

Subject: Re: Jeff Upchurch Newsletter

From: Frank Jeffreys <frankjeffreys@gmail.com>XXXX

Date: Thu, Feb 23, 2017 1:27 pm

To: Phil Upchurch <phil@upchurchstory.com>

Hi Phil!

Glad to hear you're responding well to treatment. Keep up the good work. A friend of mine's Mother had P.C. and was given 3 months, but he had her take high doses of CoQ-10 2X/day. . . She lived vigorously for 18 months giving lectures until the day before she passed. CoQ-10 has no known side-effects and no known over-dose. If you aren't already taking it, it's worth a try to ask your Dr. and see if it helps. When it was originally discovered, it was said to give "vigor" to the body. We ALL could use more of that!

All the best,

Frank.

On Wed, Feb 22, 2017 at 10:41 AM, <phil@upchurchstory.com> wrote:

Greetings To Descendants of Bartley Jefferson Upchurch---

Life has moved along since our last E-Newsletter re descendants of Jeff Upchurch and it is time for an update as follows:

No. 1. Cousin Gettis Bradley Upchurch has created a January 2017 revised version of his book "Meeting House--Confederate Sharpshooter and Country Gentleman" dealing with the Civil War service of Jeff Upchurch. The revision adds much about his brother and partner Bill Upchurch and about their joint farm Woodland. This farm we know as the place where six of Jeff's children lived out their days. Woodland was a showplace in the late 1800's as Gettis shows. I have read the revision and highly recommend it. The revision can be purchased from the publisher Blurb using the following link <http://www.blurb.com/bookstore/invited/6840270/0e0095c38ff1ba792930d47ba12ff4cd4d94a67b>.

Gettis also inform us that Blurb now has a discount on producing photo and other such books (Trade Books) for family historians. If interested go to Blurb and use promo code MAKEIT20.

No. 2. Our Upchurch and Allied Families Association, Inc. continues to move forward. For details go to www.alliedfamilies.com---password 2013upchurch# and look for the Upchurch Bulletin for 2016 recently posted. You are invited to become a member and supporter of our family history effort.

No. 3. Luck is with me on my health. My pancreatic cancer diagnosed about July 1, 2016 is being treated by chemo 2-3 times per week. I tolerate the treatments well and amazingly lead a normal life. A cat scan on January 5 showed the tumor had shrunk ten percent. The disease is deadly but so far I have beat the odds. The future is uncertain.

No. 4. A trip to N.C. is in the works approved by my doctors. I will be in the Cary Facility of Allied Families on Thursday, Friday, and Saturday March 30, 31 and April 1, and would be happy to have any of you drop by to say hello and to see the great progress in our Cary Facility in Suite 120 at 1130 Kildaire Farm Road. We will have Open House on Thursday and Saturday from 2 to 4 pm. I will give a talk on Allied Families Association at 3 pm on Thursday. It would warm my heart to see you.

No 5. Cousin Monk Perry of Lake Wheeler Road is a Board Member of Allied Families and says in close touch with our Cary Facility. Ask him to show you around. Monk had a back operation of February 20 and will require several weeks of recovery.

I would welcome a note from any or all of you letting me know what is going on in your life these days.

Respectfully submitted~

Robert Phillip Upchurch "Phil"/"Phillip" ,The only survivor among 18 grandchildren of Bartley Jefferson Upchurch

Allied Families

Upchurch & Allied Families Association

Upchurch and Allied Families, Inc. is a not for profit organization under which Phil Upchurch, colleagues, and members perform family and local history work. See www.alliedfamilies.com and www.upchurchstory.com.
Contact Phil at (636) 898-8516 or (314) 313-4734 (cell)

January 24, 2017

Dear Frank,

It is time for an update on Allied Families. The enclosed UB for 2016 shows our shift to digital which has been achieved.

Provided is a summary of what we have done in our shift and what we have for in 2017. Our \$25,000 budget for 2017 will allow us to do a lot if we can find it. As my encouragement you can provide until he welcomed.

I will be at the Cary Faculty of Allied Families for two events - #1 March 30 Thursday 2-4 - seeing the Volunteers in Action - my talk on the Vision for Allied Families at 3 pm #2 An open house April 1 Saturday 2-4 pm would be great to see you at one or both.

You are involved in many life affairs. Any interest in our shared heritage will be welcomed.

