

SSP Jaycees in ACTION

APRIL 2015 • SSPJAYCEES.ORG • SSPJAYCEES@HOTMAIL.COM

South St. Paul
Jaycees
Affiliated with JCI®

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.**

Our Mission:

We are a nonprofit organization committed to the growth and development of our members to become the next generation of leaders within the community. Our members are thoroughly engaged and connected to the community through active involvement and volunteerism.

55075 annual SSP Food Drive

We kicked off the annual City wide (aka St. Paddy's) food drive on Thursday, March 16th during our meeting; assisting the city with bag folding in preparation for distribution. Chapter members distributed the bags to SSP residents along with other volunteers. The following Saturday, again, a group from our chapter volunteered with the city to collect bags and bring them to the designated drop off area where the city is actively counting the pounds being donated. The city has not quite, reached their goal of 5,5075 lbs. but we're optimistic that we will continue to see the number rise. The city had amazing supporters this year, check them out on **page 5**.



"Thank you to all who came out to support the SSP Community Wide Food Drive! It is a humbling experience to see how much food we can collect for our neighbors, friends, and fellow community members that are struggling. We are truly SOUPer hero's to many families!" – Alicia; Chapter President

MEETINGS:

Board of Directors:

- April 2, 2015
Pe'king Cafe – 6:30 pm
- May 7, 2015
Location TBD – 6:30 pm

Members Meetings:

- April 9, 2015
Croation Hall – SSP
7:00 PM
- May 14, 2015
Croation Hall – SSP
7:00 PM

SOCIALS:

Chapter Socials:

- Pass-the-Plate Pot-Luck info night
4/22/15 – 6:30 PM
Clarion Hotel – SSP
*Bring a dish to share

- TBD

5/22/15 – MORE INFO
TO COME

*See 'Socials' on page 4
for more details'

EVENTS:

Events:

- Concord Street Clean Up
- Spring Activity Fair
- Sandbox Days
- Pajama Program – PJ Party
- NNO – CAMP OUT
- KAPOsia Days

APRIL FOOLS:



April Fools' Day, also known as, All Fools Day is a globally recognized day, which takes place on the first day of April. Many believe the celebration of practical jokes originated in France due to the change in date of New Years shifting. Although not a national holiday in any country, this date of massive hoaxes has become ever-so-popular since the 19th century;

it is a well known practice to play harmless pranks in Canada, Europe, Australia, Brazil and the United States. Some precursors of April Fools' Day include: the Medieval Festival of Fools, the Roman Festival of Hilaria, and the Holi Festival of India. In the middle ages New Years celebrations took place from January 25 through April 1st. Some writers believe that the individuals who celebrated on January 1st, had nicknamed those who celebrated New Years on other days "April Fools". There are various additional opinions and findings when it comes to the exact origins of this particular day of jokes.

Over the years' elaborate practical jokes have been carried out in very public methods, from newscasts to newspaper stories, and even large corporations or well known celebrities worldwide. To avoid being bamboozled this year be sure to check your facts, lest you find yourself to be one of the many fools.

Note-Worthy Pranks:

- Fat Sox: Daily Mail announced Sox that will help the wearer lose weight.
- LEGO offers delivery via a live turtle.
- America Airlines and Google offer climate controlled flights.
- Disney expands 100 acre woods to 103 acre woods.
- Honda release a DIY car.
- Samuel Adams releases a beer containing helium.
- Redbox announces 'Moodmatch', a way to generate the ideal movie based on your mood 'screening' similar to that of a mood ring.
- Trip Advisor recommends family vacations to fictional places.
- Sony Electronics releases a new line of "Power Food".
- Tic-Tac offered custom packaging to stop the noise so you "don't have to share" – the kicker? The inner part of the container was lined in bubble wrap.

