



# CogNotes

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

April 28, 2016

April is Maternal and Child Health Month



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

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## Today's Program:

**Sebastian Kearney,**  
Traditional Japanese  
sword forging and his con-  
nection to local Rotarians.

## Table Grace

God of the rolling years, we  
pause to thank you for the  
present fellowship of Rotary,  
and for those in earlier years  
who had a vision and per-  
sisted in it. Keep us faithful to  
the trust they have given us  
and renew us here as we  
meet together in mind, body,  
and spirit to serve you.  
Amen. Frederick E. Christian

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## Last Meeting's Speaker: Club Assembly

Two of our illustrious leaders discussed two important ways we can be of service to Rotary's many projects. As a relatively new member, I consider Anne Hansen to be our most distinguished Rotarian. She and her husband have been very active in Rotary throughout their adult lives. Anne discussed how we all can continue to help Rotary after our deaths by bequeathing to the Rotary Foundation. The Foundation has contributed over \$3 billion to projects worldwide in areas such as education, health, clean water, peace and promoting local economies. The Rotary Foundation has spent \$1 billion and taken a leadership role in eradicating polio. As Anne said, remember we don't give to Rotary, we give through Rotary. - (continued on reverse)



## Coming Programs & Events

**May 5** "Are Donald Trump and Bernie Sanders Right that International Trade is Bad for America?" Swarthmore College Economics Professor **Steve Golub** will discuss the arguments that trade with countries like Mexico and China hurt American workers and the implications for economic policies.

*\*\*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:

Glenn Wiltsee, guest of Betty Ann, and Lori Markusfeld, prospective member

# TRADITIONAL JAPANESE SWORDSMITHING

In traditional Japanese sword making, the low-carbon iron is folded several times by itself, to purify it. This produces the soft metal to be used for the core of the blade. The high-carbon steel and the higher-carbon cast-iron are then forged in alternating layers. The cast-iron is heated, quenched in water, and then broken into small pieces to help free it from slag. The steel is then



forged into a single plate, and the pieces of cast-iron are piled on top, and the whole thing is forge welded into a single block, which is called the *age-kitae* process. The block is then elongated, cut, folded, and forge welded again. The steel can be folded transversely, (from front to back), or longitudinally, (from side to side). Often both folding directions are used to produce the desired grain pattern. This process, called the *shita-kitae*, is repeated from 8 to as many as 16 times. After 20 foldings, ( $2^{20}$ , or about a million individual layers), there is too much diffusion in the carbon content. The steel becomes almost homogeneous in this respect, and the act of folding no longer gives any benefit to the steel. Depending on the amount of carbon introduced, this process forms either the very hard steel for the edge (*hagane*), or the slightly less hardenable spring steel (*kawagane*) which is often used for the sides and the back.

During the last few foldings, the steel may be forged into several thin plates, stacked, and forge welded into a brick. The grain of the steel is carefully positioned between adjacent layers, with the exact configuration dependent on the part of the blade for which the steel will be used.

## **Speaker: Continued from Front**

Hillard Pouncey told us some good news and bad news. Membership in our Rotary District has declined from 1862 to 1515 in the past 9 years. The good news is that it went up slightly in 2015 and our club's membership has held steady over this period. Hillard complimented Joe and the whole club for bringing in several new members recently, particularly younger members. He encourage us to keep on talking up Rotary to those we know. There is a particularly interesting article in the latest Rotarian about the face of the new generation. It might help when talking to young adults about Rotary.

**Happy Dollars Total for  
2015-16:**

**\$2,438**



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**

**“Volunteering. The ultimate exercise in democracy. When you volunteer, you vote every day about the kind of community you want to live in.”**

- Author Unknown

## **Rotary Celebrations**

### **Birthday:**

Ron Van Langeveld 4/28

### **Member Anniversary:**

### **Wedding Anniversary:**

Theresa Hartzell 4/29

John Kaufman 4/30

## **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.