

SSP Jaycees in ACTION

JUNE 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.

Convention RECAP 2015

Spring convention was a great time for networking and learning more about the Jaycee mission. South Saint Paul had five representatives attending. Collectively, they attended many trainings including JCI Effective Communication and participated in two competitions, speak-up and debate. Annie led a President's round table late into the night, which was fun, and connected all the local Presidents. Heather spent her time making sure everything ran smoothly, Gwen and Tiffah networked with other chapters and took in all the information that they could. Alicia made new contacts around the state and enjoyed spending time learning more about how she can ignite the passion in chapter members. Each SSP member had a role and exceeded it, they are all looking forward to the next convention! South Saint Paul proudly took home many awards.

MEETINGS:

Board of Directors:

- June 4, 2015

Central Square- 6:30 pm

Members Meetings:

- June 11, 2015
Croation Hall - SSP
7:00 PM
- July 9, 2015
Croation Hall - SSP
7:00 PM

SOCIALS:

Chapter Socials:

- PARADE PREP
6/22/15 - Alicia's House
- TBD
7/22/15 - to be announced

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

EVENTS:

Events:

- NNO - CAMP OUT
- KAPOsia Days
- Pajama Program - PJ Party

AWARDS:



- **Heather** received **GOLD** recognition for '**Program Manager**'.
- **Savannah** received **GOLD** recognition for '**Public Relations**'.
- **Tiffah** received **BRONZE** recognition for '**State Delegate**'.

- '**Project Eddie**' received recognition under '**Growth and Development**'.
- **7th** in Parade of Chapters out of 54 chapters.
- **\$500 Grant** from Foundation for the Camp-out.
- **Alicia** proudly earned her **5th** Degree.
- **Gwen** proudly earned her **2nd** Degree.
- **Annie** was presented with a **Presidential Medallion**.
- **Gwen** was presented with a **Presidential Medallion**.
- **Speak-Up Runner Up**- **Gwen Labovitch**
- **Debate Runner Up**- **Alicia Richter**

LEADERSHIP:

President:

Alicia Richter
651-769-3583
Arichter0723@gmail.com

Secretary:

Tiffah Scott
Tiffah07@yahoo.com

State Delegate:

Tiffah Scott
Tiffah07@yahoo.com

Community VP:

OPEN

Management VP:

OPEN

Individual Development:

Annie Regan
Aregan918@gmail.com

Treasurer:

Laura Otis
llaufmann@hotmail.com

Membership VP:

Gwendolyn Labovitch
Labovitg@yahoo.com

Public Relations VP:

Savannah Leyde
Sleyde@tayloredtoyou.org

Chairman of the Board:

MN- Joel Blom
South St. Paul- Noah Gordon

SOCIALS:

Kaposia Days Parade Prep!

Monday, June 22, 2015 • 6:00 pm • President Alicia's House

Kick off summer and Kaposia Days with the SSP Jaycees. It is our monthly JCI SSP 22 social at President Alicia's house. We will be getting ready for Kaposia Days. Contact Alicia for location:

651-769-3583

Arichter0723@gmail.com



Info Coming Soon!

Monday, June 22, 2015

TIME: TBD

Location:

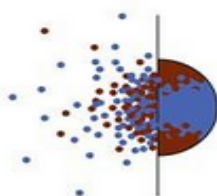
'Sponsor a Jaycee' nominations:



We are seeking nominations for our 'Sponsor a Jaycee' project. 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 14) and other sources. Contact the project coordinator, Tiffah with any questions you may have at: Tiffah07@yahoo.com





Minnesota
Jaycees
Affiliated with JCI®



2015 FALL ALL STATE CONVENTION **September 11-13, 2015** **Bigwood Event Center, Fergus Falls, MN**

Summer may be here, but fall will soon be near and that means it is time to register for Fall All State Convention & Ten Outstanding Young Minnesotans.

Registration is now OPEN! There are two easy options to register:

- 1) Eventbrite: <http://tinyurl.com/nj5dsrb>
- 2) Paper Form: <http://tinyurl.com/nsw566q>

IMPORTANT INFORMATION

- If you register for the EARLY registration, your registration must be paid in full by June 30, 2015 - no exceptions.
- Members who will be voting delegates for the presidential election must be registered with one of the following: full, lunch only or dinner only.
- If you are bringing your child to convention and you want them to enjoy kids activities, you must register and pay for your child in advance. We may not be able to accommodate children who are registered on site.

HOTEL INFORMATION

Bigwood Event Center
925 Western Avenue
Fergus Falls, MN 56537
218-739-2211

Standard Room Rate = \$106.99 + tax

Ask for the MN Jaycees Convention rate. All rooms must be guaranteed with a credit card. Room rate and block expire on August 11, 2015.

Check In = 3pm / Check Out = 12:00pm

HOSPITALITY ROOMS

Chapters, Regions and support organizations are responsible for booking their own hospitality rooms and be sure to ask for our group rate. If you wish to have beds removed, there may be an additional fee assessed by the hotel. You are responsible for requesting tables and chairs for your rooms.

