



Next meeting:

August 7th

This your life

Chair - Robert

August 14th

**Frankston High
School Business
Breakfast**

(7:30 - 9A.M.)

August 21st

Traveler's Tales

Chair - Ron Jones/
Macca

August 28th

Rick Paynter -

Gateway Church

Chair - Cliff

August 29th

Cluster Dinner

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:

Thanks to Gary for taking us on a tax deductible food journey of Europe last week with his Traveller's Tales presentation. Mark has scheduled a few more of these with other members over the months ahead so something to look forward to.

As you all have heard, we now have a new website at www.rotaryfrankstonsunrise.org.au as part of raising the Club's public profile. As the year progresses we'll have some more new things to show. Suggestions for content for any of these new platforms is always welcome – Sunrise Times, Facebook and now the website.

Nice to welcome visitor Warwick Smith to the meeting. In addition to operating a local business, it sounds like he is already pretty active on the community front in Frankston.

Last Wednesday, the Foundation's trustees met and an update of that meeting will be given on Wednesday. In short, work is going on behind the scenes to complete all the various governance requirements and there are some preliminary discussions on a potential long term major project for the Foundation to work on. More info to come on that front. The trustees are: Jason Coppard, John Albery, David McKenzie, Shane Thomas, Peter Cracknell (RCOFS President), Greg Sharman (RCOFS Treasurer).

Remember for meetings over the next 2 weeks:

- This Wednesday August 7, regular meeting and Robert Maitz will be doing his This is Your Life Presentation

- The following Wednesday, August 14 our meeting will not be at the Frankston International. Instead, we are attending the Business Breakfast at Frankston High School – 7.30-9.0am.

- Please remember, you need to RSVP to me by 5pm Monday Aug 12 if you are attending this event so we can notify the school our final numbers. A sheet will be circulated at this week's meeting.

Don't forget, this Saturday morning, those people who are down to complete the vary last of the shed painting at Community Support Frankston.

Look forward to seeing you all on Wednesday.

Peter

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

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**

Treadmill Challenge Sunday October 20th 2019 8am - 8pm

Only 11 weeks to go!

The first meeting of the Treadmill Challenge 2019 was held yesterday & the general feeling is that we can make this a fun, successful, relatively inexpensive fundraising event that can become a fixture in our events calendar.

Why run it? It's a local community event that only requires the ability to walk or run to participate. Age is also not much of a barrier either. It utilizes a Club members facility with all the required treadmills in place & raises money for a worthy cause Very Special Kids, who have successfully run a similar event for a number of years now raising millions of dollars, so we have a blueprint to follow.

We aim this year to raise \$20k, after expenses. This will come from 10 treadmill sponsorships at \$1k each & then we hope the participants on each treadmill raise an average \$1k between them which means a further \$10k.

What can you do? Our first priority is to find the 10 sponsors of treadmills ASAP. Currently we have 4:

Ray White Frankston
Lite n' Easy Carrum Downs
CORE24 Frankston
Willerby's Solicitors & Conveyancers

A hard copy flyer will be available on Wednesday & you will also be emailed a version to send to prospects for this event you may have, potential sponsors in particular. We anticipate there will be 2 sorts of sponsors:

Engaged Sponsor: they will pay their \$1k & will also organise participants to occupy the treadmill for 12 hours

Non engaged Sponsor: happy to pay the \$1k but will struggle to get participants. **This will be another way you can help out, finding participants to fill blocks of time on the treadmills**

Finding Sponsors & participants. Apart from word-of-mouth this event will be highly social media driven. We will be using the databases of CORE24 & our Club initially but would encourage you to use your own social media contacts to spread the word. More to come about this

Any questions please talk to any of the Treadmill Challenge committee

Mark R, Crackers, Shane, Tony, Jason, Macca or Joe.

- Mark Rees

Treadmill Challenge Flyer:

Rotary Frankston Sunrise

12 HR TREADMILL CHALLENGE



@rotaryfrankstonsunrise
@corehealthclubs



A team challenge supporting Very Special Kids

8am to 8pm
Sunday 20th October 2019
CORE24 Health Clubs
313 Nepean Hwy, Frankston



Supporter Event



Treadmill Challenge Flyer 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 steeper 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



Birthdays &
anniversaries this
month:

5/08/1967
Mark Engwerda 52

12/08/1952
Ross Luxford 67

15/08/1963
Susy Morgan 56

18/08/1944
Bob Smith 75

23/08/1964
Carolyn Feldgen 55

24/08/1962
Peter Cracknell 57

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:

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.

