



SCHAUMBURG JAYCEES

WHATEVER IT TAKES
Celebrating 45 Years 1966-2011

Schaumburg Jaycees Shout Out

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Message from President

Hello Friends,

WOW, here we are kicking off our third trimester! I can't tell you how proud I am of you and what an honor it is to serve as your president this year! This past weekend I attended the IL General Assembly (GA) and had the privilege to introduce myself as Christie Martin President of the Schaumburg Jaycees! I LOVE this chapter! I LOVE the Jaycees!

This weekend was full of great trainings, building friendships, creating new friendships and HAVING FUN!!!! It was reenergizing to attend this great event! It started Friday when our Area 1 VP elect reminded me that yes, we are coming to the end of the year, but there is STILL time to make a difference, give that extra push and step up to something new or take that next step to lead. I wish I could even slightly convey the EXCITEMENT of the weekend and my love for our chapter! This is going to be a great trimester!

This trimester kicked off with our annual Septemberfest participation and thanks to so many of you, we had an outstanding weekend for membership and fund-raising! Thank you to EVERYONE who came out to do WHATEVER IT TAKES to help our chapter get our name out to the public and help with Beer Booth. The weekend would not have been a success without you!

We have MANY more projects for the third trimester that are our staple holiday events and I know there are some great new ones being started!

I'm also excited to share that last night we had THREE wonderful women learn about the opportunities that the Jaycees offers and joined our chapter! Welcome Amy, Lauren and Michelle! We are so excited to have you join our chapter!

I know that our last trimester is going to be the most amazing trimester of the year!!!! **You** are taking home the VP cup at the end of this trimester, because I KNOW you are AMAZING and are going to lead this chapter to a HUGE success!

With that said, think of how you will take a step in this organization, in our chapter this trimester! Will you chair a holiday project? Will you bring a new member to a project or meeting? Will you run a fundraiser to help our chapter pay for all of our exciting projects that help our community? Will you run for a position on next year's board? There are so many options and the Jaycees are what you make it, so make it GREAT!

Christie

Calendar of Events

September 3-5, 2011

Septemberfest
Village of Schaumburg

September 12, 2011

General Meeting
Pilot Pete's

September 16, 2011

Regional
Pilot Pete's

September 17, 2011

Picnic
Prairie Center for the Arts

September 27, 2011

New Member Orientation
Schaumburg Library

Birthdays

Tami Curran
Stefanie Dreksler
Cynthia Loth Flatt
Jen Sheridan

Anniversaries

Dan Conoly
Stefanie Dreksler
Scott Felgenhauer
Carrie Felgenhauer
Dave Hellgeth
Regan Jasinski
Charles Kegarise
Scott McGee

General Meeting

Pilot Petes

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

Sepfest Beer Booth Wrap Up

Yes kids, this is it! Here's the recap info for our biggest fundraising event of the year!

Associate booth – 28.5 kegs, 16.5 cases malt beverage

Regular Member booth – 15 kegs, 12.5 cases malt beverage

(Yes, the Associates beat the Regular Members again. Just remember, it's because they're by the FOOD, not 'cause they're so much BETTER LOOKING, as so many of them claim!!)



Tip Jars –
Associates – 711.21
Regular Member – 498.53



Estimated Net income after all bills are paid (to Budweiser, the Village, and the repayment of the start up bank to the chapter)



\$8711.81



Great Job, Schaumburg Jaycees, Associates and Friends!!

Thank you again to all who made this event a success! You have ensured our ability to make a difference in our community during our 2011 Holiday projects, and also provided a secure footing for the 2012 year to step off from. **YOU** make a difference!!

Fall Events

Regional

September 16, 2011 — 6:30 p.m.

This is a GREAT time to come out and mingle with our members and the Region members. We will be celebrating a very successful 2nd trimester and I'm sure taking home awards! Come out and celebrate our accomplishments and the region's accomplishments!

