



# CogNotes

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

August 27, 2015

August is Membership and Extension Month



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

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## Today's Program:

**August 27: Andy Rosen**  
"The Swarthmore Farmers  
Market: What's Up with That?"

## Table Grace

O God, our Father, we thank you for the joys of our common life—for familiar faces around these tables, for kindly greetings and for the knowledge that we share a lofty cause here called Rotary." Receive our thanks for the common gifts of food which become uncommon blessings in a world that so largely hungers. Make us, O Father, truly thankful. Amen.  
Rev. Dr. Frederick E.

## Follow us online at:

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## Last Meeting's Program:

**Ian Dickinson**

By Rich Shimko

The Dickinson family has been gracious hosts for many foreign exchange students over the years. They changed roles by sending their son Ian to Germany last year. Ian told us about his year with two host families in northwest Germany. First the usual foreign food stories: the big hot meal is lunch with a light cold dinner. Ian enjoyed the plentiful meats and cakes but his least favorite was blood sausage made with tongue. Ian reciprocated by making his favorites: chili, mac and cheese, and snicker-doodles. Holidays? Christmas is big but there is no Santa Claus. St. Nicholas won the battle of the xmas icons. Something called Karneval is also big, which is like Mardi Gras. ~ Continued on back



## Coming Programs & Events

**September 3:** Dinner and Blue Rocks Game

**September 10: Attorney Harry Resnick** will be speaking about "Elder Care Law"

**September 17: Special Tribute to Paul Paulson**

*\*\*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:** Fred & Beatrice Dickinson, Ian's parents; Sabine Amdi Lynge, Danish exchange student; Meltem Gonnella, prospective member; Lovi Markusleed, Media Rotary, George & Michael; Maria Zissimos's

## 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.



## SPEAKER SPOTLIGHT ANDY ROSEN

Andy is a highly experienced management consultant, consulting firm executive, presenter, and author, with over 40 years experience in both consulting and business management. In recent years, he has followed his passion for local and sustainable food, joining the Board of Directors of the Swarthmore Co-op, where he chairs the Human Resources Committee; co-founding and leading Swarthmore Sustainable Table, a community group focused on food sustainability and local food systems; and most recently, taking on the role of market manager for the Swarthmore Farmers Market.

Andy is also a member of the Advisory Board of Plus3 Network, a start-up focusing on the intersection of employee wellness and corporate philanthropy.

In his prior life, Andy was a principal in Buck Consultants' Career Practice and leader of the firm's Compensation business; an executive vice president with ORC Worldwide, where he led the U.S. Compensation Consulting practice and the global Compensation Survey business; and a vice president with Aon Consulting (now Aon Hewitt), where he led the National Employee Compensation Practice.

Educationally speaking, Andy earned an M.B.A. degree in Finance from the Wharton School of the University of Pennsylvania, a Master of Social Service degree in Social Service Management from the Bryn Mawr Graduate School of Social Work & Social Research, and a B.A. degree cum laude in Political Science from Williams College.

### Speaker (Continued from Front)

Of all the sight-seeing and new experiences Ian said he cherished most the relationships he made with host families. All in all, Ian's take on German teens is that they are about the same as American. Final words of advice – if you can arrange it, do as he did and take five years of the host country's language before you leave the US, it makes for a much better experience.

## Happy Dollars Total for 2015-16: \$552



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.

## Service Quotation

**"The heart of a volunteer is not measured in size, but by the depth of commitment to make a difference in the lives of others"**

– Franklin D. Roosevelt  
(1882-1945), 32nd President

## Rotary Celebrations

### Birthday:

None

### Member Anniversary:

None

### Wedding Anniversary:

Anne Hansen 8/27

## DINNER & BLUE ROCKS GAME!

**September 3, 2015**

Dinner at 5:00pm

Game starts at 6:35pm

Rotarians free; \$25 for guests

