



Orange Blossom Notes

August 2009

The Springfield Improvement Assn. & Woman's Club
210 7th Street West, Historic Springfield, FL 32206
Phone 904-633-9308 President Pat LaMountain
www.springfieldwomansclub.org

WOMAN'S CLUB MEETING—AUGUST 18

Michael Walker is a personal Trainer that I got to interview and will be our next speaker at the Springfield Woman's Club General Meeting August 18th at 6:30 pm for a Health Summit.

I also have been training with Mike for several months so I have had the time to get to know his style and profession; consequently I found his background very interesting. We spoke at his facility at Cross Trainings at San Marco at Hendricks and Landon Ave. They use very unconventional methods, conventional methods and a combination of both to make it interesting and challenging, yet fun. So I asked Mike a few questions about what inspired him to take this path and this is his story:

Q: So what do you think people should know about you?

A: "I am A Gainesville native and a certified personal trainer with over 10 years experience in personal training, and I am the owner of Cross Training San Marco. My extensive research into aerobic and anaerobic exercise, strength and core training, and personal development has positioned me as an expert in fitness."

Q: What motivated you or inspired you that this is what you would want to do?

A: "I was working in a conventional gym for eight years and thought there had to be a better way, fitness didn't have to be just about cardio or just about weights but it could be fun to combine them and this theory is proven.

Q: So how did you get started?

A: "I started my personal training career with high-caliber athletes including members of the University of Florida football team and the Jacksonville Jaguars. He saw a need for a personal training studio in Jacksonville, FL where I could showcase his highly effective workouts to the community, not just elite athletes. In July 2008, I opened Cross Training San Marco."

In our interview and time spent together during training sessions I got to see that Mike and his team of trainers have desire of well being. They are pumped up, excited and always seem to have a different routine. So I wanted to ask him his goals, his commitment to Cross Training. Here is what he told me about this:

Q: So, Mike, what do you want to see others get out of your style of fitness?

A: "Well the goal is to get people excited about their health and fitness but more importantly themselves. We want people to understand more about themselves and their bodies then set some goals and honestly challenge themselves. There are a thousand and one reasons why we can't make it to the gym, or lose those 10 lbs, or eat better. At Cross Training San Marco we are focused on working with you to make an honest assessment of where you are and where you want to be both physically and mentally. We are looking to work with clients that want to be willing participants in the betterment of their health and fitness." We are looking to work with clients that want to be willing participants in the betterment of their health and fitness."



(continued on insert page 4A)

At the July 21 Woman's Club meeting, Springfield Photographer and Makeup Artist Renee Parenteau was the guest speaker and spoke to the group about how she decided to settle in Springfield and how she got started in makeup and photography. Renee gave the audience pointers regarding applying makeup. Amanda Searle displayed her jewelry for sale along with Michelle Gilliam's jewelry.



Information was provided regarding plans for redesigning the club's website, the upcoming mailing of a proposed bylaw change regarding membership, tenting the club building, an outreach program, planning for the Holiday Home Tour, and the Dinner to Die For.

Submitted by Bev Miller

City of Jacksonville
Office of Mayor John Peyton
June 26, 2009

Ms. Pat LaMountain, President
Springfield Improvement Association & Woman's Club
210 7th Street West
Jacksonville, Florida 32206

Dear Ms. LaMountain:

Thank you for all that the Springfield Improvement Association and Woman's Club did to help make the Confederate Dog Park a reality. This new amenity will add to the quality of life in Springfield. I am sorry I was out of town and had to miss the event.

The work your organization did to garner matching grant funds made this \$267,000 parks project possible. I applaud your efforts to develop better outdoor spaces in Springfield and I hope you will thoroughly enjoy the fruit of your labor.

Confederate Dog Park is the only city-owned off-leash dog park. This park will allow dog owners, in a mostly urban area, the pleasure of enjoying their dogs in a leash-free setting. It also provides new benches, pavilions, fencing and trash receptacles for the park.

Once again the Springfield Improvement Association and Woman's Club has made a considerable contribution the Springfield neighborhood and Jacksonville as a whole. Please know that your efforts are noticed and very much appreciated.

Sincerely,

John Peyton
Mayor

Editor's Notes

The Blossom is available on the Springfield Woman's Club website at www.springfieldwomensclub.org and at various businesses in Springfield: A to Z Sandwiches, Carl's Restaurant, Hola's, SPAR, Springfield Antique Mall, Three Layers, Tommy's breakfast-in-a-cup place, in the lobby at the University of Florida/Shands Proton Beam, Premier Pharmacy, and at the Woman's Club.

