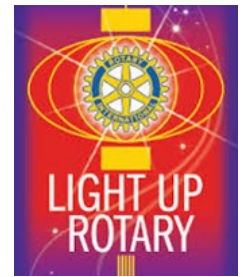




CogNotes



The Rotary Club of Swarthmore
September 4, 2014

September is New Generations Month

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

Rotary International President Gary Huang
District 7450 Governor Doug Blazey
Assistant Governor George Whitfield

2014-2015 Board

President	Perri Evanson
President-Elect	Joe Lesniak
President-Nominee	Lisa Lee
Immediate Past President	Hillard Pouncy
Secretary	Steve Laxton
Treasurer	Josh Twersky
E-Secretary/Webmaster	Brian Casey
Club Service	Marv Gelb
Community Service	Joe Lesniak
Vocational Service	Josh Twersky
International Service	Anne Hansen
New Generations Service	Joy Charlton
Foundations Service	Craig Fava
Budget Committee	Josh Twersky
Charitable Trust	George Whitfield

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Last Week's Speaker: Janna Hasbrouck

By Rich Shimko

Janna Hasbrouck, a Certified Health Coach, gave a stimulating talk about how to break established nasty habits and start new good ones. She is a health coach so that primarily means that she is helping individuals make their lives more healthy by establishing better living habits.



Janna said an individual's brain sabotages starting new habits because patterns are hard wired into the brain. The brain's neuron circuits allow us to perform certain actions without much thought such as my putting on my glasses first thing in the morning. She also said what she called the basic brain, the non-cognitive portion of the brain, resists change because it considers new things as potential threats.

Continued on Back

Today's Program: Pat Moyer, Realtor, Coach, Partner Keller Williams Realty

"Options for a 50+ Lifestyle"

Table Grace

As our boys and girls begin school and flood our streets, Lord, fill us with a growing sense of concern for their safety and well-being. Help us to heed your warning against harm in any way to a little one.

And now, Father of us all, make us doubly grateful for those who have guarded us and blessed us in the past when we were weak and receive now our grateful thanks for those blessings from your hand. Amen.

The Rev. Dr. Frederick E. Christian

Coming Programs & Events

Sept 11 Fred Bernardo, Owner of Fred's Music Shop and Tasty Licks BBQ
"Music and BBQ"

Sept 18 Radio Talk Show Host Dom Giordano
"Issues 2014"

Sept 25 Rachel Pastan, Author
"Alena"

Know someone who has an interest in any of these topics? Invite them to the meeting!

Sept 20: 4th Annual Rotary Night at PP&L Park



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?



Guest: John Carandang

August 28, 2014 Board Meeting Highlights

Treasurer:

Proposed 990 Tax Return was reviewed

Club Service:

New sign on Chester Road & signed cleaned on Yale Avenue
New Flag, Poles & Stands Arrived

Membership:

Todd Kitchen was granted a 6-month Leave of Absence
July Attendance = 64%; 51 Members
Send Lisa Lee contact information for prospective members

Community Service:

Had a great work night at ABC House
Currently looking for a September project

New Generations Report:

Youth Exchange: Maria has been busy attending meetings & obtaining needed certifications to serve as youth chair
Justus Frantz arrived last week; we are still looking for a host family for the 2nd half of the school year

Foundation Service Report:

Grants: A \$1,500 grant was awarded to CADES to help fund the "Can I Talk to You Project"

In Honor of Brian Casey and Other "Punny" People:

No matter how much you push the envelope, it'll still be stationery.

A dog gave birth to puppies near the road and was cited for littering.

Last Week's Speaker (continued)

With these obstacles, how does one make a change? She had three suggestions:

Be clear about what you want in a very detailed way. Picture yourself, for example, getting admiring glances from your fellow Rotarians because you look so trim and healthy because of your new exercise program.

Develop positive motivations rather than negative ones. Don't say to yourself "I'm too stupid – I'm going to read the Great Books". Rather, say "I'm going to read the Great Books so I can have scintillating conversations at the Rotary lunches".

Consider how the change will make you feel. Coming to Rotary every week instead of once in a while might make you happier, more energized, and improve your sex life.

As a bonus suggestion, Janna said you should come up with something that makes meeting the goal fun. She offered the example of a client who didn't like to take daily walks. Janna suggested that the client take photographs of everything new she saw and that helped the client have more fun on her walks. Janna offered a free life coaching session so if you are interested please contact her.

**Happy Dollars Total for
2014-15:
\$327**



2013-14 total: \$2,493
2012-13 Total: \$2,345
2011-12 Total: \$2,311

(15,208 Children Immunized)

All Proceeds to Polio Eradication.

Service Quotation

"Nothing in the world is stronger than the heart of a volunteer."

- General/Doctor James Harold "Jimmy" Doolittle USAF, (born: December 14, 1896 – died: September 27, 1993), American aviation pioneer. Doolittle served as an officer in the United States Army Air Forces during the Second World War and led the April 1942 daring air attack on Japan, launched from the aircraft carrier Hornet. Everyone on that mission was a volunteer.

Rotary Celebrations

Birthday:

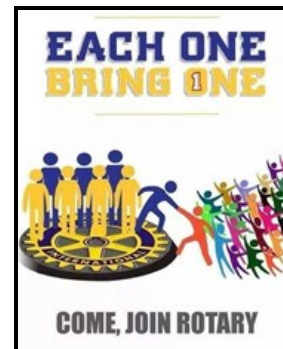
Anne Hansen 9/10

Member Anniversary:

None

Wedding Anniversary:

Elma Jones - 9/5



**Have you
asked
anyone to
be a
Rotarian
today?**