



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's Speaker--Liam McClay

Monday, May 15, 2023



Liam McClay is the Associate Vice President, Governmental Affairs and Facilities Services at Santa Fe College. He will give us an update on current activities at Santa Fe College.

### Speakers

**May 18, 2023**

[Liam McClay](#)  
Santa Fe College  
Update

**May 25, 2023**

[Joe Walker](#)  
Virtual Design  
Technology in  
Construction

**June 01, 2023**

[Coach Todd Golden](#)  
(Tentative)  
Gator Men's  
Basketball

**June 08, 2023**

[Bryan Thomas](#)  
Newberry Planning  
and Economic  
Development

### Events

May 27th

[2023 Rotary  
International  
Convention](#)

## Feastmaster Rory Now Official

Monday, May 15, 2023

The big reveal was completed last week when 2023 Wild Game Feast Feastmaster Jon Thomas passed the spatula to our own Rory Causseaux, who is now the official Feastmaster for the 2024 Rotary Clubs of Alachua County Wild Game Feast. Bobbie Robinson presented Rory with a hat, a vest and lots of critters in case we come up a bit short in food donations next year. Or perhaps, Rory has just returned from a hunting expedition with some of his Eastern European friends. This marks a milestone for Sunrise Rotary since this is the first year that the Feastmaster is from a Rotary Club other than the Rotary Club of Gainesville. Sunrise Rotary members will need to step up in a big way to help Rory out with this huge task.



## Science Night at Rawlings Elementary

By Leslie W. Wooten on Monday, May 15, 2023



Reminder of the Science Night at Rawlings Elementary School on Wednesday May 24th in conjunction with the Florida Museum of Natural History. **We still need 4 volunteers to help with the event.**

Please arrive by 5:15 PM to help the Museum staff unload and set up the event. The school address is 3500 NE 5th Street, Gainesville, FL 32609. Activities will end at 7:30pm and we'll

There will be 11 science 'stations' set up in the school cafetorium. Each station will have hands-on activities, and students will get a chance to meet scientists and explore different scientific concepts related to Florida natural history. Examples include: building tools that Florida Museum scientists use, like a bug aspirator, learning about flight and sounds in nature with hoop gliders and sandwich kazooos, and many more. One of the stations will be our own Rick Medina teaching about fossils from his own personal collection.

The students will each have a pre-printed passport card to use during the event that will be hole punched as they complete each station. Once students complete all stations, passports will be collected for a raffle for a free family pass to the butterfly rainforest and some museum swag. And pizza dinner will be served.

Any questions, please text Leslie Wooten at 352•284•0200 or mail at [lwwooten242@gmail.com](mailto:lwwooten242@gmail.com).

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## Coach Hoche Gives Us Tips for How to Get and Stay Motivated

By Dorothy Zimmerman on Monday, May 15, 2023

For those of us lucky enough to attend the recent meeting featuring Mark Hocke, the Gator football director of strength and conditioning, his words about motivation and mindset inspired us to become better versions of ourselves. Which, he says, is what drives him -- helping others become the best version of themselves.

Mark explained the three principles that have guided him in his journey from the unpaid trenches of coaching to success with Coach Billy Napier at UF -- vision, or knowing what you want, discipline and passion. When he's recruiting and developing athletes here, he returns time and again to those three basics.



He also left us with a tip for persevering in the midst of challenge or failure. "Everything that happens to me happens to my advantage, I tell myself," he said. "Thinking that way makes you resilient, and helps you see that every day is a gift."

As some of you may know, Coach Hocke filled in the speaker's spot at the last minute for Coach Todd Golden, who was called away on a recruiting trip. We are so grateful, Coach, for taking time from your very busy schedule to share your motivational insights, and inspire us to foster the ideals of service and purpose that are hallmarks of Rotary.

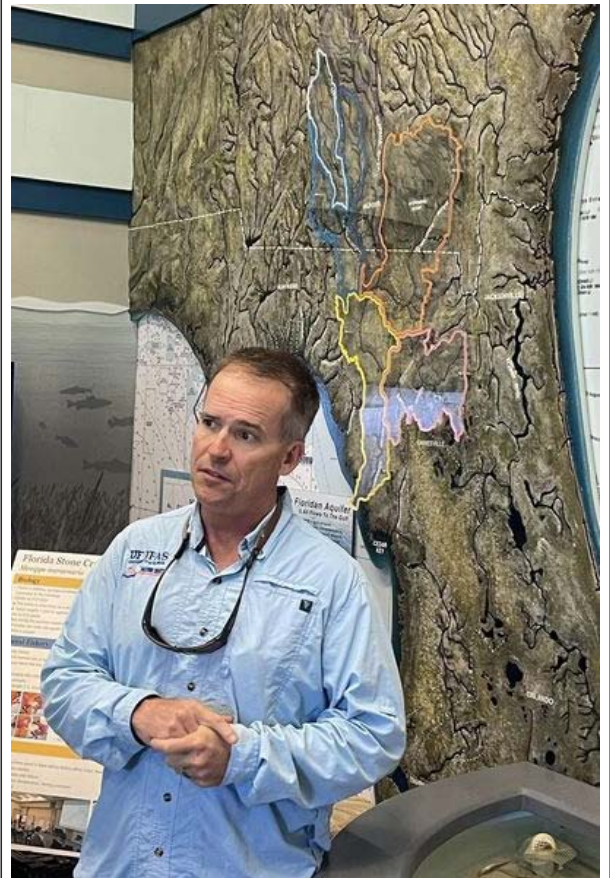
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## Cedar Key Weekend 2023--Saturday Program Beginning

