
JAYCEE SPIRIT

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Judy Bauer Membership VP

Fellow Jaycees!

Well, the year is winding down and soon it will be the holiday season again. Here is some US Jaycee history that some of you probably already know and for some it might be new information. Remember this information will be useful if you plan on competing in Jaycee Jeopardy at year end convention in Bismarck. You can also check out the national Jaycees website (www.usjaycees.org) or the North Dakota Jaycees website (www.ndjaycees.org) to learn more about the Jaycees organization.

A Brief History of the Organization

Established in 1920 to provide opportunities for young men to develop personal and leadership skills through service to others, the Jaycees later expanded to include women, reflecting the growing influence and leadership of women in America. For the past 83 years, Jaycees have been a force for good in America and around the world. Jaycees helped establish Airmail services in America with Jaycee Charles Lindbergh, and have raised millions of dollars for causes such as the Muscular Dystrophy Association and the March of Dimes. They have built parks, playgrounds, hospitals, ball fields, and housing for the elderly while conducting service and support programs in thousands of communities nationwide.

Jaycees can be found in all walks of life: governmental leaders such as past Presidents Bill Clinton and Gerald Ford, business tycoons such as Domino's Pizza mogul Tom Monaghan, registered nurse and former Miss America Kaye Lani Rae Rafko-Wilson, sports heroes like basketball great Larry Bird – name the field and Jaycees can be found at the forefront. With the focus of the nation on volunteerism, from the smallest towns to the largest cities, the Jaycees are enlarging areas of opportunity for young people. For additional information about the organization's history, log on to www.usjaycees.org and go to the Membership Services section.

**The JAYCEES of
BISMARCK, NORTH DAKOTA**

CONTACT INFORMATION

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Leif Olson Individual Vice President

Hello fellow Jaycees, another busy year is drawing near to the end. This combined with the upcoming holidays and feelings of regret for things unaccomplished during the year can start to lead to increased levels of stress.

You know you're too stressed if ...

20. Relatives that have been dead for years come visit you and suggest that you should get some rest.
19. You say the same sentence over and over again, not realizing that you have said it before.
18. The Sun is too loud.
17. Trees begin chasing you.
16. You can see individual air molecules vibrating.
15. You wonder if brewing is really a necessary step in the consumption of coffee.
14. You can hear mimes.
13. You believe that if you think hard enough, you can fly.
12. You ask the drive-thru attendant if you can get your order to go.
11. You begin speaking in a language that only you and Channelers can understand.
10. Things become "Very Clear."
9. You say the same sentence over and over again, not realizing that you have said it before.
8. You keep yelling "Stop touching me!" even though you are the only one in the room.
7. Your heart beats in 7/8 time.
6. You and reality file for a divorce.
5. You can travel without moving.
4. Antacid tablets become your sole source of nutrition.
3. You discover the aesthetic beauty of office supplies.
2. You begin to talk to yourself, get into an argument, lose, and refuse to speak to yourself for the rest of the night.
1. You say the same sentence over and over again, not realizing that you have said it before.

The good news is that there are simple steps you can take to relieve and prevent stress ...

Laugh more. Laughter is one of the healthiest antidotes to stress. When we laugh, blood flow to the brain is increased, endorphins (hormones that give a sense of well-being) are released and levels of stress hormones drop dramatically.

Be more sociable. When we are under stress, our instincts tell us to withdraw from the action and isolate ourselves. Nothing could be worse, according to stress experts. When you feel stressed, respond by calling friends, or being around young children. Doing volunteer work is also a good stress-buster.

Be more decisive. Indecision prevents you from taking action reducing your sense of being in control, and thus intensifying stress.

Learn to be more assertive. Many people incorrectly associate assertiveness with hostility or aggression. But assertiveness simply means expressing your feelings, letting others know your beliefs and opinions...and acting on your own behalf.

Break the stress-sleeplessness cycle. On average, an adult needs between seven and eight hours of sleep a night. Lack of adequate sleep can make a person moody, angry and more vulnerable to illness and stress.

Reward yourself. Rewards are a critical component of stress management. Those who reward themselves after completing a task by purposely engaging in something pleasurable, realize a boost in their immune systems that can last for several days.

Slow down. Try moving, talking and behaving in a more relaxed manner. You'll probably feel some of your stress start to fade away.

I hope these tips can help you overcome any stress that you may be feeling around the end of the year and can help you finish strong in the Jaycees.

Calendar of Events

Updates, additions, directions @
www.bismarckjaycees.com

BEAR MAKING NIGHT FOR ND
SOLDIERS
JAYCEE LEADERSHIP HALL,
BISMARCK
WED. & FRI. NOVEMBER 5 & 7
7:00PM

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

KIRKWOOD MALL SEASON
PREMIERE EVENT
KIRKWOOD MALL
SUNDAY NOVEMBER 23
6:00-9:00PM

MEMBERSHIP NIGHT
BISMARCK BOBCATS HOCKEY
GAME
SATURDAY NOVEMBER 29
6:45PM

5:01 CLUB
APPLEBEE'S SOUTH
FRIDAY NOVEMBER 21
5:01PM

Judy Bauer 2008 Membership VP

The November membership activity will be the Bobcats game on Saturday, November 29. The Bobcats are playing the Alberta Lea Thunder and the puck drops at 7:00. Let's meet at the front entrance at 6:45. Tickets are: \$10.50 for adults and \$7.50 for Youth (13 and under, HS/College). Bobcats post game activities are at the Ground Round for those of you that want to go out after the game. If you have any questions, please let me know or you can check out the Bobcats website: www.bismarckbobcats.com.

Also, please stay tuned for more information on the December progressive/holiday party.

Since the 5:01 club for monthly happy hour get-togethers will fall on the days after Thanksgiving and Christmas, we move them to the third Friday for November and December. For November, let's meet at Applebee's south.

Thanks and hope to see you soon!!

Happy Thanksgiving!!



Lori Jepson President

'Tis the season for elections!! Hopefully all of you will take the time to get out and vote for the next president of the United States. Along with the decision of our next president, we have a couple of measures on the ballot that is worth voting for. At our October general membership meeting we had our 2009 board elections. I would like to congratulate Leif Olson, Management Vice President, Rachele Hall, Membership Vice President, Cory Silvernagel, Community Vice President and Sarah Devereaux, Secretary. As you can see by the listing we are missing a few positions. We are looking for a President, Individual Development Vice President and a Treasurer. I would like to encourage all of you think about becoming a part of the 2009 board. It is a great learning experience. We will be opening the nominations at the November meeting for these positions. I think it is great the people listed above are willing to take the time to contribute to this organization. If anybody is interested in joining the 2009 board and have questions to what the job entails feel free to contact me about the president position, Leif Olson about the Individual Development position and Janitda Muller about the treasurer position.

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

President

Lori Jepson

Management VP

Chris Ziegler

Secretary

Sarah Devereaux

Community Development VP

Jake Rau

Treasurer

Janitda Muller

Individual Development VP

Leif Olson

Webmaster

Leif Olson

Membership VP

Judy Bauer