JUNIOR JAYCEE REGISTRATION

Once again we are offering Jaycee Youth (JCY) programming and registration options for convention. Junior Jaycees will participate in their own competitions, attend trainings tailored to their needs, and join the Jaycees for lunch and dinner.

KIDS ACTIVITIES

No babysitter? Bring them along and register them for Kids Convention. A full day of activities on Saturday with lunch and dinner included. Kids Convention PM Kali Trinkner is an experienced child care provider. Cost is \$15 per child.

Questions? Please contact Convention PM Heather Heim @ conventions@mnjaycees.org

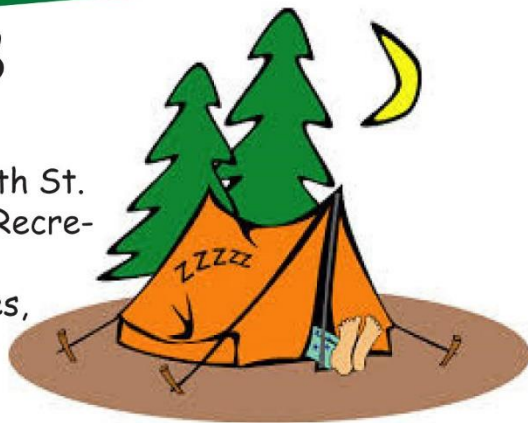
DON'T FORGET TO REGISTER
TO ATTEND THE
CITY WIDE CAMOUT

(SEE NEXT PAGE)

Citywide Camp-Out

June 13-14, 2015

In honor of National Get Outdoors Day the South St. Paul Jaycees have teamed up with the Parks and Recreation Department to offer an overnight camping experience in our very own Lorraine Park! Families, here is your chance to gather up some friends along with your camping supplies and head on over to the Park.



**Saturday, June 13th (registration open between 3:30-5:00 p.m.)
until Sunday, June 14th (tents down by 10:00 a.m.)
Please plan to arrive during registration hours.**



**Community Bonfire - S'mores - Popcorn
Glow in the Dark Games - Flashlight Scavenger Hunt
Raffle - Board Games- Swimming at the Splash Pool
Movie at Sunset (Title TBA) - Dinner & Breakfast**

Register at Central Square Community Center (100 - 7th Avenue No.) for early bird pricing of \$5/tent; or register on day of at park for \$10/tent.

In case of inclement weather call the sports hotline at 651-306-3696

Visit facebook.com/southstpauljaycees for more information.

Please detach and keep top portion.

2015 Citywide Camp-Out - Early Registration form

Please print clearly.

Name: _____

Email: _____ Phone: _____

Total # of campsites requesting: _____ Total Paid (\$5 per campsite) \$ _____
(Please make checks payable to SSP Jaycees)

Signature: _____ Date: _____

For office use only: ☐ Cash ☐ Check # _____ Total Paid: \$ _____

STREET CLEAN UP RECAP:



NO ONE
can do
EVERYTHING
BUT EVERYONE
can do
SOMETHING

Many hands, make light work – proved true, yet again as our group, headed by project chairperson Jerilyn, gathered together to clean up Concord Street in South Saint Paul. An event taking places twice annually for our chapter; we are proud to share that even our youngest of volunteers thoroughly enjoyed the experience. Working together to keep the city of South Saint Paul, a place we PROUDLY call home, clean - is an exceptional feeling!

BE YOUR BEST SELF: BREAKING BAD:

THE BEST PROJECT YOU'LL EVER WORK ON IS **YOU**

good habits
ARE AS
ADDICTIVE
as bad habits
BUT MUCH MORE REWARDING.

We have previously shared beauty tips to create and maintain great summer skin as well as encouraged healthy fluid intake in the form of infused/flavored waters that are sure to give your taste buds a tingle; however, whenever starting a new health regimen it requires a certain amount of dedication coupled with the decision to make and maintain lifestyle changes in order to continue toward a more healthy self. Below are some tips to help you to determine your own bad habits and what you can do to dissolve them and get yourself on the path to creating new more healthy habits.

A bad habit, is a negative behavior pattern. Habits of this nature range from excessive sugar intake, to nail biting, to over-spending; and do not stop there. To kick negative behaviors to the curb you must first determine whether your behavior pattern is a bad-habit or if you have an advanced issue, such as an addiction, which will require a more aggressive undertaking to break. If you still have some control, through your own willpower, over the behavior it is safe to conclude it is merely a bad habit, just waiting to be broken. If the behavior has control over you, then you should evaluate whether it is an addiction and perhaps seek a professional to assist you in overcoming this. It is said, it takes approximately 66 days, on average, to break a bad habit. Here are some tips to get your started in the right direction:

- **SET UP FOR SUCCESS:** Set goals with rewards at the end. Giving yourself a certain amount of days or weeks to reach can help you stay on task and motivated.
- **COLD TURKEY VS. WEANING:** Determine whether your willpower allows for some wiggle room when you first begin omitting this negative behavior from your routine. If it is a sweet drink that has you wrangled, allow yourself one per day, then go every other day, then every two days, so on and so forth – moving forward until you've completely overcome the need to enjoy the sweet beverage. Cold turkey is the way to go if setting guidelines just isn't for you. Sometimes allowing yourself one, leads to two and then your downing down more cookies than you had intended.
- **ACCOUNTABILITY IS KEY:** Share your habit breaking goals with a friend or two, or better yet get a group of individuals who are interested in breaking a habit and keep each other on task and motivated through communication. Goal setting in a group allows you to...