If you are not receiving notification via e-mail that the current issue of the Blossom is now posted on the website, please provide your e-mail address (along with your name and street address) to catnapper01@comcast.net so you can keep up with the neighborhood news!

Showcase your business in the next issue by submitting a business card size ad and \$25. This is a great inexpensive way to get the word out to Springfield residents! Many thanks to all our current and past advertisers!!



Bev Miller, Newsletter Editor

Toast to the Animals**Hosted by the Jacksonville Humane Society**

Grab a glass and toast the First Coast's furriest friends at the Jacksonville Humane Society's 11th annual Toast to the Animals on Friday, August 14, 2009 from 6 p.m. to 9 p.m. at the Florida Theatre.

Enjoy more than 100 varieties of wine, gourmet hors d'oeuvres and desserts at the fundraiser. Silent and live auctions will feature fabulous items!

Tickets are \$40 per person or \$35 per person for people under 35 years of age. Tickets are available at www.jaxhumane.org or by calling 904-725-8766. (Tickets for designated drivers are \$30 per person. Preview tickets are available for \$65 to taste premium wines starting at 5 p.m.)

Submitted by Michelle Gilliam

DINNER TO DIE FOR "IN THE HOOD"

SATURDAY, SEPTEMBER 26, AT 7 P.M. AT 210 W. 7TH STREET

(Sponsored by Springfield Woman's Club and Springfield Wine Society)

"A TASTE FOR WINE AND MURDER"**It's time to start planning for this special evening, so here's the scoop!**

Story Line: This mystery is set in the wine region of Napa Valley, California. Five years ago, Barry Underwood, owner of the prestigious Underwood Wine Estates, mysteriously disappeared during the valley's annual wine festival. A massive search at the time failed to turn up any clues and the case has been in the FBI's unsolved files since then.

Now, five years later, it is once again the annual wine festival in Napa Valley. Last night, family and friends gathered in the stately Underwood mansion to celebrate. At midnight, a minor earthquake shook the mansion, causing an old wooden floor in the wine cellar to buckle. Barry's well preserved body was discovered under the cedar planks. **It is a clear case of murder and you are one of the suspects.**

For a description of the suspects and costume suggestions, please see page 8 of this newsletter.

REDUCE, REUSE, RECYCLE—"One Small Step . . ."

Composting? So, why would I want to do that? What can you throw into a compost pile? Attracts rodents, doesn't it? My garden's fine without it. Does it really help the environment? Would it help me save in the old pocketbook?

Whoa, whoa. . . Let's take this one small step at a time.

So, what is compost? Most home garden compost consists of kitchen and yard waste that has been decomposed by microorganisms. When fully composted, it is dark, earth-like material that appears to have been shredded and tends to crumble apart. "The cycle of life."

Why use it? Compost makes a good soil amendment, especially in Florida's anemic sandy soil. It can also be used as mulch or potting soil. And, it's another way to cut down on the bill at the gardening supply store. "Go green while saving green."

What can be composted? Think of compost as a two-color scheme. First, there are the "green" materials that consist of both kitchen and yard waste. Kitchen waste includes vegetable and fruit scraps and egg shells. Yard waste includes grass clippings, green leaves and manure from animals that consume a vegetarian (green) diet. Second, the "brown" materials consist of fallen (brown) leaves, twigs, chipped branches and bark, shredded newsprint and cardboard. Coffee grounds, tea and tea bags also come under this category. In addition, paper towels can be added to the compost pile, but be sure there are no meat scraps, grease or household chemical agents on the towels. Just keep in mind that you're trying to create vegetable matter to go in your garden, so only vegetable-type matter should be put in to compost. "Vegetable matter in, vegetable matter out."

What about other food products, especially meat scraps? Not a good idea. Putting meat, meat products such as bones or food with sauces or dressing in your compost pile is like putting out an open invitation to four-footed, long-tailed critters. Most of them won't even bother to RSVP; they'll just show up for the delicious munchies. "If you feed them, they will come."

What about adding cat litter and dog-do? Uh, no. Definitely no. Manure from meat eaters may very well be diseased. ("Too awful for a cutesy aphorism.")

What about left-over commercially prepared foods? No, again. No telling what some of these gems contain. Do you really want all those preservatives and other strange chemical compounds in your garden? "Can't judge a product by its listed contents."

