



# SCHAUMBURG JAYCEES

**WHATEVER IT TAKES**  
Celebrating 45 Years 1966-2011

# Schaumburg Jaycees Shout Out

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## Message from President

Hello Schaumburg Jaycees!

I am so excited about all of our upcoming events! If you missed the Valentines Day meeting be sure to read through the whole newsletter, we have AMAZING projects planned and I can't wait to see you out at these events!



This past week was a very cool week for me to be a Jaycee. Then again when is it not a good week to be a Jaycee? I have often shared my Jaycees excitement with my coworkers, this past week when an issue came up at work my coworkers thought of me.

They came to me to ask for help, because of my involvement with the Jaycees. They knew that I could give them some ideas and leads about how to approach the situation because of all that I have gained by being a part of this amazing organization. I was honored that they came to me with this issue.

I also was speaking with another teacher this week on our way to a field trip and she started to ask me about the Jaycees and what exactly I did in this organization. I started to share many of the community projects we host then I started to talk about all of the awesome training we also receive because we are Jaycees. It was a lot of fun to tell her about this and it made the long bus ride downtown much more enjoyable!

I would love to hear about your amazing Jaycee moments too! Please send them to me and I will share them with the chapter!

Our first GM at Pilot Pete's was a huge success. The location is absolutely fantastic! We have our own private room, amazingly service and fabulous view! Our Valentines Day meeting was lovely! We were fortunate to have many guests join us for this meeting and many new projects were unveiled.

Tami also lead out a fantastic Valentines Day candy gram ID project. It allowed us to share with others how special they are to us. The project made me even more thankful to be a part of this chapter.

I hope you will be able to join us at the next meeting on March 14 at 7:30, and bring a friend! The Schaumburg chapter is something we want to share with others, don't let it be a secret!

Christie  
President

## Calendar of Events

### March 12, 2011

Big Wheel Rally  
West Dundee  
(see flyer for more info)

### March 13, 2011

Bowling Social

### March 14, 2011

General Meeting  
Pilot Pete's

### March 20, 2011

Special Olympics  
(See page 9 for more info)

## Birthdays

Dan Conley  
Howard Manka  
Scott Felgenhauer

## Anniversaries

Donelle Cerniglia

## General Meeting

### Pilot Petes

905 W Irving Park Rd  
Schaumburg, IL 60193  
P. 847-891-5100  
<http://pilot-petes.com/>



## **READY FOR ROUND 3??? – JOIN THE FUN!**

### **2011 BIG WHEEL RALLY**

#### **Big Boys on Big Wheels - AKA - WHAT THE ????** are they thinking?

(Nothing formal - just let us know if we should look for you! We want a LOUD cheering section!!)

**\*\*WANT TO RACE? BRING YOUR OWN BIG WHEEL & COME ON!!\*\***

All are welcome to join the 'Follow the Firkin' parade after the carnage (oops - sorry - I meant RACE)

**\*\*Saturday, March 12<sup>th</sup>, Noon, Graffleman Park, West Dundee\*\***

*Will Robs dreams come true? Will the race turn the corner and continue UPHILL to the 'Big Wheel Only' parking area? Will he WIN this year? Maybe another 'Best Wipeout' trophy is in the making? Come join the fun & find out the answers to these & many more intriguing questions!! (Altho, if you're going to ask WHY any adult in their right mind would ride a Big Wheel down a Big Hill- that might be an unanswerable question!! Maybe that 'in their right mind' thing is part of the answer!)*

**Is it YOUR year to race?**

**It's BYOB (Bring Your Own Big Wheel)**

Check in with Tami Curran (rtpstuff@yahoo.com) with any questions! (I'd say check in with Rob, but he's too busy giggling, grunting, and reinforcing to answer any questions. Think 'Pimp Your Big Wheel' & you'll have a good mental picture of whats going on. Who sez you've gotta grow up?



## Treasurer

Hello Schaumburg Jaycees!

