

What's Cooking?



Be a gift to the world

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Rotary District 7430

Feeding the Hungry

May 2016

Cow Tales



At the District Conference last month we took time on Saturday afternoon to pack 16,200

meals. These were distributed to 8 different food banks or food pantries in our District by 6 Rotary clubs.

For anyone who received a meal this was a big deal. Not knowing if your children will have something for dinner must be a heart wrenching struggle. I am thankful that I have personally not faced this issue. One in seven people in Pennsylvania face going hungry on a monthly or weekly basis.

Most of us probably know at least seven people. It's

2016 Rotary Council on Legislation

Rotary revises its constitution every 3 years. The last one met in 2013. The 2016 Council on Legislation met in April and reviewed and voted on all the proposals, new laws, modified laws and defective legislation.

To accomplish this each Rotary district sends a representative to the Council, and this year we sent PDG Mike McCarthy, Pottstown RC. Representatives deliberate and act upon all proposed enactments and resolutions. Enactments seek to change Rotary's constitutional documents, and resolutions express an opinion or make a recommendation to the RI Board.



Cow Tales continued

likely one of them faces this challenge. Right now you're trying to think who in your life it might be. There is a very good chance you'll never know. Being at risk for going hungry is not a condition that is visible. In fact most people in this condition are very good at hiding it and have a great deal of pride so they do not want you to know.

Layoffs, strikes, reduced hours, higher healthcare costs, illness and any number of every day events can through someone into a situation where getting or affording food becomes a challenge. Beginning in 2008 the economy suffered a tremendous downturn. Pay levels and jobs have not returned in spite of our government representatives would like us to believe.

Many of the clubs I visited are working on projects to address hunger locally. The meal packing we did at the Conference is an example. Many clubs are involved in backpack meals for school children for the weekend. Other clubs are doing the same thing but covering families for the weekend. Clubs are volunteering at and supporting food banks and soup kitchens. Club after club has something going on to address hunger.

I am hoping some of you are thinking of large and bold projects to make a permanent change that we move families away from being statistics when it comes to hunger. It would be great to see you engage The Rotary Foundation and a grant to launch a sustainable project.

DG Doug Cook

2016 Council on Legislation continued

The RI Board reviews and acts on resolutions adopted by the Council and items referred to the Board.

This year the Council took a number of forward looking decisions on membership and meeting flexibility and other items, including increasing annual per capita dues by \$4.00.



2016 Annual District Conference a Huge Success

About 250 Rotarians and friends went to the annual District 7430 Conference at Pocono Manor Inn starting April 8th.



District Governor Doug Cook and his conference committee did a great job putting on this event when the weather was not going to cooperate. It snowed Saturday!

One special feature this year was having various RC Presidents act as the MC for a Plenary Session. And each told a story about their personal “Aha” Rotary moment. Blue Bell’s President Randy Brock led off.



There was a theme all about cows and feeding the hungry. The Sergeants-at-Arms were dressed as chefs.



We heard from a number of keynote speakers on varied topics about Rotary's Global impact from Past District Governors like Elias Thomas of the Sanford-Springvale Club in Maine who gave an inspiring account of his 16 years of N.I.D.s to help eradicate Polio.



District Conference continued

Also the Rotary International Representative Gilbert Brown from East Dallas, Texas addressed the crowd about the many projects he has worked on to help others, in Nicaragua, for example.

The theme of the weekend was about Ending Hunger and we heard about the Kutztown Potato Project, Operation Backpack (from Pottstown's Lisa Heverly) and End Hunger NE. Two big events focused on the End Hunger theme - **Cow Pie Bingo** culminated in raising \$5,000 for these charities. Then there was a fun event run by End Hunger NE where the attendees for two hours on Saturday afternoon packed 14,000 food containers for donation to Food Pantries in our district communities.



Another great feature of the weekend was to see and hear from our Youth Exchange students, both past -- via videos -- and present. They performed the traditional Flag Ceremony to start the Saturday evening Banquet.

Friday evening included a reception and a buffet dinner with our traditional

International theme.

Saturday noon was the final competition of our annual Four Way Test Speech Contest. It was quite difficult to select a winner from such good participants. Chair Mike Seidner did a great job.



And Saturday evening included a reception and a wonderful plated dinner. This time it was a Hawaiian theme. Many Hawaiian shirts were visible, some even worn with a tuxedo.

