



LSC Alumni News Journal

Volume 1 Issue 2

January 24, 2011

<http://leadershipshelbycounty.com/>

Alumni Board

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2010–2011

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Phyllis Koon

Presidents' pen

I hope that everyone had a safe and memorable holiday with family and friends and can look back on 2010 with a few good memories during what was a difficult year for many. One thing is for sure - we have all learned something from the last two years. Moving forward, and what is predicted to be a better year, I hope that you

have made the annual resolution to take better care of your health. We all start off with great intentions, but with uncertainty about healthcare, it is even more advantageous to stay healthy. Below is a list of the typical excuses and more desirable responses to help you keep your resolution. This is

important - you are leaders in our county and taking charge of your health must begin with YOU! I hope to see you running/walking at the park! If you need encouragement, call me, I care about you too!

Jacqui

EXCUSE

I'm too tired to exercise today. I'll get back to it tomorrow.

I deserve to have this chocolate cake. I've had a hard day at work.

I have been on this new diet and exercise program for a week. It's not working.

I blew it this week. I pigged out at dinner last night and I haven't exercised in two days.

I don't have time to exercise!!!

DESIRABLE RESPONSE

I may be tired but I will feel better after I exercise. It's important to be physically active every day to reach and maintain my goals.

The cake may taste good for a few moments, but it's really not worth the extra fat and calories. I can reward myself with things other than food.

A week is not long enough to evaluate weight loss efforts. I need to be patient and consistent. Slow and steady wins the race.

So, I'm not perfect! I make mistakes from time to time. No big deal. I can get back to eating well and exercising regularly tomorrow.

I have time to watch TV or talk on the phone at home, so I need to make better use of my time. I can enjoy the outdoors at the park and talk to my friend at the same time - Great time management. If it's too cold, I can walk on the treadmill and watch TV.

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January Alumni Event - You Are Invited!



Please join us on Jan. 27th from 5-7 at Jeff State (Shelby Campus) for our January Alumni Event — A Super Bowl Party!
We will have football type food (soup/chili, club sandwiches, brownies, etc), as well as beverages (beer, wine and soft drinks).

Free admission for alumni who have paid their dues. Alumni who have not paid may pay at the door. Everyone can bring guest(s) and the charge will be \$10 per guest. Dress is casual. This is an adult event. Please let other class members know about this event.

RSVP to Carol Bruser at 665-6007 with number attending.

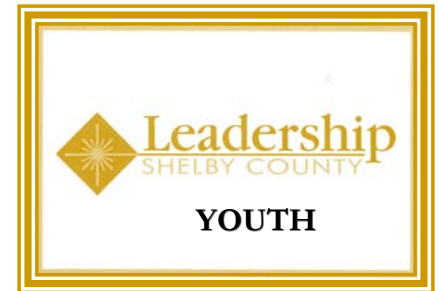
LSC Youth Update

Thirty-eight students from Shelby County high schools gathered at the 4-H Center for the Youth Leadership opening retreat, November 7-8. The 24-hour event honed the expected leadership skills—team building, personality tests, boundary breakers, project selection. Entertainment activities included a talent contest and the perennial favorite drum circle. John Scalici of “Get Rhythm!” said that this group is awesome. “They came together quickly and sounded wonderful.”

Youth Leadership conducted its Health Care and Social Services Day on December 7.

Students participated in a glucose screening, a cardiology presentation, a “Glo Germ” activity, a personal and public health presentation, a vehicle safety refresher, and a social services round-table discussion. They also toured Shelby Baptist Medical Center and viewed a CPR demonstration. Some student comments include: “Wear your seatbelt always!” “I liked hearing about all of the volunteer opportunities” and “Good CPR refresher.”

The next event—Education and Environment Day—Tuesday, January 11.



2011 LSC Class Projects

Group I

“Food Bank”

Marsh Acker
Jeris Burns
Samantha Hurst
Casey Morris
Lori Senn
Scott Smith

Lewis Brooks
Chris George
Julie Kimbrough
Chris Price
Freda Shivers

Creating system to better educate local residents on the benefits of food banks. This would assist people who are not only in need of food but also those who have a desire to give but don't know where to do so or how.

