



Introverted or Extroverted? Judging or Perceiving?

You've heard "the letters"- like ENTJ or ISFP. What is your personality type? Find out on March 31 at a Keys to Success: Career Series seminar. You'll complete the **Myers-Briggs Type Indicator®**, or **MBTI®**, and learn what natural strengths you can maximize, and where to look for trouble spots.

Know Thyself Seminar, March 31, 7-8:30 PM Beatley Central Library, 5005 Duke Street. \$18 fee includes MBTI assessment and introductory booklet. Register online at www.alexjaycees.org/seminar/ by March 15 for a \$2 discount.

The Myers-Briggs Type Indicator helps us understand four different aspects of our personalities:

- how we take in information (sensing vs. intuition)
- how we form judgments or make decisions (thinking vs. feeling)
- our life/time management orientation (judging vs. perceiving).
- our source of energy and primary focus (extraversion vs. introversion)

The MBTI measures personality preferences, not abilities or skills. Understanding your own personality preferences and those around you on the job can be a powerful tool.

For instance, here is what the MBTI says about one of the personality traits - introversion versus extroversion:

Extraverts

- Direct their energy and attention primarily toward the outside world of people, things, activities.
- Are people of action.
- Are energized by people/activity; relax through them.

Introverts

- Direct their primary energy and attention toward the inner world of reflection, thought, and feeling.
- Often work well with thoughts and ideas.
- May be exhausted by too many people and activities; relax and are energized through quiet, privacy, intimacy.

ISTJ	ISFJ	INFJ	INTJ
ISTP	ISFP	INFP	INTP
ESTP	ESFP	ENFP	ENTP
ESTJ	ESFJ	ENFJ	ENTJ

But did you know that you can use this information to help improve interpersonal communication?

To Communicate with Extraverts:

- Talk to them, preferably face to face; don't use writing (as a primary means of communicating) to them unless necessary or as a follow-up.
- Respond immediately to questions, comments, etc.
- Emphasize action.

To Communicate with Introverts:

- Write to them first, then talk.
- Allow them plenty of time for prior thought.
- Allow them plenty of time for reflection afterwards.
- Don't drag them to social functions; just stick to business, in the business setting.

These are just a few of the tips you'll walk away with at the Know Thyself seminar.

Cathy Lada

Keys to Success: Career Series Chairman
cathylada@yahoo.com

Hello Jaycees!

Wow, can you believe it is already March! Your board has planned a month filled with exciting projects.

We are participating in a USO Care Package Stuffing Parties on March 5th and 12th at Ft. Belvoir. These packages go to our soldiers serving in Iraq, please see **Sharon Trader** for more details. Help your chapter raise some funds and see a concert, all in the same night. Join us Sunday, March 6th, please see **Larry Radford** for details.

I would like to thank **Larry Radford, Lea Anne Chapman, Alex Abraham, Dr. Bill Incatasciato, Kristie Kehoe, Sharon Trader, Sharon Sobel, Jeff Bobich, Stacy Hickman, Dan Claflin, Cathy Lada, Danielle Roeber, Wendy Boone, Karen Ketcham, Margaret Ketcham, Mike McCollum, Amy Tenhouse, Cindy Hauser, Marian Wack, Lori Terry** and **Kathleen Short** for all of their hard work in the month of February. Please forgive me if I left anyone out. These individuals devote their time and effort to bring us the best programming in the State of Virginia.



Member in the Spotlight

Name: **Marian Wack**
Date Joined: May 2002
Occupation: Contract Specialist
Age: 33

Why did you join the Jaycees? I wanted to give part of myself back to the community and I enjoy meeting new people.

What I do in my free time: Hiking, travel, boating, dancing, and spending time with friends.

Favorite project: The annual Holiday Shopping Tour.

What's the best thing about being a Jaycee? The best thing about being a member of the Alexandria Jaycees is the terrific group of people that make up our organization.

President's Message

Please visit our website at www.alexjaycees.org and join or renew your membership from the convenience of your own home. Thank you to **Larry Radford** for all of your hard work in getting this feature added to the website.

As most of you know I work in the financial services industry. On a regular basis, I see how identity theft can destroy people's lives. Please check out my article on page seven of this newsletter for some information I received from a good friend concerning this growing crime. I hope this helps each of you.

