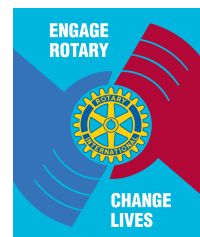


# CogNotes

**The Rotary Club of Swarthmore  
October 10, 2013**



October is **Rotary Vocational Services** Month

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

Rotary International President Ron D. Burton  
District 7450 Governor Charles Streitwieser  
Assistant Governor George Whitfield

## 2013-2014 Board

<b>President</b>	<b>Hillard Pouncy</b>
President-Elect	Perri Evanson
Club Administration	Marv Gelb
President-Nominee	Joe Lesniak
Immediate Past President	Brian Craig
Secretary	Steve Laxton
eSecretary	Brian Casey
Treasurer	Josh Twersky
Sergeant-at-Arms	Dean Wolfe
Budget Chair	Marty Spiegel
New Media Chair	Joe Lesniak
Program and Meetings	Ann Seidman
Membership	Lisa Lee
Retention/Attendance	Cathy Darrell
Public Relations	Gudmund Iversen
Community Service	Ken Wright
Grants Chair	Bill Baldwin
International Service	Anne Hansen
	/Ray Hopkins
Vocational Service	Randy Winton
Youth Service	Ron Van Langeveld
Special Projects	Betty Ann Flynn
Rotary Foundation	Craig Fava
Gundaker	Steve Laxton
Charitable Trust	Brian Craig
CogNotes Editors	Lisa Lee/Jim Leming

## Today's Program:

**Brian Lentz, Former PA State Representative**  
"Strategies for Gun Violence Reduction"

## Table Grace

Lord, as we conquer skies and planets, keep us ever mindful of the vastness of the human spirit and its deeper need for caring concern.

Use us in Rotary to keep this dimension alive. Make us grateful for those around us who enrich our lives, inspired by your Spirit.

Receive our thanks for this hour together. Amen.

The Rev. Dr. Frederick E. Christian

## Coming Program & Events

### Club Meetings:

**Oct 17 Rob Zarko, Homebrewer**  
"Building a Brewery, One Beer at a Time"

**Oct 24 Joe Henwood will speak about the S.S. United States Delaware River Entertainment Complex**

### Rotary Events

Oct. 22: District 7450 Foundation Committee Meeting

*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



## 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?



## Last Week's Speaker: Charles Streitwieser

By Joy Charlton

Our District Governor joined us, with compliments for our club's reliability, contributions, and interest in a global grant. Charles is from the West Chester club, which has 128 members, including new members under the age of 35. Charles himself joined Rotary at age 26, and his theme for his year is that "the youth are not just our future, they are our now." Rotary participation is a gift to youth, giving them an opportunity to work together toward the common good with many connections locally as well as internationally in 200 countries; there will be Rotary wherever they go in their lives. He described Gen Y, now ages 17-27, as being wired for community service, and also oriented to shorter time frames and higher impact. Rotary clubs will benefit from the increased presence of youth, as they bring high energy, innovative ideas, creativity, and inspiration. He encouraged us to support the ideas of young people with our resources, and to include youth in our club and in district events.



### Guests Last Week

Jim Sredenschek, prospective member

Oct. 22 is the date for District 7450 Foundation Committee Meeting. Here is a refresher on what the Foundation is all about:



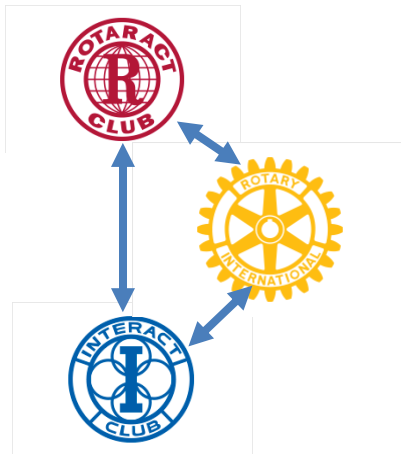
**The Rotary Foundation** transforms your gifts into projects that change lives both close to home and around the world. As the charitable arm of Rotary, we tap into a global network of Rotarians who invest their time, money, and expertise into our priorities, such as eradicating polio and promoting peace. Foundation grants empower Rotarians to approach challenges such as poverty, illiteracy, and malnutrition with sustainable solutions that leave a lasting impact. Strong financial oversight, a stellar charity rating, and a unique funding model mean that we make the very most of your contribution.

## The Next Generation

By Jim Leming

DG Streitweiser talked last week about the importance of engaging youth in Rotary. This is the second in a series of excerpts from an article in *The Rotarian*, which addresses the question:

“How will you make room for the next generation of young professionals and volunteers in your clubs?” In the article, Rotaractors and young Rotarians were asked to weigh in on how it should work and what it will take to turn today’s young leaders into tomorrow’s Rotary members. In last week’s *Cognotes* we heard their answers to the question: “What should older Rotary members understand about young people?”



Following is another excerpt from the roundtable discussion.

**These are difficult times for young people starting their careers. Can you be a Rotary member and still live in your parents’ basement?**

Kristi Breisach, 26, Rotaract Club of Kalamazoo, Michigan, USA: Trying to catch a break as a young professional feels like an uphill battle these days, but joining Rotary or Rotaract is one of the smartest things a recent college graduate can do. Being a Rotarian opens the door to professional connections as you rub elbows with the “who’s who” of your community. You’ll find great volunteer opportunities, and maybe it will lead to an unexpected professional opportunity.

Garofolo: Our members are facing hard times financially. This isn’t just a young person’s problem. But anyone can make a difference. Some can give more money, some can give more time and muscle, and others can give access to networks. We’re a richer organization when we recognize all of these commitments. Stay tuned for more from this roundtable discussion in next week’s *Cognotes*.

## The Four Way Test Song

Contributed by Jim Leming

We all know that at the Swarthmore Rotary Club we have been emphasizing the words/phrases: TRUTH, FAIR, GOODWILL, BETTER FRIENDSHIPS and BENEFICIAL as we recite together the Four Way Test each week. Now there’s another way to focus on this important Rotarian mantra – “The Four Way Test Song.” It’s a “Peter, Paul & Mary-esque” rendition that’s sure to make you smile, but, even better, make you appreciate in another way the meaning of our slogan.

**It is a must listen** – worthy of your top 10 playlist!! Go to [www.rotary7450.org/common/FourWayTest.mp3](http://www.rotary7450.org/common/FourWayTest.mp3) to listen. Maybe we have some banjo players in the club that can lead us in singing the song. Or Marv, the piano. Hillard on vocal ... ?????



## Happy Dollars Total for 2013-14 \$631



2012-13 Total: \$2345  
2011-12 Total: \$2345  
2009-11 Total: \$2586

(13122 Children Immunized)

**All Proceeds to Polio Eradication.**

## Service Quotation

“If we do not lay out ourselves in the service of mankind, whom should we serve?”

- John Adams, (b:October 30 1735 – d:July 4, 1826), second president of the United States (1797–1801)

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[www.twitter.com/SwarthmoreRC](http://www.twitter.com/SwarthmoreRC)



## Anniversaries

### Birthday:

Josh Twersky Oct. 11

### Rotary:

Ann Seidman Oct. 11

### Wedding:

Donna Amalfitano Oct. 11  
Dennis Hoffman Oct. 15