

Alexandria Jaycees News



April 2008

Feature Projects

Hit a Grand Slam with the Jaycees!

"It could be, it might be, It is! A home run!" – Harry Caray

Help the Alexandria Jaycees hit a grand slam as we participate in FOUR community service projects, all on the same weekend (April 25 – 27, 2008). It's time to get out in the community and make a difference!

First Base – ALIVE! Friday, April 25th, 6:30 – 8:00 pm.

Volunteers will help unload food from the ALIVE! truck at Cora Kelly Recreation Center in preparation for the Last Saturday Food Distribution. We'll haul the food from the truck into the Rec Center and we'll do an initial count of the food and a few other things. To volunteer, contact **Andy** at treasurer@alexjaycees.org.



Second Base – Rebuilding Together Alexandria. Saturday, April 26th, 8 am – 3 pm.

Once again we are approaching National Rebuilding Day and looking for volunteers to help Rebuilding Together Alexandria (RTA) help people in need.



Since 1986, RTA has been committed to donating home repairs to the in-need families of our community. So, come out and join over 450,000 other volunteers across the country and donate your time and energy to help those less fortunate.

The Alexandria Jaycees has been assigned to help the Carpenter's Shelter with some yard work. Many of

you are familiar with the Carpenter's Shelter, but this wonderful organization provides immediate and basic needs for Alexandria's homeless families, children and adults. We will be trimming, weeding and spreading new mulch in the front yard and play ground area.



Come out, have fun and do good!

If you are interested in this event, or want more information, please contact **Mike Gallagher**: mgallagher@urban-ltd.com or **703-965-0481**. All volunteers must fill out the Volunteer Sign-up Form located on the Rebuilding Together Alexandria website: <http://www.rebuildingtogetheralex.org/VolSignUp.pdf>. All forms must be filled out and given to Mike Gallagher prior to April 26th in order to volunteer.

Third Base – Imagine Dinner. Saturday, April 26th, 6 pm – 12 am.

Join the Jaycees as we help raise money for the Northern Virginia AIDS Ministry (NOVAM). We'll be meeting for dinner at the home of **Amy Tenhouse** and **Marc Nguyen** at 6 pm, followed by a party at the Torpedo Factory Art Center in Old Town Alexandria. Tickets for the evening are \$30. **Robyn Martin** is serving as this



year's Imagine Dinner chairperson. See the Imagine Dinner article in this newsletter for additional details.

And you're almost home...Carpenter's Cook-Off. April 27th, 12 – 3 pm.

Cap off a great weekend on Sunday, April 27 by volunteering for the 6th annual Carpenter's Cook-Off, (continued on page 3)

Have Fun. Do Good.

“Volunteering doesn’t have to be a one-time experience. For many, it’s a lifetime activity.” While I can’t pin down the exact source of this quote, I know there are millions of people across the globe who share this sentiment. Why do so many give their time and try to make a difference in others’ lives? I think it’s the chance to make a real connection with other human beings - and valuing that connection.

I’m inspired almost daily by the Jaycees I know. They give so much of themselves - not just their time and talents (which are considerable gifts) but of their compassion and empathy. And their joy. What I see is not an “us” and “them” mentality, but a “we.” As in, we’re all in this together and we’re all responsible for helping one another when we need it and celebrating our joys and successes as well.

And, it’s not just through organized volunteer groups that I see the incredible gift of caring and moments of true connectedness given - I see it in the daily kindnesses volunteered to co-workers, family and friends who need a hand or an ear; to strangers on the Metro;

Potomac Watershed Cleanup

Last year’s Cleanup removed nearly 232 tons of garbage from the River, including recyclables, hundreds of tires, shopping carts, car bumpers, recliners, and one kitchen sink!

The Alexandria Jaycees have decided to get involved with this operation this year, as there is a great deal of work to be done on this critical cleanup. If you can make it, your help would be greatly appreciated.

Jaycee volunteers will meet at 8:30 am on Saturday, April 5, 2008 in the left parking lot of the Washington Sailing Marina on Daingerfield Island. The Marina is on the George Washington Parkway, between Old

President’s Message

to people standing in line at the grocery store; and to people you run across in the course of your everyday routine.

