



This Week: Rob Edwards

8 Sept
2009

Rob Edwards is the founder and CEO of It's Time Foundation.

He has a Bachelor of Science with majors in Anatomy & Physiology. After graduating he worked in the health industry for twenty-five years. He authored the book Better Blood Pressure.

He was Managing Director of Health Futures from 1992 to 2008. Selling that business last year so he could devote more time to the Foundation. When not working with the Foundation, Rob continues to enjoy a smaller role in the corporate health industry.

Rob is married with four children --whose future well being, along with that of all young people, will be determined by the actions of our generations.

In his presentation Rob will introduce It's TimeFoundation and the role it is playing to fight global warming and, at the same time, to create education opportunities for kids in remote island communities.



ROTARY MATTERS

Billy Field's Bad Habits to Liven Up Rotary District Conference

Billy Field, who has had almost as many comebacks as Dame Nellie Melba (and now Johnny Farnham) will be entertaining Rotarians at the District Conference Dinner on Saturday night, 24th October.

Billy will be appearing with his band singing jazz, blues, rock'n'roll plus original songs and his classic hits from his 20+ years in showbiz!

Don't miss this very talented singer-songwriter with the distinctive vocal style singing many of the hits that put him on top of the charts with "Bad Habits" and "You Weren't in Love with Me".

Register now to attend this dinner and weekend conference. Google "Billy Field Bad Habits" and turn up the sound to get into the mood!



From Rob Edwards' Newsletter

Healthy weight loss creed

- My past efforts to lose weight are history. I am making a fresh start.
- I will ignore quick fix diets. Counting every calorie and expensive programs with the fat before and skinny after pictures -- are out!
- I will lose weight by following good eating guidelines and increasing activity -- without ever forgetting that "I am running the show!"
- I will be patient because I know slow, steady and forever is best.
- I am realistic and expect to have some bumpy patches as I change my old habits. If I slip up and put a couple of kilos back on -- so what! It's just a minor detour on my road to success.
- I will have occasional treats and enjoy them without a remote thought of feeling guilty.
- I genuinely believe in myself and my ability to lose weight and keep it off.
- I will enjoy the new healthy me and I will enjoy the journey getting there.

Convince yourself – read it out loud.

A reminder for all Rotarians to visit the Rotary District 9750 website to do two things: Participate in The Survey and Register to attend District Conference in October.

<http://www.rotarynews.info/District9750/r.i>

ROTARY – People like you and me

PROJECT UPDATES

Home Hospice

The Home Hospice Committee comprises Indy Singh, John Nutt, Adrian Pilton, Sue Davidson, Robert Mitchell, and committee chair Lynn Ralph.

The committee has met twice and has have locked in **November 12th** for a function – ‘Night at the Museum’ – a private tour of the fantastic antiquities collection at the Nicholson Museum at the University of Sydney.

The function is mostly arranged, including talk by curator, catering, appearance by Home Hospice people, etc.

The Committee is meeting next Tuesday to finalise the invitation which will go out shortly and the rest of the function details.

They are aiming to attract 80-100 attendees. Between profit and other fundraising activities on the night, they hope the function will produce about \$1500k net. This will also be a good event to which non-Rotarians could be invited.

Additionally, Indy Singh has promised the golf day for the Home Hospice. And Indy has asked for another donation (his birthday present) to be earmarked for Home Hospice.

Additionally, the committee has free access to the Sydney Dance Company Studios and some former dancers and will be using those for a probably not until May/June.

Lou's Place

Lou's place is a unique daytime drop in centre in Kings Cross for women and children who are in crisis or homeless.

The Committee met last month and includes Patricia Harrison, Owen Judge, and Col Westman.

Susie Manfred and Pam Bartlett from the Marmalade Foundation (Lou's Place) also attended the meeting.

The Committee has pledges of about \$3,000 so far.

They are still working on functions but Patricia Harrison will probably host a combined Zonta/Rotary function in late Sep/October and a New Year's Eve function.

The committee is also planning to organise a film night next year.

More Project Updates next week!

What's for Lunch?

