



# UPTOWN UPDATE

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## Musings from Jan Miller ...

As we approach the celebration of our Nation's independence, we celebrate those that came before us seeking opportunities, religious freedoms, freedom of speech and the ability to congregate as they choose.

Of course, no Nation is without its growing pains, and ours is no exception. Despite our current struggles, we continue to value the freedoms that were fought for as our country was founded. We carry these values with us as we strive to make a difference in the lives of our families and others we serve.

Some of these same values are expressed in our Civitan Creed and through our outreach projects. We focus on helping those who are less fortunate, have learning differences or differences in opportunities.

As we enter our final of months of our Flagship Project, with proceeds to the North Florida School for Special Education, we are supporting efforts to provide opportunities for those with intellectual differences to be as productive as they can. I hope each of you will commit to selling 3-4 tickets and obtaining sponsorships for this project. There are those who will contact leads for you if you wish. This project

is worthwhile, and the event is fun!

Congratulations to the *unsurpassable Uptown Civitan Club* and President **Barbara Fiser and all Uptowners** on being recognized with:

Dr. Courtney W. Shropshire Outstanding Club;

1st place Outstanding newsletter;

2nd place Outstanding Service to those with Disabilities

Join us on stage to receive these awards at the Civitan International Convention in Reno on July 22.

Wishing all of you a healthy, happy holiday as we take time to reflect and appreciate the opportunities we have in this country.



Jan

## Officers 2017-2018

President	Janice Miller
President-elect	Sandy Jones
VP Membership	Diana Flagg
Secretary	Ellen Rubens
Treasurer	Ann Mackey
Chaplain	Alice Derreberry
Sgt.-at-Arms	Sara Ann Murray
Education	Dr. Pat Ellis
Imm. Past President	Barbara Fiser
Directors	
	Alice Derreberry
	Mary Jo Marjenhoff
	Sara Ann Murray
	Sharon Rosenblum
	Ina Taffet
	Adonnica Toler

## PROGRAM ... Sandy Jones

June was a month of inspiration at Uptown Civitan. On June 12, we were pleased to have David McGowan, president and CEO of WJCT, our local public TV station and National Public Radio affiliate in Jacksonville. He also brought Jenny Burkhalter, donor manager at WJCT and daughter of **Gayle Kanak** and granddaughter of **Mattie Fraser**. Mr. McGowan has spent the last 20 years in Europe in private cable and telecom organizations pioneering digital platforms. He shared with us the work he's doing on the 'digital catch up' in public broadcasting in Jacksonville. He has a focus on radio reading, the digital convergys alliance and the annual TEACH event that helps to inspire teachers to reach kids in a new age. He spoke of the changing landscape in public radio and how he is involved in planning in and around the location to keep WJCT relevant and in the mix. It was fascinating to hear how Europeans approach to public radio/television as compared to the U.S. He has plans to see WJCT and its legacy programing along with innovative ideas continue to play a large role in our community. Thank you Mr. McGowan for a glimpse of what is to come at WJCT.



Jennifer Smith with The Giving Closet Project was our special guest on June 26. She brought Terry Surrency from UBS, a dedicated advocate for The Giving Project. Jennifer's vision is to help overcome the stigma of homeless students by providing clothing and basic essentials to school age kids so that they are able to focus on education and social aspects in school- breaking down those barriers of poverty. She has 15 years in teaching and mentoring to help her achieve this goal. Working out of her car, her house, whatever is needed, she is making this happen. The Giving Closet Project is working to give students a clean fresh set of clothes weekly, taking in laundry and returning to the schools. One source of these clothes is the lost and found departments at local schools. Opportunities for other donations, sponsorship and volunteer efforts are available. She shared her story and was so moved by the leaders of North Florida School for Special Education that a beautiful hand made glass art piece created by a student at the North Florida School of Special Education, was presented to Jennifer and The Giving Closet Project at the meeting. We are so happy to have had Jennifer and Terry as our guest. **Pictured above are PE Sandy Jones, Uptowner Diana Fanning, Terry Surrency, and Jennifer Smith.**



Don't miss Uptown Civitan August meetings:

Carolyn Audije and Amy Brouchelle from Jacksonville Children's Chorus on August 14  
Caitlin Doherty of MOCA Ed on August 28.

