

What's Cooking?



Be a gift to the world

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Rotary District 7430

Feeding the Hungry

April 2016

Cow Tales



District Conference, A Special Event

This past weekend

golfers were focused on the Master. We all wondered what happen to Spring as the snow and temperatures fell. In the Inn at Pocono Manor our District hosted a very special event, the annual District Conference. Let me give you a recap and some numbers.

The Conference featured videos from former exchange students talking to us about how Rotary shaped their lives. Lydia Sarson, a former outbound exchange student from Fleetwood, shared how being an exchange student prepared her to lead the

Institute Equips Regional Leaders to Advance Rotary's Story

Regional leaders from around the globe gathered at Rotary World Headquarters in Evanston in early March to learn how to help members strengthen clubs, enhance Rotary's image, advance humanitarian projects, and tell Rotary's story. Many of the participants were impressed to learn about new tools available on Rotary.org.





Cow Tales continued

German American Chamber of Commerce in Philadelphia. She also thank the Rotarians who saw capabilities in her she had yet to discover.

Our Rotary International President's Representative came up from Dallas Texas. Gilbert and Linda Brown joined in every aspect of the Conference including helping to decorate the hospitality room. They not only became part of our District but contributed \$10,000 to our District Million Dollar Journey. What an amazing and generous gift!

Our Exchange Students and Four Way Test Speech Contestants help us see we have a very bright future. They all had a wonderful experience and hopefully we helped them get one step closer to being lifelong Rotarians.

Cow Pie Bingo was a big hit and we raised \$5,000 net proceeds to use to feed the hungry. Thanks to everyone who contributed and helped package meals. We packaged 16,200 meals. They left the Poconos with six Rotary clubs and were distributed to 8 food pantries in our District.

Elias Thomas, my longtime friend from Maine, reminded us what fighting Polio in India looks like, feels like and sounds like. His imitation of an iron lung helping someone breathe silenced the audience.

On Sunday we said goodbye to seventeen Rotarians we lost during the year. A fitting salute to true but silent heroes. Professor Jayden Sampson gave us an historic perspective and statistical view of the number of law enforcement stops, arrests and convictions by race and gender. This was an eye opening presentation. We clearly have a problem that is not easily solved but one that we as Rotarians must address because our Four Way Test is being violated and it's not Fair to anyone.



Cow Tales continued

Finally, as he does each year, Chris Hornaman sent us home with a video of the weekend and many fond memories.



For Mary and me the greatest part of the weekend was how many people stepped up and helped make our District's Conference an incredible success. We cannot thank all who volunteered their time and energy enough for everything they did...Thank you.

DG Doug Cook

Heroes—International Women's Day

Rotary International joined with Oppenheimer and World Bank to celebrate International Women's Day on Tuesday, March 8. Hosted and sponsored by World Bank, the online session illustrated the power of women to change the world by improving lives through projects in areas of education and health.

The session featured two Rotarians, Marion Bunch, Chief Executive Officer of Rotarians for Family Health and AIDS Prevention and Jennifer Jones, Director of Rotary International's Global Board. The work of these women includes health care and education in several developing countries. Ms. Jones's bio states she participated in Rotaplast missions. (Thank you to PDG Roger Whitcomb, Emmaus RC Rotaplast champion.)

D7430 Rotarians thank the Cancer Treatment Centers of America for helping to sponsor our April 8th to 10th District Conference.



Cancer Treatment Centers of America is a private, for-profit operator of cancer treatment hospitals and outpatient clinics which provide both conventional and alternative cancer treatments.



6 From Valley Were in Brussels Airport During Bombing

The team of volunteers had been rebuilding a school in Africa. All are safe.

By Dan Sheehan and Andrew Wagaman Of The Allentown Morning Call

On Easter morning, Chris Hornaman was still catching up on the sleep he lost after he found himself at Brussels Airport on Tuesday, when terrorist bombs killed 14 people.

So it fell to his wife, Cindy, to recount the harrowing tale of his travels, which took him and five other Lehigh Valley volunteers from the African nation of Sierra Leone to Belgium to Germany and, finally, home.

In measured tones, Cindy Hornaman told how her phone chimed at 3 a.m. Tuesday with a text from her husband: "Explosions. We are OK. Watch the news."

