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HELLO VIRGINIA SENATORS:

Our short order cook aka **John Mosesso #71551** served up **scrumptious breakfast** getting our **Saturday morning** to a **delicious start**. The membership meeting was a blur of updates and reports including passage of the 2022 Senate operating budget. I received my President's pin from Chairman of the Board Lillian Cheng #72962. Kay Faries #70346 challenged us to lace up our sneakers to join her in the VA ADVENTURE 5000 for the US JCI Senate Foundation.



Our **Senators of the Quarter** were **Jim Hart #73105** for his leadership with the Hampton Roads Rooster event, shepherding three new Senator nominations and supporting the programs of his home chapter and **Karen Gage #78980** for revamping the New Senator Handbook, New Senator application, and for being the onsite hospitality coordinator for the weekend. (Since the meeting, Karen also has conducted, alongside Anne Johnson #49625, a special training workshop with members of the New Senator Review Committee and members of the Leadership Team).

After a healthy lunch, Senators headed over to **Hilton Baptist Church** for an **afternoon of Community Engagement** coordinated by **John Mosesso**. Senators were divided into four teams: Team 1 was responsible for sorting clothing, shoes, and other apparel destined for the church's boutique serving homeless people in need; Team 2 sorted and packaged holiday craft kits; Team 3 helped to sort games and puzzles to be used as gifts for shelter children; and Team 4 worked in the hot heat to beautify the church grounds.

After cleaning up, Senators headed over to Cozzy's Comedy Club for the Hampton Roads Rooster Reunion to raise funds for the Bill Robertson Scholarship Fund. It was a wonderful evening. Cozzy's owner Lorraine Cosgrave provided a delicious dinner buffet. Besides reconnecting with Senators from the Real Smithfield, Hampton Roads, Peninsula and Norfolk Jaycees, the major highlight of the evening was the presentation of three **new Senators, Jin Teh #80790, Lorain Cosgrave #80795, and John Lash #80799**. Surrounded by family and friends, you could tell how happy and moved each were to receive their Senatorship. The stories that were exchanged throughout the evening were a true testament of the power of our organization and the impact it has had on not only on the individual member but on the communities they served. A night to remember for sure.

Rather than heading back to California, I stayed the week in Virginia traveling to meet and re-connect with Senators. From Virginia Beach, Richmond to Alexandria I made the most of my time. I reached out to our membership by phone driving with my trusty friend Lori Palo #55475 as my scribe taking notes with each call. Just like our Jaycee days when we

Continued on page 2

[LINK FOR HOTEL](#) Best Western Richmond Code JCI VA

[CLICK HERE TO SIGN UP FOR OUR FALL MEETING](#)

ANNUAL DUES REMINDER

CLICK HERE



would have membership close out, **I am happy to report that we were at GROWTH +6!** Thank you for everyone who renewed or rejoined.



The Adventure continued at the Region III Social in Quakertown, PA. The warm (and it was hot, too) hospitality of PA Jeff #63411 & Janet Kozak led to a nice time for all (ask what waterworks game we played to beat the heat). Getting Jaycee leaders together...definitely a competitive bunch...Tom Cramer #61957, Jackie Julian #74251, Melissa #79220, Jeremiah, and Ron #79099 Sleeth, Sabitha Venkatesh #71858, Anne Johnson #49625, Karen Gage #78980, Jack Ferry #76561, Carole Lieber #65155, Hank #34400 and Sandy #52468 Kolodner, Marilyn #45644 and Sam #37972 Young and newest member Greg Leverton #62762. (Yes! We joined each other's states).

Headed home only to turn back around a few weeks later for the JCI USA National Convention in Virginia Beach. It kind of felt like a little déjà vu since we were back at the Founders Inn, the sight of the National Senate Convention when our own Ariel Jones #65423 was US JCI Senate President. I had the privilege of serving as a Master Speak-up judge which I enjoyed tremendously. Senators were in the thick of it: greeting, working registration, cooking, serving, cleaning up, and everything in between. **Thank you to the Senators who not only came to volunteer (at their own expense) but also baked for the hospitality suite.** I can't tell you how many "Thank You's" we all received from the Jaycees. They recognized and appreciated all the hardworking senators in attendance. **Special recognition to Kathleen King #68704 who was responsible for the smooth operation of the convention. She worked tirelessly behind the scenes and is truly the unsung hero of the convention.**

Please save the weekend of November 4-5 for our Fall meeting in Richmond with the Virginia Jaycees. They are bringing back the **Outstanding Young Virginia Award program on Saturday night.** Glad to see this program return as a past recipient and Program Manager.

On to our next Adventure...US JCI Senate Winter meeting New Orleans

On the Adventure with You
in the Spirit of the Jaycees,
Beth Fujishige #69219
2022-23 President VA JCI Senate
(714) 914- 5492



*"It's always an Adventure when I'm with the VA Senate.
Can't wait for the next one! Don't miss out!"*

It is a pleasure to serve as Vice President this year. As the temps get cooler and we move into fall, I remember all the fun projects of our Jaycee years, Haunted House, Christmas Tree Lots, Kids Shopping tours and all the fun we had. I hope you all will sit back with your favorite cup of tea, coffee, or favorite drink and remember the fun times. I hope we can **share our experiences with the Jaycees coming along now and can be an inspiration.**

Many of us are heading out to Colorado and will be back by the time this is published. There will be many fun times during this trip, I am sure. **Never forgot to "Experience the Senate"** as National President Susan has asked us to do and we all have our Passports to Adventure here in Virginia!! **Enjoy the Adventures of our Senate.** I encourage you to get involved today.



Sheri Polychrones #78710
Vice President
"Let the Adventures Begin. Cheers!"



"It feels good to be lost in the right direction" - Unknown



VA JCI Senators in ACTION



Jobs fill your pockets but adventure fills your soul! – Jamie Lyn



2022 Virginia JAYCEES Fall Meeting

COMMUNITY SERVICE EVENT



This year, The Virginia Jaycees will collect for Operation Christmas Child as our community service event for our Fall meeting!