## MEMBERSHIP/RECRUITMENT ... *Diana Flagg*

We had a great turnout at the **New Member Recruitment Social** on June 19 at the Cummer Museum. Our plan was to sit outside in the Cummer Café's beautiful patio and listen to guitarist Dan Hunting but rain was threatening. Instead, the Cummer staff did a great job accommodating our large group inside the Café. There were seventeen members and five guests in attendance. Since it was a Tapas Tuesday, admission was free to the Museum and members were able to enjoy the Museum after our social. Everyone enjoyed visiting with one another and getting to know our guests. Also, the food and service was excellent!! Many thanks to all who came out on this rainy night and a special thanks to the members who brought guests. We had one guest join that evening.



Welcome **Maureen Baiocco** to our Unsurpassable Uptown Civitan Club!! Thank you **Lynn Reed** for inviting Maureen to our social.

**SOCIAL/RECRUITMENT** ... *Diana Flagg/ Kimberly Reed*

Our next new member recruitment social will be at the home of **Joyce DeVillez** and **Barbara Drake** on August 2 at 5:30p.m. Every year, Joyce and Barbara graciously open their beautiful home for a new member recruitment social. We always enjoy this annual social, not to mention the spectacular view of the St. Johns' River.

***Uptown Civitan  
Recruitment at the Tower  
Thursday, August 2, 2018  
5:30 pm ONWARD***

***Wine & Heavy Hors D'oeuvres***  
**Home of: Joyce DeVillez & Barbara Drake**  
***We hope to see You ALL here!!***  
***Bring a Friend! or two!! Or three!!!***  
**Gifts for members bringing interested guests!**  
**Those bringing most guests choose first!!**  
***1596 Lancaster Terrace, 11 B, Broadview Tower***

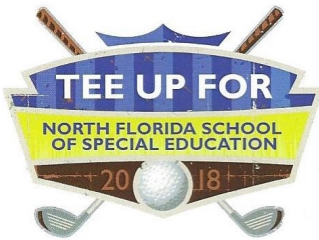
At the curve on **Riverside Ave**, turn **left** onto **Memorial Park Drive**.  
The **Condo Building** is at the end of the block, at the river. The  
front door faces **Memorial Park Drive**, before the turn  
onto **Lancaster Terrace!!!!**

**Park** along **Memorial Park** or turn onto **Lancaster** and park in the first  
12 spaces.

**A member will greet you at the door from 5 until 6 pm.**  
**For directions or other assistance:**

**Joyce: 353-0336 or Barbara: 504-4953**  
**To RSVP: [joycedevillez@gmail.com](mailto:joycedevillez@gmail.com)**

## FLAGSHIP 2018 ... *Mattie Fraser*



**Sunday, August 26, 2018,  
1:30-5:30 p.m. TOPGOLF,  
Our Second Annual  
TOPGOLF Event**

The recipient for Flagship 2018 is the *North Florida School of Special Education*.

Your participation is vital to the success of this event. Sell tickets. Secure sponsors. Acquire silent auction items. Be an advocate for this event. **YOU** are we will have a win-win event for *NFSEE* and *Uptown*. Tickets, brochures, and silent auction letter and form are available. *Join the Flagship 2018 Committee to add your voice and energy to this important fundraising activity.*

At our June 26 meeting, more members picked up tickets. As of now, we have 27 of our members who have picked up tickets and six of our members are individual sponsors at the \$500 or more level for a total of **33** members. Have you picked up your tickets? As of now, we have \$8,600 received or pledged in sponsorships.

Have you secured a sponsor, or a gift, that will help us have a successful fundraiser for NFSSE and Uptown? Have you secured or donated silent auction items. They all count and are very much needed. Each of us can contribute in some way ... sponsorships, ticket sales, and silent auction items (all three would be wonderful!).

