



CogNotes

The Rotary Club of Swarthmore
April 4, 2013



April is **Rotary Magazine** Month

**Improving Lives in Communities
Locally and Around the World for over 75 Years**

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Hillard Pouncy

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Ken Wright

Josh Twersky

Anne Hansen

/Ray Hopkins

Randy Winton

Ron Van Langeveld

Craig Fava

Steve Laxton

Brian Craig

Lisa Lee/Jim Leming

Today's Program:

Low Rinko

"About the Unique Childhood of a Hummer"

Table Grace

Lord God, thank you for this day set in a month marked by the stirring of new life.

As we receive these blessings of food around these tables, send us back to our tasks ready to live out more diligently and enthusiastically that which Rotary envisions, that our community and world might be drawn closer in caring concern.

Amen.

The Rev. Dr. Frederick E. Christian

Coming Program & Events

April 11 Dr. Linwood Haith, Head of the Crozer-Chester Burn Center

"Burning Issues: Advances in Medical Care at The Nathan Speare Regional Burn Treatment Center"

April 18 Reisa Mukamal

"Art Goes to School"

April 20 8th Annual CRC Chester Creek Earth Day Cleanup; 9:00 – 11:00am

April 25 Brian Craig

"Safety: Part II"

April 30 Swarthmore College Crum Creek Cleanup; 9:00 – 12noon

Know someone who might have interest in one of our upcoming topics? Invite them to the meeting that day! They might be a prospective member.

The Pledge of Allegiance



This Week's Speaker—Mike Carroll

Mike Carroll is a Buddhist-trained HR executive with 30 years of high-level corporate experience and the author of multiple books on "Mindful Leadership." He tells us that "mindfulness" – taking time to sit still and quiet the mind -- is practiced in corporate settings from Wall St. to Walt Disney, and taught in business schools like Wharton. Scientific research and experience demonstrate that its practitioners at work are healthier, calmer, more cognitively agile, more focused, more efficient, and more skilled at social relationships – which is good for business and leadership. Mindfulness can also be a spiritual, though not religious, practice that can facilitate a more joyful experience of life. Mike spoke to us while seated in a chair, and had our group together try a "mindfulness awareness meditation," sitting quietly and still, eyes open, for a few minutes. Perhaps this was a first for the Rotary Club of Swarthmore.



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



Guests Last Week

Lee Leming, Joe Lesniak's dad

Message from DG Dave

April is Magazine Month. Each Rotarian receives a copy of this uplifting magazine. If for some reason you have not received it, please contact your secretary to ensure that you are registered properly. In the March issue you'll find some resources that will help you with Interact on page 60. Page 55 fills us in on some of the Hurricane Sandy damage and some of the work that has been done by Rotary to assist. Read about RI President-elect Ron Burton's ideas of where we should go next year in his interview on page 45.



Happy Dollars Total for 2012-13: **\$1581**



2011-12 Total: \$2311

2010-11 Total: \$1690

2009-10 Total: \$896

(10797 Children Immunized)

All Proceeds to Polio Eradication.

The Rotarian is always packed with informative and inspiring articles, along with very appropriate ads both classified and display. If you haven't visited it lately, take a look. You won't be disappointed.

As I write this, I have just returned from an extremely successful RYLA conference for our high schoolers. Karen Mazzearella and Liz Conners led a team of very energetic Rotarians who partnered with a invaluable group of Rotaractors. Thanks to all who contributed. The kids were inspired and inspiring. If you're looking for a reason to celebrate Rotary, get involved in RYLA.

What would the governor's column be without a word about membership? According to our Club rosters on www.dacdb.com on March 17, we have gained 126 new members in our District this Rotary year and have lost 126 members. This indicates to me that Clubs are actively looking for members and have been successful in attracting them. The total of 126 represents an almost 8 percent gain, but it also indicates that we may not be helping our fellow Rotarians to find a Club that is better suited for them when they can no longer make our meetings. Remember Rotary is broader than our own Club and when we help each other, we all gain. When did you last visit a neighboring Club? Let's help each other in membership, along with fundraisers and projects when we can.

Service Quotation

"A good example has twice the value of good advice."

— Timothy John "Tim" Russert (b:1950 d:2008) American television journalist and lawyer who appeared for more than 16 years as the longest-serving moderator of NBC's Meet the Press.

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Anniversaries

Birthday:

Ken Wright
Randy Winton

Apr 5
Apr 9

You are invited to attend the Chester-Ridley-Crum Watershed's Spring Meeting, Sunday, April 7th, 2:00 pm to 3:30 pm; Old Mill in Rose Valley, 9 Old Mill Lane, Rose Valley PA

Special Guest Speaker: Walt Cressler, PhD, CRC Board Member and Science Librarian, West Chester University. Learn about your creeks with his presentation:

"The Flow of History along the Chester, Ridley, and Crum Creeks"

Learn about the landscape that greeted the Lenape, Swedes, and Dutch; the rich agricultural and industrial past, early industrial pioneers, early mills, including Glen Mills, Ivy Mills, Crozer and Samuel Riddle, Sycamore Mills, and Newlin Grist Mill. Dr. Cressler will also touch the Rose Valley utopian Arts & Crafts Community; early commercial crossroads as Historic Sugartown; some of the early estates like Hunting Hill, the Dixon Mansion, and Oakbourne Mansion.

The meeting is free and open to the public. Please come early to enjoy refreshments and our pre-meeting social gathering from 1:30 pm on, and please feel free to bring a friend. The meeting will be followed by an optional guided walk through the Saul Wildlife Sanctuary along Ridley Creek by Dr. Roger Latham, Conservation Biologist, with Dr. Cressler. Advance registrations are appreciated, crc@nni.com or 610-359-1440, but walk-ins are also welcome.

