
JAYCEE SPIRIT

Volume 1, Issue 5

May 2008

A monthly publication of the Bismarck Jaycees

President

Lori Jepson

We just had our May convention this past weekend in Mandan. Jenna Gullo was named the Outstanding Young North Dakotan! In Competitions, Judy Bauer won Jaycee Jeopardy, Tiffany Busby won write up. Judy and Tiffany will have an opportunity to compete at national convention in San Diego if they so choose. Our chapter won quite a few awards for the projects we have ran the first few months of 2008 and as an overall chapter we placed first in the parade of chapters!! I want to thank all of you for your hard work and commitment of time to the organization. It is because of you that we have won many awards. I would encourage all of you to think about coming to August convention in Casselton August 16th – 17th.

President Pat gave the Bismarck Chapter an 8-8 & 8 Challenge. Eight pizzas, Eight gallons of beverages for Eight new members by June 30th. It would be great if we could win the challenge and have a big Pizza Party. I want to add to this challenge. If we are able to meet President Pat's challenge for each member you personally recruit I will give you a \$10 gas card. WHO can't use money for gas??

If any of you have ideas for new projects or trainings you would like us to do please call or e-mail any of the executive board.

CONTACT INFORMATION

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Website: www.bismarckjaycees.com



Membership Vice President Judy Bauer

Thanks to everyone that came out to the Pier for Comedy night. The comedians were hilarious and everyone had a great time! We might try this again so those of you that missed it will have another opportunity.

The 5:01 club for monthly happy hour get-togethers will be on May 23. I hear Jorgy's has awesome grinders so let's check it out this month. Hope to see you there.

Are looking forward to summer as much as I am? Remember to put on sunscreen whether you are doing yard work or having fun in the sun. It saves your skin from burning and potentially, skin cancer. Here are some tips that I found.

- Sunburns literally cook your skin. If you were to look at sunburned skin under a microscope, you'd see cells so badly injured, they are curled like the feet of the Wicked Witch of the West. Sunburns actually damage the cells' DNA, causing mutations that can eventually lead to skin cancer.
- Know the ABC's of moles. Everyone had moles, so watch for the ones that are redder, darker or round instead of oval. Also, remember to check your whole body once a month for changes in existing moles or new ones. If you find anything out of the ordinary have it checked with your dermatologist. Here are some warning signs:

A – Asymmetry – One half of the mole doesn't look like the other
B – Borders – Ragged, notched or blurred edges
C – Color – Varying shades of tan, brown or black on one spot
D – Diameter – Anything greater than 6 mm, the size of a pencil eraser
E – Evolution – Change or growth of a mole

- Use enough sunscreen. How much should you use? A dollop about the length of your thumb is enough for your face, neck, chest, and hands. For your entire body, you need at least two tablespoons or about 1 ounce per application. Also, your sunscreen should be at least an SPF 30 or higher and contain ingredients like zinc oxide, titanium dioxide, oxybenzone or avobenzone, or Mexoryl.

Have a great May and hope to see everyone at some of the many events going on in May and June!

Judy Bauer
2008 Membership VP



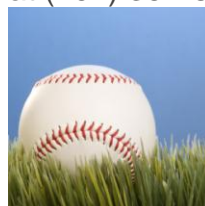
The Bismarck Pitch, Hit & Run was held on April 26 at Solheim Elementary School. We had 28 participants.

The Bismarck Jaycees will be sponsoring another Pitch, Hit & Run at Washburn

THIS Saturday, May 10.

If you are able to help, please meet at the
Jaycee Hall at 9:00am.

If you have any questions call Chris Ziegler at (701) 391-6189.



Calendar of Events

Updates, additions, directions @
www.bismarckjaycees.com

PITCH, HIT, & RUN
WASHBURN, ND
SATURDAY MAY 10
9:00am Meet at Jaycee Hall

GENERAL MEMBERSHIP MEETING
JAYCEE LEADERSHIP HALL,
BISMARCK
TUESDAY MAY 13
7:30PM

JAYCEE GROUP PHOTO
JAYCEE LEADERSHIP HALL,
BISMARCK
TUESDAY MAY 13
7:00PM

BISMARCK CASINO EVENT
RAMKOTA INN
SATURDAY MAY 17
2:00PM

SPORTING CHANCE FUNDRAISER
CASHWISE FOODS, BISMARCK
SATURDAY MAY 17
9:00AM

5:01 CLUB
JORGYS, BISMARCK
FRIDAY MAY 23
5:01PM

Individual Development Vice President Leif Olson

Hello Jaycees!

First off, I would like to thank those of you who helped with and came to the Resume Training and CPR Training events that we had last month. The Resume Training didn't go quite like I had thought it would. It ended up being an older group of people than I had expected, but it still went very well. Thanks to Judy we had two great presenters and thanks to Dominic we ended up getting a perfect sized room for the group. The comments of the attendees were very positive and it was one of the first events that I had a part in organizing where I truly felt like I was helping these people.

The CPR training also went very well thanks to Chris. Even though I have been certified before, a lot has changed since then and this was a more complete course. I know I will now feel safer at some of our events knowing we have so many certified life savers around. It occurred to me that although learning CPR is great, having general First Aid training might be a good idea as well. You never know when those unexpected accidents will happen such as cuts and sprains. I have had some First Aid training before and it has come in handy several times since. So, if anyone is interested in that as well, let me know and we will see what we can find.

Also, as always, if anyone has any ideas or requests for training, please send them to me. I am always open to any suggestions to help in your individual development.

Leif Olson
Individual Development 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.

YOUR NEWSLETTER!!

Typically the Jaycee Spirit has been a combination of announcements and articles by the executive board. I would like that to change!!

I would like to encourage all Bismarck Jaycee members to contribute to the newsletter. If you are chairing an upcoming project, or just had a great experience on a project, we would like to hear about it! This is a great way to communicate with our ever growing membership, and let everyone know what is happening within the chapter.

Articles/Announcements are due on the FIRST of every month; the next deadline will be June 1. E-mail me at sarahdevereaux@hotmail.com

Thanks! Sarah Devereaux

2008 Bismarck Jaycees Executive Team

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Community Development VP

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Individual Development VP

Leif Olson

Membership VP

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