

# What's Cooking?



Rotary District 7430

Feeding the Hungry

August 2015

Be a gift to the world

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Friends  
of D7430:



[www.bucknolisicky.com](http://www.bucknolisicky.com)

[rotarydistrict7430.org](http://rotarydistrict7430.org)

## Cow Tales



### Why are You a Rotarian?

Have you thought about this question recently? I bet you have remained a

Rotarian for

different reasons than when you joined Rotary. That is true for me. I joined Rotary because I needed to network to help my business and my career move forward. What I discovered is my involvement in Rotary has given me so much more than I expected. I remain a Rotarian today because helping others who I never get to meet or know is incredibly fulfilling. It makes me happy.

August is Membership Month. During August our attention is focused on retaining members, adding members and growing Rotary. As I travel around the District each club has ways they have been working to retain and grow membership. Some of these efforts are working and

## Rotary Global Rewards Now Live

Rotary Global Rewards is a new member benefit program designed to make membership even more rewarding for Rotarians. This exciting program includes discounts on products and services such as travel, car rentals, hotels, dining and **entertainment. It's our way of giving back to those who give so much.**

Visit the Member Center  
[www.rotary.org/myrotary/en/member-center/rotary-global-rewards/offers#/offers](http://www.rotary.org/myrotary/en/member-center/rotary-global-rewards/offers#/offers)

*Rotary Global Rewards: the good you do comes back to you.*



## Cow Tales continued

some are not. Let me share with you a few basic, practical and effective ways to grow membership that I have picked up from other Rotarians. The good news is each of us can follow these steps.

- **Wear your Rotary Pin every day. It will start conversations.**
- **Tell your story, why you joined Rotary and why you are a Rotarian.**
- **Bring guests to projects and fundraisers first and meetings second.**
- **Ask someone to join.**
- **Mentor new members.**

I started wearing my pin when I was challenged to do so by RI Director Julia Phelps. People ask me what that pin on my coat or shirt is for. Now the door is open for me to talk with them about Rotary. I meet with business and professionals all the time and I want them to know I am a Rotarian and that means I can be trusted to be fair and truthful.

**When you are asked about Rotary, tell your story not Rotary's** story. How has it made you who you are? I know, 1.2 million members worldwide, a network of professional men and women who do good in the world is an impressive commercial for Rotary. How Rotary has affected you and the people you have helped is a much more personal story and it will come across far better than trying to repeat a sound bite.

Our meetings are a lot of fun. We see our friends and other people we like to be with. We make fun of each other and talk about upcoming events. A new person will know very few people when they come to their first meeting. It might be intimidating. If, instead, you bring them to a project or fundraiser to lend a hand, you are starting them off on the right foot, service.

Rotary is about service to others. By exposing them to service first they get to meet people and likely they get to meet the right people first. They meet those who do things in your club. After that experience bring them to a meeting. They will see the same people, people they know and they will meet others. Their introduction will be more comfortable and it will be focused on service not on weekly meetings.

You will not have new members if you do not ask someone to join. Do not rely on everyone else. Take responsibility yourself to bring new members to your club or another club. If you are not going to ask others to join, why should anyone else? If your club can not count on you, who can they count on?



## Cow Tales continued

The last step may be the most important. You need to mentor new members. Rotary is a big organization. We work on many types of projects in our community and the world. Help your new member understand the traditions and other parts of Rotary. Keep them under your wings for a while. They will become a Rotarian for life as long as you help them. Share what Rotary has done for you by asking someone else to enjoy it as you do.



## Camp Neidig 2015 (RYLA)

From Bethlehem Morning Star e-Bulletin

The Camp Neidig Team, Charlie Incalcaterra, Rick Morrissey and John St. Clair, presentation on the Camp Neidig Leadership Program was educational and entertaining. Beginning with an excellent video from the website showing activities and

**interactions of campers and staff, Charlie then gave a ‘cliff notes’**

version of his keynote speech from the closing

**ceremonies at the camp. “The heart and soul of**

**Rotary has as its motto, “Service Above Self.” As an** organization our members are committed to serving others even if it means self-sacrifice.” **A quote from**

**State Representative Dan Truitt summarizes this** concept, **“Learn the true joy of helping someone else**

**when you have absolutely nothing to gain from it. There is a ‘nirvana’ of sorts that you can achieve when**

you stop living to acquire stuff.

