



# Swarthmore Rotary Cog Notes

P.O. Box 4, Swarthmore, PA 19081



January 31, 2019

Barry Rassin  
Rotary International President

Paul Quintavalla  
District 7450 Governor

### Swarthmore Rotary Leaders

Craig Fava  
President

Maria Michael Zissimos  
President-Elect  
Youth Services Chair

Brian N. Casey  
Club Executive Secretary

William Clinton Hale  
Club Admin Chair  
President-Nominee

Gladys D. Snively  
Treasurer

George C. Whitfield Jr.  
Secretary

Joy Charlton  
iPast President

Perri Ann Evanson  
Membership Chair

Betty Ann A. Flynn  
Club Director

Lori Markusfeld  
Interact Club Sponsor  
Service Projects Chair

Penelope Reed  
Public Relations Chair

Barbara Whitaker-Shimko  
Rotary Foundation Chair

David Houtz  
Assistant Governor

### Service Quotation

"My year as a Rotary Youth Exchange student was one of the greatest gifts and opportunities I have ever received. Simply put, Rotary changed the course of my life."

Jane Nelson, director of the Corporate Responsibility Initiative at Harvard Kennedy School in Cambridge, MA.

### Meetings and Events

#### January

31st - [Meeting](#)

Speaker: Gaia Pomaro

Subject: Exchange student from Italy

#### February

7th - [Meeting](#)

Speaker: Jack Nagel

Subject: Political Scientist Jack Nagel, U Penn Emeritus, will discuss Instant Runoff Voting, a reform designed to ensure majority rather than plurality rule in single-winner contests as has been adopted by referendum in Maine.

14th - [Meeting](#)

Speaker: Gil Rose,

Subject: Classics Professor Emeritus Swarthmore College, will help us celebrate Valentine's Day with his talk: Great Love Affairs of the Ancient World.

19th - [Swarthmore Board Meeting](#)

21st - [Meeting](#)

Table Grace

Frederick E. Christian

**Father, stir up within us a deep discontent that we may never be complacent when those around us suffer. When we have the means to ease a hurt or to right a wrong, grant us the will to act. Use us as instruments to do what we can whenever we can. Grant us truly thankful hearts. Amen.**

### 4 Way Test

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 and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

John Brodsky 01-24-2019

By Richard George Shimko




We know John Brodsky as a frequent writer of letters to The Swarthmorean. John is also a psychiatrist who works at the Tomkins Institute in Philadelphia. John said he read three books he considered life changing: *Games People Play* by Eric Berne, *The Selfish Gene* by Richard Dawkins, and *Affect Imagery*

*Consciousness* by Silvan Tomkins. John explained that Tomkins obtained some of the data for the development of his psychological theory by closely observing his son for the first year of his son's life (I wonder if he also changed diapers). John said that Tomkins stated that humans respond to external stimulus with an "affect", which is a biological response to the stimulus. Tomkins said there are nine affects. Some are positive, such as enjoyment and interest, and some are negative, such as fear, anger, and shame. Tomkins

believed that these responses are present in each of us at birth, that is, they are hard-wired, biological responses. He believes they are the biological systems that underlie feelings and emotions. John said the specific affects that occurs in response to a stimulus depends somewhat on the intensity and suddenness of the stimulus. For example, an intense and very sudden stimulus will cause the “startle” affect. A more gradual stimulus may cause the “interest” affect. John said Tomkins work was more diagnostic than therapeutic. It is useful in that it helps us understand the biological basis of our feelings. In response to questions from Rotarians, it seems that Tomkins’ work is more helpful to clinicians than to lay people.


**Birthdays**


 Alice P. Willetts  
February 6th

**Wedding Anniversaries**

No Wedding Anniversaries Found

**Years of Service**

 Gladys D. Snively  
01-31-1997  
22 Years

 Raymond F. Hopkins  
02-01-2006  
13 Years

\$1,599

2018--18 Happy Dollars for Polio Plus Fund (\$3 to fully protect one child)  
2017-2018 total: \$4,515  
2016-2017 total: \$3,756  
2015-2016 total: \$3,756

**Last Meeting's Guests**

Jim Snively (Gladys’ husband), Bobbi Iversen (Gudmund’s wife), Don Larson (Sue’s husband), Ingrid Brodsky and Ann Bobes (with speaker).

**Our Causes**

Rotary is dedicated to six areas of focus to build international relationships, improve lives, and create a better world to support our peace efforts and end polio forever.

1. Promoting peace
2. Providing clean water, sanitation, and hygiene
3. Saving mothers and children
4. Supporting education
5. Growing local economies
6. Fighting disease



<https://www.apa.org/science/about/psa/2011/05/facial-expressions.aspx>

**Affect, Imagery, Consciousness, a four-volume work so dense that its readers were evenly divided between those who understood it and thought it was brilliant and those who did not understand it and thought it was brilliant.**  
 Malcolm Gladwell  
WWW.STOREMYPIC.COM