



Next meeting:

April 22nd

Zoom Meeting

Members moment:

Peter Stacey

President's Report:

So what day is it? So many are starting to seem alike! I hope everyone is continuing to cope with their forced separation and are staying healthy.

Great to hear that Brendan was able to head home from hospital on Sunday and we look forward to having him join Wednesday's zoom meeting. While calls and messages are welcome, remember, visits aren't an option at this time. The last thing he needs is a fresh infection.

Great to have Steve Phillips join us last Wednesday to update us on the challenges facing he and the team at Community Support Frankston and how they are responding to continue to meet the needs of the more vulnerable sections of our local community. They continue to do phenomenal work even in these tough times.

Last week Pete Stacey and I sat in on the District zoom meeting and heard first hand from Health Minister Greg Hunt in relation to the response to date and some insight into future thinking. It was a great opportunity to hear some unfiltered information from someone helping to frame our country's response.

The session is well worth listening to and you can access a recording by clicking on the following link: <https://youtu.be/H5h1VqJwAjA>

This coming Wednesday we are on for Zoom at 7.45am as usual. Pete Stacey is doing the Member's Minute, so look forward to seeing you all then. Stay safe and healthy.

Peter

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

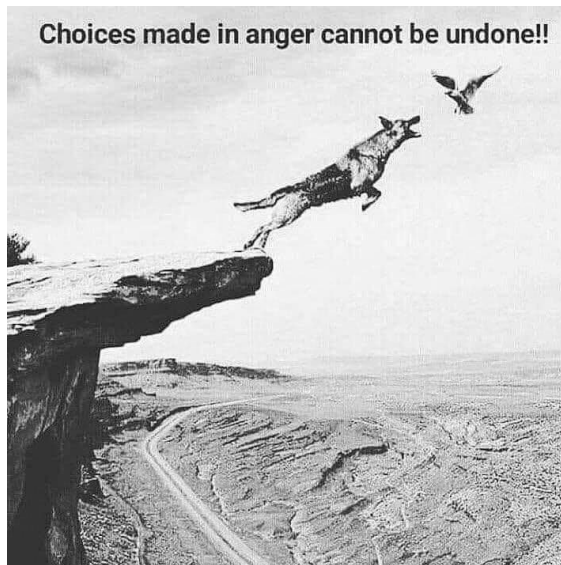
Membership:

Bob Smith

Club Service:

Mark Rees

Choices made in anger cannot be undone!!



Website: www.rotaryfrankstonsunrise.org.au

Facebook: www.facebook.com/rotaryfrankstonsunrise

Coming Events:

2020:

[For up-to-date info
please refer to the
next page](#)

Conference Call Apps:

After the success of last weeks Zoom meeting I thought it would be informative to find out what Conference Call apps are and what some can do....

The benefits of traditional conference calls have been upgraded with the variety and practicality of newer technologies. Days are gone where you'd be limited to just the person/people's voice on the other end of the line, now many apps are providing video (including HD), file sharing, cloud recording transcription and company branding capabilities. Everything that the modern business or organisation could want or need.

Some of the market leaders are:

Zoom:

- Free up to 100 participants
- Zoom Pro plan starts at \$14.99/month
- HD video conferences
- Cloud recording features

Google Hangouts:

- Free with your Gmail account
- Conference with up to 25 people
- Google Calendar integration

BlueJeans:

- Plans starting at \$12.49/month
- Powered by Dolby Voice audio
- Recording & cloud storage options
- Used by LinkedIn and Facebook

If you are looking for a budget alternative, or just want to try - say for a weekend call to the kids or grandkids, there are many C.C. apps that are free to use including Facebook Messenger (You just have to mind your phone/internet bill).

So at this this time of physical distancing, there are many ways we can stay connected.

For more info, please contact Peter or Robert.

Ross and Chris Luxford's Kimberley Trip Pre: Coronavirus lockdown

12 night Cruising Darwin Sat 16th/3 to Sat 28/3 Broome, My wife Chris caught a bigger Barramundi 88cm than I.

Check out: www.ladymcruising.com



Ross and Chris Luxford's Kimberley Trip Pre: Coronavirus lockdown : Part 2



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

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 FRIEND-
SHIPS?

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.



100%
of all funds raised
will help children in
24 hour care

**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***



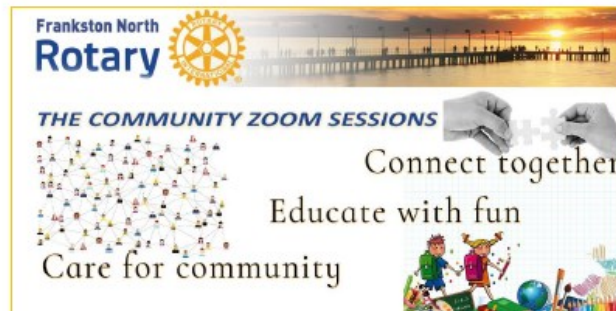
Supporter
Event

Core24
HEALTH CLUBS

*1mth Membership for non-members only



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**

On the Lighter Side:



me at 11:30pm: time to hit the hay and
get a good night's sleep

me at 3am:



me and my coworkers logging into all
of our meetings remotely for the next
couple of weeks



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Where in the World?

Shouldn't have any updates

What in the World:



On this day in... April 22:

Event: **1951** - Korean War: The Chinese People's Volunteer Army begin assaulting positions defended by the Royal Australian Regiment and the Princess Patricia's Canadian Light Infantry at the Battle of Kapyong. **2005** - Japan's Prime Minister Junichiro Koizumi apologises for Japan's war record. **2016** - The Paris Agreement is signed, an agreement to help fight Climate Change through emission mitigation, adaptation and finance.

Births: **1903** - Daphne Akhurst Cozens: Australian tennis player (5-time Australasian Championship winner) **1904** - Robert Oppenheimer: American theoretical physicist known as the father of the atomic bomb (Manhattan Project. **1937** - Jack Nicholson: American actor (One Flew Over the Cuckoo's Nest, The Shining). **1968** - Jo Angel: cricketer (big WA right-arm fast bowler, Australia. **1979** - Daniel Johns - Australian Musician (Silverchair)

Deaths: **1899** - Ned Gregory: Australian cricket batsman (1 Test; first recognised Test in 1877). **1933** - Henry Royce, English industrialist and automobile founder (Rolls-Royce). **1989** - Emilio G. Segrè, Italian physicist and Nobel laureate (discovered the elements technetium, astatine and the sub-atomic antiparticle antiproton)

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>