Peace.

Jack Ferry
president@alexjaycees.org
2005 President



CD Super Weekend Coming Up!

We've gotten CD off to a great start this year. A special thanks to **Kathleen Short** and all the volunteers who attended the *USO Stuffing Party* last month.



I heard that they didn't need to do the afternoon shift because there were so many volunteers from various groups. The next opportunity to volunteer for this project will be **March 12**.

We will be attending the City of Alexandria's *St. Patrick's Day parade* and enjoying a meal out afterwards on **March 5**.

Contact me for more information.



We will be helping bag food for the needy with ALIVE! on **March 26 at 8:30 AM at the Cora Kelly Rec Center**. We had a great turn out last month. Thanks to all who came out for the project.

We also have several opportunities coming up this month that were not able to make the printing of this newsletter. Please check the website and the list-serve for more details.

Community Development

MARK YOUR CALENDARS FOR APRIL 30 AND MAY 1. We will really need your support that weekend.

That weekend we have: *Rebuilding Together Alexandria*,



helping out with a *hike to West Virginia*,

the *Imagine Dinner* on **April 30**,



and the *Carpenter's Shelter Cookoff* on **May 1**.



Please plan on attending one of the events that weekend! We'll have a special surprise to those who help out at more than one event that weekend! Thanks!

Sharon Trader
Community Development Vice President 2005
cd_vp@alexjaycees.org

Andy Feltman-Director
Amy Tenhouse-Director

Food Drive Last Saturdays in 2005

Volunteers are needed to help bag and distribute nonperishable food and fresh produce to low-income families at Cora Kelly Recreational Center (3600 Commonwealth Avenue). This project helps local Alexandrians every month on the last Saturday from 8:30 AM - 12:00 PM (approx.). Join us on Saturday, March 26, 2005. For more information or to participate, please contact **Amy Tenhouse** at atenhouse@hotmail.com.



Individual Development Projects in March

You are invited to celebrate St. Patrick's Day for two days! There is going to be a **Bar of the Month March 18 at 7:30 PM at Murphy's Grand**



Irish Pub. Murphy's is located at 713 King Street in Old Town. Sure, it will be too late for green beer, but the atmosphere is perfect.

Do you know how many careers George Washington had over the span of his life? Did he really have wooden dentures? Did he really cut down a cherry tree? What is the color of George Washington's white horse?

Gotcha! These are some of the questions that will be answered when we **tour Mount Vernon on March 26.** We will meet at the Belle View Safeway at **10 AM** then car pool to Mount Vernon. There is a food court there so we can grab a bite to eat if we feel inclined. There is also an ATM in case you need spending money. For more information, contact any member of your ID team listed below.



Individual Development

The **Book Club** meets on **March 29 at 7:30 PM** at **Panera Bread**, 3201 Duke Street, to discuss *The Lovely Bones*. For more information, contact **Diana Combs** at dcombs001@comcast.net.

How do you find the job that is right for your personality? You should "Know Thyself," the latest **Keys to Success program on March 31 from 7-8:30** at the **Beatley Central Library**, 5005 Duke Street. Pre-register at www.alexjaycees.org/seminar/ and save \$2. The registration fee is necessary to cover seminar materials. The registration fee is \$18. For more information, contact **Cathy Lada** at cathylada@yahoo.com.

We have a lot of projects for you to do. If you have any program suggestions, please let us know. You can contact any ID team member.

Cindy Hauser

Individual Development Vice President 2005
id_vp@alexjaycees.org

ID Directors:

Christy Hopper christine.a.hopper@dla.mil
Marian Wack mwack4hotmail.com.

March Book Club: *The Lovely Bones*



March 29, 7:30 PM Panera Bread, 3201 Duke Street, Alexandria. *The Lovely Bones* by Alice Seabold.

The Lovely Bones works as an odd yet affecting coming-of-age story. Susie struggles to accept her death while still clinging to the lost world of the living, following her family's dramas over the years like an episode of My So-Called Afterlife.

