



CogNotes

The Rotary Club of Swarthmore
July 1, 2010

www.SwarthmoreRotary.org

July is **Installation** Month



Rotary International President

Ray Klingensmith

District 7450 Governor Joan Batory
Assistant Governor Anne Hansen

2010-2011 Board

President	Marv Gelb
President-Elect	Steve Laxton
Club Administration	Steve Laxton
President-Nominee	Brian Casey
Past President	Betty Ann Flynn
Secretary	Madeline Bialecki
Treasurer	Gladys Snively
Membership & Retention	Chris Rowland
Sergeant-at-Arms	Dean Wolfe
Service Projects	Mike Malone
Rotary Foundation Program	Craig Fava
Community Service	Hillard Pouncy
Attendance	Ken Wright
Int. Service	Ken Wright
Vocational Service	Anne Hansen/Ray Hopkins
Youth Exchange	Grace McAndrews
Tech Specialist	Ann Seidman
Gundaker	Brian Casey
Interact Club	Harry Urian
Rotaract Club	Cathy Darrell
Charitable Trust	Joy Charlton
CogNotes Editor	Marty Spiegel
	Brian Casey

Today's Program:

Laura Repcheck
"Gift of Life House"

Table Grace:

Eternal God, give us the Vision Splendid as we approach another active year in Rotary.

Keep before us loftier heights of service. Guard us from complacency. Use this Rotary to embody that larger and better life to which you would have all humankind rise.

To this end, strengthen us through the blessings of this hour and accept our heartfelt gratitude. Amen.

The Rev. Dr. Frederick E. Christian



Last Week's Speaker:

Bruce Kelly

Bruce Kelly, the owner of **Fitness Together in Media**, spoke to us about the benefits of strength training for the average Rotarian. For him "exercise is medicine".

Progressive resistance training is the definition of this training in his opinion. The benefits, when combined with good nutrition, are bone strength, tendon and ligament fitness, muscle tone, balance and coordination.

How do you get started? Start with body weight for strength training and walking for cardiovascular.

Coming Program & Events

July 8 Steve Kosiak
"The Fish and Streams of Delaware County"

July 15 Brian Casey
"Unlocking our New Club Website"

July 21 Board Meeting
Borough Hall - 4:30

July 22 Kristen Peck
"Rotary Ambassador Scholar"

July 28 Rotary Night at the Phillies
"Phillies vs. Diamondbacks vs. Polio"



The Pledge of Allegiance

Our thanks to **Rev. Russell Atkinson** and the **Swarthmore United Methodist Church** for hosting our meeting last week.

Mike Malone

The Rotarian's 4-Way Test

Of the things we think, say and 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?

Guests Last Week:

Bruce Kelly, Rev. Russel Atkinson

Independence Day Festivities



Independence Day Festivities will be taking place on Friday July 2 and Monday July 5th in Swarthmore. Volunteer will be welcomed on both days.

The Lions have organized a race for Friday July 2 at 7:00 p.m. They have asked for Marshals for the race and help to cover the water stations.

On Monday the 5th, there will be a parade in Swarthmore and the organizers are looking for Rotarian to join in the Parade (wearing your Rotary Shirts, hats etc.). They are also looking for volunteers to hand out lemonade and/or serve as judges for the children participating in the parade.

If you are able to help, please contact **Gene Martenson** ASAP.



District Governor Sworn In

On Monday, PDG Lyn Brock had the honor of inducting Joan Batory as 2010-2011 District Governor at a ceremony held at the Downtown Club in Philadelphia.

Over 125 Rotarians attended the ceremony including PDG Andrezej Ludek from Warsaw, Poland.

The Swarthmore Club was represented by Past President Betty Ann Flynn, President Marv Gelb, Anne Hanson, and Brian Casey.



Changes are Coming to www.SwarthmoreRotary.org

www.SwarthmoreRotary.org? The District Database? ClubRunner? What is the difference? Which one should we use?

The answers to these questions are almost here and it will be simple because you will only need to know our web site name www.SwarthmoreRotary.org to access all the information that you need.

The current ClubRunner site costs us almost \$600 a year and we are replacing it with our own site that we are building ourselves, eliminating that expense to the club. The new site is almost ready and will have everything we need.

www.SwarthmoreRotary.org provided information about Club activities and will continue to do so. Who are the speakers for the upcoming weeks? What year was Gudmund President of the Club? Where are the minutes from

the February Board meeting? What's coming up on the Club Calendar?

In the past you went to the Member Login to get information such as a club member phone number or address.

On the new web site you will do exactly the same thing.

Club information will be presented in a similar way and the Member Login has more complete up to date information.

So **when** can we get to the new database? Brian Casey will present the new site and answer all of your questions at the meeting on **July 15th**. The new site will be activated a few days before the meeting.

If you have any questions about the change, please contact Brian and join us on the 15th to see the new site explained.

Happy Birthday Canada



July 1st is Canada Day for our friends to the North. On July 1, 1867, The British North America Act, passed by the British Parliament, came into effect and created the Dominion of Canada, setting out the rules for the government of the new nation.

The Act, which serves as the base document for the Canadian Constitution, was enacted by the British Parliament making Canada an independent nation.