Thanks to all that donated their pennies and loose change to our Pennies for Peace project. We raised \$11.17, which is awesome! Every GM, we will collect loose change to help educate the children of Afghanistan and Pakistan. Please let me know if you have any questions about the program.



We are looking to start raising money for Relay for Life. If you are interested in helping out with selling chocolate Bars, please see me or Tami Curran. :)

If you have any ideas or charities you would like to do fundraisers for, please feel free to contact me. We are always looking for new ideas!

Thanks!  
Sandi

## Chapter Management VP

Hello Schaumburg Jaycees!

Can't believe we've reached the third month of the year already! Time really does fly by when you're having fun! Speaking of FUN . . . anyone need help finishing up a CPG or two? Let's make sure we stay on top of that & get our great projects & events submitted to region & state! I'm always more than happy to help &/ or answer any questions you might have e-mail me at rtpstuff@yahoo.com!

Guess what? We have our initial Blue Chip submitted!! YAHOO Schaumburg!!

What? You have no idea what I'm talking about or why we should be saying YAHOO? Hey cool, a chance to learn something new! Here we go!

Blue Chip is a National program. (yes, US Jaycees, yes, you're part of a big amazing nationwide organization!) Blue Chip is a way to benchmark the success of our Jaycee chapters throughout each year. Since the Jaycees are all about training young leaders, serving our communities, and having FUN, we want to make sure we're doing all those things right! Blue Chip ensures that all areas of recommended programming (ie, opportunities for YOU) are covered, and that the basic requirements (insurance, etc) to make sure our chapter stays healthy and happy are

## Trivia Question

Q. Tom Whittaker was the first man to climb Everest in what circumstances?

A. He has only one leg.

<http://www.triviacountry.com/137-famous-people.htm>

## March Madness Fun Facts

Q. In 2002, #11 seed Southern Illinois defeated what #6 seed?

A. Texas Tech. The General's second squad, Texas Tech fell to the Salukies, SIU beat Georgia in the second round to advance to the sweet 16. Booster cables

Q. I choked in a 2002 tournament game by missing a free throw at the end of the game that would have tied it against Indiana. Who am I?

A. Jason Williams. By the way, Carlos Boozer missed an easy put back of this miss that would've won the game. Flashlight and extra batteries

Q. Only one team scored over 100 points in an NCAA title game in the 1990's. Who were they?

A. UNLV. UNLV Runnin' Rebels beat Duke by 30 points (103-73) in 1990 for their first NCAA title.

<http://www.funtrivia.com/en/Sports/NCAA-March-Madness-4418.html>

taken care of, too.

Our initial blue chip submission consisted of

- 2011 Plan of Action (the 'blueprint' showing our Chapter goals for the year. Your Chapter Board worked very hard on this, feel free to ask President Christie to see a copy!)
- Proposed Budget
- Verification of the Chapter Planning Session (attended with great excitement by YOUR Chapter board!)
- Proposed Calendar of Events
- Membership Plan
- 2011 Chapter Officer Directory
- Organizational Objectives including
  - Chapter Constitution and Bylaws
  - Chapter Incorporation
  - Liability Insurance

Seems like a lot of work? Actually, brainstorming about all the fun we're going to have, all the people we're going to help, and all the great opportunities we're going to have together is really pretty cool!!

The Chapter Plan, Membership Plan, and Calendar of Events are all WORKING documents – meaning they can be changed, revised, and updated as our Jaycee year progresses. We submit updated information to Region, State, and Nationals on a quarterly basis to achieve our Blue Chip status at the end of the year.

Not only does the Blue Chip program give the National organization a way to see how Chapters all across the country are doing (the National board can't be everywhere, right?), it also gives your board a way to gage the success of the programs and opportunities offered to each of our members (and potential members!) The planning, updates, and documentation that are part of this program carry easily over into 'non-Jaycee' life — if you're part of helping to plan a Jaycee year, coming up with a project plan at work suddenly becomes lots easier! Of course, NO plan can be successful without each one of YOU — the fantastic and amazing Schaumburg Jaycees!