BE YOUR BEST SELF: BREAKING BAD *continued:*

- ... state allowed the habit you are trying to break, and ask your friends to keep you accountable for your actions. Your friends can lend encouraging words, provide a distraction in a moment of giving-in, and cheer you on, as together you reach your goals!
- **REALISTIC EXPECTATIONS:** Understanding that you are human and are prone to making a mistake or may fail a time or two before you really get your habit under control can relieve pressure and stress. I am not saying to make excuses and stay stuck in your ways, I am simply saying if you find yourself giving in to an unhealthy behavior you are otherwise trying to avoid, don't let that stop you from continuing to work toward your goal. Sometimes when someone has a temporary relapse they give up because they have set unrealistic expectations and see their temporary set-back as a complete failure, and do not see the need to keep moving forward.
- **REPLACEMENT HABITS:** Brainstorming substitutional habits for the behaviors you wish to break can set you on the right track. If you have to have a particular beverage at a designated time each day, don't derail from your usual routine, simply substitute your drink. If you generally have a smoke break at a certain time, substitute this break with a stick of gum or a breath of fresh air. If you are trying to create a new, healthy routine or habit, make changes like taking stairs instead of the elevator or ride a bike instead of driving your car. These substitutes can come in handy when breaking bad habits when you are "creature of habit" – because lets face it, sometimes teaching an old dog new tricks is harder than you think.
- **REVISE YOUR ROUTINE:** As stated above, habits can be attributed to routines, therefore; changing a routine can have a positive effect in the area of breaking bad habits. If your habit tends to land you in the sugary aisle at your lunch break, try a new lunch venue entirely. Avoid a particular aisle at the grocery store altogether to curb temptations. Waking up an hour earlier, jogging a different path, or carpooling instead of an old commute routine can definitely assist you in reprogramming your habits.
- **THINK POSITIVE:** Give yourself a pat on the back when you deserve one. If you hit a goal with your new healthy habit, then celebrate it! Share it with your friends. Maintaining a healthy mindset and positive thoughts will definitely get you one step closer in the direction you are moving.

Ultimately, you will need to realize that breaking habits take time, dedication and willpower. As the saying goes, nothing worth doing is ever easy. Take it one day, one hour or even one minute at a time in the beginning. Keep your eyes on your goal and don't give up! You can do it!

"The chains of a habit are generally too small to be felt until they are too strong to be broken." –Samuel Johnson.

SANDBOX DAYS RECAP:



SPECIAL THANKS to all who placed an order for our Sandbox Days fundraiser! Your support is greatly appreciated! Thanks to our amazing volunteer who worked hard to make this a successful event!

Due to the generous contributions of Twin City Truck & Van Rental and Gertens we were able to donate sand to Central Square Community Center in SSP. What a grand opportunity to give back to the community!! Be sure to venture over to Central Square park and enjoy the fresh load of sand!



UPCOMING EVENTS:



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-

This event will be held on June 13th. New and exciting things are being implemented this year. See flyer on page 6 for additional details.



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

"Volunteers aren't paid, not because they are worthless, but because they are priceless."

- Anonymous

you
are
NOT GETTING
OLDER
YOU ARE
increasing
IN VALUE

We have no June Birthdays
We look forward to
celebrating our amazing
members in the coming
months:



Welcome New &
Renewing Members

Leadership Development

Networking, Training and
Member Recognition

"IT TAKES MORE ENERGY
TO MAINTAIN MEDIOCRITY THAN IT TAKES
TO PURSUE EXCELLENCE."

"Project Eddie" Nomination

Nominator Information:

Name of Nominator: _____ Phone Number: _____

Email Address: _____

Nominee General Information

Name of Nominee: _____ Phone: _____

Address: _____ Zipcode: _____

City: _____ Email Address: _____

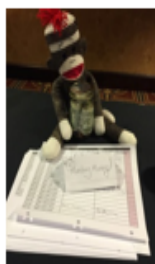
Nomination Questions:

- 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 |





US Junior Chamber National Meeting April 7-11, 2016

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



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Ask about our South Saint Paul Jaycees Apparel!

Stay fashionably up-to-date, and comfortable as you volunteer. We have sweatshirts, scarves, T-shirts and more!

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