



EYE OPENER

TALLAHASSEE SUNRISE ROTARY CLUB



March 24, 2023

Please Note: Venue Change for Tuesday!

We are meeting this week at Capital City Country Club (1601 Golf Terrace Drive)

Since we have a venue change, please RSVP so we can get an accurate head count for the yummy eats (even if you are only drinking coffee!)

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

Meeting Speaker – Stephen Ponder

Stephen Ponder is the president and CEO of Seminole Boosters. His 32-year career in the industry includes time leading the ultra-successful Forward Together Campaign at Ole Miss that surpassed its \$150 million goal by \$20 million while serving as Senior Executive Associate Athletics Director from 2012-16 and Deputy Athletics Director in 2016-17.



He also was responsible for oversight and project management on a \$100 million football facilities improvement project, a \$95 million basketball facility project as well as a baseball and a varsity sport facility.

A 1989 graduate of NC State, Ponder worked for the Wolfpack from 1991-2006 rising to Associate Athletic Director and Associate Executive Director of the Wolfpack Club. Among his many accomplishments at NC State was securing \$55 million for the expansion of the football stadium and \$65 million to build a new basketball arena.

Prior to joining the Seminole Boosters staff, Ponder was with Balch Sports where he worked with high-level collegiate coaches and served as a consultant to intercollegiate athletic programs.

Stephen and his wife Sloane have been married for 26 years and have two sons, Stetson and Stratton. Stetson is a junior at the University of Alabama studying Finance and Chinese. Stratton recently graduated from Florida High in Tallahassee and will be attending Mississippi College where he plans to play basketball.

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 28:

Tyler Huston

April 4:

Allen DeWolf

April 11:

Open

April 18:

Danny Shrine

Birthdays

Lee Harvey

March 29

Patricia D. Wellman

March 31

Gale A. Workman

April 5

Colleen M Castille

April 9

Dave Fiore

April 19

Meals on Wheels Volunteers Needed



We need a volunteer for next week's MOWs!!! Can someone swing it?? Say yes!!!!!!

Also, lots of spots in May! Grab your spot today!! Thank you!

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

Sign Up for Bed Build 2



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

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



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 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/>

Mentoring Initiative at the Rotary Scholarship House: Champion Betty Jensen invites the Women of Sunrise to meet with student residents on 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.

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.

Bond Elementary Partnership: Champion Linda Nelson asks Rotarians to plan to shop the Teacher Appreciation 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. Linda will publish the Wishlist soon.

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](#).

Florida Department of Corrections April Book Drive: Champion Stephanie Schwartz thanks everyone who donated media to our prison book drives this year.

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.

3/21/2023: \$1.50

Sunrise CART total **2022-2023: \$338.01**

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