



**Today's Program**

Gemma Sheehan, Olympic Champion

**Topic**

Girls Who Fight

**Host**

Andrea Tirone, Chair ISC

**Location**

Albany Club, 91 King St E, Toronto



Gemma Sheehan started in the sport of MMA at age 13. For 9 years she pursued professional fighting and was rising as a top Canadian competitor, with a record of 5 wins, 1 loss, 4 wins in the first round. She took the gold at the 2016 Pan-Ams for Brazilian Jiu Jitsu, and was ranked the #1 MMA fighter in Ontario the same year.

In 2017, Gemma decided to end her fighting career, and she started a company called Girls Who Fight that offers self defense and mixed martial arts classes and workshops to girls in Toronto, and to schools and organizations.

Aside from growing the business, Gemma volunteered in South Africa for three weeks in May, teaching self defense to kids and women living in the township of Khayletshia - which has some of the highest rates of violence and crime in the world.

Outside of fighting and teaching, Gemma loves her two dogs, playing squash, and long walks to the all you can eat sushi restaurant!

**Congratulations to our Steam Whistle Fundraising Team!**

On behalf of the Club Jeff congratulated everyone for the 'What A Party' Fundraising event that was held at The Steam Whistle Brewery on Thursday, March 28th - Great food, Games and Prizes. Grand Prize was a Box at the Blue Jays Game. Proceeds were raised for The Rotary Club of Toronto Transition Centre at St. Michael's Hospital. More details will follow!

**Camp Scugog, May 24-26 Register Now**

Camp Scugog – A very special place for inner-city families. The smiles on the faces as the children arrive! Some have never been swimming or even heard of archery. New friends to be made under the watchful eyes of a truly dedicated staff – some were campers themselves.

Join us as we prepare the camp for the summer arrivals. Cabins need painting, steps need mending. Some swimming docks will need new boards. Donated clothing will need to be sorted by size – some children arrive with barely a single change of clothes. The kitchen staff (our own members) need help in the kitchen. There is a job for everyone.



*The Cabins await-Put yourself in the picture!*

Please register online. You won't regret it! - <https://bit.ly/2I9mPz3>

**Happy Birthday!**

**MARCH - Apologies for belated wishes!**

3	Winz,Casagrande	12	Bill Hepburn	22	John Talman
	Jackie Davies	14	Geoffrey Johnson	25	James Macdonald
9	Ross Amos	16	Brinda Luckoo	31	John Fortney
10	Annie Chu		Eardley Samuels		Prince Kumar

**APRIL**

2	Andrea Tirone	6	Lloyd Barbara	17	Alan Crawford
3	John Bishop	7	Susan Hunter	18	Pat Neuman
	Heather Hetherington	10	Karl Kremer	25	Carol Hutchinson
4	Geoffrey Cobham	11	Carole Chauncey	28	David Higgins

**10<sup>th</sup> Annual Rotary Walk for HIV/AIDS**

Saturday, April 27, 2019 (9am to 1pm)

The fight is not over until there is a cure. Meanwhile 30 million people are affected, most on drugs for control only. Join us in Making a Difference.

**Poker Walk for HIV/AIDS**



We will be assisting Latinos Positivos, a small Toronto group under People With AIDS. They will be leading a Zumba class again at the event. You can join my team (Maureen Bird – Toronto High Flyers) or donate to our team fund at [www.toronto.rotaryaidswalk.ca](http://www.toronto.rotaryaidswalk.ca)

## What You Missed March 29<sup>th</sup>, 2019

- by Dauna Jones-Simmonds



Today was an eye-opening presentation about Corporate Boards from Mr. Rahul Bhardwah, President and CEO, Institute of Corporate Directors. For those who serve on boards or even thinking of joining boards – the message and advice were intended for you. Mr. Bhardwah currently serves on the boards of Metrolinx, which is a provincial agency developing and implementing an overall transit strategy for the Greater Toronto and Hamilton Area, and the Rideau Hall Foundation.