Though sentimental at times, *The Lovely Bones* is a moving exploration of loss and mourning that ultimately puts its faith in the living and that is made even more powerful by a cast of convincing characters. -- Amazon.com

Winning Résumés

Please join us **April 4 from 7-8:30 PM** for this seminar, part of the Keys to Success: Career Series. We'll be at the Beatley Central Library Community Room (5005 Duke Street, Alexandria). This seminar was rescheduled from February due to the weather.

Be sure to **bring your résumé along** - this is a hands-on, practical seminar.

Whether you're looking for your next job or happy where you are, having an up-to-date and well-written résumé is essential.

Learn:

- what prompts a potential employer to call
- how to highlight your accomplishments
- how to position yourself for promotion

Our two presenters are Shira Harrington and Marshall Brown.



Since 1994, Shira Harrington, Senior Recruiting Consultant with Positions Inc., has helped candidates and client companies find each other. Shira specializes in placing administrative and mid-senior level professionals for a range of DC area employers.

Individual Development

Marshall Brown, CPCC, is a certified career and life coach and founder of Marshall Brown & Associates of Washington, DC. Marshall is the former director of the Greater Washington Society of Association Executives' career services center.



Marshall Brown is the co-author of "High-Level Resumes," available now on Amazon.com.

Cathy Lada

Keys to Success: Career Series Chairman
cathylada@yahoo.com

Camp Virginia Jaycee Work Party April 1-3



Camp Virginia Jaycee serves children and adults with mental retardation, providing them with fun, educational programs each summer. It is located in Roanoke, Virginia, but is supported by all Jaycee chapters across the state. Camp Work Parties are held twice a year for Jaycees to maintain the Camp through painting, cleaning, landscaping, renovations, etc.

For more information visit <http://campvirginiajaycee.com/> or to RSVP contact 2005 State Director **Laura Murphy** at state_director@alexjaycees.org.

Jaycees' "Homecoming Weekend" in June

Hi, everyone. It's your chairman of the board, Alicia. I was proud to be your President last year and pleased to be leading one of our largest projects this year – Charter Night 2005. Or, like our committee likes to call it, one hell of a celebration!

Celebration, you might ask? Yes! In 1940 Franklin Backus and a group of friends felt Alexandria needed to be a part of one of the greatest organizations for young people in the country, the Junior Chamber of Commerce (more commonly referred to as the Jaycees). Upon organizing, the Junior Chamber International and the U.S. Junior Chamber awarded only the second charter in the great Commonwealth of Virginia to a small town called Alexandria.

Since that time, the Alexandria Jaycees have been a visible and vital part of this community. In 65 years, we have built an amphitheater, started city commissions, raised hundreds of thousands of dollars for the community, and given direct support to hundreds of city agencies and community organizations such as the Parks and Recreation Department, Carpenter's Shelter, TC Williams High School, Alexandria Red Cross, American Cancer Society, ALIVE!, Special Olympics, and the list goes on and on and on. In short, we have made a difference. And, that is something to celebrate.



And, each year we take time to honor that day and every day in our 65 years ago that keep this fantastic ride going. We celebrate our commitment to the community, the leaders we have

developed, and most of all, the friendships (and marriages) we have made. We celebrate the memories we have because we joined this unique organization.

Celebrating 65 Years in 2005

You will all receive a special invitation from me in the coming months to attend our Charter Night 2005. I hope you will all come.

So join us the first weekend in June for *Homecoming Weekend*:

- Friday, **June 3**: A *social* at a local establishment in Old Town.
- Saturday, **June 4**: The big celebration we call *Charter Night*.
- Sunday, **June 5**: *Picnic* and possible *homecoming football game*.



Our plans are still fluid and in the planning stages. We also have some special ideas including a dinner cruise on the Potomac, a restaurant with a view of the Potomac or other Alexandria locations.

Ideas are still flowing and we welcome yours. Please contact me or anyone on the committee if you have ideas or would like to help. Keep an eye out for more details as our plans become finalized.

I want to thank those on the Charter Night 65 planning committee:

- **Lea Anne Chapman**
- **Stacy Hickman**
- **Kathleen Short**
- **Cindy Hauser**
- **Kristie Kehoe**
- **Jennifer Revik**
- **Jan Goodwin**
- **Bill Incatasciato**
- **Tim Castricone**

Thank you!

