
JAYCEE SPIRIT

Volume 1, Issue 3

March 2008

A monthly publication of the Bismarck Jaycees

Membership Vice President

Judy Bauer

Have you ever thought about why you became a Jaycee? I mean really thought about it. Well, this month I am asking you to take a few minutes and ask yourself a few questions.

1. What made you become a Jaycee? Was it to meet new people? How about to develop your leadership skills? Or was it to become more involved in your community?
2. What are some of the qualities about the Jaycees that inspired you to become a member?
3. What Jaycee projects are you passionate about? Do you enjoying working with our youth? Or how about helping a family in need? Do you enjoy helping others grow their skills as a leader?

4. What skills can you bring to the Jaycees? Believe it or not, we all have something to contribute to the Jaycee organization. That is what makes the Chapter so effective.
5. Finally, what can you do to make yourself a better Jaycee?

These are just a few questions I am asking you to think about. Whether you just joined the Jaycees or have been a member for a few years now is the time to think about why you became a Jaycee and how you can help the Chapter be the best it can be. The Jaycees are an excellent organization to build upon your current skills and use them to become a better person, both on a personal and professional level. I can honestly say that the Jaycees have had a tremendous impact on my life, along with making some great friends along the way.

CONTACT INFORMATION

Phone: (701) 220 1243

E-mail: jaycees@bismarckjaycees.com

Website: www.bismarckjaycees.com



Judy Bauer **Membership VP**

Thanks to everyone who attended the Leap Day/Build your own Pizza Party!! It was a great success and a good learning project on how to use the pizza ovens. It actually turned into a membership/ID project.

The next membership activity will be on Saturday March 15. Since National Convention is in Memphis we will have an Elvis Presley theme and call it The "Yelserp Sivle" Party. So break out you Elvis records and get ready to shake it up!! More details to follow at the March meeting.

Have a great March!!

Leif Olson **Individual Development VP**

I don't know about you, but I am always having trouble remembering things. So, here are some tips that I found to help make new things stick:

Learn in short but regular sessions. People learn more effectively when they break up their lessons over several short sessions – rather than one long cramming marathon! So say you're trying to learn French. An intense, 16-hour language immersion course, taken over a week, might yield excellent results immediately after the class, but you're much better off spending that same amount of time spaced out over a full semester. Because when you distribute your learning, you can have up to 100% more memory retention.

Don't OVER-learn. Once you've remembered the Spanish word for "house," or learned to do a math problem correctly, continuing to practice does very little for your long-term retention. So after you've mastered a skill, move on to the next one.

Take a nap! Researchers have found that students who took a 90-minute nap after learning a new task were able to recall 50% more information than students who had NO nap. Why? The researchers believe that non-REM sleep - the deeper dreamless period in a 90 minute sleep cycle - plays a crucial role in brain storage of newly-learned facts.

You can keep your memory sharp by keeping your brain fit. Scientists have found that some 80 year-olds have just as many healthy neurons in their brain as young adults. So the idea that your brain "falls apart" as you get older simply isn't true. The trick is to take care of that gray matter – by getting lots of exercise, having regular laughs with your friends, and trying all those brain teasers in the morning newspaper. That'll improve your memory now, and reduce your risk of Alzheimer's.

I hope these tips can help you remember things a little bit easier.

CALENDAR OF EVENTS

MEALS ON WHEELS
VOLUNTEERING
WEEK OF MARCH 3-7

GENERAL MEMBERSHIP
MEETING
JAYCEE LEADERSHIP HALL,
BISMARCK
TUESDAY MARCH 11
7:30PM

EASTER EGG HUNT/SCRAMBLE
SATURDAY MARCH 15

MEMBERSHIP 'YELSERP SIVLE'
PARTY
SATURDAY MARCH 15

Happy March!

POLO SHIRTS FOR BISMARCK JAYCEES

Good News Bismarck Jaycees!

We now have a great option for our very own Polo Shirts, including Bismarck Jaycees logo and optional website url.

The shirts are khaki, and are available in men's (up to XXXL) & lady's styles (up to XXL). The Bismarck Jaycees logo is located on the front left shoulder area, and you can include bismarckjaycees.com on the right arm. Cost is \$20 plus tax; and add another dollar to include the website.

"Cool!" you say. "How can I get one?" you ask. Well, say & ask no more...about this anyways ;-)

They are available for you to order from Dakota Screen Arts in Bismarck – 1013 S 12th St, or call 701-224-9879. Let 'em know you are with the Bismarck Jaycees and they should be able to hook you up with an awesome new shirt. Be sure to find out how long it will take to have it done (up to two weeks or more possibly) and arrange to pick it up & pay for it...no need to coordinate through the Chapter or anyone else. You can do it!

If you have problems or other questions about this process call or email me.

Dakota Screen Arts is giving us a pretty good deal for a great quality shirt. Please continue to help support our supporters when possible!

Jim Mueller, 2008 Chairman of the Board

Bismarck Jaycees

701-220-1221

jimm@bis.midco.net



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

President:

Lori Jepson

Chairman of the Board:

Jim Mueller

Management Vice President:

Chris Ziegler

Membership Vice President:

Judy Bauer

Community Development

Vice President:

Jake Rau

Individual Development Vice

President: Leif Olson

Secretary: Sarah Devereaux

Treasurer: Janitda Muller

Webmaster: Leif Olson