



ALEXANDRIA JAYCEES



NEWS

HOW TO BE A HERO

"A hero is no braver than an ordinary man, but he is brave five minutes longer," once said the American poet and essayist Ralph Waldo Emerson.

That seems like an apt statement to reflect on as we head into the last quarter of 2011. Just consider a snapshot of the busy schedule we've had during the last 9 months: monthly **ALIVE! food unloadings**, quarterly **Adopt-A-Block clean-ups**, **Spring for Alexandria** in May, **yard sales** from April through October, concessions at the **Alexandria Birthday Celebration**, the **Nationals game** and **mini-golf** in August, **Speed Networking** in September, and monthly **M-Night mixers**.

If you're not organizing or participating in these events, you're probably getting pitches to participate in them. So it's easy at this point in the year, especially if you're a board officer or an active member, to feel a little burnt out and to want to pull back. I know, because I've felt those things at times recently, and I've seen it in some of our members.



But what re-energizes me at the end of the day is remembering all the amazing things our Chapter does, not just for the community through our service projects, but also for its members through leadership training and networking opportunities. We do lots of good (believe in that!) and the only way we keep doing lots of good is, well, to keep doing it. That takes both courage and persistence.

We still have lots of great events planned for the rest of the year, including a **Fall Bowling Series**, **Goblin Games**, **Senior Bingo Nights**, **Holiday Tree Sales**, and our signature **Holiday Shopping Tour**. Those are in addition to our repeating projects like **M-Nights**, **Cocktails & Connections**, and **ALIVE!**

So let's continue to be bold and forge ahead, not forgetting to take care of ourselves along the way, but also not passing by the opportunities to make a positive difference. The onus is us to carry this mission forward. And that, as Emerson pointed, is what makes a hero: not being braver, but being brave longer, and doing good longer, than the person who gives up or fades away.

Are you ready to be a hero?

Warmest Regards,
Lillian

VA JAYCEES FALL CONVENTION IN ALEXANDRIA!

Mark your calendars now—the **Virginia Jaycees Fall Convention** will be **November 11th-13th**, right here in Alexandria! This is the first time since 2008 that a state convention will be held in the NOVA Region.

We need your participation to help make this event a success. To start, there will be a fun party on Friday night. Then, on Saturday, there will be trainings, ID Competitions, a banquet dinner, awards, and another party! Even if you can't attend everything, please be sure to stop by for a little bit to meet other Jaycees from around the state.

The agenda will be released soon, but if you have any questions, please contact your **NOVA Regional Director Sally Schroeder** at sallyschroeder@hotmail.com.

COMPETITIONS TRAINING

As many of you know, the Virginia Jaycees hold their Individual Development (ID) Competitions at the State Convention that will be held on **November 12th** in Alexandria. During this competition, we want to be able to put our best foot forward, so we're offering you an opportunity to learn about each competition and sharpen your skills before you compete.

Competitions Training will take place on **Thursday, October 20th at Bishop Ireton High School** (201 Cambridge Road, Alexandria). We will give an overview and practice

opportunity for Speak Up, Write Up, Debate, and Jaycee Jeopardy, and some tips for preparing for the Outstanding (New Member, Veteran Member, and Family) Competitions.

All Jaycees are invited, even if you are not able to participate in the Fall Competitions. As an added bonus, winners from the November Convention will be invited to participate in the US Jaycees National Convention in 2012, and will receive a travel stipend and will have their registrations paid. So be sure to get your practice in on October 20th!

If you have any questions, please contact your **Virginia Jaycees ID VP Harry Schroeder** at harryschroeder@gmail.com.

WOODROW WILSON BRIDGE HALF MARATHON

Calling all early birds! The Alexandria Jaycees have been invited to participate in one of the premier race events of the year! The 2nd Annual Woodrow Wilson Bridge Half Marathon will be held on October 2nd and we need volunteers to help run one of the course's water stations along the GW Parkway! We will be passing out water and electrolyte drinks to the 5,000 participating runners. We need 12 early birds to come out and volunteer. Race time is 7:30 am, so we need to be in place at our water station prior to that start time.



AND, by volunteering, you will also be supporting a few of our fellow Jaycees that will be running! So, sign up to cheer them on and hand out water. You can sign up at www.meetup.com/alexjaycees. If you have any questions, please contact CD VP Amanda Creech at acreech08@gmail.com.