Alicia Auerswald

Chairman of the Board 2005
Charter Night 2005 Chairperson
(703) 739-0605

chairman@alexjaycees.org

Happy March, Everyone!

Happy St Paddy's Day!

Mr. President Jack Ferry has set the lofty goal of recruiting 50 new members to the Alexandria Jaycees in 2005. Naturally, we need your help. I'm asking every member to either recruit or recommend the Alexandria Jaycees to a friend, family member, co-worker, neighbor, etc.

Heads up! We will be having an *M-night*, or membership open house, in April. This is the ideal event to invite prospective members you know. Details coming soon.

New Membership Process

Beginning in 2005, the U.S. Junior Chamber has changed the membership renewal process. You must *renew your membership in the Jaycees during the month prior to your anniversary month.*

For example, if you joined the Jaycees in May of 2004, you will renew your membership for 2005 during the month of March.

WHY?

The national and state Jaycee organizations feel that this new process will help chapters know which of

their members are renewing their memberships at the beginning of the month instead of the end of the month, enabling chapters to develop a plan to grow their chapters during that month.

The national organization feels this is a positive, proactive approach to increasing our impact as Jaycees across the nation.

So, please help us by getting in your renewals at the beginning of the month, so our chapter will not be assessed a penalty fee and you will not lose your membership status, degrees, etc.

If you have any questions about this feel free to contact me at membership_vp@alexjaycees.org or Jack at president@alexjaycees.org. We will try to answer your questions regarding this policy, but remember it's a learning process for us too.

Thanks for reading and thanks for your help.

Cheers,

Stacy Hickman

Membership Vice President 2005

membership_vp@alexjaycees.org

Photos Needed

I need hard copy (not digital) photos from 2005 Jaycee events to put together a few membership displays. Please mail them to the Chapter PO Box or give them to an officer of the Board at any Jaycee event.

Mail to: Alexandria Jaycees, PO Box 1836, Alexandria, VA 22313.

Stacy Hickman

Membership Vice President 2005

membership_vp@alexjaycees.org



65 Years of the Alexandria Jaycees: Part 2

As all Jaycees know, community service is one of our founding principles. If you've been a member for a year or more, you've probably helped your chapter with the Red Cross Waterfront Festival, the Alexandria Scholarship Telethon, Rebuilding Together, the Carpenter's Cookoff, or our annual Holiday Shopping Tour for underprivileged children. But in the span of 65 years, the Alexandria Jaycees have done much more to impact the Alexandria community than you may realize.

The chapter's very first community service project on record was improving the City's tennis courts and endorsing the use of parking meters in 1940. This was followed just a month later by building a playground for the City using a \$41 profit netted from a Boat Club dance.



Other projects of the 40s included a bicycle registration and code of riding rules project, a fire prevention project, a rummage sale for a school milk project, a War Bond drive, clothing drives, a tree planting project, and starting the Alexandria Safety Council.

In the 1950s our chapter painted the Lyceum Theatre at Prince and South Washington

streets. It also placed a wrecked automobile on the corner of Washington and King Street complete with "bloodied mannequins hanging out shattered windows, reminding motorists to drive with caution."



The chapter created a "Get Out the Vote" project, registered people to give blood, donated \$1,000 toward the \$3,000 fund to create an Alexandria Tourist Council, and gave the first City Awards to recognize outstanding Alexandria City employees, a project which is still run today under the title of "Community Appreciation Night."

Other noteworthy achievements of the late 50s and 60s included building a "Father's Waiting Room" at Alexandria Hospital, sponsoring emergency polio booths around the City, revitalizing Alexandria's economic well being through the "Get Gadsby's Going" project, and building the Fort Ward Park Ampitheater.



Coming in a future column...community service projects of the 70s, 80s and 90s. Stay tuned!

Kristie Kehoe
Webmaster
webmaster@alexjaycees.org

Jaycee Member News

Congratulations to Alexandria Jaycee **Cynthia A. Powell**. Cynthia has received her Event Management Graduate Certificate from The George Washington University. The program provided the education and training necessary for success in a highly competitive industry.