If you want to get in on the April Fools' day fun, check out: <http://aprilfoolzone.com/>

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State Delegate:

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OPEN

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Savannah Leyde

Sleyde@tayloredtoyou.org

Chairman of the Board:

MN- Joel Blom

South St. Paul- Noah Gordon

SOCIALS:

Pass-the-Plate Pot-Luck info Night!

Wednesday, April 22, 2015 • 6:30 pm • Location: Clarion Hotel - SSP

Perhaps you have heard of the SSP Jaycees in passing, attended an event or have considered joining but are not certain it is right for you. This social is all about food, friends and finding out just that! Enjoy getting to know current members, while obtaining more information about the Jaycees, volunteerism and how we are actively involved within the community. Friends and family are welcome! Bring a meal to share. Contact Savannah: sleyde@tayloredtoyou.org



To Be Announced
Friday, May 22, 2015 • TBD – Location: TBD, MN

55075 annual SSP Food Drive *cont'd*



Special THANKS to our many partners this year:

- SSP Mayors Youth Task Force
- Kaposia Education Center Student Council
- Lincoln Center Ambassadors
- South Saint Paul Kids Choice
- South Saint Paul Jaycees
 - YMCA-West St. Paul
 - Neighbors Inc.
- Union Pacific Railroad
 - GenerationOn
- Angelo's Italian Restaurant
 - SSP Family Dollar

Tune in to the SSP City Council Meeting on Tuesday, April 6th at 7:15pm for the announcement of the final total of pounds donated!!



Hello, South St. Paul Jaycees! Most of you know me - Tony Wencel, partner to fearless SSP member Heather Heim, frequent visitor to the chapter, friend to most all of you.

I am here to talk about the upcoming

Mid-America Institute Meeting

in suburban Chicago the weekend of April 17th-19th . I would encourage anyone interested in some world-class training to attend, as well as those that might want to learn a little more about the inner workings of the political structure of JCI USA. Registration is only \$50/member and includes the following:

-Friday evening hospitality - a mini state's party showcasing treats from each of the states

a wonderful day of training put together by JCI USA Training Task Force head Jay Johnson and his company, Worldlink Communications

Saturday lunch - includes Mid-America Leadership Showcase featuring the region's finest young leaders

-Saturday night entertainment - past years have included a trip downtown for deep dish pizza and exploration, as well as a night out to a nearby entertainment district for an evening of live music, dancing, and great food.

If interested, reach out to President Juanita at president@mnjaycees.org; if you have any questions about the event, feel free to reach out to me at mntiger73@gmail.com.

Thanks for letting me be a part of your newsletter this month, and hope to see you there!

Tony Wencel

Political Advisor

Minnesota Jaycees, affiliated with JCI

Be Yourself, but be your best self: Inside Out – Infused Water

The best project you'll ever work on is *YOU*



In last month's issue we shared natural ways to enhance your facial skin health with multiple DIY techniques utilizing many affordable ingredients that you will find right in your kitchen. If you missed it, you'll definitely want to check it out. As many of you may already know, our outside beauty really generates from the inside. Meaning, what you put inside your body will show outwardly. That being said, today we're going to share the effects hydration can have, not only on your skin, but on your overall health. Hydration is one of the key components to healthy, youthful, vibrant skin. With the warmer months just around the corner, you'll find yourself wanting to quench your thirst, why not reach for something timeless and delicious: A nice healthful, helpful, beneficial glass of water. Not a big fan of water? Not a problem! Increase your water intake, while not only enjoying the taste, but the benefits as well. You will feel more energized without the sugar crash and side effects. We're not talking about the flavored waters that are sweetened with artificial flavors and sugars – we're talking about, great tasting, all natural *infused* water. Infused water is flavored water, made by simply steeping fresh fruits, veggies, herbs and other natural foods in a pitcher of water. That's right, it is as simple as that. So set down your soda or other sweetened beverage and explore the many delicious flavors, and see for yourself the many health benefits that are said to be attributed to this technique of nutritious drinking. The possible mixtures are endless, below are a few samples of mixtures and what benefits they provide.

