



EYE OPENER

TALLAHASSEE SUNRISE ROTARY CLUB



March 17, 2023

Meeting Speaker – Greg Seamon

Greg Seamon has been involved in prescribed fire and wildfire for the past 43 years, working primarily in the Southeast. Greg was a founding member of the North Florida Prescribed Fire Council and continues on the steering committee.

He was responsible for organizing the first three Prescribed Fire Media Academies in north Florida and serves on the Council's Fire Festival committee.

Greg pioneered research and application of sandhill community restoration in the Florida panhandle. He is author or co-author of a number of scientific articles on restoration.

He has a B.A in Zoology from Miami University. When not involved with fire, Greg spends his time playing the blues on his harmonica at Dreamland Barbecue in Tallahassee.



Sign Up for Bed Build 2

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 21:
Open

March 28:
Tyler Huston

April 4:
Allen DeWolf

April 11:
Open

Birthdays

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
April 9



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.



Mentoring Initiative at the Rotary Scholarship House:

Champion Betty Jensen invites the Women of Sunrise to meet with 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. Also ... mark your calendar for our **Friday, April 7 meeting, 3 p.m.**, which will be our last program meeting this academic year. Our Club's Mentoring Initiative for this year will culminate in mid-April with Sunrise awarding two \$500 scholarships to residents with outstanding service to Rotary.

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. Volunteers will help kindergarteners plant the school's butterfly garden. Then ... on Friday, May 5, 1:45-2:45 p.m., Sunrise volunteers are needed to help each student pot a plant a plant to take home for Mother's Day. A 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/>

Camp Jam 2023: Champion Brett Wellman. Mark your calendar now for Saturday, April 8, 1-4 p.m. at Dreamland BBQ, to rock Camp Jam, our Sunrise fundraiser in memory of Fred Addonizio to support Rotary Youth Camp.

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.

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, 4-6 p.m., Capital Lanes) 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. A Registration Form is printed in this newsletter. You may pay by check or PayPal. Instructions are at the bottom of the [Registration Form](#).

Bond Elementary Partnership: Champion Linda Nelson will soon distribute the Wishlist for small gifts/rewards to be delivered to Bond during Teacher Appreciation Week, which is in early May. Sunrise Rotarians can select items from the Wishlist to donate to Bond teachers.

Boystown Birthday Buddies: Champion Dee Wellman thanks Rotarians who volunteered to be Birthday Buddies May through July. 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.

Rotary Scholarship House Pack the Pantry: Champion Dan Nelson thanks

Rotarians for donating generously this year to Pack the Pantry. Sunrise will collect supplies again in September to Pack the Pantry for Back to School.

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.

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.

3/14/2023: \$10.00

Sunrise CART total **2022-2023: \$336.51**

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:
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.



Sunrise: tallahassee.sunriserotary.org

District: rotary6940.org

International: rotary.org