Three of our four campers, Abby Burnett from Freedom, Colleen

**O’Reilly from Bethlehem Catholic and Jack Painter from Moravian**

Academy, each then had a few minutes to talk about Camp Neidig. They were unanimous in how unique and positive the experience

was. They were immersed in a culture of leadership and trust with 140 other incoming senior high students from all over southeast

Pennsylvania. In three days they found trust was earned, honesty was critical and they learned to work together to capitalize on

their individual strengths and adapt to individual weaknesses for the tribe. A key learning experience was that leadership is a skill.

You can learn and develop it to be more productive in all areas of your life. Walk the walk and lead by example. The future is looking

bright indeed! Future Rotarians I hope!





## Club News

### Birdsboro

Birdsboro Rotary Club District Grant 2014-2015  
Ready. Set. Read! Program



Birdsboro Rotary club purchased books and games with funding through a Rotary District Grant for the Birdsboro Community Center summer playground program.

Left - Rotary Member John Hartline reading to the campers.

### Bethlehem

#### A Successful Golf Outing

We received very good news on the golf outing that was held on June 22nd after a stormy day canceled our original date. This year's net proceeds exceeded \$14,600 (up from about \$9000 last year).

This means that the beneficiary, the Bridges Foundation of the Bethlehem Area Vocational Technical School (BAVTS), will receive \$10,000. The remaining \$4600 will be divided equally between the Bethlehem and Bethlehem Morningstar Clubs to support our service projects this year. Great news, and many thanks to the Golf Committee members for their hard work in making the tournament a success.



SAVE THE DATE  
for the District Golf Outing  
Thursday,  
October 8, 2015  
At Silver Creek Country Club

## “Cooking” to Feed the Hungry

D7430 Rotarians for many years have supported Food Pantries and Food Banks all over our five county district. Allentown West, Bethlehem and Bethlehem Morning Star, Norristown do this.

Emmaus Rotarians collect non-perishable food items for their Monthly Food Bank Collection on. If you forget to bring food items, you can always make a cash donation.

**In recent years “Snack Pack” and “Back Pack” projects that feed children over weekends** have also been put into place. Allentown West and Pottstown do this.

*Please e-mail what you are doing to feed the hungry to Editor [bill966@ptd.net](mailto:bill966@ptd.net).*

The Rotary Club of Norristown in July proudly presents Advocates Against Hunger a check for \$10,500 to help fight hunger. Pictured here is President Paul Catrambone, Kary & Nanette LaFors from A.A.H. and Virginia Frantz, Grants Chair.

A.A.H. seeks to coordinate the efforts 9 soup kitchens and 8 food pantries in the Norristown / Montgomery County area. They also work to inform the community of food services available to those in need, publicize and expand weekend food programs in the area school systems, and organize and run several fresh produce distributions funded by our club.

Kary announced that the next club sponsored food distribution will be Aug. 29

## Doylestown

At the July 15, 2015 evening meeting Alan Childs talked about the Reach Out Hunger event. He met with the organizers and learned learning that a donation is required for groups to participate in the event so he deferred action until next year. We will look at participating next year with the Central Bucks Rotary Club with the goal of making it a joint club effort. Individual volunteers are able to participate.





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## Membership Tips

**Are you a “struggling” RC? Has it been over a year since you added a new member? And nobody is willing to be next year’s President.**

**If “Yes,” you can keep struggling and probably go under. Or you can make a club decision to get some help.**

There are many experienced Rotarians in our district who will meet with your members and facilitate the creation of a plan to make things better. All you have to do is decide to improve -- and then ask your Assistant Governor to make the contact.



**Share your passion for Rotary!  
REFER A MEMBER!**



## Other Articles of Interest

Youth Protection: There are new Pennsylvania requirements of clearances needed for volunteering with youth.

<http://rotarydistrict7430.org/SitePage/pa-youth-protection-requirements>

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/>



A bank is a place that will lend you money,  
**if you can prove that you don't need it.**

## Did You Know?

From RI President K.R. Ravindran, July 24, 2015  
**“We’re delighted to report that [today] Nigeria has passed one year with no new cases of the wild poliovirus. This is the longest the country has ever gone without a case of polio and a critical step on the path toward a polio-free Africa. We’ve come a long way since the bleak years when the virus reached its peak. It was only a decade ago that polio struck 12,631 people in Africa- three quarters of all cases in the world.**

The anonymous million dollar match for the Million Dollar Journey has been used up except for \$15,000 after only a few months.

