



THE BULLETIN



Rotary Club of Etobicoke

District Governor: **Valarie Wafer**

RI President: **Ron D. Burton**

Week August 28, 2013

Board 2013-2014

President: Michael Bell, Secretary: Ron Miller, Treasurer: Don Edwards

Speaker: September 04, 2013 – Jack Fleming “People Talking about themselves for 15 Minutes” (Classification Talk)

Reporting & Pictures; Ron Miller

Today's Speaker - Emmanuel Lopez a.k.a Motivatorman



Lynda Ryder introduced Emmanuel.

Emmanuel Lopez a.k.a. Motivatorman is a Motivational speaker, Social Media Consultant and an award-winning Movie Blogger. The New York Times and The Washington Post have featured Emmanuel and his blog called, “Movies That

Motivate: The Adventures of Motivatorman” as a recommended resource with over 650 motivational tips and inspiring movie examples. He has owned a successful communications business of over 15 years, written a column for Zoomer Magazine and provided motivational talks for: TD Canada Trust, Royal Ontario Museum, Ontario Ministry of Finance, Lululemon Athletica, Schulich School of Business and The Art Institute of Boston. His new book “Movies for Motivation: How to Stay Strong in Your Life & Career” features over 55 movie recommendations for life, career and business. Emmanuel's passion for helping others is matched only by his love for movies, delicious foods and vanilla bean lattes!

Emmanuel began by saying that “MotivatorMan” is his “super hero name”. His “passion” is for “helping people activate their indestructible optimism”. His “2nd passion” is “social media” such as Facebook, LinkedIn, Twitter, YouTube, etc” which he says are a “very important tool” and wants to make everyone aware of the “magic of social media” and the ability to “connect with people you really want to connect with”. He said that this morning he mentioned on Facebook that he was going to do a presentation at the Rotary Club of Etobicoke. Within minutes he had received messages from Japan, Chicago, etc saying “congratulations” and “break a leg”. These messages “inspire him to do his best” and validate his presentation. As well, it “made him feel good”. He said he will also “post” a report after he has done his talk so that more people will know “what he believes” and also “more about our organization”.

This all began after Emmanuel had his own personal “low period of mid-life transition” He said he had “lost his way” and it was also around the time his father passed away. He was feeling depressed. One day he was sitting on his couch and the movie

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"Ground Hog Day" came on (which Emmanuel now calls a "great personal growth movie"). Emmanuel said it reflected the state he was in. He said he "felt a connection to Bill Murray's character Phil" who was "utterly depressed" thinking that he was trapped in a time loop that would repeat over and over again forever...his own "living hell". Phil finally "breaks out" by "stop thinking of himself and to think about others". In the movie this took time and repletion but in the end he succeeds. "So as the movie hero faces his challenges and learns how to rise above it, that too can be a powerful fuel for finding your own strength to keep moving forward". Emmanuel "posted" his thoughts about the movie online. Within days he had received messages from worldwide thanking him for posting his stories that helped them move out of their "depressions and low periods". He even received thanks from various religious leaders.

After all of the positive response he received he began his "movie blogs". He says blogs are "an opportunity for anyone to post something that is important to them, or something they are passionate about". In his case it is movies. Within a few days he was contacted by the Washington Post and was asked to continue his movie blogs.

Another "inspirational" movie he mentioned is "Julie & Julia" which he says combines his 3 passions; movies, food and writing movie blogs". Meryl Streep plays Julia Child the famous author of Mastering the Art of French Cooking" and Amy Adams played Julie Powell a "food blogger". The movie shows the passion of two women who follow their passions for food and the joys and challenges they experience. Emmanuel says you will be motivated to "persevere in your own dreams" when you watch Julie Powell "stay committed to her goal to blog for 365 days about her cooking 524 recipes from Child's book". He says there "are so many motivating messages in this movie". "Following your passion can fill you with positive emotional energy that can feed your self-confidence". This "makes you feel good" and "feeds you on days you don't like working". Julie Powell's blogs received support from people all around the world and inspired her to write the book which in turn was made into the movie. Emmanuel

said this also illustrates the power of social media. He says his mother "loves Facebook".

If you want to know more about the MotivatorMan go to his website www.motivatorman.com.

He has 650 tips online. If you contact him he will send you a .pdf sampler of his new book "Movies for Motivation" How to Stay Strong in Your Life & Career".

Hugh Williams thanked Emmanuel for his fun and informative presentation.

Birthdays This Week



*Andre Dugas - September 01
Gerald Lue - September 06*

Happy Birthday to on your happy day...