JAYCEES IN THE SPOTLIGHT

1. What is your name and age?

Name: Nancy Xiong

Age: 29



2. When did you join the Jaycees?

August 2011

3. What is your occupation?

An educator by day and a graduate student by night at George Mason University, studying Sociology.

4. What do you do in your free time?

Read books, watch movies, travel, sew, bake, and take long walks.

5. What are some of your favorite books/movies/tv shows?

Favorite Book: Tuesdays With Morrie, Message From an Unknown Chinese Mother, Wuthering Heights & A Walk to Remember.

Favorite Movies: The Debt, Double Jeopardy, The Notebook

Favorite TV Shows: Everybody Loves Raymond and Law & Order-SVU

6. What's your favorite Jaycee project?

Bingo Night at Annie B Rose Retirement House

7. What's the best thing about being a Jaycee?

Having numerous opportunities to make a difference in my community and meeting and being around like-minded people who care about the same things and wants to do something about it.

AND THEN THERE WERE TWO...

The **2011 Alexandria Jaycees Community Yard Sales** are down to the final two sales of the year!

October Yard Sales are on **October 1st** and **October 15th**. The Alexandria Jaycees will operate a concession stand at each yard sale featuring hot food, snacks, soda, and water.

Volunteers are needed for each of the three shifts: from **6:30 am – 9:00 am**, **9:00 am - noon**, and **noon – 3:00 pm**. Anyone who works six (6) shifts or more will be eligible for a free 2012 membership in the Alexandria Jaycees! Volunteers help direct traffic and operate a concession stand to keep our vendors and shoppers happy. If you are interesting in volunteering for a shift at the yard sale, please visit our calendar on meetup.com/alexjaycees.

The Alexandria Jaycees Yard Sales will be held at **Anthony Lane Elementary School**, located at 7137 Beulah St. Alexandria, VA 22315.

Vendor setup time for each yard sale begins at 6:00 am on Saturday, with sales open from 7:00 am to 1:30 pm. Teardown begins at 1:30 pm and all vendors must be out of the school parking lot by 2:00 pm, per our agreement with the Fairfax County Public Schools. To learn more and preregister to be a vendor, please visit www.alexjaycees.org/yardsales.php.

DON'T TALK WITH YOUR MOUTH FULL!

(And other practical tips for business meals!)

Unsure which fork you're supposed to use first when out to dinner? Wondering why there are so many glasses in front of you and, more importantly, which one is yours? Do you cringe when there's an awkward silence when you're out with colleagues, your boss, or clients?

If you've answered, "Yes" to any of these questions, then our **Professional Etiquette over Dinner** course is just for YOU! On **Thursday, October 13th**, join other Jaycees as we learn proper business etiquette in a restaurant setting. We'll be enjoying a scrumptious four-course meal at Geranio Restaurant in Old Town Alexandria.

Full details are listed on Meetup.com/alexjaycees and payment is due prior to the event to reserve your spot. If you have any questions, please contact Laurie at id_vp@alexjaycees.org.

BRUSH UP ON YOUR PERSONAL AND PROFESSIONAL SKILLS

by attending a US Jaycees' Webinar!

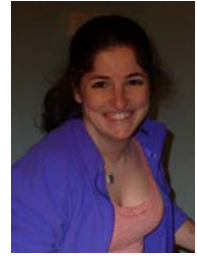
Are you aware that the US Jaycees host almost daily webinars ranging in topics from "Networking and Your 30 Second Elevator Speech" to "Avoiding Burnout?" Check out <http://www.usjaycees.org/component/content/article/223-national-webinar> for an up-to-date schedule of what's being offered and to sign up. Some highlights for October, "Public Speaking 101", "Team Building" and "Passport to Leadership."

JAYCEES IN THE SPOTLIGHT

1. What is your name and age?
Allison Griesbach, 26

2. When did you join the Jaycees?
August 2010

3. What is your occupation?
Accounting Clerk in a law firm



4. What do you do in your free time?
I like to walk on King Street or Ride my bike. In the winter I like to ski, in the summer I like going to baseball games. I also have my favorite TV shows I like to watch.

