



Swarthmore Rotary Cog Notes

P.O. Box 4, Swarthmore, PA 19081



April 18, 2019

Barry Rassin
Rotary International President

Paul Quintavalla
District 7450 Governor

Swarthmore Rotary Leaders

Craig Fava
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President-Elect
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Brian N. Casey
Club Executive Secretary
William Clinton Hale
Club Admin Chair
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Gladys D. Snively
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iPast President
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Betty Ann A. Flynn
Club Director
Lori Markusfeld
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Service Projects Chair
Sonya Pappas
Treasurer-Elect
Penelope Reed
Public Relations Chair
Barbara Whitaker-Shimko
Rotary Foundation Chair
David Houtz
Assistant Governor

Service Quotation

If our hopes of building a better and safer world are to become more than wishful thinking, we will need the engagement of volunteers more than ever.”

— Kofi Annan, 7th Secretary-General of the United Nations from January 1997 to December 2006

Meetings and Events

April

18th - [Meeting](#)

Speaker: Jim Hardy, founder and director of the Kensington Soccer Club
Subject: Former Rotary Exchange student

25th - [Meeting](#)

Speaker: Judy Byron Schachner
Subject: New York Times bestselling author and illustrator

May

2nd - [Meeting](#)

Speaker: Joseph Lesniak
Subject: Swarthmore Rotary Fun Fair 2019 - (followed by Fun Fair Committee Meeting)

3rd - [World of Work @ SRS](#)

Speaker: All the 5th Grader's @ Invention Convention
Subject: World Of Work 2019. See Josh Twersky for Details!

Table Grace

By Frederick E. Christian

Lord God, we admit to times of discouragement when we see others making the fast buck by the shady deal and prospering in our midst. Help us to hold fast to the abiding truths embodied in our Four-Way Test and make us ever grateful for times of renewal like this hour, when we can rekindle our commitment to each other and to the goals that Rotary sets before us.

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?

Last Meeting Summary

By Richard Shimko




04/11/2019 - Andrea Bruno called for members of the audience to try the Alexander Technique and Hillard and Heather (sort of) volunteered. Andrea is an Alexander Technique therapist, which is described in Wikipedia as an educational process to retrain habitual patterns of movement and posture to support physical well-being. Alexander Technique is frequently used by individuals who are experiencing pain in some part of their body.

Understanding that the best way to help an audience

Rotary Celebrations!


Birthdays

 Susan Larson
April 22nd

Wedding Anniversaries

No Wedding Anniversaries

Years of Service

 Arthur G. Baker
04-23-2004
15 Years

Happy Dollars

\$

2018--19 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

Guests Last Meeting

Maria Walker-Smith
(prospective member)
invited by Maria

Mark Your Calendars:

Friday May 3rd - World of Work @ SRS

Thursday May 16th - Rotary Social Happy Hour Meeting @ the Inn 5:30-7 PM (no lunch meeting)

Sunday May 19th - The Swarthmore Rotary Fun Fair

Thursday June 6th - Wilmington Blue Rocks vs Fayetteville Woodpeckers 6 PM (no lunch meeting)

Thursday June 13th - Installation Dinner (no lunch meeting)



understand a concept is by getting them to be actively involved in the process of learning, Andr ea started by inviting us to sit properly. Andrea said we should sit upright and move our hips forward so that we don't need the back of the chair for support. She then demonstrated how Alexander Technique therapy works by asking

Hillard to volunteer. Hillard stood while Andrea subtly rearranged his upper body and head into what she said was the proper alignment. She said the right alignment will promote calm, reduce the chatter in our heads, and dissipate aches and pains. Afterwards, Hillard said his shoulder pain had decreased. Heather volunteered next and was similarly aligned. Heather said what she felt afterwards was "interesting but can't describe" and "calm". Both Hillard and Heather were positive about their experience but couldn't express their reaction in words.



Rise Against Hunger 04-13-2019

Lori Markusfeld, Sue Larson, Barbara and Rich Shimko, Bill and Gale Hale, Ken and Joan Wright, Marty Spiegel, 4 Fava's and Chichester Interact Members (Giovanna Cruet, Nahla Abuali and Marquesha Emmens and Giovanni's mother) packaged 5,000 meals on Saturday morning and had fun doing it!!! We have 5,000 more to pack in the next 30 days so part 2 of RAH is coming.....

