



# EYE OPENER

TALLAHASSEE SUNRISE ROTARY CLUB



January 6, 2023

## Meeting Speaker -- Allen Thompson

Allen Thompson restores and repairs fine antique furniture in Tallahassee. His Scots family, MacTavish, came to the American colonies in the late 1750s and arrived in Florida in time for the 1840 census. His family has been farming in Jefferson County and the town of Lloyd since that time.

He has attended school, but without effect, reading has shaped his thinking. He has managed bookstores and farmers markets. He says he likes animals but is not managed by one. He also says he takes photographs and sometimes they are in focus.

Allen believes that you can find your best success by understanding your skills and realizing how to refocus them as times change.



## Sunrise Celebrates Holidays and Raises Money for Local Nonprofits

### 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 10:  
Pam Doffek

January 17:  
Bo Schmitz

January 24:  
*Open*

January 31:  
*Open*

### Birthdays

Janis R. Brown  
January 11

Stephen Caldwell  
January 28

Meg Moneyham  
January 28

Marsha Asbury-Turner  
February 1



**Volunteers Needed NOW for Bed Build January 21**





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.

**Meals on Wheels** (delivery each Tuesday 10:15 am-noon in



January, March, May):  
Champion Melanie Quinton.

**Volunteer now for JANUARY**

**2023** at SignUp Genius: <https://www.signupgenius.com/go/4090949a5ab2fa1fd0-meals1>

**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.** 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.

**Rotary Scholarship House Pack the Pantry:** Champion Dan Nelson collected non-perishable food items for the Scholarship House in December. Northside and Tallahassee Rotary Clubs joined Sunrise to Pack the Pantry for residents when they return to campus in January. Stay tuned for our next Pack the Pantry donation opportunity in February 2023.

**Classroom Connection at Hartsfield Elementary:** Champion Colleen Castille delivered fruit to Sophia Perkins' kindergarten class in December. Stay tuned for opportunities to volunteer at Hartsfield in 2023.

**Ramp Build** (Spring 2023): Champion Pam Doffek

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

**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.

---

## 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



A Project of the Rotary Clubs of North America

each Sunrise meeting, you make a big difference.

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.

**12/20/2022: \$15.00**

Sunrise CART total **2022-2023: \$234.51**

---

## Sign up for an Inspiration

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

<https://www.signupgenius.com/go/10c0c44a9aa2fabfac52-inspirations2#/>

---

## 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)