

Rotary Club of East Arlington



March 31, 2023



Club Meeting

East Arlington
Meets at Blue Sky Golf Club
1700 Monument Rd
Jacksonville, FL 32225-2807
Time: Thursday at 07:30 AM

Events

January 5th
Michael Binder - Public Policy Research Lab at UNF
Speaker: Michael Binder - Public Policy Research Lab at UNF

January 12th
Tammie Talley - Athletic Director for Duval County
Speaker: Tammie Talley - Athletic Director for Duval County

January 19th
Peter Hicks-Youth Crisis Center Dr. of Strategic Partnerships
Speaker: Peter Hicks-Youth Crisis Center Dr. of Strategic Partnerships

January 26th
Tim Armstrong - Eat Your Yard
Speaker: Tim Armstrong - Eat Your Yard

February 2nd
Denise Reagan, Garden Club of Jacksonville

February 9th
East Arlington Weekly Club Meeting

President's Quarterly Letter: January-March 2023

By Sonja Jones on Friday, March 31, 2023

Welcome to the 3rd Quarter of the Rotary year!

Rotarians are service oriented, community, professional and organizational leaders. Our District survey showed most members joined Rotary to engage in service to the community, and to connect with others in similar professional roles to share knowledge and experience. The skills we build through professional connections, we also use to create even better service projects in our communities and around the world. As we move on to retirement, our bonds of fellowship become the glue that continues to bring us together.

We know what keeps us coming back and the great feeling we have when we complete projects like providing a bus for Brooks Rehab, or a Meditation Garden with play area for families that visit Tree Hill, or sending dozens of kids with their parents to learn to fish, or handing a scholarship to college to a highly accomplished deserving student in need. But not all people see what we see. So it's up to us to share.

It's always a good time when working with our club. People who enjoy each other's company can have fun doing anything, but imagine that along with doing something that feels valuable. But there is more...

Let's bring in a little science. When you help someone, your brain secretes chemicals that improve mental health and increase pleasure.

- You get an increase in Oxytocin which creates a sense of connection with people. This can reduce loneliness.
- Your Dopamine levels increase which helps your nerve cells send the message of happiness.
- Finally, Serotonin increases. Serotonin plays a key role in body functions to improve mood, sleep, nausea, wound healing, digestion and bone health.

The last few years have been hard worldwide with illness, war and economic troubles, so we are all in need of something positive. The good news is we have that right in our own club. Those that have come to the service, social and community events with us will tell you, each time has been a great time!

In the next quarter there will be many more opportunities to come together. We look forward to seeing you!

#ServiceAboveSelf

February 16th
**East Arlington
Weekly Club Meeting**

February 23rd
**Dr. Diana L. Greene -
Superintendent
DCPS**

Speaker: Dr. Diana L. Greene - Superintendent DCPS

March 2nd
**East Arlington
Weekly Club Meeting**

March 9th
**East Arlington
Weekly Club Meeting**

March 16th
**East Arlington
Weekly Club Meeting**

March 23rd
**East Arlington
Weekly Club Meeting**

March 25th
**TIMUCUAN JR
RANGER ANGLER
EVENT**

March 30th
**East Arlington
Weekly Club Meeting**

April 6th
**Karen Nutter, Author
& Behavioral Coach**
Speaker: Karen Nutter, Author & Behavioral Coach

April 13th
**Jennifer Martin,
Community Hospice**
Speaker: Jennifer Martin, Community Hospice

April 20th
**Todd Sealy, Climate
Change**
Speaker: Todd Sealy, Climate Change

Club Leaders



Sonja Jones
President
Public Image
Chair
Communications
Officer
Webmaster



**Stephanie
Danielle
Langford**
President-Elect
Service Projects
Chair

Terry Parker High School Scholarship

By Sonja Jones on Friday, March 31, 2023

Early in the 2022-2023 school year, we met with the Principal of Terry Parker, Mr. Hudson and the Counselor Dr. Weaver to share an exciting opportunity for the Terry Parker 12th graders. Once they gave approval we were able to meet with Counselor Lindsey Cruz who became our champion and facilitated getting the scholarship in front of the students. As the year ends, we look forward to presenting the award to one of their students. Education is KEY to creating your own opportunity! This scholarship meets 2 of Rotary's 7 areas of focus.