Schaumburg Jaycees Picnic

September 17, 2011 — Noon

Prairie Center for the Arts near the water and the outdoor small stage. We are getting together for a picnic to hang out play games and have fun! \$5 cost gets you homemade sandwiches, chips, salad. Please e-mail Christie (schaumburgjaycees2011@gmail.com) or Emily at efmiche@gmail.com.

New Member Orientation

September 27, 2011 — 7:30 p.m. - 8:30 p.m.

New to the Jaycees or still have questions? What is Passport? What's a CPG? Join me at the Schaumburg Library and I'll answer any questions you have.

Spring Valley Corn Roast

October 2, 2011 — Noon - 5:00 p.m.

OK so last year many of us went and we cannot wait to go back!!!! Roasting corn is such a fun day! Melted butter, lots of fun, taste testing, make your own candy apples, apple turnovers over a fire... oh the list goes on of all the goodies at this fest. Come out, roast corn with us, and have a FUN time!!!

OUTBACK WINGS Fund-raiser

October 8, 2011— Noon

This is the 3rd annual WINGS fund-raiser at Outback! Please RSVP to Connie (cm8281@gmail.com) by September 24. Also PLEASE pass this on to EVERYONE you know and get them to come out! It will be lots of good times, food and prizes!

Financial Planning

October 12, 2011 — 7:00 p.m. - 8:00 p.m.

Ever think about retiring and how you're going to pay for all the fun things you'll do when you retire? Come out and learn how to make the best investments now to secure a fun and relaxing retirement!

Trivia Question

Q. Who was issued ID number 01 when the U.S. military started issuing dog tags in 1918?

A. General John J. Pershing

http://www.triviacountry.com/19_Military_Trivia.htm

The History of Labor Day

Constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union.

The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887.

The form that the observance and celebration of Labor Day should take were outlined in the first proposal of the holiday

- a street parade to exhibit to the public "the strength and esprit de corps of the trade and labor organizations" of the community,
- followed by a festival for the recreation and amusement of the workers and their families.

<http://www.dol.gov/opa/aboutdol/laborday.htm>



Schaumburg Jaycees Outback Fundraiser for WINGS!!!

SATURDAY, OCT 8, 2011

12:00 PM

Outback Steakhouse

216 E Golf Rd

Schaumburg, IL 60173



ONLY \$15!!! YOUR MEAL INCLUDES:

Appetizer: Bloomin' Onion (for table)

Salad: Caesar

Main Course: Steak, Chicken, Fish, OR Chicken Fingers

Sides: Garlic Mash OR Fries

Dessert: Cheesecake

Beverages: Non-Alcoholic

WONDERFUL RAFFLE PRIZES

Proceeds Benefits WINGS

(Woman In Need Growing Stronger)

www.wingsprogram.com

WINGS helps women and children end domestic violence and homelessness.

RSVP with payment by Sept 24

You can pay online @ www.schaumburgjaycees.org thru Paypal or mail check to PO Box 68997 / Schaumburg, IL 60168

Questions, contact Connie @ cm8281@gmail.com

Please include the following in the PayPal memo area. Sending a check? Please complete and return with your payment:

Name: _____

Email address: _____

Phone number: _____ Number of meals: _____

Fundraisers

Want to help YOUR fabulous chapter raise money for all of our community projects? We need YOUR help! Please think of a fund-raiser you'd like to run and we will get that set up!

Ideas include:

- Wendy's
- Morretti's
- Unos
- Culvers
- Meatheads
- Beer/Bar Olympics
- Bowling
- Best Pizza Contest

Have other ideas? Let's run with them!

As you can see, we have many projects coming up and I look forward to seeing you there! Please e-mail Christie (schaumburgjaycees2011@gmail.com) and let me know when you will be around.

Choosing Your Retirement Path

Fellow Jaycee members come learn more about the financial concerns one may face in retirement and possible solutions. Join us at the Choosing Your Retirement Path Seminar. This free, educational presentation can point you in the right direction. Please contact me for more information.

Date: October 12, 2011

Location: 20 N Martingale Road, Suite 400,
Schaumburg, IL 60173

Time: 7:00 p.m. - 8:00 p.m.

