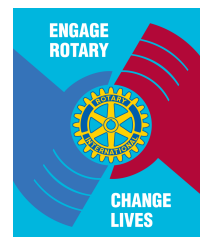




# CogNotes

The Rotary Club of Swarthmore  
July 18, 2013

July is **Rotary Installation** Month



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

Rotary International President Ron D. Burton  
District 7450 Governor Charles Streitwieser  
Assistant Governor George Whitfield

## 2011-2012 Board

<b>President</b>	<b>Hillard Pouncy</b>
President-Elect	Perri Evanson
Club Administration	Marv Gelb
President-Nominee	Joe Lesniak
Immediate Past President	Brian Craig
Secretary	Steve Laxton
eSecretary	Brian Casey
Treasurer	Josh Twersky
Sergeant-at-Arms	Dean Wolfe
Budget Chair	Marty Spiegel
New Media Chair	Joe Lesniak
Program and Meetings	Ann Seidman
Membership	Lisa Lee
Retention/Attendance	Cathy Darrell
Public Relations	Gudmund Iversen
Community Service	Ken Wright
Grants Chair	Bill Baldwin
International Service	Anne Hansen
	/Ray Hopkins
Vocational Service	Randy Winton
Youth Service	Ron Van Langeveld
Special Projects	Betty Ann Flynn
Rotary Foundation	Craig Fava
Gundaker	Steve Laxton
Charitable Trust	Brian Craig
CogNotes Editors	Lisa Lee/Jim Leming

## Today's Program:

**Kevin Barr, Owner of  
Healing Axis at Wellness on  
Park**  
"Integrated Energy Medicine:  
Acupuncture and Related Treatment  
Modalities"

## Table Grace

Lord of our lives, in the midst of  
our larger concerns for life's  
longer pull, may we not miss the  
gifts of each single day.

Like golden coins, you invest in  
us twenty-four hours each day.  
Teach us to use them wisely and  
well.

Through the gentle discipline of  
Rotary, help us to give to others,  
in some simple ways of  
thoughtfulness, what you have  
first given us. Thanks be to you,  
Oh God.

Amen.

The Rev. Dr. Frederick E. Christian

## Coming Program & Events

**July 25 Joan Wright and Joe  
Lesniak**  
Classification Talks

**Aug 1 John Alston, Founder of the  
Chester Children's Chorus**  
"Developments in Chester"

**Aug 8 Margie Baker, Master  
Gardener**  
"All about Tomatoes"

*Know someone who might have interest in  
one of our upcoming topics? Invite them to  
the meeting that day! They might be a  
prospective member.*

## 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?



## Last Week's Speakers—Ray Hopkins, Don Larsen and Sue Larsen by Joy Charlton

Ray Hopkins as well as Don and Sue Larsen, with a remote assist from Fred Thibodeau, shared photographs and Information about their respective trips to the tiny country of Bhutan, pop. 750,000, located between India and Tibet. A now-Buddhist, "mostly vertical" country in steep mountains, Bhutan protected itself from British colonialism with the use of superbly accurate archery from mountaintops. The country remains remote, with only three one-lane roads to cross it.



Bhutan is famed for attending to "Gross National Happiness" goals rather than a GNP. It contains the highest percentage of land under environmental protection, and the world's largest Buddha. Some have called the country a "Shangri-La," while refugees from a purge of residents with Nepalese ancestry in the early 1990s continue to criticize the country and argue for their reinstatement. An op-ed about the latter appeared in the NYT on 6/29/13.

## Guests Last Week

Carol Hopkins, Karen Van Langeveld,  
prospective members Scott Cooper and  
Elma Jones

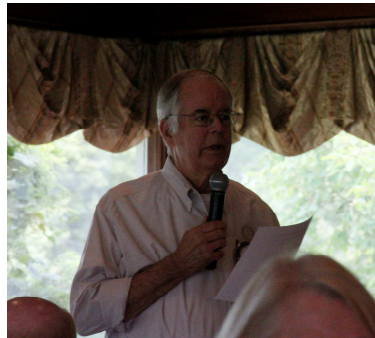
## Independence Day 2013



President Hillard presented the Rotary Community Service Award to Anne Pappa, and the Rotary Vocational Service Award to Jay King at Swarthmore's 4<sup>th</sup> of July celebration.

## Gundaker Update

from Steve Laxton



Norman Watts and Steve Laxton provided a Gundaker update to the club at the 6/27/13 meeting.

## You "Gho", Man !

The **gho** is the traditional and national dress for men in Bhutan. Introduced in the 17th century by Shabdrung Ngawang Namgyel to give the Bhutanese a more distinctive identity, it is a knee-length robe tied at the waist by a cloth belt known as the *kera*. The government of Bhutan requires all men to wear the *gho* if they work in a government office or school. Men are also required to wear the *gho* on formal occasions.

Ray Hopkins commented, "Since my trip in 1996, traditional dress has evolved. During work, say at school or government, men wear shorter robes/gowns than the one I wore during the talk on Thursday. However, the longer robe remains formal dress for, say, cabinet meetings, archery contests, business meetings, or for the King." Sue Larsen spoke about the still important industry of weaving in Bhutan, and how beautiful the fabrics are.



Ray dons a traditional Bhutan gho.

## This Day in History:

64: Nero's Rome burns  
1925: Hitler publishes *Mein Kampf*  
1940: FDR nominated for an unprecedented third term

## A Milestone for Polio!

Last week's end of the (Rotary) year total for Happy Dollars was reported in error. The 2012/13 total is actually **\$2345.00**. We beat the previous years' record! Now on to 2013/14 !!



2013-14 Total:	\$67
2012-13 Total:	\$2345
2011-12 Total:	\$2311
2010-11 Total:	\$1690
2009-10 Total:	\$896

(12182 Children Immunized)

**All Proceeds to Polio Eradication.**

## Service Quotation

"If you think you can do a thing or think you can't do a thing, you're right."

- Henry Ford (1863-1947) American industrialist and founder of the Ford Motor Company. Developer of the assembly line technique of mass production.

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[www.twitter.com/SwarthmoreRC](http://www.twitter.com/SwarthmoreRC)



## Anniversaries

### Birthday:

Linda Carpenter

July 23

## Tribute to Lyn Jones, wife of Ed Jones

At last week's meeting, Mike Malone made a special Happy Dollars donation in celebration of the life of Lyn Jones, noting the influence she had on him as a member of the Swarthmore Friends, as well as her enduring contributions to the community of Swarthmore.

As a reminder, her memorial service will be Saturday, August 10 at 2 PM in the Meeting House, under the care of the Meeting. A reception in Whittier Room will immediately follow. Please hold the Jones family in the Light

