



Next meeting:

April 8th

Zoom Meeting

Members moment:

Greg Sharman

Wed, April 15th

Zoom Meeting

Guest Speaker

(5-10mins):

Steve Phillips:

CSF & Coronavirus

impacts locally

Wed, April 22nd

Zoom Meeting

Member Moment:

Peter Stacey

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:

Hi all,

I hope all our member's their extended families and of course our broader Rotary family are all coping with current situation we all find ourselves in. We are certainly living in a point in history.

As you would all by now be aware, our thoughts and best wishes are with Brendan and Sheryl following his bypass surgery last Friday. As I was writing this report Monday afternoon, I received the very good news from Sheryl that Brendan was awake, off the ventilator and breathing through an oxygen mask following last Friday's bypass surgery. That is fantastic news after what has been a very stressful time for Sheryl. Hopefully we'll soon be reading his texts and posts – he is the best source of jokes on my Facebook and messenger newsfeeds!

Last week's zoom meeting had over 20 members attending and there seems to be real enthusiasm across the membership for continuing to keep in touch this way. This week we have Greg Sharman giving us a Member's Moment and next week, Steve Phillips will give us a brief update on how Covid-19 is impacting Community Support Frankston and its client base.

I have a Member's Moment (Pete Stacey) booked for April 29, but May is wide open. Let me know if you want to fill the spots (5mins only).

Stay safe, stay healthy, see you online on Wednesday!



Australian Red Cross
Lifeblood

There is a lot of volunteering we can't do at present but donating blood is something many of us can consider.

Not sure if you are eligible? Take the eligibility test at <https://www.donateblood.com.au/eligibility#can-i-give-blood>

For more info and to check appointment availability, go to <https://www.donateblood.com.au/blood-donor-centre/frankston-donor-centre>

Website: www.rotaryfrankstonsunrise.org.au

Facebook: www.facebook.com/rotaryfrankstonsunrise

Update from Peter Stacey:

Some examples of Tumby Bay Wall/Silo art taken on our trip to the Eyre Peninsula.



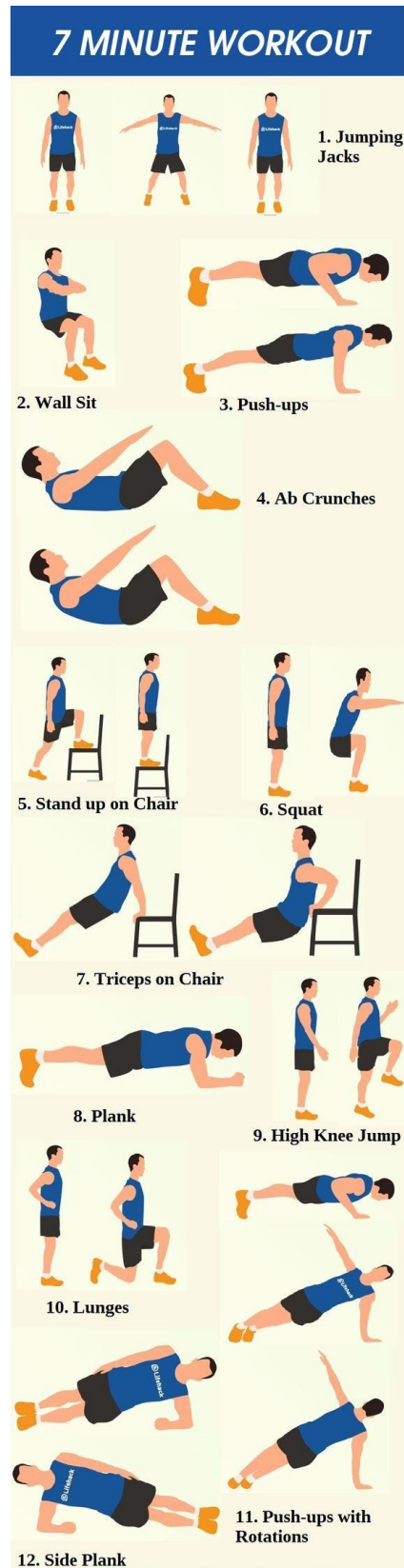
Coming Events:

2020:

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

Keeping Fit at Home:

In this time of Social distancing, the need for regular exercise is even more important. Below is a few exercises to try-out (not all at once) in the comfort of your own home. Please exercise Responsibly!



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 FRIENDSHIPS?
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.



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



Director's Reports: 1 April, 2020: Update

Treasury report:

Report as of 29th march 2020:

We are still in the process of refunding Golf day sponsors money , 10 to date,

Account Balances:

- General. Acc. \$6,571.61
- Community. Acc. \$28,705.16
- Foundation. Acc. \$70,897.69
- Treasurer - Greg S.