I think belonging to a volunteer group like the Jaycees increases the impact you can make. There are so many ways to get involved - just read through this newsletter and make a commitment to come out to one of the projects, socials, or other events your fellow Jaycees have organized.

It’s an incredibly wonderful feeling to know that you’re making a difference in the lives of Alexandrians - even if you can only give a few hours per month. How are you connecting with others in your life?

Cathy Lada
2008 President
president@alexjaycees.org



Town Alexandria and National Airport. From there, we will register with Mr. Rock Kulisch, who is leading this event through the Alice Ferguson Foundation.

We will be working on two sites there, between Four Mile Run and Daingerfield Island. These are areas that accumulate a great deal of trash and are in critical need of our help. So, from 9:00 am to Noon, we’ll roll up our sleeves and get to work! Throw on some old clothes, bring a pair of gloves, and prepare to have fun! All volunteers are invited to attend a post-cleanup party on Saturday night (more information TBA).

Tyler Fleming is the 2008 Potomac Watershed Cleanup project chair. If you’d like to volunteer or need more information, contact **Amy** at cd_vp@alexjaycees.org.

Community & Individual Development

Carpenter's Shelter Cookoff (cont. from page 1)

...a casual family afternoon of dining on delectable creations from participating restaurants such as Mango Mike's, Blue Point Grille, Stardust Cafe, Union Street Public House, Hollin Hall Bakery, and more. Jaycees are needed to help with clean up, and as a volunteer, you will receive free admission (\$40 value)! Last year, we had the chance to eat tons of delicious food, bid on some fun prizes, and listen to some great music. The actual "work" part of the day only took about 30 minutes, starting around 3 pm! The Cook-off will take place at The Birchmere, 3701 Mt. Vernon Avenue, Alexandria VA 22305. To volunteer, contact Amy at cd_vp@alexjaycees.org.

**Waterfalls in Alexandria?
Hiking Hidden Secrets!**

Come join the Jaycees as we explore the best of Northern Virginia and Maryland's trails, and increase our hiking endurance through a series of seven hikes. The first hike is in our own backyard, in Alexandria's Winkler Botanic Preserve.

Description: The Winkler Botanic Preserve is an astonishing urban locale. The trailhead lies at the edge of a meadow flanked by woods and what looks like a forest fire tower. The hike route's features include a lake, waterfall, mountain lodge, and even a Hobbit House, along with flora that validate the preserve's name. Scenery: Small-scale woodlands, meadows lake, pond, streams. Trail surface: Mostly wood-chip mulch or mulch and dirt; some gravel, grass.

