



JULIE CENTER NEWS



Listening

December 2019



"I've got so much to share
If only you would listen
You could show that you care
If only you would listen."

This song is from the musical *School of Rock*. I happened upon this song by chance and it has been my #1 song of the year. I encourage you to go to YouTube and watch a children's choir singing this song. The lyrics are powerful and the voices strong and determined. The song highlights the frustration the kids are feeling about not being heard. Sound familiar? This song can easily be sung by those in their first few decades of life to those in their 5th, 6th, or 7th decade. Why aren't we listening? So many voices will go unheard if we are not committed to lending an ear. By really listening we help the person in front of us find their voice. Everyone needs a chance to share their

experiences. Folks who are easily overlooked hope that someone would care. The youth in our wonderful Youth Leadership Committee are those caring souls. They identified that they want to serve the homeless and in November participated in their first outreach event. They distributed nearly 500 pairs of socks and clothes and engaged in conversations with people experiencing homelessness. Brava to the committee for seeing the value in everyone.

Peace, love, laughter, and hot chocolate!



The President's Corner

As we embrace the season of winter and welcome in a new decade, I warmly reflect on my nearly 3 decades of involvement with the incredible good works delivered by countless dedicated people through the Julie Center. I began volunteering with the Center in the early 1990's, initially with my mentor, the extraordinary public health nurse Carm Dorsey. We created numerous programs, from the Family Life Players to training parents, to prayer walks and bus tours. We were in it together working towards our collective commitment to delivering community health nursing to vulnerable families in local challenged neighborhoods. Later, the legendary and energetic Sister Bobby,

invited me to be a board member and I have been continuously involved with the Julie Center since 1992. At the time, I had just returned from volunteering in Guatemala and wanted to make a difference working in Baltimore city communities. Little did I anticipate the profound life changing experience being a part of the Julie Center would have on my own life. As a faculty member at Johns Hopkins and more recently at University of Maryland, over the past 30 years, I have also witnessed how the Julie Center has influenced future career paths of young health professionals, who become involved with the center either through clinical rotations or volunteering. For the past 10 years, I have served as President of the Board for Julie Center and this has been an incredible opportunity for me personally, leading us into a new chapter. And so, with mixed sentiments, yet deep gratitude, I announce that it's now time for a new chapter for the Julie Center's board. I am immensely excited to pass on the baton for board leadership to one of my former public health students, Perri Carroll. I have had the distinct pleasure and honor of mentoring, Perri who will be the new President of the Board. Perri lives in the neighborhood and works in public health committed to advancing the health of Baltimore City



youth. A new chapter, a new decade, and new leadership offer exciting visionary times for the Julie Center. I look forward to continuing my involvement with the Center, valuing the blessings of countless memories, fun times, great friends, creative leaders, dedicated donors, committed volunteers, and above all else, seeing the positive impact on families, who have been recipients of the great love given to them directly or indirectly by all of us. In this season of love, may you and yours experience an abundance of blessings in 2020. Happy New Year!

Program News

Last year, the Julie Community Center assisted 395 individuals and families. The individuals and families assisted fall into the extremely low (60%), low income (27%), or moderate income (13%) bracket. Of those served, 36% were female heads of households and 25 disabled individuals.

NEW PROGRAMS

We are pleased and excited to report two new youth programs; Patterson Park Mountain Bike team and Girls Scouts.

The Patterson Park Mountain Bike team

completed its first season as part of the Maryland Interscholastic Cycling



League (MICL). The team was formed as a pilot program to introduce Baltimore City youth, with a focus on girls, to the sport of mountain biking. Catherine Buccheri and Rebecca Reddet partnered with Commodore John Rogers Elem/Middle School to form a small (7 participants) team of middle school students. Patterson Park was an ideal spot for riding and practicing skills.

All the girls who joined the team knew how to ride a bike at the start of the season in September, but they had never been on a mountain bike or off-road. Some challenges included not owning a bike, not having a safe place to store a bike, and not having transportation to trails or races. Regardless, by mid-November the team:

1. Learned basic bike safety, mountain biking fundamental skills, and trail etiquette
2. Increased fitness demonstrated by riding longer distances and improved hill climbing
3. Completed nine different single track trail rides of varying terrain and challenges including stream crossings, rooty trails, tight turns, and even some log overs.
4. Competed in three different MICL races in different locations across Maryland.
5. Served as bike ambassadors for their community by leading a

bike advocacy ride through Baltimore put on by Bikemore.

The biggest sign of success was that the girls kept showing up. It was so great to see how they reacted each time they wheeled their bike out of the Julie Community Center, where the team met and the bikes were stored. There were lots of opportunities to learn about how they felt about the experience, especially debriefing in the car after trail rides or races or hearing from parents and teachers. They articulated how so many things could be applied to real life. Some examples included:

- **Resilience:** Getting over the disappointment of getting a flat tire and running the bike through the finish line.
- **Failing and Trying again:** Practicing getting over an obstacle again and again until successful.
- **Community:** What it felt like being at the races and being part of something bigger.
- **Overcoming Fear:** Being intimidated to race, but doing it anyway.
- **Grit:** Digging deep to pedal up a hill.
- **Trust:** When a teammate tells you that they won't leave you when you are struggling on a trail ride, and they wait for you patiently.