MEMBERSHIP
FORM
ENCLOSED

All Best wishes

Phil Upchurch

Nathan U, I / Culbert U Sunday
CS-110
Profile
noted
in
Valley
Files

① Per 28 FEB 1978 Notes of RPU visit to Ray Arnold
Frank Jeffreys is son of Joseph Randolph
& Lois (U) Jeffreys. He is now in Wilmington, NC
with Bonnie - has a B.S. degree from
Chapel Hill (UNC).

② see Notes of RPU 24 FEB 1979 visit to Edna Lois U.
Frank Upchurch Jeffreys, her son, was b 7 JUN 1949

③ Address from Ray Arnold 23 FEB 1980
Frank Upchurch Jeffreys
1704 Fairmeir Road } in AF
Raleigh, NC 27608 }

④ see Ltr 5 JAN 1982 Edna Lois U to RPU
Frank Upchurch Jeffreys b 7 JUN 1949 (Rep
Hospital, Raleigh, Wake Co, NC). Not Married

⑤ Frank Upchurch Jeffreys attended the Upchurch
lectures in Raleigh, NC on 16 FEB 1986

⑥ Card obtained OCT 1990

Pegasus Productions Presents
Frank Jeffreys 

Writer: Script - Children/Adult
 Comic Skits Customized To Your Occasion
 Gags For All Ages
 Hush! Mime!
 Clowns (Professor Pockets, Slim Chance and
 Rumpus Rodeo)

Performer: Actor, Dancer, Singer, Juggler
CALL 834-2902

⑦ see Ltr 20 JUN 1995 Edna Lois U to RPU - "Frank" says he
would like to get married if he ever finds the right
one. I told him I thought he had been with so

⑦ - CONTINUED

many girls that I wasn't sure if he would know if he found her. We have thought several times that he found her, but he always says - "NO" - "just good friends"

⑧
13 APR
2009

Subject: B. J. Upchurch Reunion
From: phil@upchurchstory.com
Date: Mon, Apr 13, 2009 8:00 am
To: "Frank Jeffreys" <frankjeffreys@ms.mcom>XXXXXXXXXX

Sent Announcement
on Apex Talk

Hi Frank---
Monk Perry and I are making an attempt to get all of the living descendants of Bartley Jefferson Upchurch and any living spouses of such descendants together. We know it will be impossible to get a majority but even a handful could provide a meaningful experience. Cousin Bonnie Jeffreys Brown was kind enough to provide email addresses for those close to her. I am using them to send an announcement of the Reunion. I hope all of you can come. I am also giving an Upchurch Talk in Apex and will send each of you an announcement on that separately.
Can you come?
Phillip Upchurch

④ RPA Recap 26 MAY 2009

Frank attended the Inwood Church & Surcheon events for the BJU Reunion on 2 MAY 2009. He asked lots of questions & seemed quite interested. He had been ill - cold.

⑤ Input from Barbara Ann Jeffreys by email - 17 JUN 2009
The address for FUJA
2600 ALBEMARLE AVE, RALEIGH NC 27610

⑥
11 MAY
2012

Subject: Re: Upchurch Reunion
From: Frank Jeffreys <frankjeffreys@gmail.com>XXXXXXXXXX
Date: Fri, May 11, 2012 1:05 pm
To: phil@upchurchstory.com

Hi Phil,
It looks like my girl friend/fiance's Dad is having an operation down in FL that we will need to be present for so we will not be in the area at the time of the reunion. Sorry we have to miss it. . . It sounds like it will be interesting.
All the best,
Frank

On Thu, May 10, 2012 at 3:44 PM, <phil@upchurchstory.com> wrote:
Hi Cousins and Other Relatives:
We now have details regarding the Reunion planned for the descendants of Bartley Jefferson Upchurch.

FRANK UPCHURCH JEFFREYS PG3 XED-2679

Subject: State Archives Family Fare
From: Frank <frankjeffreys@nc.rr.com>XXXX
Date: Wed, Aug 01, 2012 10:42 am
To: phil@upchurchstory.com

⑧
1 AUG
2012

Hi Phil

Just wanted to let you know that the NC State Archives is having a genealogy family fare next Saturday, Aug. 11th.

You may have all the info, but they have updated their search engines as well as gotten a lot more records as well as experts giving talks and professional genealogists there for 15-min. consultations.

All the best,

Frank.