Hot Dish

Beef Tortellini and Pete salad

Dessert

Apple Tart & Custard Whipped Cream

Vegetarian

Roasted Vegetable Stack with Pesto Sauce

Salad

Smoked Salmon & Prawn Salad

Our Sponsors for 2009/10

Gold Sponsors


Smart Office
www.servcorp.net



Audi
Vorsprung durch Technik



Silver Sponsors



Shaw Stockbroking

Costin Roe Consulting

Value in Engineering and Management

Speaker Sponsor



THE HOUR GLASS

Contemporary Horological Art

Print Sponsor

bluestar PRINT

2009/2010 BOARD

John Given - President

Roslyn McLeod - President Elect

Chris McDiven - Vice President

Alex Shaw - Honorary Secretary

Craig Douglas - Honorary Treasurer

Patricia Harrison - Past President

Geoff Wilbow - Fellowship - Events

Ann Burleigh - International Service

James Allen - Service & Awards

Jean Elborn - Youth Services

Hashim Durrani - Membership

Tina Stanton - Club Projects Coordinator

Mark Dyer - Website/Administration

Rotary's 4-Way Test

It asks the following four questions:

"Of the things we think, say or do:

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?"

Rotary Survey

Rotary invites you to complete an online member survey about your experiences in Rotary so that its leadership can have a better understanding of your attitudes and opinions.

The information obtained from the survey will enable club and district leaders to help build a stronger and more vibrant Rotary organisation.

Please click on to

<http://www.rotarynews.info/District9750/r.i>

to be taken to the survey site.

Your responses will be treated anonymously and will only be presented as part of an aggregate analysis. A summary will be made available to all clubs.

Please note that the closing date for participation is 18th September,



Speakers' Donations

sponsored by the Hour Glass

11 Aug, Pieta Thornton Co-ordinator for Volunteers and Witness of Crime Support. Charity chosen: **National Breast Cancer Foundation.**

18 Aug, Kerry Stubbs Ceo and MD of Northcott Disability Services. Charity Chosen: **The Northcott Society.**

25 Aug, His Excellency Ernesto H. De Leon, Ambassador of the Republic of the Philippines. Charity chosen: **CanTeen Can Do Family Organisation.**

1 Sept, No Speaker members agreed monies to go to **The Rotary Foundation.**

NORTHCOTT'S 80th ANNIVERSARY GALA DINNER

On the 21st. February 1929, the members of our Club decided to adopt as its major activity for 1928-29, "the education and vocational training of crippled children"

What transpired was an incredible effort by our forebears that resulted in the establishment of the Crippled Children's Society of NSW on 17th. December 1929.

The Rotary Club of Sydney had succeeded admirably and handed over responsibility to the newly formed organisation.

Since that memorable day, thousands of children and adults have benefited from the service programs provided by the Society which is now known as Northcott Disability Services.

To celebrate their 80th. Anniversary, Northcott are again turning to our Club for support but, in this case, a far less arduous and most enjoyable "task".

**OUR CHALLENGE, 80 YEARS ON, IS -
CAN WE PUT TOGETHER TWO TABLES
OF 10 FOR THE GALA DINNER ?**

YES WE CAN!

Here are the details :-

Date and Time - Saturday 31st. October at 7.00pm

Where - Four Seasons Hotel, 199 George St.

Dress - Cocktail

Cost - \$195 per person. (\$105 tax deductible)

Theme - "Dancing through the Ages" with Alisa Gray & Dancers and Band: Secret Images.

MC's

Peter Overton and Jean Kittson (pictured)

Entertainment - The comic genius of Steve "The Sandman" Abbott .

Prizes, entertainment, great food, great wines, great music all for a great cause.

Register your booking now through our online

ClubRunner system and we will provide you with details for payment by cheque or by Visa, Mastercard.

Come on Rotarians of Sydney Club - let us show what we can do 80 years later!

Support President John in this important event in his Rotary Year.

Geoff McIntyre





Coming Up!

www.sydneyrotary.com
www.clubrunner.ca/sydney

- 8 Sept Rob Edwards from It's Time Foundation Conservation
- 15 Sept Marie-Louise Carroll National Relationship Manager Surf Life Saving Foundation
- 29 Sept **Rotary Means Business, 6pm, 2nd Floor, Castlereagh Hotel.**
- 23/25 Oct **ROTARY DISTRICT CONFERENCE - UTS, Broadway, Sydney**
- 12 Nov **Night at The Museum**
- 17 Nov **Consular Day - Mr Trevor Garland, S.I. Consul and Head of Mission**
- 1 Dec **Lindy Hume - Sydney Festival Director.**

A Past Member Writes (Doug Arnott)

President John Given comments about the amazing the history of some of our past members....