CUCUMBER, LEMON & LIME:

This mixture is my absolute favorite, go to drink as it boasts multiple benefits. Cucumbers are ultra hydrating, coupled with Limes anti-aging benefits, this mixture will leave your skin looking supple and flawless. It also serves as an appetite suppressant. Other potential health benefits: acidic content aids in cancer prevention, boosts the immune system, strengthens muscles and contains many important vitamins and nutrients.

LEMON, ORANGE & GINGER:

Oranges aid with healthy blood circulation, lemons help aid digestion (and freshen breath), and ginger is a notorious immune system booster. Contains many important vitamins and nutrients.

GRAPE, RASPBERRY & CUCUMBER:

Again cucumbers aid in hydration, fighting toxins and suppressing appetite – it is no wonder it is often used in infused waters. Raspberries have anti-inflammatory properties and grapes contain cleansing compounds, in addition to tasting great.

LIME & STRAWBERRIES:

Strawberries have anti-oxidants - in addition to the acidic properties which aid in cancer prevention and have multiple other health benefits, limes have anti-aging components which can restore hair, skin and nails.

MINT AND PINEAPPLE:

Mint supports healthy digestion, by activating salivary glands and digestive enzymes. Pineapple serves as an anti-inflammatory that is known to help relieve joint pain and arthritis.

Instructions to make Infused Water (aka detox water):

Slice fruits or vegetables of your choice into pieces. Add several slices of your choice foods and/or herbs to a pitcher or container for beverages. Fill the container with water and add ice, if you so choose. Let sit in the refrigerator for at least thirty minutes so flavors can seep into the water. The longer you allow the water to sit, the stronger the taste will become. Keeps in the fridge for approximately two days, water is most refreshing when cold. Try the many different flavors and reap the benefits. You may even choose to create your own flavors and mixtures. Be sure to do some of your own research to see which mixtures can assist with specific ailments, there is an abundance of information online. Search: infused water / detox waters.



UPCOMING EVENTS:



Activity Fair:

The annual SSP/IGH Activity Fair is headed our way. let's brainstorm some fabulous ideas to get people to our table.



Sandbox Days:

Shovels, buckets, and sand – oh my!

Get ready to welcome the warmer months ahead with a fresh load of sand delivered directly to your back yard sandbox on May 30th.

****Pre-order forms and more details will be available soon****



PJ Party Fundraiser "Night at the Museum" – Family Fun Night:

Date TBD as we will be working with the Dakota County Historical Society. The Pajama party event will support the 'Pajama Program' enabling participants to donate Pajamas or a book to give to children in shelters. A FUN NIGHT to support a GREAT cause.



National Night Out Campout-

We will need a team leader for this event. This event will be held on June 13th. New and exciting things are being implemented this year. Look for more information in upcoming newsletters.



Kaposia Days:

Mark your calendars for BINGO - coming June 27-28! We will need all sorts of help with running this event. A sign-up sheet will be by mid May. We will also be in the parade June 26, and all are invited to walk with us; needing at least 7 individuals to participate. After the parade, everyone is invited to President Alicia's house for a party.

Contact Gwen for more details or to volunteer:
Labovitg@yahoo.com

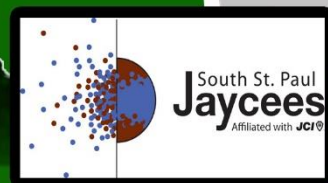
Join the
SOUTH SAINT PAUL JAYCEES
Saturday, May 16, 2015 to

CLEAN UP CONCORD Ex.

START [Mattie's Lanes on Concord]
at 9:30am

[Bridgepoint Drive] END
at 11:30am
approx.