Please help **Curtina Williams** and **Kira McKay** in securing silent auction items. There is much to be done in that area to have a successful event. Perhaps you have items that you personally would like to donate. Collecting items and then getting them ready for the August 26 event takes many hands!

**SPONSORSHIPS** ... Presenting ... \$10,000;  
Ace ... \$5,000; Eagle ... \$2,500;  
Birdie ... \$1,000; Par ... \$500

**SILENT AUCTION** ... golfing foursomes; gift certificates of any kind; art work (paintings, sculpture, etc.); resort weekends; travel getaways; restaurants, spa, etc.

**Use your own ideas.**



## FLAGSHIP 2018 ... continued

At the meeting on June 26, Sally Hazelip, Head of School for NFSSE, brought a beautiful window that had been designed and crafted by one of the students at the school. NFSSE is donating this window to be used for a drawing ... at \$10 per chance ... to be awarded at the event on August 26. You do not have to be present to win.

Tickets will be available for sale at our meetings in July and August, and will also be for sale the day of the event.

Those of you who were at our meeting know that Sally was so moved by our speaker, Jennifer Smith, and The Giving Closet, that she presented this window to Jennifer who said when she was selecting the symbol for her non-profit that she was influenced by the NFSSE "tree." Jennifer was very moved by this wonderful gesture and said this window will hang in their corporate offices.

Another window, a duplicate of this one, will be created for our drawing on August 26. What a great tribute to three wonderful organizations, including Uptown, who help so many people in so many way.

***Pictured are Kit Thomas, Director of Development NFSSE, Mattie Fraser, and Sally Hazelip, Head of School for NFSSE***



## PERSONALLY SPEAKING

Ellen Rubens and husband George were at Palm Beach Gardens to cheer on 7-year old grandson Zachary at the State Baseball Competition. Although Zachary's team did not win, watch for this young man in the future.

Our best wishes to **Nancy Darlow** who is undergoing knee surgery. Hope you are up and around soon, Nancy.

Our sincere sympathy to **Sara Ann Murray** and her family on the loss of her sister-in-law.

Congratulations to **Davy Parrish** who has been tapped by the *Times-Union* to serve as one of the citizens members of their Editorial Board.



## MEMBERSHIP ... Diana Flagg

Thanks to **Davy Parrish** who invited her guest Nancy Edwards to our June 12 meeting. Pictured here also with President **Jan Miller**.

Thanks to **Elaine Hall** who invited Lori Ann Whittington, executive director of Pine Castle, to our June 26 meeting. Lori replaced Jon May the former executive director who retired after more than 30 years at Pine Castle. The Uptown Club



has had a long history with Pine Castle so we were happy to have Lori Ann visit us.

And thanks to **Linda Hull** who invited Gayle Guthrie to our June 26 meeting. Gayle also attended our social at the Cumer.

**Hope you all will join us as we serve our community!!**



## VOLUNTEER ACTIVITIES... Sharon Kantor/Sharon Rosenblum



Uptowners headed to the Clara White Mission on June 20 for the monthly volunteer activity of distributing the food prepared by the Clara White Mission chefs to the almost 300 people who enjoy the opportunity to receive the delicious food to everyone. Participating were **Alice Derreberry, Sharon Kantor, Jan Miller, Sharon Rosenblum, Ellen Rubens** and her husband George, **Linda Weinstein** and guest Alice Solimon. While George and Alice are not members of the Uptown Club, they are faithful servers at the Clara White Mission. Thank you to all!!



