



Swarthmore Rotary Cog Notes

P.O. Box 4, Swarthmore, PA 19081



November 17, 2022

Jennifer Jones
RI President 2022-23
David Houtz
District 7450 Governor

Swarthmore Rotary
Leaders

- Heather Saunders
President
- Greg Brown
President-Elect
- Brian Casey
Club Executive Secretary
- Patrick Gunnin
Treasurer
- George C. Whitfield Jr.
Secretary
- Jane C Billings
Youth Services Chair
- Perri Ann Evanson
Public Relations Chair
- Carr Everbach
Membership Chair
- David Firm
Service Projects Chair
- Betty Ann A. Flynn
Club Director
- William Clinton Hale
Past President
Sergeant-at-Arms
- Anne C. Hansen
International Service Chair
- Kathryn Jones
iPast President
- Jeannine Osayande
Youth Services Chair
- Hillard Pouncy
Club Programs Chair
- Joshua Twersky
Club Director
- Barbara Whitaker-Shimko
Rotary Foundation Chair
- Kenneth J. Wright
Club Director
- Cathleen Darrell
Attendance Secretary
- Richard Shimko
Bulletin Editor
- Karen Aleta Mazzarella
Assistant Governor

Happy Dollars

pledge \$1,543
2021-2022 \$4,476

Rotary Celebrations!

Birthdays

No Birthdays Found

Wedding Anniversaries

Meetings and Events

November 17th
[Swarthmore Weekly Club Meeting](#) (Inn)
 Speaker: Club Assembly
 Subject: Club Assembly

December 1st
[Swarthmore Weekly Club Meeting](#) (Inn)
 Speaker: Rick Lee, head of Swarthmore
 Volunteer Fire Department
 Subject: Hold for Title

November 24th
[Swarthmore Weekly Club Meeting](#)
 Speaker: Thanksgiving Holiday
 Subject: no meeting

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?

Service Quotation

"Never forget that you are one of a kind. Never forget that if there weren't any need for you in all your uniqueness to be on this earth, you wouldn't be here in the first place. And never forget, no matter how overwhelming life's challenges and problems seem to be, that one person can make a difference in the world. In fact, it is always because of one person that all the changes that matter in the world come about. So be that one person. "

R. Buckminster Fuller

Club News

Rotary Moment – Elizabeth Church told us about a joint effort of 80 Rotary club effort to bring clean water to villages in Ghana. She read a passage that described the scene of happiness when a new well started to provide clean water.

Carr Everbach provided the following two reports:

Minglefest on November 3, 2022: A casual get-together was arranged at the Broad Table Tavern's outside deck with hors d'oeuvres. Rotarians Heather Saunders, Carr Everbach, Lori Markusfeld, and Jane Billings were joined by Andrew Bunting, Rob Borgstrom, Paul Billings, and Jeanette Barr (from the Media Rotary Club). Heather was able to describe the various service opportunities and accomplishments of the Swarthmore Rotary Club, and Rob commented that "this club really gets things done." Ideas flowed for outreach ideas and directions for future projects. A convivial atmosphere and a sense of community marked a small but successful Fall 2022 Minglefest.

Sarah Pita, Carr Everbach, and Elizabeth Church attended a District 7450 Rotary Foundation Seminar on Saturday, November 12. Their participation unlocks our Club's access to District and Global Grants, and also provided inspirational examples of Rotary projects, both internationally and locally.

Last Meeting Summary

Marsha Benovengo told us that the mission of Casting for Recovery (CFR) is to enhance

No Wedding Anniversaries Found

Years of Service

Hillard Pouncy

11-18-2005

17 Years

Joy Charlton

11-20-2008

14 Years

Craig Fava

11-20-2008

14 Years

Jeannine Osayande

11-18-2021

1 Year

Marvin S Gelb

11-18-2021

1 Year

Dorothy Lee Gelb

11-18-2021

1 Year

Guests Last Meeting

Andrew Bunting



the lives of women with breast cancer by connecting them to each other and nature by the therapeutic sport of fly fishing. Why fly fishing? Fly fishing certainly brings one in contact with nature. In addition, the process of learning it in a group can promote group members connecting with each other. Finally, fly fishing can be good physical therapy for the arm and upper body of women who have had surgery or radiation treatment.

CFR was established in 1996 by a physician and a professional fly fisherwoman. Since then over ten thousand women breast cancer survivors have attended CFR retreats. Each retreat is two and a half days long. They are free to participants. Although the retreat is structured around learning to fly fish, there is plenty of time for participants to talk to other retreat members and volunteers who are breast cancer survivors. There also is opportunity for the women to learn about medical and financial aspects of breast cancer treatment. Marsha said they try to relieve some of the stress the women are experiencing and bring joy to their lives.

The retreats are held throughout the United States. Locally, retreats are held in the Poconos. They are staffed almost entirely by volunteers.

In a video that Marsha showed, one woman told of how good it was to focus on learning the skills of fly fishing and not worry and stress about illness and bills. She said she just had a good time.



What is Fly Fishing

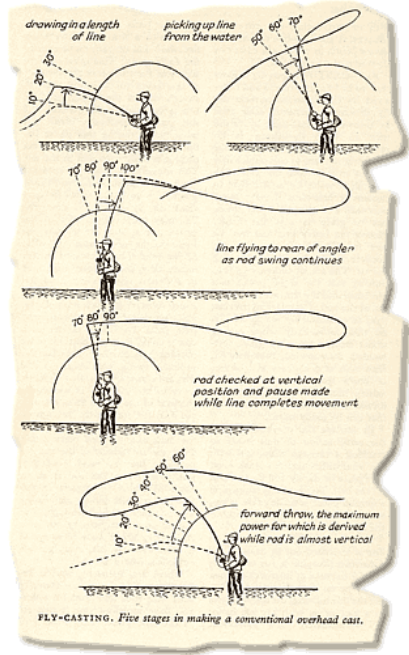
The following is from the National Park Services website: [nps.gov](https://www.nps.gov).

While fly fishing is both a fun and relaxing way to fish, it also requires the most patience and skill. That's mostly because of the equipment involved - long, thin, flexible rods, two different types of fishing line, and small, delicate flies - is different than most fishing gear and can be difficult to use at times. It takes time, practice, and patience to become skilled with a fly rod.

Fly fishing gets its name from the lures used. They're referred to as "flies" because they're made to imitate small insects or prey items that a fish may want to eat. Flies are usually made out of materials like yarn, sewing thread, feathers, fur, and a single hook. Flies also range in size from as small as a grain of rice to the size of a 10-inch fish.

Fly fishing is all about rhythm. Finding the right rhythm and movement is the key to casting a fly rod. The mechanics of casting can be broken down into several steps. Remember that the best way to learn is through practice.

An easy way to learn how to cast a fly rod is to picture the movements of your arm on a clock. When your arm is in the neutral position (when it's up and directly in line with your body), it's at 12 o'clock. When your arm is forward during your cast, it should be at 10 o'clock. During your back cast, your arm should be at 2 o'clock. By keeping your arm in this small window of movement, you'll be able to have both control and power in your casts.



FLY-CASTING. Five stages in making a conventional overhead cast.

www.SwarthmoreRotary.org

www.Facebook.com/SwarthmoreRotary

www.SwarthmoreFair.org