



# EYE OPENER

TALLAHASSEE SUNRISE ROTARY CLUB



March 3, 2023

## Meeting Speaker -- Aubrey Upshur

Aubrey Upshur is from Philadelphia, Pennsylvania and moved to Tallahassee when he enrolled at Florida A&M University in 2010.

He began working for ABC Fine Wine & Spirits in 2014, and has been a Sales Consultant since 2015.

In 2022, he passed the Wine & Spirits Education Trust Level 2 Wine Exam with Distinction, and he is currently working on passing Level 3.



## Sunrise Mentors at Rotary Scholarship House

### 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 7:

*Open*

March 14:

George Seliga

March 21:

*Open*

March 28:

*Open*

???????

### Birthdays

**Carlos Aulet**

March 3

**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



One of the service projects the Rotary Club of Tallahassee Sunrise is very proud of is the Mentoring Initiative with the resident women of the Rotary Scholarship House. The Rotary House is one of the rent-free and cooperative living houses with the Southern Scholarship Foundation in Tallahassee.

At the suggestion of Club Service Chair Gale Workman, Rotarian Betty Jensen spearheaded this initiative and added a service scholarship component to this program, which was approved by the Sunrise Rotary Board.

During a meeting Betty had with all 20 residents September 2022, the residents learned about the Four Way Test and what Rotary does for our communities and for the world. This brought more meaning to the history behind the Rotary House they occupy. Also at that time, Betty presented the service scholarship criteria, encouraging them to participate in events and volunteer activities of Tallahassee Sunrise Rotary Club or any other Rotary Club in Tallahassee.

One of the goals of the Mentoring Initiative is to involve the women of Sunrise in the monthly programming at the House. The residents have identified the programs topics: Money Management, Networking, and getting into Graduate Programs.

Getting to know these residents has been a great joy for Sunrise Rotarians, and friendships have developed that will continue to flourish during next academic year.

The culmination of this year's activities will be the awarding of \$500 to two resident students who have attended at least two Rotary meetings, have completed 20 volunteer hours of service, and have at least a 3.0 GPA.

## 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#/>

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**Serve with Sunrise: Weekly Update**



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



**Classroom Connection at Hartsfield Elementary:**

Champion Colleen Castille seeks volunteers to meet

**Friday, March 3, 1:45-2:45**

**p.m.**, with kindergarten students at Hartsfield. We will chaperone the students during the Tallahassee Museum's demonstration with Birds of Prey. On **Friday, April 14 and May 5, 1:45-2:45 p.m.**, volunteers are needed to read to kindergarten students. 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/>

**Meals on Wheels** (delivery Tuesday 10:15 am-noon March 14, and all Tuesdays in May and July): Champion Melanie Quinton asks you to sign up NOW at SignUp Genius <https://www.signupgenius.com/go/4090949a5ab2fa1fd0-meals1>

**Mentoring Initiative for Rotary Scholarship House:** Champion Betty Jensen and the Women of Sunrise will meet again with the student residents Friday, March 24, 3 p.m. 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.

**Rotary Scholarship House Pack the Pantry:** Champion Dan Nelson is collecting donations NOW to Pack the Panty. 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:** Champions Stephanie Schwartz and Brad Janowski ask 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.

**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.

**Boystown Birthday Buddies:** Champion Dee Wellman will announce when you can volunteer to be a Birthday Buddy. 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.

**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!

**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!

**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.

**2/28/2023: \$13**

Sunrise CART total **2022-2023: \$309.01**

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## Sign up for an Inspiration

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

## Sponsor of the Month Debbi Keck -- Floorida Floors



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

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

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