The news, of course, was horrifying: scene after scene of the wrecked and smoke-filled airport, with wounded travelers sprawled on the floors and furniture. Then, later, more horror: a metro station bombing that killed 20. It was the worst terrorist attack in Belgium's history. The Lehigh Valley residents were only in Belgium that morning because their earlier flight out of Sierra Leone — where they had been as part of a Rotary Club/Engineers Without Borders mission to rebuild a school — had been delayed by a day.

Engineers Without Borders is a volunteer group that helps coordinate construction in struggling nations. The engineers and Rotarians had been working at the Centennial Secondary School in the rural village of Mattru Jong, which had been ransacked by rebels during Sierra Leone's 1991-2002 civil war.



6 from Valley continued

This was the third trip for Herb Klotz, president of the Allentown West Rotary, and the Macungie man was thrilled by the progress he found. Both test scores and community interest in the school have improved. Only about 20 parents showed up to a meeting with the volunteer group on Klotz's first trip. This time, with only a day's notice from the principal, 200 parents showed up.

On this trip, volunteers completed the final stages of a long project to restore the school, installing solar panels for electricity to complement the running water and sanitation system they built two years ago.

Since the Ebola outbreak, the Sierra Leone government has prohibited schools from charging extra student fees, thinking the fees would act as a deterrent to returning. But Klotz said parents demanded that government officials allow them to pay the fee so the school could maintain the improvements Engineers Without Borders has made.

"It was like a dream," Klotz said. "All these parents were clearly saying, 'We care about these kids' future.' Something has really changed."

Besides Klotz and Hornaman, an engineer and Emmaus Rotarian, the volunteers were Carl Zvanut and Tom Powers, also of Engineers Without Borders; Jennifer Holman, assistant superintendent of the Northwestern Lehigh School District; and Pete McKnight, a teacher in the district.

The Northwestern Lehigh employees had gone along to determine whether the district could enter into a cooperative long-distance learning program with the Sierra Leone teachers.

The group arrived at Brussels Airport from Sierra Leone shortly after 6 a.m. Tuesday, Klotz said. They were





Be a gift to the world

6 from Valley continued

seated in a transit area when the bombs exploded in the unsecured entry to the airport.

No one in the group heard or felt a thing, Klotz said. But they knew something was wrong when other travelers and security personnel came running down the Terminal B hall toward them.

Travelers were ushered to the end of the terminal and then onto the tarmac. After about an hour standing in the chilly Brussels weather, the Lehigh Valley volunteers were bused away.

“Where we were, it was very orderly, and most people were calm,” Klotz said. “The people that were most worried were back home and in Matru.”

The group caught a second bus to Leuven, a college town about 18 miles away, and acted quickly enough to book hotel rooms online. Members of the Leuven Rotary club — Rotary is, in every respect, an international group — cared for them and got them on a train for Germany.

They spent the next two days figuring out how to get home, and eventually found a flight out of Frankfurt, Germany.

The weary travelers arrived at 5 p.m. Saturday at Newark Liberty International Airport, where all their spouses were waiting.

“I was very thankful to go to church this morning,” said Klotz, a member of St. Thomas More Church in Salisbury Township.

The mission itself was a great success, Cindy Hornaman said. It’s what her husband and the others want to focus on now that they are safely home.



6 from Valley continued

"I think it's going to hit them at some point in terms of how lucky they were," she said. "On this end, it was a little bit more than stressful."



Klotz said he's already looking forward to the next trip to Sierra Leone.

Two events are scheduled in coming days and weeks to help Rotarians and Engineers Without Borders with their volunteer missions.

May 15: Holiday Inn-Fogelsville, 4-7 p.m., Tempting

Tastes: Allentown West Rotary

Info: www.temptingtastes.net



ENGINEERS WITHOUT BORDERS/CONTRIBUTED PHOTO

Lehigh Valley Rotarians and Lehigh Valley members of Engineers Without Borders pose in Sierra Leone before their flight to Brussels. They were at Brussels Airport during Tuesday's terrorist bombing, but were unhurt. From left are Herb Klotz, Tom Powers, five village schoolteachers, Pete McKnight, Carl Zvanut, Jennifer Holman and Chris Hornaman.

Secretary of State John Kerry attends Friday's ceremony at Brussels Airport to pay tribute to the victims of Tuesday's terrorist attacks. A group of Lehigh Valley residents who were part of a Rotary Club/Engineers Without Borders mission in Sierra Leone were at Brussels Airport when the bombing occurred, but were uninjured.