Tanya Fernandez – Rexdale Community Health Centre

Past President Hugh Williams introduced Tanya Fernandez from the Rexdale Community Health Centre saying that "normally we are the ones presenting cheques, however Tanya was here today to present a cheque to our Club. Tanya began by saying that she wanted to thank the Club for the opportunity to be part of the "SOS Concert" at the end of June. She said it was great to be a part of the "spirit, energy and caring" that was displayed by our Club and the Community. She wanted to thank the Club for our support and she wanted to present a cheque for their share of the ticket sales.

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Visitors & Guests

Visiting Rotarian

- **Kathrin Von Gavel** – Rotary Club of Toronto
- **Alice Otupiri** – Rotary Club of Nepean-Kanata (Alice has recently moved to Etobicoke and is looking to join a new Rotary Club)

Guests

- **Emmanuel Lopez** – “The MotivatorMan” – speaker
- **Jay Douglas** – Potential New Member
- **Billy Parrott** – Potential New Member
- **Vicki Male** – Potential New member – Guest of Kathrin Von Gavel

Attendance:

Members – 17

Guests – 07

Total – 24



50/50 Draw

Hugh Williams - 4 of Spades. So the Pots grows....

Annual membership Dues Rotary Year 2013 -14

The Annual membership dues are payable and \$250.00 This will increase to \$270.00 if not paid before **September 15, 2013.**



HAPPY BUCKS

Andre Dugas was happy to say that he hoped everyone had seen the note from Nigel in Cape Town that Secretary Ron had forwarded to the Club earlier in the day. If they hadn't seen it, he was happy to read it;

“Hi Ron

How are things in your part of the world?

Here we are struggling to get the repairs to the house done because of heavy rain, strong winds, cool temperatures and less than sparkling support from various companies. Oh well, that's life.

I now have home internet, which drops out frequently, is slow, but is the best we can do whilst awaiting until our first choice of internet service comes on-stream in October.

We have not had a chance to get to a club yet as the car is playing up and needs to go back again (mental note, do not buy a secondhand car unless you know the person), I'm tied to the house to make sure the builders come and do what they are supposed to, and Bernadette is sweating in the office over an impending delegation arrival and a very tight program schedule.

But aside from all the petty stuff that will soon subside, we are lucky in so many ways and look forward to an active and fulfilling time here, once the better weather arrives and the workers depart and leave us in peace!

I'll be in touch!

Nigel”

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Andre was also happy to say that Nigel's note was "educational". This is what "Foreign Service" is really like. For those who think Foreign Service is "parties and champagne all the time" they are greatly mistaken. In reality it is more like "waiting for the builders to come and figuring out why the car won't run, etc".

Theresa Sherwood – Theresa was happy to say that she attended the "great outing" that Maati Lahroussi had arranged at the Humber College "Arboretum" yesterday. She said it is a "beautiful" place. Maati arranged to have 10 kids from Youth without Shelter attend. Theresa said that they put on rubber boots and waded into the Humber River where they built "survival shelters" out of twigs. TPS Div. 22 Inspector Scott Batista also was there and Theresa said that he "spoke well" to the kids. She feels that this was a great way for the Police to interact with the kids instead of the other ways they have to deal with them. She wanted to thank Maati for making this happen.

Hugh Williams – Hugh was happy because he is "getting rid of Alison". She is flying off to UBC in Vancouver. Ruth is going with her but "she is coming back". He is also happy to report that they have recently bought a condo in the Dundas-Royal York area. He said "now the real work begins". He has painters into their house to spruce it up so they can sell. They had a garage sale on the weekend. It was scheduled just for Saturday but was extended into Sunday.

Judy Burnell – Judy was happy to say that she was at the Stonegate Ministries yesterday and that they now have a store next door where they will be serving meals to "kids who need help".

Florian Hammerbacher – Florian was happy to say that his wife and he had just returned from their trip of "touring Canada" on the Trans-Canada Highway from Vancouver to St. John's. He says that we are "lucky to live in this country". They travelled "many trails and saw great views" all across the

country. He is not as happy to say that that they will fly out to Brussels on September 27th. The movers are scheduled for September 19-20. Sonia begins her new job there on October 1st. He is hoping they will get to see some of the apartments that have been suggested to them before hand. It is not a rush though since it will take 2 months for the furniture to be shipped. Florian was also happy to say that he is trying to make arrangements that he will return here for Ribfest. He "really wants to reprise his role as Rib Judge". He was happy to say that he had organized an outing for the "Councilor Society" yesterday where they did a tour of Unionville. And finally Florian was happy to say that he would like to have one more "bag-packing" event before they leave. He is looking at September 15th as the date but will co-ordinate with Chris at the No Frills to see if it is convenient.



Dates to Remember

Community Services Committee Meeting – September 04, 2013, National Silicates Office. 5.30 pm. Contact Hugh Williams.

Board Meeting – September 09, 2013, 6.00 p.m. – Venue Michael Bell's Residence Contact Ron Miller
Tel: (416) 763-0319.