



SCHAUMBURG JAYCEES

WHATEVER IT TAKES
Celebrating 45 Years 1966-2011

Corn Roast, October GM and Beer Tasting



Schaumburg Jaycees Shout Out

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Message from President

I heard a story from my priest recently and it has stuck with me since and thought I would pass it along to you, because I feel it fits everything we do! Therefore, it may sound like the beginning of a bad joke but please read though.

A local priest runs a soup kitchen in the area. While out to lunch with the priest from my church a woman approached him and said, "You're Father J and you run that soup kitchen. That is such a nice thing to do." He responded with "It's not a nice thing to do; it's the right thing to do!"

How true is that? What we do is nice, but really, what we do is the *RIGHT* thing to do! I especially think this about our holiday projects. We are doing the right thing as humans. We are helping those who need it. Sure, it is nice and we enjoy it, but why shouldn't we do this for them? We have the ability, the desire, the means, so it's the right thing to do! This goes further past the holidays. Think of what we do in our chapter. Look at this past year alone and think of all the nice things we did and how we did what was right!

Heart of a Marine — We did the right thing helping those who have served us, fought for our freedom and have paid a huge price giving everything they have for us!

School District 54 Mardi Gras fundraiser — We were able to be there that night to help a school district raise money, which will provide scholarships and grants to the children in our community. Only seems right especially since that school district is creating the children who will be serving in our community one day!

Big Wheel Rally — It's nice that we get to go have fun, but let's face it, it's the right thing to do. We go out and cheer for our friend to beat other grown people down a hill into a haystack and be there in case he has a wipe out, and needs someone to help him get up! We're also there for moral support for Tami, who is cheering yet hoping her loved one is ok! That's friendship

Special Olympics — It's nice to go out and help hand out awards, but it is right that we bring such a caring group who truly supports and LOVES watching those athletes compete in something they have worked hard for all year long!

Easter Baskets for Fire Fighters — Yes, it's nice that we deliver candy and all sorts of goodies to them on Sunday morning, but again, these people are in our community to help save our lives while risking their own. Therefore, giving them a thank you is the right thing to do!

Calendar of Events

November 10, 2011

Best Pizza Contest
Hoffman Estates

November 14, 2011

General Meeting
Pilot Pete's

November 16, 2011

Thanksgiving food basket shopping
Wish Tree Location

November 19, 2011

Thanksgiving food basket delivery
Wish Tree Location

November 21, 2011

Social
Ciao Baby in Barrington

November 25, 2011

Village Tree Lighting
Prairie Center for the Arts

November 26, 2011

Wish Tree Opens
160D S. Roselle Rd

November 30, 2011

Operation Write Home
Wish Tree Location

Birthdays

Joe Tigulo

Anniversaries

Rachel Bloomberg
Evangelina Miranda

The list continues this is only the RIGHT things we did though April!!!

Relay for Life — We have the connections and ability to raise thousands to help end cancer! Only seems right!

Feed My Starving Children — We have given a total of 3 hours to pack food for starving children in other countries. Seems like the right thing to do!

Toy and Game Drives — Gathering toys and games for those in need, nice, but with everything we have been blessed with, it is the right thing to do.

Septemberfest Beer Booth — Hanging out serving beer is making MANY people happy at the fest, that's nice. The chapter raised money, turned it around for donations and donated over \$3,000 to SEVERAL charities just from pouring beer. RIGHT thing to do!

Outback WINGS fundraiser — We have an amazing location who donates to our chapter, staff who donates their time and people who love to eat so it is right that we use these amazing gifts given to us, do the right thing, and raise money for abused women and children.

Other projects we have done too have been the right thing to do as well. Trainings, supporting each other, building friendships... None of these projects could have been done without the chairperson, the attendees and the support of the chapter. You all know what the right thing is, but being a Jaycee helps to make it a nice and fun thing to do too. Sometimes we just look at it as a fun thing to do that is nice for someone else, but know in your hearts that each of you is making a difference in someone else's life, they may or may not know who you are, but you are making a difference.

You all are doing the RIGHT thing and inspiring others while doing it. You've inspired me this year and I thank you for that. (Hey, it's coming to the end of my term; I'm allowed to get a little sappy)

Next year is coming faster than many of us would like to think about. Start to think about all the right things you can do next year. It may be to take a role on our board, run an annual project, or run a new project. We also still have many more projects coming up that are SUPER fun and the right thing to do.

Thank you for doing the right thing, having fun and inspiring others!

SERVICE TO HUMANITY IS THE BEST WORK OF LIFE!

Christie

Trivia Question

Q. Approximately how many feathers does a mature turkey have?

A. 3,500 feathers

<http://www.catalogs.com/info/party-planning/thanksgiving-trivia.html>

Turkey Fun Facts

Turkeys' heads change colors when they become excited.

