



Today's Program

Jeremiah Brown

Topic

Three Keys to Achieving Your (Difficult) Goal

Host

David Hetherington, *president 2015-16*

Location

The National Club, 303 Bay Street



To Jeremiah Brown, transformation is inevitable and resilience is necessary when pursuing your biggest goal in life. He's spent his life harnessing the power of resilience and mindset to adapt to new environments and overcome setbacks. The Olympic silver medalist, bestselling author, business leader and keynote speaker delivers a compelling message: realizing your potential requires embracing uncertainty.

1. Athlete. Within only four years of learning how to row, Jeremiah helped power Canadian rowing crews to World Cup, World Championship, and Olympic medals.

2. Business Leader. Jeremiah began his career as a commercial banker with TD Bank, managing the lending risk for an \$80 million portfolio of loans to SME businesses on Vancouver Island. After the 2012 Olympics, Jeremiah was selected by the Canadian Olympic Committee to lead the development and implementation of Game Plan - a holistic athlete wellness and transition program designed to support over 3000 national team, Olympic and Paralympic athletes in their transition out of elite sport and into their next phase of life. His accomplishments include developing the Game Plan Education Network, which saw Canada's leading universities sign on to provide more flexibility and support for Canada's national team athletes; the Game Plan Employer Network, a brand new recruiting resource connecting Canada's

top companies with Canada's top athletes; developing a partnership with Smith School of Business at Queen's University, which will provide over \$11 million in direct scholarship to retired Olympians and Paralympians.

3. Author. It took Jeremiah four years to get to the Olympics and five years to write the book about it, but with resilience and dedication he crossed the finish line. The 4 Year Olympian, published by Dundurn Press in 2018, spent five weeks as the #1 bestselling sport memoir in Canada, and has achieved a cult-like following in Canada and the USA.

4. Keynote Speaker. Consistently ranked as one of the top speakers on transformation, resilience, teamwork, and leadership, Jeremiah brings an engaging warmth and humour while delivering powerful, inspiring keynotes. Through his talks, Jeremiah has inspired thousands of people around the world.

5. Musician. Beginning at age eight, Jeremiah became a dedicated musician. He studied piano and percussion for ten years, and has shared the stage with Randy Bachman (on keys) and The Arkells (on drums). He was named honorary fellow of the Royal Conservatory of Music in 2013 for his advocacy for the arts.

6. Volunteer. A passionate advocate for mental health, Jeremiah volunteers his time every week with the Alzheimer's Society in order to improve quality of life for those suffering with mental illness.

In Summary: Jeremiah Brown brings a unique and diverse set of experiences to every keynote. He helps people and organizations become more resilient in the face of adversity, and more prepared to embrace change. For more information, please visit the4yearolympian.com

Let's Be Personal - by Saleem Kassum



Born in Tanzania of South Asian ancestry, he went to school in England and was educated at Harrow. He was commissioned in the Royal Air Force into the Equipment Branch when he was 18. On transfer to the reserve after five years on the active list, he went to university in upstate New York. After completing his master's degree he joined the United Nations Development Programme. He served at Headquarters in New York followed by assignments in Iraq, Jordan, Egypt, Oman and Somalia. Taking special leave from UNDP, he finished his career of service with the Aga Khan Foundation in Pakistan before taking early retirement and moving to Toronto.

He was recruited into Rotary in 1998 in Islamabad, and transferred to this club in 2001. He has been a stalwart supporter of ShelterBox Canada.



The Rotary Club of Toronto
71ST Annual Golf Tournament

on
Thursday August 22, 2019

at the
Cherry Downs Golf Club
2110 Concession Rd 7, Pickering Ontario

**Register Online at www.rotarytoronto.com or
Contact the Rotary Office at 416.363.0604**

Congratulations!

On Saturday August 3rd Brigitte Bogar and Glenn Davis celebrated the baptism of their daughter Victoria followed by the exchange of their wedding vows at St. Aidan's Church in the Beach.



