

The Jaycee Spirit

October 1, 2006

A Monthly Publication of the Bismarck Jaycees

Dues Reminder!

November (due Oct 23rd) - Janitda Muller
Jill Simpfenderfer
Al Peterson

Please renew your \$50 membership. You may bring your payment to the next meeting or mail:
301 E Century Ave, Bismarck, ND 58501

2006 Executive Team

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From the President

Howdy Fellow Jaycees,

First, a change: Our next General Membership meeting will be held on **Wed. Oct 11**. The location remains at the Jaycee Leadership Hall - all current Jaycees and prospective members are welcome & encouraged to attend (bring friends!).

Remember, too, that **elections** will be held at this upcoming meeting. We will need to elect next year's officers, including the 2007 Bismarck Jaycees President along with the Vice Presidents.

We are doing a great job bringing in more young professionals to our chapter, thanks especially to those actively supporting our current membership drive. We are offering a new "couple deal" in which the first year's dues for any couple is \$75.00, rather than the normal \$100.00 for two members. Contact me with questions about this new offer for joining the Bismarck Jaycees.

Fall is here - my favorite time of year! Many fun fall-time activities are in the works for our group, watch for communications about upcoming projects & social events. Finally, a big "WELCOME" to our new members. You will receive from the Bismarck Jaycees everything that you put into it, and more. I am excited to have you with us!

Again - the next regular Bismarck Jaycees General Membership meeting is Wednesday 10/11/06 (rather than the customary 2nd Tuesday of the month) at normal time 7:30 PM & location Jaycees Leadership Hall in Bismarck. Have a great fall...Go Vikings!

**Jim Mueller, 2006 President
Bismarck Jaycees
701-220-1221**

GENERAL MEMBERSHIP MEETING NOTES: 09/12/06

- I. Call to Order
- II. Special Guest Introductions & Presentations
 - a. ND Jaycees President Tami Briese and her husband Mark – were at the meeting to present us with free pizza for completing a membership challenge
- III. Open Items
 - a. Overview of Previous Meeting Notes
 - b. Review of Chapter Finances
 - c. Review of Recent Projects & Events:
 - i. Lincoln Demo Derby – Pat/Greg from LACC – not all bills are in at this time, however Greg did say that the number of spectators and drivers werent as high as last year. Once he gets all info, he will give us a final report. He presented us with a check for \$1,000
 - ii. State Convention in Williston – Attendees – Bismarck ended up being top chapter and won the spirit award, plus some officer awards
 1. Accepted to Host 2007 August Convention – our bid was accepted by the Convention Committee
 - iii. Fill the Bus – Melissa Evans – we sold \$178 worth of items, Lori Yale from Williston purchased the last of the light up sticky bottoms – we were able to donate around \$190 worth of school supplies/gift cards, etc.
 - iv. Game Night – Lori Jepson – good turnout, fun time and good food!!
 - d. Chaired Upcoming Projects
 - i. Day of Caring 9/20/06 – Melissa Evans – not happening this month (we accidentally thought this was Make a Difference day – oops)
 - ii. Punt Pass & Kick – Al Peterson & Shawn Froelich – was canceled due to another organization holding the event
 - iii. Saturday After Sundown – Melissa Evans – is checking into Vintner's cellar and possibly making wine....
 - iv. Speed Dating – Janitda Muller & Lori Jepson – no date has been set yet
 - v. Jaycee Leadership Hall Cleanup Oct. 6-8 – Jill Simpfenderfer – please show up on the 6th around 6:30 pm – we will start to clean and wash up the walls before painting. If anyone has painting supplies, tape, etc., please bring them!
 - vi. Annual Pumpkin Carving Party – Al's house on the 28th around 6pm – bring your own pumpkin and beverage
 - vii. Sporting Chance – Lori J --- group needing volunteers to help with children with handi caps go fishing, hunting, etc. – she will look at getting some one from the organization to speak at a future meeting
 - viii. Parks & Rec Halloween Party – Jill & Janitda – need volunteers to help out on the 27th from 6- 8:30 – to man booths, etc. We will be looking for at least 5 members to help out – the call has been made and we are down to help out – please keep this in mind!!