Contact:

Adam Mattson
419-708-3165
amattson@ft.newyorklife.com



Hoffman Estates Jaycees — Job Fair

We are excited to be able to bring you this great event so that you can find all the job openings in the Chicagoland area in one place! If you are ready to back into the workforce then keep your calendar open for this fantastic event.

- Practice your introduction
- Improve confidence level
- Network opportunities
- Helpful resume tips
- Fantastic Prizes
- Free food

Date: Saturday, October 1, 2011

Location: Hoffman Estates Park District Triphahn Center
1685 W. Higgins Road, Hoffman Estates, IL 60169

Time: 10:00 a.m. - 4:00 p.m.

Contact:

Rachel Ray

Phone: 847-807-5627

E-mail: info@jobopeningsinchicago.com

Web: www.jobopeningsinchicago.com



In Partnership with:

- Illinois WorkNet
- Roosevelt University Alumni Association
- Harper College Career Stimulus Program
- St. Hubert's Job Ministry
- Multiple Chambers of Commerce
- and many more!

PB&J Smoothie

Smoothies take less than 3 minutes to make, pack in multiple high-nutrient foods and they fill you up. If that's not enough, they can also taste like a five-star dessert.

Ingredients

- 3/4 cup low-fat vanilla yogurt
- 3/4 cup 1% milk
- 2 teaspoons peanut butter
- 1 medium banana
- 1/2 cup frozen unsweetened strawberries
- 2 teaspoons whey powder
- 4 ice cubes, crushed

Directions

Include all ingredients in a blender, and blend until smooth.

<http://recipes.runnersworld.com/Recipe/pbj-smoothie.aspx>

Walking Club

Weekly Walking Workouts

This weekly suggested schedule, developed by Dave McGovern for his race walk clinics, is for every kind of walker, including fitness walkers and race walkers. You can mix and match the workouts below. The week should include one day of Economy workouts to build speed, two days of Threshold workouts to build aerobic performance, and one day of long distance. In between each of these workouts should be a rest day or a day of easy walking.

Monday: Rest day. No walking of significant distance or intensity.

Tuesday: Economy Workout. Warm up for 10 minutes at an easy pace. Then walk as fast as you can for 30 seconds or 200 meters (two city blocks in most cities). After 30 seconds, drop down to an easy pace for 2 minutes. Repeat the 30 seconds speed/2 minutes rest 8 to 12 times. Cool down with a 10 minute easy pace walk.

Wednesday: Recovery. Easy 3 mile walk at 65% to 70% of your max heart rate. This is a pace at which you can easily maintain a conversation but are breathing harder than at rest.

Thursday: Threshold Workout #1 - Speed. 10-minute warm up at easy walking pace. Walk fast for 8 minutes or 1 kilometer at 85% to 92% of your max heart rate. Then slow down to an easy pace for 2 minutes. Repeat this for 3 to 4 repetitions. Cool down for 10 minutes at an easy pace. The threshold pace is strenuous, but one you could maintain throughout a 10 kilometer/6 mile race. You will be breathing very hard and able to speak only in short phrases.

Friday: Recovery. Easy 3 mile walk at 65% to 70% of your max heart rate.

Saturday: Threshold Workout #2: Steady state or tempo workout. Warm up for 10 minutes at an easy pace. Walk 20 to 30 minutes at 85% of your max heart rate then cool down with 10 minutes easy pace.

Sunday: Distance Workout. 8 to 12 kilometers (5 to 7 miles) at 70 to 75% of your max heart rate. This is a conversational pace.

The key to these workouts is not to exceed your lactate threshold — working out so hard and long that your body builds up lactic acid in the muscles. This occurs when you workout at 90% or more of your maximum heart rate for more than 50 minutes. By knowing your Maximum Heart Rate and using a heart rate monitor, you can ensure that you are working out at the right pace for the various workouts.

This variety of workouts will ensure you get slow fat-burning workouts, aerobic carbo-burning workouts that also build and feed your muscles, and avoid overtraining and anaerobic workouts.

<http://walking.about.com/cs/fitnesswalking/a/walkworkouts.htm>

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!**

