



Swarthmore Rotary Cog Notes



P.O. Box 4, Swarthmore, PA 19081

November 21, 2019

Mark Daniel Maloney
RI President 2019-20
Peter A Mardinly
District 7450 Governor

Swarthmore Rotary
Leaders

Maria Michael Zissimos
President
Youth Services Chair
Craig Fava
Past President
William Clinton Hale
President-Elect
Brian N. Casey
Club Executive Secretary
Sonya Pappas
Treasurer
George C. Whitfield Jr.
Secretary
Barbara Whitaker-Shimko
Rotary Foundation Chair
Perri Ann Evanson
Membership Chair
Betty Ann A. Flynn
Club Director
Anne C. Hansen
Club Director
Lori Markusfeld
Service Projects Chair
Penelope Reed
Public Relations Chair
Barbara Amstutz
Grants Committee Chair
Kathryn Jones
President-Nominee
Sean Murphy
Assistant Governor

Service Quotation

"Helping, fixing, and serving represent three different ways of seeing life. When you help, you see life as weak. when you fix, you see life as broken. When you serve, you see life as whole. Fixing and helping may be the work of the ego, and service the work of the soul."

Rachel Naomi Remen

Rotary Celebrations!

Birthdays

Meetings and Events

November

21st - [Meeting](#)

Speaker: Beth Koniers Brown, Director Delaware River Watershed Program, Audubon PA

Subject: Protecting the Delaware River Watershed for Birds and People

28th - [Thanksgiving](#)

Speaker: No Meeting

December

5th - [Meeting](#)

Speaker: Mark Wallace, Ph.D. Professor of Religion, Swarthmore College

Subject: Creating opportunities for understanding of American people, culture and institutions with international undergraduate students and scholars.

Table Grace

By Frederick E. Christian

Lord of the harvest, we pause to give you thanks for the bounty of this great land. Our lives have truly fallen in pleasant places. May we never accept these gifts lightly. Thank you for this food set before us and for the opportunity we have to go out strengthened in body, mind, and spirit to serve our community. Amen.

4 Way Test


Of the things we think, say or do

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?


Last Meeting Summary





One of David McKeighan's functions as Executive Director of the Delaware County Medical Society (DCMS) is to explain to the public the Society's position on proposed governmental actions. He shared some of these positions with us. He said DCMS is opposed to the Pennsylvania Supreme Court allowing lawsuits to be filed in a court located in a district other than where the incident occurred. David said prior to recent reforms, lawyers could file a claim where ever they thought they had the best chance of winning. He said this practice drove up doctor's medical insurance costs. In recent years this practice of judge shopping has been restricted but there is a push to remove these restrictions. Other reforms David's Society is advocating are restricting the ability of medical insurance companies to require


 Stephen B. Laxton
November 29th


Wedding Anniversaries

 Joshua Twersky
December 2nd

 Stephen B. Laxton
December 16th


 Greg Brown
December 31st

 Kenneth J. Wright
January 1st

 Meltem Pusat Gonnella
January 12th

Years of Service

 Greg Brown
12-01-2016
3 Years

 Anthony Coschignano
12-01-2016
3 Years

Happy Dollars

\$1501

2019-20 Happy Dollars
for Polio Plus Fund
(\$3 to fully protect one child)

2018-19 total: \$3,845
2017-18 total: \$4,515
2016-17 total: \$3,756

Guests Last Meeting

Alan Behran (Maria's guest)
Chikondi mBewe (from Africa)
Greg Collins (Havertown club)

prior authorization for medical treatment; excessive fees passed on to patients for "out-of-network" treatment; and allowing Certified Registered Nurse Practitioners (CRNP) to practice medicine independently. David said DCMS also has worked with communities to improve health care in the county. They have helped communities deal with the opioid epidemic by, for example, promoting coordination between municipalities. They provided aid to those who have lost relative to opioid overdoses. David told us that the Delaware County Council has hired Johns Hopkins Bloomberg School of Public Health to conduct a survey of County residents to assess how residents perceive the County to be addressing local public health needs. We can participate in two ways. We can take a brief online survey at <https://tinyuri.com/DelCoSurvey> or we can participate in one of several focus groups. Two are scheduled in January. If you are interested in participating, go to the DCMS website, delcomedsoc.org, to sign up.

Rotary Foundation Banner

Congratulations to Swarthmore Rotary and Barbara Whitaker-Shimko, Foundation Chair, on receiving one of only three banners awarded to a club at the joint Districts 7450 and 7430 for 100% Member Participation and \$100 Average Contribution!



Donations for Chester



Don't forget to note the current needs of City Team and Chester Eastside

Barbara says warm clothing and especially coats are needed for the cold winter ahead. In particular, new warm socks are needed. Of course, new underwear is needed in every season.

Cathy says lots of folks are donating food because of the Holidays which means that baby and women's products are the most needed. If members feel unsure, I am happy to take cash and purchase what I know they need. I used to tell everyone I would hand the money over to the staff at City Team but two women there said it just goes into a large fund which may not be prioritized for mothers and babies.