Is a compost bin necessary? No. A simple pile is all that is needed. Most people who use a bin or other type of container do so to keep the compost from sprawling and scattering. Commercially manufactured compost bins are a convenience, but a homemade one is fine. "The simplest way is the best way."

How do I get started? After you have selected and laid out your compost container or pile site, get started by alternating layers of "green" and "brown" compost as mentioned above. For

(continued on page 6)



WOMAN'S CLUB MEETING—AUGUST 18 (continued from page 1)

We are looking to work with clients that want to be willing participants in the betterment of their health and fitness.”

My next set of questions were all about the style of fitness he chose, but it is an effective style but it I wanted to understand the theory behind the results.

Q: What is Cross Training San Marco's philosophy on fitness and what makes it so unique and effective?

A: “Cross Training San Marco's innovative approach to personal training is based on a holistic and integrated view of health and fitness. Unlike traditional exercise programs that regard the body as individual parts or groups, we view the body as a comprehensive unit. Our unconventional style of training combines cardiovascular exercises with strength training, enabling you to lose weight faster without the muscle loss associated with high levels of aerobic activity.”

Q: Is there a reason that utilizing Cross Trainings is more effective than trying to manage on your own?

A: “Yes, as your abilities and goals change so should your workouts. Our trainers constantly monitor your progress and make adjustments accordingly. Since every workout is different, the experience is fun, interesting and easier to stick with than other exercise programs. This approach also circumvents the possibility for fitness plateaus. You receive personal attention and dynamic workouts that are tailored specifically to your fitness level, health considerations and overall fitness goals.”

And in all sports and for the fun of it I thought it would be fun to ask if the trainers got competitive. He told me that he sees them as a team, a piece of a puzzle, that works in tandem for a unified goal. I know they do have fun but they work hard counting, one two, three and the infamous “you can do it” and “just give me two more” speeches. Just kidding, I know Mike cares, and he and his company have a vision that is ready to take you to the next level given the chance.

So, please join us August 18 at 6:30 p.m. at the next Woman's Club meeting for a Health Summit. Remember to bring an appetizer or bottle of wine to share. It's a great opportunity to get some new ideas about health and fitness, learn more about the woman's Club, and to get to know your neighbors!

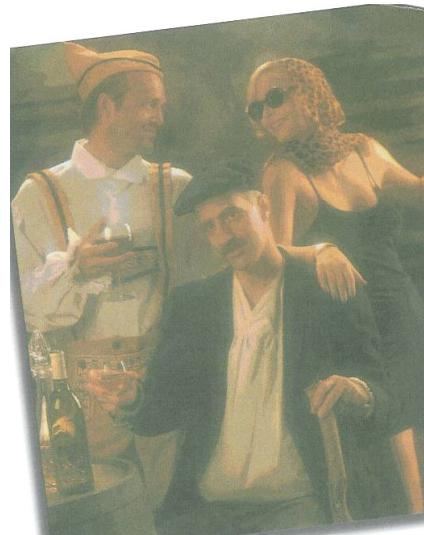
Submitted by Sharlene Dano

DUE TO SOME LAST MINUTE REVISIONS, THIS PORTION OF THE PAGE IS INTENTIONALLY LEFT BLANK

NAPA VALLEY, CALIFORNIA

“Salute!” You're invited to the Underwood Wine Estates to celebrate the annual wine festival and grape harvest.

Please see details inside this newsletter for details regarding the Dinner to Die For taking place “In the Hood”



GENERAL FEDERATION OF WOMEN'S CLUBS (GFWC)

So, Why are we a part of the GFWC?

Partnerships, for one! As we all know, resources like money, time and labor have a profound positive or negative effect on every project we embark on when we partner with individuals, families, organizations or other entities. The more people, time and money we have at our disposal for an event, program or other initiative, the better! We see this at the SIAWC when we join hands with Shands, Jacksonville's police department, city officials, SPAR Council, banks and other institutions for aid.

At the national level, partnerships with nonprofit organizations, corporations, government entities, and related advocacy organizations help GFWC provide critical information, materials, and resources that often make their way to the LOCAL club level. For example, the GFWC's current relationship with the National Institute for Neurological Disorders and Stroke (NINDS), enable GFWC and NINDS to provide every GFWC club with a Know Stroke kit. Clubs use the kits to educate themselves and their communities regarding the symptoms, causes, and treatments for stroke. One is being sent to our club now.

Here is another, more tangible example of a partnership that the GFWC secured which we may benefit from: T-Mobile Discount: Check out our new partnership with T-Mobile, designed exclusively for GFWC members to provide discounted wireless mobile service and equipment.

