



**Bulletin**

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**GUEST SPEAKER TUESDAY 1st JULY**



**Justine Murphy  
My ultra-marathon experience**

Justine Murphy recently finished the Blue Mountains 100km "Ultra-Marathon" in 19 hours 55 minutes.

Justine will discuss her experience, including: why she did it, her preparation, the run itself and 'what's next'.

Justine is a member of the RC of Central Melbourne – Sunrise. She started swimming at 30 years of age to get healthy and lose weight. She added strength and cardio classes within a few years and then took tentative steps to start running at 35. Her addiction to running soon took hold and she ran her first half marathon for her 40th birthday and then, most recently the NorthFace100 Ultra Marathon for her 45th birthday.

Although she has not yet won the 'health' battle, she has successfully achieved her weight loss goals, weighing more than 20kg less than when she started her journey 15 years ago.

**DUTY ROSTER JULY 1, 2014**

Chair	Kevin Walklate
Sergeant	Kevin Walklate
Greeter	Mik Wells
Reporter	Mary Voice
Photographer	Allan Driver
Door	Tom Callander
Director Report - Youth Service	George Mackey
Bulletin Editor	David Jones



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Lunch  
The P  
Jun 2  
12:00

Boar  
RACV  
Jul 1  
6:00

Fund  
Jul 2  
7:00

Camp  
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## ROY'S NEW YEAR

A few notes on the year to come from my "President's Message"

- No special missions but may our club continue to be friendly, diverse, active and interesting. Members should enjoy being members, get a buzz and be proud of what we do.
- I want to get membership up. Diversity is important.
- Hopefully resolve the everlasting need for sustainable funding.
- Focus on the big projects (without discarding the little ones).
- Promote in the CBD, so we are known.
- Continue to grow our e-presence.

Other than that what can I say? We have a great board & executive. How can we lose?

## CHANGE-OVER EVENING

President Doug's review of the past year.

"D G Ross and Annette, D G Nominee Designate Neville and Rebecca, A G Ian and Heather, P E Roy and Annie, Charter President Terry, members, honorary members, partners and friends, it is with pleasure that I present this report for the year now ending.

Firstly, I would like to welcome **new members** who joined our Club during the year: Stuart Ellis (Jo), Sat Mishra (Jaisuree), Rob Hines (Tess) and Stella Avramopolous (Con Matsamakis). I trust all new members have a long and fulfilling time with the Club and their partners also enjoy that association. I also want to welcome Peter Duras and Sue. Peter will be joining the Club in a week or so, having been a member of RC Essendon for 41 years.

A significant and first event in our Club's 28 years occurred in the latter part of the year, when our nomination of **Neville John for District Governor in 2016/2017**, was accepted by District. All members, partners and friends, wish Neville and Rebecca a great and successful journey over the next two years.

In looking at the year, I believe the extent and content of our projects and activities undertaken, illustrate that members of our Club have "Engaged Rotary and Changed Lives". Certainly in my view, our voluntary efforts have been well planned, and executed in an effective and energetic manner. I hope you will agree with me.

*continued.....*

[Photos later]

[Read more...](#)

## AWARDS PRESENTED AT CHANGE-OVER 2014

### **PAUL HARRIS FELLOW RECOGNITIONS:**

Roy Garrett

Who through his passion for South East Asia, has led the Club to establish and deliver successful school projects

in the area out of Luang Prabang in Laos, enabling the education of children that might otherwise not have that

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opportunity. These projects have provided a focus for our Club's International Committee and indeed member's of our Club, whilst also extending the Club's reach through many travelling supporters.

Justine Murphy

For her commitment and dedication to the promotion of Vocational Service through two year's as Club Director and the District Chair role as well as her involvement, over a number of years with the Victoria Police Mentoring project.

Neil Salvano – 2nd Sapphire

For his contribution to the Club over a number of years, including two as Secretary, his support for the Community Village as Quartermaster and in this past year for Chairing the Sub-Committee and his extra-ordinary personal involvement in ensuring its continued success; in organising White Night and as well as his support over the years for any hands on volunteering. These many hours have also resulted in BHP making a substantial financial contribution to our Club.