Sunday, May 7, 2023

Gainesville Sunrise Rotary started on a beautiful day in Cedar Key at the Nature Coast Biological Station with a welcome by Mike Allen, Station Director. Mike briefed us on the work of scientists and educators to determine and inform about the impacts of drainage from the Suwannee Valley and River on the Suwannee estuary and Cedar Key. Leslie Sturmer, UF/IFAS Statewide Aquaculture Extension Specialist and Queen of Clamlot (Cedar Key), gave a great talk on the development of the clam farming industry in Cedar Key and how it operates, from clam seed to the consumer's mouth. Jim Cato gave a presentation on Florida's fishing industries and the impacts that have affected them, especially in Cedar Key. Continued.....



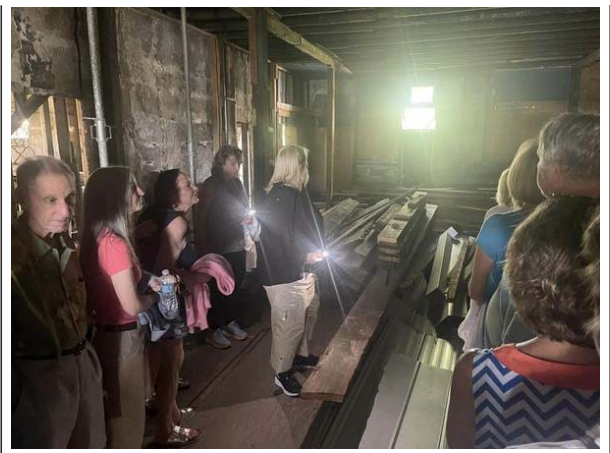


## Cedar Key Weekend 2023--Saturday Program End

Sunday, May 7, 2023

..... Continued from earlier post. Two activities ended the morning for Gainesville Sunrise Rotary in Cedar Key. Mendy Allen talked about the Carmen Project which is being conducted by Mendy and Caryn on behalf of their Pelican Realty and Pelican Vacation Rentals. They are restoring a number of 1880s buildings on Second Street into commercial, retail and rental accommodations. They are keeping them as historic as possible and reusing as much of the wood as possible. They then led the group on a tour of their progress, starting with the old L&M Bar (several Sunrisers had been there long ago) and ending with the Lutterloh Building, now the Mercantile, where several Sunrisers led the way to the cash registers. We finished with lunch at Duncan's on the Gulf.





## Sunrise Service Above Self Award

Monday, May 8, 2023



President-elect Sherry Houston is calling for nominations for the club's Service Above Self Award. There can be one nomination per member, and nominations are due to Sherry by May 31, 2023. They can be handed to Sherry at a meeting, emailed to [shouston@rmhcnf.org](mailto:shouston@rmhcnf.org) or sent by text to 352.256.4951. The Sunrise Board will consider the nominations and the person selected will be named at the Transition Dinner on June 21. The nomination form and details are at this link. If you have questions, please call or email President-elect Sherry.

<https://www.dacdb.com/Rotary/Accounts/6970/Club/4363/Service%20Above%20Self%20Nomination%20Form.docx>

## Sprangers Headed Home

By Mike Spranger on Monday, May 15, 2023

Mike and Karen Spranger spent their last day in Ecuador with a layover day at the San José de Puenbo Hotel. We walked with the llamas in the morning and celebrated Mother's Day brunch with 400+ new Ecuadorian friends. Great food, fine people and wonderful dancing music by the Tres Amigos. This was a nice ending to three weeks exploring historic Quito, the Galápagos Islands, the Amazon jungle, and the raincloud forest, along with unexpected side adventures. For the brunch, I asked if they had an accordion to see if I could play along with the Amigos. Fortunately, they said nada. I should be back in Gainesville at Rotary in two weeks.





## Becky and Jim Cato in Oklahoma City

Monday, May 15, 2023

Becky and Jim Cato spent last Thursday-Saturday attending the 2023 USA Developmental Program Gymnastics National Championships. Grandson Thomas competed in the 17-year-old age group as part of the Texas Dreams Gym from Coppell, Texas. Thomas was part of the Region 3 Team which placed first among 9 regions of the US in team competitions. In individual competitions, Thomas earned five medals. He came in 2nd in Floor, T8th in Rings, 5th in Parallel Bars, 6th in High Bar and 6th in All-Around, in the nation. A total of 1,500 men and women gymnasts competed from 14-19 years old. There were 100+ competitors that qualified for the national competition in Thomas' 17-year-old age group.



## CDS Groundbreaking For New Youth Shelter

By Darleen Morgan on Monday, May 15, 2023

Darleen Morgan reports on the groundbreaking for the new CDS interface youth shelter here in Alachua County. This was a significant event for Alachua County and CDS Family & Behavioral Health Services, Inc., where member Phil Kabler is Chief Executive Officer.





## 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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