Group II

“Shelby County Tourism”

Molly Alexander
Donna Dickson
Jon Graham
Todd Higey
Darren Popwell

Brian Bertell
Lisa Dunn
Phillip Heard
Lauren Mott
Paula Sutton

Update/add information on the Shelby County Tourism website and promote the website

Group III

“Shelby County Resource Center”

Keith Brown
Mary Kinard
Debra Parrot
Tom Sanders
Clint Umphrey

Kim Emrick Roberts
Kim Melton
Ferris Ritchey
Kevin Turner
Michelle Watkin

The purpose of this project would be to provide a comprehensive information resource on social and governmental service providers in Shelby County to facilitate access to their services and benefits.

WANTED—Articles on the success of your ongoing class project. We all like to hear great news about the improvement you have made for Shelby County.

Upcoming Events

JANUARY

- 12th - Class - Economic and Industrial Day
- 19th - Alumni Board Meeting - Jeff State 11-12:30
- 27th - Alumni Super Bowl Tailgate Party - Jeff State 5-7:00 p.m.

FEBRUARY

- 2nd - Youth Leadership Justice System Day
- 8th - VOTE REMINDER - Education RENEWAL
- 9th - Class - Healthcare Day
- 16th - Board of Directors Meeting

MARCH

- 8th - Class - Government Day (Tuesday)
- 16th - Board of Directors Meeting
- 22nd - Youth Leadership Government Day

APRIL

- 5th - Youth Leadership Education/Environment Day
- 12th - Class - Quality of Life
- 20th - Board of Directors Meeting
- 20th - Alumni Board Meeting - Jeff State 11-12:30
- 21st - Youth Leadership Graduation

MAY

- 11th - LSC Class Graduation (CONGRATULATIONS!!!)
- 18th - Board of Directors Meeting

JUNE

- 15th - Board of Directors Meeting

JULY

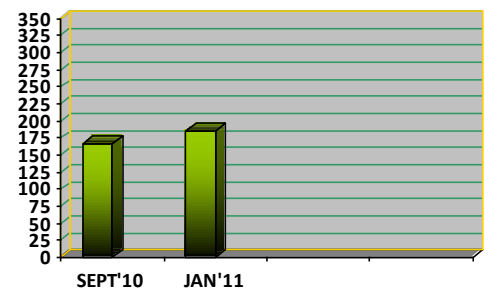
- 20th - Alumni Board Meeting - Jeff State 11-12:30

LEADERSHIP NOMINATIONS

Do you have someone that you think would be a leader and an asset for the class of 2011-12?

You can access a nomination form on the LSC website at: leadershipshelby-county.com and click on the Participation link.

LSC Alumni Membership—We need you!



Help us stay in contact with You

Have you changed jobs or moved? Do you have updated contact information? Please send it to Carol Bruser at bruserca@montevallo.edu. We will include the changes in our next newsletter.



Class Sponsors

Thanks to the following Corporate Sponsors for their support of Leadership Shelby County



Shelby Baptist Medical Center

Alabama Power

Shelby County Reporter

M & F Bank

South Shelby Chamber of Commerce

Jefferson State Community College

Huntingdon College

University of Montevallo Academic Affairs

Shelby County District Attorney's Office

Texas Roadhouse

Whataburger

White Rock Quarry

Family Comfort Hospice

Shelby Ridge Rehab Select

Frankly Speaking Communications, LLC

Alumni Class Representatives

1995	Monica Messer Doug Sweet	2006	Tom Ferguson Barbara Forrest
1996	Renee Williams	2007	Kevin Morris Clovia Wheeler
1997	Calvin Gunn	2008	Will Davenport Phyllis Koon Joey Ritchey
1998	Barbara Roberts	2009	Jim Day Jacqui Sweet
1999	Janice Gill Brown	2010	Tim Bowen Annah Grace Morgan
2000	Donna Francavilla		
2001	Tricia Corbett		
2002	David Bobo		
2003	Bill Moran Jeanette Rodgers		
2004	Leslie Greenwood		
2005	Chris Corbell		

Mark your calendars
Next meetings:
April 20 11–12:30
July 20 11– 12:30

Alumni Committees

Just a reminder—one way to stay involved is to join a committee.