Finance and Fundraising report:

These uncertain times created by the Covid 19 virus have caused the cancellation of various events, functions and fundraisers including the RC of Frankston Sunrise Charity Golf Day which was to be held on Monday the 23rd March. Macca and his committee had done a sensational job of getting this major fundraiser ready to go only to have to pull the pin after 5 months of work. We have had quite a few of the sponsors who have paid their fees, either donate them or leave the money with us to use when we run the event next time. We also had Peninsula Sports Medicine leave their donated massage vouchers with us along with Teds Cameras donation which was organized by Blinky Bill. We are very lucky to be surrounded by good generous people.

The Ghana Ball has been **cancelled for 2020**, the Rotary Frankston Football day has been cancelled in May and the Treadmill Challenge is still all go for October at this stage.

We Have also had to cancel the Changeover which was to be held on July 11th .

- Finance and Fundraising Director: Shane T.

Community Service :

Steve Phillips at Community Support Frankston may require drivers to pick up from Aldi Frankston depot and Brumby's Towerhill and deliver back to CSF. Aldi pick up would be Monday Tuesday and Wednesday 9 - 11 am and drop off at CSF. Brumby's pick up is on a Thursday evening at 6pm and drop off at CSF Friday morning.

Any members that may be able to help if they can let me know and I will pass on to Steve. Have had some members reply already and will pass these on to Steve. CSF are also in the process of expanding their provision of meals and there may be the opportunity offer some help here. Steve will advise.

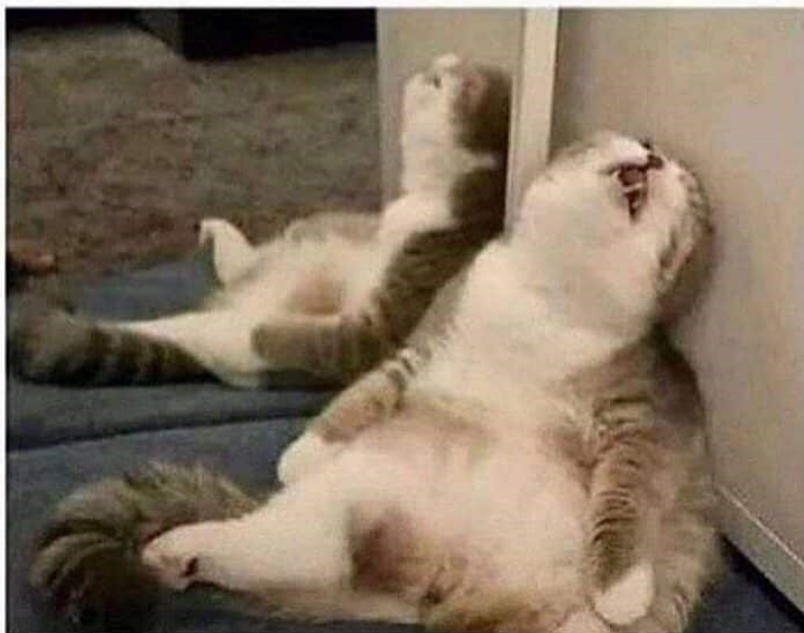
Spoke with Gill Kay at council and Gill will advise if there are any areas we may be able to help.

- Community Service Director: Ross A.

On the Lighter Side:



When you need to clean but have no motivation so you just sit there for a while like



Where in the World?

Ross L. -

- 8th & 15th / April – Hobart Boating.

Are you going to be away? Let Robert know when you will be away and where you are heading – even if it is only to make the rest of us jealous!

What in the World:



On this day in... April 8:

Event: **1911** - Dutch physicist Heike Kamerlingh Onnes discovers superconductivity. **1943** - U.S. President Franklin D. Roosevelt, in an attempt to check inflation, freezes wages and prices, prohibits workers from changing jobs unless the war effort would be aided thereby and bars rate increases by common carriers and public utilities. **2008** - The construction of the world's first skyscraper to integrate wind turbines is completed in Bahrain.

Births: **1904** - John Antill, Australian composer (Corroboree). **1922** - Carmen McRae: American singer-songwriter, pianist and actress (considered one of the most influential jazz vocalists of the 20th century). **1938** - Kofi Annan: Ghanaian economist and diplomat and 7th Secretary-General of the United Nations (1997-2006).

Deaths: **1492** - Lorenzo de' Medici: Italian ruler (de-facto ruler of the Florentine Republic and the most powerful and enthusiastic patron of Renaissance culture in Italy). **1984** - Pyotr Kapitsa: Russian physicist and academic, Nobel Prize laureate (best known for his work in low-temperature physics).

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>