Did You Know?

Here are some facts about the 1500's:

Houses had thatched roofs, thick straw piled high, with no wood underneath. There was nothing to stop things from falling into the house. This posed a real problem in the bedroom, where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The only 15 letter word that can be spelled without repeating a letter is "uncopyrightable".

BEQUEST SOCIETY -- STRANGE FACT:

For every SEVEN Rotarians that list the RI Foundation in their will, on average SIX never get around to telling Rotary that they did so. And they have missed the chance to direct those monies to a specific use. Please contact PDG Bill Palmer at bill966@ptd.net to have your bequest recognized by RI, or at least to be counted as part of our D7430 total commitment.

"I am" is the shortest complete sentence in the English language.

RID = Rotary International Director; RIPE = Rotary International President-Elect; and ROTARY ACRONYMS are listed with their meanings on the D7430 website at --- <http://rotarydistrict7430.org/SitePage/did-you-know>



DID YOU EVER WONDER?
Why a round pizza gets
delivered in a square box?

Club News

Allentown West:

REPORT FROM SIERRA LEONE, AFRICA

For two weeks in March Allentown West Rotary's President Herb Klotz and Engineers Without Borders engineers are working on the Global Grant project at the Centennial School in Sierra Leone. The local Bo Rotary Club hosts the project.

The work this time is partly covered by a Rotary Global Grant. It includes, among other things, installing solar panels and adding electrical wiring in the Administration building.



Also two educators from the Northwestern Lehigh School District were there on a Rotary District Grant meeting with local teachers and staff. Herb Klotz led a meeting with the Parent-Teacher Association. Approximately 200 people attended, which is a great turnout. They discussed the projects and the development fund. The parents are very supportive of the projects.

Pete and Jennifer, the Northwestern educators gave feedback to the school on what they have observed.

Bethlehem:

The Community Bike Works celebrated its 20th anniversary at Coca-Cola Park on Thursday, March 17th, and brought along the van purchased in part with funds raised from the Bethlehem Rotary Club's District Grant. The van is already helping children throughout the Lehigh Valley to repair, restore and ride their bicycles. Our club was recognized for its support and the van, bedecked with the Rotary logo, was parked out front for all to see.



Club News continued

Huntingdon Valley Churchville:

"Flour" Power!!!! Flapjack Breakfast a "Flat Out" Success!

Carol McGehean: A Rotary Volunteer in Action



March 5, 2016's Huntingdon Valley-Churchville Rotary's flapjack breakfast packed Applebee's Southampton to the rafters. Event Chair and Club Secretary Carol McGehean kept club volunteers on task to courteously and quickly serve a record "130" ravenous diners consisting of family, friends and other Rotary supporters.

"It has been my pleasure to chair our Pancake Breakfast for the last 3 years", said Carol. "The money raised goes for expenses in connection with

our children's activities including our Student of the Month Program, the Fish-A-Long and donations to activities involving the youth of our area. It is a fun activity and brings together all the members of our club".

Doylestown:



The Rotary Club of Doylestown teams with community members to clean up the Boro Dam on Saturday, March 19, 2016 preparing for Youth Fishing Day on Saturday, April 2.

Club News *continued*

Bethlehem Morning Star:

March 24 - Part 2 of Morning Star Rotary at Bethlehem Emergency Sheltering!



Morning Star Rotary Club provided dinner for 35 guests of the Bethlehem Emergency Shelter last Thursday at Cathedral Church of the Nativity. Heartfelt thanks and appreciation for the fine effort by Morning Star Rotarians in contributing, preparing and serving the dinner at Bethlehem Emergency Sheltering.



In our best Morning Star tradition, our service was to the individual men as guests at the Shelter. Their appreciation was evident in the many "Thank you!"s received during the event. One friend of a guest was absolutely amazed with the dinner provided – "meat lasagna for dinner at a shelter!!! Unreal!"

Easton:



Kristina Guth

In honor of "pi Day", math students at Notre Dame High School in Bethlehem, PA participated in a Memory Contest sponsored by the Easton Rotary Club. Ms. Roseann Mintzer, head of the Math Department and 2015 Easton Rotary Teacher of the Year, organized the event.