Sir Henry Braddon was our founding president (he was president 3 times) and I have been in touch with Doug Arnott of the biscuit family who is the grandson of Sir Henry.

Doug has been researching his family history and is thinking of coming to Sydney next year. Sir Henry was involved in setting up the Police Boys club. Doug is also a Rotarian.

His letter to John below makes interesting reading. (especially the bit about the All Blacks):

"At the age of 69 (on 29th Sept) I began to unravel some of my Grandfathers accomplishments....."

As it is claimed by some that he and J.M. Arnott my other Grandfather along with Banjo Patterson, Major General Sir Charles Rosenthal and other prominent (Ex Gallipoli) Australians also raised a "Secret army" to overthrow the Federal Government if the 1920 (?) election went the wrong way, he has been keeping me busy.....!!

On another tack, just this week I received an email from a Cranbrook historian wanting to know of my experiences as a Cranbrookian who attended the first Outward Bound course at Narrabeen lakes in November 1956....this was founded by I believe Sir Adrian Curlewis and Admiral "Buck" Buchanan along with HRH Duke of Edinburgh and other prominent people.....I would be surprised as the web unfolds if all were not Rotarians or Masons.

Great Grandfather Sir Edward is reputed to have disowned Sir Henry when at 18 he accepted an offer to play Rugby for New Zealand in the famous All Blacks. Sir Edward has led me on an even more far flung odyssey of info gathering as he apparently retired from The Raj in India on an inadequate pension as the Brits handed over governance to the Indians.

However history records in obscure records only Google

could ever have found, that Lord Rippon head of the Entire British Masonic movement (and Viceroy) interviewed Edward while on a visit to India, and gave him a mission while tripling his pension.

My belief today seems inescapable, that Edward was missioned to go to Tasmania rise high in Australian Government with the help of Masonic Clubs and do what he did along with other prominent Masons as in the USA....form a Government bringing together the fractured States of Australia into a Federated Nation. This he did including the famous "Braddon Blot" written in to the constitution to assign initial taxes back to the States.

This is a pretty daunting heritage for a guy who has basically been lucky in life and only now late in the game is coming to some form of responsibility about Rotary and my community.....!!

Thank you John for the forwards...they just began to get into the Rotary involvement with Crippled Children which my mother Valerie Braddon was treasurer of for many years although she needed lots of help as adding was not her best asset....!!

Our plans are far from certain for our projected Sydney visit as the American economy seems headed for some challenges that Australia may be lucky to bypass....however we can communicate in this manner as I do have some Rotary questions about larger scale projects as our Club seems to be bogged down in small stuff and like the Police Boys Clubs in 1937 for your Club needs a BIG project that challenges all members to the max but involves all their talents to accomplish.

I have identified such a project which dovetails in with "The Year of Literacy" which is a doubling in size of the Library in one of our remote communities on this island....a one room Library that serves an area of 5600 people and was slated for closure due to budget cuts by our bankrupt State Government....this is a \$150,000 minimum project and I'm not sure our Rotary thinks they are up to it, so I need some advice....

Don't forget to let your Rotarians know they have a place to stay and three makeup clubs to visit in Hilo.....and fares have never been cheaper..."

Aloha.....Doug Arnott

**Please send your news to the Bulletin Editor,
Tony Benner at Tel. 9279 0261.
rotarymatters@people.net.au**

**The Rotary Club of Sydney meets every Tuesday
at 12:30pm, Cello Room, 4th Floor, Castlereagh
Hotel, 169 Castlereagh Street, Sydney.**

Rotary District 9750, Club # 18206, chartered 1st May 1921

**The Rotary Club of Sydney, GPO Box 1523,
Sydney, NSW 2001, Tel. +612 8014 8073**

Happy Birthday to these members:

- Les Cornell
- Owen Judge
- Chris McDiven
- Mark Jacobs

