



EYE OPENER

TALLAHASSEE SUNRISE ROTARY CLUB



December 2, 2022

Meeting Speaker -- Julia Tjandera FNP-BC, APRN

Julia was born and raised in the beautiful country of Indonesia. She graduated from Miami-Dade College with her ASN program and began her nursing career in 2009. Julia served over 14 years as a registered nurse in many areas of nursing, mostly in the emergency department.



Currently, Julia is a Board Certified-Family Nurse Practitioner for the past 2 years. She completed her Advanced Practice Registered Nurse in West Palm Beach, Florida at Nova Southeastern University. Julia is passionate about overall wellness and functional medicine.

She is an entrepreneur at heart. JCPC Health was created in hope to help the community to achieve their optimal health goals and decrease visits to the emergency room. As a primary care provider, JCPC is combining traditional medicine along with a functional medicine approach to help patients stay healthy and manage their chronic conditions well.

The Four Way Test

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

Inspiration

Dec. 6:
Dave Fiore

Dec. 13:
John Curry

Dec. 20:
Open

Dec. 27:
Open

Volunteers Needed NOW for Bed Build January 21

Birthdays

Alex F. Falb
December 13

Robert Knight
December 19

Elizabeth C Winton
December 20

Sean Martin
December 30

Linda Nelson
December 31

Manju Kundra
January 1



You are invited to volunteer for the Sunrise Rotary Bed Build with Sleep in Heavenly Peace:

Date: Saturday, January 21, 2023

Time: 9 a.m. - 2 p.m. EST – Possibly later for those delivering constructed beds.

Location: Southern Flooring, 1940 Thomasville Road, Tallahassee, FL 32303

Join us to construct 25 bunk beds destined for homes in our community where kids are in need. Each bed needs three volunteers to build. We need volunteers to construct beds and deliver the constructed beds to their forever homes. Trucks needed!

LOTS of volunteers (**75!**) are needed to support this important community service event, so recruit a friend. Volunteers younger than 17 must be accompanied by an adult. Sign up to volunteer at <https://www.signupgenius.com/go/10C0F4AAEA82DA6FB6-sunrise>.

The Sunrise Rotary Club of Tallahassee is pleased to sponsor this bed build with Sleep in Heavenly Peace through a District Grant and Club fundraising. Champion Danielle Irwin is our Club Grants Chair.

We'd like to see volunteers from all our area Rotary Clubs, so please share the invitation with your Rotary friends from other clubs.

Serve with Sunrise: Weekly Update

Watch this space in Eye Opener each week to discover how you can Serve With Sunrise.



Salvation Army Bell Ringers

Dec. 5-6: Champion

Christopher Campbell is

organizing Sunrise Rotarians to

volunteer one hour on Dec. 5 or 6, 10 a.m.-7 p.m., to ring the bell at the Salvation

Army Kettle in front of Publix Village Square. To sign up, go to

<https://www.signupgenius.com/go/10C0B4BA8AD2CA0FF2-sunrise2>.

Sleep in Heavenly Peace Bed Build, Jan. 21: Champion Danielle Irwin seeks

75 volunteers to build and deliver beds to area children who don't have beds.

This is Sunrise's District Grant project with Sleep in Heavenly Peace

<https://shpbeds.org/about-sleep-heavenly-peace/>. Our first Bed Build is Jan. 21, 9

a.m.-2 p.m. at Southern Flooring, 1940 Thomasville Road. To sign up now, go to

<https://www.signupgenius.com/go/10c0f4aaea82da6fb6-sunrise>.

Mentoring Initiative for Rotary Scholarship House: Champion Betty Jensen

invites all Sunrise Women to our fun interactive Speed-Mentoring event with the

residents on Friday, January 27, at 3 p.m. Our Club's Mentoring Initiative will

culminate in April with Sunrise awarding two \$500 scholarships to residents with

outstanding service to Rotary.

Meals on Wheels (delivery each Tuesday 10:15 am-noon in January, March,

May): Champion Melanie Quinton. Volunteer now for 2023 at SignUp Genius

<https://www.signupgenius.com/go/4090949a5ab2fa1fd0-meals1>

Florida Department of Corrections Book Drive: Champions Stephanie

Schwartz and Brad Janowski delivered 150 books to the FDC Nov. 9. Sunrise

plans to collect books/media for FDC again in February 2023.

Rotary Scholarship House Pack the Pantry: Champion Dan Nelson delivered

lots of supplies to the House Oct. 27 when he attended the Open House to

celebrate the two-year renovation of the Rotary Scholarship House by the

Southern Scholarship Foundation. Sunrise Rotary (thanks to Palmer Williams)

donated \$4,000 to renovate Bedroom No. 4 in the Rotary Scholarship House.

Boystown Birthday Buddies: Champion Dee Wellman and Brett Wellman

celebrated the birthday of a Boystown resident in October. Thanks to all the

Sunrise members who have provided a Happy Birthday for a Boystown resident

this year. Stay tuned for your opportunity to be a Birthday Buddy.

CART Coins for Alzheimer's Research Trust: Champion Crystal Curvey.

Contribute to the blue buckets on tables each week at Sunrise meeting.

Donations fund grants at US research hospitals seeking to cure Alzheimer's

Disease.

Bond Elementary Partnership: Champion Linda Nelson will soon announce plans

to continue our Club's three-year support of the faculty, staff and students.

Classroom Connection at Hartsfield: Champion Colleen Castille will soon

announce plans to continue our Club's community commitment to Sophia Perkins'

kindergarten class.

Ramp Build (Spring 2023): Champion Pam Doffek

CART Update

Coins for Alzheimer's Research Trust

Thank you, Sunrise, for funding US-based research seeking a cure for Alzheimer's and other dementia. When you toss your small change into the blue bucket on your table at each Sunrise meeting, you make a big difference.



A Project of the Rotary Clubs of North America

CART started in 1996 with Rotarians voluntarily emptying their pockets and purses of change at weekly meetings. As of May 2022, CART had awarded \$11.2 million in 64 grants to recognized US research institutions.

100% of donated funds go to Alzheimer's Disease research. All administrative expenses of CART are paid from interest earned from invested contributions.

The CART Fund is governed by a Board of Trustees composed of representatives from the Rotary districts that support the program. It is a 501(C)3 organization, Federal ID #31-1466051. The Fund is chartered as a nonprofit organization under the laws of the state of South Carolina.

11/29/2022: \$6.00

Sunrise CART total **2022-2023: \$192.01**

Sign up for an Inspiration

Have something inspiring to share? Sign up for your day here:

<https://www.signupgenius.com/go/10c0c44a9aa2fabfac52-inspirations1>

Sponsor of the Month -- Colleen Castille

Colleen Castille is currently working as a commercial real estate advisor at NAI TALCOR, North Florida's premier commercial real estate firm. Her current focus includes and is not limited to selling conservation land, timberland and commercial hotel properties in North Florida.

Leveraging her two decades leading state government agencies, she provides her clients strategic business value for all their real estate transactions. Colleen has experience working with state, out-of-state and international clients looking to invest in North Florida.



A core part of her business, Colleen has expanded her network of business clients to include a significant number of hotel buyers and sellers.



Sunrise: tallahassee.sunriserotary.org

District: rotary6940.org

International: rotary.org