



Next meeting:

July 17th

**Bruce Mitchell Pain
Clinic medicinal
cannabis**

Chair - Cliff Leckning

July 24

Club Assembly

July 31st

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

Chair - Gary

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:

So 1 week down, 51 to go!

Last week's Board Meeting kicked things off to a very solid start. All Directors have a strong agenda for the year ahead and they will keep you in touch at the meetings and via Sunrise Times.

A few things I touched on. We have agreed to explore a JV with Peninsula Rotaract to form an Interact Club at a local school. There is great enthusiasm also on the Rotaract side for this initiative. See elsewhere in this issue of the Times for a brief overview of what Interact is.

We are moving forward on the Foundation and thanks to Greg for all his efforts to bring the accounting and corporate requirements up to speed. A meeting of Trustees will happen later this month and a report made back to the members after that.

JA, Rosscoe and myself were able to join our newest member Robert Maitz at the Rotaract Changeover on Saturday night as he handed over the reigns of Peninsula Rotaract to new President, Sarah Learmonth in his last official Rotaract duty. It was great to see Peninsula Rotaract and hear more about their achievements. There is no doubt as they enter their 10th year, there is an exciting time ahead for a great group of young people and I am excited that we will be working even closer with them over the year ahead.

At last week's meeting we heard from Dave Kelly and Brigitte Johnson of Very Special Kids. With preparations stepping up for our October 20 Treadmill Challenge in support of this outstanding organisation, the timing of this presentation was excellent. I really hope that we can all get behind Mark and Joe in helping make this a key success for the club in the back half of this year. We will hear more from Mark next week no doubt.

Don't forget to put your name down and number of tickets you want for the **Comedy for a Cause** night on September 21. See the additional information later in the bulletin

Finally, remember every one of our members who are on Facebook can do a job in raising the profile of our Club, by helping out on our Rotary Frankston Sunrise Facebook Page – remember, that is the public face of the club www.facebook.com/rotaryfrankstonsunrise, not the private group we share things in.

Remember to "Like" our Posts. Better still, click on "Share" and send it out to all your friends. The more we get the word out, the better our profile in the community, the more long-term success we can bring to our Club and the community we serve. Remember, Rotary Connects the World!

Have a great week
Peter

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

Guest Speaker: David Kelly from Very Special Kids

It was fantastic to again hear from David Kelly the marketing fundraising manager from Very Special Kids. As David is about to leave the organization to take up a teaching position in Japan he brought along his successor Bridgett Johnson (a local girl) who will be taking over and working with us on the Treadmill Challenge project which will raise much needed funding for Very Special Kids.

David outlined what VSK does within our community with their support centres and hospice care facilities caring for over 900 families that have kids with life threatening conditions. It costs approx.. \$9.0m annually to run their programs, with a large percentage of this having to be donations and fundraising.

Our Rotary club will be running a Treadmill Challenge at Joe Russo's Core Fitness centre on Sunday 20th October over 12 Hrs to raise funds for VSK.

- Chairman Shane Thomas



Coming Events:

- Tue 9 July

Board Meeting

- [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**

Peninsula Rotaract Club Change-over:

Robert was recognised at Saturday's Rotaract Changeover by the members of Peninsula Rotaract for his contribution over the last 7 years to the success of the Club.

He has been a strong contributor across the club's activities, culminating in his year as President. Having aged out of Rotaract, Peninsula's loss is of course Sunrise's gain!



From Left to Right: Emily Barr, Brittany Kearney, Robert Maitz and Chris Nelson



What is Interact?

As you have heard, we are in early stages of planning for an Interact at a local school in partnership with Peninsula Rotaract. For those that don't know, here's a quick description of what Interact is...

Interact is a service club for youth ages 12 to 18 who want to connect with other young people and have fun while serving their communities and learning about the world.

Clubs, which meet at least twice a month, are sponsored by local Rotary clubs. Interact clubs organize two projects every year, one that helps their school or community and one that promotes international understanding.

Members of sponsor Rotary clubs (and in this case, jointly with Rotaractors) mentor Interactors as they carry out the projects and develop leadership skills. Our hope is to launch a club in time for the 2020 school year. You will be hearing more over the coming months.

Birthdays & anniversaries this month:

4/07/1959 David Morgan 59

5/07/1963 Rainer Feldgen 56

31/07/1955 Eren Erdogan 64

Coming Events:

Thu, 18 July
Ghana Ball Debrief Meeting

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?



NEPEAN CLUSTER
DISTRICT GOVERNOR'S VISIT

Thursday 29th August 2019
Frankston International Motel
(NB: Venue will change to Frankston Bowls Club if attendance exceeds 120)
6:00pm for 6:30pm

RSVP - Attendance Numbers by: 12/8/19
Contact: AG Sjaak Kusters: 0418 149 715
sjaak@sjaakkusters.com.au
COST: \$30 per head 2 course meal.