Current Committees chairs are:

Events—David Bobo
dbobo@jeffstateonline.com

Health—Bill Moran
bill.moran@stvhs.com

Historian—Bobby Joe Seales
bjseales@bellsouth.net

LSC Youth—Jim Day
dayjs@montevallo.edu

Newsletter—Clovia Wheeler
clovia08@aol.com

Contact the chair to volunteer for a committee!

VOTE FOR SHELBY COUNTY EDUCATION – FEBRUARY 8

LSC graduates all have learned of the importance of quality education and its role in a successful and growing community. Those of us with children experience the personal impact of education toward their future. Shelby County Schools add almost 600 additional students, or the equivalent enrollment of the average elementary school, each year.

Our Shelby County School District, the 4th largest in Alabama, will have a vote on February 8 to extend the existing 30 mills of ad-valorem tax, for another 30 years. This is NOT a tax increase, but an extension of existing taxes. This is required to maintain, and even further advance the quality of public education for our county.

Please note this date and take the time to vote for our future.



Class Sponsors Needed

Sponsors are needed for remaining class days. Sponsorships are \$500 for lunch and \$250 for breakfast. Sponsors logos will be on the itinerary for the day. They can set up a booth or table, will be given the opportunity to speak for a few minutes during the meal, and pass out marketing info, etc. Additionally their business name will appear in the Alumni Newsletter for the entire class Year. Contact Carol Bruser if you or someone you know can sponsor a meal.

Leadership Shelby County News Journal

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clovia08@aol.com

Leadership Shelby County Director—Carol Bruser
bruserca@montevallo.edu

Deadline for next issue: April 2, 2011

CLASS PROJECT UPDATE

We have all participated in creating, brainstorming, developing, and eventually carrying out our class projects. These conclude with class presentations during graduation, each May. Often, the project intent is for an ongoing initiative which evolves into a legacy for the benefit of Shelby County. The following is a report on the status of one project, developed by the Class of 2008-09.

Paws for the Cause Society was created as a non-profit organization to aid programs associated with the humane society. Paws for the Cause developed by-laws, elected a board, and applied for and was granted 501(c)3 status. Determining that a significant need for the humane society was funding, a 5K race and 1 mile fun run/pet walk was planned and successfully accomplished in September 2009. Class members and about 50 additional volunteers helped with the event, raising \$12,000+ for the humane society.

Due to the success of the event, both from the monetary side and very positive feedback from participants in the exciting, family and dog oriented event, the decision was made to have the 2nd Annual Paws for the Cause 5K and Fun Run/Pet Walk on September 11, 2010. True, the LSC class had graduated in May 2009, but there was still the need to carry on for a second year. Class members were invited to continue with their participation, and five of the group assisted with Jacqui Sweet as Race Director. Randy May and Denise Graham, LSC alumni, have also continued to assist with legal and financial reporting requirements.

The 2nd race was held again at Veteran's Park, on Valleydale Road, and one of the most important, but uncontrollable, contributors to success was a dry and sunny day. Participation increased by over 10%, and the event was expanded to include vendor booths associated with pet ownership. The humane society again brought several dogs for adoption, and two happy dogs found new homes. Although the 5K is the more athletic event, the 1 mile fun run encouraged families to participate with their dogs on leashes, at this pet friendly park. There were over 100 dogs with their owners in the fun run/pet walk. Colorful bandanas were tied around each dog's neck as they crossed the finish line. Again, about \$12,000 was raised from donations and entry fees.

At this point, there are discussions with turning over the reins, or leash, of the Paws for the Cause Society to an established, enthusiastic group of North Shelby residents, who want to continue the support effort for the humane society. They will hopefully acquire the pre-packaged organization with its tax-free and associated legal status, which was created by the LSC Class of 2008-09.

Watch this column in the future for updates about other class projects .