5. What are some of your favorite books/movies/tv shows?
Favorite books-Harry Potter Series
Favorite Movie-A league of their own
Favorite TV Shows-House, Hot in Cleveland and all of the shows about making cakes and cupcakes.

6. What's your favorite Jaycee project?
I enjoyed the holiday shopping tour and I really enjoyed helping out with Spring for Alexandria.

7. What's the best thing about being a Jaycee?
Making new friends and being able to help the community at the same time.

IT'S ALMOST TIME FOR TREE SALES!

The weather doesn't know what season it is now, but the Jaycees' calendar says our **Annual Tree Sale** will begin the **Saturday after Thanksgiving**. This is our biggest fundraiser of the year and a lot of fun! Keep checking alexjaycees.org, meetup.com/alexjaycees, Facebook, and Twitter for updates on volunteer shifts and discounts for volunteers.

In the meantime, volunteers will be needed on **Friday, November 25** (yes, that is Black Friday, but there will be plenty of time to hit the 5:00 , 6:00, and 7:00 am sales and still help your chapter!) to unload the trees and set up the tree lot. Contact Sarah Godshall at sg7472a@gmail.com for more details or to volunteer on November 25.

FALL FITNESS!

Now that Fall has officially blown in, it's a great time to look at your fitness regime and make sure you're doing all you can to maintain a healthy lifestyle. Over the course of

the year the Alexandria Jaycees have held a few activities to keep us in shape. We went Whitewater Tubing in West Virginia, (Sure it sounds relaxing but for those who did it, you know that it took every bit of 30 minutes to paddle with your arms across the lake and then a lot of core strength to stay put in your inner tube as you went flying down the rapids!), enjoyed a Child's Pose at yoga class, and enjoy an after work bike ride along the Mount Vernon Trail. Some members have kept up with the Fun Runs held at Pacer's on King Street (Tuesday/Thursday nights), while others enjoy a friendly competition with their colleagues to get the most steps in their week. Whatever you're doing, make sure you're doing something! As we move into cooler weather, consider these tips (courtesy of Livestrong.com and WebMD.com), from changing up your routine to changing up your diet, don't wait until New Year's to set your resolutions, try something new now!

1. Take advantage of the Autumn weather.

Autumn group events like pumpkin picking, corn mazes, haunted trails, and building leaf piles are active options that can also be fun bonding experiences for family and friends. Organize a weekend trip or local get together with an autumn theme and plan to be active. Hike, walk, or bike while discovering new park trails.

2. Get involved in community events.

Whether it's a local Turkey Trot 5K or walking with your niece or nephew in the Del Ray Halloween Parade, it's a great time to give back to your community and to yourself.

3. Think outside the box.

Interested in hip hop dance lessons? Really want to try Zumba? Why wait until January 1 to try something new? As school is back in session, so are adult classes at your local recreation center or gym. With all the new coupon sites out there, take advantage of a great deal and test out an activity you've been wanting to try (hot yoga, stripper pole lessons, moonbounce...).

4. Vibrant colors aren't just for clothes.

Fall is the perfect time to try new fruits and vegetables. Head to your local farmers' market and buy a variety of in season produce and learn to make something you haven't had before. Apples, squash, pumpkins, root vegetables - colorful and delicious options to brighten up your plate and provide you with proper nutrients to help you maintain the trim body you'll achieve from the moonbounce. (I'm sure bouncing has some good aerobic qualities..right?)

5. Give yourself a break, but don't give up!

Remember that it usually takes about four weeks for your body to adjust to a new routine and lifestyle change, so sure it's dark outside when your alarm goes off, but just think how much better you'll feel once your workout is done! Find out what motivates you, whether it's an old prom picture (minus the big hair), a pair of jeans, or even a reward (tackling the Vermonster), keep up all your hard work and you'll be so thankful you did!

ELECTIONS IN OCTOBER!

Don't forget, we'll be voting for the **2012 Board of Directors** at the October Chapter Meeting at the 3rd floor of the American Legion on **October 24th at 7:30 pm**.

If you haven't already signed up to be a part of the 2012 Board, we still have a few open positions. Please contact Harry at harryschroeder@gmail.com or Lillian at president@alexjaycees.org if you are interested or if you have any questions.

We look forward to seeing you on Monday, October 24th!