Items not allowed for Operation Christmas Child: Do Not Include

Candy; toothpaste; gum; used or damaged items; scary or war-related items such as toy guns, knives, or military figures; chocolate or food; seeds; fruit rolls or other fruit snacks; drink mixes (powdered or liquid); liquids or lotions; medications or vitamins; breakable items such as snow globes or glass containers; aerosol cans

[What goes in my Shoe Box...Click Here](#)

Also see page 9 for items we will continue to collect for Hilton Baptist Church as part of our ongoing Community Engagement.



*"Gratitude unlocks the fullness of life.
It turns what we have into enough, and more.
It turns denial into acceptance, chaos to order, confusion to clarity.
It can turn a meal into a feast, a house into a home, a stranger into a friend.
Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow." – Melody Beattie*

The adventures of the Virginia Senate are well underway! I wish you a great time of refueling this Thanksgiving. **May this season also remind us to routinely take time to reflect and be thankful. Looking back in this way helps us continue forward.** While adventures often involve meeting tough challenges, **a grateful attitude will help you travel light and brighten your path. It frees you to give and be a blessing to others.** Because of you, I am one of many who are thankful for the Virginia Senate!



Be Blessed in your day-to-day Adventures
Chris Hienz #75470
"Let's shine for the Adventure!"
(703) 969-8867
hereschris@yahoo.com



Yes, 2022-2023 Membership Renewal is due now, even if you paid this past May or June.

A common theme among members' responses has been; I paid this year already, so I don't need to renew now. The answer in every case has been, yes, I see you paid in 2022, but that was actually for the 2021-2022 Senate year. However, **we have implemented annual billing, due in the 1st quarter (i.e. September)** a couple of years ago, so eventually all members who normally were due in December, March, or June, should be paid earlier to get in sync.

While we are slightly ahead of last year's rate of members renewed on time (105 vs 99), this is still less than 50% of the Active members that should be paid at this point. If you haven't paid from the most recent billing request (sent in August) because you feel you paid earlier this year, **please note your dues for 2022-2023 are due now.** If you have any questions regarding your last payment and what year that was paid for, please feel free to reach out to me.

I know this is still a major change for many, but once we all get in sync, it will be much easier.

Click on the senator to pay your dues



Jim Hart #73105
ghost@ghostsports.com

*"Keeping the Adventure financially sound and
advocating for financial prosperity for all."*



There are 525,600 minutes each year – "There are [approximately] 30,000 days in your life.

When I was 24, I realized I'm almost 9,000 days down.

There are no warm-ups, no practice rounds, no reset buttons.

Your biggest risk isn't failing. It's getting too comfortable.

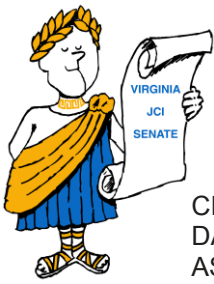
Every day, we're writing a few more words of a story.

I wanted my story to be an adventure, and that's made all the difference."

— Drew Houston – CEO and Founder of Dropbox

What's your adventure of life story?





THANK YOU FOR PAYING YOUR DUES!

Thank you to those who have paid.
If you don't see your name on the list, this is a friendly reminder to join us and renew your membership today.

CHARLES B ANDREWS JR 33230
DAVID BAILEY 66206
ASHA BAILEY 71533
GENE BELVIN 27191
JEFF BOBICH 72309
CINDY BOSWELL 64584
THOMAS BRENZOVICH 27432
CHRIS BROWN 60634
LUKE BROWN 77897
CHRISTINA BRUNNER 74135
JAY BUSTON 13247
FRANK BUTLER JR 46169
JACQUE CAMLET 67098
G.W. "GIL" CATRON 19969
LILLIAN CHENG 72962
TOM COLLETTI 74060
SAM CONNER 61745
CLINT CORRY 27197
PATRICIA COTTER 43032
JOHN COTTER 41511
FRANCES DANIEL 56016
JODI DEAN 77722
MAX DEAN, JR 51307
MICHAEL EASTERDAY 73157
TIM ECKERT 80709
HOPE ELLISON 71378
BETTY ESENBERG 72227
ART ESENBERG 26704
JOHN J. FERRY 76561
W.C. FOWLKES 74134
BETH FUJISHIGE 69219
KAREN GAGE 78980
MARISSA NIHILL GARCIA 78634
PAT GEARY 35091
GREG GRANGER 72964
LISA GRANGER 73099
KAPPY GROSS 61748
THOMAS HARNED 17133
ANN HARRISON 75822
JIM HART 73105
CHRIS HEINZ 75470
ANDY HERRICK 75044
JOHN HOPPE 25952
PETER HOWARD 39477
DR. WILLIAM INCATASCIATO 76562
DAVE INGRAM 29085
ANNE JOHNSON 49625
MARK JONES 62801
JACQUELINE JULIEN 74251
KRISTIE KEHOE 76563
NANCY LEE KENT-SWILLEY 51311
SHERRY KING 67690
VANESSA KINSLEY 70985

HANK KOLODNER 34400
CRAIG LANE 40740
BETH LANE 53639
KATHY LAWSON 56015
RALPH LAWSON 47052
EBONI LEE 79426
JIM LITTEN 27977
MICHAEL LYNCH 54465
PEGGY MCHUGH 62466
BETH MCOSKER 57423
KONRAD MELKUS 13787
JO ANN MELKUS 72256
JOHN MELLEKEY 62803
JAMES MILLER 34554
WILLIAM MILLER 27189
JOHN MOSESSO 71551
RUTH NEFFLEN 70907
JIM NEFFLEN 18012
LILLIBET OBRECHT 72955
BRIAN P'POOL 29005
FRANK PASSARELLI 24745
DEBRA PATRICK 43041
JOHN PAUL 80475
MIKE POLYCHRONES 78709
SHERI POLYCHRONES 78710
CATHY RALSTON 79504
SHARON RATZSCH 66974
JENNIFER REBBY 75071
CHARLES REDIFER 47428
GERRY ROTH 55317
JOHN SEABORN 51281
PAULA SEE 49621
STEPHEN SEE 48068
DR DAVID SEROTA 32445
CATHY SHARP 72271
PHILIP SHARPE 16611
LISA SMITH 72135
MARK SMITH 46360
BETH STEVENS 60340
MACK STEVENS 58587
CHRISTOPHER TAYLOR 75972
AMY TENHOUSE 72693
BENJAMIN T UZEL JR 61010
SABITHA VENKATESH 71858
R RANDALL VOSBECK 4612
LEE WALKER 72136
GENE WATSON 47883
KIM WILLIAMS 65904
ROD WILLIAMS 66008
CHRIS WILLIAMSON 57020
BRENDA YANKEY 49720
LOUIS ZONE 49620

**"MAY YOUR ADVENTURES BRING YOU CLOSER TOGETHER,
EVEN AS THEY TAKE YOU FAR AWAY FROM HOME"**
TRENTON LEE STEWART





Hello Senators

Fall is here!

