



Next meeting:

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:**

**\*\*\*REMEMBER\*\*\***

There is no normal meeting at the Frankston International this week. Instead we will be attending the Frankston High School Business Breakfast. You need to have RSVP'd if you are attending as numbers have been supplied to the High School in advance.

Wednesday 14 August – 7.30am – 9.00am (so you get a sleep in!)  
Conference Room – 7-10 Campus, Foot Street, Frankston

Well done to Robert Maitz for his “This is Your Life” Presentation last week. These are great sessions as we all get to know a new member a little more. Robert has already been building on his family connection to Rotary in his own right and the level of commitment he has shown to Frankston Sunrise after just one month has been nothing short of fantastic. We've said it a few times, but welcome aboard Robert!

Many thanks to our group of volunteers who completed the last of the painting of the interior of the shed at Community Support Frankston. Roscoe, Ross L, Laurie, Bruce, Shane and myself were on hand to complete the very final stage of delivering a great resource for Community Support Frankston. Over the journey of this project, there has been a great club wide commitment and we can be very proud of the result that has been achieved.

The 12Hr Treadmill Challenge in support of Very Special Kids is gaining momentum with 5 sponsors committed at the time of writing the report. Great to hear that Brendan has a team jointly sponsored by the Frankston Branch of the Vietnam Veterans Assoc and Frankston RSL. Brendan has pulled together the team, but sounds like he is drawing the line at the actual running/walking part himself!

With Rosscoe & Coryn setting sail this week on the Mediterranean with Ron & Marilyn, Rosscoe has passed the reigns of the Community Service Committee to 2IC Ross L, so we continue to be in good hands on that front. With JA and Jane still away in warmer climates, Laurie is continuing to drive our Youth, International & Vocational portfolios so the work of the club continues to plow forward. Across the various committees there is a huge amount of work going on as always at Frankston Sunrise. I am so grateful to the whole Board for the work they are doing to drive a full year ahead for Frankston Sunrise.

Have a great week  
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 10 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

Our website: [www.rotaryfrankstonsunrise.org.au](http://www.rotaryfrankstonsunrise.org.au)

Our Facebook: [www.facebook.com/rotaryfrankstonsunrise](https://www.facebook.com/rotaryfrankstonsunrise) remember to Like & Share

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



Rotary  
Frankston Sunrise





## 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](mailto: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





## Community Shed Painting:

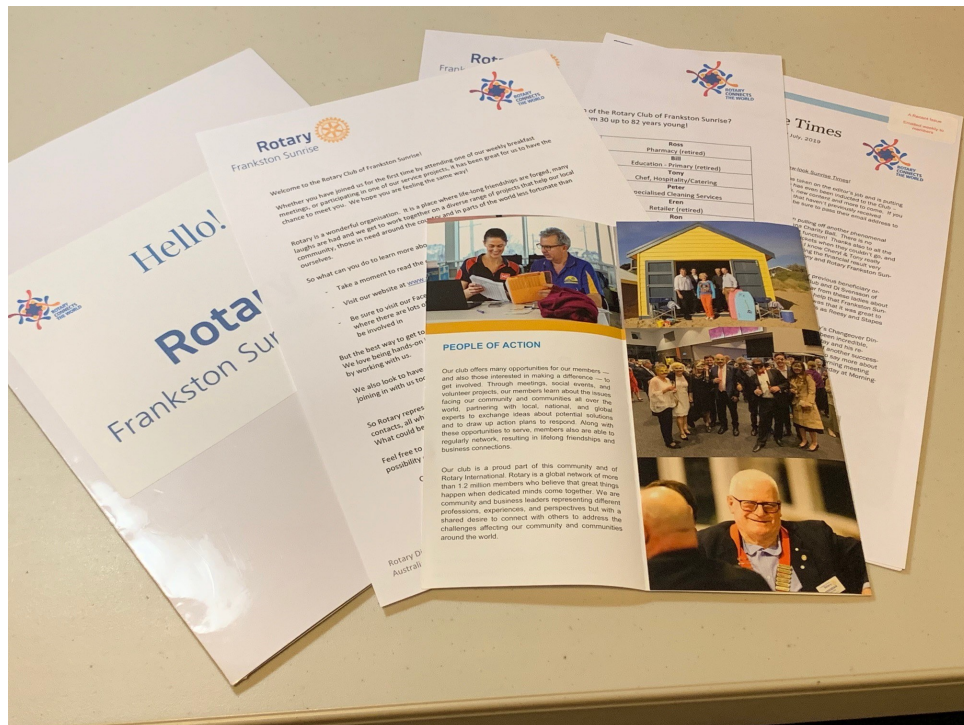


Hard at Work!





