

Bismarck Jaycees

September 2011 Issue

Jaycee Spirit Newsletter

PresiVent

Ok so it's election time. Everyone puts their heads down trying not to make eye contact or maybe don't even show up at all. I hear ya, I feel ya, I get it. But have you stopped to think what we would be like without those positions filled? Many hands make for light work and without a full board, those people elected are going to get burnt out fast by having to play double duty. So what do I have to do? You ask. I would just like to note that VP's are not encouraged to chair projects but to be the overseer of the projects in their area. They are to assist in finding a chair person. Does that take some of the pressure off?

First of all as President, you get the prestige of saying "I'm the President" and wait for Oooo's and Ahhhh's. But beyond that, you get to go to training. Leadership Academy was a great perk for me. I got to go the Tulsa for a week where the Bismarck Jaycees took care of 1/2 of the air fare and the Nationals took care of most of my food and all of my hotel expense. But beyond that, I got to meet extraordinary people from all over the world, (yes I said world) who were in exactly the same boat I was. New leaders who had taken on a commitment and had no clue what to do. But beyond that, I always had people close by to help. The main responsibilities are to prepare a budget and plan for the year, communicate with the state, lead meetings, and submit paperwork (not to mention dealing with disgruntlements of the members which were always such a joy to take care of). Everything else is up to the individual on how they would like to be the leader. The President resides over the board members and is a leading force with the board of directors. Next up is Management VP. That sounds so scary doesn't it? Who would want to be in charge of all of our Management projects that raise our money? Actually this position

has gone unfilled for the last two years mainly because the job can run its self. This person is responsible for doing the budget, checking and balancing the account and reporting it to the members. And is the 2nd in command after the President. This person is also in charge of overseeing the Management projects.

Our third most important position is Community Development VP. I would just like to point out in our Creed it says "that service to humanity is the best work of life." This is one of the most fulfilling positions where you can make a difference in our community. We have a lot of community projects but some of them are done just by making a few phone calls and scheduling dates so we can all come do what we do.

I would like to thank our members that have already stepped up and have accepted nominations. Tammie Scott for Individual Development VP, Ben Stewart for Membership VP, Grant Miller for Treasurer, and Carey Goetz for Secretary. And of course I will still be around as your Chairman of the Board. Being a member of the board is the best way to get the most out of your Jaycee membership. Not only do you get to know first-hand, what is going on but you get to be the voice in the decision making process of what will happen. If you don't like something that is being done or not being done, now is your chance to change it. Change your world, Be a Leader.

Shine on,

Rachele Hall
President



Community! Roadrunning!

Hello Bismarck Jaycees!

It's been a whirlwind of a summer, and fall is quickly approaching. Thank you to all of you who have taken time out of your busy schedules to help with projects, attend meetings, etc. Many of you have helped at multiple projects and have done a great job of representing our organization. We are becoming better known throughout our community with every event.

At this point, we have one community activity planned for September. Steve DeLap and Grant Miller are co-chairing our annual Punt Pass & Kick (PPK). This will be on Sunday, September 25 at 1pm. The event will be held at the Century High School football field. Please watch for more information from Steve & Grant as to what time they will need Jaycee help for set-up that day. This is a great event that was very well attended by kids in our community last year. Please help if you can, even if it's just for a little bit.

As always, if you have any suggestions for community projects, feel free to share them with a board member or at one of our monthly meetings.

Best wishes for a fabulous fall to all of you!

Tiffany Peterson
Community Development VP

Membership!

For membership this month, we just have the 501at Johnny Carino's. We are always looking for new and fun ideas for where to have our 501's at as well as Membership Nights. The events that we do are not just decided upon by the Executive Board. They are also decided on by you our members! So if you have ideas, please forward them to any member of the Executive Board. Have a great month!

Lance Eide

Membership VP

We have some great events going on with our other chapters around the state. On September 24th there's the Potato Bowl Parade in Grand Forks that they would like us to attend. In October there's a state event in Minot with the Dueling Piano's. There will be more information to come on that. You can view all our events on our Jaycee Members Facebook page. This is a great way to help our other chapters, meet new people and also gain roadrunner points for our chapter. It's also a great way to boost membership for our entire state. These events are fun and it shows that we support our state in thier events as well. So if Bismarck is growing old on you, why not take a road trip to one of these other events. Roadrunner points that we accumulate help us to become Number 1 in the Parade of Chapters at the State Conventions.