We welcomed 4 new senators to the family in August.

Jin Teh #80790 from the Peninsula Jaycees

John Lash # 80799 from the Hampton Roads Jaycees

Lorain Cosgrave #80795 from the Hampton Roads Jaycees

We presented these first three at the Rooster Reunion coordinated by John Lash and Hosted at Lorain's establishment Cozzy's Comedy Club & Tavern down in Newport News on Saturday, August 20.

George Alcaraz #80796 from the Virginia Beach Jaycees was presented with his at ECSC which is fitting because of how much he has done for the event over the last 30 years.

Welcome one and all to the Virginia JCI Senate Family. Our incredible webmaster has them all highlighted here on the website <https://www.vajcisenate.org/new-senator-spotlight>

Dates to Remember

For Presentation at the Board meetings, Applications must be received by:

For November 2022 Meeting - October 5

For Feb 2023 - Jan 10, 2023

For May 2023 - April 10, 2023

Presentations can also be done locally. Paperwork must be submitted 30 days prior.

You can find the VA JCI Senate Supplemental Application and the US JCI Senate National Application here.

<https://www.vajcisenate.org/nominate-a-jaycee-for-senatorship>

I look forward to seeing you all in Richmond in November.

"The adventure will begin when we award new Senators this year."

"Who will you help recognize to join us on the adventure this year?"

Karen Gage #78980



WELCOME OUR NEWEST SENATORS TO THE VIRGINIA JCI SENATE FAMILY



JIN TEH | SENATOR 80790

HOME CHAPTER: PENINSULA

Jin joined the Jaycees in 1990. He served his local chapters as Vice President, President, and Chairman of the Board and chaired successful projects including BINGO bi-weekly fundraiser, Leukemia Bowl, Beer Pour, the NFL Punt, Pass, and Kick and the MLB Pitch, Hit, and Run events.

His chapter writes: As an originating member of the expansion Hampton Jaycees, he was instrumental in the survival of the chapter, ultimately serving as President. He played a significant part in the structure and recruitment that would propel the chapter into the future. He was the driving force for key changes that included: a service area expansion with a name change to Peninsula Jaycees, an

annual Leukemia Bowl, and the initiation of an ambitious year round midnight BINGO, which would pull in over \$60k a year for many years, allowing the chapter to send campers to Camp Virginia Jaycees and to support the local communities. Earning President of the Year honors shortly before exhausting, his chapter and its members today, are still in his debt for his devotion and dedication to the Jaycee cause.

LORAIN COSGRAVE | SENATOR 80795

HOME CHAPTER: HAMPTON ROADS

Lorain joined the Jaycees in 1987. She served her local chapter in various roles including Vice President, President, and Chairman of the Board. She was the chapter's first female President who implemented key signature projects such as Party on the Pagon, Cozzy's for Kids, and founded Jaycee TGIF. She is a Life Member of the Virginia Jaycees.

Her chapter writes: She embodied the heart and soul of our chapter, leading it into the future as a household name that the community could count on for years to come. From Christmas parades and memorial day flags, to state convention traditions that are still remembered, she was instrumental to it all. After exhausting out of the Jaycees, she has continued service through the Kiwanis, while never leaving the Jaycee movement by supporting various chapters with the use of her business for meetings and many large projects, such as Womanless Beauty Pageant, JaySeas Fest, and now, tonight's Rooster Reunion.

JOHN LASH | SENATOR 80799

HOME CHAPTER: HAMPTON ROADS

John first joined the Jaycees in 1985. He his local chapter as Management Vice President, Community Development VP, State Director and President. He chaired many successful projects including Food Bank, Amateur Golf Tournament, Christmas Tree Lot, Haunted House, Fort Fun Construction & Air show at Patrick Henry airport.

He served the Virginia Jaycees as a District Director and as a key committee member for the Virginia Jaycee State Conventions held at the Hampton Coliseum. He was also a member of the Corps of Virginia Gentleman. He received several awards, including the EJ King Mehan Key Man Award and is a Life Member of the Virginia Jaycees.

His chapter writes: He embodiment of the Jaycee creed, he was involved in all facets of the organization elevating the chapter throughout the community, its members, and to fellow chapters alike. He became the go-to man when something needed to be done, often taking the lead and spearheading new ideas. Today, decades later he is still the glue that holds the chapter's memories and its members together, including a driving force on the committee for tonight's reunion.





GEORGE ALCAREZ | SENATOR 80796

HOME CHAPTER: VIRGINIA BEACH

George served his local chapter as State Director. He is known for mentoring generations of Jaycees over the course of his 30 year Jaycee career.

He has received several awards, including the JCI USA Outstanding Chapter award for the East Coast Surfing Championships in 2019 and the Virginia Jaycees Outstanding Project Award in 2021. He is also a Life Member of the Virginia Jaycees.

His chapter writes: He has spent his lifetime after aging out as an active Jaycee and has been involved with ECSC and his local chapter. His leadership, initiative and ability to unify the community are the reasons the East Coast Surfing Championship has continued and flourished for 60 years!

Happy Autumn Fellow Senators,

Thank You! Thank You! Thank You to each of you that participated in the July service project at Hilton Baptist Church. We had 17 Senators participate in person and several others that provided donations.

