



Next meeting:

August 21st

**Warwick Smith -
Breath Hair**

Chair - Coippard

August 28th

**Pastor Rick Paynter -
Gateway Church**

Chair - Cliff

August 29th

Cluster Dinner

September 4th

Ian Stapleton

"Traveler's Tales"

Chair - Ian Stapleton

September 11th

TBA

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:

Great to have such a strong turnout last week at the Frankston High Business Breakfast. What an impressive group of students we heard speak. The school's commitment to leadership development is very strong and our proposed Interact plan dovetails in very well to the school's agenda. You'll be hearing more about that over the week ahead.

The agony of the AFL home and away season is almost over for some of us. We Melbourne members can't wait for 2020!

Keep working towards finding sponsors for the Treadmill Challenge. It will be on us in no time.

See you Wednesday for breakfast.

Regards,
Peter



President Peter Cracknell and Principal John Albiston

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 9 weeks to go!

Update:

Total raised so far \$6,200.

Go to: <https://vsk.grassrootz.com/rotary-frankston-sunrise-12hr-treadmill-challenge> for leaderboard & updates.

Still need treadmill sponsors VIP

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

Our Facebook: 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



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**

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





LIYSF Update:

LIYSF is the London International Youth Science Forum & we contributed to getting Amelie there.

She is from Frankston High School.

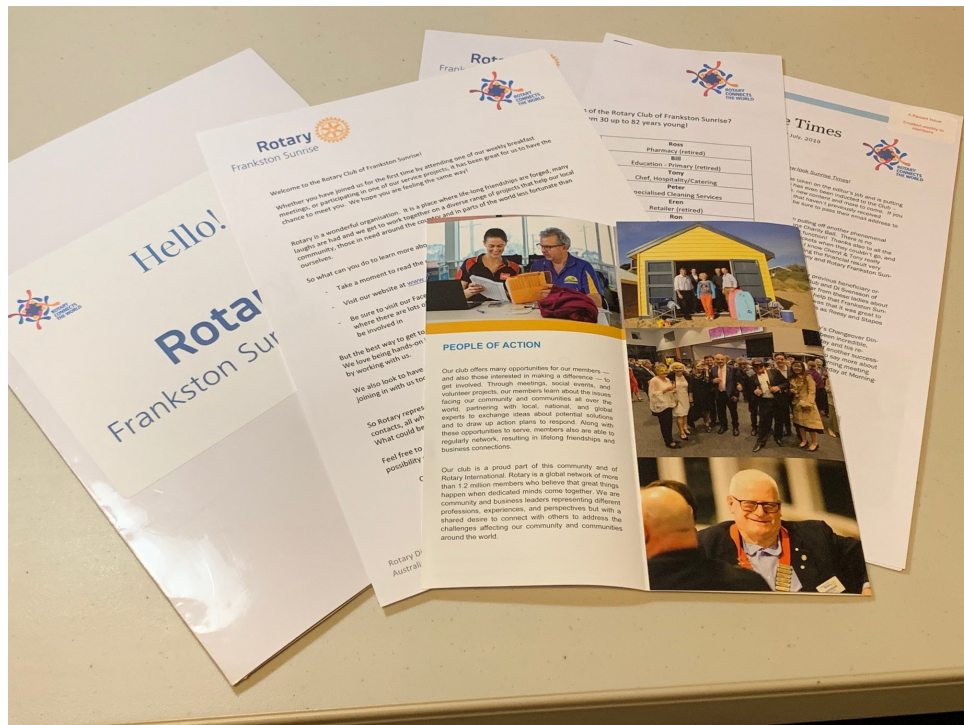
A Brief message from Amelie:

I returned from London about a week ago. I have been quite busy with my Year 12 studies recently.

LIYSF was absolutely magical! I am so grateful to have had the opportunity to meet young scientists from over 70 countries. The lecturers, science facility visits, and team building activities strengthened my passion for STEM. I feel prepared to begin my tertiary studies next year, and honestly cannot wait.

A massive thank you to Frankston Sunrise Rotary for kindly sponsoring me!

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

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21-22 March, 2020

District 9820 Conference

"Breaking the Chains"

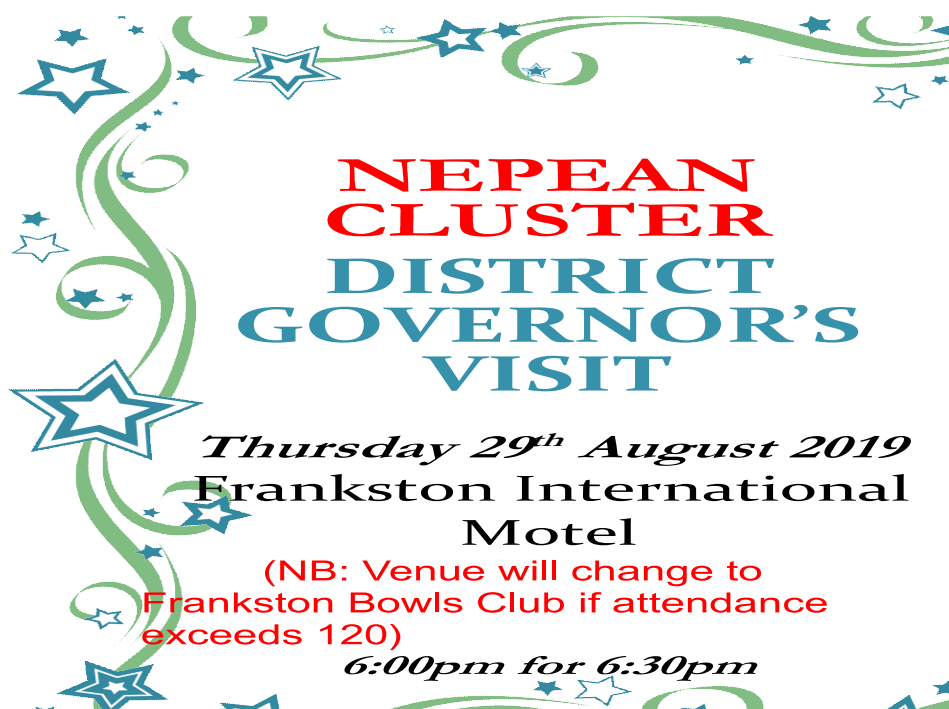
Ballarat

More info: https://youtu.be/MXx_2v3KHRO

Mon, 23 March, 2020

Charity Golf Day

PKCGC



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.



**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:

Treasury -

Accounts as of 19/08/19 -

General: \$5,314.68

Community - \$26,335.39



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Where in the World?

- **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>