
JAYCEE SPIRIT

Volume 1, Issue 8

August 2008

A monthly publication of the Bismarck Jaycees

Leif Olson Individual Development VP

In this month's article I am going to show you how to further your individual development through using a personal development plan. If you want success in your career or personal life, or to change unhealthy habits or character traits, a PDP is a very helpful tool to use to do so.

These are the main steps to follow:

1. Decide what it is you want to change or improve in your life.
2. Make a list of resources that will be helpful to making those changes. This list can include books, audio tapes or CD's, web sites, software, online courses.
3. Schedule a specific amount of time each day to using those resources in pursuit of your personal development growth plan.
4. Take notes on what you are learning.
5. Take action steps. Usually a good personal development book or course will have action steps included but if not, make up your own.
6. Celebrate your success with a reward worthy of your efforts.
7. Repeat until you experience the success you desire.

Some of the following tips may also help you achieve your objective:

1. Having a list of goals will help you pinpoint what you want in your personal development growth plan.
2. Start with something that you can achieve in a short amount of time so that you don't get discouraged at how long it's taking to finish.
3. Have an accountability partner to make sure you don't give up.

Remember that these changes will take time. Consistent pursuit will result in solid success.

The JAYCEES of BISMARCK, NORTH DAKOTA

CONTACT INFORMATION

Phone:

(701) 220-1243

Email:

jaycees@bismarckjaycees.com

Website:

www.bismarckjaycees.com

Membership VP

Judy Bauer

Hi everyone!

Wow, where did July go? It seems like summer only started and now it is already August. I am still waiting for the triple digits because it just would not be summer without it. Here are some tips I found to help you stay cool.

Beat the Heat Tips

Keep cool - Spend as much time as you can in cooler surroundings, such as an air-conditioned shopping mall, senior center, public library or movie.

Use an air-conditioner or fan - Air conditioning can provide life saving relief from heat stress, especially if you have a medical condition like heart disease. Fans can draw cool air into your home at night or help provide good indoor air circulation during the day.

Baths and showers - Cool baths or showers (with water temperature around 75° F) provide amazing relief from the heat 25 times faster than cool air.

Clothing - Wear as little as possible when you are home. Lightweight, light colored, loose fitting clothing is more comfortable in hot weather. Cotton and other natural fabrics are very comfortable. Wear a hat or use a parasol or umbrella to protect your head and neck when you are outdoors.

Drink often - In hot weather, your body needs more water. Don't wait until you are thirsty, because your body needs more fluid than thirst will indicate. By the time you feel thirsty, you may already be dangerously low on water.

Drink often and in reasonable amounts. Don't try to drink a lot of coffee or tea. They are all right in moderation, but water is your best bet.

If you have a disease, a medical condition or a problem with body water balance, check with your doctor for advice on how much water you should drink in hot weather.

When you're going
through hell, keep
going.

Winston Churchill

The future is much
like the present,
only longer.

Dan Quisenberry

Slow down - Take it easy, especially at the start of hot weather when your body is less prepared for the heat. Physical activity produces body heat.

Watch what you eat and monitor salt intake - Avoid hot foods and heavy meals. They add heat to your body. Try using your stove less. Cook your meals during the cooler part of the day.

Check with your doctor before you increase the amount of salt or potassium in your diet. Do not take "salt tablets" without your doctor's permission.

Avoid alcohol - Alcohol interferes with your body's fight against heat stress. It can put a strain on your heart.

Apply sunscreen to your skin before going out.

Calendar of Events

Updates, additions, directions @
www.bismarckjaycees.com

PARTY
COREY SILVERNAGEL'S HOUSE
64 HAYWOOD DRIVE, LINCOLN
SATURDAY AUGUST 2
5:00PM

GENERAL MEMBERSHIP
MEETING
JAYCEE LEADERSHIP HALL,
BISMARCK
TUESDAY AUGUST 12
7:30PM

STATE JAYCEE CONVENTION
CASSELTON, ND
FRIDAY-SUNDAY AUGUST 15-17

FILL THE BUS EVENT
MONDAY & TUESDAY
AUGUST 18 & 19
ALL DAY

5:01 CLUB
FIESTA VILLA
FRIDAY AUGUST 22
5:01PM

August's M-Night is still being planned so check your emails for the event to be announced soon. It will also be announced at the monthly meeting on August 12.

Also, don't forget State Convention August 15-17 in Casselton hosted by the Fargo Chapter. If you have never attended before, I encourage you to come. It is a great time and you will meet other great Jaycees from around the state.

The 5:01 club for monthly happy hour get-togethers will be on August 22. Let's head to Fiesta Villa for a tasty margarita! Hope to see you there!

Hope you are having a great summer!!

Judy Bauer
2008 Membership VP



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.



2008 Bismarck Jaycees Executive Team

Chairman of the board

Jim Mueller

Management VP

Chris Ziegler

Community Development VP

Jake Rau

Individual Development VP

Leif Olson

Membership VP

Judy Bauer

President

Lori Jepson

Secretary

Sarah Devereaux

Treasurer

Janitda Muller

Webmaster

Leif Olson