HIKE #1: 4/6 - 1.4 MILES - EASY
WINKLER BOTANIC PRESERVE, ALEXANDRIA, VA

HIKE #2: 5/3 - 2.7 MILES- EASY
SCOTTS RUN, MCLEAN, VA

HIKE #3: 6/8 - 3.9 MILES - MODERATE
TURKEY RUN LOOP, MCLEAN, VA

HIKE #4: 7/12 - 4.5 MILES - EASY
BURKE LAKE FAIRFAX STATION

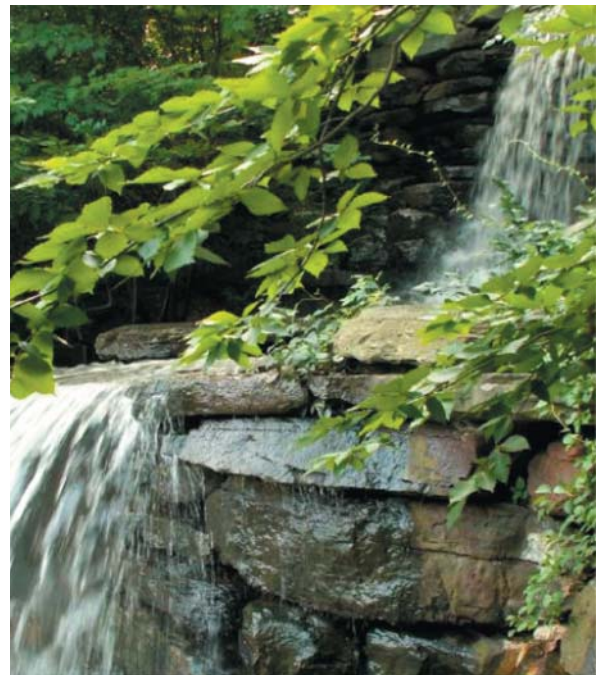
HIKE #5: 8/2 - 6 MILES - MODERATE
BILLY GOAT- GOLD MINE LOOP POTOMAC, MD

HIKE #6: 9/13 - 8 MILES - MODERATE
SCHAEFFER FARM YELLOW TRAIL, GAITHERSBURG, MD

HIKE #7: 10/4 - 10 MILES - EASY
C & O CANAL: WHITES FERRY TO EDWARDS FERRY

If you are interested in joining us on the first hike, meet up at the trailhead located at 5400 Roanoke Ave. in Alexandria at 1:15 p.m. To get us to wait for you, drop me an email to let me know you're coming.

Sharon Sobel
2008 ID and Membership Activation VP



Individual Development & Activation

Taking a Risk

“Don’t do what you want. Do what you don’t want. Do what you’re trained not to want. Do the things that scare you the most.” -- Chuck Palahniuk, Invisible Monsters, 1999

What a great quote---it’s what “individual development” is all about. Now, we’re not talking about going bungee jumping necessarily, or skydiving (I’m in the process of getting life insurance, and they don’t look too kindly on folks with that sort of thing in their blood.), but just trying something new. It could be as simple as public speaking, couldn’t it?

That’s what’s so great about the Jaycees. You get opportunities to do the things that might have scared you in the past. How? You get the support of your friends, your acquaintances, even folks that don’t know you! When you get up and do something gutsy, everyone will admire you for that (they simply wish they had the confidence you had). But support won’t guarantee success. You get training. No one expects anyone to take on something they’ve never done before, and be completely successful, without any training.

Dean DeGood is our most recent example---he took on his very first Jaycee project by running the St. Patrick’s Day Parade project, and he hasn’t even been a member for six months! Feel free to talk to him about how easy it was to run a project!

In that vein, there are two great opportunities coming up that might help you reach inside yourself to do things you didn’t think you’d be able to do. **Chuck Nelson**, our state’s Individual Development VP, is going to be at our April Chapter meeting to help us learn how to develop public speaking skills...and how we can push those skills to the limit in the Jaycees.

And for those of you who made a New Year’s Resolution to get more fit in the year, we’re running a hiking series that will have you hiking ten miles by

October. See the other article in this newsletter for more details.

So what scares you the most? Let me know---we’ll help you reach inside yourself to find the skills and confidence to do what you didn’t think you wanted to do, or could do.

Sharon Sobel
2008 ID and Membership Activation VP
id_vp@alexjaycees.org

AIA Walking Tour of Alexandria



Begins at the Lyceum, 201 South Washington Street; **Apr. 13 1-3 p.m.** Walking tour will cover the history of Old Town Alexandria as reflected through its architecture and urban design. Examples feature a full range of architectural styles from Georgian through Art Deco and the pedestrian scale of the city plan and streets will be discussed. This year’s tour will also feature the historic Cromley Lofts, Virginia’s first LEED silver rated sustainable condos, and portions of the proposed Parker Gray National Register historic district. Tour led by members of the AIA Northern Virginia Historic Resources Committee. Interested? RSVP to **Faith Price: faith_d_p@yahoo.com** by April 6th if you want to go. The tour is free, but we have to make a reservation.

Training Opportunity

Our VA Jaycee State Convention is the weekend of May 30th - June 1st. It will be held in Staunton, Va (not too far from here) at the Stonewall Jackson Hotel & Conference Center. I will be letting you know more info as the time grows closer! But **SAVE THE DATE** for the Convention in late May! Have a great April! In Jaycee Spirit, Sally Schroeder

IMAGINE 2008

Northern Virginia AIDS Ministry's signature fundraising event: 26 April 2008

As in years past, the Alexandria Jaycees are pleased to participate in raising money for the Northern Virginia AIDS Ministry (NOVAM), a local organization tasked with educating the community about HIV/AIDS, combating the fear, prejudice, and complacency that surround the disease, and providing direct services to meet the needs of those who are living with HIV/AIDS. This event is the one that, of all our events, is most close to my heart. When I was in college, one of my close friends was diagnosed with and quickly succumbed to the AIDS virus. If he had the support that NOVAM provides to their clients, I fully believe that he would have survived—and thrived. It is in his memory that I volunteer with NOVAM and for him that I host this event each year. Thanks for taking part!