Preventing Identity Theft

Identity theft is becoming a multi-billion dollar international horror. It is principally perpetrated by sophisticated gangs in Russia and the Ukraine who are paying \$800 for each piece of information such as social security numbers, credit card numbers, checking account numbers, etc.

As most of you know I work in the financial services industry. On a regular basis, I see how identity theft can destroy people's lives. Listed below are some helpful tips from an email I received from a good friend concerning this growing crime. I hope this information helps each of you.

1. The next time you order checks have only your initials (instead of first name) and last name put on them. If someone takes your checkbook, they will not know if you sign your checks with just your initials or your first name, but your bank will know how you sign your checks.



2. Do not sign the back of your credit cards. Instead, put "PHOTO ID REQUIRED".

3. When you are writing checks to pay your credit card bills, DO NOT put the complete account number on the "For" line. Instead, just put the last four numbers. The credit card company knows the rest of the number, and anyone who might be handling your check as it passes through all the check processing channels won't have access to it.



4. Put your work phone number on your checks instead of your home phone. If you have a PO Box, use that instead of your home address. If you do not have a PO Box, use your work address. Never have your social security number printed on your checks. You can add it if it is necessary, but if you have it printed on your check, anyone can get it.

5. Place the contents of your wallet on a photocopy machine and copy both sides of each card. You will know what you had in your wallet and all of the account



numbers and phone numbers. Keep the photocopy in a safe place. I also carry a photocopy of my passport when I travel either here or abroad.

6. We have been told we should cancel our credit cards immediately if they're stolen. But the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them.

7. File a police report immediately in the jurisdiction where your credit cards, etc., were stolen. This proves to credit providers you were diligent, and this is a first step toward an investigation (if there ever is one).



8. Call the three national credit reporting agencies immediately to place a fraud alert on your name and social security number. I had never heard of doing that until advised by a bank that called to tell me an application for credit was made over the Internet in my name. The alert means any company that checks your credit knows your information was stolen, and they have to contact you by phone to authorize new credit.

Now, here are the numbers you always need to contact if your wallet, credit cards, or checks have been stolen:

- 1.) Equifax: (800) 525-6285
- 2.) Experian (formerly TRW): (888) 397-3742
- 3.) Trans Union: (800) 680-7289
- 4.) Social Security Administration (fraud line): (800) 269-0271

Peace,

Jack Ferry
president@alexjaycees.org

Mötley Crüe, March Madness, and Movies

ANNOUNCEMENT! From the start of this year (January) through June, for each five shifts you work at a Financial Portfolio fundraiser, you will receive two tickets to any AMC movie theater for the performance of your choice.



Yep, if you've already helped out on a financial project, you're well on the way to seeing the movie of your choice on the night of your choice with the date of your choice. If you haven't signed up -- what are you waiting for? Sign up today!

This March finds your intrepid team of fundraisers venturing to the **MCI Center Concession Stands** at 5 **PM** on Sunday, **March 6** to the hard-rockin' sounds of Mötley Crüe as we earn \$\$\$ and ask the eternal question: "Do you want double cheese with your nachos?"



And on Sunday, **March 13** we'll be on hand at **MCI Center** for the **ACC Men's Basketball Tournament**. These fans will need plenty to eat and drink.

Join us as we put a few shrimp on the Barbie and talk of upcoming financial projects **March 16** at **7 PM** at the **Outback Steakhouse on Route 1 South** (6804 Richmond Hwy., Alexandria, VA in the Beacon Hill Mall; Phone: (703) 768-1063 <http://outback.know-where.com/outback/cgi/site?site=4720&address=>).

The **Haunted House meeting** will follow at **8 PM** on Wednesday, **March 16** at the Outback Steakhouse as well.

Financial

Next, on Saturday, **March 19**, our **MCI** concessionaires will wait on Wizards fans as the Wizards beat the Utah Jazz. Report time is **5 PM** and victory in sight.

As usual, we need folks to be TIPS-trained to run a cash register at any MCI event. If you are trained, please volunteer by contacting me.



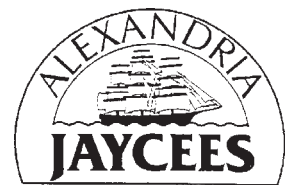
If you're not TIPS-trained yet, help is on the way. Watch this space for more details.