With the distinctive voice of John Andras, fellow Rotarians sang the Canadian Anthem which was accompanied by Lorna Johnson on the piano. The audience was very engaged in varying and interesting conversations. Past President John Andras announced two visiting Rotarians and four guests. President Jeff extended a hearty wel-

come to the six individuals. 'Let's Be Personal' was presented by John Joseph Mastandrea – a member since 2006.

Brian Westlake then introduced the keynote speaker, Rahul Bhardwah, who leads associations of 14 thousand leaders in the country (non-profit and for profit organizations). The goal is to 'get better boards that can make better decisions' in Canada, which ultimately leads to trust in the community and professions. It's important to invest in strong governance, which includes stronger rules. The issue of trust is falling globally. Based on a survey amongst 33 opinion leaders within 33 countries, the U.S. has the largest drop in trust in the history of these opinion leaders. Trust is embedded in areas of unemployment – the higher the unemployment, the more trust erodes. He indicated that Canada is the world leader in fostering diversity but has problems with having diverse boards – "This needs to change", he said.

He suggested that rules in the Corporate Governance cannot be etched in stone – it's not passive. For example, just showing up to board meetings is not enough. One needs to bring some value to the table. He emphasized the need to think differently, otherwise organizations' brands will be diminished. He shared that 80% of boards have developed a [diverse thinking] strategy while 20% have a strategy to develop their workforce; 40% of boards of directors in Ontario will disappear by 2027 unless major innovations are introduced. He also stated that it has been noted that diverse corporations are more profitable than those that are not. Because of its diversity, Canada is uniquely qualified to package Corporate Governance that can be exported. Corporate Governance touches every part of our economy. The net impact of good Corporate governance is peace and prosperity. Lastly, strong boards make strong organizations and ultimately, a strong country.

Mr. Bhardwah was presented with a donation that goes towards the ShelterBox Canada.

Bert Steenburgh had his liquid assets increased. Unfortunately, for him, the pot grows.

## Upcoming Speakers & Events

### April 2019

- 12 Earth Day Luncheon, Derek Zavislake, Merchants of Green Coffee
- 17 President's Cocktails, 5:30 PM, Dr David Urbach, Healthcare
- 19 Good Friday, NO MEETING
- 23 John Millar, Water First

### EVENTS

- April 25 R2R, National Club
- April 27 District Walk for AIDS
- May 24-26 Camp Scugog Weekend

### Editor of the week

John Andras

### Editor for April 12, 2019

Maureen Bird

### What You Missed Reporter for April 5th

Maureen Bird

### Propose a Speaker – Contact

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### Submit an article to the Voice Newsletter

therotaryvoice@gmail.com

Editor-in-chief: Maureen Bird

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## Let's Be Personal

- by John Joseph Mastrandrea



This June 2019 marks the 30th Anniversary of my Ordination in the United Church of Canada. I became minister at Metropolitan United Church in 2000 and this year I move to Manor Road United Church. I cut my teeth in the Etobicoke area of Toronto and have resided in Cabbagetown with my husband since 2004, Bill Calkinns. I have served from the Maritimes, Saskatchewan, Northern Ontario and rural Quebec to urban and suburban parts of the Greater Toronto Area.

Study is an integral component of my life with a BSc in Chemistry, MDiv, MRE, MAMS degrees from the University of Toronto. I completed a Doctorate from Chicago Theological Seminary in 2009. I am a certified Labyrinth Facilitator and Spiritual Director following in the footsteps of Ignatius Loyola and Teresa of Avila. I am the Toronto Police Multi-faith Chaplain to 51 Division. I represented Canada at the World Council of Churches in Geneva, Switzerland in 1990. Recently I finished a leadership role as a Co-Chair of the Parliament of World Religions, Toronto 2018.

I was awarded the Queen's Diamond Jubilee Medal in October 2012 and in September 2018 I received the Order of St. George.

I believe in nurturing body, mind and spirit at the local gym, reading and meditating daily, weaving those three key components of life. We nurture for self to nurture for others.

Today I seek to meet people where they are and build the capacity for relationships between people in a diverse spectrum of society. The Rotary Club of Toronto is the cornerstone of that intersection, to meet people at the crossroads, to nurture the inroads and blaze new roads together.

### The Rotary Club of Toronto

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