- Waived activations fees
- Special discounts on wireless handsets
- Service discounts for new and existing T-Mobile subscribers of 12 percent off any T-Mobile rate plan

Find out more online or call 866.464.8662. If you are an existing T-Mobile customer, please call 877.453.8824 to have the GFWC discount added to your plan. PLEASE NOTE: to access this information on the site, click on the Member Center heading, and choosing Programs & Benefits from the drop-down box!

Until next month!

Submitted by Christy Sappenfield

Pam Benjamin

Springfield Stained Glass, Inc.
 Located in Historic Springfield
 Downtown Jacksonville
 (904) 472-1252

*Contact us for Free Creative Website Design
 www.springfieldstainedglass.com*

**NEW DATE FOR RELAY FOR LIFE
 AUGUST 14-15, 2009, 6 p.m.-12 noon
 CONFEDERATE DOG PARK**

The goal of Relay for Life is to help fund free programs, services, research and education efforts in the First Coast area. The Relay was rained out on June 26.

Please participate! We need your help.

**Submitted by Ruth Spencer
 Community Representative
 American Cancer Society
 904-391-3608**

AUGUST CALENDAR

- 3 SACARC General Meeting
- 4 National Night Out, 3rd & Main Streets, 7-9 p.m.
- 7 First Friday, 1443 Pearl St., 7-11 p.m.
- 10 SPAR Council Bd Mtg, 1321 Main St, 7-9 p.m.
- 13 Business Assoc., 1321 Main Street, 6-7:15 p.m.
- 18 Woman's Club Mtg., 310 7th St W, 6:30 p.m.
- 19 Roundtable, 1321 Main St., 10:30 a.m.
- 20 SPAR Council Gen'l Mtg., 1321 Main St., 7 p.m.
- 21 Mommies Group Family Dinner, 6 p.m.
- 24 Block Captains, 1321 Main St., 7-9 p.m.
- 25 SHADCO Mtg., Public Health Bldg., 6-8 p.m.
- 26 Historic Preservation Mtg., 3 pm
- 27 Garden Club, 7 p.m.

(Continued from page #) **REDUCE, REUSE, RECYCLE**

maximum benefit, make each layer about 3 to 4 inches thick creating a pile about 3 feet high. Be sure to water each layer as you go along. You want moist but not soggy compost. Too much or too little moisture may very well limit the composting process. During the first few days, you should notice quite a bit of heat being given off. Do not panic; this is what you want. When your compost pile begins to cool down, stir it up. A good rake or a hoe should work just fine. Repeat this process and add any necessary water until the compost turns a dark shade of brown and falls apart easily.

Now you're ready to use your compost. Just mix about 3 inches of the compost into your soil for a rich amendment. Partially broken down compost is an effective and healthy alternative to commercial mulches. "Maybe the Joneses will try to keep up with me for a change."

Final note: You can continue to add and stir in additional compost materials. Just try to keep some balance between "green" and "brown" materials and to stir in well and keep it moist. Some people prefer to make two smaller compost piles getting one started well before the second one. You may find that two smaller piles are more manageable.

So, join in with Debbie Atkins and Rich Tapin who have committed to composting.

Hint of the Month: Both mulch and processed or dried manure is available at no cost from the City of Jacksonville. You just have to pick it up in your own vehicle. The mulch is made from the yard waste that the City picks up. The manure? Well, it's actually "zoo-do" that is created by the hippos, giraffes and all our other friends that call the Jacksonville Zoo home. Call 630-city for more information about either of these.

"I am only one, but still I am one. I cannot do everything, but still I can do something. And because I cannot do everything, I will not refuse to do the something I can do."

Edward Everett Hale
Submitted by Pam Edwards-Roine



The Springfield Animal Care and Rescue Club (SACARC) is gearing up for the fourth annual "Dog Days in the Park" festival presented by PetSupermarket. Join the animal welfare group at Confederate Park on Saturday, September 19, from 11 a.m. to 5 p.m. for food, drink and four-legged fun!

Thanks to PETCO, dozens of Jacksonville-area rescue groups will showcase a wide array of adoptable animals including everything from papillions to Persians in Rescue Row. Food vendors will again offer a range of options, and beer and wine will be for sale to benefit homeless animals in our historic neighborhood. Enjoy entertainment throughout the day including music and the annual pet costume contest. Dress your pet to win great prizes!