IMAGINE consists of two parts. The opening number begins at 6:00pm with an informal dinner party at 628 South Taylor Street, Arlington (the home of **Amy Tenhouse and Marc Nguyen**). The Alexandria Jaycees and our friends are invited to attend with a contribution ticket price of at least \$30 for NOVAM. Later that evening (8:00pm), we will join 50 other house parties at the Torpedo Factory Art Center in Old Town Alexandria for dessert, drinks, dancing (including of the DC Cowboys!), raffle, and a silent/live auction. At IMAGINE 2007, the Alexandria Jaycees joined parties hosted by couples, individuals, churches, civic groups and businesses who helped NOVAM raise a total of \$175,000.

Funds raised through IMAGINE support NOVAM services including HIV prevention for youth ages 14-



24, social services for children in families affected by HIV, and transportation for people living with AIDS to get to necessary medical appointments. NOVAM is big enough to be credible, but small enough that individual support still makes a huge difference!

Cheers,
Robyn Martin
Chairperson

We Mean Business...

Alexandria Jaycees' membership has its privileges... With an Alexandria Jaycees' membership, you also receive membership in the Alexandria Chamber of Commerce and have the opportunity to attend the Chamber activities at a member price! It's a great deal and a chance to do some serious networking! Check out these upcoming Chamber events.

Alexandria Chamber of Commerce Hot Topics Breakfast. April 3rd, 7:30AM - 9:00AM; George Washington Masonic Temple. Cost: \$25 for pre-registered members. Join members of the Alexandria Chamber to discuss density around Metro stations, and how this fits with plans for economic sustainability in Alexandria. You'll hear what is being planned or discussed for the areas of Braddock Road, Eisenhower Valley and Potomac Yard. Alexandria Jaycees can attend for the member price! Visit <http://www.alexchamber.org/> to register or for more information.

Alexandria Chamber of Commerce Professional Networking Breakfast. April 10th, 7:30AM - 9AM;

Belle Haven Country Club, 6023 Fort Hunt Road.
Cost: \$25 for pre-registered members.

You'll have the chance to exchange business cards, get referrals, and develop your prospect lists before your competitors even get out of bed. And, if you preregister, your name and contact information will be distributed to each guest at registration!

Strings for cents?

You betcha! You can save thousands of cents on your own tickets to the Alexandria Symphony's upcoming performance, "Bliss."

Here's the scoop:

"Bliss" at the Alexandria Symphony. April 6, 3:00 PM at The Rachel M. Schlesinger Concert Hall and Arts Center, located on the Alexandria Campus of the Northern Virginia Community College. (free parking!) Features the music of Smetana, Hailstork, and Dvořák; Featuring Lynn Harrell with The Metropolitan Chorus and the Heritage Signature Chorale.

Tickets: \$10 if you are a Jaycee; \$20 if you are not \$40-60 if you don't buy your tickets through the Alexandria Jaycees. To order Jaycee and guest tickets, visit <http://www.alexjaycees.org/events>. Contact **Amy** at cd_vp@alexjaycees.org for more information.

A *huge* thank you to Symphony General Manager (and Jaycee) **Adrien Finlay**, who is generously donating all proceeds from Jaycee ticket sales to the Chapter.

Welcome, New Members!

Hey Jaycees! A big thanks to everyone who came out to our M-Night on March 20th at Shooter McGee's! We had a good crowd and watched as Belmont throw the event, we gained one new member and one associate member.

Speaking of new members, welcome to our new members from March: **Tyler Fleming, Catherine Knowles, and Blair Hedgepeth.**

New Member Orientation

Come out to the New Member Orientation on April 28th before our monthly chapter meeting at the Beatley Library (5005 Duke Street). This is your chance to learn a little bit about Jaycee Jargon and who the Jaycees really are. New members are encouraged to be there as well as any "experienced" members who want to brush up on their Jaycee knowledge!