Until I see you at the next financial project -- have fun, enjoy life, and support your chapter.

Larry Radford
Financial VP 2005
Financial_VP@alexjaycees.org

Renewals Due This Month

Alex Abraham
Anne Barrett
Amy Miller Holmes



Happy (March) Birthday to...

Alicia Auerswald
Amy Cleveland



SUN	MON	TUES	MARCH WEDS	THUR	FRI	SAT
		1	2	3	4	5 St. Pat's Day Parade TBA; USO Stuffing Party @ Ft. Belvoir 9-4
6 MCI Concession: Motley Crue Concert 5PM	7	8	9	10	11	12 USO Stuffing Party @ Ft. Belvoir 9-4
13 MCI Concession: ACC Tournament	14 Board Meeting @ Jack Taylor Toyota 7:30 PM	15	16 Financial Portfolio Mtg. @ Outback 7:30 PM; Haunted House 8 PM	17	18 Bar of the Month @ Murphy's 7:30 PM	19 MCI Concession: Wizards v. Utah 5PM
20	21	22	23	24	25	26 Mt. Vernon Tour 10AM; ALIVE Food Drive @ Cora Kelly 9-12
27	28 Chapter Meeting @ Masonic Temple 7:30 PM	29 Book Club "Lovely Bones" @ Panera 7:30 PM	30	31 Keys to Success: Know Thyself @ Beatley Lib. 7-8:30		

Visit www.alexjaycees.org/calendar.htm for details....

APRIL						
SUN	MON	TUES	WEDS	THUR	FRI	SAT
					1 Camp Virginia Jaycee Work Party April 1-3	2
3 MCI Concession: Wizards v. Indiana 9 AM	4 Keys to Success: Résumés @ Beatley Library 7-8:30 PM	5	6	7	8	9 MCI Concession: Wizards v. Philly 5 PM
10	11 Board Meeting @ Jack Taylor Toyota 7:30 PM	12	13 MCI Concession: Wizards v. Utah 5PM	14	15 Bar of the Month @ King Street Blues 7:30 PM	16
17	18	19	20	21	22	23
24	25 Chapter Meeting @ Masonic Temple 7:30 PM	26 Book Club @ Panera 7:30 PM	27 Keys to Success: Interviewing @ Beatley Lib. 7-8:30 PM	28	29	30 ALIVE Food Drive @ Cora Kelly 9-12

Congratulations to our 2005 Community Appreciation Night Award Winners!

Front Row:

Linda Diaz-Paz, *Alexandria Public Schools*

Deputy Sheriff Monique Edwards, *Office of
the Sheriff*

Jennifer Cohen Cordero, *City Mental Health,
Mental Retardation and Substance Abuse
Office*

Back Row:

Vice Mayor Del Pepper

Captain Rodney Masser, *Fire Department*

Officer Todd Branson, *Police Department*

2005 President Jack Ferry



These five outstanding City employees were honored February 23 at the Alexandria Jaycees' annual community appreciation night for their outstanding work and dedication to improving the lives of the citizens of Alexandria.

A great big thank you (!) to **Cindy Hauser** and **Danielle Roeber**, my event co-chairs, as well as **Kristie Kehoe**, **Jack Ferry**, **Mike McCollum**, **Dr. Bill Incatasciato**, **Sharon Sobel**, **Dave Correia**, **Sharon Trader**, and Keyman **Wendy Boone** for her help with the program book, as well as the folks who stayed behind to become our ad hoc event clean up crew - **Laura Murphy**, **Stacy Hickman**, **Lea Anne Chapman**, **Jeff Bobich**, **Jan Goodwin**, **Alicia Auerswald**, **Tim Castricone**, **Beth Fujishige**, **Lori Terry**, **Larry Radford**, and **Rashawn Randazzo**. If I've left anyone off of this list, I truly apologize - it was a very busy night and we couldn't have done it without all of your help.

Cathy Lada

CAN 2005 Co-Chair



Alexandria Jaycees
PO Box 1836
Alexandria, VA
22313

ADDRESS
CORRECTION
REQUESTED

Event hotline:
(703) 866-7171

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