(Meeting Minutes continued from p. 2)

I. New business

- a. Membership Offer – Jim Mueller – we had been offering a membership deal to first time couple members - \$75 for both – for the first year. Jill made a motion to keep this as a membership policy – for the first year, they will get the buy one get one half off, and the following year they will have to pay full price. Motion passed
- b. Outstanding Young Farmer – we need a candidate, Janitda has been in contact with some one who might be able to assist us find one (if not, Janitda – Steven Heger from Underwood, ND)
- c. Projects & Events in need of Chair
 - i. August 2007 State Convention Committee – Melissa, Chris Z, Shawn & Amy B will be the committee – they will need to come up with entertainment for Friday nite of the convention
 - ii. Red Ribbon Carnival – perfect opportunity for the Jaycees to promote JAYS (this carnival promotes drug free and healthy lifestyles – will be on October 26th from 4 – 8 pm. Jim & Melissa will research this for the next meeting
 - iii. Make a Difference Day – October 28th – Jill – will be checking in with Ruth Meier’s house to make a meal for the homeless shelter on Saturday – as they need to fend for themselves on weekends.
 - iv. Kirkwood Mall “season premiere” – Melissa – Nov 19 is the date of the event. We will be selling tickets for people to be able to preview Christmas items at the mall. Missy has ordered 200 tickets to sell – we keep the profits – so please help sell these tickets!!
- d. World JC President Lars from Denmark will be in Bismarck on October 18. Pres Tami will be updating us with details of the visit as soon as she knows more.

II. Other Items

- a. Next meeting: Jaycee Leadership Hall Tuesday 10/10/06
 - i. Bismarck Jaycees Elections – please think of an office you might be interested in for next year.
- b. Presentation of Awards

III. Adjourn with Jaycee Creed

IV. Post-meeting Activities

Way to go Bismarck Chapter – we had an awesome attendance of 18 members by the end of the meeting. President Tami is impressed that we get so many people at our meetings. Keep up the enthusiasm!!!

Individual Development VP Al Peterson

Hello Bismarck Jaycees,

As many of you know, this month is elections for the chapter. I have served two terms as chapter president and I am currently serving as Individual Development Vice President.

I've always thought of myself as a person who didn't want to really get involved in anything. As a teenager, I was never interested in taking up any sort of leadership roles in school clubs or Demolay.

I was asked to take on the presidency for the Bismarck Jaycees in 2003 and I did, hesitantly. Was it a challenge? Sure it was. Was it rewarding? You betcha. I encourage everyone who receives this newsletter to consider running for an office.

Community VP Janitda Muller

Hi Bismarck Jaycees.

For those who do not know me, I am Janitda Muller. I have been involved with the Jaycees for the past ten years. I have also held numerous positions. My position this year is Community V.P.

It has been an exciting year so far with all the projects we have done together. We have numerous projects coming up. If anyone is a painter, we are cleaning and painting the JC Leadership Hall the first weekend in Oct. We also have Al's Pumpkin Carving Party at the end of the month.

Our new member Amy M. is in charge of collecting carved pumpkins and have them donated to a local nursing home. I do appreciate all the hard work that people put into projects and thinking up new ones. I am sure there are a few other projects for the I am forgetting, so I do apologized for that.

I hope so see all the new faces at the October 11th meeting. I can't wait to see all of you.



Management VP Jill Simplenderfer

DID YOU KNOW:

- You can only hold 7 items in short term memory at once without “losing” some information? That is why they say it is important to write lists – especially grocery lists.
- * what you eat affects your ability to process and recall information? Foods that are rich in fiber and nutrients help resist and combat disease that affect your memory.
- * vitamin C-rich memory-enhancing fruits and veggies include: cantaloupe, black currants, blueberries, sweet potatoes, asparagus and kale.
- * red foods help stimulate, strengthen and increase body temperature and circulation which increases energy; affect your muscles, adrenal glands, bladder, lower limbs, spine and reproductive center, making them ideal for combatting fatigue, fever, colds, etc.; and help ease depression which helps promote a positive attitude, which aids memory. Some key red foods include: watermelon, tomatoes, strawberries, red cabbage, cherries and radishes.
- * good oils, such as olive and flax, also appear to buffer our brain against memory loss.

Some people have very good memories – others of us don't. I just thought I'd share some interesting information that I was able to find. If you find yourself forgetting things – try some of the foods listed above, you never know – they just might help.

District Director

Hey all! My name is Melissa Evans, and I am your District Director for the ND Jaycees, and am proud to call Bismarck my chapter. Welcome to all new members! It's so great to have fresh faces and ideas. I hope you will all enjoy your time in the Jaycees. I have enjoyed this position in what I have been able to accomplish, which may not be much. I look forward to being your 2007 ND Jaycees Community Vice President.

Again, welcome to the new members. If you enjoy the Jaycees, spread the word and invite your friends and family members between the ages of 18-40 to join! We are a strong chapter as we found out not too long ago. We were honored to be the #1 Chapter in the State for the past trimester. I hope we can continue this honor, but we have to work at it. That means getting out on the road and visiting chapters, doing projects, and of course that lovely word paperwork!