M-NIGHT – SEPTEMBER

On Wednesday, September 21st the Alexandria Jaycees had their monthly membership night at Virtue Feed & Grain in Old Town Alexandria. It was a wonderful night with members and prospective members of the Jaycees. We would like to thank Virtue Feed & Grain for their warm welcome and hospitality throughout the night. We would also like to recognize everyone who participated in the event: **Nancy Qian, Brian Wright, Brian Cohen, Laurie Bledy, Allison Griesbach, Dan Anzanello, Holly Huggett, Alex Huggett, Dennis Mersberger, Kathie Moh, Lisa Noavakoski, Jamie Ainsleigh, Amber Johnson, Ben Lievestro, Gabe Solin, Mike Husa, Blair Hedgepeth, Josh Krieg, Justin Gibbs, Lauryn Areace, Jake VanWoerkom, Laura Palmer, Jermaine Mincey, Fernando Torrez, Lillian Cheng, Amy Tenhouse, and Jackie Huelbig.**

Our next Membership Night will be on **Wednesday October 19th from 6:30-8:30 at Walkers Grille** (6909 Hill Park Dr. Alexandria, VA 22315). See you there!

JAYCEES IN THE SPOTLIGHT

Morgan Blaine Pearsall II

morgan.blaine.pearsall@mssb.com

Morgan Blaine Pearsall II's objective is to help his clients reach their financial goals while planning for the best possible future outcome, by leveraging the history, experience and latest tools available through his firm. Blaine's process includes individualized financial planning, investment management, and knowledge based education which offers his clients a holistic strategy to achieving their dreams.

Blaine is a graduate of Old Dominion University. His background consists of management, client service, and personalized insurance and financial reviews. He believes education and personalized engagements are vital to reaching set plans and goals.

Blaine was awarded the rank of Eagle Scout in 1998 and continues to be involved in local and community philanthropies. He is the eldest of five and was raised in a loving military family. Blaine grew up living in six different States and currently lives in Alexandria, VA. He also enjoys camping, swimming, traveling, skiing, and cookouts!

Blaine's passion: helping people achieve their goals while enjoying the process.



NEW ALEXANDRIA JAYCEE T-SHIRTS!

New Jaycee t-shirts are now available! These moisture-wicking tees come in regular style and ladies-fit and are perfect for working out at the gym or for those hot weather days outside! **ONLY \$15!!** Because of the Chapter's strong relationship with our business vendors, we were able to secure these tees at a substantial discount and be able to pass them on to our members. Take advantage now!

Contact Lillian at president@alexjaycees.org for more information.

SOLICITING JCI AMBASSADOR NOMINATIONS!

We are now accepting nominations for United States JCI Ambassador positions. The Chapter is asking for nominations of worthy candidates. More information may be found here:

http://www.usjaycees.org/component/docman/cat_view/93-forms/22-honors-and-recognition/73-ambassador-program-

Email Lillian at president@alexjaycees.org to nominate or for more information.

ALEXANDRIA JAYCEES 2011 SPONSORS



OCTOBER 2011

SUN	MON	TUE	WED	THU	FRI	SAT
						1 6:30 am – Yard Sale (Lane Elementary School)
2 5:30 am – Wilson Bridge Half Marathon (Mt. Vernon Estate)	3	4	5	6	7	8 11:30 am – New Member Brunch! (O’Connell’s)
9	10 7:30 pm – Board of Directors’ Meeting (Jack Taylor’s Toyota)	11	12	13 6:30 pm – Learn Professional Etiquette over Dinner (Geranio Restaurant)	14	15 6:30 am – Yard Sale (Lane Elementary School)
16	17	18	19 6:30 pm – M-Night (Walker’s Grille)	20	21	22
23	24 7:30 pm – Alexandria Jaycees Monthly Chapter Meeting and Community Speaker Series (American Legion Post 24)	25	26 7:00 pm – Bowling and Beer! (US Bowling)	27	28 6:30 pm – ALIVE! Food Unloading (Cora Kelly Rec Center)	29
30 2:00 pm – Del Ray Halloween Parade and Goblin Games (Mt. Vernon Rec Center)	31 Happy Halloween!					

For additional details about any of the above events, please visit www.meetup.com/alexjaycees.

Alexandria Jaycees
P.O. Box 1836
Alexandria, VA 22313

Event Hotline:
703.866.7171



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