senate with the 45th Anniversary meeting the weekend of May 16th in Richmond since there are no plans at this time by the VA Jaycees on their meeting. Plans are forthcoming on the plans for the weekend. Senate is working with the VA Jaycees about that weekend also.

Sean Neff motion that President Sabitha work with the Senate about an ad for their program book for their 45th Anniversary. Second by Elizabeth Baneka. Vote called for, all in favor.

Adjournment - Stu Shatz motion, second by Ariel Jones.

Jaycee creed led by Past State President Chuck Nelso



**Founder's Day Celebration
Camp Virginia Jaycee
Blue Ridge, Virginia**

April 24-25, 2015

**Virginia JCI Senate 45th Anniversary
Marriott Richmond West
Richmond, Virginia**

May 15-16, 2015

Financial Report – Lin

The Life Member Association (LMA) remains financially sound and able to continue its mission to support the Virginia Jaycees. As of April 16, 2015, the LMA has cash on deposit of \$25,855.48 in all of the accounts of the LMA accounts.

For the 2014 – 2015 year the LMA has 19 regular members and 55 sustaining members. We would love to see membership numbers increase and to see more of our LMA family out and about in the next year.

Regular members may vote, run for office, conduct association business and receive all issues of the newsletter. Regular members may also enjoy the hospitality suite (with delicious snacks and beverages all day) at State Meetings.

Sustaining members are entitled to all the benefits of regular membership. The additional \$10 goes into the general fund and provides the LMA with an additional source of income for unforeseen expenses and supporting the Virginia Jaycees and Camp Virginia Jaycee. Additionally, your name will be included in the newsletter as a sustaining member.

I have already received several membership dues for the 2015 – 2016 year. If your name appears in one of the membership lists (in this newsletter), you have already paid your dues for 2015 – 2016 and do not need to take any further action. If your name does not appear, please complete the enclosed dues form and drop it in the mail as soon as possible or bring it to the meeting in May. If you have any questions regarding dues, please feel free to contact me.

Lin Martin
Secretary/Treasurer 2014-2015
LIN_L95@yahoo.com
540-577-1197

**Virginia Jaycees Life Member Association
2015-2016 Dues Paid Members as of April, 2015
(Paid through May 31, 2016)**

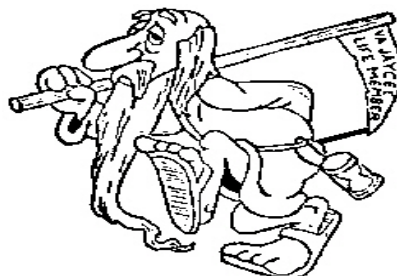
SUSTAINING MEMBERS

Bill Duncan
Christine Hopkins
Laura Murphy
Sean Murphy

REGULAR MEMBERS

Chuck Nelson
Valerie Nelson
Alan Richardson

Thank you!



**Virginia Jaycees Life Member Association
2014-2015 Dues Paid Members as of November 2014
(Paid through May 31, 2015)**

SUSTAINING MEMBERS

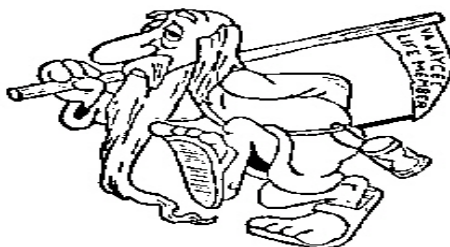
Betty Bass	Rebecca Hopkins	Lisa Seamster
Dan Benka	John Hoppe	Scott Sexauer
Elizabeth Benka	Ariel Jones	Cathy Sharp
Jeff Bobich	Mark Jones	Stu Shatz
Matt Brunscheon	Joni Jordan	Paul Showalter
Joyce Cooke	Jackie Julien	Sharon Showalter
Rob Cooke	Nichole Kaminski	Laurie Skinner
Bill Duncan	Paul Kehrer	Melissa Sleeth
Hope Ellison	Joseph Lewis	Tanju Sonuparklak
Art Esenberg	Sherry King	Marti Stevens
Beth Fujishige	Peggy McHugh	Amy Tenhouse
Roz Goin	Matt Montero	Bertha Tiffany
Sam Goin	Sean Neff	Sabitha Venkatesh
Aimee Hart	Lillibet Obrecht	Sara Via
Blair Hedgepeth	Cathy Ralston	Lee Walker
Chris Hienz	Jennifer Rebby	Brie Wilson
Skip Hilton	Thomas Roberts	Donna Yenney
Christine Hopkins	Charles Rogers	

