



# CogNotes

The Rotary Club of Swarthmore  
P.O. Box 4, Swarthmore, PA 19081

July 16, 2015

July is New Beginnings Month



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

Rotary International President K.R. Ravindran  
District 7450 Governor Chad Rosenberg  
Assistant Governor Franczy Cross

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**Last Meeting's Program: Joe Lesniak, Steve Laxton, and Craig Fava**  
By Rich Shimko

What do you want your Rotary contribution to do? Steve Laxton, Craig Fava and Joe Lesniak gave us some advice. Do you want to act "globally" – have your contribution make an impact throughout the world? Then the Rotary Foundation is for you. Craig explained that half of contributions to the Rotary Foundation goes to the Rotary World Fund and half goes to district designated projects, which can be anywhere in the world. The focus of the Fund is promoting health, education, and economic development.

Do you want your money to go to projects within the greater Philadelphia area? Then give to the Gundaker Foundation. Steve said this is a District 7450 fund and 80% of the money is distributed within the District. Over 60% of the money is for scholarships for students who live within the District. The rest of the money goes to local and national projects and to support the Youth Exchange program.



**Today's Program:**  
**July 16: Carr Everbach,**  
Chair of the Engineering  
Dept., Swarthmore College

**Table Grace**  
Thank you God, for another opportunity to renew our friendships in Rotary and to reaffirm our belief in one another and the great company of Rotarians around the world. Help us to catch a fresh vision of what a force we are and can be together. Bless us now, as together we receive renewal of body, mind, and spirit around these tables. Amen.  
  
Rev. Dr. Frederick E. Christian

## Coming Programs & Events

**July 23: Michael Matotek,**  
Open Sky Energy

**July 30: Jason DeVries,**  
Blue Band Coffee Owner,  
Blue Bands and Red Hearts:  
Coffee and Why We Love It.

**August 6: Chad Rosenberg,**  
District Governor Visit

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

## 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:

**Theresa Hartzell, Prospective Member**

## DONATIONS NEEDED!!!!!!

The CityTeam Ministries food pantry is bare and needs constant replenishing. If you can donate items such as: peanut butter, tuna fish...



Please contact Cathy Darrell, who will transport any donated items. Or just bring them to a meeting.

## Happy Dollars Total for 2015-16:

**\$84**



2014-2015 total: \$3,168  
2013-14 total: \$2,493  
2012-13 Total: \$2,345  
2011-12 Total: \$2,311

(18,711 Children Immunized)

**All Proceeds go towards  
Polio Eradication.**

## Meet the New Rotary International President!

Before he gives a speech, K.R. Ravindran doesn't like flowery, adulatory introductions. They make him uncomfortable. The 2015-16 Rotary president would rather keep a low profile and share the credit. If it were up to him, you probably wouldn't even be reading this article.

Negotiating Days of Tranquility during the Sri Lankan civil war so that health workers could administer drops of polio vaccine? Although it was on his desk that the agreement landed, he says, a lot of people worked to make that happen. Rebuilding 23 tsunami-damaged schools for 14,000 children? He merely led the committee. Taking a label-printing business from a small outfit operating in a space the size of a garage to a global powerhouse in the packaging business that has helped change the value-added tea industry in his country? Well, he simply happened to be in the right place at the right time.

"I'm sometimes introduced as a self-made man," says Ravindran, a member of the Rotary Club of Colombo. "You've got to be utterly ego-centric to believe you are self-made. Each one of us is made because so many people helped us become who we are.

One of the reasons I work so much for Rotary is that I have been helped by so many people, and often you never have a chance to reciprocate," he explains "The only way you can is by helping others. When the people I help ask me, 'What can I do?' I say, 'Go and help someone else in return.'"

For Ravindran, paying it forward isn't a fad, it's a way of life. His theme for this Rotary year, *Be a Gift to the World*, also summarizes his personal philosophy.

*\*Picture located at the bottom right.*

## Service Quotation

"Do good and forget about it. Do bad and remember it."

– Frank Gulli (1921-2013),  
Master Mason and  
Philosopher

## Rotary Celebrations

### Birthday:

Art Baker 7/15

### Member Anniversary:

Maria Zissimos 7/14

Elma Jones 7/18

### Wedding Anniversary:

Susan Larson 7/17

## Speaker: Continued from Front

Maybe you want your contribution to be strictly local and controlled by our Club? Support the Swarthmore Trust. Joe told us that we disburse about \$10,000 annually and he invited us to suggest projects to support. Incidentally, you are not expected to contribute to Swarthmore Trust so your donation will be truly magnanimous. We are all asked to contribute at least a little bit to the other two funds. One last thing – Betty Ann Flynn is taking over from Steve and Harry Urian is replacing Craig. Thanks Craig and Steve for your hard work and Joe for bringing us such a great assembly session.

## K.R. Ravindran

