



THE CIVIC

New Bern Civitan Club's Award Winning Newsletter



Chartered October 4, 1956

Celebrating our 61th Year

May 1, 2017

EXERCISE – NOT JUST FOR KIDS!



Mike Dunlap, CarolinaEast Medical Center Cardiac Rehab Coordinator, was our guest speaker on April 21. His topic was, “A Balanced Life – Body, Mind and Spirit.” He stressed that exercise throughout a person’s life is important to keeping healthy. “Exercise should be fun,” he said, “and it’s not just for kids. As we grow older, exercise is as important as it was when we were younger. Everyone should exercise at least 20 minutes each day or 150 minutes per week.”

Mike explained how to exercise using the **FITT** principle:

***F**requency – Daily – “most days of the week.”

***I**ntensity – Moderate – talk test – breathe deep but not short of breath

***T**ime – 30+ minutes – can be in shorter periods throughout the day

***T**ype – aerobic – continuous - rhythmical – walking, cycling, swimming, etc.

The benefits of regular exercise can result in a longer life span by lowering blood pressure, lowering cholesterol and triglycerides, helping diabetes, and yes even helping to lowering the risk of getting dementia.

He closed with the story of Ben Hogan, famous golfer, who was critically injured in a car accident. Most people did not think that he would survive the accident, much less play competitive golf again. His rehabilitation took many months but he kept one thing in mind, “If it is to be it is up to me.” These ten, two letter words kept him focused and motivated. He did come back to play competitive golf again. Mike’s message is, “We all can benefit from exercise but we have to commit *ourselves* to doing it for *ourselves*. Make exercise **fun** and we can all reap the benefits of a more active life.



HAPPY BIRTHDAY!

MAY CIVITAN BIRTHDAYS

Russ	Hackett	May 02
David	Schwerdtfeger	May 05
Frank	Salvatore	May 06
Dan	Roberts	May 11
Sharyn	Foster	May 24
Edmund	Knott	May 25

MAY CIVITAN ANNIVERSARIES

Max	Thompson	May 2004
Renee	Salvatore	May 2006
David	Schwerdtfeger	May 2010
Angela	Huff	May 2010
Richard	Robusto	May 2015
George	Powers	May 2016
Richard	Bartholomew	May 2016
Gattis	Williams	May 2016
Van	Rice	May 2016

New Bern Civitan Club Web Page
www.newberncivitanclub.org
 North Carolina District East Web Page
<http://www.ncdecivitan.org/>
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The Civitan Creed



I am Civitan: as old as life, as young as the rainbow, as endless as time.

My hands do the work of the world and reach out in service to others.

My ears hear the cry of children and the call throughout the world for peace, guidance, progress and unity.

My eyes search for others to join in the fellowship and service of Civitan.

My mouth utters the call to daily duty and speaks prayers in every tongue.

My mind teaches me respect for law and the flag of my country.

My heart beats for every friend, bleeds for every injury to humanity and throbs with joy at every triumph of truth.

My soul knows no fear but its own unworthiness.

My hope is for a better world through Civitan.

My motto: builders of good citizenship.

My belief: do unto others as you would have them do unto you.

My pledge: to practice the Golden Rule and to build upon it a better and nobler citizenship.



OFFICERS

President

Dev Lippitt

President-Elect

Jan Snyder

Secretary

Helen Shine

Assistant Secretary

Jan Manning

Treasurer

Joe Judd

Chaplain

Bill Baldree

Sergeant-At-Arms

Ken McCain

Education Officer

Jan and Bill Snyder

DIRECTORS

Two Year

(Term expires 9/30/2018)

Jody Hudson

Irv Geary

Ernie Williams

Bill Snyder

One Years

(Term expires 9/30/2017)

Betty Todd

Karen Crump

Gene Cesca

Renee Salvatore

New Bern Civitan Club

May 2016 Calendar

- | | | |
|-----------|------------------|--|
| 4 | Thursday | Special Olympics Spring Games—Contact Dev Lippitt |
| 5 | Friday | Regular Meeting—Lunch At Hibachi– Eat at 11:15 ,
Meeting at 12:00 (Election of Officers)
Speaker: Kimbely Hoffman, Autism Society |
| 6 | Saturday | Craven County Spring Cleanup—Contact Jody Hudson |
| 8 | Monday | Board Of Director’s Meeting at Salvatore Home
306 Meridian Court (Greenbrier— 2-4pm
RCS Shelter Dinner—Contact Maureen Comer |
| 9 | Tuesday | RCS Soup Kitchen—Contact Cindy Scalion |
| 11 | Thursday | Regular Meeting, Evening Meeting at Famous Restaurant
5:30 Eat & Socialize. 6:30 Meeting
Speaker: Beth Cooper, Merci Clinic |
| 13 | Saturday | Adopt-A-Highway River Road Cleanup—Contact Ken McCain |
| 14 | Sunday | Mother’s Day |
| 19 | Friday | Club Picnic 11:30 Lawson Creek Park.
Coordinators: Karen Betz and Janet Rodgers |
| 20 | Saturday | Armed Forces Day |
| 24 | Wednesday | Fishing Derby—Lawson Creek Park. Contact Fred Yost |
| 29 | Monday | Memorial Day Holiday |