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

Sat, 9 November, 2019

Bunnings BBQ

21-22 March, 2020

District 9820 Conference

"Breaking the Chains"

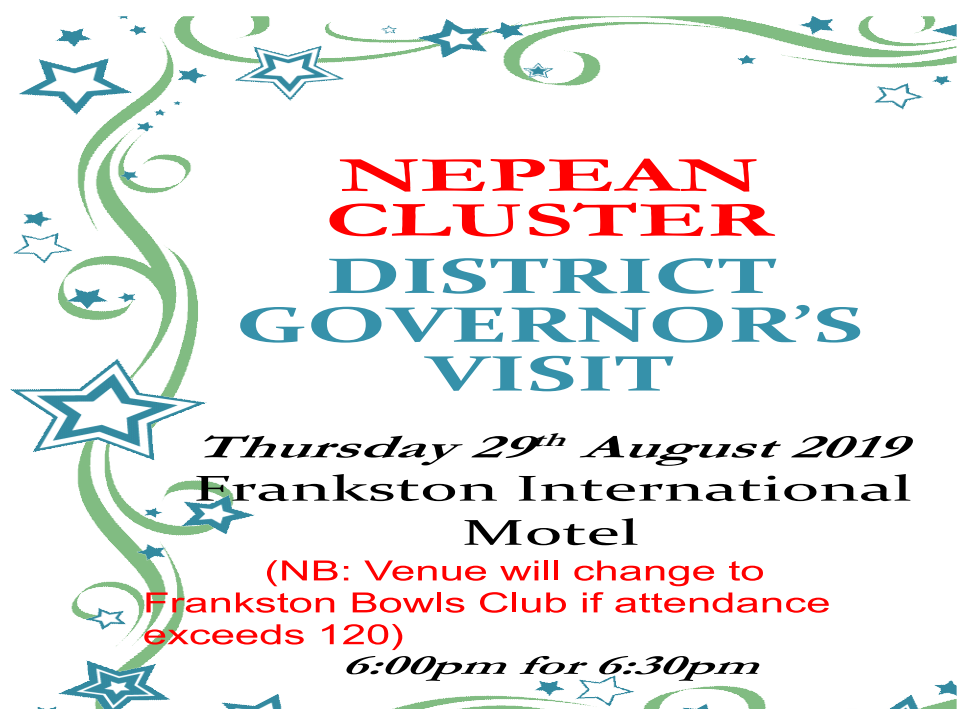
Ballarat

More info: https://youtu.be/MXx_2v3KHRO

Mon, 23 March, 2020

Charity Golf Day

PKCGC



Coming Events Cont.:

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.

A promotional poster for 'Comedy for a Cause' featuring a large, stylized title in orange and red. Below the title, a black banner with white text reads 'SATURDAY 21 SEPTEMBER 2019'. A white banner below that says 'Doors: 7pm / Show: 8pm'. The poster features a cartoon illustration of a hand holding a red microphone. A circular callout bubble contains booking information. At the bottom, it lists the venue, ticket availability, and sponsors.

**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

Directors Reports:

Community -

Driving home from Queensland in time for the board meeting on Wednesday.

- Director - Ross

Treasury -

Balance as of 05/08/2019 -

General Acc: \$9,172.21

Community Acc: \$26,305.91

- Treasurer - Greg Sharman

Peter Stacy Update:

G'day All

For those who don't know what happened at Carnarvon Gorge last week, I tripped over a log and have torn the quad muscle from the Patella . The accident happened a week ago and I flew home from Longreach last night. The surgeon had a look this morning and I am having surgery this afternoon.

Janine is still in Queensland and touring home in the van with John Hathaway doing the driving. She should arrive home in about a week.

Appears I will be in Beleura for 2 nights, then home. Not sure how that will go until Janine returns but I will play it by ear.

Very grateful to those who have helped me so far, especially Peter Richards who picked me up from the airport late last night

Regards

Peter Stacey



Where in the World?

- **Stapes**

Cruising San Fran to Tokyo

Back Aug 16

- **Keith**

An English catch up

Back early Sept

- **Ron**

Ron and Marilyn leave for Europe on Aug 1st and will return on Sept 25.

- **Mark Engwerda**

is relaxing in Bali this week.

- **Gavin**

OS is somewhere different to where Rainer was!

- **JA**

Heading for the warmth of the Gold Coast

Back early Sept

- **Billy**

Bunkered down still recovering from his fall

Back soon we hope!



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>