

Sunrise Times



Wednesday 7th of July, 2021

President's Report:

A great start to my year with no Secretary or Treasurer for my first meeting but, hey we had fun.

Thanks to Sjaak for stepping in at the last minute as speaker after the Mayor cancelled again. Sjaak talked about men's health and the importance of seeing your doctor early if you have any unusual or painful symptoms. Maybe we need to look for another doctor as a new member now Laurie has moved to the country. Laurie always reminded us about men's health.

I started cleaning out my garage on the weekend and I came across a little treasure.

https://www.dropbox.com/sh/dk1mmedvmv3p0jf/AABfnQgw5ctbgNnVHoJLwvdpa? dl=0

Laurie, Bill & Coggo must have put a mammoth amount of effort into creating a history of the club for the first 10 years. It is worth having a look at this to bring back some memories and see where we have come from.

I also have all of the annual reports since the club was started and over time I will scan them all and load them into the above folder. Save this link as a bookmark so you can access it as more reports come on line.

On the question of members, you will have seen the message which Peter forwarded regarding the declining numbers in District 9820 and District 9810. If the decline is not reversed, it is possible that the two districts will be amalgamated.

It would be good if we can bring in some new members over the next year provided they are suitable candidates who will fit in with our club. We don't want numbers for the sake of numbers but we do need fresh blood to build the future of the club.

Several of us are attending a meeting with Council on Monday night so we should have some things to report on Wednesday.

Jason

Meetings: 6:45 for 7am Start. Location: The International

(Please remember to message Jason before Monday Night if your going to miss the meeting)

Website: www.rotaryfrankstonsunrise.org.au

Facebook: www.facebook.com/rotaryfrankstonsunrise

Next meeting:

July 7th Meeting Grant Klaayson "Wheelchairs For Klds" Chair: Macca Sergeant: Shane T.

May 10th Meeting "David Scott School" Chair: Open Sergeant: Shars.

Board 2021-22: President: Jason Coppard Past President: Shane Thomas Secretary: Hank Brakele Treasurer: **Greg Sharman Directors:** Community Service: **Ross Augustine** Finance & Fundraising: Peter Cracknell Youth, International & Vocational: Phil Tang Membership: **Bob Smith Club Service:** Mark Engwerda Social Service: Warwick Smith Sargent-at-arms: Mark Rees

Coming Events/Save the Date!:

Birthdays & anniversaries this month:

4/07/1959 David Morgan

5/07/1963 Rainer Feldgen

6/07/1992 Nicholas Rees

15/07/1987 James Rees

16/07/1991 Kiera McKenzie

17/07/1992 Joshua Engwerda

29/07/1997 Ella Cracknell Saturday 2 Oct 8 Hour Treadmill/Bike Challenge - Mornington -8am - 4pm

Sunday 3 Oct 8 Hour Treadmill/Bike Challenge - Frankston - 8am - 4pm

Stay tuned for 2022 date!

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

Bunnings BBQ dates:

Saturday 21st August

Saturday 20th November

Interact Roster:

Meetings are: 12.45pm – 1.30pm on a Thursday.

New Semester Roster will be up soon. If you're interested in being added to the roster, please speak to Crackers.

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? **Event Update:**

8 HOUR TREADMILL/BIKE CHALLENGE

Steps to success

1. Commit to the challenge

Secure your treadmill or bike or both 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.

C@(e24

HEALTH CLUBS

MORNINGTON

Oct

2nd

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 minimute time slots to fill over the 8 hours, a team of up to 16 fundraising foot soldiers will help complete the challenge. Walking is an option for those who prefer a steadier pace on the treadmill.

Enlist the support of family and firends

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-8-hr-treadmill-challenge and share with family and friends on social media and with peer networks.

5. Enjoy the event

Run, walk or ride 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.

For more information or to register, call Mark 0411 519 560 or email: mrees1799@gmail.com

A TEAM CHALLENGE SUPPORTING



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



8am-4pm

FRANKSTON Oct

3rd

Director's Reports:

Community Service:

Warwick has a clean up at the Ambassador on Sunday at 10am in preparation for his provision of meals the following Sunday.

The briefing at council on Monday night went well. We will have a follow up in the next 2-3 weeks and have a site visit to be arranged to the Downes estate as a potential project.

St John of God Update:

Please see below the areas we're hoping to upgrade in the Therapy Garden:

- · Yukkas removed and replaced with seating.
- Some replanting with ornamental shrubs to create different heights in the garden space.
- Some general tidying and maintenance.
- Fences re-painted.
- To look at whether the shade sail needs replaced or power cleaned.

I hope this gives you enough to work with for your meeting this evening.

We are definitely open to suggestion and creativity from your members. With that in mind we'd be happy for you to visit to check out the space and chat more about what can be feasible with Sharon McIntyre, our Director of Clinical Services.

I've cc'd this email to Vickie Aiton who is Sharon's EA.

Thank you for considering our request to assist us and our patients - the therapy garden is an important space for our patients to get fresh air, sunshine, relaxation and the ability to chat with others while they undergo many weeks of physical rehabilitation at our hospital. We value the garden as a part of our overall therapy program and we know it is appreciated by patients. It would be lovely to freshen it up and enhance the experience for patients.

- Director Ross

Report's from the Floor:

Working bee at the Ambassador - Warwick: The pies and quiche both vegan and I'd say the best meat free pie I've ever had! (Ross seemed to enjoy too)