WE WILL CONTINUE OUR SUPPORT OF THEIR PROGRAM THROUGHOUT THE YEAR – the following will be of aid to their Winter PORT program:

- new underwear, t-shirts, bras, socks and panties (all sizes)
- gently used winter coats (all sizes)
- gently used hoodies, sweatshirts, and winter tops (all sizes)
- gently used jeans (all sizes)
- thermals (all sizes)
- gloves, hats, scarves
- shoes and boots (all sizes and must be warm and comfortable for walking)
- towels for showering
- adult diapers (Depends)
- travel sized toiletries (some are easy to get from all your hotel stays)
- Soaps •Wash Cloths •Toothbrushes/Toothpaste •Q-tips
- Deodorants •Lotion •Shampoo/Conditioner

If you wish to contribute, please bring your donation to the next meeting and we will be sure they receive it also we will help replenish school supplies for them to be received at our February meeting.

I am still finalizing plans for our **November** Senators in **Action Service Project**, trying to find an appropriate project that fits into the allotted window has been a slight challenge and in process of finalizing the details. **Be on the lookout for an update from me prior to the meeting.**

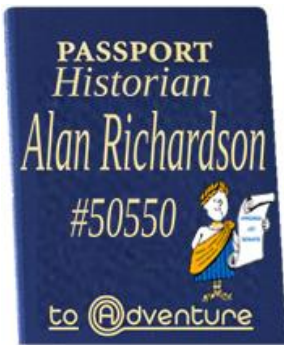
John Mosesso #71551

"Taking you on an Adventure with every Community Service Project"



"LIVE YOUR LIFE BY A COMPASS, NOT A CLOCK." — STEPHEN COVEY





I am excited to serve as your Historian this year as we join the Passport to Adventure!

I have been a Jaycee since 1987 and a Senator since 1992 and have served as Virginia Jaycee State President (92/93), US Jaycees NVP (93/94), Virginia JCI Senate President (01/02) and US JCI Senate Region III NVP (20/21). I am the current Chair of the US JCI Senate Constitution and By-Laws Committee. *I am not sure if President Beth asked me to be Historian only because of that Jaycee/Senate history!*

My goal is to provide the Senate with at least one "Fun Fact" in the newsletter and at the Meetings.

So the Fun Fact for now (and was shared at the New Board Planning Session) is:

The Virginia JCI Senate has had 50 Senators who have served at Senate President. Even though the Virginia JCI Senate is older than 50 years, in the early days, **some Presidents served more than one term.** From **our founding as a Senate organization in 1969** until today, it wasn't until 1995-1996 that we elected **our first woman President, Linda Lester #43537**...which was a full 11 years after women were admitted into the Jaycee organization. Since 1995-1996, the Virginia JCI Senate has been led by 15 women Presidents, several of them also have served as a Virginia Jaycee State President. Our current **President, Beth Fujishige #69219 becomes number 16 on that list of accomplished women who have served both of our organizations!**



"In order to get to where you want to go, you sometimes have to look to the past for guidance.

Be part of the Adventure!"

Alan Richardson #50550



Hello Virginia Senators!!

On this great Passport to Adventure we want to hear your feedback!

Kindly take a moment to answer some questions about the VA JCI Senate [click here](#) or click on the survey icon.

Marissa Nihill #78634

"Like your GPS on a road trip, this lady will tell you what's happening."



"Traveling, it leaves you speechless, then turns you into a storyteller." – Ibn Battuta



Hello from your On-To Coordinator!!



By the time you read this, a good sized group from Virginia and Region III will have represented all of us at the Fall JCI National Senate meeting in Golden, Colorado. We had committee meetings, some great fellowship with our friends, visited some fantastic Colorado sites, enjoyed a banquet, and maybe got some awards! I will give you the full report when we meet in November!



I invite you to consider coming with us in **January to the Winter National Senate** meeting in **Kenner, LA**, just outside of New Orleans.

We were at the same hotel a few years back and had a great time! Our National Convention in June will be in St. Louis. **Come join us on one of these adventures to make new memories and keep you coming back for more!**

Our Passport to Adventure travels continue!

Melissa Sleeth #69220



Hello Senators!

It's Autumn and **many opportunities to Return the Favor abound!** There is a Halloween haunted house, Thanksgiving Fall Festival or food drive, or prep for a Christmas Shopping Tour somewhere that can benefit from a Senator's knowledge and experience!

I am currently seeking submissions for the December 1st deadline. Please continue to think of those Virginia Senators who do a lot to help our Jaycees and deserve some recognition. Active Jaycees appreciate those Senators who give back to the chapters through training, manpower at events, advice to officers, and other general assistance. Please encourage your local chapters to consider nominating Senators who have helped them. The forms are available on the US JCI Senate website at <http://www.usjcisenate.org/programs/return-the-favor>. It can be a challenge to obtain the required two letters of recommendation as chapter members try to express what a Senator did and the impact their actions had on the Jaycee member or chapter at the local, state or national level. **I am here to help!** Let me know if I can reach out to a specific chapter to assist with recognizing a Senator. **You all know how amazing it feels to be recognized by peers for doing what you love. Return the Favor enables us to gift that feeling to our fellow Senators. Let's do this!**

Jennifer Rebby #75071

Return the Favor Chair

*"It's an adventure anytime you go to a new place,
meet new people or try something different."*





Sweepstakes Update

Happy Fall Ya'll!!! I do love this time of the year when the trees explode into beautiful colors, there is a crispness in the air and lots and lots of football. I hope everyone is doing well.

By now you should have received your sweepstakes mailing with six sweepstakes in it. If you have NOT received your mailing, please let me know and I will make sure it is sent to you. I hope you will be in a position to send in your contribution (suggestion is \$10 per ticket or \$50 for six tickets). Thanks in advance for your support.

Thank you for your support at the Summer Outing. Virginia was able to send in \$300 to National. I missed being with you all but we had an amazing family gathering. Nothing like spending a weekend with seven children under the age of six!!

I hope to see many of you in Richmond in October for our fall meeting. We will have more tickets so please bring at least \$10 for the meeting.

To find out more information about the US JCI Senate Presidential Sweepstakes program, please visit <https://www.usjcisenate.org/index.php/programs/presidential-sweepstakes-2022-23/viewdocument/2722>

Our region representatives Lori Palo #66475 and Sabitha Venkatesh are requesting prize donations, valued at a minimum of \$100.00, for the national meeting in June 2023. Please feel free to contact them with any questions at sabitha771@gmail.com or loripalo@yahoo.com.

Thanks in advance for your support. If you have any questions or concerns about this program, please feel free to email me at peggy_mchugh@yahoo.com.