THE POLLS WILL BE OPEN

No campaign speeches, no TV or newspaper ads, no debates, no name-calling, no campaign promises...how could this be an *American* election? It's an American election – Civitan style! Members will be asked to cast their ballots at our first meeting in May – May 5th at Hibachi at noon. Come out and vote...you'll be voting to affirm our candidates and let them know you stand behind them.



The 2017 Officer Nominees are:

President: **Jan Snyder** – a Civitan member since 1990 – started in the Chesapeake Club. She has been involved in many and varied New Bern Civitan Club projects. She was last year's President-Elect.

President-elect – **Mary Dougherty** – a seven year veteran of Civitan, a former Board member and able-bodied ramp builder.

Vice President – **Tommaso Serra** – a Civitan member since 2014- has co-chaired ramp projects, tree lot, Santa Land and Prom photographer.

Secretary – **Jan Manning** – a Civitan member since 2015 – has stepped in as Asst. Secretary, chairs Coastal Women's Shelter collections, Santa Land and Prom participant.

Treasurer – **Van Allen Rice** – a Civitan member since 2016 – has co-chaired the ramp project.

Assistant Treasurer – **Karen Betz** – a Civitan member since 2012 – has participated in many projects – Santa Land, the Prom, Picnic organizer.

Chaplain – **Bill Baldree** – a Civitan member since 1995 – Clergy Appreciation Coordinator for many years.

Sgt. at Arms – **Dev Lippitt** – a Civitan member since 2013. He will also be our Past President. In charge of Wreath making at the tree lot.

Board Members for Terms to expire on September 30, 2019

Eileen Buscemi – a Civitan member since 2015 – Chairman of Operation Keep Warm (scarves, hats for Santa Land), Prom, Santa Land, RCS Soup Kitchen participant

Judy Lopez – a Civitan member since 2009 (with some time off for good behavior), former Board of Directors member, Santa Land, former chair of Operation Keep Warm

Gattis Williams – a Civitan member since 2016 – ramp building, tree lot, volunteer at Junior Civitan Orientation

4th Board member – to be announced.

These are *your* fellow Civitans who have stepped up to take leadership roles in *your* Club. Please congratulate them, support them and most of all thank them for their time and effort on all of our behalves.

IT'S MAY

“It’s May; it’s May, the lusty month of May - that lovely month when everyone goes blissfully astray.”... (With apologies to Lerner and Lowe composers of Camelot) All Civitans are permitted to go “blissfully astray” this month and join in the following:

Thursday, May 4th – The Special Olympics Field Day will be held at Grover C. Fields MS. We need volunteers to assist in feeding the special athletes. We will also be having a photo opportunity together with the Tryon Club. Be there at 9 a.m. to have your picture taken by the bleachers AND assist in the food trailer to distribute pizza and beverages to the kids. All are welcome.

Friday, May 5th - Lunch meeting at Hibachi Grill. Our speaker will be Kim Hoffman of the Autism Society of NC, Craven County Chapter. Did you know that our Civitan Santa attends and distributes gifts at the Annual Autism Society’s Children’s Christmas Party held at the River Bend Country Club? Special incentive to come to this meeting – we will be voting on next year’s Officers and Board of Directors. (See separate article)

Saturday, May 6th – Craven County Spring Cleanup. Our Club under the directorship of Jody Hudson has participated in this community activity for many years. Join Jody at 9 a.m. at Lawson Creek Park to help keep New Bern clean.

Thursday, May 11th – We again will have our monthly evening meeting at 6 pm at the *Famous* restaurant. Yes, this was a popular place for a meeting last January but it was crowded and some were turned away. We are hoping that with better planning, no one will be turned away this time. Beth Cooper, Director of Merci Clinic will be our guest. This is one of the charities that we support with a monetary donation.

Saturday, May 13th – Volunteer to help Ken McCain pick up litter on River Road at 9 a.m. He has been in charge of this project for several years and he appreciates all the help that he can get!

Friday, May 19th – It’s our yearly picnic at Lawson Creek Park starting at 11:30 a.m. at the Pavilion. If you are going to attend, please contact Karen Betz at kmhbetz@yahoo.com or Janet Rodgers at saras3rdmom@gmail.com Please bring a pass around dish to the picnic.

