



Please enjoy this edition of the Sunrise Rotary Club newsletter. Sunrise Rotary is an active club of about 70 members who take pride in our community. Through our service projects and fellowship, we are changing lives and making a positive difference. If you would like to subscribe a friend to our newsletter, please send their [email to Dorothy Zimmerman](#) and we will add their name.



This Week: Rick Stabb--Tyler's Hope for a Dystonia Cure



Tyler's Hope Foundation was established to advance research for a cure, discover effective treatments and to promote awareness and education of DYT1 Dystonia. Dystonia is a movement disorder that causes the muscles to contract involuntarily. This can cause repetitive or twisting movements.

The condition can affect one part of your body (focal dystonia), two or more adjacent parts (segmental dystonia), or all parts of your body (general dystonia). The muscle spasms can range from mild to severe. They may be painful, and they can interfere with your performance of daily tasks.

There's no cure for dystonia, but medications and therapy can improve symptoms. Surgery is sometimes used to disable or regulate nerves or certain brain regions in people with severe

dystonia.

Speakers

March 14, 2024

[Rick Staab and Heather Parker](#)

Tyler's Hope for a Dystonia Cure

March 21, 2024

[Ron and Dianne Farb and Greg Schultz](#)

Sharing stories and pictures from a recent trip to South America and Easter Island

March 28, 2024

[Dueling Pianos Fundraiser](#)

Last Week: Vulnerability in Aging

Wow. Last week, Trivia Master Bill wowed us all with his choices of fancy words regarding various kinds of phishing you might encounter. This writer would repeat them, but can't remember them other than the correct answer was B. Then, the words got bigger and longer: Novel Interventions; Intranasal Oxytocin (sounds good!); Interoceptive Training; Neurofeedback. However, overall, Dr. Ebner gave us a great presentation to let us know that the older you get, the more likely you are to get scammed. Your personal scam is just a click away. We also learned there is a part of the brain that may affect the rate of scamming. The smaller that part of the brain, the more likely you are to get scanned, particularly if you're an "older," old-person. Editor's note: no need to get an MRI to scan that brain part to see if you have a pea brain or not, just be careful what you click and how you respond to phone calls.

Events

March 13th

[Sunrise Board Meeting](#)

March 28th

[Dueling Pianos Club Fundraiser](#)

April 9th

[Gainesville Sunrise Weekly Club Meeting](#)

April 9th

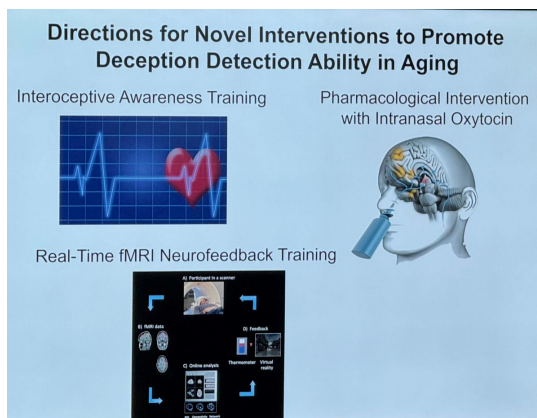
[Club Social](#)

April 27th

[Firefighter Appreciation Picnic](#)

June 12th

[Sunrise Board Transition Meeting](#)



Leonard T. Furlow, Jr.

By Dorothy Zimmerman

Sadly, we announce the passing of one of our club's charter members, Leonard Furlow. Leonard's family sent along this obituary, which was also published in the Gainesville Sun.

Many of us have our favorite memories of Leonard. He



memories of Leonard. He regularly attended meetings until just before Covid. He and his gracious wife Libby participated in many of our socials like our Valentine's breakfast, and outings to the community theater. A number of us attended Libby's funeral in 2018. I think the last time most of us saw Leonard was when he attended our club's 40th anniversary event in April, 2022.



This is not covered in the obituary, but Leonard and Libby were active supporters of UF and the Florida Museum of Natural History. When Libby died, Leonard made a generous gift to the museum to build the high-tech classroom in the new Thompson Earth Systems Institute. Here's a beautiful story about it: <https://www.uff.ufl.edu/your-impact/the-doctor-and-the-docent/>

Here's something else to know, and thank you, Dick Tarbox for bringing this to our attention. Leonard was featured in the Rotary magazine in July 2003 for his work on cleft palates. If you click on this picture, you will see the full size image.



Leonard's son John told me that the memorial service will be Friday, April 12, at 1 pm at First United Methodist Church in downtown Gainesville. He's still sorting out details with the church. Things are mostly in hand, he said, but if they need some help they will let us know. Dorothy

Dr. Leonard T Furlow, Jr. passed away peacefully in his home on February 26. He was 94 years old.

Dr. Furlow was born in Tampa on February 1, 1930, and lived in nearby Brooksville until he was 3, when his family moved to St. Louis, Mo. He graduated from John Burroughs High School in Saint Louis in 1948, after attending Coronado High School in San Diego and spending a semester at the New Mexico Military Institute during WWII. He could repair practically anything mechanical; he could barely use anything digital. He rebuilt the engine of his 1939 Buick convertible in the kitchen of his home in St. Louis, but his iPhone confounded him.

He graduated from Amherst College in 1952 and went to medical school at Washington University in St. Louis, graduating in 1956. Two weeks after his medical school graduation, he married Libby Truitt, which he said was the "best, most important thing I did in my life."

He had surgical residencies at the University of Virginia, University of North Carolina, and the University of Florida, and served as a doctor in the US Airforce in Japan. In the late 1960s, Dr. Furlow joined the faculty at UF in the fledgling plastic surgery program. He went into private practice after a few years, but remained very involved in the teaching programs at UF.