See you soon!!
Peggy McHugh, #62466

"Passports take us to new places so we can experience new cultures, foods and fun. Hopefully our Passport to Adventure this year will give us new experiences with our Senate friends far and wide. Join us!!"





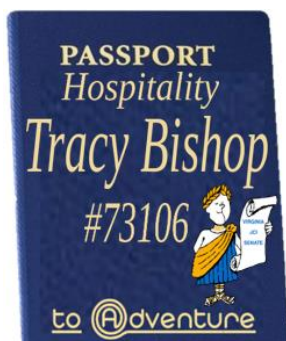
Hello Senators!

I hope everyone is enjoying the fall. At President Beth's request, I'm wearing two hats this year -- as Chairman of the Board and Legal Counsel, and I'll have more to report in both roles as the year proceeds. It's been so much fun this year already -- so many new ideas and activities with our great leadership team. **I'm looking forward to continuing to stamp my Passport to Adventure with you all (and especially with Gavel, if President Beth will ever let us hang out again....).**



Hope to see many of you at the fall meeting in November!

Take care,
Lillian Cheng #72962
"Continuing the Adventure!"
Chairman / Legal Counsel



Senators, Taste the Adventure!

I would like to personally thank everyone for their assistance, participation, and attendance at the August Senate Hospitality **Potluck Palooza**, the theme for beginning our adventure with President Beth. Our son had move-in at VCU, and I had a broken leg and inversion ankle fracture, so I was not able to attend that weekend. **It is so wonderful that everyone could jump in and take care of business like all Jaycees know how to do.** Thank you! The November meeting looks to be a fabulous time, and we are going to make a virtual trip around the world through our **International Food Fest** theme. It is a special Senate Hospitality event to highlight the cultures represented around the world and it is your passport to food adventures!

I have provided suggestions below if you want to make a dish to represent a specific country, or you can make a favorite dish of yours from your favorite culture or the culture of you and your ancestors.

This is a suggested list of countries and food ideas, but by no means is all inclusive. Please feel free to represent the country of your choice:

Mexico--Empanadas
Italy--Caprese
Japan--Sushi
China--Dumplings
Spain--Paella

Canada--Poutine
France--Charcuterie
Korea--Kimchi
Germany--Schnitzel
United States--Sliders

Ireland--Shepard's Pie
Vietnam--Pho
Switzerland--Fondue

I have opted to make Moussaka from Greece, as it is one of my favorites! I cannot wait to see all of you in November and sample the wonderful food we will have. **You can get your "stamp" in your passport as we travel the world through our palette.** I will send an invite out soon. Please feel free to [email](#) me now if you have a dish you want to bring and I will add you to the list.

Cheers!

Salud!

Gartha!

Prost!

Kanpai!

Saluti!



Tracy Bishop #73106
shebish@icloud.com
804-833-3482

*"Remember, Virginia is for Lovers **AND** Hospitality.
Enjoy the friendships and food in our hospitality suite."*





VA ADVENTURE 5000



Kay Faries, #70346, Region III Representative, USJCI Senate Found

Let's lace up our walking/running shoes and raise money for the US JCI Senate Foundation. Join Kay Faries, Eboni Lee, Jim Hart, Troy Anderson, Hope Ellison, and Jeff Stout as we work together as a team to walk/run 5,000 miles during President Beth's year. For more information about our adventure please go to our website <https://www.vajcisenate.org/about-3>. This program gives everyone the opportunity to support the US JCI Senate Foundation and create a healthier you.

[Register for the VA Adventure 5000](#) [Submit payment for registration](#)

Benefits of Walking-Regular physical activity helps everybody feel better and improves overall health. Walking is an excellent form of physical activity and the leading choice of exercise for Americans. Additionally, walking is free and reduces energy use, traffic congestion, and pollution.

Through consistent walking, you will...

- Get and stay healthier
- Have less chance of being depressed
- Have stronger muscles and bones
- Increase your chances of living longer
- Have less chance for heart disease, diabetes, and some cancers
- Feel better about yourself
- Control your weight
- Sleep better at night
- Look better
- Enjoy yourself and have fun



WALKING GEAR – What to wear that will make walking easy, safe, and support your wellness

ATTIRE–Wear easy-to-move exercise clothing. Adapt to the weather and wear what is appropriate. If possible, wear reflective clothing so that others can see you. Wearing light and flexible attire allows you to move safe, freely and more effectively. Remember to wear a hat or hair covering as you adapt to the weather. Maybe sunscreen and bug repellent.

SHOES–Probably the most important of all the exercise attire that you need for fitness walking. While almost any foot covering usually supports the walking movement, you need to invest in a good pair of exercise shoes that allow your feet to handle the walking workouts, especially if you are focusing on increasing your walking duration or preparing for an upcoming fitness walking event.

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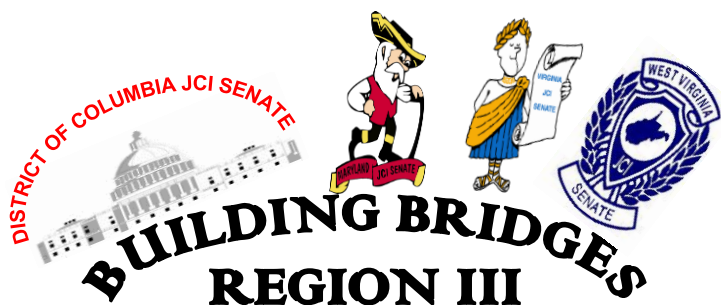
FOUR (4) THINGS YOU SHOULD LOOK FOR WHEN GETTING A PAIR OF SHOES FOR FITNESS WALKING:

Generally, the best shoes for fitness walking should have four key ingredients:

- 1 – **Low heel** – for proper heel-to-toe foot placement and roll
- 2 – **Lightweight** – walkers have more foot strikes than runners
- 3 – **Flexibility** – since your feet will expand during your walking
- 4 – **Durability** – to withstand many walks, on many surfaces

Don't Miss Out! – Step Up for the Foundation
You can even Stop and Smell the Roses Along the Way!





*Today is our bridge to tomorrow,
a span we walk for a lifetime.*

supports the homeless/folks in need.