The following winners were announced last week: The First Place winner was Kristina Guth who memorized pi to 200 digits; Dannielle Hibshman was the Second Place winner with 109 digits; and Nicole Schaeffer took Third Place with 106 digits. Easton Rotary Club hopes to have this contest open to all local high schools next year.



Rotary District 7430

Presents

The Million Dollar Dinner

SAVE THE DATE

May 17, 2016



Rotary Awards for Year 2015 - 16

For a Rotary Club and Award Given By D7430----
District Governor's 15/16 Challenge

Submit to DG Doug Cook at n0017288@hotmail.com

(Must be submitted by May 30th)

FOR FORM GO to: <http://rotarydistrict7430.org/50086/Page/ShowSitePage?ClassCode=SitePage&Slug=club-awards-2015-2016>



Other Articles of Interest

AN OPPORTUNITY TO LEARN ABOUT ROTARY

District 7430 will be running the Saturday, November 12th sessions This is at Bucks County CC. Go to rlinea.org for the complete schedule and to register.

Other Articles of Interest



D7430 *Leaders and Committee Chairs* for 2015-16 are detailed on the D7430 website.

<http://rotarydistrict7430.org/districtorganizationchart/2015/>

D7430 Committee Chairs and their contact information is available in the on-line ***District Directory***.

<http://rotarydistrict7430.org/districtorganizationchart/2015/>

REGISTER NOW !!
for the MAY 14TH
DISTRICT TRAINING ASSEMBLY
<https://www.eventbrite.com/e/rotary-d7430-district-training-assembly-tickets-23063394233>
DeSales University Center
Fellowship, Training, Information and Voting.





"Cooking" to Feed the Hungry

D7430 Rotarians for many years have supported Food Pantries and Food Banks all over our five county district. So far 16 D7430 RCs have responded to the e-mail request to tell Editor Bill what their club Rotarians are doing. What about the other 27 Rotary clubs in our district ??

The count is up to 17 RCs now.

The Rotary Club of Fleetwood Rotarians participate in programs to feed the Hungry. Here are some of our activities:

1. Participate monthly on Meals on Wheels
2. Provide money donation to Friend Inc. for their food pantry
3. Members provide time and money for Friend Inc. to sponsor their programs
4. Participate in the Potato Project with Kutztown Club

by Christine Williams, President, Rotary Club of Fleetwood

Membership Tip



Here is a tip on how to turn more prospective members into actual members.

A New Jersey Rotarian says it's all about getting to know a potential member's interests, and explaining how your club will help them pursue their passions. This process of personalization is especially attractive to younger members.



Share your passion for Rotary!
REFER A MEMBER!



Camp Neidig (RYLA) 2016

The Camp Neidig Registration Site is now officially open. Our 2016 Camp Neidig Youth Leadership Program will be held June 17- June 20 at Camp Manatawny.



Camp Neidig continues to be GREEN this year and we will not mail camper packets to the clubs. All forms are available on our website <http://campneidig.com/forms.html>.

On the Forms Page you will also see an easy hyperlink to register your club, your campers and buy chicken barbeque tickets.

In keeping with our GREEN theme, both club and camper registration must be done on line. The password for registering your club is neidigclub16 and the password for registering your campers is neidigcamper16.

For complete instructions, please make sure you read the Club Chairperson Packet. We have included screen shots to help make registering easy.

Please note that before you send campers their packets you must fill out the club name and contact information on parents letter.

The tuition for camp actually decreased this year to \$220/ camper. There is no limit on how many campers a club sends.

To help people understand the spirit of our camp, we created a short promotional video that can be accessed on our website home page.

<https://www.youtube.com/watch?v=H0hPz8GqwFk&feature=youtu.be>

This is a wonderful tool to use for recruitment of campers. If you have any questions or need additional help, please do not hesitate to contact Charlie Incalcatera or Wendy Body.

wgbody@butz.com

cjidmd@ptd.net





Information

COMMITTEE CHAIRS in D7430 -- PLEASE READ

Please avoid conflicts when setting dates for district-wide events. Two events on the same time reduces your potential audience for both.

The monthly DG Newsletter includes an expanded and long range list of planned events for our district. It's there for your guidance and for planning.

RC Secretaries – Request:

When she calls or e-mails, please provide D7430 Administrative Assistant, Sharon Rittenhouse, with your details of any Interact Clubs that you support. The answers will be added to the District Directory for you.

Please make a special effort to have a valid E-mail address posted in the D7430 database for each member of your Rotary Club.