He is best known for his innovative approach to repairing cleft palates, a procedure now known as the "Furlow double opposing Z-plasty." He published over 50 articles, a dozen book chapters and gave over 200 presentations at medical meetings on cleft lip and palate repair as well as hand and foot surgeries and wound care. According to Dr Paul W. Black, a fellow plastic surgeon with similar interests, Dr. Furlow was likely the single most knowledgeable person in the world on the subject of cleft palate and associated deformities and problems.

Dr. Furlow retired from active surgical practice in 1989, but simultaneously began one of the most rewarding stages of his career. He began working with Interplast and other groups that performed surgeries in underprivileged countries. He made 55 trips to Honduras, Russia, Kenya, Venezuela and other places, repairing cleft lips and palates and teaching doctors in those countries to do the same. Libby joined him on most of those trips.

Leonard and Libby raised a daughter, Elizabeth Walton Furlow, and two sons, Leonard T. Furlow iii (Trey) and John William Furlow.

Leonard was predeceased by his wife and daughter. He is survived by his sons, his sister, Alma Stephenson, and his four granddaughters.

A memorial will be held at the First United Methodist Church in Gainesville on April 12.

In lieu of flowers, please make donations to the First United Methodist Church. <https://fumcgvn.org/ways-to-give>

Wild Game Feast 2024 is in the Books (or our tummies)

The Rotary Clubs of Gainesville's 2024 edition and 39th Annual Wild Game Feast will go down as an historic event. This was the first Wild Game Feast where the Feastmaster (the person in charge) came from a Rotary club other than

the Rotary Club of Gainesville. That honor (and big job) went to Rory Causseaux of the Sunrise Rotary Club. Rory did a fantastic job, and from the eyes of this roving reporter, the attendance and sponsor numbers may have been at an all-time high. We'll know more when the numbers are reported and how much is disclosed for the YouthBuild project, the recipient of this year's funding effort.

Sunrise members were seen in abundance supporting Rory and the WGF. This week, we'll use some general photos for this report and next week, we'll report on individual Sunrise members who were out and about at the feast.

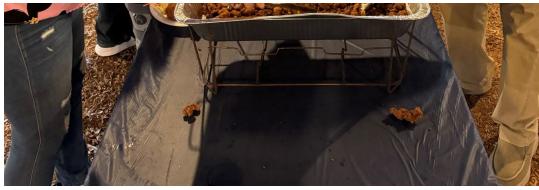


Rory Causseaux, Feastmaster, on the left in all his glory, had volunteers pointed in all directions, just like the new sign in the center of the feasting grounds. Congratulations, Rory!

This year's Wild Game Feast even had an orange shirt with a colorful logo, with the sponsors logos on the back, instead of the boring white shirts from the year's past. Note the Sunrise Rotary of Gainesville logo in the second row from the top, far left. Each ticket holder received a shirt as they entered.



Wild Game Feast
2024



There were two serving lines as well as many other serving stations for dessert and other goodies.



A close-up example of the excellent fare available for the feasters; in this case, quail.



Chuck Geiger and Randy Robinson were two of the many cooks who served often unrecognized efforts to cook the great fare that everyone enjoyed. Cook on, fellas!

Helping Food Insecure Families

Nine Sunrise Rotarians helped out at the Bread of the Mighty Food Bank last Saturday morning from 10-12 noon. We joined about 30 other volunteers, including kids and their parents, and other groups such as a ladies walking group. The Bread of the Mighty is now a member of a larger network of food banks, with headquarters in Jacksonville. The Bread of the Mighty handles over nine million pounds of food a year, or about 20,000 pounds per day. That's a lot of food kept out of the landfill and placed into the homes and mouths of individuals and families that really need the food.





No, it's not all bananas. We started with all kinds of foods in bulk in banana boxes.



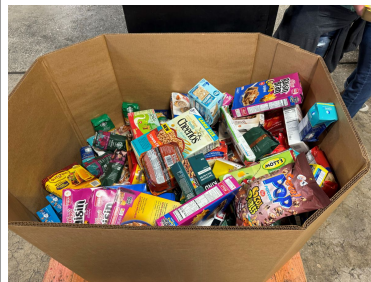
Some of us sorted the bulk foods into big boxes of soft foods (in soft containers), hard foods (canned), drinks, non-foods, etc. Chuck checks "best used by" dates. For cans, up to 12 months past is okay; for soft foods, only six months past is kept.



Triva Master Bill was caught thinking about how he could ask a Triva question about the "best used by" date on the can.



Becky and Bill sorting. TM Bill did a good job of stacking the empty boxes after sorting.



A bin containing sorted soft foods.



In another area, our members further sorted the foods into smaller boxes of like foods for final distribution. Laraine and Mitzi sorting away.



A Good Time Was Had By All.





Frank, Dan and Mike, looking a bit confused, but also doing the final sort.



The finished product is ready for distribution to the agencies in the four-county area.

Where was Francois Last Week?

Instead of having breakfast at the Hilton, he was skiing the Swiss Alps, to be specific, at The Rinerhorn, a ski resort in Davos, Switzerland. After it snowed all day, the day before these photos were taken, Francois is shown in a picture book setting with no people on the trails and fabulous snow under a deep blue sky! Let's hope Francois did not get lost, since there was no one around to ask for directions.



Phil Kabler and Jekyll Island Rotarians



Phil Kabler was in Jekyll Island this past weekend and linked up with some Rotarians from Jekyll Island.

Join Us

Gainesville Sunrise
Meets at Hilton University of Florida Conference Center Gainesville
1714 SW 34th Street
Gainesville, FL 32607
Time: Thursday at 07:00 AM



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