Pat Neuman and Beth Selby

Upcoming Speakers & Events

August 2019

- 16 Pierre-Henri Chuet, jet fighter pilot
- 23 Tim Speed, Canadian Warplane Museum
- 28 Evening Meeting
- 30 NO LUNCH Labour Day

Events

- August 22 Rotary Annual Golf Tournament
- August 31 Robin Hood Army
- Sept. 8 Foundation Walk, Humber College Lakeshore
- Sept. 25 A Night of Sake
- Oct 25-27 Rotary District Conference (Muskoka)

Editor of the week

Maureen Bird

Editor for August 16, 2019

Don Bell

What You Missed Reporter for August 9, 2019

Bob Cartlidge

Propose a Speaker – Contact

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Editor-in-chief: Maureen Bird

LET'S BE PERSONAL

August 9th - Randy Gunn
 August 16th - Abdel Toukan

What You Missed July 26, 2019 - by Maureen Bird

New President Kevin was able to welcome our fourth new director, Dawn-Marie-King, to the head table today. Past President Bert Steenburgh welcomed 3 visiting Rotarians and 2 guests for another great meeting at the National Club.

David Libby won the early bird golf prize courtesy of Ross Amos. Mary Lach has booked a block of rooms for the RI Convention in Hawaii next June. Contact her. Someone will be planning a paddle-boarding day around Toronto Islands. Watch this space. Saleem Kassum provided us with his Let's Be Personal.

Past president Pat Neuman welcomed our new District Governor to the podium, Beth Selby of the Cobourg Club. Beth opened with her first exposure to Rotary, being a mentor to an exchange student. District 7070 hosted 15 exchange students last year, bringing our total to 235.

Rotary Connects the World. We must make a commitment to Grow Rotary. We must Involve our Families – there is something for everyone. We have Earlyact, Interact and Rotaract. Membership is everyone's responsibility. We must make leadership roles doable. Her goal is to strengthen the clubs we

have and organize new ones.

We are an international organization with a major foundation to support district and global grants. We need to heighten our public image. The Foundation Walk is in Toronto, Sunday September 8th. Help us raise funds to do good in the world.

The District Conference is at Rosseau Resort October 26-27. Sign up through www.rotary7070.org. A highlight will be a panel of military personnel on their role in peace building and conflict resolution – one of our Avenues of Service. There will be sessions on sex trafficking and water shortage – we can do more.

Alanna Scott went home with wine. The 50-50 pot is now over \$2,700.



New Board Member
 Dawn-Marie King

What You Missed July 31, 2019 - by Bob Cartlidge

President Kevin welcomed us to his first WERM – Wednesday Evening Rotary Meeting! He welcomed two Rotarians visiting from India and France and many Rotaractors and Visitors. Karl Kremer reminded us once again to sign up for our 71st Golf Event.

Andrea Tirone, Chair of International Service, was delighted to welcome our speaker as one Rotary Scholar to another. Mark Brown joined Engineers Without Borders in Ghana but discovered there was a huge gap in providing assistance between microfinance and big government projects like USAID. He crowd-funded \$150,000 to help the local people set up 7 businesses but soon learned he needed to know more.

His Rotary Scholarship from the Calgary-Olympic and Farrington clubs allowed him to

spend a year at Oxford to complete his Masters Degree in Social Investment. His concept of selling Social Impact Bonds to invest with a hope of good performance and ROI (return on investment) has been successful in allowing several NGOs to Make a Difference in third world countries. Currently his Agrarian Resilience Incentives in Zambia is helping 40 farmers move from corn to drought-resistant sorghum. His next plan is to increase this to 400 farms.

Our District 7070 is sending a Scholar to that same program at Oxford this year.

With a reminder that our club will be assisting with the Foundation Walk on September 8th, Kevin turned the meeting back to our social networking.



Two Rotary Scholars! Mark Brown and Andrea Tirone

The Rotary Club of Toronto

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