If there are programs, trainings, events, or opportunities that you would like to see your chapter take part in, please bring that information to your board! This is YOUR Chapter and your experience, make the most of it!!

Looking forward to seeing all of you soon!

Yours in Jaycees

Tami – 2011 CMVP

Whatever It Takes!!!



# Blue Chip Chiropractic

*Dr. William R. Vanoss, Jr., CCSP, CKTP*

Chiropractic – Rehabilitation – Acupuncture – Pre Natal Care

***Feel Better. Live Better.***

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906 S. Roselle Rd. Ste. A  
Schaumburg, IL 60193

847-985-1980  
[www.bluechipchiropractic.net](http://www.bluechipchiropractic.net)

This is just a short article to let you guys know a little about my practice and what we do here. Blue Chip Chiropractic, LLC is first and foremost a family practice. That means we like to treat whole families when we can, from adults to their kids and their parents. Chiropractic care is beneficial for so many things other than the usual back or neck pain. We treat people for allergies, anxiety, depression and asthma. This is all possible by using spinal adjustments to rid the body of restrictions and reset the central nervous system.

I am also a certified sports physician, so we also treat athletes from the pro level to the weekend warrior. Getting someone back to their sport after an injury is very gratifying. I know from personal experience how frustrating and depressing it is when you can't do something you love to do because of an injury. While treating athletes I became a certified Kinesiotape practitioner. I now use Kinesiotape on almost everyone because it works so well with any type of injury.

The other area we focus on here is treating women during pregnancy. I am certified in the Webster technique, which is a treatment protocol used before, during and after pregnancy. We've helped many women during their pregnancies with back pain, neck pain, headaches and ankle and foot pain. Chiropractic treatment not only makes their pregnancies easier, it also makes for an easier delivery as well as recovery.

Please feel free to give me a call if you are having any type of problem or if you just want to feel better! I offer free consultations for anyone who's just curious or wants to know if chiropractic is right for them. I've treated many Jaycees so far and hope to be able help out many more in the future. I truly believe that Healthier People = Healthier Planet!

## In Honor of St. Patrick's Day

Saint Patrick was the patron saint and national apostle of Ireland who is credited with bringing christianity to Ireland. St. Patrick's Day is a traditional day for spiritual renewal and offering prayers for missionaries worldwide.

So, why is it celebrated on March 17th? One theory is that that is the day that St. Patrick died. Since the holiday began in Ireland, it is believed that as the Irish spread out around the world, they took with them their history and celebrations. The biggest observance of all is, of course, in Ireland. With the exception of restaurants and pubs, almost all businesses close on March 17th. Being a religious holiday as well, many Irish attend mass, where March 17th is the traditional day for offering prayers for missionaries worldwide before the serious celebrating begins.

[http://www.st-patricks-day.com/about\\_saintpatrick.html](http://www.st-patricks-day.com/about_saintpatrick.html)

## BEEF AND IRISH STOUT STEW

Serves 6

Prep Time: 30 Min, Cook Time: 3 Hrs, Ready In: 3.5 Hrs

### Ingredients:

- 2 pounds lean beef stew meat, cut into 1-inch cubes
- 3 tablespoons vegetable oil, divided
- 2 tablespoons all-purpose flour
- 1 pinch salt and ground black pepper to taste
- 1 pinch cayenne pepper
- 2 large onions, chopped
- 1 clove garlic, crushed
- 2 tablespoons tomato paste
- 1 1/2 cups Irish stout beer (such as Guinness®)
- 2 cups chopped carrot
- 1 sprig fresh thyme
- 1 tablespoon chopped fresh parsley for garnish



### Directions:

1. Toss the beef cubes with 1 tablespoon of vegetable oil. In a separate bowl, stir together the flour, salt, pepper, and cayenne pepper. Dredge the beef in this to coat.
2. Heat the remaining oil in a deep skillet or Dutch oven over medium-high heat. Add the beef, and brown on all sides. Add the onions, and garlic. Stir the tomato paste into a small amount of water to dilute; pour into the pan and stir to blend. Reduce the heat to medium, cover, and cook for 5 minutes.
3. Pour 1/2 cup of the beer into the pan, and as it begins to boil, scrape any bits of food from the bottom of the pan with a wooden spoon. This adds a lot of flavor to the broth. Pour in the rest of the beer, and add the carrots and thyme. Cover, reduce heat to low, and simmer for 2 to 3 hours, stirring occasionally. Taste and adjust seasoning before serving. Garnish with chopped parsley.

