



CogNotes

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

December 1, 2016



November is Rotary Family Month

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

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Today's Program:

Dec 1 District Governor Dave Haradon

Table Grace

The coming week remains in the memory of many of us, with its "Day of Infamy," known as Pearl Harbor Day. Teach us, in longer perspective, history's deeper lesson in these awesome times, that we must hang together with our fellow travelers on this space ship earth, or we shall all hang separately. Amen.

Rev. Dr. Frederick E. Christian

Coming Programs & Events

Dec 7 Million Dollar Journey dinner
Springfield Country Club

Dec 8 No meeting

Dec 15 Brian Casey will talk about the state of American banking.

Dec 22 John Shankweiler and the Silvertones

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

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www.SwarthmoreRotary.org
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Last Week's Program:

Dr. Balu Athreya

by Rich Shimko

Many Rotarians frequently check their smart phones during our meetings and some rush in and out. Perhaps our speaker, Dr. Balu Athreya, could have been helpful to them. Dr. Athreya, Professor of Pediatrics at DuPont Hospital, spoke on mindfulness meditation (MM) and discussed some facts and myths. He has been meditating for over 45 years. Some of the myths: it is not a religious practice. He said meditation is taught at all medical schools. You don't need to be a hippie or work with a Guru. The University of Wisconsin offers free audio tapes. It is not mind control, hypnosis, or whatever.
(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:

Mollie Shiflet, former member.



A Conversation with Annie Leonard

Excerpts from the December 2016 issue of *The Rotarian*

What did you throw away today?

Have you thought about it since? Annie Leonard has. Leonard spent more than a decade thinking about your trash and following it around the world. She has toured landfills and testified to the U.S. Congress regarding international waste trafficking. That work, plus a dozen more years studying environmental issues, inspired her to create a series of films about the things we use every day, yet wouldn't think worthy of a film: our stuff.

Since *The Story of Stuff* launched online in 2007, it has been viewed more than 50 million times online and millions more times in classrooms, churches, and conferences. It has been on national TV in at least three countries and translated into dozens of languages. Leonard has been contacted by college students who decided to study environmental issues after seeing *The Story of Stuff* in high school, and she has heard from newlyweds who included a link to the film on their wedding invitations to explain why they did not want any gifts. "It launched years ago, and still almost every day I get email and Facebook messages from people all over the world," Leonard says. "The metrics show that it is the most watched online environmental film to date."

Leonard's film and book (of the same name) launched a movement that has the public rethinking their consumption. It continues today at storyofstuff.org with a million members – and several more films, including *The Story of Bottled Water*, *The Story of Electronics*, *The Story of Citizens United v. FEC*, among others. Leonard is now the executive director of Greenpeace USA – the same organization that sent her around the world to track our trash nearly two decades ago. She spoke with contributing editor Vanessa Glavinskis from her San Francisco office.

The full interview is in this month's issue of *The Rotarian*. It can also be found at <https://www.rotary.org/myrotary/en/news-media/rotarian-conversation-annie-leonard>

Program: *Continued from Front*

It's goal is to use focused attention to become more aware of what's going on in one's mind and body. As Dr. Athreya said, the goal of MM is to "bring the mind and body together". He said MM was easy to do, "even at red lights". On the other hand, he suggested MM be done every day and one would get more value for somewhat longer sessions, say 20 minutes.

Happy Dollars 2016-17: **\$1031**

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



(19,585 Children Immunized)

All Proceeds go towards
Polio Eradication.

Service Quotation

"IF YOUR HEART IS BIG ENOUGH, LOVE SOMEONE AND IF IT'S REALLY BIG ENOUGH, LOVE EVERYONE!"

– Spoken by Stevie Wonder during his concert at the Wells Fargo Center on Sunday, November 16, 2014.

Rotary Celebrations

(Note: Since the next meeting is on 12/15, celebrations through 12/14 are listed below)

Birthday:

Brian Casey 12/6

Lori Markusfeld 12/10

John Kaufman 12/13

Member Anniversary:

None

Wedding Anniversary:

Josh Twersky 12/2

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.