[On average 15% of the E-mail addresses in the D7430 database are wrong and messages bounce back. We can and should do better.]

Also, please add your 2016-17 officers and directors info to the D7430 database, once they are known.

REMEMBER that the 2015-2016 District Directory IS ONLINE

Rotary's online tools:

Take advantage and go to rotary.org at "My Rotary" to find time-saving resources for all your club needs:

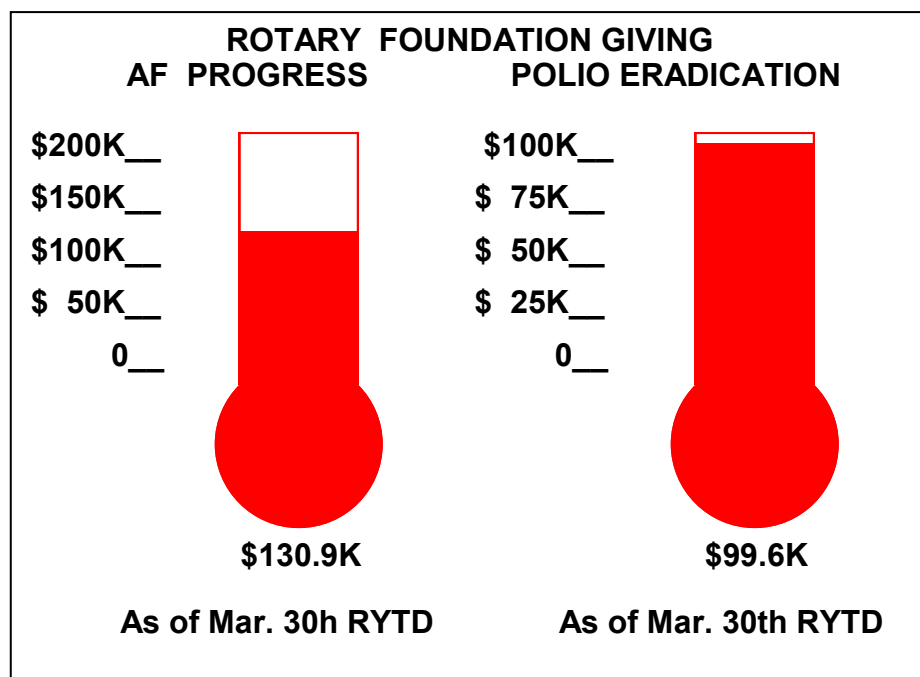
- Rotary Club Central: Check your progress on club activities and plans and add accomplishments!**
- Brand Center: Create promotional materials with our latest branding tools**
- Rotary Ideas: Find donors, partners, and volunteers for your projects**



Foundation Update



The following information is provided to keep you informed about Our Rotary Foundation.



GRANT APPLICATIONS FOR 2016-2017 ARE OPEN

SAVE THE DATE:
THE MILLION DOLLAR JOURNEY CELEBRATION will be on MAY 17, 2016. RI President, K.R. (Ravi) Ravindran is the Keynote Speaker

LEARN MORE ABOUT THE ROTARY FOUNDATION CENTENNIAL

The Rotary Foundation turns 100 in 2016-17! Our Foundation stands at the forefront of humanitarian service, having supported thousands of projects to provide clean water, fight disease, promote peace, and provide basic education — as well as the historic project dedicated to eradicating polio worldwide.

Learn more about the history of The Rotary Foundation

Find information on how to celebrate and download resources

Purchase centennial commemorative book, "Doing Good in the World"

UNESCO-IHE scholarship applications available

The Rotary Foundation and UNESCO-IHE Institute for Water Education are offering up to 10 scholarships for graduate study at UNESCO-IHE's Delft campus in the Netherlands. The aim is to increase the number of trained professionals who can plan and implement water and sanitation solutions in developing areas.

polio news

NEW Type 1 POLIO CASES as of March 30, 2016

	2016 YTD	2015 YTD
Pakistan	7	20
Afghanistan	2	1

Rotary provides \$35 million in new funding

Rotary has released \$35 million in new grants to support the global effort to eradicate polio. The funds will build on last year's historic achievement of stopping transmission of the wild poliovirus in Nigeria and all of Africa. Just two countries reported wild polio cases in 2015, Afghanistan and Pakistan. Rotary's funds will go toward efforts to end the disease in those countries and seven others.