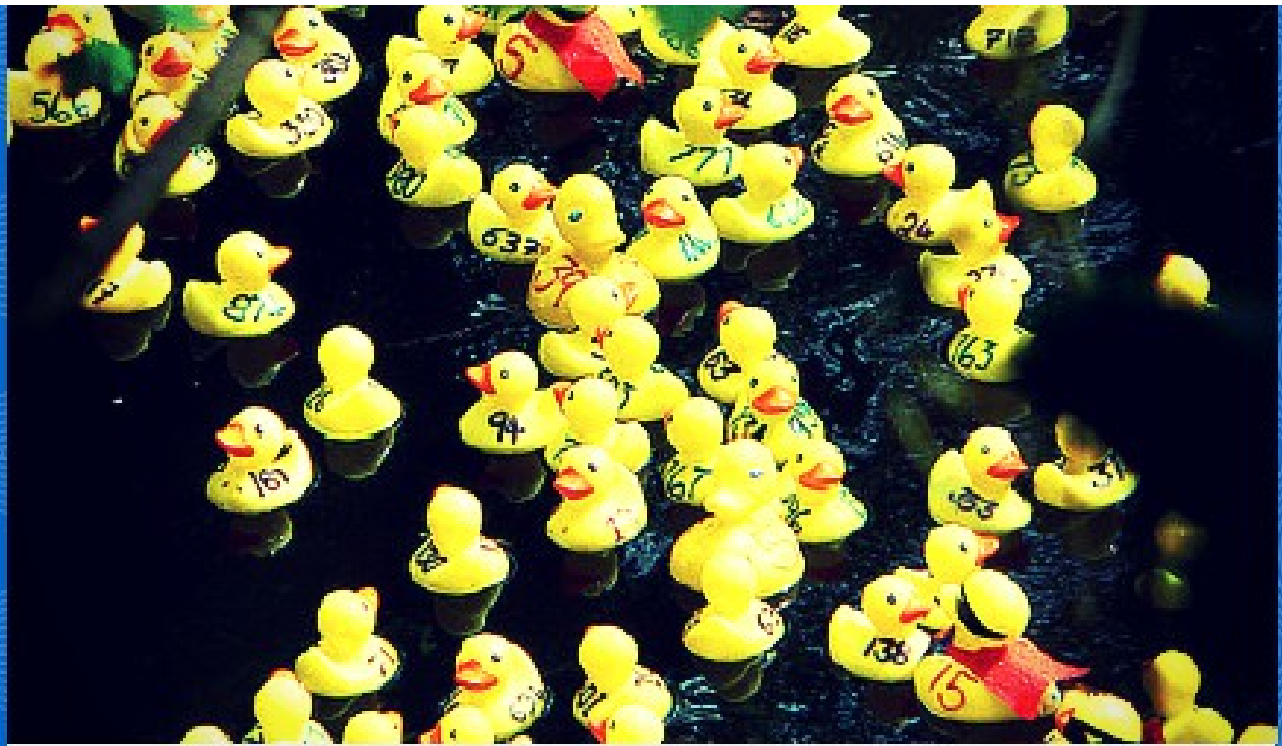
REGULAR MEMBERS

Troy Anderson	Gerry Machek	Mike Wolfe
Frank Butler	Lin Martin	
Lillian Cheng	James Nefflin	
Kay Faries	Larry Radford	
Elissa Grantham	Lisa Smith	
Anne Johnson	Sharon Sobel	
Kathleen King	Kim Williams	
Tom King	Rod Williams	
Vanessa Kingsley	Lee Wolfe	

We need more members to pay dues!

Please contact Lin Martin to arrange payment (LIN_L95@yahoo.com or 540-577-1197)





\$300 First Place \$50 Last Place

2015 Camp VAJC DUCK RACE

APRIL 25 | 10AM-3PM

\$3 FOR 1 DUCK
\$5 FOR 10 DUCKS
\$20 FOR 15 DUCKS

deadline

4/19



PURCHASE YOUR DUCKS AT WWW.CAMPVAJC.ORG