### 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](mailto:bill966@ptd.net) to have your bequest recognized by RI, or at least to be counted as part of our D7430 total commitment.

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

Despite the deteriorating security situation in Yemen, a humanitarian pause enabled 50,000 children to be reached with the oral polio vaccine during the final week of Ramadan.

**Did you know that you’re welcome to attend any club’s meeting, anywhere in the world?**

## CANDIDATES WANTED

For DISTRICT GOVERNOR

For RY 2018-19

Applications are due before November 1st

See D7430 website for info and forms

Contact your RC President





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## Satellite Club

### So, what's a Satellite Club?

Satellite clubs provide a new option for creating Rotary clubs. A satellite club functions as a short-term, transitional step on the way to becoming a full, independent Rotary club.

In D7430 a number of our RCs are trying ways to expand by adding EXTRA meetings at different times and days, some twice a month, some every week. These allow you to attract new members and obtain new ideas. When the group grows at some point a Satellite club is born.

#### STARTING A CLUB

\*\* How does a club apply to have a satellite club?

**The sponsor club president obtains the District Governor's approval** and then sends an application to Club and District Support.

\*\* Is there a minimum or maximum number of members for a satellite club?

New satellite clubs must have at least eight members at the time they form in order to satisfy the requirements of Article 10, Section 6(b) of the Standard Rotary Club Constitution. There is no maximum number of members.

\*\* Is there a minimum number of members for the sponsor club?  
No. Clubs with fewer than 20 members can form a satellite club.

\*\* Is a satellite club sponsor the same as a new club sponsor?  
No. The role and responsibilities of a new club sponsor are different.

\*\* *Can a weak club convert to a satellite club and retain its charter and history?*  
If the members of a weak Rotary club want to become a satellite club, they must first resign their charter. They would then be free to form a satellite club and become members of the sponsor club. However, satellite clubs are not intended to strengthen weak clubs. If a club needs extra guidance and support, a district governor may assign a stronger club or a special representative to mentor the weak club.

\*\* *Can Rotaract clubs be converted into satellite clubs as a transition to becoming a full Rotary club?*  
Yes. Some or all of the members of a Rotaract club may form or join a satellite club.

For more information go to : <http://clubrunner.blob.core.windows.net/00000050086/en-ca/files/homepage/satellite-club-guidelines/GuidelinesforEstablishingaRotarySatelliteClubinD7430.pdf>



## Information

### RLI Annual Rebate Plan

Once again D7430 funds are committed to reimburse any Rotary Club \$50 for every member – after the first – who attends Part I of the Rotary Leadership Institute (RLI) this Rotary year. The next nearby sessions are at the Radisson in King of Prussia Saturday November 7, 2015.

Check [rlinea.org](http://rlinea.org).



### 2015-2016 District Directory

For the 2015-16 Rotary Year again there will be no formally printed hard copy of the 7430 District Directory. A downloadable version is available on the district website.

### NEW PR Guidelines publication

**Now is available on the D7430 website “Club Information” in the menu and click on “Public Image” in the drop down list.**

### Friendship Exchange

A D7430 team will go to Wales in September 2015. The Argentina team will visit D7430 in Spring 2016.

### RC Secretaries

Each RC Secretary is asked to go to the Rotary Website as well as the D7430 Website and update all the club officers and venue information for the 2015-16 Rotary year. AND if something changes, please go back to these websites and enter the new data, venue changes, too.

### Rotary’s online tools

**Take advantage and go to [rotary.org](http://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

For Sale: Parachute. Only used once,  
never opened.





## Your Foundation Update



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



**It's a new Rotary year and donations to the Rotary Foundation start slowly.**

Million Dollar Journey - **See "Did You Know?" about the Bequest Society. Are you one of the SEVEN ?** Please e-mail PDG Bill Palmer at [Bill966@ptd.net](mailto:Bill966@ptd.net)

Matt Kistler of Downingtown, son of Allentown West Rotarians Barbara and Jeff Kistler, was the winner of Voss Water and Voss Foundation's One Well At A Time Program and an adventure of a life-time for two to visit and dedicate a new Voss Foundation water project in Swaziland!

