



CogNotes



The Rotary Club of Swarthmore
May 16, 2013

May is **Rotary Volunteer Month**

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

Rotary International President

District 7450 Governor
Assistant Governor

Sakuji Tanaka
David Ellis
George Whitfield

2011-2012 Board

President

President-Elect

Club Administration

President-Nominee

Immediate Past President

Secretary

Treasurer

Sergeant-at-Arms

Budget Chair

Program and Meetings

Membership

Retention/Attendance

Public Relations

Community Service

Grants Chair

International Service

Vocational Service

New Generations

Rotary Foundation

Gundaker

Charitable Trust

CogNotes Editors

Brian Craig

Hillard Pouncy

Hillard Pouncy

Perri Evanson

Brian Casey

Steve Laxton

Gladys Snively

Dean Wolfe

Marty Spiegel

Ann Seidman

Betty Ann Flynn/Marv Gelb

Cathy Darrell

Linda Carpenter

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:

Beth Murray,
aFewSteps.org

Table Grace

Remind us this day, Lord, that truth is not meant to be an end in itself. Truth is in order to goodness.

Keep us from absorbing information and inspiration here without action and use us in Rotary as instruments to make this a better world.

So strengthen us by the blessings of this hour to this end and we will give you our thanksgiving. Amen.

The Rev. Dr. Frederick E. Christian

Coming Program & Events

May 23 Lew Rinko, Swarthmore author of *About the Unique Childhood of a Hummer*

May 30 Dr. Mark Duggan, Professor of Business Economics and Public Policy at Wharton – Former Senior Economist for Health Care Policy at the White House Council of Economic Advisers

June 6 Laura Kiehner "Papa Tortuga: One Man's Mission to save the Kemp's Ridley sea turtles"

June 13 Margie Baker "Tomato Talk"

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.

Last Week's Speaker: Megan Bucknum

By Joy Charlton

Megan Bucknum described how Philly CowShare operates as a local distributor for whole animal, open-range, grass-fed beef. They contract to buy whole cows from five regional farms, and work with a single butcher in Lancaster who "harvests" ethically and packages the meat, which is then delivered directly to buyers in "shares." A 1/8th share equals 43 lbs., in various cuts. Shares can also be 1/4, 1/2, or whole, and can be bought individually or by a group. This contrasts with current conventional methods of adding bulk to cows by feeding them grains in over-crowded feedlots, giving antibiotics and hormones to the animals, co-mingling the meat from multiple animals before packaging, and single sales.

Philly CowShare, then, is the old-fashioned way of distributing beef to consumers, with added convenience, health benefits, and a commitment to community by supporting both local farmers and urban consumers. Beef may be ordered online at phillycowshares.com.



The Pledge of Allegiance



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?



Clean Up Day Update from Ann Seidman

The May 18 Delaware County Literacy Council Clean Up Day has been cancelled. The Grass Man who takes care of mowing the lawn surprised the DCLC by sprucing up the grounds, pruning, mulching, and planting new shrubs around the big sign out front – for free! That doesn't leave enough work for us to do this Saturday morning. Thanks to all of you who had signed up. Maybe we'll help with a Fall Clean Up.

Rotarians take part in Immunization Days in Côte d'Ivoire

Rotarians in Côte d'Ivoire took part in National Immunization Days (NIDs) beginning 26 April. They joined thousands of health workers and volunteers in mobilizing public support, ensuring the safe delivery of the oral polio vaccine, and administering the life-saving drops to more than 3 million children. The nation's last case of polio occurred in July 2011. The NIDs also provided vitamin A supplements and de-worming tablets to children to expand public health benefits, which is another objective of the new polio endgame strategic plan.



In the face of danger by Megan Feringer, in May 2013 *The Rotarian*

In 1998, thousands of families in Sierra Leone fled their homes as the Revolutionary United Front executed its campaign of terror against civilians.



Despite the chaos, health workers and volunteers carried out National Immunization Days as planned. Polio immunization teams searched for refugees along the nation's roadways and in the jungles. Risking their lives as heavy artillery resonated nearby, they continued on, determined to provide lifesaving drops of vaccine to every child they could find. Today, Sierra Leone is polio-free.

Because of the sacrifices of those who have participated in the global immunization effort, including hundreds of thousands of Rotarians, polio is on the brink of extinction. Teams have conquered the disease in war-ravaged countries and in regions grappling with political unrest. Only Afghanistan, Nigeria, and Pakistan remain polio-endemic.

But obstacles persist in the final battle for worldwide eradication, and the disease has proved to be a complicated, contentious foe. Misinformation and rumors of conspiracy continue to sweep through some areas, as vicious and nimble as the virus itself. The small drops of vaccine, administered to save children's lives, become a source of fear, and as suspicion and hostility grow, immunizers can become targets.

Find more at <http://www.rotary.org/en/MediaAndNews/TheRotarian/Pages/>

Happy Dollars Total for 2012-13: \$1844



2011-12 Total: \$2311
2010-11 Total: \$1690
2009-10 Total: \$896

(11235 Children Immunized)

All Proceeds to Polio Eradication.

Service Quotation

“Other pleasures and possessions pale into nothingness before service which is rendered in a spirit of joy.”

- Mahatma Gandhi (1869-1948),
Preeminent leader of Indian nationalism
in British-ruled India

Follow us at:
www.twitter.com/SwarthmoreRC



Anniversaries

Birthdays:

Marv Gelb

May 17

This Week in History

1770—Louis marries Marie Antoinette
1868—Senate acquits Johnson of high crimes and misdemeanors
1929—First Academy Awards ceremony
1960—U.S.-Soviet Summit meeting collapses



“We’re having a big meeting tomorrow to kick off our Employee Wellness Campaign. Who’s in charge of bringing the soda and donuts?”