



CogNotes

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

February 2 2017



February is World Understanding Month

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

Rotary International President John Germ
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Today's Program:

Jeff Cole, Investigative Reporter for Fox29

Table Grace

We have crossed the threshold into a month full of memories of heroic figures, patriots and prophets who have graced the human race, many of whom have enriched our great land.

We thank you, Lord, for them and pray that we may contribute to a quality of life worthy of our heritage. To that end, strengthen us as we enjoy this hour together. Amen.

Rev. Dr. Frederick E. Christian

Coming Programs & Events

(All meetings at The Inn unless otherwise noted)

Feb 9: Debra Ciamacca with *Fair Districts PA* will speak about gerrymandering and the legislative process

Feb 16: Rev. Zuline Wilkinson, Executive Director, Chester Eastside, Inc.

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

Follow us online at:

www.SwarthmoreRotary.org
[www.Facebook.com/SwarthmoreRotary](https://www.facebook.com/SwarthmoreRotary)
www.SwarthmoreFair.org
[www.Facebook.com/SwarthmoreFunFair](https://www.facebook.com/SwarthmoreFunFair)
www.twitter.com/SwarthmoreRC

Last Week's Program:

Ellen Monsees

by Rich Shimko

Ellen Monsees told a story of grief and recovery. Her husband died when he was 46 and Ellen suffered from her grief for six years. She tried reading books on grief, journaling, on-line grief groups and therapy. Ellen reported that although these activities helped, she still suffered. She mentioned other myths about grief: it takes time, keep busy, replace the loss, and be strong. She said none of these methods work. She finally discovered a method that is based on the premise that most unresolved grief is caused by incomplete communication with the deceased or words that were not said or not said enough. She was able to recover after she wrote a letter and read it out loud. Ellen says she is happy now when she remembers her husband and she enjoys life. Ellen was inspired by her recovery to become a certified grief recovery specialist.



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:

Prospective members Shane Cameron, Glenn and Gloria Chelliah

Volunteers Needed!

Service Above Self is the Rotary Motto. Join your fellow Rotarians in participating in these service activities:

Wednesday, February 8th, 1:00-3:00pm: we will assist City Team Chester, organizing and distributing clothing and food. If you plan to go, email Theresa at tahartzell@hartzelllaw.com

All of February: Bring your toothpaste and toothbrushes to the meeting, to be distributed to the Haiti Dental Clinic. Spread the word to your neighbors to bring their donations to local collection locations. Ask your dentist for any supplies they are willing to contribute as well.

From Rotary Weekly:

Rotary releases \$35 million to combat polio

Rotary has released another \$35 million in grants to support the global effort to end polio. Nearly half of the new funds, \$16.15 million, will support emergency response campaigns in Nigeria and the Lake Chad Basin, where four cases were detected last year after Nigeria had previously gone two years without a case.

For the full story, go to <https://www.rotary.org/en/rotary-announces-35-million-support-polio-free-world>

Happy Dollars 2016-17: \$1461

2015-2016 total: \$3,756
2014-2015 total: \$3,168
2013-14 total: \$2,493
2012-13 Total: \$2,345



(19,590 Children Immunized)

All Proceeds go towards
Polio Eradication.

Service Quotation

**“SERVICE IS THE VERY
PURPOSE OF LIFE AND NOT
JUST SOMETHING THAT YOU
DO IN YOUR SPARE TIME.”**

– **Marian Wright Edelman**,
American activist for children’s
rights, advocate for disadvantaged
Americans and founder of the
Children's Defense Fund

Rotary Celebrations

Birthday:

Putty Willetts 2/6

Member Anniversary:

none

Wedding Anniversary:

none

DONATIONS NEEDED!



The CityTeam Ministries food pantry 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.



Thurs., Feb 16, 2017

5:30pm Food, 6pm Start

[The Inn at Swarthmore](#)

10 South Chester Road
Swarthmore, PA 19081

Sunday's Service Project:



Our hole at the CADES Putt Putt Palooza (entitled Candy Land) was a big hit—and 2 players got holes in one! Thanks to George Whitfield, Mike Malone, and their design team!!

Happy Groundhog Day!

Punxsutawney Phil Sowerby is the name of a succession of groundhogs in Punxsutawney, Pennsylvania. On February 2 each year, the town of Punxsutawney celebrates the legendary groundhog with a festive atmosphere of music and food.