Male turkeys are sometimes called gobblers, which makes sense because they gobble. Hens don't gobble. They make a clicking noise.

Wild turkeys can fly for short distances up to 55 miles per hour. They can run as fast as 20 miles per hour. Commercially raised turkeys cannot fly.

The ballroom dance the "turkey trot" was named for the short, jerky steps that turkeys take.

Turkeys can see in color but have poor night vision.

Turkeys are social birds and in winter often separate into three distinct groups: adult males (toms), young males (jakes), and females (hens) of all ages.

Wild turkey populations dwindled to fewer than 30,000 birds by the 1930s due to habitat destruction and unregulated shooting. Today, there are roughly 6.4 million wild turkeys.

<http://10000birds.com/turkeyfacts.htm>

Schaumburg Jaycees Christmas Wish Tree

November 26 thru December 16

Please help make this holiday season special for some of the less fortunate children in the Schaumburg community.

Come by our Wish Tree site & select a child's ornament that has their Christmas wishes. Once you purchase the gifts, you can return them to the Wish Tree site for delivery.

****LOCATION****

Town Square Shopping Center

1600 S. Roselle Road
(Next to Bonefish Grill)

HOURS:

Friday 6:30pm-9:00pm

Saturday 10:00am-3:00pm

Sunday 11:00am-2:00pm

Special Thanks to MidAmerica, L.L.C.

For more information,
please email us at

SchaumburgWishTree@gmail.com

or call our

hotline @ (847) 879-1193

Outback Luncheon for WINGS - Recap

Thank you to everyone that made it out to Outback Steakhouse for another successful fundraiser!! We had a great turn out with wonderful prizes to "fight" over! Between tickets sold and raffle tickets, we raised over \$1500 for WINGS. A great big thank you to Manny and the fantastic staff at Outback Steakhouse in Schaumburg for their generosity and hard work!

I would like to personally thank my wonderful helpers, Adam, Ashley, Christie, Gail, Jason, Jen, Michele, Rob, Sandi, and Tami, for all their help and support in putting this all together!! I couldn't have done it without you!!

~Connie

Also, thanks to the following for their generous raffle donations:

Barnes and Noble

Massage Envy

Beth Blyler of Terlato Wine Group

Meatheads

Ciao Baby

Melissa Placzek

Claire's Accessories

Outback Steakhouse

Tami Curran of Party Lite and Park Lane

Putting Edge

Diva Nail Salon

Tony Pyrek of Four Legs

Edible Arrangements

The Ram Restaurant and Brewery

Fern Flaim of Cookie Lee

Richard Walker's

Game Works

Schaumburg Golf Club

Gretchen Rubin

Season's 52

Higgins Auto

Sports Clips

Kid Snips

Top Golf

Ann Lewis of Cheese and Deli Sales

Water Works

Lou Malnati's

YOU ARE INVITED!!!

WHAT: NOVEMBER SOCIAL

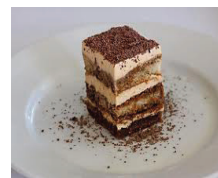
WHEN: MON NOV 21 AT 7 PM

WHERE:



**232 E Main St
Barrington, IL 60010**

**Come on out and check out the new hot spot of Barrington!
Pizza, pastas, Italian cuisine, and wonderful desserts
Bring your family and friends**



It may be BYOB if they don't have their license yet.
Please RSVP to Connie at cm8281@gmail.com by Nov 14.



Operation Write Home's Mission:

Supporting our nation's armed forces by sending blank handmade greeting cards to write home on, as well as cards of gratitude to encourage them.

Jaycees, we can help and have a ton of fun while doing so!

Location: Wish Tree Storefront

Date: Wednesday, November 30th

Time: 7-9 p.m.

Our Mission:

- Make greeting cards for members of the armed forces to send to their loved ones back home
- Write a letter or make a card specifically FOR a member of the armed forces sending positive words and thoughts from the home front

Supplies will be provided!

Questions? Contact Lauren
laurenbachtell@gmail.com

VILLAGE TREE LIGHTING

Hello Jaycees! I know it seems much too early to speak of such words, but it is that time again. Santa and his helpers are coming to the Schaumburg Prairie Arts Center on **Friday, November 25** on his big red fire truck to light up our tree and greet the children of the community! Santa and his helpers, Jingle the Elf and Bell, have asked the Schaumburg Jaycees for some help.

We will be helping serve cookies, punch, and hot chocolate as well as directing the excited children as they are waiting to see Santa. Set up will begin at 6 p.m. There will be Christmas carolers, face painting, and other fun things going on, so come on out and get in the Christmas spirit!

Please contact Michelle at lil_singer_gurl558@yahoo.com or Connie at cm8281@gmail.com if you are interested in volunteering.