One wonderful part of these conferences is that we got to see and hear from all of the students in the Youth Exchange Program. It was an interesting time to meet all the students who have been attending our

District Conference continued



local high schools during this past year and to meet the outbound USA students who are heading abroad later this Summer.

Sunday morning was a very special memorial service for district Rotarians who passed away during the last year. Rev. David Mohr and the PDG Bill and AG Sue Weber made this happen. And

Emmaus RC's President Sue Straeter ably provided the musical accompaniment. Sue also MC'd the final Plenary session.



There were a number of Past and Future D7430 Governors at this event.





District Conference continued

During the business meeting of the opening Plenary session of the April 8, 2016 District Conference there were two motions made and formal votes taken:

- 1. D7430 Legislative Committee Chair, Mike McCarthy, mad the motion to adopt eight changes to the D7430 Procedures & Guidelines. Colleeville RC President Mary Cook seconded the motion. After some discussion about requirements to certify people to work with children, a weighted vote was taken. The 13 RCs represented by President or Proxy each voted in favor. No "No" votes. Motion approved. The Secretary will work with the Admin. Asst. to update the P&Gs and distribute same.**
- 2. A motion was made by PDG Gary Fedorcha to accept the Compiled Financial statements for Rotary Year 2014 -15. Bethlehem Morning Star RC President Ron Searfoss seconded the motion. There was no discussion requested. The 13 RCs represented by President or Proxy each voted in favor. No "No" votes. Motion approved.**

D7430 Secretary, PDG Bill Palmer



Did You Know?

A REAL BLOOD DONOR!!

PDG Mike McCarthy, Pottstown RC< has received a special award for having donated 25 GALLONS of his blood to help others, and he continues donating on a monthly basis.



Here are some facts about the 1500's:

The floor of your house was dirt. Only the wealthy had something other than dirt. Hence the saying, "dirt poor." The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entrance. Hence: a thresh hold.

No word in the English language rhymes with month, orange, silver, and purple.

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.

RRFC = Rotary Regional Foundation Chair; RYLA = Rotary Youth Leadership Awards; and ROTARY ACRONYMS are listed with their meanings on the D7430 website at --- <http://rotarydistrict7430.org/SitePage/did-you-know>.





Club News

Doylestown:
 Borough Dam Youth Fishing Day
 The Rotary Club of Doylestown teams with community members at the Borough Dam Youth Fishing Day on Saturday, April 2, 2016. Rotarians cooked hundreds of hamburgers feeding the hungry fishermen and fisherwomen.



Pottstown:

Rt 724 Road Clean-Up
 Thanks to each of you who volunteered to help out Saturday with Pottstown Rotary's Semi-Annual Highway Cleanup along Route 724 in North Coventry.



We had a great turn out of 12 members who dutifully walked along Rt 724 and cleaned up both sides of the road as our part in community service.



Huntingdon Valley-Churchville:

If You're Angry About Medicare Fraud - Fight Back !!!

Did you know that billions of dollars are lost to Medicare fraud and abuse each year? Phyllis Wolfson, Senior Medicare Patrol (SMP) spoke about how to fight back to the Huntingdon Valley - Churchville Rotary on March 30, 2016. The message was simple: Protect your personal information, know how to detect fraud and know where to report it.

Other Rotary clubs interested in arranging a SMP presentation, may contact CARIE (Coalition of Advocates for the Rights and Interests of the Elderly) at 800-356-3606.



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/>





Be a gift to the world

“Cooking” to Feed the Hungry

D7430 Rotarians for many years have supported Food Pantries and Food Banks all over our five county district. Here is what's happening:

From the Norristown RC SPOKE:

District Governor Doug Cook and the Conference team have been kind enough to donate 11 boxes of ready to prepare meals (approximately 363 lbs of packaged meals). They will be delivered to the school on April 11.

The Kutztown RC sponsored Potato Project:



Rotarians from EIGHT D7430 Rotary Clubs and other volunteers cut 17,500 pounds of seed potatoes for The Potato Project on April 16 and 17. Clubs represented were:

Boyertown, Collegeville, Fleetwood, Hamburg, Kutztown,
Pottstown, Reading and West Reading/Wyomissing.



“Cooking” to Feed the Hungry continued



Also, the Reading Club brought its Rotaract Club members from Albright College to work.

The cut seed potatoes were planted the following week with the expectation that volunteers for The Potato Project will harvest about

180,000 pounds of potatoes in September.

