

The Jaycee Spirit

July 5, 2006

A Monthly Publication of the

Bismarck Jaycees



Dues Reminder!

August (due July 21st) — Angie Klein
— Pat Groce

Please renew your \$50 membership. You may bring your payment to the next meeting or mail:
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From the Editor....

I hope everyone had a safe and fun 4th of July. I apologize for the lateness of the newsletter. I have been busy with a few other things and am just now finishing the rough edges. I know many of us helped were busy helping Mandan Jaycees with their parade, and having fun at bbq's, etc.

We really need to work on articles. I know to some of you it's just more paperwork, but come on people. We need some excitement in our thoughts and words! Take more than 10 minutes before the deadline and think of some things to write about. And I know you do put time in to your articles, but for those of you hosting a get together or chairing a project, let's hear from you!

I just want to remind everyone to read this edition as there are a few dates to remember! Get your articles in....VP's, project chairpersons, etc. Got something to give away or sell? Post it!

Ok well I don't have much else to say except, please, people, let's remember the deadline for articles. There's a reason I push the deadline of the 20th.....when I don't, this is where it gets us....BEHIND!

Thanks for everyone who did submit this month. It's your newsletter, let's make it worth the time and effort to publish it.
Melissa Evans

A Few Words from our President

Hi Jaycees,
Bismarck is a-hoppin' with summer in full swing. As I write this, final plans are in the works for the annual "Welcome to Summer" Bismarck Jaycees Camping Trip the weekend of June 23-25 at Lake Tschida - good times, for sure!

The July 4th Parade is big for us this year, too - we are helping out the Mandan Chapter with Jaycees-power to ensure the parade goes well.

Tentatively scheduled, at this time...Bismarck Jaycees Family Picnic for July 19th, Tastiest Teas in Bismarck late in July, and possibly PRIME training the last weekend in July. More details to come on these events at the general Membership meeting July 11th - 7:30pm at the Jaycees Leadership Hall.

I also want to say "THANKS" for the help in organization of the recent past Bismarck Jaycees events:

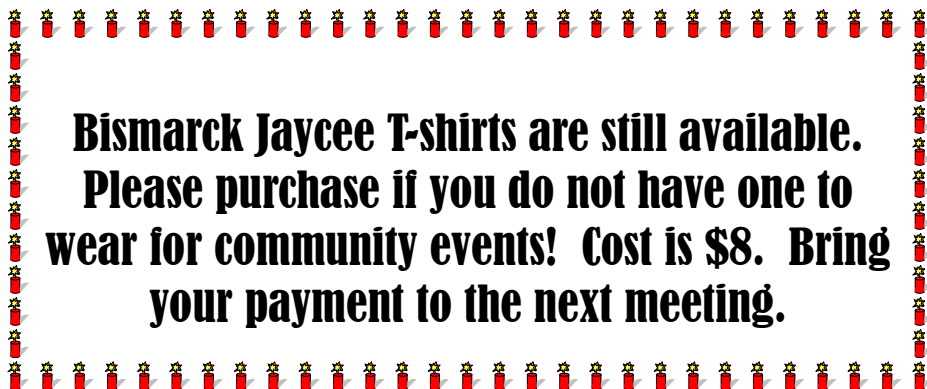
Al Peterson coordinated and hosted Press Release Training for us, with great information from State Library Public Relations Director Terri Wilhelm.

Lori Jepson spearheaded our team for Relay for Life - great job to her & our team for raising \$950, and for continuously walking ALL NIGHT LONG!

Chris Ziegler, Jill Simpfenderfer and a bunch of us coordinated our first raffle, to help out the "Bands for Breanna" fundraiser earlier this month.

Again - thank you to everyone who organized & participated in recent events. Let's keep up the great work and bring in more young people to help spread the wealth of the Jaycees!

Happy Summer, Jaycees :-)
Jim Mueller, 2006 President



**Bismarck Jaycee T-shirts are still available.
Please purchase if you do not have one to
wear for community events! Cost is \$8. Bring
your payment to the next meeting.**

Management VP

Happy summer everyone! I want to thank you all for making this year (so far) such an awesome year for our organization. We have such a great group of people that are so involved. It is awesome to see the numbers at our meetings and functions. WOW. Way to go and I sure hope we can keep this enthusiasm going. We are going to be #1 in the state. I can just feel it.

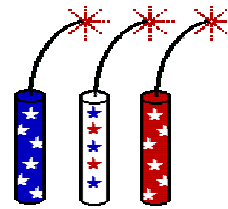
I forgot to write my article sooner, so I'm in a bit of a crunch (the deadline is in less than 24 hours - talk about procrastination). So, I thought why not find some tips that would help us all out with some time management (cuz we are a group of busy people - and things never seem to slow down and I am the Management VP, so isn't that part of my job?). Hopefully these tips will be useful to you, if not, well - at least I got my article written and I sure hope they help me. But then, I will probably forget where I put my to-do-list. Maybe next month my article will be on "how to remember things".