- **Being Present in Nature:** Taking the time to take off your shoes and wade in a stream, examine a snake skin, or look at the trees.
- **Resolving Conflict:** Being willing to let go of feeling frustrated with someone on the team and letting it go so it doesn't take away from the experience.
- **Pride:** When you cross the finish line and people are cheering for you as well as when you are asked to lead a community bike ride.
- **Motivation:** When people are cheering for you when you ride past.
- **Positive Example:** Taking the time to smile and be friendly to strangers that you meet while riding your bike.
- **Focus:** When you can just concentrate on the trail ahead and not on what happened earlier in the day.

It was important to us that the girls showed up at the races dressing the part and looking fabulous. We got lots of compliments on the jerseys which featured the Pagoda inside a chain ring. [PEARLE IZUMI](#) donated bike shorts and gloves and the team received individual donations of good quality refurbished used mountain bikes. The Julie Community Center was the perfect after-school meeting spot. The goal is to continue the program and expand it to

more students and potentially other schools surrounding the park. More volunteers and coaches from the community will be needed. If you are interested, contact: catherine.buccheri@gmail.com.



The troop is going well. Everyone has been busy with cookie sales and earning badges. We have 12 Daisies (K & 1st grade) and 6 Brownies (2nd & 3rd grade). Our Daisy troop is working on the core mission of Girl Scouts: building girls of courage, confidence, and character, who make the world a better place. Daisies are earning badges for money management, as well as petals that represent the Girl Scout Law. Our Brownie troop is excited to practice skills that will prepare them to be lifelong leaders. They are earning badges to develop these skills through active and creative games, problem solving, and age level appropriate First Aid. Contact us if you would like more information. Our troop e-mail addresses are: DaisyTroop2032@gmail.com BrownieTroop2089@gmail.com

UPCOMING EVENTS

Join us Saturday, February 29, 2020 for "A NIGHT AT THE THEATRE," our annual fundraiser at the Fells Point Corner Theatre, from 7

to 10 PM. There will be a reception with wine and light fare at 7 PM followed by a performance of *The Mineola Twins* at 8 PM. Directed by Lindsey Barr, *The Mineola Twins* is a comedy that takes place in four-dreams, across six-scenes, with seven festive wigs. There are two ways to produce this play: (1) with good wigs, or (2) with bad wigs. The second way is preferred. Fraternal twins, Myrna and Myra, battle each other through the Eisenhower, Nixon, Reagan, and Bush years over virginity, Vietnam, and family values. Written by Paula Vogel, this farce explores the divide in American politics and families through generations and hairpieces. Tickets are \$45 and include wine and light fare. To purchase tickets or ask questions, contact the Center, juliecenterdirector@gmail.com or 410-675-6300



THANKS!

The Mayor & City Council of Baltimore

The Baker-King Fund

T. Rowe Price Foundation -Matching Gifts

*Johns Hopkins Health System
Federal Hill Smiles
--Catholic Community of South Baltimore
--Holy Trinity Russian Orthodox Church
--Our Lady of the Angels Church*

--St. Joseph Church
Hagerstown
St. Vincent de Paul Society
-St. Mark's, St. Ursula's

Sisters of Notre Dame de Namur
-Cable Street Community
-Fort Street Community
-Glen Avenue Community
-Heather Hill Community
-SNDdeN Geralate
-SNDdeN TriProvince
Development Program
-SNDdeN East-West Province
Maryvale Preparatory School

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Lorraine & Tim Geraghty
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Patricia Thomas
Deborah Tillett
Mike and Rosemary Walbert
Vernell Walker
Joan & Mark White
Shawniece Whitted
Mikhail Orphia

Timothy Reuling
Margaret Marfori
Ann Wilson*
*Outstanding Support

More THANKS!

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- Julie Center Board members
- Fell's Point Corner Theatre
- Wolfe Street Academy
- Commodore John Rogers School
- St. Vincent de Paul Head Start
- Carolyn Geraghty & Team
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- Johns Hopkins SON students
- Johns Hopkins Bayview
- Johns Hopkins Hospital
- Tech support: Tracy Dill, SND

NOTEWORTHY!

Julie Community Center
Annual Awards

- **Julie Center's Best:**
Maryvale
Preparatory School
- **Gayle Faulkner**
Memorial Award:
Rashawn Jones
- **Lillian Skepton**
Memorial Award:
Miriam Baldwin
- **Community Service**
Award:
Brenna Swider

Staff: 2019-20:

Belinda Davis Elizabeth Spradley
Ella Smothers Theodore LaPerre
Fenna Abbatti Laura Syron

Julie Center Board: 2019-20

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