***PRESIDENT'S ROTARIAN OF THE YEAR AWARD/TROPHY***

Roger Thornton

For his inability to say no to any requests for help including: Chairing the Membership Project Team, support of the BBQ at the Meehan's, taking on the Chair of the Community Service Committee and involvement in many volunteer activities.

***ROYCE ABBEY AWARD***

Greg Cuthbert

For his enthusiasm and commitment to the Club as Chair of the Fundraising Committee.

***FAMILY OF ROTARY AWARD***

JOINTLY AWARDED TO:

Margaret Thomas

For her initiative in pricing and purchasing in bulk, items for Xmas Hampers. These were then weighed and individually bagged and made available to members for inclusion. This bulked up and significantly improved hampers for needy assylum seekers.

Pippa Thornton

For her involvement in a number of activities included providing significant help with the BBQ at the Meehan's, taking part in the working bee at Royal Talbot and helping prepare the friendship banners for digitising.

***CERTIFICATES OF APPRECIATION***

Michael Bromby

For bringing us the fundraising play, "The Greatest is Love", providing a meeting place for the many Fundraising Committee meetings and deftly handling the challenge of being over exposed as Sergeant for a second year.

Barrie Tassell

For his regular attendance, acting as a greeter, participation in the Foundation Committee, bringing a smiling face and offering the odd quiet word of encouragement to the President.

Yanpu Zhang

For providing the Club with a delightful social evening which raised significant funds and undertaking the Treasurer's role with little experience in finance and participation in Club activities.

**IFTAR DINNER INVITATION**



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**The Rotary Club of Central Melbourne-Sunrise Inc  
and the Australian Intercultural Society  
cordially invite you to the**

***ROTARY CLUB RAMADAN IFTAR DINNER 2014***

**4.54pm arrival for 5.15pm commencement  
Tuesday 15<sup>th</sup> July 2014**

**The AIS Office  
Level 1, 436 St. Kilda Rd., Melbourne,  
R.S.V.P. 10<sup>th</sup> July  
Bernie Gerlinger  
[marben@bigpond.net.au](mailto:marben@bigpond.net.au)  
Phone 0419 302 104; Fax 9888 3692**

**LETTER FROM PALERMO**

*Posted by Tony THOMAS*

Welcome to Palermo but don't mention the M.fia!

We, being laden-down and confused tourists, arrived at Palermo Central Station on a quiet Thursday evening. We found the taxi rank and a helpful concierge there directed us to a taxi in the middle, a small surprise. We showed our apartment address and the driver got under way while chatting on his mobile. The route seemed very circuitous and the bill came to 17 Euro. Giving the driver the benefit of the doubt, I tipped him one Euro. We found next day that the direct route was a mere 3km, in fact we walked it later. The taxi concierge had directed us to his pal as specially plump victims. The driver also turbocharged his meter.

It's small-scale stuff but part of the culture here: 'if it's a tourist, fleece it'. On the grand scale, the local mafia has dominated the place for a century, except for a bloody interlude in the 1980s when intruders from Corleone killed 1000 city rivals.

The mafia's hey-day was 1950-80, when it literally ran the place, selling parklands, school sites, clinics etc to builders of shoddy apartments. There was the sack of Rome by the Visigoths in 410AD and locals here refer to the mafia's 'sack of Palermo'.

Mussolini saw the mafiosi as rivals and imprisoned hordes of them. The arrestees persuaded the invading Americans that they were the cruelly-treated anti-Fascist resistance, and were rewarded with government posts and mayordoms.

Lately, the Mafia has been tapping funding from the European Commission. Robbing ratepayers is naughty but who is the victim if a few billion Euros of EC and World Bank funding vaguely dissolves in half-assed Palermo projects? The Italian Foreign Ministry estimated this year that total Italian mafia turnover is Euro 200bn p.a. compared with the EU budget of Euro 140bn. I have an image of the Mafia as Danae, naked and with legs akimbo, being impregnated with showers of gold from the EC, playing Zeus.

*continued.....*

[Read more...](#)

