



NEWSLETTER

March 2011

www.fremontnejaycees.org
PO Box 376, Fremont, NE 68026

**Danielle
Schulz**

President
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Upcoming Events

Board Meeting
March 8
12:30pm Outpost

Omaha FAC
March 18 5:30pm

Local Super
Shooters
March 20
Setup-1:00pm
Linden School

GMM/Social
(after SS)
March 20
3:30pm Keno

Networking Night
March 22
5-7pm Outpost

Tour in Ralston
March 26

The New Face of the Fremont Jaycees

Emily Wageman, Management VP

What would you say if someone asked, "Who are the Fremont Jaycees and what do you do?" I have told them about the multitude of free sporting events we host for the youth in the community. I have also told them about the leadership opportunities that we have, but may or may not be demonstrated. I tell them of the rich history we have had in Fremont for 75 years as well.

The Executive board has been struggling to come up with an "elevator speech" so that when asked this question, members can give them an answer that is positive, engaging and leave them wanting to hear more.

President Danielle has put together a marketing team that involves Shane Sullivan, Libby Headid, Emily Wageman, Beth Brion and herself. What are we missing in our activities that will help us become a premier organization in Fremont and the State as well as recruit members?

We have identified one area in which we would like to explore on a regular basis. **Networking.** We say we want to promote members' businesses and what better way to do that than to provide a forum for exactly that. Plans are being made to invite business owners that are chamber members no matter what their age or background to check us out by coming to a Networking Night.

This will be open to ANY person who would like to promote their business, themselves or have a good time. Our first one is planned on our regular Tuesday night GMM date of March 22nd. We will begin at 5:00pm at the Outpost. Check it out and bring plenty of business cards! See you there!

Management VP
Emily Wageman
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ewage89@gmail.com

Community VP
Deanna Kaup
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deekaup@yahoo.com

Individual Development VP
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Membership VP
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Secretary/Treasurer
Jennifer Sheets
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State Director
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Chairman of the Board
Jeremy Woodard
402-578-5557
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Director
Chris Gann
402-968-1995
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MEMBER SPOTLIGHT

Scott Stinnette

Member since February 2008

I am originally from Imperial, Nebraska. Katie, my wife, is from Edison, Nebraska. We met at college in Kearney and after completing Chiropractic College in Davenport, Iowa, we decided to move to Fremont. Katie has a degree in Interior Design so we needed to live near Omaha. We have 2 sons Ben and Sam.

I opened Stinnette Chiropractic & Acupuncture in January of 2005. Our business has been a blessing in many ways and we have had the opportunity to help many families in Fremont with both Chiropractic and Acupuncture. Some of the most common things people seek our services include headaches, back pain, sciatica leg pain, and pinched nerves of the neck causing arm or hand pain with numbness and tingling. We also see a lot of kids in our practice including babies. The most common things we help kids with are colic, leg aches, not sleeping well, headaches, allergies, and digestion problems. We also have a lot of Chiropractic wellness patients that seek our services to keep their spines healthy through proper spinal motion. By keeping the spine healthy through proper alignment and motion, one can prevent the negative effects of spinal degeneration. We teach on lifestyle modification including nutrition, exercise and the importance of the mind-body connection in an effort to live as healthy as one can.

Stinnette
Chiropractic
Acupuncture P.C.

2155 E. 23rd Street, Suite A
Fremont, NE 68025

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Dr. Scott R. Stinnette
Chiropractic Physician

The Fremont Jaycees are proud to have Scott as a member and would welcome you to visit his business and see how he can help you achieve a healthy lifestyle with Chiropractic.

Community Events



Did you know that your Jaycee membership gives you the member "invitation" to attend Chamber Events? Please feel free to attend the coffees, FAC's and Business After Hours.

The Fremont Area Chamber Events

March 11—J&K Photography Ribbon Cutting
9:00-10:00am, 412 E. 1st Street

March 11—Anytime Fitness Open House
4:00-6:30pm, 3220 E. Elk Lane #200
Meet new owners Sam and Jessica Heineman

March 18—Right Now Rental Ribbon Cutting
9:00-10:00am, 1451 N. Bell Street

March 22—Region 5/6 Storm Spotter Training
7:00-8:30pm, Scribner, Mohr Auditorium

March 25—Friday Afternoon Club hosted by Wooden Windmill
5:15-7:15pm, 1155 S. Broad Street

March 31—Allied Appliance 50th Anniversary Open House
5:00-7:00pm, 1234 E. 16th Street

April 5—Arbor Manor Coffee
9:00-10:00am, 2550 N. Nye Ave

April 8-9—Bull Riding Classic
7:30pm, Christensen Field

Fremont to host State Super Shooters Saturday, April 2 Midland University

700 E. 10th Street

7:30-8:30am Jaycees help set up competition
9:00-10:00am Registration
10:15am Opening ceremonies
10:30am Competition begins
1:00pm Awards ceremony

Please plan to help at the State Event with duties in the concession stand, registration, score runner, timer, announcer or whatever else we find for you to do! Contact Deanna (her contact info is on pg 1) if you can help. All volunteers will receive a t-shirt. She will need your shirt size and commitment by March 20.

