



Next meeting:

April 29th

Zoom Meeting

With a special surprise - so tune in find out

Board 2019-2020:

President:

Peter Cracknell

Past President:

Cliff Leckning

Secretary:

Peter Richards

Treasurer:

Greg Sharman

Directors:

Community Service:

Ross Augustine

Finance &

Fundraising:

Shane Thomas

Youth, International &

Vocational:

John Albery

Membership:

Bob Smith

Club Service:

Mark Rees

President's Report:

Another week rolls on and there are some very encouraging signs in terms of the Covid-19 response here in Australia, but still some way to go.

There are some very important elements to our federal and state government responses which has already achieved some very positive responses, not the least of which are policies of social distancing, testing and contact tracing. As thoughts move towards a progressive re-opening of affected sections of our economy in the future, contact tracing becomes even more important than ever.

The government's latest initiative, the COVIDSafe app is a vital part of that strategy. By downloading this app to our smartphone, we are enabling this important next step in the battle to get business back open, people back at work, supporting frontline medical workers and opening the amount of social contact we all can have – and yes, in time, getting back to being a proper functioning Rotary Club.

I really hope we are all feeling comfortable about downloading the App and encouraging others to do likewise. Unless you are in final stages of planning a major crime spree, I can't imagine any reason for not getting on board with this initiative.

See you Wednesday 7.45am for our Rotary catch up Zoom meeting. This week there will be a special activity. Please have pen and paper ready!

Best wishes,

Peter



The COVIDSafe app is part of our work to slow the spread of [COVID-19](#). Having confidence we can find and contain outbreaks quickly will mean governments can ease restrictions while still keeping Australians safe.

The new COVIDSafe app is completely voluntary. Downloading the app is something you can do to protect you, your family and friends and save the lives of other Australians. The more Australians connect to the COVIDSafe app, the quicker we can find the virus.

For detailed questions and answers about this app, see our [COVIDSafe app FAQs](#).

Website: www.rotaryfrankstonsunrise.org.au

Facebook: www.facebook.com/rotaryfrankstonsunrise

Birthdays & anniversaries this month:

19/04/1968

Sarah Sharman

25/04/1989

Robert Maitz 31

26/04/1956

Shane Thomas 64

26/04/1962

Greg Sharman 58

In this space:

During this time of social distancing, people have more time to catch-up on reading and other media. If you've found a great book or poem, Television program or movie, please share your experience.

Best and most Legible will be placed here in upcoming weeks.

Coming Events/Save the Date!:

Postponed

Noel Bowman Memorial Golf Day
- Eagle Ridge GC

Cancelled

Rotary at the Football

Cancelled

Car Rally

Cancelled for 2020, stay tuned for 2021 date!

Children of Ghana Charity Ball
Mornington Race Course
Tickets: \$149 per head
Looking for sponsors, donations and full club attendance

Sunday 26 August, 2020

Bunnings BBQ

Sunday Oct 18th, 2020

2nd Treadmill Challenge

Saturday 28 November, 2020

Bunnings BBQ

Rotary's 4 Way Test:

1. Is it the TRUTH?

2. Is it FAIR to all concerned?

3. Will it build GOODWILL & BETTER FRIENDSHIPS?

4. Will it be BENEFICIAL to all concerned?

12 Hour Treadmill Challenge

Rotary Frankston Sunrise

12 HR TREADMILL CHALLENGE



@rotaryfrankstonsunrise
@corehealthclubs



A team
challenge
supporting
Very Special
Kids

8am to 8pm
Sunday 18th October 2020
Core24 Health Clubs
313 Nepean Hwy, Frankston



Supporter
Event

Core24
HEALTH CLUBS

Rotary
Frankston Sunrise



12 Hour Treadmill Challenge Cont.



For more information or to register, call Mark on 0411 519 560 or email mark@mrevents.com.au

Steps to success



1. Commit to the challenge

Secure your treadmill by registering a team. The Corporate sponsorship of \$1,000 covers the cost of the event, which means that 100% of your team's fundraising efforts will go directly to helping children in 24 hour care at Very Special Kids Hospice.