**Matt's entry was judged best based on originality, innovation, vision and passion. Matt's experience with the Peace Corps in Africa led to these words that reflect why we donate to the Rotary Foundation.**

My father always taught me how to look to the sky for rain.

You see, during "olameyu" the drought, a heaviness covers our life like a blanket.

The cows come home skinny, you can count their ribs, my Father has to lift them when they're too weak to stand.

My mother is gone from dark till dark, looking for a place to fill her jerrycans with water.

My sisters stop laughing. They have left school to care for the house while my mother is gone.

They have become women too soon, and hope leaves their eyes.

So we look to the sky for rain to bring us life from heaven.

Today, I saw a new thing! Water from the ground.

They say the pipe will not run dry and I know life will never be the same.

My mother will scarcely have so much time to dream and hope.

My sisters will dance in the water, little girls once again.

We had been looking to the sky for the rains. Now we see water flow, from the ground.



*by permission of Voss Foundation*

# FINISH



**END POLIO NOW!**

THE FOURTH YVETTE M. PALMER  
PURPLE PINKIE 5K RUN  
and FUN WALK

Is on SATURDAY, OCTOBER 24<sup>TH</sup> at  
LEHIGH CARBON CC in SCHNECKSVILLE  
Go to [www.purplepinkie.net](http://www.purplepinkie.net)

TWO EVENTS ---- **SAME DATE, SAME PLACE....BE THERE**



ALL INTERACT STUDENTS  
IN ROTARY DISTRICT 7430  
ARE URGED TO ATTEND THE  
INTERACT ASSEMBLY ROUND-UP ON  
SATURDAY OCTOBER 24th

## polio news

NEW Type 1 POLIO CASES as of JULY 29, 2015

In the 3 endemic countries:

	2015 YTD	2014 YTD
Pakistan	28	102
Afghanistan	6	8
Nigeria	0	5

Last new Type 1 case in Nigeria was July 24, 2014  
in non-endemic countries 0 15





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## Calendar

# DISTRICT CALENDAR 2015

- Aug 5 -- Strike Out Hunger at the Phillies
- Sept 24-27 -- ZONE Institute at The Omni in Providence, R.I.
- Oct 8 -- District GOLF OUTING at Silver Creek CC in Hellertown.
- Oct 24 -- Purple Pinkie 5K run/walk district fundraiser for Polio Plus at Lehigh Carbon CC.
- Oct 24 -- All Interact Student Round-up at Lehigh Carbon CC, 11 a.m.
- Oct 31 -- RI Foundation Seminar w/ D7450 at MONTCO CC in Blue Bell
- Nov 7 -- Rotary Leadership Institute at the KOP Radisson
- Nov 7 -- Rotary Day at the United Nations

## CLUB EVENTS

- Aug 15 -- Annual DUCK RACE with Pottstown RC
- Aug 22 -- **Muhlenberg RC's 3rd Annual, Wine and Dine at Jim Dietrich Park** at 4 PM; for more info go to [muhlenbergrotary.org](http://muhlenbergrotary.org).
- Sep 14 -- **Emmaus RC's Eighth Annual GOLF Tournament** at Brookside CC in Macungie; go to [www.emmausrotary.org](http://www.emmausrotary.org)
- Oct 4<sup>th</sup> -- Tastes & Tunes annual Bethlehem RC event

### Special UN Day Announcement:

Registration has begun for the November 7, 2015, United Nations Day. Rotarians must register on-line. The registration fee is \$50. Please have your members register on-line as soon as possible as the total international adult registration is limited to 600.



## District Conference

Have you registered for the District Conference yet? NO! That means you missed the half price promotion. Oh No. The good news you still have time before the next price increase. But you need to hurry.

Here is what you need to do:

1. Click on this link to the registration website: <http://www.whythecow.com>
2. Click on the link to "Register" and use your credit or debit card. It's only \$50 per person plus a small processing fee.
3. Click on the link to the Inn at Pocono Manor and reserve your hotel. It's a \$100 deposit.



We started working on the agenda:

- More Cow, Less Bull
- Hawaiian Shirt or Black Tie optional Governors Banquet.
- Hospitality for all.

Come experience a historic Pocono weekend at a historic Inn with all your Rotary friends. This **year's event will sell out so**

you need to act fast.

Anyone registered for the Conference and registered at the hotel by 11/1/15 is entered for several prizes including a free weekend at another times at the Inn at Pocono Manor.

### 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:

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