<http://allrecipes.com/Recipe/Beef-and-Irish-Stout-Stew/Detail.aspx>

## In the Spotlight

**Name: Sandi Fisher (our 2011 Treasurer)**

**Reason(s) you joined the Jaycees:**

To be involved with the community and meet new people.

**Favorite Jaycees moment:**

It was my first time chairing Wish Tree and we were delivering Christmas presents to a specific home. It was an apartment, without numbers on the door bell buttons. It took us about 5 minutes to find the family, but when we did it was so much fun. As we brought the presents in from the car, I don't ever think I will forget the 3 kids faces, all in a line down the steps of the staircase looking over the railing just waiting to see what was happening. It was so dang cute. It made that night a very memorable one!

**Your favorite Jaycees project that you attended or chaired, and why:**

I have only attended Special Olympics Young Athletes once, and I love it. To see kids do things we take for granted every single day, and to see them realize their own success and how excited they are to be rewarded for their efforts is a humbling and honorable experience for me. I'm in awe of the program.

**Projects you have chaired:**

Thanksgiving food baskets, Village Tree Lighting, Christmas Food Baskets, Wish Tree

**What charities do you support?**

American Cancer Society, Goodwill

**What are you passionate about?**

Lots...Photography, Music, Performing arts at all levels, dogs, food, wine....

**What are your hobbies?**

I'm not a photographer, but I love to take pictures and look at photography and art in general. I have a degree from Columbia college in theater, and whether I see a good or a bad show (movie or theater) I always find something to pull from it.

**Do you have any hidden talents?**

I own a 6' bull whip that I can crack... if you want to find out why I have this "talent"; come talk to me it would be a great conversation starter! ;o)

**If your house was on fire and you could grab only 3 things before leaving, what would they be?**

My computer, my small chest of drawers with pictures in it, and my phone to call 911.

**Name 1 thing you miss about being a kid.**

Summer vacation!!!





A friend of mine invited me to see a one man reenactment of the book *Three Cups of Tea*. I was inspired by my experience, and I hope you will be too. It's an amazing story of a man named Greg Mortenson. Greg was hiking in the mountains of Afghanistan. Through a series of events, he became injured and lost from the rest of the hiking group. He came upon a small village called Korphe. The People in this small village took him in without question and helped him regain his strength to get back home. They gave him what they had, and it wasn't much. While he was healing, he noticed that the children did not have a school. They would do their math problems in the frozen dirt. To repay these gracious people, he promised to build them a school for the children. When he returned home and started fundraising, one of his first donations was given in the form of pennies that grade school students collected, a total of 62,345 pennies. Greg Mortenson has continued to build schools in Afghanistan and Pakistan, as of 2010, 170 schools have been established.

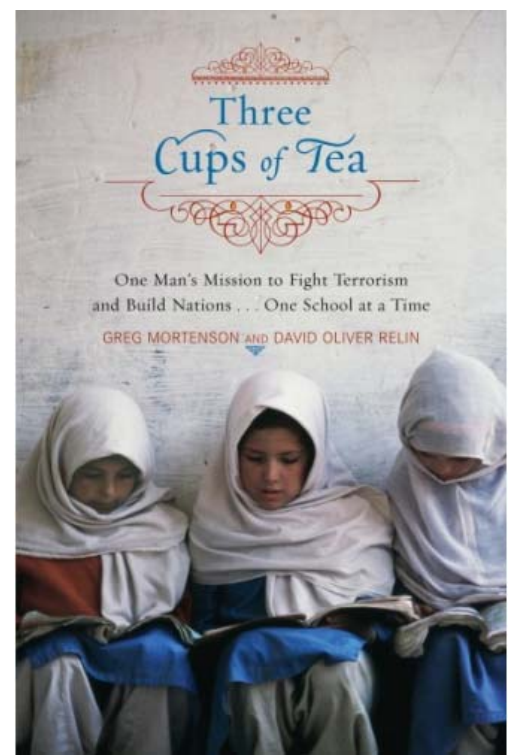
As our international project for the year, I can't help but to ask for your pennies to help the children of Afghanistan and Pakistan gain an education which in turn promotes peace, one penny at a time. - Sandi