The Kutztown Rotarians truly appreciate all other Rotarians and the Rotaract Members who help The Potato Project provide fresh food to over 69,000 people each year.

District Governor Doug Cook has supported The Potato Project as part of his focus on eradicating hunger.



The Potato Project will host a \$22 per adult fundraiser breakfast at the Berkleigh Golf Club on May 7 from 8:00 to 11:00 am. Please call 610-683-3450 to purchase ticket for “Breakfast at Berkleigh.”





Be a gift to the world



Membership Tip

Members who genuinely enjoy participating in your club and “having fun” are much more likely to invite someone else to join. And, if prospective members see the fun in Rotary ... well you get the picture.



Share your passion for Rotary!
REFER A MEMBER!



DID YOU EVER WONDER?
What would the speed of lightning
be if it didn't zigzag?



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.

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.

Please make sure you read the Club Chairperson Packet. 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.

There is 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 Incalcaterra or Wendy Body.

wqbody@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 for INTERACT Club Info:

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.**

Also, please add your **2016-17 officers and directors info to the D7430 database.**

REMEMBER that the 2015-2016 District Directory IS ON-LINE

Rotary's online tools:

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

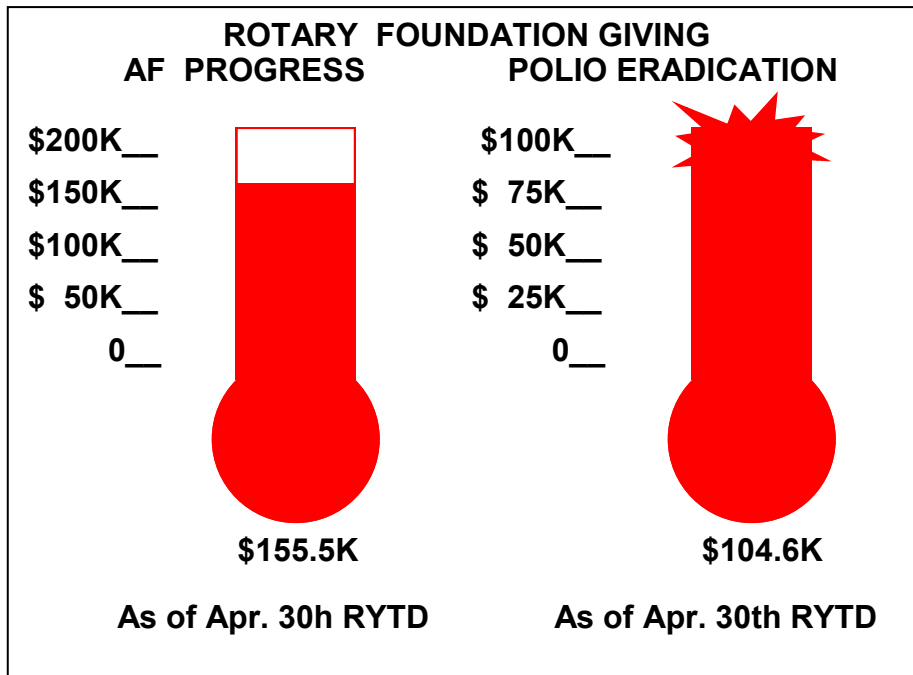
- **Rotary Club Central: Check your progress on club activities and plans and add accomplishments!**
- **Brand Center: Create promotional materials with our latest branding tools**
- **Rotary Ideas: Find donors, partners, and volunteers for your projects**



Foundation Update



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



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"

PURPLE PINKIE DAY is OCTOBER 22nd

The D7430 6th annual Yvette M. Palmer Purple Pinkie 5K run and fun walk is the one big district-wide fundraiser with all proceeds going to Polio eradication. This year it is scheduled for October 22nd at the Lehigh Carbon Community College (LCCC) in Schnecksville.

polio news

NEW Type 1 POLIO CASES as of April 27, 2016

	2016 YTD	2015 YTD
Pakistan	8	22
Afghanistan	4	1

As of April 27th we are closer than ever to the target of a world free of polio, with just two remaining polio endemic countries- Afghanistan and Pakistan.

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

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 22nd -- D7430 PolioPlus Purple Pinkie 5K Race at LCCC

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





Be a gift to the world

Rotary Club Events

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 people say they “slept like a baby”,
when babies normally wake up every
two hours?