Thanks to Jim Hart #73105 and Jodi Dean #77722, I was able to participate in an Exhausted Rooster event Saturday evening where 3 new Senatorships were awarded. Karen Gage #78980 did a wonderful job with the presentations and member information packets for them.

The following weekend, several VA Senators made it to the Region 2/3 social in Quakertown PA. It was a hot day but we all enjoyed ourselves. I think you had a great time visiting Philadelphia PA that evening.

I hope to see many of you at the US JCI Senate meeting in Golden Colorado, September 29th through October 1st.

Since Maryland, Virginia and Maryland all have meeting the weekend of November 4-5, I cannot make all of them. I will be at Maryland's hospitality on Friday night, then off to West Virginia for their meeting on Saturday. I am planning to attend Virginia's February meeting so I hope to see you there.

I'm extremely proud to be serving our region this year. It is obvious that Virginia Senators are building bridges and making new friendships everywhere you go. Keep up the wonderful work you do in your state and beyond. Your adventures await!

I hope to see you at any/all of these events!
Judy Nuesle #62267, Region 3 NVP



**Of all the books in the world,
the best stories are found
between the pages of a passport. Unknaun**



Hello Virginia JCI Senators!

I had a wonderful time visiting the Virginia JCI Senators in August for your summer outing.

Thank you, Beth Fujishige #69219, for allowing Danny and I to visit and making us feel welcome. We started with the Dutch Treat dinner on Friday evening, then hospitality room when we came back to the hotel.

A huge thanks to John Mosesso #71551 for cooking up eggs for breakfast on Saturday morning. He also coordinated a wonderful community event at a church that

**MINUTES FROM VIRGINIA JCI SENATE MEETING
AUGUST 20, 2022 | NEWPORT NEWS, VA**

President Welcome/Call to Order

The meeting was called to order at 10:30 am by Senate President Beth Fujishige #69219

Invocation was delivered by Senator Chris Hienz #75470

Pledge of Allegiance

Introduction of the following guests by Anne Johnson #49625.

Chairman of the Board of the DC Senate Lori Palo #66475

Region III National Vice President Judy Nuessle #62267

Danny Nuessle FR #47

Region III Representative Kay Faries #70346

Mentors Business Manager Jackie Julien #74251

Chairman of the Constitution and Bylaws Committee Alan Richardson #50550

Member of the Constitution and Bylaws Committee Melissa Sleeth #69220

Chairman of the Presidential Sweepstakes Sabitha Venkatesh #71858

Assistant Chair of the Presidential Sweepstakes Lori Palo #66475

Remarks by Special Guests

Judy Nuessle #62267 Region III NVP gave -Thanked everyone and gave out Region III ball point pens. She also gave her Region III pin to Paul Showalter #65156, Kay Faries #70346 and Hope Ellison #71348 (Region newsletter) for their work. She reminded everyone of upcoming events in the region and let everyone know MAI Shirt (coastal Blue) can be ordered. Special thank you gift presented to President Beth Fujishige #69219.

VA JCI President Jaketa Thompson via stated there are 8 chapters in Virginia and Virginia Beach's chapter is growing, Suffolk & Warrenton chapters have reorganized and River Valley Chapter is coming soon. She announced she is running for National Vice President. She thanked all who are volunteering at US JCI National meeting in Virginia Beach and announced ECSC is expecting over 25k people to attend with 300+ volunteers.

OFFICER & DIRECTOR REPORTS

Treasurer Jim Hart #73105 passed out the collection envelope for Mentors. He also presented the proposed budget for 2022-2023. Budget was reviewed. Motion was made to approve with 1st by Jim Nefflen #18012 and 2nd by Sheri Polychrones #78710. Review showed the budget was 1.7% lower than last years with 4.9% less on expenses from previous year. Jim announced all dues are due now and working on getting everyone letters by email.

Financial Report: We have budget for 10 new senators, looking into possible bulk discount for chapter or a \$25.00 discount for anyone bringing in 2 or more Senators.

2021-2022 Audit by Kay Faries #70346 for Donna Yenney #64283 Audit was completed by Donny Yenney, Kay Faries, and Kenny Loyall #63743. All is in order. The committee has a couple of small recommendations they will bring up later.

Vice President Sheri Polychrones #78710 No report to give, just thankful Jim Hart is treasurer.

Bar and Hospitality: Tom Cramer #61957 Thanked everyone who has assisted. He asked the Beer drinkers to let him know what beers they wanted to see on the Bar and provided the Bar email address BarVASenate@gmail.com.

Socials and Outings-Jack Ferry #76561 via Zoom Jodi Dean, President Beth & Troy Anderson put together dinner for tonight. Please look at calendar and let him know of any ideas for future events.

Meetings - Eboni Lee #79426 reported the November Fall Meeting will be in Richmond and more information will be given once they have location locked in the hotel.

Community Engagement-John Mosesso #71551. Asked if anyone is participating in any community events (personal or with a Jaycee chapter) to let him know. He thanked Jodi Dean and Hope Ellison for creating the flyer to promote today's event. He stated Jacque Camlet has created a page on our website for posting community event pictures. He stated today we will be going to the Hilton Baptist Church on Main Street where we will be doing both inside & outside work helping them get ready for fall when they host the homeless. He would like to hear feedback.

Communications: Vice President Sheri Polychrones stated Great Job to Marissa Garcia #78634 for her efforts on our Facebook Page.

Newsletter —Hope Ellison #71378 presented the results of the Cell Phone Adventures contest that was in the newsletter and posted on the website. The winner was Jack Ferry with 88 points followed by Eboni Lee with 81 points. Each Newsletter will have contest for prizes.

Website-Jacque Camlet #67098 was recognized for doing a great job with revamping the website.



Online Speakers Coordinator—Amy Tenhouse #72693, not present; however, this program will be restarted and suggestions are encouraged.

On-To- Melissa Sleeth #69220 Recapped the year-end convention in Kentucky. She stated Karen Gage won 1st Place for the Region's Party Booth with the Star Wars theme. She stated the Fall meeting will be in Golden, CO and the Winter meeting will be in New Orleans. Melissa took a side note recommending 2 books everyone read: "How to Pack" and "Lifting Every Voice" written by Bill Robertson #14038, deceased. She also recognized our Senators that won awards at the convention: Outstanding President, Lillian Cheng, Outstanding Treasurer Sheri Polychrones, Kathleen King, and Jackie Julien.

