



# CogNotes

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

March 3, 2016

March is Water and Sanitation Month



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

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## Today's Program:

**Kelly Cook Address**, Founder and President of Plush Mill Senior Living Community: "My Love Affair with the Silent Generation?"

## Table Grace

In these days of self-examination and self-denial in which many in our society engage at this season, remind us of how subtly the best in us becomes eclipsed. Materialism and selfishness take over and we lose the vision of wonder for which you have created us. Lord, accept our grateful thanks for such times of renewal, and our gratitude for these blessings set before us. Amen. Frederick E. Christian

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## Last Meeting's Speaker: Andy Huemmler

Andy Huemmler has worked several sides of the energy business – 20 years for PECO, several years for the City of Philadelphia and now in a public service organization. His comments on the energy situation are generally in agreement with several other speakers we have had. Both Representative Kruger-Braneky and Andy had the same belief. The Pennsylvania legislature is overly influenced by the oil and gas industry and Pennsylvania lacks adequate regulatory oversight. Andy also said we ought to leave the stuff in the ground and use the cheaper to extract oil and gas from overseas. I was surprised to learn that the U.S. is now the leading oil producer in the world. Andy said we may have a temporary up-tick in U.S. production which has driven down prices, but low prices are not going to last long.



-(continued on reverse)

## Coming Programs & Events

**March 10 Pre-St. Patrick's Day Cocktail Party at Sligo's**



*\*\*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:

Michelle DeMonas, prospective member, and Kate Lesniak, Joe's wife.

# Plush Mill Spotlight

## Wisdom. Applied.

### The Sage approach to senior living.

Our founders were pioneers in senior living communities. They helped define the companies that have defined the industry. Seeing the evolution in senior housing

move towards cookie-cutter, Wall Street-driven corporations, they were inspired to forge a new definition of senior living; rooted in a dedication to building communities with the flexibility to adjust around our residents as their desires and needs change. We customize the services we offer; providing the amenities and the care that's needed, when it's needed. Sage communities are "Senior Living, Custom Designed."

Plush Mills is dedicated to the continuing growth of people like you: people who know what it means to live well. Sage people. Vibrant people.

From our on-site management to the executive partners to each and every staff member, the entire Plush Mills team is dedicated to making this a place you'll be happy – and proud – to call home.

Here, personal attention is the rule, not the exception. Everything we do is designed around your comfort, your satisfaction, your happiness. Talk to us anytime – we're listening.

### **Speaker:** *Continued from Front*

After the U.S. sources are depleted, oil and gas prices will go back up and the U.S. projects that were killed because of low prices will be needed more than ever (the last comment is my extrapolation of his talk). His other comments can be summarized as follows: climate change is a serious threat, he is anti-coal but pro-nuke and solar. The most important step to take? Energy efficiency such as home insulation and efficient cars and electrical equipment.



## Happy Dollars Total for 2015-16:

**\$1,870**



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

**“May I never get too busy in my own affairs that I fail to respond to the needs of others with kindness and service.**

- Thomas Jefferson, (1743-1826)  
An American Founding Father and the principal author of the Declaration of Independence. He was the 3<sup>rd</sup> President of the United States

## Rotary Celebrations

### **Birthday:**

N/A

### **Member Anniversary:**

John Kaufman,, 35 years

### **Wedding Anniversary:**

N/A

**1 in 10 people lack  
access to safe water.**

**1 in 3 people lack  
access to a toilet.**