⑨ 14 AUG 2012 - Info from 2010 Raleigh, NC Show Book
Frank Jeffrey
1100 OLD OAK TREE RD, RALEIGH NC 27591
(919) 365-7673 - called this number - it is
no longer in service.

Subject: RE: State Archives Family Fare
From: phil@upchurchstory.com
Date: Thu, Aug 16, 2012 6:01 am
To: "Frank" <frankjeffreys@nc.rr.com>XXXXXX

⑨
16 AUG
2012

Hi Frank---

Thanks for the input re N. C. State Archives. They are a fantastic resource and I have spent quite a bit of time there and especially in their Genealogy Section. It is good to know that they have upgraded their search engines. I'll have to go on line and navigate around their site to see what is new.

I am sorry we missed you on our May/June trip to N.C. and I hope things went well in Florida. Our meeting where we talked about Aurora went well. Monk and I were able to catch Bo and had a nice visit. Otherwise, I collected a ton of information the processing of which has kept me busy over the summer. I still have a few calls to make to take advantage of new connections.

Perhaps the next time I come you and I can find time to sit and chat about mutual interests and especially about our shared heritage and about Rhamkatte.

All Best Wishes.

Phil Upchurch

Subject: LinkedIn
From: phil@upchurchstory.com
Date: Mon, Mar 11, 2013 9:35 am
To: "Frank Jeffreys" <frankjeffreys@nc.rr.com>XXXXXX

⑩
11
MAR
2013

Hi Frank---

A few days ago I got a message via Linkden that you had just endorsed me. Several months ago I decided to register with LinkedIn not knowing much about it and not knowing how it would unfold. I would like to have a chat with you about this and also about other such sites. I am at about the same place with Facebook. Would you please give me a call when it is convenient? You can reach me at 636 530 6022. In any case it would be nice to have a chat.

Phillip Upchurch

(14) 21 DEC 2014 - CONTINUED

FRANK UPONORON JEFFREYS P56

XIV-2679

Highlights of Maria and Frank's 2014 - It's been a great year!

"Field of Lost Shoes", a Civil War film was released and Frank played the part of "Old Specs," the superintendent of VMI. "Honey Spider," an indie film, was released with Frank cast as Professor Lynch. Frank hosted table reads for 3 of his movie scripts and received valuable feedback.

We were both cast in 3 radio voice over commercials for Wake Med Heart Center. Maria landed a voice over job with the Voice Realm for a client in the UK, and was cast as an extra for an HGTV "Love It or List It" commercial. Frank set up a photography and sound studio in his home to do head shots, auditions, and voiceovers. Maria launched her website: <http://lipsleblanc.wix.com/marialupeblancvo>

We continued to help facilitate the NC State Juggling Club and threw up regularly. This year Maria progressed to catching over 100 throws with clubs and also began passing clubs! Frank and Sean Higgins performed fire juggling in a photo shoot for the RTP Center web site with the world's standard for the periodic table. We and Fran Favorini traveled to the Asheville Juggling Festival--a wonderful way to learn and practice juggling over a fall weekend! Fran, Duane Deardorff, Juan Pablo, Warren Lewis, Maria and Frank all performed for "Awareness Day" for Raleigh Parks and Recreation Centers at Method Road.

We became volunteer prayer chaplains and joined the Sacred Prayer Circle at Unity Church of the Triangle. Maria began the Holosync meditation practice.

Time with family out of town included our trip to Florida to see Maria's father, Herman, over Valentine's week. Maria made a second trip over the summer to help her father after his hospitalization. Fortunately, he recovered quickly and well! A few months later Herman was cleared to travel to North Carolina to enjoy the "North," and all three of us toured 2 Raleigh retirement communities. We also had the pleasure of spending time with Frank's family in Wilmington, NC - his sister Bonnie, brother-in-law Mike, nephew Phil, his wife Christy, and grand-niece and grand-nephew Philip Michael and Sally.

Wishing you a Merry Christmas and a fantastic New Year!

Frank and Maria



① Zebulon Record THUR 15 JUL 1993 Zebulon, NC

Child actors stage new strain of Jack's beanstalk

By STUART OLIPHANT
Gold Leaf Farmer Staff Writer

One of the most famous childhood fables tells the story of a young boy, Jack, who sells the family cow for a handful of beans. At first it seems the lad has fallen prey to a charlatan, but later the magic of the beans is realized. A beanstalk grows into the clouds and acts as a gateway to the land of a terrible giant.