Questions? email: Jerilyn.bushard@gmail.com



you
are
NOT GETTING
OLDER
YOU ARE
increasing
IN VALUE

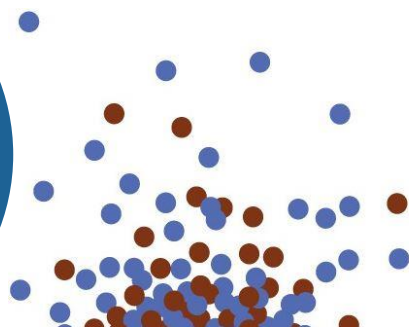
Happy Birthday to our
members celebrating in April:

- Josh R. – April 1st
- Savannah L. – April 2nd
- Elizabeth H. – April 12th
- Gwen L. – April 29th



Welcome New & Renewing
Members

- Jerilyn B.
- Gwen L.
- Alicia R.



Leadership Development

Networking, Training and
Member Recognition

Spring Convention



Conventions are a time when Jaycees across the state gather, network, learn, share ideas, and celebrate accomplishments of the year to date. They offer a time to recharge

your battery as a volunteer and gain strength from the energy of those around – people facing the same challenges and exciting opportunities. In addition to individual development competitions, training, and awards, there will be many opportunities for chapters to share ideas about their most effective projects with the biggest impacts.

DON'T FORGET TO REGISTER
TO ATTEND SPRING CONVENTION

**2015 Spring Convention -
May 8-10: Arrowwood
Resort – Alexandria, MN**

<http://mnjaycees.org/conventions/>

JCI SSP 22



Old Time Photo Social 3.22.15 - MOA

JCI (Jaycees International) are young active citizens all over the world. We are living, communicating, and taking action. Jaycees create an impact in our communities, in our world. You are young and active. You are a South St. Paul Jaycee. We make a difference in our community. Part of being a member of the Jaycees means you are invited to our JCI SSP 22 events. These events are times when our members come together to get to know each other better. Jaycees is not talked about at a JCI SSP 22 event.

These events are going to be on the 22 of each month. It does not matter if it is a Sunday afternoon, a Friday after work, or a Wednesday night. Come get to know your fellow Jaycees. Thus far we have had a Game Night at Angelo's, and saw a movie with a group of friends. We are always looking for more ideas. JCI SSP 22 will not always be in South St. Paul, but we will stay in the area. The goal of the JCI SSP 22 events is to explore the city, get to know your other Jaycees, make new friends, and learn something (we try to make an Individual Development project with each event) while giving back to the community.

Our March JCI SSP 22 event was held at Professor Bellows Old Time Photo at the Mall of America. The fun will started at 5:30 pm. Old Time Photo is where you dress up in costume, pose in an "old time scene" and take pictures. Our Membership VP, Gwen Labovitch is running the event. It is \$11.00 a person (a great deal), bring cash. Everyone will receive a photo of the group. After the photo event, we will be going out at one of the places at the Mall (Tucci Benucch has a new wine bar). Come meet the SSP Jaycees, get to know more about photography, hang out at the mall while having a great afternoon.

The April JCI SSP 22 event will be held Wednesday, April 22 at the Clarion Hotel in South St. Paul. Come meet fellow Jaycees while playing games and learning more about the Jaycees organization. A small info meeting about what you can do to help in your community. Everyone should bring a favorite dish to share (I promise not to share the family recipe of Headcheese. My Great Grandpa Homer would so proudly bring home the much needed ingredients from the Stockyards). What do you have that represents you? What is your favorite recipe to share? Let PRVP Savannah Leyde know what your dish is going to be (so we do not have 12 bags of nacho chips and salsa). Hurry down to meet new friends. We all bring a dish to share, because we all bring something to the Jaycees. We would love to meet you and see what you bring to our organization.

Odds and Ends

Q's & A's from our readers – and other bits!

From our readers:



Reader Q: I was wondering if you can you add your thoughts on a Night Cream? I have tried a few, and I do not like them. Do you have anything you can recommend?

A: As with any product, it is always best to KNOW your skin! I can't make any absolute recommendations without determining skin type, however I can point you in the right direction. If you have a lot of natural oils – choosing a product with a lot of oil base can produce clogged pores, leading to blemishes; likewise products that do not contain enough oils may further dry, already dry skin. There are many great, natural (even organic) oils that you can use at nighttime to reduce fine lines and wrinkles and moisturize skin.