- Basic Education and Literacy.
- Economic and Community Development

If you know of an 11th or 12th grader interested in this scholarship, please contact Sonja Jones at 904-885-3318, or CW Phipps as listed on the brochure below.

SCHOLARSHIP DETAILS
Value: \$1,500
To be used in a Jacksonville area University, College, or Trade School.

APPLICATION ENCLOSURES
To be printed and submitted with application (if applicable)

- A complete, up-to-date copy of transcripts
- Community involvement letters of appreciation, certificates, and awards
- Proof of organizational or extracurricular leadership positions
- Proof of current volunteer hours (during high school 9th, 10th, 11th, or 12th grades)
- Exemplify Rotary International's 4-Way Test
- Current FAFSA SAR Report
- Pending university, college, or trade school application, OR letter of acceptance.
- Written essay with a minimum of 1,500 words, but not more than 2,500 words.
 - The essay shall contain information on why you are deserving of this scholarship. Explain a challenging situation you have experienced in the last year, how you reacted, and what was learned. Short-term and long-term educational goals.

APPLICANT REQUIREMENT

- Terry Parker High School Senior
- Maintain a GPA of 3.0
- Be in a situation of financial "need" as per the FAFSA (SAR)
- Have a minimum of 40 hours of community service.
 - Eight hours shall be with RCOEA
- Currently an applicant to a Jacksonville area university, College, or Trade School.
- Exemplify Rotary International's 4-Way Test

2022-2023 TERRY PARKER H.S. SCHOLARSHIP

Rotary 4-Way Test

- Is it the TRUTH?
- Is it FAIR to all concerned?
- Will it be BENEFICIAL to all concerned?
- Will it be HONESTY?

Rotary Club of East Arlington

Supporting Other Clubs Support Jacksonville

By Sonja Jones on Tuesday, March 28, 2023

In the spirit of fellowship and service, the Rotary club has continued its support of other clubs in the area.

This quarter we attended the Rotary Club of Northwest Jacksonville's Inaugural Annual Rotary Roundup, which was also supported by the Rotary Club of Ponte Vedra, and the Induction of 3 accomplished new members at the River and Post Restaurant.

As usual, the Northwest Club had a large number of their members actively involved in each event. Its great to be surrounded by the energy of that club and the constant flow of ideas to better the community.

Northwest Rotary Annual Roundup





Brian Lee
Secretary



James Oliver Smith Jr.
Treasurer



Thomas A. Trotta
iPast President
Executive Secretary



Mark T. Vanderberg
Youth Services Chair



Ron M. Heymann Jr.
Assistant Governor

Birthdays

Jane A. Sievers
January 3rd

Brian Lee
February 4th



Induction of New Members at River and Post Restaurant!



Teach a Child to FISH! RCEA and the National Parks

By Sonja Jones on Saturday, March 25, 2023

Rotary's theme for March is Water and Sanitation. Our contribution to the community is focused on area waterways and our National Parks.

Many thanks were sent from the parents, children and Parks volunteers to our members who attended the Jr Rangler Anger Fishing Clinic. The RCEA joined with the Timucuan Foundation to become a key sponsor for the Jr. Ranger Angler fishing clinic at Betz- Tiger Point Preserve at the 7 Creeks Fest on March 25th!

Special thanks to Leonard Lawrence, our most recent red badge club member, for spending half the day teaching kids to fish. At the Jr. Ranger Angler fishing clinic, 60 kids ages 6 through 14 learned:

- Knot tying
- Casting
- Ethical Angling
- Fishing

And YES!!! Many fish were caught and returned to the river.

Each child received a Junior Ranger Angler booklet, their own new rod, reel and lures to enjoy fishing in the future with their families.