Chairman of the Board/Legal Counsel -Lillian Cheng #72962 recognized Melissa Sleeth #69220. She also recapped the year-end national convention and recognized the Communications Teams of Virginia and Maryland for their awards. Additionally, she passed to President Beth the president's pin and name tag from last year.

COMMITTEE REPORTS

Senate Liaison-Karen Gage #78980 stated her goal for new Senators is 10 and we have 3 being recognized tonight and another next week. She is presenting new Senators with "Adventure" bags that will have their framed certificate, medallion, nametag and handbook.

Return the Favor-Jennifer Rebbby #75071 is working on the submission due September 1st. She restated Senators have to submit letter of recommendations from the active chapter they helped on how the Senator impacted the chapter. She stated the 2nd deadline is December 1, 2022.

First Timers-Mike Polychrones #78709 getting ready for November convention.

Historian-Alan Richardson #50550 claims he didn't live a lot of the history but did give us the history on the summer outings which was started when Rod Layman #11194 was Virginia JCI Senate President 1973-75.

Good of the Senate-Jackie Julien #74251 stated the meeting was held last night and we are in good order.

US JCI Senate Foundation Scholarships-Jeff Bobich #72309-presented by Zoom and informed us no deadline had been posted by National as of this date. He told us we had \$1500.00 in the budget for scholarships and we had one National winner last year. His goal is to submit 3 candidates to National (2 regular & 1 trade) this year.

OLD BUSINESS - President Beth Fujishige #69219 stated no old business.

NEW BUSINESS - **Presidential Sweepstakes**—Peggy McHugh #62466 stated we collected \$300.00 this time. She stated there are 10 people on the committee and price of tickets have been reduced to \$10.00 a ticket or 6 for \$50.00. She stated we no longer will be having the \$5.00 raffle. Tickets have gone out in the mail from Sabitha Venkatesh #71858. The committee is asking each state to donate \$100 prize or gift cards for door prize. She also stated the drawing will be held in St. Louis, and you do not have to be present to win. Grand prized winner last year was Sabitha Venkatesh. Region party working on recognition for top sellers, ticket chair, region representative.

Foundation Raffle-Kay Faries #70346 stated the amount collected today for the 50/50 raffle was \$132.00 which gives \$66.00 to the winner. Ticket was drawn and the winner was Lillian Cheng #72962.

VA ADVENTURE 5000-Kay Faries #70346 presented the VA ADVENTURE 5000. She distributed a flyer with details and stated our goal is to raise \$2000.00. Registration to participate is \$50.00. Participants will log their intentional steps and report them on the website to be reported by Kay. She stated one mile is 2500 steps. A leader board will be created and updated every 2 weeks. Swag bags and prizes are being discussed for Top 3 steppers.

PRESIDENT'S REMARKS & ANNOUNCEMENTS

Presidential Remarks-President Beth Fujishige #69219 thanked everyone for coming out and also gave a big thanks to those in the pink shirts and John Mosesso for the wonderful breakfast. Two Senators of the Quarter were presented: 1) Jim Hart #73105, helping keep the Peninsula chapter together, and 2) Karen Gage #78980 who revised application process and helped walk chapter with Senate presentation.

She stated the shuttle to the Rooster Reunion will leave the hotel at 5:30.

Region III NVP Judy Nuessle #62267 added one more remark stating the Arizona Senate is doing a Zoom presentation on Family Love Letter (planning for death)

Creed & Adjournment

Motion to Adjourn by Jackie Julien # 74251 and 2nd by Tom Cramer #61957

Creed by Jim Hart #73105

Meeting was adjourned at 12:20 pm.





