

THE KINGPIN

The South St. Paul Jaycees, February 2014



2014 President Noah Gordon

Thank you to our Board for completing the Chapter plan and Budget. This is our first step to CLC. Alicia Richter has taken on the position of Management Vice President along with Treasurer for 2014. If anyone is interested in Membership Vice President, please talk with me anytime. I would love to discuss the position with you!

Notes from the Board

IDVP– Rachel Livingood

Hello All! Starting February, I'll be doing a year long project called Resolution and Solutions! Write your list of goals to complete for the year then work at it and work at it! Then when you complete a goal you turn in your proof and earn a raffle ticket! At the end of the year we'll be raffling some cool stuff off! Last New Years I wrote a list to complete by January 1st 2014. I completed 7 out of the 9 things on my list. It felt amazing what I did with my year and I hope the same for you all. Think about your goals, then go out and get them. I'll update you all every month and even feature members when they complete a goal of theirs! Also look out for fun DIY projects or new things to try each month!

State Delegate– Tiffah Scott

Are you interested in getting more active in the community or knowing other Jaycees and their chapters? Well, the best way to do this is attend a road run. A road run is where a Jaycee will either attend or volunteer at another's chapter event. So if you are interested, here is what is going on in the Jaycee community:

Community VP– Dan Goossens

We are getting ready for our Saint Patrick's day food drive. Alicia Richter is chairing this event, working with Megan Aune and Christina Hagman to gather bags. Mark your calendars as we need as much help as we can get. March 13th is our typical GM meeting, we will be rolling bags, March 15th is distribution day. This is a great family event! March 22nd we will be meeting at the Cro at 9:30 am and collecting the bags. PLEASE try to make it to one or all of these days. This event cant happen without volunteers!

Treasurer/ Management VP– Alicia Richter

We have completed our Chapter Plan and Budget for 2014. If any members would like a copy, please contact me and I will email it to you. We will be discussing the new procedure for writing up events at our next meeting. No more CPG's!

The bank account balance is on your right along with membership numbers. If anyone has questions about how the banking or finances are handled, I would love to talk to you about it...this is OUR money!!!

Happy
Birthday!

1st- Jessica Trisko

16th- Amy Kivi

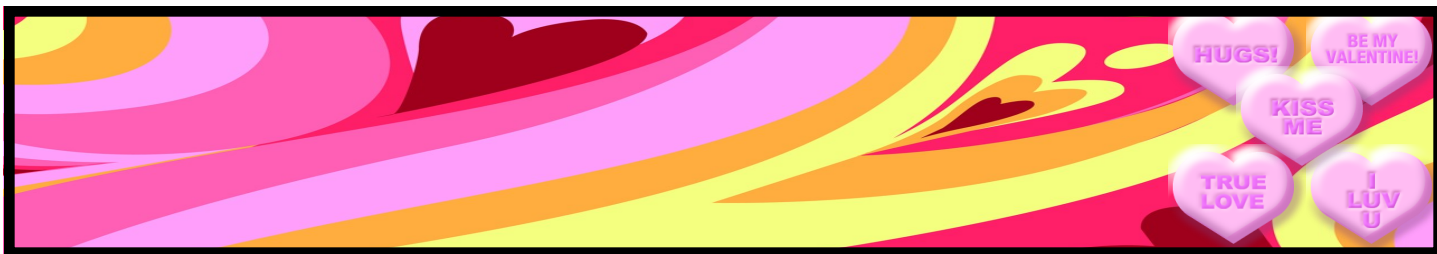


Members By the Numbers

Current Members	28
2013 Base Number	24
Net Change:	0
January Due	0
February Due	2
March Due	1

Account Balance:

\$4,465.28



February– For More info contact Tiffah, your State Delegate!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Lake Elmo Wrestling
2	3	4	5 SSP Board Mtg. 7:30pm	6	7	8 SSP LOTS Fishing for a Cure.
9 TIPS Training	10 Birthday Meal	11	12	13 SSPGM Mtg. 7PM @ Cro.	14 Miss Amazing	15 Miss Amazing Lake Elmo Karaoke
16	17 Rochester Food Bank	18	19	20	21 New Munich Casino Night	22
23	24	25	26	27	28	

Calendar of Events

- 1st– Lake Elmo Regional Wrestling 7am-2pm
- 8th– SSP LOTS at Heartland Credit Union 8:30am-2pm
- 8th– Fishing for the Cure, in Austin at th Eagles. 10am start
- 8th– Brmidji Plunge @ 7:30
- 9th– TIPS Training in New Munich at 1pm, \$25 per person
- 10th– 1st Quarter Birthday Meal, Palmer House in Sauke Center
- 14th/ 15th– St. Paul Miss Amazing Pageant
- 15th– Lake Elmo Karaoke at Sgt Pepper's Grill @ 7pm
- 17th– Rochester needs manpower for food bank, 6pm
- 21st– Casino Night/Food Drive at City Hall in New Munich @ 7:30 pm