### **Peace and Hope Begin With Education: *One Child At A Time***

The Pennies for Peace program is designed to help students broaden their cultural horizons and learn about their capacities as philanthropists. It educates students about the world beyond their experience and shows them that they can make a positive impact on a global scale, one penny at a time. Students learn the rewards of sharing and working together to bring hope and education opportunities to the children in Pakistan and Afghanistan. While a penny is virtually worthless, in impoverished countries a penny buys a pencil and opens the door to literacy.

So what is the power of the Penny?

- 1 penny = one pencil**
- 2 pennies = one eraser**
- 15 pennies = one notebook**
- \$2 or \$3 = one teacher's salary for one day**
- \$20 = one student's school supplies for one year**
- \$600 = one teacher's annual salary**
- \$5,000 = support for existing school for one year**
- \$50,000 = one school building and support for up to five years**



**BRING YOUR PENNIES TO EVERY GM!**

<https://www.ikat.org>

<http://www.penniesforpeace.org>

## Healthy Living Contest

Our Healthy Living Contest will begin **March 5, 2011**. The goal of the contest is to learn to make healthier nutrition and exercise choices in your day to day lives.

### How the contest will work

Each week you will be given a nutrition and a physical activity goal. For example, decrease your calorie intake by 25 calories everyday this week and include 15 minutes of exercise. For every goal that you meet you will be awarded one point. If you exceed your goals, for example, decreasing your food consumption by 50 calories everyday you will be awarded an extra point.

All goals will need to be submitted to me by Sunday. I will send out only one reminder on Friday afternoons to turn in your goals. If I do not receive your information by Sunday, it will not be counted and no points will be awarded. **I will never subtract points from your score.**

Every contestant will have a partner. The goal of your partner is to help motivate you throughout the contest and offer support when you need it.

At the end of the contest a grand prize will be awarded to the winner with the most points.

### When will the contest begin

The contest will begin March 5 and continue for 3 months until June 1. We will continue to have the contest in 3 month intervals for as long as people are interested.

### What else can I expect

We will participate in three 5k run/walks in April, June and October. Once a week we will get together to train for the 5k which will include walking or running depending on your fitness level, a certain distance each week to increase our endurance. You will go at your own pace with encouragement from your team. All dogs are welcome on our walks because even our four-legged friends need exercise and lets face it they enjoy it!

There will also be other activities to help keep us active such as bowling socials, Wii socials, racquet ball and Yoga.

Every newsletter I will have nutrition tips, recipes, exercises, helpful Web sites and the monthly winner posted in the Healthy Living Section, so make sure you check back next month!

### Who can join the contest

All Jaycee's are welcome along with their friends and family. The more people we have the more fun we will have! All you have to do is **contact me (Gina Pecoraro) at ginapecoraro@yahoo.com** to sign up. I will send out an e-mail on Friday, March 4 to let you know where and when we will be meeting for our first walk.

I can't wait to get started and I hope you will join us! If you have any additional questions please contact me.

**If you have any health issues please, please contact your physician first!**

Thank you,  
Gina

## Special Olympics

### **DISTRICT 'A' GYMNASTICS MEET\*\***

Come lend a hand as we cheer the athletes on to Victory and present them with their medals!