G O L D E N
I N
G O L D E N



Howdy Folks!
WELCOME TO GOLDEN
WHERE THE WEST LIVES



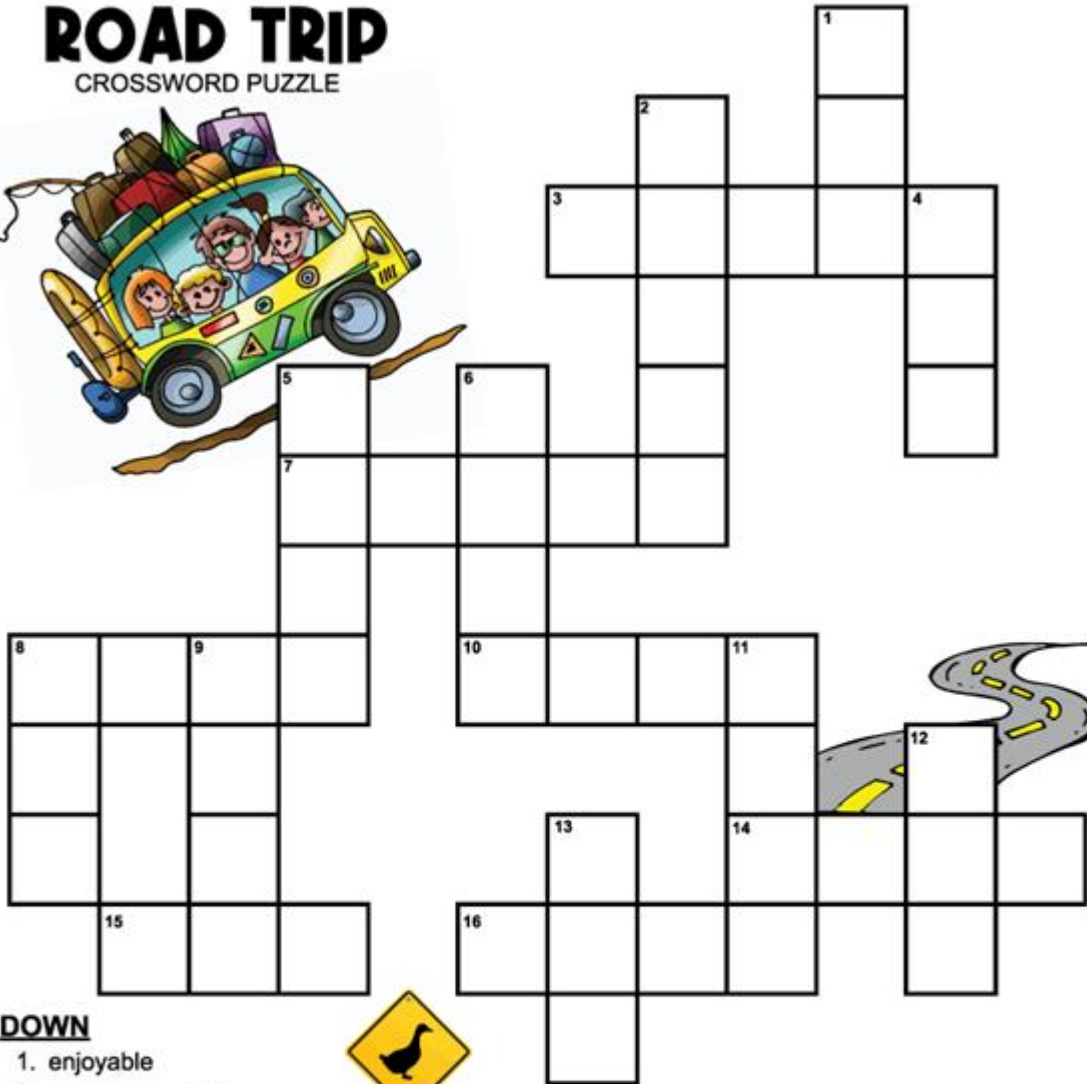


PUZZLES ARE A TRIP!

"People don't take trips, trips take people." — John Steinbeck

Email Hope at vajcinewsletter@outlook.com to let her know you've taken the Road Trip ☺

ROAD TRIP CROSSWORD PUZZLE



DOWN

1. enjoyable
2. past tense of drive
4. a car needs this to run
5. not at home
6. past tense of go
8. a vehicle that has four wheels and an engine
9. when you travel somewhere quickly, you can say that you "made good ____"
11. to leave a car in a particular place
12. a vehicle that is larger than a car
13. a picture showing the roads of an area



ACROSS

3. take something with you
7. "____ are we going?"
8. a place where people live that is larger than a town
10. a journey to a place
14. a hard flat surface for vehicles to travel on
15. Kids often ask: "Are we there ____?"
16. to put things into a bag to take with you



VA Jaycees New Senatorship



**Postmark Deadlines for
Presentation at Senate meeting**
October 5th for November 2022
January 10th for February 2023
April 10th for May 2023

*Presentations can be arranged locally.
Paperwork must be submitted 30 days prior.*



WHAT IS A JCI SENATORSHIP?

- It is the highest award presented to a Jaycee by Junior Chamber International (JCI).
- It is given to current and past members who have been a member of the Virginia Jaycees at any level.
- It is given to less than 1% of all members in the Jaycee organization.

WHAT DOES THE VIRGINIA JCI SENATE DO?

- Assists the Virginia Jaycees, including sponsorship of First Timers & Return the Favor Programs.
- "Return the Favor" provides assistance to the state and local chapters.
- Supports the legacy of the Jaycees, by reaffirming through fellowship & activities that the Creed still matters.

WHO IS ELIGIBLE?

- Junior Chamber members for at least (5) five years
- Applications are subject to the approval of the Senate Review Committee

HOW DO I NOMINATE SOMEONE?

Complete the applications on www.vajcisenate.org

- Contact the VA JCI Senate Liaison: **Karen Gage** | jckad37@gmail.com | 571-474-5264
- Complete the VA JCI Senate application, the US JCI Senate application, and mail both along with checks to

Karen Gage
1741 Gosnell Road, Apt. 104
Vienna VA 22182

- Work with the VA JCI Senate Liaison or an Active Senator from your chapter/region to submit the best possible nomination.

WHAT IS THE COST?

- \$300 check payable to Junior Chamber International
- \$75 check payable to the U.S. Jaycees
- \$50 check payable to the Virginia JCI Senate
- Optional—
\$50 for a Senate Medallion payable to the Virginia JCI Senate

Note:

A nomination does not indicate automatic acceptance into the organization.
For any nominations that are not approved, all monies will be refunded.





VIRGINIA JCI SENATE GET YOUR PASSPORT TO ADVENTURE READY FOR 2022-2023

2022	<i>PASSPORT TO ADVENTURE EVENTS</i>
November 12	Pulaski Jaycees 75 th Anniversary
December 3	Passport to Holiday Party at Sean & Laura Murphy's, Arlington, VA
2023	
January 19-22	US JCI WINTER MEETING, KENNER, LA
February 17-18	VA JCI SENATE Winter Meeting, Virginia Beach
June 26-30	US JCI YEAR END MEETING, St. Louis, MO

National Events' registration forms:

www.usjcisenate.org/index.php/resources-library/library-reports-forms?view=category&layout=columns&id=33

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.



SUSAN HATCHER #58143
51ST US JCI SENATE PRESIDENT
2022-2023



JUDY NUESSELE #62267
US JCI SENATE REGION III NVP

*Today is our bridge to tomorrow,
a span we walk for a lifetime.*





IMPORTANT LINKS TO HELP YOU NAVIGATE



PAY SENATE DUES:

[Pay Membership Dues | My Site \(vajcisenate.org\)](#)



[VA JCI SENATE](#)

[US JCI SENATE](#)

[RETURN THE FAVOR](#)



[VA JCI SENATE](#)

[US JCI SENATE REGION III](#)

[US JCI SENATE](#)



EMAIL TOM CRAMER IF YOU WOULD LIKE TO SEE SOMETHING
ADDED IN THE COCKTAIL OFFERING BarVASenate@gmail.com

COMMUNICATIONS TEAM

-CONTRIBUTE PICTURES, ARTICLES, SUGGESTIONS
(OR CORRECTIONS) -



FACEBOOK: [Marissa Garcia](#)

NEWSLETTER: Hope Ellison vajcinewsletter@outlook.com

WEBSITE: Jacque Camlet vajcisenatewebmaster@gmail.com

**VA ADVENTURE
5000**

LEADERBOARD

General Info:

<https://www.vajcisenate.org/about-3>

[Register for the VAAdventure 5000](#)

[Submit payment for registration](#)

