



Next meeting:

July 24

Club Assembly

July 31st

**Gary Morgan's
Traveller's Tales**

Chair - Gary

August 7

This your life

Chair - Robert

President's Report:

Our sympathies were with Jenny and Cliff Leckning this week, following the passing of Jenny's mum last Tuesday.

Congratulations to Rosscoe and his band of volunteer painters, Bruce, Ron, Shane & Hank for their work finishing off the shed at Community Support Frankston. I know Steve Phillips and the volunteers at CSF love the support they receive from Sunrise.

Judging by the question time at last week's meeting, there was plenty of interest in medicinal cannabis and its use in pain management. Bruce Mitchell was very honest in terms of the difficulty of determining where fact vs fiction lies on the topic, but it is clear that there is a very real future for the use of medicinal cannabis and there is great work going on to prove its efficacy.

Rosscoe had a good meeting and subsequent follow up with council, more of which you'll hear about at Wednesday's meeting.

On Wednesday, you'll also receive an update on our Interact Project after our first organising committee meeting with Rotaract.

This week is also a Club Assembly where you will get an update on key projects, so please try and be there. Also a great chance for you to give your thoughts.

See you Wednesday.

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

Invocation: For good food, good fellowship and the opportunity for service through Rotary, we give thanks.

Guest Speaker:

Bruce Mitchell Pain and Tiahn Summers - Clinic medicinal cannabis

Dr. Bruce Mitchell and Tiarna talked about treatment of chronic pain and other ailments with medical cannabis. The doctor said that the results of this new treatment are extremely encouraging but there is still a lot of research to be done to properly understand how cannabis as a treatment works in the body.

As the medical research continues it appears that attitudes and laws may need to change.

From a club perspective It was great to see the members putting questions to Dr. Bruce and Tiahn and whilst not all had an easy answer due to the complexity of some issues (and as others had a well-deserved I don't know due to more research being needed), the engagement between the members in attendance and speakers was incredible and as a club we wish them both future success.



Coming Events:

- [Thur 29 August](#)

[Nepean Cluster DG
Dinner - Partners
Welcome](#)

- [Sat, 21 Sept](#)
[Comedy for a Cause](#)

- [Sun 20 Oct](#)
[Treadmill Challenge -
Very Special Kids](#)

- [Sat 9 Nov](#)
[Bunnings Bbq](#)

2020:

- 21-22 March

**District 9820
Conference
"Breaking the Chains"
Ballarat**

- Mon 23 March

**Charity Golf Day
PKCGC**

Community Support Frankston Working Bee:

At Rotary Frankston Sunrise we love a hands-on project. The opportunity for our members to build something in support of our community is too good an opportunity to refuse.

Tearing down an old shed and replacing it with a modern and flexible storage and workspace for Community Support Frankston, had us raising a bit of a sweat, together with plenty of laughs along the way. The shed project is providing [Community Support Frankston](#) greater capacity to get emergency relief assistance, including healthy foods, to disadvantaged families and individuals in Frankston.

The final stage of our building work of the storage and food prep area at Community Support Frankston was completed on Saturday with the painting of the interior of the building. Another completed hands-on project by Rotary Frankston Sunrise



Applying the finishing touches - Ron and Hank.
Also helping out on the day – Rosscoe, Shane, Bruce.

Birthdays &
anniversaries this
month:

4/07/1959 David
Morgan 59

5/07/1963 Rainer
Feldgen 56

31/07/1955 Eren
Erdogan 64

Coming Events:

Tue, 23 July

Interact Committee Meeting

Wed, 24th July, 2019

Club Assembly

Sun, 28 July, 2019

National Tree-Planting Day

Location: Witternberg Reserve, Witternberg Ave Frankston

Date/Time: Sunday 28 July 2019. 10am–12pm

What to Eat: Sausage Sizzle and refreshments provided.

What to wear: Warm clothing, sturdy shoes, waterproof jacket and a hat

What to bring: Just yourself, gardening gloves optional. No tools necessary

Please register via the following link so we have an idea of numbers

<https://treeday.planetark.org/site/10021274>

Fri, 2 August, 2019

Rotary District 9820 Rotary Youth Leadership Awards Gala Night

Venue: Settler's Run Golf Course, Botanic Ridge

Date: 2nd August

Time: 7:30-11:30

Cost: \$39

Dress code: Cocktail

Ticket link: <https://events.humanitix.com.au/ryla-gala-2019>

Thursday, 29 August 2019

Nepean Cluster – District Governor's Dinner

Venue: TBC

Time: TBC

Cost: TBC

Partners Welcome

Come & join us with our neighbouring Rotary Clubs at a combined meeting with special guest, DG Adrian Froggatt. Hope to have a strong Frankston Sunrise showing.

RSVP: To Mark Rees

Sign-up sheet will be circulating at this week's meeting..

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?