In addition to natural oils, there are many DIY night cream recipes that involve foods and herbs as well. If you are not interested in DIY creams, keep in mind the texture of your skin and the benefits you are seeking – more moisture calls for more oil based products, if less moisture is needed, avoid oily based products. I know for myself, I have a lot of natural oils so I personally find that 'Cell Food' from the health food store works best for me. It is less of a lotion and more of a gel that dries and peels off, leaving my skin moisturized without the heavy oil base that causes clogged pores.

Knowing your oils and what they promote helps as well. Olive, avocado, castor, and coconut just to name a few are well known for their anti-aging abilities. Vitamin C and Vitamin E are too! Check out our infused water article and how hydration can help with skin care too.

'Sponsor a Jaycee' nominations:



Nominations for our first quarter of *'Sponsor a Jaycee'* closed as of the 31st of March, however there will be future opportunities to

nominate a deserving candidate for sponsorship. Due to the ongoing nature of this project we will continue to make the nomination form available via our newsletter (*page 11*) and other sources. Contact the project coordinator, Tiffah with any questions you may have at:
Tiffah07@yahoo.com

"Everyone needs reminders that the fact of their being on this earth is important and that each life changes everything." -Marge Kennedy

"Project Eddie" Nomination

Nominator Information:

Name of Nominator: _____ Phone Number: _____

Email Address: _____

Nominee General Information

Name of Nominee: _____ Phone: _____

Address: _____ Zipcode: _____

City: _____ Email Address: _____

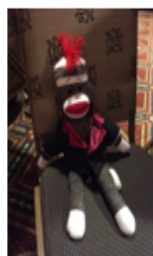
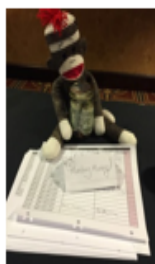
Nomination Questions:

- 1) How do you know the nominee?
- 2) What qualities do you see in this person that would make them a great Jaycee?
- 3) How do you think this person would benefit from being part of the South Saint Paul Jaycee?
- 4) What current or future project would this person like to be involved in?
- 5) What is the reason, in your opinion, should "Eddie" sponsor this person for membership?

Follow-up Questions:

- 1) For the first year of membership, we have found those who attend half the general membership meetings, be a part of one project, finish their first degree of their passport, and attend three Jaycee events within the first year tend to get the most out of being a Jaycee member. Do you believe this person has the time, energy, and passion to do these items for their first year?
- 2) Would this person benefit the most from half or full membership paid for?
- 3) If selected, would you like to contact the person or would you like us to contact them?

Please return email finished application to Membership VP Gwen Labovitch at Labovitg@yahoo.com |





The National Meeting is a conference of fellowship, friendship, education, and fun!

At this meeting:

- the Jaycees recognize previous year's outstanding members, chapters, leaders and programs
- members reconnect with old friends, make new ones, and benefit from dozens of classes, trainings and general sessions

The 2016 National Meeting will be a Carnival Cruise porting to Cozumel Mexico. The boat sails from Tampa Bay, FL April 7, 2016 and returns Monday April 11, 2016. Check out the [2016 National Meeting flyer](#) for more info.

Registration includes:

- all meals and lodging
- awards
- BOD meeting and training

PROJECT MANAGEMENT GUIDE
SUBMISSIONS ARE DUE APRIL 11TH

NEW MEMBER? WHAT IS A PMG?

Contact Heather H.
With Questions:
heatherheim78@gmail.com

South Saint Paul Jaycees
scarves are still available.

\$5

Stay fashionably up-to-date, while keeping warm as you volunteer. Ask about our other chapter apparel!

Questions? Comments? Would you like to see something added to the contents of this newsletter? Contact Savannah - Public Relations - VPsleyde@tayloredtoyou.org