**WHEN:** SUNDAY, March 20TH, 2011

**WHERE:** BUHLER YMCA  
1400 NORTHWEST HIGHWAY  
PALATINE, IL 60067

**TIME:** REGISTRATION - 7:30 AM  
EVENT CONCLUDES APPROX. 6:00 P.M.

\*\*To make things easier — please sign up in advance — sign up at our January, February or March GM or e-mail Tami Curran (rtpstuff@comcast.net). We will be doing a group registration this year to make things easier for YOU!

Realizing this is a long day (but a GREAT day!) please indicate when you sign up if you'd like to be there for first shift (7:30 – 1pm) second shift (1pm – 6pm) or the whole day. It's important to make sure we have enough people to cover our area so mark your calendar in **HEAVY BLACK INK** — no missing this one!

Questions? Contact Tami she'll get you answers or make one up!

THANK YOU to everyone who has already signed up — you will be receiving an e-mail with MORE exciting information shortly!

### **I CAN'T WAIT TO CHEER AT THE OLYMPICS WITH YOU!!!**



### **SAVE THE DATE: MAY 1, 2011**

Manpower needed for the Special Olympics Spring Games

**Time:** 7:30 AM - 3:00 PM

SIGN UP NOW!! (YOU WON'T WANT TO MISS THIS!) and stay tuned for more details.

QUESTIONS? CONTACT TAMI CURRAN at rtpstuff@comcast.net.

## United States Junior Chamber — History

In 2009 the Schaumburg Jaycees won **number one Chapter in the entire state** (recipient of the 'Granddaddy' Giessenbier). Now find out who Giessenbier is and why this was such a great honor for our group.

It was January 21, 1920, and young Henry Giessenbier, Jr. had just launched a national movement that would dramatically change and touch the very core of America for decades to come. The United States Junior Chamber was on its way.

The Jaycees founder's dedication to serve others wasn't limited to the organization. Hy's patriotism led him to serve two years in the army during World War 1. After his stint in the army, Hy fully resumed his involvement with the Junior Chamber.

In the summer of 1920, at the first national convention, the organization officially became The U.S. Junior Chamber of Commerce (USJCC). Giessenbier was elected as the first president. His vision for the USJCC was expressed when he said ". . . may I say that in your hands lies the destiny of a great organization. Let us build it to national recognition. Let us organize it in the interest of young men for a greater America."



### **Henry Giessenbier, Jr. (President 1920-1921)**

**State:** Missouri

**City:** St. Louis

**Chapters:** 26

**Members:** 4,000

**Convention:** St. Louis, MO - June 17-19, 1920

**Income:** \$1,400 \* estimated

U.S. Junior Chamber of Commerce organized at January caucus in St. Louis, Missouri with 30 cities represented. Henry Giessenbier, Jr. was elected Provisional President until convention in June.

The Convention sees 41 cities represented and 12 become charter members of U.S. Junior Chamber of Commerce.

Find out more about Henry Giessenbier by visiting the following Web site:  
<http://www.usjayceefoundation.org/history/1920/1920/index.htm>.

## The Who's Who of the Schaumburg Jaycees

Christie Martin	Chapter President	christiemartin820@gmail.com
Tami Curran	Chapter Management	rtpstuff@yahoo.com
Brenda Pawlak	Individual Development VP	bpawlak8@comcast.net
Sandi Fisher	Treasurer	sandifisher@gmail.com
Jennifer Sheridan	COB	jennifers1033@att.net
Gina Pecoraro	Chapter Webmaster/Newsletter	ginapecoraro@yahoo.com

## Who are the Jaycees?

The Schaumburg Jaycees, a chapter of the United States Junior Chamber, is a leadership training organization that gives young people between the ages of 18 and 40 the tools they need to build the bridges of success for themselves in the areas of business development, management skills, individual training, community service, and international connections.



## The Jaycee Creed

We believe... that faith in God gives meaning and purpose to human life;  
 that the brotherhood of man transcends the sovereignty of nations;  
 that economic justice can best be won by free men through free enterprise;  
 that government should be of laws rather than of men;  
 that earth's great treasure lies in human personality;  
 and that service to humanity is **THE BEST WORK OF LIFE!**