Calendar of Events

September

13th - General Membership Meeting @ 7:30

PM @ Jaycee Leadership Hall

23rd - 501 @ Johnny Carino's

25th - Punt, Pass & Kick

Oct 11 - General Membership Meeting @ 7:30

PM @ Jaycee Membership Hall



Individual Development News

5 Simple Steps to Stop Procrastination Today

Procrastination: it's one of the problems that plague most of us, every day, and one of the problems that we most want to be rid of. It's not an easy task for most people, conquering procrastination, often because we procrastinate on taking steps to solve the problem. But it's not impossible. In fact, five simple habits will eliminate the plague of procrastination. Take them today, and you should see a huge difference in your productivity.

1. **Eliminate all but the essential.** Create a list of your projects and tasks. Prioritize the ones that have the most long term benefit and the most impact on your life. Choose only a few of them, and go through the rest to see what you can eliminate, delegate, or put off for a while. If you eliminate all but the essential, you'll be able to focus on what matters.

What does this have to do with procrastination? If you eliminate all but the essential, you'll be able to focus on what matters. You'll be able to think about the amazing benefits of each task, instead of the dull drudgery of it all. And therein lies the key to this step: if you focus on the benefits, instead of the difficulties of a task, you will be motivated to get it done. Motivation is the key.

2. **Create accountability.** For every essential project and task on your list (see Step 1), have someone who you must report to. Create the accountability if it doesn't already exist. Email someone and promise them that you'll turn something in to them by a certain date, or that you'd like them to review it and that you're going to send it to them,

or that you'd like for them to make sure you finish a project by a certain time. The more people you have who are expecting you to complete a project, the more likely you are to ensure that you do it. Create that public accountability, and you'll get it done.

3. **Focus on small steps.** For each project or task, focus on a small task to get you moving. If you've got a report, just find one source for the research, or just write the opening paragraph, or just do 5 minutes of outlining. Whatever your task, you can break it down into something even smaller and more accomplishable. Make this a daily habit.
4. **Set deadlines.** Deadlines give a sense of urgency that gets us off our butts and gets us working on something. But the important thing is not just to give deadlines to projects, but the individual small steps as outlined in Step 3. Set a date and time to accomplish step one, and when you've done that, set a deadline for the next small step, and so on, until the project is completed.
5. **Clear distractions.** How do you clear distractions? Disconnect from the Internet if possible, or at least turn off IM and email notifications. Turn off the TV, and close unnecessary programs. Clear your desk and everything from the walls around you, so that you are in a distraction-free zone. Once you're in that zone, don't allow yourself to do anything else but the task at hand. When you feel yourself being pulled away from the task, stop yourself, and bring yourself back.

This is a summarization of an article written Leo Babuata.. For the full article check out:

<http://www.dumblittleman.com/2007/07/5-simple-steps-to-stop-procrastination.html>



Casino Night

Mark your calendars for our first Casino Night of the year. MDU is having their Christmas Party on Dec. 3rd at Ramkota and wants us to be the entertainment.

Casino Night's is a Jaycee fundraiser where businesses hire us for \$200 an hour to entertain them with casino games such as Blackjack, Roulette, Bing!, and Chuk-a-Luck. It's a great time and an opportunity to meet new people in the community.

If you are a little scared of running your own gaming table, don't worry. We will be having a game night where everyone can learn what to do. More details to come later. We need at least 12 people to commit to be there. Please e-mail Rachele at erachh@yahoo.com if you are planning on being there or have any questions.



Bismarck Jaycees



**The JAYCEES of BISMARCK,
NORTH DAKOTA**

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2011 Executive Board

President	Rachele Hall
COB	Leif Olson
Community Dev. VP	Tiffany Peterson
Individual Dev. VP	Ben Stewart
Membership VP	Lance Eide
Secretary	Tammie Scott
Treasurer	Chris Ziegler
Webmaster	Leif Olson

**Elections at next meeting!!
Make sure you're there to get
your 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.