7 CREEKS FEST

MARCH 25, 2023
Trenton, FL
7CreeksFest.org

ADMISSION & ACTIVITIES ARE FREE

PROGRAMS & ACTIVITIES SCHEDULE

ALL DAY ACTIVITIES	LOCATION	PRESENTED BY
Watercolor Art	1. Welton Hill	7 Creeks Parks
Wild Bird Safari	7. Froggatt Creek Trailhead	JrRangers & Rotarian Angler Friends
Stop! Smell! Taste!	Friends of Nature at the Hill	JrRangers & Rotarian Angler Friends
Camping Clinic	4. Hainesbar Creek Trailhead	Timucuan Preserve National Park Service
Clay Painting	8. State Park Trailhead	Florida State Parks
Endzone Area	1. Welton Hill	Local Environmental Organizations & Agencies
Endzone Stage Shows	2. Edwards Creek Trailhead	County Historical Preservation Corporation
Food Trucks	1. Welton Hill	Local Food Trucks
Claycraft Challenge	Friends of Nature at the Hill	Friends of Nature at the Hill
Live Music from 8am	1. Welton Hill Stage	Rev. John, George, Paul, & Mike

TIME	ACTIVITY	LOCATION	PRESENTED BY
8:00am	7 Creeks Fest Kick-off	1. Welton Hill	7 Creeks Parks
8:30am	7 Creeks Fest Kick-off	2. Edwards Creek Trailhead	N.P. Tallahassee, Florida Trail Assoc.
9:00am	7 Creeks Fest Kick-off	7. Froggatt Creek Trailhead	N.P. Tallahassee, Florida Trail Assoc.
9:30am	7 Creeks Fest Kick-off	7. Froggatt Creek Trailhead	Sea Change, N. Nature Park Society
10:00am	7 Creeks Fest Kick-off	3. Black Hammock Island Trailhead	Sea Change, N. Nature Park Society
10:30am	7 Creeks Fest Kick-off	8. State Park Trailhead	Florida State Parks
11:00am	7 Creeks Fest Kick-off	4. Hainesbar Creek Trailhead	Timucuan Preserve-National Park Service
11:30am	7 Creeks Fest Kick-off	7. Froggatt Creek Trailhead	JrRangers
12:00pm	7 Creeks Fest Kick-off	4. Hainesbar Creek Trailhead	Florida Public Archaeology Network
12:30pm	7 Creeks Fest Kick-off	8. State Park Trailhead	Local Angler Society
1:00pm	7 Creeks Fest Kick-off	8. State Park Trailhead	Wild Dunes Photography
1:30pm	7 Creeks Fest Kick-off	4. State Park Trailhead	Florida State Parks
2:00pm	7 Creeks Fest Kick-off	7. Froggatt Creek Trailhead	JrRangers
2:30pm	7 Creeks Fest Kick-off	4. Hainesbar Creek Trailhead	Timucuan Preserve-National Park Service
3:00pm	7 Creeks Fest Kick-off	8. State Park Trailhead	Sea Change, N. Nature Park Society
3:30pm	7 Creeks Fest Kick-off	8. State Park Trailhead	Sea Change, N. Nature Park Society
4:00pm	7 Creeks Fest Kick-off	3. Black Hammock Island Trailhead	Sea Change, N. Nature Park Society
4:30pm	7 Creeks Fest Kick-off	8. State Park Trailhead	Local Angler Society
5:00pm	7 Creeks Fest Kick-off	4. Hainesbar Creek Trailhead	Timucuan Preserve-National Park Service
5:30pm	7 Creeks Fest Kick-off	7. Froggatt Creek Trailhead	JrRangers
6:00pm	7 Creeks Fest Kick-off	7. Froggatt Creek Trailhead	JrRangers

NOTE ON THE SHUTTLE BUS: If any of these stops... A free shuttle bus will be available for transport to Black Hammock Island, Hainesbar Creek, and State Park Trailheads. (6) State Park Trailhead, (5) Black Hammock Island Trailhead, (6) Hainesbar Creek Trailhead, (7) Froggatt Creek Trailhead, (1) Welton Hill, (2) Edwards Creek Trailhead and (8) State Park Trailhead buses will make continuous loops from 8:00am to 5:30pm.

