

"The Coghorn"

The Rotary Club of Bryn Mawr

Club # 5469 - Rotary District # 7450

Barry Rassin – Rotary International President

2018-2019 Rotary Year

Rotary International Theme - Be the Inspiration.

Paul Quintavalla - District Governor

Bryn Mawr Rotary

Officers

John Watson, President

Rod Tondreau, Secretary

Dan Cuff, Treasurer

Directors

Dave Adams

Dave Bryan

Deirdre Cryor

Dave Fish

Carol Smith

Date: Thursday, November 8, 2018

President John Watson III Presiding

Present: Dave Bryan, Dan Cuff, Dick Cuff, Dave Fish, Cloudy Gwynette, Kevin Lake, Sarah Saul, Carol Smith, Rod Tondreau, John Watson.

Guest: Ms. Chris Kelley, Guest Speaker from the D-MAX FOUNDATION.

Door: Kevin Lake & Cloudy Gwynette Invocation: Dan Cuff Pledge of Allegiance.

DATES TO REMEMBER

THURSDAY, NOVEMBER 15, 2018 - Chair: Carol Smith. Speaker: Cathy Davis, Outreach Coordinator for Hosts for Hospitals (HfH). Hosts for Hospitals is a non-profit agency providing free or deeply discounted lodging and support at volunteer host-homes as a caring response to the housing needs of patients and their families who come to Greater Philadelphia for specialized medical care.

THURSDAY, NOVEMBER 15, 2018 - At 4:30 PM, volunteers are asked to meet at Cuffco, 19 North Merion Avenue, Bryn Mawr, to pack food boxes for the Food for the Needy Program.

THURSDAY, NOVEMBER 15, 2018 - At 6:30 PM, a Happy Hour event to benefit Polio Plus sponsored by the Rotary Club of Ardmore, will take place at World Wide Stereo on Greenfield Avenue in Ardmore, across from the Fire House and the Armen Chevrolet Service Department. The cost is a \$10 donation.

THURSDAY, NOVEMBER 22, 2018 - NO MEETING. ENJOY THANKSGIVING.

THURSDAY, NOVEMBER 29, 2018 - HAPPY HOUR @ The Tin Lizard in Bryn Mawr (pending confirmation by President John Watson) from 5:30 to 7:30 PM.

THURSDAY, DECEMBER 13, 2018 - Luncheon at The Merion Cricket Club from 11:30 AM to 1:00 PM. We will be guests of Dr. Piña Templeton. Please respond to the E-VITE from Tracy Gonzalez, Personal Assistant to Dr. Templeton. The Merion Cricket Club is located at Montgomery Avenue and Gray's Lane.

THURSDAY, JANUARY 17, 2018 - Confirmed Date at ElderNet after the meeting. Volunteers are needed to check expiration dates on canned & non-perishable food items & stock shelves.

ANNOUNCEMENTS

***HAPPY AND/OR SAD DOLLARS** - After today's offerings, Carol Smith reported that to date, \$109.00 has been collected from the "hat" being passed as members announced their reasons for their donations, including a Happy Dollar from Kevin Lake for his four month old son turning over for the first time, and from Dave Fish for submitting some old photos of members and their young children, who are not so young any more, another from a member who got to vote with her son for the first time on Election Day, November 6, and for the record turnout. A lot of fun!

***MEMBERSHIP MATTERS MEETING** - Dick Cuff and Rod Tondreau attended a meeting on Wednesday evening, November 7, at the Inn at Swarthmore, on the campus of Swarthmore College. The main focus of the meeting, which was run by District 7450 official Karen Mazzearella, and former District Governors Dawn DeFuria and Dave Harradon, was on increasing membership in our District of over 50 clubs, and on membership retention. To that end, there is a goal to have 2020 members in District 7450 by the year 2020, and it involves the slogan "Just Ask". Each club will be encouraged to increase its membership as a percentage of its current membership total.

***ELDER NET PANTRY DAY** - After today's meeting, Carol Smith assembled a group of Rotarians, including Dave Bryan, Dave Fish, Cloudy Gwynette, Kevin Lake, Sarah Saul and Rod Tondreau to check for expiration dates and stock shelves at the Elder Net Pantry, only to find organized and well-stocked shelves that a volunteer, a recent graduate of Drexel University, had already accomplished. Then our efforts to store some planters in the shed a Scout seeking Eagle status had spruced up, were hindered by a padlocked door. Thanks to the volunteers for their good intentions anyway.

PROGRAM FOR THURSDAY, NOVEMBER 8, 2018

Program Chair Carol Smith welcomed back Ms. Chris Kelley, an official with the D-MAX FOUNDATION, who was here a year ago with Laurie Maxwell, co-founder of the organization, along with her husband Lee Maxwell. The foundation was named in memory of their son, an outstanding student and athlete at Radnor High School, who took his own life while in college.

The purpose of the foundation is to address the Mental Health Crisis on college and university campuses, by starting D-MAX Clubs which encourage students to talk about mental health and the emotional pressures of school and life in a friendly setting. D-MAX Clubs are currently located at Drexel, Elon, Temple, University of Maryland & Penn State Main Campus, while the foundation is working to have D-MAX Clubs at Bryn Mawr College, University of Delaware, Lafayette, Lehigh, and St. Joseph's.

It is all about friends helping friends. As one student said, "Conversations help people to feel listened to, appreciated, and cared about and sometimes that makes a world of difference", while another student said that "I've struggled throughout my life with anxiety and at times depression - I've never had a resource available that really allowed me to connect with others the way D-MAX Clubs do. I've seen students suffer in silence so often", while still another student said that she "was glad that D-MAX focused on mental health instead of mental illness". The objective is to help people realize that they don't have to face their issues alone.

A current survey of students said that 70% have said that D-MAX Clubs have had a positive impact on students opening up about mental health issues. The cost to establish a club is proximately \$6000, and Johnson & Johnson will match a donation to D-MAX Foundation up to \$250.

Thanks to Ms. Chris Kelley for addressing our club about the D-MAX FOUNDATION and to Carol Smith for extending the invitation.

Meeting Adjourned at 12:30 PM.