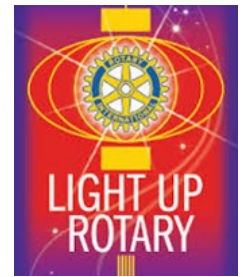




# CogNotes



The Rotary Club of Swarthmore  
December 4, 2014

November is Family 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

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## Today's Program:

**Christmas Caroling!**

## Table Grace

We begin a month marked by shortened days and lengthened nights.

Lord, make us mindful of the meaning of the festivals of this season that tell us that light shines in the darkness and that hope transcends despair.

Quicken within us this confidence and accept our gratitude for all your gifts that never fail. Amen.

The Rev. Dr. Frederick E. Christian

## Coming Programs & Events

**December 11: Joe Lesniak** - Highway Clean Up training video (Note; this meeting is at the Methodist Church)

**December 18: Silvertones** at CADES

**December 25** No Meeting

**January 1, 2015** No Meeting

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

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## Last Week's Speaker: Michael Carroll: Mindful Leadership

By Rich Shimko

Mindfulness and meditation is increasingly mainstream. To illustrate this, our speaker, Michael Carroll, mentioned articles in conservative publications such as the Economist and the Wall Street Journal. He said most individuals are very uncomfortable with periods of inactivity and silence. We become upset if our computer takes more than five seconds to start up. We need to be accomplishing something, even if the accomplishment is playing Angry Birds on our phone.

Michael said meditation can help us be comfortable in our own skin. Although he said meditation is not about achieving anything, he did let on that you should work towards the goal of being able to focus your attention on what you want to focus on, such as your breathing, for as long as you want to.



(continued on back)

## 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?



**Guests:** None

## Polio infrastructure helps combat Ebola in Nigeria



On November 13, Bishop Billy Simbo provided the our with what was described as a “sobering briefing” on the outbreak of Ebola in Sierra Leone. Even as Ebola fades from the front pages of our news, the work of Rotary continues. The following account is from Rotary .org.

Rotary’s investments in polio eradication infrastructure in Nigeria has helped the government stop the Ebola outbreak there. The polio surveillance network, which is used to monitor incidence of polio, is now also being used to identify and track suspected Ebola cases.

Nigeria has been a stubborn hot spot of polio — and that turned out to be a good thing when it came time to fight Ebola. In late July, a patient with the deadly Ebola virus arrived from Liberia. Health workers knew what to do. The country has created a massive public health effort to wipe out polio; institutions and strategies were repurposed to fight Ebola.

One of the country's polio institutions is an emergency operations center run by the Global Polio Eradication Initiative. At the request of the government, senior officials from the center were sent to Lagos to help set up an emergency operations center for Ebola. Because of the anti-polio efforts, health workers in Nigeria were ready for Ebola. They had already been trained in contact tracing. And hospitals had procedures in place for reporting polio cases, says Jay Wenger, head of polio efforts at the Bill and Melinda Gates Foundation, which provides financial support to NPR as well as the Global Polio Eradication Initiative.

"How you organize a team, how you collect the information, how you collate the information and make it available, is all part of the deal with polio," says Wenger. "They just transferred some of those techniques to the Ebola response." Nigeria was declared Ebola-free the second week of October.

There's a lesson to be learned, says Wenger: it's a good idea to have resources and trained personnel capable of dealing with more than just a single disease. "Both polio and Ebola are examples of diseases we can handle if we have the adequate kind of health systems around," he says. "We need to do what we can to strengthen the health systems in many underdeveloped countries." But it takes time to create such systems. That means bad news on the polio front in the three countries with the highest Ebola counts.

### Last week's speaker (continued)

Michael talked us through a practice session with the following instructions: 1) sit up straight in a chair with hands resting on thighs. 2) focus on breathing and experience what you feel, hear, and see. 3) If become aware of thinking – is the universe infinite? Does God exist? Are there any brownies left? – label it as thinking and refocus on breathing.

Michael ended by letting us meditate on our own for one minute. In spite of the recurring brownie thoughts, I gave it my all.

## Happy Dollars Total for 2014-15:

**\$1163.53 \***



2013-14 total: \$2,493

2012-13 Total: \$2,345

2011-12 Total: \$2,311

(18,164 Children Immunized)

\* **And a Happy Note:** That 53 cents comes from the \$156.53 given last week from the Swarthmore Rotaract 2014 Purple Pinky Fundraiser !!

## Service Quotation

“If your heart is big enough, love someone, and if it’s really big enough, love everyone!”

– Spoken by singer-songwriter and musician Stevie Wonder during his concert at the Wells Fargo Center on Sunday, November 16, 2014.

## Rotary Celebrations

### Birthday:

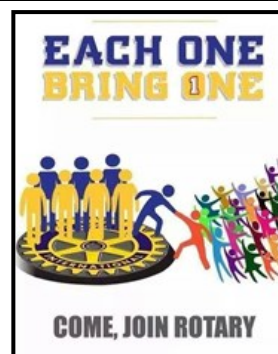
Brian Casey — 12/6

### Member Anniversary:

None

### Wedding Anniversary:

None



Have you asked anyone to be a Rotarian today?