



# CogNotes

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

April 7, 2016

Maternal and Child Health Month



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

Rotary International President K.R. Ravindran  
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## Today's Program:

**Sabine Lynge,**  
Rotary Exchange  
Student from  
Denmark

## Table Grace

Lord of the changing seasons, we pause to thank you for your never-failing faithfulness. As the earth stirs beneath our feet and flowers and birds bedeck the barren land, we rejoice in this ageless miracle of rebirth at your hand. Accept our thanks as we enjoy your bounty here and your blessings day by day. Amen.  
Frederick E. Christian

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## Last Meeting's Speaker: Theresa Hartzell

Rotarian Theresa Hartzell could star in a TV drama "Family Law, a story of good people doing bad things." Theresa gave her classification speech on her family law practice. She explained that family law covers divorce, custody, child support, protection from abuse, and other family dramas. Theresa said that too often the primary goal of one or both parties in a divorce is revenge. The parties lose sight of what is best for the kids. Theresa feels that part of her job is to help the parties stay on course and behave rationally. This can be very difficult for some parties in a divorce proceeding and Theresa said she sometimes recommends therapy. - (continued on reverse)



## Coming Programs & Events

**April 14** Swarthmore Rotarian Ken Wright will talk about his recent trip to India to participate in the Rotary International's effort to eradicate Polio.

**April 21** Club Assembly

*\*\*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:

Lorie Sollenberger and Robin Smith, both members of Interact

# ROTARY EXCHANGE PROGRAM

Are you or someone you know interested in learning a new language and meeting new people? Rotary Youth Exchange is the opportunity of a lifetime for the more than 8,000 students who participate each year. By sharing your own culture and embracing a new one, you help foster global understanding—and learn a great deal about yourself and your home country in the process.



## WHAT IS A ROTARY YOUTH EXCHANGE?

Youth Exchange is a study-abroad opportunity for young people who spend anywhere from a few weeks to a full year as an international student hosted by local Rotary clubs.

## WHO IS ELIGIBLE FOR AN EXCHANGE?

Exchanges are for people ages 15–19 who: Have demonstrated leadership in their school and community; are flexible and willing to try new things; are open to cultural differences; and can serve as an ambassador for their own country.

## HOW MUCH DOES IT COST?

Costs vary from country to country. Local Rotary clubs generously host students and provide room and board with a host family and a small monthly stipend. Participants are generally responsible for: Round-trip airfare; Insurance; Travel documents (such as passports and visas; Spending money; additional travel costs; and tour fees

## HOW DOES SOMEONE APPLY?

Contact your local Rotary club to see if it participates and to learn more about the types of programs offered, and specific application process required. Because the selection and orientation process can be lengthy, we suggest you apply 6–12 months before you plan to leave.

## CAN I HOST AN EXCHANGE STUDENT?

Hosting an exchange student can be an incredibly rewarding experience for your family, providing an international experience without leaving home. Host families provide room and board and share their lives with exchange students, involving them in family, community, and cultural activities.

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

She pushes the parties to decide on an arrangement together outside of court. I suspect this attitude is not true for all lawyers. When Theresa was asked by the media if there were any plans for a TV series, she coyly declined to answer but said, if there were, she would like Michelle Pfeiffer to play the part of Theresa. I'm looking forward to watching.

## Happy Dollars Total for 2015-16:

**\$2,034**



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

**“Helping others feels so good, that whenever someone asked for a volunteer, my hand self-ishly went up first.”**

- Shirley Temple, (1928-2014)  
American Film and Television Actress, singer, dancer, and public servant. The Number One box office star from 1935 to 1938

## Rotary Celebrations

### **Birthday:**

Dean Wolfe 4/3

Ken Wright 4/5

### **Member Anniversary:**

Cathy Darrell 4/1 (10yrs)

### **Wedding Anniversary:**

None

## ROTARY APRIL SPOTLIGHT

*What is Maternal Health?*

Maternal health refers to the health of women during pregnancy, childbirth and the postpartum period. While motherhood is often a positive and fulfilling experience, for too many women it is associated with suffering, ill-health and even death.