Wednesday, May 24th - Our annual Fishing Derby at Lawson Creek Park for the disabled. Organizers Fred and Kate Yost need volunteers to assist with fishing on the docks as well as food servers. Ken McCain will again be our hot dog master chef and Norma and Joe Judd will be our alcohol free bartenders. Many, many volunteers are needed to continue to make this project a success for the participants.

So, here are some of our line-ups of events for “the lusty month of May.” Make sure you put one or all of them on your calendar to participate. Without **YOU**, our Club cannot make the impact that it does in this community. Every one of **YOU** can do something. Every one of **YOU** is important to the health of this Club. Take a risk...get out of your comfort zone... **VOLUNTEER** and join your fellow Civitans helping the less fortunate members of our community. **YOU**’ll be glad you did!

P.S. This list is really only a limited and partial list of volunteering opportunities. There’s ramp building, RCS Soup Kitchen, RCS Dinner, The Women’s Shelter donations and every month the list goes on...

CIVITAN – CELEBRATING 100 YEARS OF SERVICE

PART 9

(Adapted from the Civitan International website)

1990-1999

The 75th Anniversary of Civitan is celebrated in 1992 with the unveiling of the University of Alabama at Birmingham Civitan International Research Center. This Center is a world-class medical research facility dedicated to research, diagnosis, and treatment of developmental disabilities and other neurological disorders. Twenty million dollars was committed to this facility by Civitan International. Civitans everywhere have a central focus for their fundraising to help people with developmental disabilities. Civitan International's annual donation to the Center is greatly supported by the Civitan Chesapeake District's Foundation, and enables the Center to purchase the first research-dedicated MRI scanner in the state of Alabama.

Civitan joins the digital age with the launch of the Civitan website, at www.Civitan.org.

Civitan expands to the African continent, with clubs chartered in Jordan, Sierra Leone, Ghana and Nigeria.

*Respectfully submitted by
Maureen Comer*

New Bern Civitans Support Coastal Women's Center



At the April 7 club meeting, club members brought Easter baskets, candy, clothes, etc. for children from the Coastal Women's Shelter. Pictured are some members with items that were brought.

Social Luncheon at Lawson's Landing

A group of 10 Civitans met for fun, food, and good fellowship on Wednesday, April 26 for a social luncheon at Lawson's Landing restaurant in the History Center. Seated on the left side: Bill Snyder, Maureen Comer, Jim Comer, Janet Rodgers, Jody Hudson,; Head of table: Ann Court; Seated on right side: Judy Lopez, Jan Snyder, Renee Salvatore, Frank Salvatore.



WHEN DO WE MEET...AND WHERE?

When the Golden Corral closed unexpectedly, our Club was forced to find another place to meet. A committee appointed by the Board did research and visits to varied locations. There were up-sides and down-sides to all places that were investigated. The results of that research led the committee to suggest the following –

Two lunch meetings per month to be held on the **first and third Fridays** of the month at Hibachi. The meeting starts at noon and it is suggested that you come at 11:30 a.m. to have lunch. Please remember that you may attend the meeting and NOT have lunch. Hibachi offers a wide variety of food and has a separate room to accommodate us.

We have one evening meeting per month to accommodate those members who still have day jobs. This meeting will be on the **second Thursday** of the month at 5:45 p.m. We have tried Famous restaurant and the River Bend Country Club thus far with up and down sides to each place. Our May evening meeting will be **May 11th at Famous**. A definite decision as to a place is still forthcoming.

A recent survey filled out by about 40 NB Civitan members showed some very interesting results. Here are some highlights:

*River Bend Country Club got a rating of 3.7/5.0

*Famous got a rating of 3.5/5.0

The Club was divided on the following options-

-15 wrote -Keep the format – 1 dinner meeting and 2 lunch meetings

-8 wrote -Have all 3 meetings as lunch meetings

-0 wrote -Have all 3 meetings as dinner meetings

-2 wrote -Reduce the # of meetings to 2 per month – 1 lunch; 1 dinner

-4 wrote -Reduce the # of meetings to 2 per month – both lunches

These results were shared with the Board of Directors to see and contemplate what would best reflect the desires of the entire Club. If you have things to share on this topic, please contact a Club Officer or Board Member.

CIVITAN APPRECIATION MONTH

April is Civitan Appreciation month. Our Club inducted seven new members at its meeting on April 21. Seated (left to right) are new members, Bob Marcus, Peggy Dougherty Marcus, Bexie Williams, Bill McHale, and Janet Rodgers. Back row (left to right) Mary Dougherty (sponsor), Gattis Williams (new member), Gary Todd (sponsor), Helen Shine (Club Membership Chairperson), Karen Betz, Dev Lippitt (sponsors) and Mitch Harriet (new member). The Induction Ceremony was led by Board member, Bill Snyder – former Governor of the Chesapeake Bay area of Civitan.