Uptown has provided food the families at the Ronald McDonald House for many years. The food must be prepared at RMH or brought in containers from restaurants/food stores. Our cooks are shown with their delicious fare. **Pictured are Diana Flagg, Kimberly Reed, Sandy Jones, Tamer Britton, Helen Willoughby, Sherri Stratton, Barbara Fiser.** Many other Uptowners provide money to purchase the food. See letter here from Judi McCoy regarding our recent activity

*Bridging the Community: from those who*

*want to help to those who need it*

*It was a pleasure to meet you and your Civitan Group on Sunday at the Ronald McDonald House. Just wanted to send a special note of how wonderful your food was prepared and received. When I arrived I thought Oh My there is so much food! Just to let you know we were heating up food at 8:45 and probably thereafter. The meal was absolutely beautiful and so well received. There must have been 60-70 individuals that dined that night. There were multiple late arrivals that were surprised and overjoyed to have a hot meal after a long day of getting settled. I have copied Amy and please share with your wonderful group of ladies for such a great job. We might look into providing recipes, as several Mom's were very interested. My small contribution is rewarding, and I wanted to let you and your group know how much your meal was appreciated and so delicious. It is awesome to serve. My special thanks. Judi McCoy, Ronald McDonald House*



## CHAPLAIN'S CORNER ... Alice Derreberry

### Need a Pick Me Up? Head to the Beach!

Everyone knows that time spent outdoors can work wonders for one's physical and emotional well-being. And of course, we all love to lather up for a day at the beach. But what you may not know, is that new findings suggest that spending time in the sea and sun actually affects your brain in an almost hypnotic way.

Scientists have found certain traits in people who spend more time at the beach, and have given a name to the wonderful feeling of peace and calm people describe when visiting the beach. The "blue space," as it's referred to, is the combined effect of soothing smells and sounds found at the beach in putting your brain at ease.

So, those feelings of peace and serenity found at the beach are now backed by science. Research says that spending time at the beach changes the way our brains react to environmental influences, giving us feelings of happiness and rejuvenation. In fact, the "blue space" can affect your emotional health for the better in four different ways.

#### 1. Stress reduction

The first benefit shouldn't be too surprising - going to the beach reduces stress. Anyone who's spent time sitting on the shoreline will know that water is a powerful natural healer. This is because it's full of naturally occurring negative ions that are known to calm you down and promote feelings of peace. Electronic devices are well-known for their release of positive ions, so spending time away from them and in the water is essential for relaxation.

#### 2. Improved creativity

If you're stuck on a problem or in a creative rut, the beach can help. Spending any amount of time in the "blue space" has been shown to help clear your head and improve abstract thinking. This will let you approach projects or problems more creatively. Just like meditation, spending more time at the beach will help keep your mind in the present and promote general feelings of serenity.

#### 3. Reduced feeling of depression

Thanks to this meditative state, visiting the beach can also provide some relief to feelings of depression. The smells and sounds of the sea promote feelings of calmness and relaxation, giving you a safe space to better deal with anxiety and the general chaos of daily life.

#### 4. New perspective on life

Overall, spending time at the beach will change your perspective on life for the better. Nature has always played a part in our health and happiness, but the beach, in particular, has incredible benefits for the soul. It lets you slow down, appreciate the now, and helps you deal with depression and the anxieties of the everyday.

-

*Unattributed*

## Civitan International Convention in Reno

Join us at the Civitan International Convention in Reno, July 22-25, 2018 when the *Unsurpassable Uptown Civitan Club* will receive the following awards for 2016-2017: Dr. Courtney W. Shropshire Outstanding Civitan Club...**OUR 12TH TIME!!!**, first place for Club Newsletter, and second place for Outstanding Service to Individuals with Development Disabilities!! More information at [www.civitan.org](http://www.civitan.org)

**CONGRATULATIONS TO ALL!!**

# PACE GRADUATION ... *Mattie Fraser*

June 8 ... Graduation day at PACE is the happiest day in the year for the graduates, their families, and the staff! These 18 young women have overcome many obstacles to earn their diploma or certificate. A number of them will receive scholarships to further their education. What a fabulous time for everyone!!! Uptown has been a part of this special day for more than 10 years ... hosting a reception after the graduation ceremony at Jacksonville University.