2. Choose your fearless leader

The Team Captain will work closely with Rotary Frankston Sunrise and take charge of your teams' activities to guide the group towards the team fundraising goal.



3. Build your team of Participants

With 30 minute time slots to fill over the 12 hours, a team of up to 24 fundraising foot soldiers will help complete the challenge. Walking is an option for those who prefer a steadier pace.



4. Enlist the support of family and friends

Participants should ask for sponsors to help reach your fundraising goal. Set up your own personal online fundraising page at <https://vsk.grassrootz.com/rotary-frankston-sunrise-12-hr-treadmill-challenge> and share with family and friends on social media and with peer networks.



5. Enjoy the event

Run or walk with your heart and celebrate in the camaraderie with like-minded people who are all taking on the challenge to raise funds for children with life-threatening conditions.

All teams receive 4 x 1 Month All Club Team Training Memberships valued at \$199 to help you prepare for the challenge*



Supporter
Event

Core24
HEALTH CLUBS

*1mth Membership for non-members only

Rotary
Frankston Sunrise 

To all members of Rotary District 9820 :

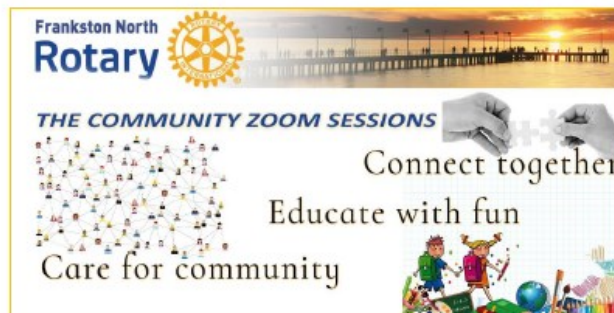
Janne Speirs - Emergency Management Chair - is calling out for knitted goods. Obviously as the weather cools, the need for warm clothes is increasing!

What is needed: Knitted or purchased through clubs - Adult beanies, scarves in football team colours, children's knits (2 through to 10 year olds) or even 'fashion' scarves. There doesn't seem to be a huge call for babywear.

If you, your family or your club would like to assist in this important task - not just for its practical value but also the moral support of those who've lost so much then please get knitting and/or send your finished products to the address below.

Where: Mrs J Speirs, 218 Webbs Road, Gormandale 3873

Frankston North Community Zoom Sessions:



Save the date.... **TUESDAY 28 APRIL 2020**
Select your time...**10.30am or 7.30pm (AEST)**

SAY 'YES' TO ME

- ✓ *Discover the 4 different energy-styles of the people in YOUR FAMILY*
- ✓ *Discover what each style REALLY needs, when communicating together*
- ✓ *Discover HOW to get along better, once you know the secret*

FRANKSTON NORTH ROTARY'S **COMMUNITY ZOOM SESSIONS** ARE SIMPLE TO ACCESS & JOIN IN. HERE'S HOW:

1/ Please go to this Eventbrite link <https://www.eventbrite.com.au/e/frankston-north-rotary-the-community-zoom-sessions-tickets-102058969124>

2/ Purchase a \$5 ticket and we will send you the Zoom Link for joining in, on the day

3/ Set a reminder for yourself to turn up and participate!

**IT'S AN ENTERTAINING 60-MINUTES OF PERSONAL & PROFESSIONAL GROWTH,
RAISING FUNDS FOR THE PURCHASE OF A KANGAROO CHAIR
FOR PENINSULA HEALTH
TO BE USED BY PARENTS NURSING THEIR PREMATURE BABIES**

Thought Piece:

A GENERATION OF WIMPS?