For generations, the story has remained the same: Jack sees giant. Jack steals treasure. Jack kills giant. It would seem that Jack's adventure has been written in stone. However, there are still many unanswered questions. For example: Did Jack have a happy childhood? What did Jack's neighbors think of his monstrous beanstalk? And just where did the giant get all that treasure?

Although an upcoming performance by the Triangle East Players' Children's Theater may not answer all these questions, it will show that a handful of beans can make comedy bloom.

Coming July 23-25, the children's theater will present "Jack and the Beanstalk: A Pantomime" at East Wake High School's north auditorium. Performances are scheduled for 7:30 p.m., except for Sunday's showing which will start at 4 p.m. For ticket information, dial 365-IMAGine.

The upcoming production borrows from the traditional elements of "Jack and the Beanstalk," but in the process adds a tongue-in-cheek approach that incorporates song and dance.

During the performance not only will the audience be introduced to Jack and the giant, but a host of other characters as well, including: the citizens of Pennyfarthing, Jack's hometown; the town's stingy king; the daffy vegetable fairy, a conjurer whose magic seldom goes right; the giant's menacing, aptly named henchman, Fleshcreep; Mrs. Blunderbore, the giant's wife; and Daisy the Dancing Cow, just to name a few.

By combining the characters with a story that is part "Camelot" and part "Jack and the Beanstalk," and adding a dose of vaudeville, you might get a clue as to the nature of the performance.

Serving as the director of the play is Frank Jeffreys, a former physics teacher at St. Mary's College who left his position to pursue a career in theater.

Active in both writing and directing, Jeffreys' talents have also taken him to the big screen—he acted as Howie Mandell's stunt double in the film "Little Monsters." However, the past is of no concern to Jeffreys, who prefers to keep his sights on the future.

"I really prefer people to see me



Frank Jeffreys

as what I am now," explained Jeffreys. "I haven't gone wrong with people who see past the surface."

When asked about his current directorial project, Jeffreys said the play is not like what people think of "Jack and the Beanstalk" in that it contains a lot of good, funny humor.

Jeffreys added that he is impressed with the talent of the theater group's young performers and that their talents should grow as they increase their communication skills.

"It's (theater) about communication," said Jeffreys. "Everything you do in life is about communication."

"What sets theater apart is that it puts you in touch with your feelings," he continued.

In the future, Jeffreys said he would like to branch out and possibly direct an adult production, but for now he is happy in what he terms a "win-win situation."

"By being a part of my life, they (the theater group) add to the depth of my life," he explained.

From It's 25 APR 1995 James Allen Arnold, Sr Ed RPH

INTERVIEW

Interview with a mime? Sounds oxymoronic. Or just plain moronic. How do you quote someone who communicates solely with body language? You can't help wondering, what would Barbara Walters or Terry Gross ask? And what in the world would David Letterman do to the guy?

When we caught up with local mime Frank Jeffreys last week on Fayetteville Street Mall, he didn't have much to say at first. As the official mascot for "First Night Raleigh," he was busy promoting the New Year's Eve festivities, passing out pamphlets and stickers, juggling and, of course, gesturing.

THE NEWS & OBSERVER
MONDAY, DECEMBER 5, 1994

WITH THE MIME

BY CHARLES SALTER, JR.
STAFF WRITER

RALEIGH



Businessmen on the Fayetteville Street Mall in Raleigh give mime Frank Jeffreys a wide berth. Women and children are friendlier to the man who left a college teaching career to act and write full time.

So, we asked, what's the longest you've gone without talking?

The mime's blue eyes suddenly got big. He flashed five fingers, made a fist, then flashed them again.

Ten? You mean, 10 hours?

He beamed a closed-mouth smile and nodded.

Enough small talk. After his two-hour gig, Jeffreys was more than willing to talk. About the power and vulnerability in not speaking. About the nasty backlash against mimes. About how a 45-year-old former college physics teacher wound up in white face paint.

Who would have thought? A mime who talks your ear off.

Passersby couldn't help but stare — a talking mime?! "Hey, you're not supposed to talk!" one man shouted.

Jeffreys' voice is soothing, librarian-soft and slightly raspy. That's what happens when he doesn't speak. After the 10-hour stretch, he was practically hoarse.

Silence is one of the challenges that Jeffreys enjoys most about miming.

"There is strength in complete surrender," he said. "The mime is helpless because he can't express himself the way others do. But that means he's powerful because people pay attention to him. If he moves an eyebrow or a finger, people notice."