Remember to tell your friends and recruit your co-workers to Have Fun and Do Good with the Alexandria Jaycees.

Harry Schroeder
2008 Membership Vice President
harryschroeder@gmail.com

Got Junk??

What may be "junk" to you may be a treasure to someone else. So, clean out those closets and bring your "junk" to our next chapter meeting and help us earn some money for the chapter. We'll be taking your unwanted items to EZ Auctioning, which will sell them on E-Bay to help raise money for our chapter. Bring any item that can potentially sell well – antiques, collectibles, cameras, event tickets, electronics, jewelry, sporting goods, etc. Please don't bring clothing or old computer monitors.

Also, bring your old cell phones, empty ink jet printer cartridges, or that terrible DVD movie you no longer want to watch to the next chapter meeting. The Alexandria Jaycees will collect these items for recycling and the chapter will then get paid for each recycled item. Questions? Contact **Sally** at state_director@alexjaycees.org or **Amy** at cd_vp@alexjaycees.org.

Alexandria Jaycees News ♦ April 2008

SUN	MON	TUES	APRIL WEDS	THUR	FRI	SAT
		1 Int'l Dinner @ Afghan Restaurant 7:30 PM	2	3 Alexandria Chamber Hot Topics Brkfst 7:30-9 AM Masonic Temple	4	5 Potomac River Watershed Cleanup 9-12
6 Hiking @ Winkler Botanic Preserve 1:15 PM; Bliss @ Symphony 3 PM	7	8	9	10 Alexandria Chamber Networking Brkfst 7:30-9 AM Belle Haven	11	12
13 Old Town Walking Tour 1 PM	14 Board Meeting @ Jack Taylor Toyota 7:30 PM	15	16 Myers-Briggs Seminar @ Beatley Library 7 PM	17	18	19
20	21	22	23	24	25 ALIVE Food Dist. 6:30 PM	26 Reblgd. Tog. Alex. 8-3; IMAGINE 6-12
27 Carpenter's Shelter Cookoff @ Birchmere 2:45 PM	28 New Mmbr. Orient. 7PM Chapter Meeting 7:30 PM Beatley	29	30 Junior Chamber International Conference: Panama City, Panama 4/30-5/3			

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

SUN	MON	TUES	MAY WEDS	THUR	FRI	SAT
				1	2	3 Scott's Run Hike
4	5	6	7	8	9	10 Community Yard Sale 7-2:30
11	12 Board Meeting @ Jack Taylor Toyota 7:30 PM	13	14	15	16	17
18	19	20	21	22	23	24 Community Yard Sale 7-2:30
25	26 Memorial Day	27 Chapter Meeting & Social 7 PM Beatley Library	28	29 VA Jaycees State Meeting, Staunton VA 5/30-6/1 Government Affairs Leadership Seminar, DC 5/30-6/3	30 ALIVE Food Dist. 6:30 PM	31

2008 Board of Directors

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State Director, Sally Schroeder
Individual Development/Activation VP, Sharon Sobel
Community Development VP, Amy Tenhouse
Membership VP, Harry Schroeder
Treasurer, Andy Feltman
Director, Diana Karczmarczyk
Director, Robyn Martin
Director, Lillian Cheng

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Camp Virginia Jaycee Needs

Each year, Camp Virginia Jaycee, a camp for mentally challenged children and adults, needs supplies for its campers. If you have items to donate to the camp, please bring them to a future chapter meeting.

- Videos and DVDs: G and PG rated
- Halloween costumes for all ages and sizes
- CDs for music program & CD players
- Books appropriate for children ages 3-18
- Rain ponchos or umbrellas

- Laptop
- Tents (1,2,4 or 5 person tents)
- Bean bags/large cushions
- Walkie talkies
- Large piece jigsaw puzzles
- Ball pump
- Arts and craft supplies- paint, large brushes, markers, crayons, beads and string for jewelry making, construction paper, glue, wiggle eyes, tissue paper, macaroni, foam sheets or shapes, glitter, sequins, etc.
- Sunscreen (at least SPF 15)
- Toothbrushes
- Shaving foam
- First aid supplies



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22313

ADDRESS
CORRECTION
REQUESTED

Event hotline:
(703) 866-7171