



# CogNotes

The Rotary Club of Swarthmore  
P.O. Box 4, Swarthmore, PA 19081  
November 2, 2017



## November is Rotary Foundation Month

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

Rotary International President Ian Riseley  
District 7450 Governor Dawn DeFuria  
Assistant Governor Francys Cross

### 2017-2018 Board

<b>President</b>	<b>Joy Charlton</b>
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Club Service	Bill Hale
Membership	Craig Fava
International Service	Lori Markusfeld
New Generations Service	Maria Zissimos
Foundations Service	Steve Laxton
Charitable Trust	Marty Spiegel
Public Relations	Perri Evanson

### Today's Program:

**Beth Murray, Centennial Foundation**  
"Envisioning Swarthmore's Future"

### Table Grace

Lord, we are here because we would not be neutral or negative toward life's loftiest goals. Among them are the measuring sticks of our Four Way Test.

Show us how we may respond to them affirmatively, helpfully, and hopefully. Thank you. for this hour, for its nourishment of body, mind, and spirit and help us ever to be grateful for all your good gifts. Amen.

Rev. Dr. Frederick E. Christian

### Coming Programs & Events

(All meetings at The Inn unless otherwise noted)

Nov 4: Rotary Foundation Seminar—Montgomery Co. Community College

Nov 7: Celebrate Women in Rotary—Springfield Country Club

Nov 9: Past District Governor Bonnie Korengel  
"Rotary Foundation"

Nov 11: Rise Against Hunger event—**REGISTER NOW!**

Nov 16 Suri Steuber  
"Solarize Great Media Project"

Nov 23 Thanksgiving—no meeting

April 20-22, 2018 District Conference

June 24-27, 2018 RI Convention, Toronto, Canada

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

### Follow us online at:

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

### Last Week's Program: Steve Murray and Will Heustis by Rich Shimko

In spite of my generational bias against youth in general, I have to admit that teenagers today do many good actions. Steve Murray and Will Huestis gave us an example when they described how a dozen or so Swarthmore teenagers, accompanied by Swarthmore adults, went to Knox County, KY, for a week of service fixing people's homes. Knox County, in the middle of Appalachia, has a 33% poverty rate. Homeowners who don't have the means to fix their houses apply to the Appalachian Service Project (ASP) for assistance. ASP sends 10,000 volunteers every summer to help homeowners fix their houses. Steve and Will told us about three projects they worked on replacing floors and installing plumbing and kitchen cabinets. Marty Spiegel has been active in ASP for many years.



(continued on reverse)

### 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:

Linton Stables (with speakers), and Eric Baines (Chester Work Ready)

## Support the Haverford Township Rotary Club

On November 9<sup>th</sup>, Ruth Rosenberg of the Haverford Township club, will join us again to ask us to participate in their annual fundraising event. She will be selling roses – long-stemmed red roses which are gift boxed for \$20/dozen. If you'd like to purchase a dozen roses, be sure to bring your cash or check!

*Excerpted from the New York Times:*

### Why Doing Good Is Good for the DoGooder

By NICOLE KARLIS OCT. 26, 2017

The past few months, with a series of disasters seemingly one on top of another, have felt apocalyptic to many, but the bright side to these dark times has been the outpouring of donations and acts of generosity that followed. From Hurricane Harvey flooding Houston to Hurricanes Irma and Maria ripping through the Caribbean to wildfires burning Northern California, cities and charities have been flooded with donations and volunteers. The outpouring of support is critical for helping affected communities to recover. But acts of generosity benefit the do-gooder, too.

"Research suggests that these community social connections are as important for resilience to disaster as physical material like disaster kits or medical supplies," explained Ichiro Kawachi, a professor of social epidemiology at Harvard's School of Public Health. "Voluntarism is good for the health of people who receive social support, but also good for the health of people who offer their help."

The day after Cristina Topham evacuated her home as a result of the fires in Sonoma, Calif., she and her boyfriend immediately looked for ways to donate and help. "I just felt like I had to do something. I love my town and my community, and the reach of the destruction was astonishing from the very beginning," she said.

Why is the first instinct for many to volunteer and donate after a natural disaster? One reason is that as humans we've evolved to survive in groups, not alone. Rallying together makes us feel less alone in the experience, explained the sociologist Christine Carter, a fellow at the Greater Good Science Center at the University of California, Berkeley. "When our survival is threatened, we are going to reach out and strengthen our connections with people around us. We show generosity. We show compassion. We show gratitude. These are all emotions that function to connect us with each other," Dr. Carter said.

Scientific evidence supports the idea that acts of generosity can be beneficial when we volunteer and give back regularly — and not just after a natural disaster. Volunteering is linked to health benefits like lower blood pressure and decreased mortality rates.

Dr. Richard Davidson, a neuroscientist and founder of the Center for Healthy Minds at the University of Wisconsin, Madison, has been studying the effects of positive emotions, such as compassion and kindness, on the brain since the 1990s. He said the brain behaves differently during an act of generosity than it does during a hedonistic activity. "When we do things for ourselves, those experiences of positive emotions are more fleeting. They are dependent on external circumstances," he said. "When we engage in acts of generosity, those experiences of positive emotion may be more enduring and outlast the specific episode in which we are engaged."

### Last Week's Speakers: Steve Murray and Will Heustis (continued from front)

Although Steve, Will and Marty talked up the reward of going to Dairy Queen every night, it is clear they performed a great service to those they helped. They certainly earned their Dairy Whip.

## Happy Dollars 2017-18:

**\$1287**

2016-2017 total: \$3,756  
2015-2016 total: \$3,756  
2014-2015 total: \$3,168  
2013-14 total: \$2,493



(20,969 Children Immunized)  
**All Proceeds go towards  
Polio Eradication.**

## Service Quotation

**"NO ACT OF KINDNESS, NO  
MATTER HOW SMALL, IS  
EVER WASTED."**

- Aesop (620 B.C. – 564 B.C.)  
Ancient Greek story teller credited  
with a number of fables now  
collectively known as Aesop's Fables



## Rotary Celebrations

### Birthday:

Rich Shimko 11/8

### Member Anniversary:

Penelope Reed 11/9 (14 years)

### 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.**