In the last few weeks I have watched a lot of television news, read a lot of opinion pieces and sat in on a number of Zoom meetings. I have come to the conclusion that Covid-19, the first real challenge our generation has faced, is being met with too much of an “end-of-the-world” attitude and not enough acceptance of what is, with grit and positivism.

My parents were both born in 1902 and lived through World War 1, the 1918 Influenza pandemic, the 1930's Great Depression and World War 2-each of which had a far, far greater adverse impact on humanity and for a longer period than the current global situation. I was fortunate to hear at first hand from my parents of their experiences during those events and to observe how their lives were shaped as a consequence. If you go back through history most generations have faced uncertainty and chaos on a significant scale.

We are a generation that has had life comparatively easy up to now and to put it in perspective Covid-19 is no big deal- a comparative ripple in the tide of history. When Sharon asked us on Friday for one word to describe how we are currently feeling, we all should have put “grateful”- grateful for when, where and how we live. Suck it up- there is always someone worse off than you.

- Ian Thomas

History repeats itself. Came across this poem written in 1869, reprinted during 1919 Pandemic.

This is Timeless....

And people stayed at home
And read books
And listened
And they rested
And did exercises
And made art and played
And learned new ways of being
And stopped and listened
More deeply
Someone meditated, someone prayed
Someone met their shadow
And people began to think differently
And people healed.
And in the absence of people who
Lived in ignorant ways
Dangerous, meaningless and heartless,
The earth also began to heal
And when the danger ended and
People found themselves
They grieved for the dead
And made new choices
And dreamed of new visions
And created new ways of living
And completely healed the earth
Just as they were healed.



Courtesy: The Rotary Club of Christchurch Sunrise

Directors Reports:

Community Service:

I Have spoken to both Mia and Jodie from MSFIN over the last couple of days and they are very appreciative of our offer of help with deliveries.

They have 35 packs in their warehouse at Seaford ready for delivery and they are coordinating addresses for these at the moment. They anticipate they will be in a position for us to make deliveries from Thursday.

We presently have 5 members who have said they can help if others can help let me know.

- Community Service Director Ross A.

International:

NYSF 2021, District 9820 Key points:

- Applications now open for year 11 students
- 600 places Australia wide
- D9820 Rotary quota 28 students for January 2021

Selection process yet to be finalised.

Sunrise will liaise directly with our current school contacts. Teachers to encourage students to apply directly online with the support and encouragement of Sunrise

I will endeavour to spell out the details in this column ...STEM and NYSF etc... as the process unfolds over the next few months, so that all members can follow its development.

- International, Vocation and Youth Director John A.

Where in the World?

Shouldn't have any updates

What in the World:



On this day in... April 29:

Event: **1967** - After refusing induction into the United States Army the previous day, Muhammad Ali is stripped of his boxing title. **1986** - Chernobyl disaster: American and European spy satellites capture the ruins of the 4th reactor at the Chernobyl Power Plant. **1997** - The Chemical Weapons Convention of 1993 enters into force, outlawing the production, stockpiling and use of chemical weapons by its signatories. **2019** - Indonesia is planning to relocate its capital from Jakarta due to its sinking according to a government minister.

Births: **1970** - Andre Agassi - American tennis player. **1970** - Uma Thurman - American actress (Pulp Fiction). **1978** - Craig Gower - Australian Rugby Player. **1996** - Katherine Langford - Australian actress (13 reasons why, Knives out).

Deaths: **2010** - Sandy Douglas - English Computer scientist and academic, Designed OXO (Naught and crosses). **2014** - Bob Hoskins - English actor (Pennies from Heaven, The Long Good Friday, Who Framed Roger Rabbit). **2019** - John Singleton - American film director, producer and screenwriter.

Please remember to invite your friends to like the club's Facebook page.
- Plus when you see a new post, Like the post and share it with your friends!

Link: <https://www.facebook.com/rotaryfrankstonsunrise>