



# EYE OPENER

TALLAHASSEE SUNRISE ROTARY CLUB



March 10, 2023

## Meeting Speaker – Warren Cave

Warren Cave is a 58-year-old family man, business owner, Executive Director of a Life Changing Non-Profit, Community leader and very faithful servant of God.

He says he has been blessed to survive after living a suicidal life for years.

He loves helping and assisting the less fortunate and taking part in making this world we live in much better!



## 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

March 14:  
George Seliga

March 21:  
*Open*

March 28:  
Tyler Huston

April 4:  
Allen DeWolf

## Sunrise Mentoring Initiative Partners with Meals on Wheels



## Birthdays

Lori L Swanson  
March 13

Drew Whitaker Jr.  
March 14

Dennis G. Miller  
March 14

Jennifer Rupert  
March 19

Dennis G. Fiorini D.C.  
March 20

Chad Sanders  
March 23

Lee Harvey  
March 29

Patricia D. Wellman  
March 31

Gale A. Workman  
April 5

Colleen M Castille

Betty Jensen and Zahra Brooks teamed up on March 7 to deliver Meals on Wheels. Zahra is a resident of the Rotary Scholarship House, where Sunrise facilitates a Mentoring Initiative. The Women of Sunrise will meet again with the student residents on Friday, **March 24, 3 p.m.** At the residents' request, attorney Elizabeth Ricci will present a program about law school and her career in law. Our Club's Mentoring Initiative will culminate in April with Sunrise awarding two \$500 scholarships to residents with outstanding service to Rotary.

## Sign Up for Bed Build 2

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Mark your calendar for **Saturday, April 1, 9 a.m. - 1 p.m.** Join Sunrise and friends when we partner with Sleep in Heavenly Peace for Bed Build No. 2 in the parking lot of Southern Flooring, 1940 Thomasville Road.

Join us to build 30 more beds destined for homes in our community where kids are in need. We need volunteers to construct the beds, and then to deliver/assemble the beds in local homes.

Get to the parking lot a few minutes early to enjoy the coffee and doughnuts provided. If you wish, bring twin-sized Bed in a Bags (flat, fitted sheets, pillowcase, comforter, sham) and/or pillows to donate.

We need a minimum of 15 teams of 2-3 volunteers to deliver and assemble the beds. Everything you need to do the job is provided. The beds and linens fit easily into a SUV, crossover, minivan or truck. Delivery occurs immediately following the Bed Build and should take approximately an hour.

We need LOTS of volunteers! This is a family-friendly service project. Volunteers younger than 17 must be accompanied by an adult; E-waivers will be provided for signature at the Bed Build.

Follow the SignUpGenius link below to register. Contact Champion Danielle Irwin with questions, 904-537-5013.

<https://www.signupgenius.com/go/10c0f4aaea82da6fb6-sunrise1#/>

## Serve with Sunrise: Weekly Update

How can you Serve With Sunrise? Read below for dates and links to our Club projects.



### **Boystown Birthday Buddies:**

Champion Dee Wellman seeks Birthday Buddies to celebrate May through July birthdays of seven teen-aged residents of Boystown. A Birthday Buddy buys a card, a cake, basic decorations, and one or more gifts from the child's list. The cost, including everything, is about \$125. The Birthday Buddy communicates with the group home leaders and delivers the goodies to the party. Click the link to Sign Up and get details on teens who need Birthday Buddies. <https://volunteersignup.org/KH88L>

**Classroom Connection at Hartsfield Elementary:** Champion Colleen Castille seeks volunteers to meet Thursday, April 6, 1:45-2:45 p.m., with kindergarten students at Hartsfield. We will help kindergarteners plant the school's butterfly garden. On Friday, May 5, 1:45-2:45 p.m., Sunrise volunteers are needed to help each student pot a plant to take home for Mother's Day. 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/>

**Rotary Scholarship House Pack the Pantry:** Champion Dan Nelson is collecting donations **NOW** to Pack the Pantry. The student residents' shopping list includes paper towels, toilet paper, toilet bowl cleaner, Lysol Powerfoam cleaner (or similar), Lysol all purpose cleaner (or similar), bleach, Pine Sol floor cleaner (or similar), Ziploc storage bags, foil, plastic wrap, coffee K-cups, pasta: variety – spaghetti, penne, bowties, etc., pasta sauce – variety, olive oil, individual chip bags, granola bars, salad dressings – variety, peanut butter, jelly, Ramen noodles - shrimp, chicken. You may bring your donations to Sunrise on Tuesdays or contact Dan for pick-up, 850-321-2486.

**Florida Department of Corrections April Book Drive:** Champion Stephanie Schwartz asks Rotarians to donate at least one used book, DVD or CD for libraries in Florida's state prisons. Bring your books/DVDs/CDs to Sunrise any Tuesday. The donations will be delivered to DOC in April.

**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. NEW LOCATION: Dreamland BBQ!

**Meals on Wheels** (delivery Tuesday 10:15 am-noon Tuesdays in May and July): Champion Melanie Quinton asks you to sign up NOW at SignUp Genius <https://www.signupgenius.com/go/4090949a5ab2fa1fd0-meals1>



**4th Annual Bowling FUNrai\$er** (Sunday, June 11, 2023, 4-6 p.m.) Co-Champions Stuart Chandronnet and Scott McLuckie will – new this year -- seek sponsors to buy lanes and refreshments for kids in youth organizations to bowl at our event. Mark your calendar and stay tuned for registration details!

**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.

**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.

**Ramp Build** (October 28, 2023): Champion Pam Doffek. Sunrise will partner with FL Cares Inc. to build a ramp to provide a local resident safety, mobility and freedom.

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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.

**3/7/2023: \$17.50**

Sunrise CART total **2022-2023: \$326.51**

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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#/>

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## Sponsor of the Month: Debbi Keck – Florida Floors



Carpetland and I came to Tallahassee in September of 1992. When we partnered with Shaw Industries, a Warren Buffet company as well as the largest flooring maker in the country, we were required to change our name. That is when Florida Floors was born. We do residential as well as commercial jobs and we have a staff of designers to help you create a warm and inviting home. My partner Christina Powers and I took over the business in 2016. We have a large selection of all things floors as well as tile for bathroom walls and showers and kitchen backsplashes. Our partnership enables us to offer excellent pricing to our Tallahassee customers.

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

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

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