Please check out the calendar of events on the last page.....we have many things going on this month! **On Oct 18th, we have the opportunity to host our National Jaycee President, Lisa Parrish from Virginia, and our International Jaycee (JCI) President, Lars Hajsland from Denmark. I don't have details yet, but if you can, please plan to be with the ND Jaycees that evening.** While this will be bringing many chapters to town, they have the opportunity to visit the ND State Penitentiary Chapter, Grove City. This is a great visitation opportunity. Please consider attending. Also, there are many other events going on. I have also included an explanation of the offices available. Elections will be held at the Oct 11 meeting. Please review these office descriptions and expectations.

Also, Nov 19th, Kirkwood Mall is holding their “Season Premiere” from 6-9 pm. The mall will close as usual at 6 pm, but tickets can be purchased to shop this after hours event. We will be selling tickets for \$5 each and will keep all fund that are raised. I will have tickets available hopefully the first week of October. Please let me know how many you would like to sell! Door prizes will be awarded! Let the word out!

CHAPTER OFFICER DUTIES

PRESIDENT:

This officer is responsible for overall management of Chapter Officers and Directors, for overseeing all activities and projects and for representation of the chapter in the community. The president is to preside and maintain order at all general, board, and executive meetings. Responsible for representing the Chapter at all District, Regional and State meetings

MANAGEMENT VICE PRESIDENT:

This officer is responsible for making sure that equal emphasis is placed on all three areas of the Jaycee concept. Planning, Training, Financial Management, Personnel Management, Public Relations and Communications are the priority areas this officer is responsible for. This person presides at meetings in the absence of the president and is responsible for securing awards and meeting places.

INDIVIDUAL DEVELOPMENT VICE PRESIDENT:

This officer is responsible for the development of the individual member. Leadership Development, Family Life/Spiritual Development and Personal Skills are the Priority areas for this position.

COMMUNITY DEVELOPMENT VICE PRESIDENT:

This officer takes responsibility for projects run which affect the community. Priority areas for this position include Human Services, Community Improvement, Government Involvement, and Community Fund Raising.

MEMBERSHIP VICE PRESIDENT:

This officer takes the responsibility for membership growth of the chapter. Priority areas for this position include new member recruitment and orientation, retention, chapter extensions and chapter Assistance. Maintains and updates membership roster and notifies Treasurer of member renewal list.

TREASURER:

Responsible for accounts receivable and payable, membership dues billings, and financial records of the chapter. This position also prepares monthly financial statements and files necessary income tax reports. The Treasurer also is responsible to ensure proper insurance coverage and file Chapter Incorporation License and Solicitation Form.

BOARD OF DIRECTORS:

Work with the Vice Presidents, project chairpersons and the chapter members to keep open lines of communication within the chapter. Directors are responsible for assisting chairpersons in the planning and running of projects and assisting in completion of a Chairman's Planning Guide. The Directors also promote the Springboard and Degrees of Jaycees Program.

CHAIRMAN OF THE BOARD:

Serves as the primary source of guidance and experience to the board members. Oversees nominations and election process for the Annual Election Meeting

APPOINTED POSITIONS

EDITOR:

The newsletter is the only method of written communication available to the chapter that has the capability of reaching every member. The duty of the editor is to provide, on a timely basis, articles submitted by project chairpersons and the officers of the chapter, the events that are upcoming and a review of the events that have been completed.

SUNSHINE CLUB PROGRAM MANAGER:

This person is in charge of sending Birthday wishes and congratulations cards to members.

WEBMASTER:

This person is responsible for updating the Bismarck Jaycees Website (bismarckjaycees.com) in a timely manner.

SATURDAY AFTER SUNDOWN PROGRAM MANAGER:

This person is responsible for organizing a fun-night, approximately once a month for the Bismarck Jaycees. This person will be responsible for making the chapter aware of the event at the membership meeting prior to the event if possible.

Happy Halloween!!!



Bismarck Jaycees Calendar of Events October 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 Jaycee Hall Cleanup 6:30pm/ Garrison M- Night	7 Jaycee Hall Cleanup Continues
Kirkwood Mall Season Premiere Tickets Available						
8	9	10	11 Meeting 7:30 pm	12	13 Bluegrass Concert In Steele	14 Harlem Ambassadors in Williston
15	16	17	18 National Visitors – Activities TBA	19	20	21
22	23	24 M-Night Kidder County Jaycees (in Steele)	25	26	27 Parks & Rec Halloween Party	28 Make a Difference Day Halloween Party at Al's
29	30	31				



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