



# EYE OPENER

TALLAHASSEE SUNRISE ROTARY CLUB



September 16, 2022

## Meeting Speakers -- Tank and Sarah Ackerman

Tank and Sarah Ackerman are Certified Marriage Instructors for Live the Life, a relationship education organization headquartered in Tallahassee, Florida. The Ackermans teach Adventures in Marriage; a fun, interactive, skills-based curriculum deemed the most effective marriage program in America by the FSU Center for Prevention Research.



Tank and Sarah share an unwavering passion for strengthening marriages and families. As a former athlete and personal trainer, Tank volunteers as a middle school head basketball coach while Sarah continues to enjoy her 20-year career in broadcasting as the TV Host for MomsEveryday. Married almost 18 years, this dynamic duo treasures their most important job, raising their four children.

## Sunrise Fights Hunger Among Schoolchildren

### 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

Sept. 20:  
Rick Owen

Sept. 27:  
Gary Ware

Oct. 4:  
Allen DeWolf

### Birthdays

Stephanie J Schwartz  
October 1

Beth Tedio  
October 4

Daniel N. Shrine  
October 18

Doug Fisher  
October 25



Sunrise Rotarians joined hundreds of community volunteers at the Fairgrounds for two hours on September 10 to pack food for Hunger Fight's Feed the Backpacks program. <https://hungerfight.org/programs/#feed-the-backpacks>

Service Project Champion Melanie Quinton brought her sons; Brittney Aucutt brought her son and a friend; Betty Jensen brought an international student; and Gale Workman brought her neighbor – 10 volunteers from Sunrise!

Feed the Backpacks provides weekend nutrition for children enrolled in the Federal Free and Reduced Meal Plan at School. The four-serving, nutritionally balanced meals provide the nutrition needed for a child to return to school ready to learn.

---

**Everyone Get Rolling!  
Register for Bowling FUNrai\$er**

---



Register now for Sunrise Rotary's Third Annual Bowling FUNrai\$er. Our family-friendly event is Sunday, September 18, Capital Lanes, 4-6 p.m. All proceeds support local service projects.

For \$200, you may reserve a lane for yourself and up to 5 others; family, friends, and co-workers are all welcome. Individual bowlers may register for \$50/pp and will be assigned to lane with other individual bowlers.

Register now

- by completing the registration form and mailing it with your check to the address at the bottom of the form OR
- hand-delivering your completed form and check to Project Champions Stephen Caldwell or Stuart Chandronnet at a Sunrise meeting OR
- completing and mailing the registration form THEN paying with your debit or credit card at our Sunrise Rotary PayPal link below. When clicking on the link please select the option send to make your payment.  
<https://www.paypal.me/sunrise956>

[Download Registration Form](#)

---

## Serve With Sunrise: Weekly Update

Watch this space in the EyeOpener each week to see how you can Serve With Sunrise.

**THERE'S STILL TIME TO ROLL AT the Bowling**

**FUNrai\$er** Sunday, Sept. 18:

Champions Stephen

Caldwell/Stuart Chandronnet, Capital Lanes, 4-6 p.m. \$200/lane or \$50 for

individual bowler to be assigned to a lane. You may register and pay at the door



Sunday. Also ... 50/50 Raffle Tickets (suggested donation \$10 cash) for sale. Winning ticket to be drawn Sept. 18, 5:45 p.m. at Capital Lanes.

**Mentoring Initiative for Rotary Scholarship House:** Champion Betty Jensen to promote and implement mentoring relationships between Sunrise members and Scholarship House student-residents. Betty introduced the new Student-Resident House Liaison, Sahari Walker, to Sunrise on Sept. 13. Betty will meet all the student-residents Sept. 18, when she attends the Scholarship House Resident Meeting. Stay tuned to learn how YOU can mentor one of the 20 student-residents at the Rotary Scholarship House.

**Walk to End Alzheimer's** Nov. 12: Co-Champions Rick Owen and CJ Aulet. Details and Donations at [https://act.alz.org/site/TR/Walk2022/FL-CentralandNorthFlorida?team\\_id=728650&pg=team&fr\\_id=15473](https://act.alz.org/site/TR/Walk2022/FL-CentralandNorthFlorida?team_id=728650&pg=team&fr_id=15473)

**Meals on Wheels** (delivery Tuesdays 10:15 am-noon in November, January, March, May): Champion Melanie Quinton. Volunteer now for November and 2023 at SignUp Genius <https://www.signupgenius.com/go/4090949a5ab2fa1fd0-meals1>

**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.

**Rotary Scholarship House:** Champion Dan Nelson. Sunrise hosts a Pizza Party to Pack the Pantry once each semester. This year, Rotarians will have the opportunity to visit the House and residents to deliver the Pack the Pantry items.

**Boystown Birthday Buddies:** Champion Dee Wellman, our liaison with Boystown, to recruit a Sunrise Rotarian to celebrate the birthday of a resident as needed.

**Florida Department of Corrections Book Drive:** Champion Stephanie Schwartz. This is a new project for Sunrise, but the second year the FDOC has collected books/media for prison libraries statewide.

**Red Kettle Bell Ringers** Dec. 5-6: Champion Christopher Campbell, Publix Village Square

**Classroom Connection** Champion Colleen Castille, partnership with Tallahassee Chamber to support the Hartsfield Elementary kindergarten classroom of Teacher Sophia Perkins.

**Sleep in Heavenly Peace Bed Build** (District Grant) Champion Danielle Irwin. 2023 Sunrise Bed Builds scheduled on Jan. 21 and March 18.

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

---

## 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.

**8/9/2022: \$3.00**

Sunrise CART total **2022-2023: \$77.28**

---

## Save the Date - Walk to End Alzheimer's 2022



---

## Sign up for an Inspiration

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

<https://www.signupgenius.com/go/10c0c44a9aa2fabfac52-inspirations1>

---



Sunrise: [tallahasseesunriserotary.org](http://tallahasseesunriserotary.org)

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

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