## The New Look Welcome Pack:



We have a new Welcome Pack to be handed to visitors to the Club who we identify as prospective members. It contains a welcome letter with links to our website and Facebook page, a quick reference to the people who make up our club, a recent copy of Sunrise Times and our brand new Rotary Frankston Sunrise brochure.

## RFS Flyer:



We have a new DL Flyer for the Club to be used as a tool for selectively handing out to prospective members. We will have copies available at next week's meeting, so if you have someone who you would like to enthuse about visiting the club, then this should help! Remember also to guide them towards checking out our website and Facebook page.

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"

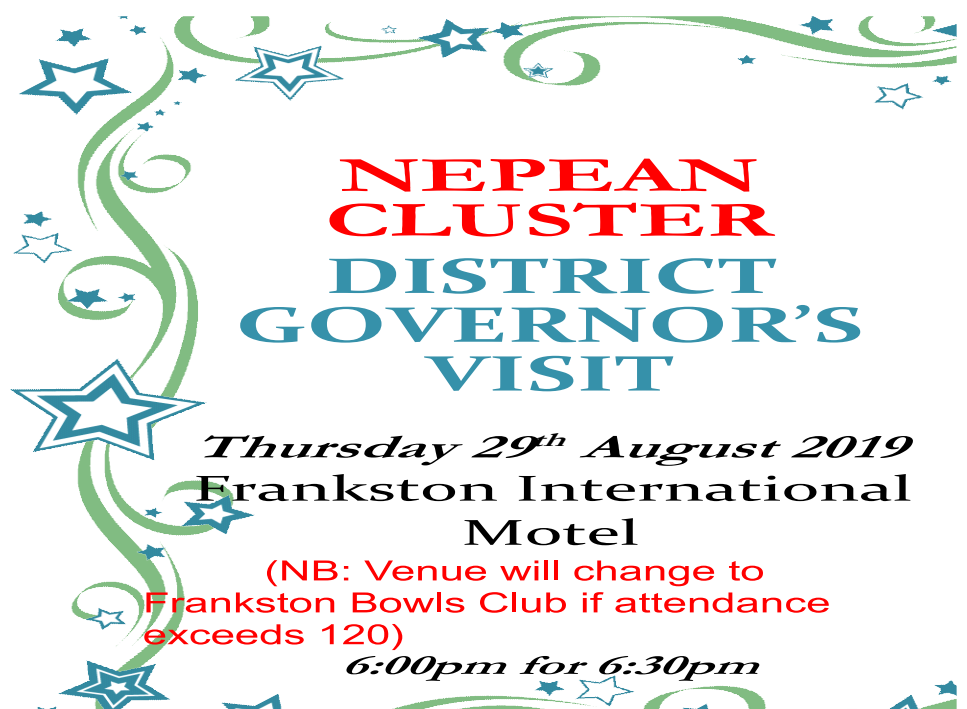
Ballarat

More info: [https://youtu.be/MXx\\_2v3KHRO](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 11**



## Directors Reports:

### Community -

Friday Ross L, President Peter and myself had a very informative meeting with Gillian Kaye from Frankston Council and Pauls Westhead from Emerge re a possible major project for use of bathing box funds.

More from President Peter over the coming weeks. Saturday morning the painting of the shed was completed by Ross A, Ross L, Shane, Laurie, Bruce and President Peter. I will be away for the next 7 weeks and Ross L is in charge of Community Service. Look to him for reports each week.

Cheers.

- Director - Ross

## 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.

### - **Rosscoe**

Rosscoe and Coryn heading away this week to join Ron & Marilyn on their sailing adventure – Back October 4

### - **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>