Computers and the Internet were supposed to make life easier; instead, people are busier than ever. Whether you are single or juggling family responsibilities, learn to manage your time to get as much as you can out of each day.

1. Create a schedule or to-do list. Write down deadlines for accomplishing certain tasks.
2. Plan to tackle difficult projects at the times of day when you are most alert.
3. Schedule time for people, including yourself. Create some personal time by waking up half an hour earlier or going to bed half an hour later than usual; plan a weekly date with your spouse, or arrange to have lunch with friends.
4. Prioritize what you need to accomplish. "Pareto's principle" states that 80 percent of your accomplishments come from 20 percent of your efforts, so think strategically: Locate and isolate this valuable 20 percent, then focus your efforts on the tasks that promise the greatest rewards.
5. Delegate as many chores as you can. Hand out projects to subordinates at work, recruit your children to help with household chores, hire a gardener to maintain your lawn.
6. Learn to say no to nonessential demands on your time. Don't volunteer for a committee if you don't have time, and decline invitations to events you don't have time to attend.
7. Overcome procrastination.
8. Avoid perfectionism. Don't waste time obsessively perfecting a task when you could better spend the time on something else.

Individual Development VP

We held a Press Release writing training on June 15th at the Jaycees Leadership Hall. Terri Wilhelm, the Public Awareness Coordinator for the North Dakota State Library and the Statewide Summer Reading Coordinator for North Dakota, provided the training which focused on the basics of writing an effective press release. Ms. Wilhelm graduated from the University of Mary with a Degree in Communications and worked for many years in the television media. She provided us with a lot of handouts including samples of press releases. We were also given a huge list of press contacts. I got a lot of good information from this training that I will apply when writing a press release for future events. If you want to look over any of the handouts, we have extras in the office. Thanks to everyone who participated.



Community Development VP

Hello Jaycees,

I just want to thank everyone who has participated in all the all the events we have had. It has been great to see everyone so active.

Our upcoming events include our Jaycee Picnic on the 19th, the derby, the convention in August, and Fill the Bus. If I forgot anything let me know.

Thanks Angie and Chris for hosting the camping outing this year. I couldn't make it because of work, but I had heard it was a good time.

Thanks again everyone for being so active and promoting the Bismarck Jaycees in our COMMUNITY

Janitda, CVP

Hi North Dakota Jaycees!

I'm writing on behalf of my better(?) half to see if any chapter out there has ever run a "float-a-boat" project. For those who don't know what I'm talking about, float-a-boat involves people using various materials to create a boat, then floating that down a river or paddling across a pond to win a race. No actual boating materials are allowed to be used.

We are looking for a CPG, rules, etc. If a chapter hasn't actually run one, has an organization in your area done one? Can you get information from them?

We are looking into doing one in Williston, but Joe hasn't had time to even think about when or what, so I'm asking you for some help. If you get info, you can send it to Joe at: Joe Trumpower, 2001 University Ave, Williston ND 58801. Thanks!

Val Trumpower, resident "old fart"
Roughrider #471
Ambassador #3418
Senator #62659
10th Degree Jaycee
Prime Graduate.



FYI

If you're not completely sick of picnics and BBQ's, please join us for our annual summer picnic. It will be held Wednesday, July 19th, at Jaycee PARK--not inside the hall as it is occupied that night. We will discuss potluck items at the next meeting July 11th. Please join us. BYOB. If you are unable to attend the regular meeting and wish to attend, please contact Melissa for more information. 527-3718 or evansm@bis.midco.net


Tastiest Teas in Town

Teas, Long Island, that is....

Do you know of an area restaurant/bar that has downright tasty Long Island Teas? If so, and you are interested in participating in our Tastiest Teas in Town project, please attend the general meeting or contact Melissa for more information. We plan to rent a limo for the evening, and the cost per attendee could be \$30-\$35 plus the cost of teas.....the tentative date is Thursday July 28th. However, we may extend that into August. Let her know if interested.



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★ **Dates to Remember:** ★
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★ July 11 General Membership Mtg, 7:30 pm ★
★ (Jaycee Hall) ★
★ July 19 Annual Family Picnic, 6:30 pm ★
★ July 21 August Renewals Due ★
★ July 28 Tastiest Teas in Town Limo Ride* ★
★ ***tentative date*** ★
★ Aug 4 Registration Deadline for Convention ★
★


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Bismarck, ND 58501