In the Spotlight - Lauren Bachtell

Reason(s) you joined the Jaycees:

To volunteer, give back to my community, and meet new people!

Favorite Jaycees moment:

My highlight so far has been meeting all of the great people involved in the Schaumburg Jaycees. I've only been a part of the Jaycees for a couple of months and it already feels like so much longer because of how welcoming and friendly everyone has been!

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

I really enjoyed the Spring Valley Corn Roast as it was my first event to be out volunteering in the community.

Projects you have chaired:

All upcoming! Operation Write Home, Wish Tree, and Lynfred Winery Wine Tasting

What charities do you support?

None in particular - I like to help any that I am able!

What are you passionate about?

A lot of things! But top of my list are helping others, staying healthy, living the best life I can and encouraging others to do the same

What are your hobbies?

Lot of crafty type stuff...knitting, jewelry making, card making...

What are your favorite outdoor activities?

I enjoy participating in triathlons and running races of all distances so generally if I'm outside I am swimming, biking, or running!

Do you have any pets?

If yes, how many, names and what kind? I have a 4 year old Beagle Mix named Moose. He is awesome.

What do you like to do in your free time?

Nap! It just doesn't get to happen very often as I generally stay quite busy!

You're about to make your way down the green mile, what do you have as your last meal?

A steak burrito with extra sour cream and a gigantic margarita... let's do this right!

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

- My dog, Moose
- My cell phone (gotta update my facebook status)
- A book my late grandmother gave me that she wrote about her life

What do you consider your greatest achievement?

I studied abroad for a semester of college in England and still managed to graduate from college (Western Michigan) in 3.5 years.



Walking Club

It's Turkey Time!! I hope everyone has a great Thanksgiving. Stay tuned next month to find out what we will be doing during the winter months to stay active and healthy!

Upcoming Event

Schaumburg Turkey Trot - Saturday, November 26, 2011

Enjoy your last distance event of the season on the relatively flat, scenic, USATF certified paved course. There is also a 5k Run/Walk for those who want to participate in something a bit shorter. The course is conveniently located just off the Rt 53 and I-90 Interchange.

This event helps to raise funds for Special Olympics IL.

Let me know if you are interested in participating. I will be doing the half marathon but it would be great if we could get a group of 5K participants as well!

http://allcommunityevents.com/half_marathon_trot/shmtt_information.html

10 Habits of Unsuccessful Dieters

By Nicole Nichols, Certified Personal Trainer

1. Going "on a diet" in the first place.

Ditch the diets for good and focus on creating a healthy lifestyle based on nutritious foods and small, realistic changes that you can live with for the long term.

2. Overhauling your eating habits overnight.

Eating healthy isn't about taking food away; it's about eating MORE of the things that are good for you. To be successful, you have to implement small and realistic changes to your diet.

3. Giving up certain foods altogether.

All things in moderation. Instead of focusing on the foods you can't have, set goals to eat more of the foods that you know are good for you.

4. Only caring about calories.

While tracking your calories, don't forget to look at other key nutrients like protein and healthy fats (both of which can keep you full) and key vitamins and minerals that are important for your overall health.

5. Focusing on the scale.

Remember that the scale tells you only one thing: the total mass of all your body parts at a given moment. Don't put too much stock into it. Weigh yourself less frequently (about once every 1-2 weeks), and track all the other signs that amazing changes are happening in your body even if the scale doesn't move. This is the best way to stay motivated for the long haul.

**6. Only dieting and not exercising.**

Add exercise to your weight-loss plan. It doesn't have to be boring, strenuous, or time-consuming either. Even 10 minutes a day can make a huge difference in your results.

7. Trying to eat as little as possible.

You need to eat a certain calorie level to function optimally and get all its essential nutrients your body needs to stay healthy. Eating much less than that can cause serious problems in the long term and damage your metabolism, making weight loss even harder.

8. Giving up too easily.

Remember that perfection has no place in a weight loss plan. When you do make a mistake or feel like you're not making enough progress, don't give up. Change requires time and old habits die hard.

9. Confusing "healthy" with "low-calorie."

Read front-of-package labels with a discerning eye, and always turn over the package and look at the nutrition facts (and ingredients) to get a full picture of what a food is really like. This goes for restaurant menus, too. Don't let healthy-sounding words make you think a food is actually low in calories.

10. Unrealistic expectations.

Losing 1-2 pounds per week—even half a pound—is major progress that should be commended. This is a healthy and realistic rate of weight loss that you can expect if you're sticking to your nutrition and fitness goals.

Read the full article: http://www.sparkpeople.com/resource/nutrition_articles.asp?id=1681

Gina

The Who's Who of the Schaumburg Jaycees

Christie Martin	Chapter President	christiemartin820@gmail.com
Tami Curran	Chapter Management	rtpstuff@yahoo.com
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!**