Coming Events Cont.:

Sat, 21 Sept, 2019:
Fellowship Night – Comedy for a Cause

Sun, 20 October, 2019
Treadmill Challenge
Very Special Kids

Sat, 9 November, 2019
Bunnings BBQ

21-22 March, 2020
District 9820 Conference
“Breaking the Chains”
Ballarat
More info: https://youtu.be/MXx_2v3KHRO

Mon, 23 March, 2020
Charity Golf Day
PKCGC

Further Info:

Fellowship Night – Comedy for a Cause

Date: Saturday, September 21, 2019 (8pm – doors open at 7pm)
Venue: Mt Eliza Community Hall – 90-100 Canadian Bay Road, Mt Eliza
Cost: \$35

Raising funds for the I Matter Foundation, Comedians for a Cause brings together great comedians (from the Sydney & Melbourne International Comedy Festival) in a 2 hour show.
As seats are normally on a first come basis, we have been able to coordinate a block ticket purchase that will mean our seating block is reserved, save us having to arrive too early.
This event will sell out, so to book your tickets, RSVP to Mark Rees.

Payment ASAP of \$35 pp to Sunrise General Account: BSB: 633 000 ACC: 131 641 839
Be sure to include your name with your deposit.

We may arrange an earlier dinner in Mt Eliza before the performance for those that are interested – more info to come.

Comedy for a Cause

SATURDAY 21 SEPTEMBER 2019

Doors: 7pm / Show: 8pm

Featuring comedians from
Sydney & Melbourne International Comedy Festivals

Join a Rotary Frankston Sunrise group booking

Mt Eliza Community Hall
90-100 Canadian Bay Rd
Mt Eliza

Tickets Limited
RVSP: 31st July

To book:
Pay \$35 per head to the
Rotary General Account
BSB: 633 000
ACC: 131 641 839
Include your name
in the description

In Support of: **I MATTER. foundation**

Proudly supported by: **Channel**

Rotary District 9820 Rotary Youth Leadership Awards

This is your invite to our RYLA launch party!

GET YOUR TICKETS TODAY

All the information you need for this years RYLA in one place

August 2nd
Settlers Run Golf Course
<https://events.humantix.com.au/ryla-gala-2019>

RYLA GALA 2019
a fresh start

Directors Reports:

Club Service Report

Door Roster has been scrapped, so if you turn up early & feel like doing it go right ahead
REMINDER: if you are the Chairman in future we would like you to also write a report on the speaker, which shouldn't be too hard because part of the Chairman's role is to chat to the speaker & learn all about them.

The report can then be sent through to Bulletin editor Rob on robert.lee.maitz@gmail.com. It can be short, long, bullet points.....whatever you want so no-one needs to get stressed about doing it. ASAP to Rob though would be good rather than him having to chase you up. Thanks guys.

Treadmill Challenge - No update, Look forward to the flyer.

- Director - Mark Rees

Youth, Vocation and International

As you will see, there is a function at Settlers Run on Friday August 2 launching the new direction for RYLA.

Essentially they are taking it from 2.5 days to 6 days and this event is a fundraiser and an opportunity for them to educate Rotarians in the district about the program and its future. Cost is \$39.

I can't go, but they have asked me to chase up and see if we will have anyone interested in going. More info below, and attached. Bookings are online, but if you are planning to go, can you also let Peter know so he can reply to Nigel's email. Thanks.

- Director - John Albery

Community Service -

Activity this week -

Bruce and I attended the assembly at Frankston Special Developmental School on Thursday where the club was presented with a certificate of appreciation for building the shelter for their outdoor equipment.

On Saturday Bruce, Shane, Ron, and Hank painted out part of the shed being used for their food Programme. General consensus was we should paint out the other part at some future date. Will just have to move the racking and paint out the other end, probably when Steve has moved some of the clothing presently at that end of the shed.

Still waiting for more feedback from council re Blackwood project, major project and help for Rotaract regarding venue for meetings. Cheers

- Director - Ross Augustine

Where in the World?

- Stapes

Cruising San Fran to Tokyo

Back Aug 16

- Keith

An English catch up

Back early Sept

- Rainer

OS somewhere!

- Gavin

OS somewhere different to Rainer!

- JA

Heading for the warmth of the Gold Coast

Back early Sept

- Billy

Bunkered down still recovering from his fall

Back soon we hope!

- Mic Russo

G'day Sunrise,

Just wanted to send a quick note to you all to say it was great to catch-up with the club again and you all. I'll certainly keep in touch with you guys and will be sure to drop in when I'm in Melbourne. The club is a thriving club and I plan to use the team's culture and high level of activity as inspiration for my new club of Whyalla. If you're ever in Whyalla, we have dinner at 6:30 PM at the Eyre Hotel on a Tuesday night every week.

Also my very humble lodgings are also available for accommodation. (Just look for the street with the car bodies and hard rubbish strewn everywhere)

I'm sure Crackers and the team will have a great year and I look forward to reading about your success.

Cheers,

Mic



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>