Upcoming Members Due

February	March	April	May
		Alicia Richter	Daniel Goossens
		Ashley Taylor	

SSP Jaycee Announcements

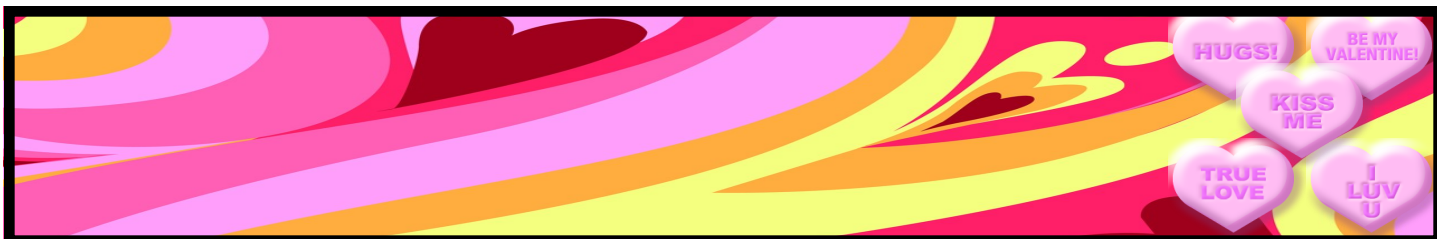
**Have Something
Exciting Happening
in your family!
Share it with your
Jaycee Family!**



Child Care

Salena Hase (daughter of a former member) will be at each GM meeting to offer child care for all children present. She is asking for \$5 per child, per meeting.

Salena has take a class on child care and is certified through the Red Cross.



MN Jaycees Annual All State Convention

The 2013 Annual convention was held Jan 17th-19th at the Minneapolis. South Saint Paul Jaycees represented with eight of our members throughout the weekend. Our members attended trainings on Grant Writing, Direct deposit, Debate, Advanced Citizen Framework and many others. We had quality time as a team and had fun also!

We took home a few awards including; 3rd Trimester Gold "Wanes and Means Fundraiser," On the Road Again Booya Competition; 3rd Trimester Gold Community Development project Adopt-A-Family. Alicia Richter won First Timers Trivia and was the Overall winner and received free registration to Spring Convention. Noah Gordon and his debate team won first place entering them into the National debate completion in Baltimore, Maryland.

Annie and Josh Regan received the Statesman award which is given to outstanding Jaycees and includes an extensive application process. Annie also received Outstanding Program Manager for CLC/Parade and the Silver Key for CLC /Parade.

Congrats to the South Saint Paul Jaycees in all their hard work in 2013.

Spring Convention will be May 9-11th at Sugar Lake Lodge in Grand Rapids, MN.
Register online at mnjaycees.org.

The Minnesota Jaycees is now sending text blasts to keep you up to date! To join, please text the word "mnjaycees" to 77948



Jaycees International



**2014 JCI President
Shine Bhaskaran**

extends JCI members his sincere gratitude for their dedication to active citizenship through JCI and looks forward to an exciting year of creating sustainable impact worldwide.

*By 2014 JCI President Shine
Bhaskaran*



Do you have a Facebook? Are you part of the JCI Facebook network?

[Visit the JCI Facebook page](#)

to see exciting, constant updates of what members are doing around the world as well as what's going on at the JCI World Headquarters in St. Louis, USA. Post your pictures, share your JCI news and increase your global network as new connections with fellow members are just one click away.

Nothing But Nets

Nothing But Nets is a global grass-roots campaign to raise awareness and join the fight against malaria by giving \$10 to send a net and save a life.

How it works:

Nothing But Nets is powered by your passion; it works because you do! Grab your family, friends, and classmates and work together to spread the word, raise funds, and share stories.

Your \$10 contribution goes towards the cost of purchasing a long-lasting, insecticide-treated bed net, distributing it, and educating communities on its use.



The Kingpin Health

Plan for Prevention

- Eat a Healthy Diet
- Maintain a Healthy Weight
- Exercise Regularly
- Monitor your Blood Pressure
- Don't smoke
- Limit alcohol use
- Have your cholesterol checked
- Manage your diabetes



February is American Heart Month



Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths. Heart disease is the leading cause of death for both men and women.¹

The term "heart disease" refers to several types of heart conditions. The most common type in the United States is coronary heart disease (also called coronary artery disease), which occurs when a substance called plaque builds up in the arteries that supply blood to the heart. Coronary heart disease can cause heart attack, angina, heart failure, and arrhythmias.

