



# EYE OPENER

TALLAHASSEE SUNRISE ROTARY CLUB



January 20, 2023

## Meeting Speaker -- Dr. Larry Kubiak

The last few years have been extremely stressful for people worldwide due to the ramifications of COVID, inflation, war, etc.

Dr. Larry Kubiak, Immediate Past District Governor and board member of the Rotary Action Group for Mental Health Initiatives, has shared 20 solid strategies at two District Conferences and numerous virtual and in person Rotary Club meetings and will do so for Tallahassee Sunrise.



## 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

January 24:

Bill Reardon

January 31:

Dan Campbell

February 7:

Brittney Aucutt

February 14:

Stephanie Schwartz

## Two Ways To Give to Kids: Build Beds and Donate NEW Bedding

Please volunteer for our Sunrise Rotary Bed Build with Sleep in Heavenly Peace.

**Saturday, January 21**

- **Be there by 9 a.m.**, ready to build beds. We will build beds for 2-3 hours, then some volunteers will use their vehicles to deliver beds to the kids.
- Southern Flooring warehouse, **1940 Thomasville Road**, Tallahassee, FL 32303



We will build 15 bunk beds destined for homes in our community where 30 kids are in need. All construction supplies and tools will be provided. LOTS of volunteers (75!) are needed, so recruit a friend **and show up by 9 a.m. January 21**. Volunteers younger than 17 must be accompanied by an adult.

## Birthdays

**Stephen Caldwell**

January 28

**Meg Moneyham**

January 28

**Marsha Asbury-Turner**

February 1

**Terri Jackson**

February 6

**Tyler J. Huston**

February 6

**Danielle H Irwin**

February 7

**Kathy Reardon**

February 10

**Will you donate NEW bedding for these kids' beds?** Bring a twin-size Bed in a Bag (flat & fitted sheet, pillowcase, comforter & sham) and/or a NEW standard-size pillow. Both items are available (for ~\$40) at Target, WalMart and other local big-box stores. If you need someone to pick-up your bedding donation, contact Gale (850-228-1867, gale\_workman@hotmail.com).

If Sunrise Rotary collects more than 30 sets of bedding this month, we will save them for our second Bed Build in March.

The Rotary Club of Tallahassee Sunrise 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.

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## Rotarians Pack the Pantry for Rotary Scholarship House Residents



Residents at the Rotary Scholarship House thank Sunrise, Northside, and Tallahassee Rotary Clubs for generously Packing the Pantry with non-perishable food items for this semester. Stay tuned for our final Pack the Pantry event of this academic year. Champion Dan Nelson will announce the dates in February.

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## Serve with Sunrise: Weekly Update

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

**Mentoring Initiative for Rotary Scholarship House:** Champion



Betty Jensen invites all Women of Sunrise to our fun interactive Speed-Mentoring event with the residents on Friday, Jan. 27 at 3 p.m. Please bring a bag of cookies or chips to share with the residents during our event. 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. Sign up NOW for Jan. 24 and Jan. 31 at SignUp Genius <https://www.signupgenius.com/go/4090949a5ab2fa1fd0-meals1>

**Classroom Connection at Hartsfield Elementary:** Champion Colleen Castille will soon seek Sunrise volunteers to read to kindergarten students at Hartsfield. Each volunteer must be certified in advance (once each school year) by Leon County Schools. It takes just a few minutes to complete the online form. Please complete the form now, even if you think you might volunteer at Hartsfield OR Bond Elementary even one time this school year.  
<https://volunteers.leonschools.net/>

**Bond Elementary Partnership:** Champion Linda Nelson is seeking classroom volunteers for Bond Elementary. Each volunteer must be certified in advance (once each school year) by Leon County Schools. It takes just a few minutes to complete the online form: <https://volunteers.leonschools.net/> Once a Bond volunteer is certified, s/he will get an email from Mrs. Brenetta Lawrence, Bond's Volunteer Coordinator. Mrs. Lawrence will work with each volunteer to choose days/times and how you will assist a classroom teacher to help students with reading, math and other classroom activities.

**Bond Elementary** can use 10 six-foot white folding tables. Each table on the Bond's Amazon Gift List costs \$69.13 and can be shipped directly to Bond Elementary School – no shipping cost with Prime membership. When you checkout at Amazon, double-check that the Bond Elementary School/Principal DelShaunda Jackson gift registry address is selected. Your generosity provides students, teachers, parents and volunteers tables for learning together.  
<https://www.amazon.com/registries/custom/SX1T67PELLV/guest-view>

**Florida Department of Corrections Book Drive:** Champions Stephanie Schwartz and Brad Janowski plan to collect books/media for FDC again in February 2023.

**Rotary Scholarship House Pack the Pantry:** Champion Dan Nelson says to stay tuned for our next Pack the Pantry donation opportunity – coming February 2023.

**Boystown Birthday Buddies:** Champion Dee Wellman thanks 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.

**Ramp Build (Spring 2023):** Champion Pam Doffek. Stay tuned to learn when Sunrise will partner with FL Cares Inc. to build a ramp to provide a local resident

safety, mobility and freedom.

**Camp Jam** (April 8, 2023): Champion Brett Wellman. Mark your calendar now for Saturday, April 8, to rock Camp Jam, our Sunrise fundraiser in memory of Fred Addonizio to support Rotary Youth Camp.

**Rotary Youth Camp** (July 30, 6 p.m. CT) Champion Palmer Williams. Serve dinner and entertain campers and counselors on a Sunday afternoon at the Camp in DeFuniak Springs. Mark your calendar now and plan to spend the day filling your heart with joy.

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## 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.

**1/17/2023: \$10.00**

Sunrise CART total **2022-2023: \$261.01**

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## Sign up for an Inspiration

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

[https://www.signupgenius.com/go/10c0c44a9aa2fabfac52-inspirations2#/  
/](https://www.signupgenius.com/go/10c0c44a9aa2fabfac52-inspirations2#/)

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## Sponsor of the Month -- Brett Wellman

Brett Wellman has been performing music since he was 5 years old, beginning on violin and starting guitar at age 18.

His band, Brett Wellman & the Stone Cold Blues Band, has been together for almost 12 years.

Every Thursday, Brett hosts an open blues jam at Dreamland BBQ, where musicians of any age, skill level, or instrument can participate and learn to play with other musicians.



March will be 6 years of the jam! Join them, as a musician or in the audience, any Thursday from 6-8:30 p.m.



Sunrise: [tallahassee.sunriserotary.org](http://tallahassee.sunriserotary.org)

District: [rotary6940.org](http://rotary6940.org)

International: [rotary.org](http://rotary.org)