Come to Confederate Park for Jacksonville's premier animal festival to benefit SACARC. Vendor applications are still available at www.sacarc.org. See you at Dog Days!
Submitted by Michelle Gilliam

Focus on Volunteers—Dan Bradford

Springfield neighbor Dan Bradford decided planning and planting a garden was a great way to volunteer and teach children some valuable "real life lessons."

With a team of volunteers and eager children, Bradford led the planning and fundraising for the garden on the corner of 8th and Pearl Streets. The official groundbreaking was April 18. The garden has grown from an empty plot of dirt to a thriving garden surrounded by a wooden fence. This summer's crop includes tomatoes, radishes, oranges, grapefruits, carrots, squash, peppers and onions.

"The Bridge Garden was my chance to do what President Obama asked people to do—contribute to the community on a grass roots level," Bradford said.

Donations to help Dan keep The Bridge Garden growing can be made to The Bridge of Northeast Florida. Please include a note specifying that your contribution is for the garden. (reprinted from Volume 4, June 2009 edition of "Bridge Connections")

Submitted by Pat LaMountain

HOLIDAY HOME TOUR 2009: Well, if you went, helped, or attended last year's tour and think we would have a hard time topping it, think again!!! This year, we plan on an even better tour. In fact, this year could be our best year yet.

A Normal Rockwell tour—the picturesque tour that you want to dream about or see in a movie. The houses are being picked out, homeowners have been tapped and are being selected; and artists are already working on the houses. We are working on special features and new ideas and are really excited about this year. If you want to help or work on the committee, please email sharlenedano@comcast.net as we would love to work with you. Even if you only have a little time or a lot, it's up to you. We welcome the time you can volunteer.

DINNER TO DIE FOR SUSPECTS

Tiny Bubbles: Barry's fiancée at the time of his death. Perky and pretty. Tiny has an effervescent personality and a razor-sharp mind. She is now married to the new winery owner, Ralph. **Costume Suggestions:** An innocent girlish appearance. Skirt, polka-dot blouse, bows in hair, neat as a pin.

Otto Van Schnapps: A German wine merchant. Boisterous and fun-loving. Otto attends wine festivals around the globe, buying the best vintages for distribution in Europe. It is said Otto's preference for red or white can be influenced by green.

Costume Suggestions: German-styled short pants (Lederhosen) with suspenders, mountain boots, felt hat with feather and carrying lots of cash.

Marilyn Merlot: Marilyn was crowned Wine Princess at the festival five years ago, then went on to become a Hollywood movie star. She's returned to Napa Valley for the Wine Festival and to gloat over her success.

Costume suggestions: A sexy starlet look. Tight-fitting, sequin-covered dress, high heels, a daring hairstyle and a tarnished crown.

Ralph Rottingrape: Barry's first cousin and heir-apparent to the Underwood Wine Estates. Long considered the black sheep of the family, Ralph took over as manager after Barry's disappearance and has been running things his way ever since.

Costume Suggestions: Bad-boy look: black shirt and pants, earring, stubbled beard and dark sunglasses.

Hedy Shablee: The owner of the neighboring vineyard and a fierce competitor of the Underwoods. Barry's disappearance has uncorked a now vintage of troubles for unhappy Hedy.

Costume suggestions: Flowered skirt, off-the-shoulder peasant blouse, sandals or bare feet, headband of flowers, carrying a basket of her best vintages.

Papa Vito: Brought over from Italy sixty years ago by Barry's grandfather to develop Underwood Wine Estates, Papa Vito has devoted his life to the vineyards. Now he just wants to retire and drink a little vino in the afternoon . . . Salute.

Costume suggestions: Baggy workman's pants, checkered flannel shirt, vest, straw hat, old work boots and a bushy mustache.

Extra Guests (non-suspects) include:

Bud Wizer: The FBI agent assigned to investigate Barry's murder. Bud is a beer-drinking man with no appetite for wine. He's determined to put a cap on this unsolved mystery.

Costume suggestions: Cheap suit with beer stains, worn shoes, socks with holes, and a pocketful of smelly cigars. Six-pack optional.

Bonny Lass: A Scottish tourist who has attended the wine festival while vacationing in California. A mystery writer and best-selling novelist, she knows a thing or two about hidden bodies and old wine cellars.

Costume suggestion: Tartan skirt, Scottish tam, knee socks and white blouse.

TICKETS ARE \$45 EACH WHICH INCLUDE DINNER, DESSERT & WINE.
 FOR TICKETS, VISIT www.springfieldwomansclub.org or call 904-633-9308.

