



CogNotes

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

April 20, 2017



April is Rotary Magazine Month

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

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Today's Program:

Zane Memeger - Reflections of a U.S. Attorney on Dealing with Public Corruption & Violent Crime in Philadelphia

Table Grace

God of the rolling years, we pause to thank you for the present fellowship of Rotary, and for those in earlier years who had a vision and persisted in it. Keep us faithful to the trust they have given us and renew us here as we meet together in mind, body, and spirit to serve you.

Amen

Rev. Dr. Frederick E. Chrstian

Follow us online at:

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

Last Week's Program:

Dr. Nicole Otto Surkis

by Rich Shimko

Dr. Nicole Otto Surkis is a Sports Medicine Specialist at the University of Pennsylvania Health Center. Dr. Surkis started her talk by asking how many members of the Rotary audience had ever had a concussion. I was surprised when about half the members raised their hands. I was curious if that was unusual so I googled the lifetime concussion rate. The only statistic I found was on our country's new favorite website, breitbart.com, which reported a lifetime rate of 25%. Therefore, for some reason our rate is higher than the rate on breitbart.com, which we all know is definitive.

Back to the talk. Dr. Surkis gave some useful guidance about dealing with someone who has suffered a head injury. Contrary to popular belief, it is OK for an injured person to sleep, provided he/she has been awake and alert for a couple of hours following the injury. In fact, sleep is important for concussion victims. (continued on reverse)



Coming Programs & Events

(All meetings at The Inn unless otherwise noted)

April 27: Historian and author Robyn S Young on "Marking the Trail of Women's History"

May 4: Gautier Joste, Swarthmore Rotary's Inbound Exchange Student from France

May 11: Pat Rancher & Vince Barrett - Swarthmore21 Initiative

May 18: Public Interest Law Center of Philadelphia staff attorney Dan Urevick-Ackelsberg will address the impact of state and local funding of schools on real estate taxes.

May 25: Blue Rocks Game (no speaker)

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: Marv Gelb

Who is Rev. Dr. Frederick E. Christian?

Dr. Christian is the author of *Rotary Meditations and Prayers*, a compilation of non-sectarian prayers in the Judeo-Christian tradition designed for use at weekly Rotary meetings, for unison reading or by a leader.

The Reverend Dr. Christian was born in England and came as a youngster to the United States by way of Canada.

He was graduated from Cleveland West High, The College of Wooster and after a brief business career in importing, he entered the ministry by way of Princeton Theological Seminary and graduate work at Princeton University. He received honorary degrees from The College of Wooster and Lycoming College.



Frederick E. Christian

After pastorates in Mechanicsburg and Williamsport, both in Pennsylvania, and a church adjacent to the campus of Ohio State University, his final pastorate was in Westfield, New Jersey, from which he retired to settle in Swarthmore. From Swarthmore he served thirteen interim pastorates— five in Philadelphia, and in various parts of the country, from coast to coast, and north to south. After his move to Swarthmore, Fred was received into Rotary following membership in Westfield, New Jersey.

With Eva, his wife, they organized The Christian International Gift Shop, dealing in crafts from around the world. Eva's upbringing on a mission field in South Africa further widened the scope of this project which was designed "To Help People To Help Themselves."

Fred was Chaplain of the Swarthmore Club for some fifteen years and after a brief interim resumed the post in 1996. Fred and Eva retired to a senior life community in 1997 and Fred died on March 2, 2003, at the age of 95.

His memory is honored every week at the Swarthmore Rotary Club as we say our Table Grace.

Happy Dollars 2016-17:

\$2190



2015-2016 total: \$3,756

2014-2015 total: \$3,168

2013-14 total: \$2,493

2012-13 Total: \$2,345

(19,590 Children Immunized)

All Proceeds go towards

Service Quotation

While earning your daily brea, be sure to share a slice with those less fortunate.

- H. Jackson Brown, Jr., author of *Life's Little Instruction Book*

Rotary Celebrations

Birthday:

Susan Larson 4/22

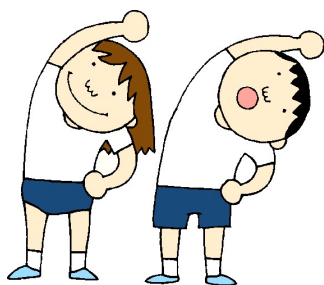
Member Anniversary:

Art Baker 4/23 (13 yrs)

Wedding Anniversary:

None

Four ways Rotary Clubs are Getting More Flexible



The latest issue of Rotary Leader talks to clubs about how they are using the flexibility options approved by the 2016 Council on Legislation. You'll learn about ideas including varied meeting times, reduced dues for certain members, corporate memberships, and shared membership categories.

For more info, go to: <http://www.rotaryleader-en.org/rotaryleader-en/en201703?pg=4#pg4>

Dr. Nicole Otto Surkis

(Continued from Front)

Dr. Surkis described the importance of resting the brain during the recovery period, which can last a couple of weeks to several months. Resting the brain means no academic studies, no TV or computer, and limited social interaction. If one can't do any of these activities, what else is there beside sleep!

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.