On the mall, women and children paid him the most attention. A paralegal, a computer programmer and a 4-year-old let him put glittering star stickers on their cheeks, their blouses or their shoes. Men in suits usually refused. They crossed the street or avoided making eye contact.

"I'm invisible to a large number of people," said Jeffreys, who sees the reactions

as a barometer for society. "I think it's sad that they can't allow themselves to have a little fun."

Still, he realizes that some people simply can't stand mimes.

"I've seen the buttons that say, 'Shoot a mime' and 'Oh, no, here comes a mime,'" he said. "I want to say, 'Look, I'm out here doing my job.'"

After participating in previous First Night Raleigh celebrations, Jeffreys was asked to be the mime mascot, modeled after the event's poster. This year's theme is International Understanding, in recognition of the 50th anniversary of the United Nations, which is being celebrated at similar events around the country.

According to production director Joedy Lister, Jeffreys is the right mime for the job. "Frank's a peaceful, loving mime," he said.

Dressed in a green-and-yellow striped sweater, black beret, suspenders and white face, Jeffreys didn't badger or mimic the paunchy construction workers, the fast-walking business types or the policemen on the mall. That's New York miming. He didn't climb any invisible ladders or get trapped in any invisible boxes, either. That's Marcel Marceau.

What he did was continually bring out the spontaneity in folks. With three plastic balls, he recruited people to play catch, which evolved into an impromptu juggling act.

"I can juggle five balls in a pinch, but what's the point? I want other people to get the feeling of what it's like to juggle," he said. "You have to use the artistic and rational sides of your brain at the same time."

As a boy growing up in Raleigh,

he seemed destined for a rather rational pursuit, science. His father taught science at Garner Junior High and his mother headed the state's special virology unit. At the University of North Carolina at Chapel Hill, Jeffreys double-majored in zoology and chemistry and later went back for

a couple of master's degrees in environmental chemistry and education. He worked as a researcher. He taught physics for 10 years. Then, in his mid-30s, he left his teaching post at Meredith College to follow his dream — acting and writing full-time.

He has written a documentary,

two yet-to-be-produced screenplays and has had bit parts in several films, including the recent releases "The Road to Wellville" and "Radioland Murders."

He also works as a motivational speaker (minus the makeup), having spoken on everything from the importance of humor in the

workplace to cost containment. At one recent appearance, he urged a group of retired bombardiers to follow their dreams, no matter their age.


As a mime, Jeffreys offers unspoken motivation. Near the end of his gig, he approached a group of down-on-their-luck mall regulars clutching their possessions: a beat-up radio, blankets and bundles of clothes. They seemed invisible to the lunchtime crowd rushing by. To Jeffreys, they were another audience.

He tossed one of his blue globes. A young fellow with long brown hair caught it and tossed it back. Back and forth the ball went. Then a second ball, and a third. "All right!" one of them said. The ragtag group gathered around, delighted by the show.

Jeffreys was smiling again, his

lips a brilliant red against the white makeup. His new buddy was laughing, showing off the big gap in his teeth.

When he dropped one of the balls, he chased it down and came back. He looked at Jeffreys. Jeffreys looked at him. Without a word, they resumed juggling.



**NOT
EVERY
GUY
IN WHITE
MAKEUP
IS OUT
FOR
BLOOD.
JUST
TALK
TO
FRANK
JEFFREYS.
IF
YOU
CAN...**

Mime Frank Jeffreys talks (yes, he talks — after work) about his career and his current gig: First Night Raleigh.

STAFF PHOTO BY CHRIS SEWARD

○ RPU in Raleigh, NC - 18 MAR 2016 - FRIDAY
meeting in the Allied Families Care Facility

met Jeffrey Group 11:00 AM - 12:30 PM
△ Ann Barnes, △ Frank Jeffrey & friend Maria
and △ Bob Edgerton. First had a discussion
about the merger of Inwood & The Point.
Fence not a big issue with them.
But Frank & Bob have views. Bob
is contentious. Bob brought an article
from County Records.

I gave an Overview & an Orientation
Talk. Gave each a brochure. I asked
if any had willingness to participate
Frank seems interested but right now
he & Maria are over committed or
volunteers. Frank seems severe about
lots. Ann at first says she would think
about it - but really "No". Bob said she
could send money. Felix said Mary at home

Briefly went over the 2 Bridge
Report. I will email it to them