Fremont Council Meetings

Tuesday, March 8

Tuesday, March 29

Tuesday, April 12

All meetings are held at the City Council Chambers-- 400 East Military
Study Session – 6:45 P.M.
Regular Meeting – 7:00 P.M.

GET INVOLVED IN CITY GOVERNMENT!

Local Super Shooter Competition Sunday, March 20

Linden Elementary School Gym
1205 North L Street, Fremont

Enter doors at Linden and Maxwell Streets

1:00pm Jaycee set up
1:30-2:00 pm Registration
2:00 pm Competition begins
3:30ish Jaycee Social and GMM at Keno

INDIVIDUAL & MEMBERSHIP

Jaycee Member Roster

As the board was checking the Fremont Jaycee member roster, some noticed that they had never met many of the members. President Danielle and VP Emily made calls to the whole roster and tried to get acquainted and inform of the upcoming February GMM. We found phone numbers that didn't work, emails that were returned and mailing addresses that were not valid. It is a good practice to connect one on one with

your membership more than once a year and we are striving to do that.

If you could do your part and contact Emily with any new contact information updates, that will help in the process to reach out to you.

We may not be the only ones who don't know all the members. So for starters, the current member roster of names is listed below. Come meet a new face at the next event!

Michelle Banker
Sarah Dake
Ken Fessler
Oliver Glass
Libby Headid
Deanna Kaup
John Landauer

Leo Blaha
Martin Dake
Chris Gann
Chris Hammang
Corie Juarez
Melissa Kreikemeier
Jeff Prokop

Beth Brion
Doreen Fessler
Janet Gloe
Matthew Ratliff
Ashley Schaefer
Danielle Schulz
Jennifer Sheet

Chris Spieker
Sarah Sullivan
Shane Sullivan
Scott Stinnette
Emily Wageman
Jeremy Woodard

World of Brewcraft

The Ralston Jaycees have planned a 4 month Beer Brewing event. They have invited other Jaycee Chapters to participate and Fremont Jaycees are making plans to have a team or TWO. Details are not finalized from the 1st event to the last, but below are the details we know.

March 26th 6-8pm Tour Cornhusker Beverage at 85th and L St, Omaha

Cornhusker has a large Home Brewing department, selling kits, ingredients, books and more. They will offer us a nice discount on home brewing kits for everyone who buys one that night! The manager is a home brewer himself and will answer questions about home brewing (as well as making your own wine or root beer if you are interested). This tour is FREE. We have Fremont members planning to attend.

May 7th 7-Midnight Beer

Tasting/Brew Making Demo, near 96th and Giles

We'll plan on getting together and seeing the first batch of home brew being made. You'll see how the equipment is used and what goes in to the batch. While that is brewing, we'll also do a Beer Tasting event. Many people think "beer is beer", which is NOT true! There are a couple dozen classes of beer, and we'll sample them all so you can figure out what you want to brew yourself. We'll have about 8 types of beer to taste- a pretty good variety. You can also BYOB. While the beer is cooking on the stove, we'll show one or two "beer" themed movies on the big screen.

Ralston will need to know **how many people to plan for the two listed events or if you are interested in participating on a Beer Brewing Team, please RSVP to Danielle** so we can arrange rides, let them know we are coming, get the brew kits and plan our brew recipes!

How Long Does it Take?

Just so you know what to expect, it will be about four weeks before you can drink the beer you make. Here's a basic map of how the process works:

Brewing

- *Get the equipment and buy ingredients (20-30 minutes)
- *Clean and sanitize the equipment (10-15 minutes)
- *Brew the beer and start the fermentation (60-90 minutes the first time)

Fermentation

- *Here you just wait...(usually about a week)

Bottling

- *Takes about an hour once fermentation is complete

Bottle Conditioning

- *Here you wait...wait...wait (usually two to four weeks)
- *Chill and drink your beer! (all depends: how fast do you drink?)

Calendar-March 2011



Sun	Mon	Tues	Wed	Thu	Fri	Sat
March is: National Nutrition Month National Women's History Month		1	2 Dr. Suess's Birthday	3	4	5
6	7	8 Board Meeting Outpost 12:30pm Mardi Gras-Fat Tuesday	9 Ash Wednesday	10	11 Anytime Fitness New owner Open House 4-6:30pm	12
13 Daylight Savings Time—Spring Clocks AHEAD 1 hour (change the batteries in smoke detectors)	14 Membership Early Call In	15	16	17 St. Patrick's Day	18 Omaha JC St. Patty's Social Visitation 6:00pm	19
20 Local Super Shooter Linden School 1pm set up; 1:30 registration GMM/Social-- Keno 3:30ish	21	22 Networking Night Outpost 5-7pm Come at any time to visit with Business owners in Fremont Area	23	24	25 Chamber FAC Wooden Windmill 5:15-7	26 Ralston JC Tour Cornhusker Beverage 6pm
27	28 Newsletter Deadline Membership Late Call in	29	30	31 Fremont Kiwanis Pancake Day 6am-7pm		

Upcoming Tentative April Events:

Saturday, April 2—Fremont hosts State Super Shooters at Midland (check out information in this newsletter)

Tuesday, April 12—Board Meeting 12:30 Outpost

Tuesday, April 26—Monthly Networking Night, GMM

*If I could wish for my life to be perfect,
it would be tempting but I would have
to decline, for life would no longer
teach me anything. ~Allyson Jones*