



# CogNotes



**The Rotary Club of Swarthmore**  
**January 9, 2014**

January is **Rotary Awareness 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
E-Secretary/Webmaster	Brian Casey
Treasurer	Josh Twersky
Sergeant-at-Arms	Dean Wolfe
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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:

**John Sacharok, Partner at  
Golden Valley Farms of West  
Chester, Coffee Roasters**  
"Cultivation to Cup"

## Table Grace

Lord of the passing years, we  
pause to thank you for your  
over-arching presence in the past  
and to seek the assurance of your  
blessings in this New Year.

We live in an awesome time.  
Teach us to live confidently in your  
care and to seize  
opportunities to make our world a  
better place for all humankind and  
so to fulfill Rotary's ideals.

Amen.

The Rev. Dr. Frederick E. Christian

## Coming Program & Events

### Club Meetings

**NOTE** watch carefully for location changes  
for meetings between 1/9/14 & 2/6/14

### Jan 16 Peter Hansen

Discussing his book *The Summits of  
Modern Man: Mountaineering after the  
Enlightenment*

### Jan 23 William Ryan, Chairman, and Doug Harbach, Director of Communications

"The Pennsylvania Gaming Control  
Board"

## 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?



## December Singers—



*The Strath Haven High School a capella group "The  
Silvertones," once again provided a beautiful  
concert of traditional music and popular holiday songs,  
which included sing-alongs that brought together the  
voices and spirits of CADES students and Rotary  
members.*



*President Hillard Pouncy Presents a check to  
CADES Executive Director*



*President Hillard Pouncy Presents a check to  
Silvertones Director John Shankweiler*

## Guests Last Meeting

Susan Larson, Caitlin & Will Lesniak,  
Penelope Reed, J. Karlthemis, Bill Benson,  
George Jones, David Evanson, Betty  
Garmirian, Barbara Hirshfeld, Tannei Casey,  
Annette Bushman, Betsy Fry, Tiernan Fava,  
Julia Twersky

## News Years Resolution Statistics

(Source: University of Scranton Journal of Clinical Psychology, December 13, 2012)

- Percent of Americans who **usually** make New Year's Resolutions = 45%
- Percent of Americans who **infrequently** make New Year's Resolutions = 17%
- Percent of Americans who **absolutely never** make New Year's Resolutions = 38%
- Percent of people who are successful in achieving their Resolution = 8%
- Percent who have infrequent success = 49%
- Percent who never succeed and fail on their resolution each year = 24%

People who explicitly make resolutions are 10 times more likely to attain their goals than people who don't explicitly make resolutions

### Type of Resolutions (above 100% because of multiple resolutions)

- Self Improvement or education related resolutions, 47%
- Weight related resolutions 38% Money related resolutions, 34%
- Relationship related resolutions, 31%

### Age Success Rates

- Percent of people in their twenties who achieve their resolution each year = 39%
- Percent of people over 50 who achieve their resolution each year = 14%

### Length of Resolutions

- Resolution maintained through first week = 75%
- Past two weeks = 71%
- Past one month = 64%
- Past six months = 46%



## Happy Dollars Total for 2013-14:

**\$1,200**



2012-13 Total: \$2,345

2011-12 Total: \$2,311

2009-11 Total: \$2,586

(14,070 Children Immunized)

**All Proceeds to Polio Eradication.**

## Service Quotation

"He who does nothing for others, does nothing for himself."

-Johann Wolfgang von Goethe  
(b:August 28, 1749 – d:March 22, 1832), German writer and politician

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## Anniversaries:

### Birthdays:

Gladys Snively

Jan. 8

Dennis Hoffman

Dec. 22

Rudolf Amann

Jan. 4

### Rotary Anniversaries:

Betty Ann Flynn

Jan. 5

24 years

### Wedding:

None



## CHRISTMAS TRIVIA (ANSWERS)

- What famous mathematician was born on Christmas Day?

**Sir Isaac Newtown, 1642**

- I'm sure you know Alvin, the chipmunk. Do you know what he wants for Christmas? **Hula Hoop**

- The Christmas tradition, meaning celebrating Christmas and recognizing it as an official holiday, was initiated by which state in the United States? **Alabama**