

Serving Northeast Miami-Dade

south florida magazine

UPTOWN

February 2014

**FIU Biscayne
Bay's T.R.A.C
Teaches
'Trust in The
Process'**

**UP & OUT
Wish You Were Here**

**UPCOMINGS
Activities & Happenings**

**UPFRONT
New, Now & Noteworthy**

Aventura • Bal Harbour • Bay Harbor Islands • Biscayne Park • Eastern Shores • Golden Beach
Highland Lakes • Miami Shores • North Bay Village • North Miami • North Miami Beach • Ojus
Skylake • Sunny Isles Beach • Surfside + Hallandale Beach



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DEPARTMENTS

6 ART AMONG THE FLOWERS

"Art Among the Flowers," highlighted the arts, design and the Anchors Away Foundation, which provides sailing programs for physically and intellectually disabled children, giving them the freedom on the water that they may not experience on land.



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10 SUCCESSFUL PARENTING

Louis and Nancy Berlin conduct a series of parenting workshops to help with communications skills and offer successful parenting techniques and strategies to help make personal, professional and family goals a reality.

13 VOICE FOR CHILDREN

A Guardian ad Litem is a specially-trained volunteer whose role is to get to know the child, establish a bond, gather information from everyone in a child's life and effectively advocate for what is in the child's best interest in both the community and in the courtroom.



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16 FOOD & WINE IN AVENTURA

History was made last month with the First Annual Aventura Wine & Food Festival, held at Gulfstream Park. The event showcased some of Aventura's upscale eateries, gourmet delis, bakeries, confectionaries and healthy organic bites.

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Managing Director

Alan Rifkin
mfar99@hotmail.com

Editor

Martha Sternberg
marthasternberg@comcast.net

Art Director

Joanna Gazzaneo
joanna.gazzaneo@gmail.com

Historian

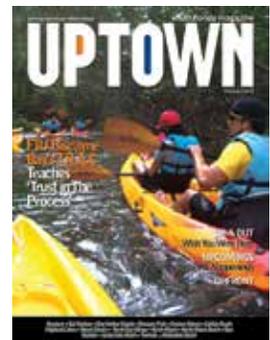
Seth H. Bramson

Photographer

David Vickers

Distribution

Baron Express, Inc.
954.297.0731



UPTOWN SOUTH FLORIDA MEDIA
20295 NE 29th Place, Suite 200
Aventura, FL 33180
305.788.0823

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TEAM ROPES ADVENTURE CHALLENGE AT FIU'S BISCAYNE BAY REMINDS ALL TO TRUST THE PROCESS



Images by Clayton Golstein



Tucked into the southeast corner of Florida International University's Biscayne Bay campus is Team Ropes Adventure Challenge (TRAC), the school's ropes/challenge course and Experiential Learning Center. Here, a wide variety of groups, from international corporations to local youth organizations, rehab centers to masters programs discover the lessons and insights that only TRAC can teach. These lessons include, but are not limited to, the keys to better communication,

trust, team bonding, leadership, personal and group satisfaction and effectiveness.

In the mid-1990s, FIU built its ropes course just south of the Kovens Conference Center. They recruited one of the area's most accomplished men in the field, Greg Affleck, to supervise the course's construction and manage the facility. Greg's fingerprints as a facilitator, trainer and builder are on most of the ropes courses between the Florida Keys and the Treasure Coast. He is a major reason for TRAC's exceptional safety record and ever improving facility. Three new high climbing initiatives were just added to the 10 that were already at the location.

A ropes course requires facilitators who understand the magical possibilities of the process. Greg supervises a staff of ropes course and team-building professionals who are skilled at leading programs that are safe, fun and valuable to the participants. Each facilitator brings their unique life experience, high energy, flexibility and expert training to their work. Greg maintains his high standard and reminds all to "trust the process."

That process usually follows a classic ropes course, getting the participants up, moving and accustomed to each other, the environment and the facilitators. More intense ground initiatives and conversations that follow allow groups to explore problem solving skills and dig deeper into how their approach to these activities mirrors how they do their job or operate in the 'real world.' The program usually concludes with an opportunity to climb while friends and co-workers, closely supervised by the TRAC staff, hold the safety belay rope. Climbing brings an emotional end to the day's program, with reflection on the experience and the next step. A kayak option is also available.

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No one is ever forced to climb, or participate more than what is appropriate for them. Considering the active nature of ropes courses, a surprising aspect of TRAC is that participants do not have to be physically fit, brave or adventurous to get value from being there. The staff makes every accommodation for a participant's physical limitations, exuberance and personal preference.

Full day programs last six to eight hours. Shorter programs are available as well as catering.



For more information, contact **Jennifer Cooper** at 305.919.5912, cooperj@fiu.edu or visit www.trac.fiu.edu.