



**Next meeting:**

July 31st

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

Chair - Gary

August 7th

**This your life**

Chair - Robert

August 14th

**Rick Paynter -**

**Gateway Church**

Chair - Cliff

August 21st

**Traveler's Tales**

Chair - Ron Jones/  
Macca

August 28th

**No Morning meeting**

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:**

Planning for the Treadmill Challenge has stepped up a notch and you will see flyers and more info at this week's meeting. We can all help in getting sponsors on board for this event. A great initiative in support of Very Special Kids.

Keen to lock in numbers for the Comedy for a Cause night in September - be sure to put your name on the list if you want tickets.

Just a quick report this week, which I am sure will be a relief for most of you...

Regards,  
Peter Cracknell

**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 12 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



CORE24  
HEALTH CLUBS

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 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:

4/07/1959 David  
Morgan 59

5/07/1963 Rainer  
Feldgen 56

31/07/1955 Eren  
Erdogan 64

### Coming Events:

#### 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..

#### 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

#### 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 Cont.:

**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

### 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.

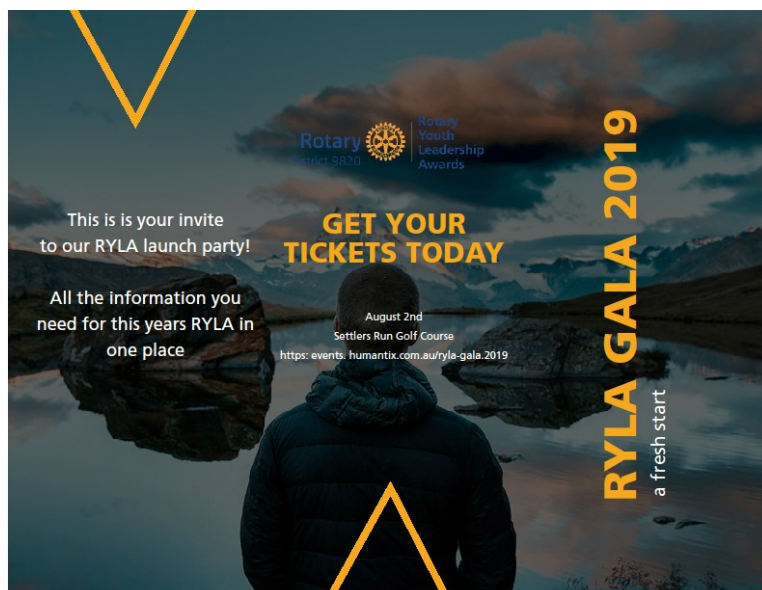
As seats are normally on a first come basis, we have been able to coordinate a block ticket purchase that will mean our seating block is reserved, save us having to arrive too early.

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.



## Directors Reports:

### Finance and Fundraising -

Cheryl and Tony Carter have announced that they have had very successful discussions with the Mornington Race Club about holding next years Ghana Ball ( or whatever the new name will be?) at their function rooms on May 23rd 2020. This new arrangement will mean considerable savings and hence greater profit for the charity.

Congratulations to the Carters on a fantastic result! We also had a very good meeting at Core Fitness Frankston with the Treadmill Challenge committee led by Mark Rees. Thanks also Jason, Crackers, Tony & Macca for their input.

Joe has his 2 Marketing guru's Danelle and Emma coordinating the flyers etc.

- Director - Shane Thomas

### Treasury -

Balance as of 30/07/2019 -

General Acc: \$8,215.39

Community Acc: \$26,305.14

- Treasurer - Greg Sharman





DG Adrian would like to promote as it's  
Rotary Donate Life Week:



What Can I do?

What  
can  
I do?

## What can I do?

### About this supporter kit

**This Donateliflife Week, we encourage more Australians to register to be an organ and tissue donor, and to have the conversation with their family and friends.**

This supporter kit contains information and resources on how you can get involved in Donateliflife Week, Sunday 28 July – Sunday 4 August 2019.

Donateliflife Week is Australia's national awareness week dedicated to promoting organ and tissue donation and is led by the Organ and Tissue Authority (OTA) in partnership with Donateliflife agencies in every state and territory and other key stakeholders across Australia.

Donateliflife Week is a key part of the Australian Government's national program to increase organ and tissue donation and transplantation outcomes in Australia. We want to inspire all Australians to make a real difference to the lives of others by registering and telling their family they want to be a donor.

**Donateliflife**  
28 July–4 August 2019 **Week**





## What can I do?

### Key facts about organ and tissue donation in Australia



In 2018, **1,782 lives** were transformed by **554 deceased** and **238 living organ donors**. A further **10,500 Australians** benefited from eye and tissue transplants.



Since 2009, more than **11,000 Australians** have had their lives saved as a result of an organ transplant.

**1,400**

There are around **1,400 Australians** currently on the wait list for a life-saving transplant, and a further 11,000 people on dialysis.



Families almost always say yes to organ donation when their loved one had previously registered and they knew what they wanted. That's why it's so important to register on the Australian Organ Donor Register.



**6.7 million** Australians aged 16 or over have registered to be a donor. If every registered donor found one person who wasn't registered, we would double the amount of potential donors. **Who is your plus one?**



Only **8.1 per cent** of **16-25 year old** Australians have registered to be a donor.



Not everyone can be a organ donor. To be an organ donor, people must die in hospital. Of those who die in hospital, only 2-3 per cent die in circumstances where it is feasible for them to donate organs.



Many more can become eye and tissue donors as tissue can be donated up to 24 hours after death, regardless of where it occurred.



All major religions support organ and tissue donation



It takes **less than a minute** to join the Australian Organ Donor Register at **donatelife.gov.au** – all you need is your Medicare card number.

4 DonateLife Week 2019

## What we want you to know

### What we want you to know

**1,400**

With more than 1,400 Australians on the waitlist for a life-saving transplant, every new registration counts.

**+1**

If every registered donor found one person who wasn't and encouraged them to register, we would double the number of potential donors. One by one it adds up.



This DonateLife Week join the Donor Register and let your family and friends know you want to be a donor.

**9/10**

We can save and transform more lives if more Australians register to become donors. Nine in ten families say yes to donation when their family member is on the Donor Register.



Archer, 7-year-old, liver recipient

## Check...

Think you are already registered or did it through your driver's licence?

Check you're on the national donor register – and update your details if necessary. Remember, you can no longer register via your driver's licence unless you live in South Australia.

You need to join the national Australian Organ Donor Register – **you can check your details online.**



Registering to become an organ and tissue donor gives hope to those whose lives depend on receiving a transplant.



Registering to be an organ and tissue donor is quick and easy using our online form. Visit **donatelife.gov.au** – a minute of your time could one day save the lives of many.



Remember to have the chat with your loved ones so they know what you want.



The gift of organ and tissue donation gives recipients a second chance at experiencing all of the love, joy and adventure that life has to offer.



Thousands of Australians are living their lives to the fullest because of the generosity of organ and tissue donors and their families.

6 DonateLife Week 2019

To join the Australian Organ Donor Register, or for more information visit: [donatelife.gov.au](http://donatelife.gov.au)

## Where in the World?

### - **Stapes**

Cruising San Fran to Tokyo

Back Aug 16

### - **Keith**

An English catch up

Back early Sept

### - **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>