Cardiovascular disease, including heart disease and stroke, costs the United States \$312.6 billion each year.¹ This total includes the cost of health care services, medications, and lost productivity. These conditions also are leading causes of disability, preventing Americans from working and enjoying family activities.

The situation is alarming, but there is good news—heart disease is preventable and controllable. We can start by taking small steps every day to bring our loved ones and ourselves closer to heart health. CDC is providing a tip a day throughout February, but you can take these small steps all year long.

Heart attack symptoms

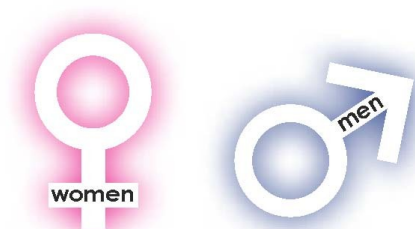
The five major symptoms of a heart attack are

- Pain or discomfort in the jaw, neck, or back.
- Feeling weak, light-headed, or faint.
- Chest pain or discomfort.
- Pain or discomfort in arms or shoulder.
- Shortness of breath.
- If you think that you or someone you know is having a heart attack, call 9-1-1 immediately.

Reference:

<http://www.cdc.gov/features/heartmonth/>

Men and women may experience some common symptoms. But there are differences.



- | | |
|-------------------|-----------------------|
| • Nausea/vomiting | • Chest discomfort |
| • Jaw pain | • Arm pain |
| • Back pain | • Shortness of breath |



Jan 9th General Membership Meeting Minutes

Thursday, January 9th, 2014

724pm meeting called to order

Pledge of Allegiance: Savannah Leyde

"I pledge of allegiance to the flag of the United States of America, and to the republic for which it stands, one nation, under God, indivisible, with liberty and justice for all."

Reading of the Minutes: Ashley Taylor (December)

Approval of Minutes: 1st-Savannah 2nd-Lizzy

Approval of Agenda: 1st-Lizzy 2nd-Savannah

Intro of Guests:

Board Member Reports:

Secretary: Ashley Taylor

Treasurer: Alicia Richter

Budget Explained--discussed sandbox days

Spring Expo-- Possible wknd before Mothers Day

No concessions--church to sell pop

Same place--more vendors

budget request for 700\$--deposit 500\$ get back--200\$ for supplies--vendors pay 40\$--stamp passports to be entered in raffle--"Fundraiser Project"

State Delegate: Tiffah Scott

Convention

TIPS Training

Individual Dev VP: Rachel Livingood

Resolutions and Solutions-- email going out with more info

Book Swap--covered--"Don't judge a book by it's cover"

Management VP: OPEN

Community VP: Dan Goossens

St. Patty's Drive--unknown who is running/ how it is going?

Membership VP: OPEN

President: Noah Gordon

Bylaws/ Policy Changes--emailing them out--30days--voting on feb13th

Old Business:

Other Business/ New Project Ideas:

Blanket Drive--Alicia Richter

Jaycee Swag--"Set your sights on greatness" logo contest

Upcoming Meetings:

February 6th Board Meeting @Panera, 1740 S Robert St, WSP, MN 55118; 730pm

February 13th General Membership Meeting @ 7pm

Adjournment: 805pm--1st Savannah 2nd Dan

Jaycee Creed:

"WE BELIEVE...."



Meetings the Second Thursdays
of each month at the
Croatian Hall in South St. Paul.

Come meet new friends, socialize and find out
what you can do to help Keep South St. Paul an
amazing place to live.

Minnesota Jaycees
5775 Wayzata Blvd. Suite 700
St. Louis Park, MN 55416

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 treasurer lies in human personality;

And that service to humanity is the best work of life.

Board of Director Contacts

Noah Gordon President 651-325-8380 Noah.isaac.gordon@gmail.com	Ashley Taylor Secretary 651-756-0002 Ashleyanntaylor@gmail.com	Alicia Richter Treasurer 651-769-3583 arichter23@gamil.com
Tiffah Scott State Delegate 651-497-8381 tiffah07@yahoo.com	Rachel Livingood Individual Dev. Vice President 920-217-1548	Daniel Goossens Community Vice President 651-895-4207 dgoossens08@gmail.com
Alicia Richter Management Vice President 651-769-3583 arichter23@gamil.com	OPEN Membership Vice President	Annie Regan Chairman of the Board 651-357-3722 aregan918@gmail.com

Regional Contacts

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