THANK YOU TO OUR FEST SPONSORS: POST, Geopline, LEV, JEA, ETTM, Rotary, IUPW



RYLA Kick-Off

By Carroll Phipps on Saturday, March 25, 2023



East Arlington Rotarians,

Saturday, March 25, 2023, was the kick-off of RYLA 2023. Four of our five students were there. Valarie was in Texas; we will get her up to speed and ready for days two and three. Below, I've included a link to the photos for you to look at.

Day one was fantastic. After checking in, the students were broken into eight groups and started the morning with interactive icebreakers. It didn't take them long to break the ice; we had an auditorium of laughing teenagers as soon as the first event started. Kathryn (my daughter) told me that she met a girl from Daytona who is also trying to go to SCAD. They are now texting each other like their long-lost friends!

Later that morning, the students listened to some heavy-hitting speakers and two hours of facilitated discussion around the book *The 7 Habits of Highly Effective Teens*. After lunch, the students kicked it into gear at a food packing event. They packed TEN THOUSAND meals! Those meals will help fight hunger right here in Northeast Florida!

Day one was a HUGE success!

RYLA Social!!! Meeting our Rotary Youth Leadership Awards Participants

By Sonja Jones on Friday, March 3, 2023

Children are the future!

The Rotary Club of East Arlington held a social event to meet our 5 RYLA students to show them our support and give the opportunity for them get to know one another before beginning the conference series.

Thank you all for attending...

Good People Make Great Times!!!



Graduate Course Completion at Rotary Leadership Institute (RLI)

By Liz Ferrell on Saturday, February 18, 2023

Our President, Sonja Jones, completed Rotary's Membership Graduate Course and shared several insights with the club.

"I find the RLI courses helpful to my club but also translate to the needs of businesses. Many of the topics covered match leadership training I've participated in to move into management in my career. Surprisingly, the way of thinking and actions to take to develop a strategy for employee retention and engagement are quite similar to increasing membership retention and engagement. Imagine receiving such training sitting next to business leaders in your local community, in a stress-free, open communication forum. For those like me with a fast-growing career, it's a must to attend. I'm looking forward to taking the Public Image Graduate Course."



News and Announcements

By Liz Ferrell

News & Announcements

Pay Online

We are delighted to inform you that you can now pay your dues in the most convenient way possible by going online. You can make payments at any time and from any location thanks to our brand-new online payment system, which is powered by Team Merchant. For further information, please get in touch with Jim Smith.

Find your voice and your home with the Rotary Club of East Arlington

The hybrid format will continue to be used for all meetings, allowing those participants who would rather do so to join via Zoom. Contact Liz Ferrell at liz.ferrell@gmail.com, Tom Tratrotta at tom.tratrotta@hotmail.com, or Sonja Jones at sonja.skinner.jones@gmail.com if you need login details.

Rotary District 6970

- April 15: RYLA Act II: Zoom
- May 12, 2023: [District Training Assembly](#), Trinity Parrish/Flagler College, St. Augustine
- May 12-13, 2023: [District Conference](#), Trinity Parrish, St. Augustine
- May 13, 2023: RYLA Act III: Youth Leadership Summit, [Ketterlinus Elementary School](#), St. Augustine
- May 27-31, 2023: [Rotary International Convention, Melbourne, Australia](#)

Join us Weekly at Our Beautiful Location at Blue Sky Golf Club

By Sonja Jones on Thursday, December 29, 2022

Join us!!!

Blue Sky Golf Club provides the perfect venue for our weekly meetings. We have a hot breakfast buffet, comfortable seating, a great meeting space, and ample parking. Every Thursday from 730 to 830am we come together, not just for a meeting but to also catch up on our ongoing projects, how we can get involved in the community and updates on Rotarians around our District, 6970 and what is happening around the world.

We welcome everyone interested in service in the community to join us for breakfast and fellowship. Come share ideas to improve the lives of your neighbors in the Arlington area and Jacksonville, local schools, and families.





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Meets at Blue Sky Golf Club
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Jacksonville, FL 32225-2807
Time: Thursday at 07:30 AM