**Tamer Britton**, who created this fabulous strawberry tree, was assisted by many Uptowners who supplied cookies, sandwiches, cupcakes, punch, etc. *Pictured are: Mattie Fraser, Wynes-ter Sherrer, Ina Taffet, Sharon Rosenblum, Laura Crooks, Kimberly Reed, Tamer Britton, Jan Miller, Sandy Myers, Diana Flagg, and Sherri Stratton. Karen Nasrallah is not pictured.*



## UPTOWN ACTIVITIES ... KEEP THE DATES!!!

Ongoing	Fundraising	Candy/Coin Boxes (Adonnica Toler)
Ongoing	Volunteer	Clara White Mission (Sharon Kantor/Sharon Rosenblum)
Ongoing 2 <sup>nd</sup> /4 <sup>th</sup> Thurs. noon	Volunteer	Pine Castle Civitan Club (Nancy Darlow, Diane Young, Elaine Hall)
Ongoing	Volunteer	Baby Caps (Ellen Petersen/Linda Weinstein)
Ongoing	Volunteer	Sewing Catheter Bags for Brooks Rehab (Linda Weinstein)
Ongoing	Volunteer	Ronald McDonald House (Sharon Rosenblum/Helen Willoughby)
Ongoing	Fundraising	Ellen Rubens /Barbara Fiser
Annual	Fundraising	Flagship Event
Ongoing	Social	Diana Flagg / Kimberly Reed

**2018**

July 18	Clara White Mission	Volunteer	Sharon Kantor / Sharon Rosenblum
Sept. 9	Ronald McDonald House	Volunteer	Sharon Rosenblum
Nov. 11	Ronald McDonald House	Volunteer	Sharon Rosenblum

If you have volunteer, social, or fundraising activities you would like to have added to this calendar, please e-mail me.

## SOCIAL COMMITTEE ...Diana Flagg and Kimberly Reed

Our next social will be on August 12 at the Florida Theatre to see a Summer Movie Classic – “Mrs. Doubtfire.”

The movie starts at 2 p.m. Tickets are \$7.50 and can be purchased at the ticket office or online with a \$2.50 convenience fee.

Afterwards, we will continue our time together at a restaurant to be determined. Hope to go to see many of our members. Also, feel free to bring a guest..... maybe a potential new Uptowner!!



**Uptown Civitan Club,  
Jacksonville, Florida**

Uptown Civitan Club  
P. O. Box 10266  
Jacksonville, FL 32247  
Membership: 94



Visit [www.floridacivitan.org](http://www.floridacivitan.org)  
[Uptowncivitanjacksonville.org](http://Uptowncivitanjacksonville.org)

**HAPPY JULY  
BIRTHDAYS**

- 4 Jan Miller**
  - 5 Jean Mangu**
  - 6 Diana Fanning**
  - 13 Linda Hull**
  - 14 Jan Holder**
  - 17 Linda Dacks**
  - 24 Lindy Prudencio**
  - 28 Ina Taffet**
  - 30 Ann Mackey**
- MANY HAPPY RETURNS***  
*If it's your birthday and your name is not here, please*

**WELCOME**

Guests... Jenny Burkhalter, Maureen Baiocco, Nancy Edwards, Gayle Guthrie, Sally Hazelip, Jennifer Smith, Kit Thomas, Lori Ann Whittington

New members... Maureen Baiocco

**WHAT'S COMING**

Also see Uptown Activities Calendar.

- July 3 Board Meeting, WJCT, Noon
- July 10 Mix and mingle
- July 24 NO MEETING
- Aug. 14 Carolyn Audije, Amy Brouchelle, Jacksonville Children's Chorus
- Aug. 28 Caitlin Doherty, MOCA Exec Dir

**GREETERS FOR MEETINGS**

- July 10 Mattie Fraser, Jean Smith
- July 24 NO MEETING
- Aug. 14
- Aug. 28

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**See change as an  
opportunity to experience  
new things!**

**PINE CASTLE CIVITAN CLUB ... Diane Young**

On June 14, the program for Pine Castle was to discuss Father's Day at today's meeting. Cards and bookmarks were decorated. We learned that although not everyone has their father around to celebrate with, there are people we can give thanks to who take care of us and want to be there for us. Today's volunteers included: **Elaine Hall, Diane Young, Ellen Rubens,** Marcy Rudowitz and Sydni, Ellen's daughter and granddaughter.