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

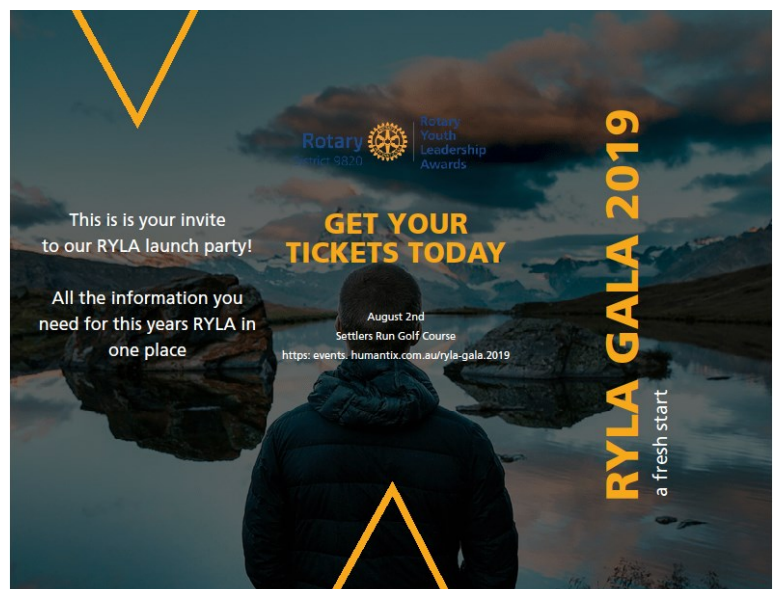
Join a Rotary Frankston Sunrise group booking

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 10**



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

1. 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.

Speaker Report from last week.

We have launched our very own 12 Hour Treadmill Challenge & our guests from Very Special Kids were Dave & Brigitte. Sunday October 20th is the big day & Joe will host the event at Core24 Frankston. He will combine an Open Day with the event & we anticipate lots of fun for everyone. Very Special Kids are a wonderful charity providing services to the families of young people with limited life expectancy. They already run a hugely successful 24 Hour Treadmill Challenge in Hawthorn every year, so there is a blueprint for us to follow. Our first task will be to engage sponsors for the 10 treadmills we will use on the day. We already have 3

1. Lite n' Easy
2. Ray White Frankston
3. CORE 24

A sponsor will be asked to pay \$1,000 for their treadmill, then be tasked with filling up blocks of time over the 12 hours with runners/walkers. In turn these participants seek donations from people they know as part of the overall fundraising. An information flyer will be available very soon.

- Director - Mark Rees

Community Service -

Couple of points -

- 1 - Community Support Frankston. Working Bee Sat 20th to paint out shed and tidy up grounds.
- 2 - National tree planting day Info sent out to all members, will send to you separately.
- 3 - Blackwood Project. Looking for space to build frames locally then transport to Blackwood.

- Director Ross "Rosscoe" Augustine

Paul Harris Fellowships

At our recent Changeover, it was great to celebrate the contribution of Mark Rees via the elevation of his Paul Harris Fellowship to Sapphire status. This is only the 4th time this has occurred in the history of Frankston Sunrise.

But what exactly is a Paul Harris Fellow?

The following is taken from rotary.org

The Paul Harris Fellow recognition acknowledges individuals who contribute, or who have contributions made in their name, of \$1,000 to The Rotary Foundation.

Rotary established the recognition in 1957 to encourage and show appreciation for substantial contributions to what was then the Foundation's only program, Rotary Foundation Fellowships for Advanced Study, the precursor to Ambassadorial Scholarships.

Early Paul Harris Fellows received a certificate of recognition. In 1969, the Foundation unveiled the first Paul Harris Fellow medallion at the Rotary Convention in Honolulu. Japanese metal artist Fiju Tsuda created the piece under the direction of former Foundation Trustee Kyoza Yuasa. Today, Paul Harris Fellows receive a certificate and pin. They are also eligible to buy a Paul Harris Fellow medallion.

Rotarians have a tradition of supporting the Foundation by honoring others. (This has become an important tradition for Frankston Sunrise)

The Sapphire Pin was introduced in 1984, with the blue-stone Multiple Paul Harris Fellow pin recognizing additional donations up to \$5,000.

Frankston Sunrise has 4 Sapphire Paul Harris Fellows: Bill Blythe, Ross Augustine, David McKenzie and now, Mark Rees.

Our other Paul Harris Fellows are: David Bellette (dec), Shane Thomas, Laurie Warfe, John Albery, Peter Richards, Peter Stacey, Paul Arthur (dec), Bruce McGregor, Brian Coughlan, Chris Angerer, Greg Sugars, Noel Bowman (dec), Ian Stapleton, Bob Smith, Roger Quinn, David Platten, Jason Coppard, Ross Luxford, Tony Carter, Brendan Kincade, Peter Womersley.

The Club has also awarded 3 Community Paul Harris fellows (to non-members): Dame Elisabeth Murdoch (dec), Mark Sheil (dec), Fred Harrison



Mark Rees receiving his Sapphire Paul Harris Fellow from
Past-President Cliff Leckning

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!

- Reesy

Grandparent duty in Sydney

Back next week

- 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





Social Media

I'm still being asked, so here is a quick summary:

Messenger – the group message called “Sunrise Rotary” is a current club member’s only chat group. It is simply for fun and only club members on Messenger see it.

Facebook – Private Group called “Frankston Sunrise” – it’s the one with the jigsaw puzzle image in its masthead. This is a closed group that is not visible to the public. In the group are current and some past club members, exchange students, partners and friends, so keep it polite, but use it for things Rotary and non-Rotary

Facebook – our public page called “Rotary Frankston Sunrise”. It’s the one with the montage of club photos in its masthead. This is the one where we can promote what we are up to for a broader audience and your help in spreading our Rotary message is important:

- **Invite your friends to like the page**
- **When you see a new post, Like the post and share it with your friends**

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