Beware of new e-mail scam

A new email purporting to be from Rotary Foundation Trustee Chair Ray Klingensmith is targeting Rotary members with the false claim that they or their club can become a polio ambassador by sending information to a particular email address within 48 hours. The subject line of the fraudulent email is "BECOME AN END POLIO AMBASSADOR."

Tell Us What You Are Doing

DG Doug's 2015-16 monthly newsletters will tell your stories. Just send them — with pertinent photos — by the 20th of each month to:

bill966@ptd.net	PDG Bill Palmer, Editor
tonyjannetta@aol.com	PDG Tony, Associate Editor
andreadolak@gmail.com	Andrea Morgan, Publisher

DISTRICT CALENDAR 2016



Apr 8-10 D7430 Annual Conference at Pocono Manor
Apr 18 -- DEC meeting at John's Diner start 6:30 PM
May 14 -- District Training Assembly at DeSales University
May 16 -- DEC meeting at John's Diner start 6:30 PM
May 17 -- Million Dollar Dinner with RI President "Ravi" at the Sheraton Valley Forge, 480 N Gulph Rd, King of Prussia, PA

May 28th to June 1st -- RI Convention in Seoul, South Korea
Jun 13 – DLT meeting at St. Luke's Hospital start 6:30 PM
Jun 17 to 20 -- Camp Neidig (RYLA) at Camp Manatawny
Jun 27 -- D7430 Changeover and Awards Dinner at the Hotel Bethlehem

Aug 16 -- Strike Out Hunger at the Phillies
Oct TBA -- D7430 PolioPlus Purple Pinkie 5K Race
Oct TBA -- D7430 Foundation Seminar
Nov 12th --Rotary Leadership Institute (RLI) at Bucks Cty CC, Newtown

2017

Feb 23 to 25 -- Mid-Atlantic PETS at the Radisson Valley Forge, KOP
Mar TBA -- D7430 annual Foundation Recognition Dinner
Apr TBA -- District Training Assembly
May 5 to 7 -- D7430 Annual Conference at Eden Resorts, Lancaster
Jun 10 to 14 -- RI annual Convention in Atlanta, GA
Jun TBA -- D7430 Changeover and Awards Dinner





Rotary Club Events

- Apr 2 -- Ambler Spring Casino Night
 Apr 13 -- Muhlenberg RC's Annual Fishing Rodeo at Laurel Run Park
 April 16 -- Second Bucks Historic *Road Rally* hosted by the Morrisville-Yardley Area RC. Details and Early Registration at www.myroadrally.org or contact Hal Long 215-498-6725 hlong2306@gmail.com
 Apr 17 -- Blue Bell RC Pancake Breakfast 8 - 11:30am, Manor House
 Apr 24 -- Blue Bell RC 5th ANNUAL PANCAKE BREAKFAST
 Apr 27 -- Doylestown RC's annual Four Way Test Awards breakfast at the Doylestown CC.
- May 6 -- Beth Morning Star's "Taste of Tuscany" Spaghetti Dinner 5-8 PM at East Hill Moravian Church to benefit various club grants.
 May 7 -- Norristown RC's annual Pancake Breakfast
 May 15 -- Allentown West's annual Tempting Tastes 2 at the Holiday Inn in Breinigsville starting at 4:00 PM.
 May 16 -- Collegeville RC's 2nd Annual Golf Tournament at Bellewood CC on 400 East Schuylkill Road, North Coventry; 1:00pm shotgun start
- June 3 -- Bethlehem RC's 100th Birthday dinner at the Hotel Bethlehem.
 June 6 -- Bethlehem and Morning Star Rotary clubs' 20th annual joint Golf Tournament at Silver Creek Country Club (Hellertown), to benefit Bridges Foundation (helps students at Bethlehem Area Vocational Technical School) and other club grants
 June 11 -- 11th Annual Fleetwood Rotary Show of Wheels Fleetwood Park *Cars *Trucks*Motorcycles* Music*Chance Auction*Door Prizes*Duck Race -Over 70 Trophies Registration 8:00 – 11:30, Awards 3PM www.FleetwoodPARotary.org
 June 11 -- The Kutztown Rotary Club's 7th annual Taste of Kutztown Fundraiser; from 12-5pm.



DID YOU EVER WONDER?
 Why do we press harder on a remote control when we know the batteries are dead?

