



Breakfast chatter



Weekly bulletin of the Rotary Club of Kathmandu Mid-Town
District 3292, Club 26776, Chartered 8 Nov. 1989; 'Best Club' in Nepal 2009/2010

Oct. 29th - Nov. 4th 2010

Vol. 18 of '10/'11

Speaker for Nov. 5th



'Rotary Clubs helping the Public Health Concern Trust'

Shankar Man Rai, MBBS, MS (Gen Surg), MS (Plastic Surgery) will talk about the Public Health Concern Trust (pfect - NEPAL). The Kathmandu Model Hospital is a non-governmental institution functioning under the Public Health Concern Trust - pfect- NEPAL -- is a secular, non-political, not for making profit, national level non-governmental organization committed in health development. It was founded in 1991 – its **mission** is to recognize that health is the individual's ability to achieve, enjoy and maintain a harmonic relationship with his/her being and the nature at large, its mission is to work for a society with healthy people. Pfect-Nepal's goal is to create a model of sustainable health care system based on principles of equity, social justice, people's participation and self reliance.





Mid-town bids farewell






Daniels family heads to Manila



It is with some sadness that Mid-Town bids farewell to **Rtn. Onuora Daniels**. Rtn. Onuora has been a very valuable addition to Mid-Town where he has been a member for almost three years; he was the Editor of the Breakfast Chatter and also served as Club Secretary. Our President Pratap met him last week and on behalf of the Club expressed our gratitude for his service and presented him a Khukri and a Buddha "murti". The Daniels family has had a very positive experience in Nepal – Rtn. Onuora taught at St. Xavier's College and two of their children graduated from the Lincoln School.

The Daniels family is relocating to Manila where Ms. Ugochi Daniels will be the Country Representative for the UNFPA, the United Nations Population Fund. Mid-Town wishes Onuora and his family all of the best of luck in their future endeavours.

calendar	
date	theme
November is Rotary Foundation Month	
1 Nov.	Rotary deadline to submit nomination forms for the International Service Award for a Polio-Free World
1-7 Nov.	 World Interact Week World Interact Week is celebrated every year during the week of 5 November to commemorate the founding of the first Interact club in 1962. To mark this occasion with Interactors and Rotarians around the world, Interact clubs, in partnership with their sponsor Rotary clubs, are encouraged to participate in joint projects during World Interact Week.
2 Nov.	World Quality Day This day helps to raise awareness of quality internationally, encourages individuals and organizations to focus on the importance of quality, growth and prosperity, and gives an opportunity to demonstrate their commitment to quality excellence.
4 Nov.	Kag Puja The first day of the festival is called Kag Puja or Kag Parva - Worship of Crows. Crows are worshipped by offerings of sweets. The cawing of the crows symbolises sadness and grief in the Hindu mythology, so the devotees offer the crows food to avert grief and deaths in their homes.
5 Nov.	 Guy Fawkes Day Guy Fawkes was an English Catholic and one of a number of conspirators who planned the failed Gunpowder Plot to assassinate King James I and restore a Catholic monarch to the throne. In England, 5 November has variously been called Guy Fawkes Night, Guy Fawkes Day or Bonfire Night as from 1650s onwards it became the custom to burn an effigy (usually the Pope) after 1673, when the heir presumptive, James, Duke of York made his conversion to Catholicism public. Effigies of other notable figures who have become targets for the public's ire, such as Paul Kruger and Margaret Thatcher, have also found their way onto the bonfires, although most modern effigies are of Fawkes. The "guy" is normally created by children, from old clothes, newspapers, and a mask. During the 19 th century, "guy" came to mean an oddly dressed person, but in American English it lost any pejorative connotation, and was used to refer to any male person.
5 Nov.	 Kukur Puja The second day of Tihar is called Kukur Puja or Khicha Puja. Dogs are believed to be messengers of Lord Yamaraj , the god of death, and are worshipped once a year on this day. People offer garlands, tika and delicious food to the animal, and acknowledge the cherished relationship between humans and the oldest ever tamed animal.
6 Nov.	Gai Tihar – Laxmi Puja According to tradition people put small oil lamps outside their homes on this day and hope Lakshmi will come to bless them. Goddess Laxmi is worshipped by those who wish to acquire or to preserve wealth. It is believed that Laxmi (wealth) goes only to those houses which are clean and where the people are hardworking. 

7 Nov.	<p>Godhardan Puja /Mah Puja On the fourth day of Tihar, there are three different known pujas. Most perform Goru Puja, or Worship of Oxen. People who follow Krishna perform Gobardhan Puja, which is worship towards Cowdung. Cow dung is seen as very useful in Nepal, as in the olden days it was used for everything from light at night (Methane) to polish for the mud floors of traditional houses. The Newar community on the night of this day do <i>Maha Puja</i>, or Worship of Self. Because this period is also the beginning of Nepal Sambat, or the new year of Nepalese especially commemorated by Newars, it ensures prosperity for the new year.</p> 
7 Nov.	 <p>Happy Newar New Year 1131</p>
11 Nov.	<p>Remembrance Day a Commonwealth holiday to commemorate the sacrifices of members of the armed forces and of civilians in times of war, specifically since the First World War.</p> 
12 Nov.	<p>Visit of former member Rtn. Peter Clawson to Mid-Town breakfast meeting.</p>
12 Nov.	<p>Mr. Santosh Pathak (Rotaract Club of Thamel also IPADRR) and Ms. Meg E. Infiorati. Stained glass windows are often viewed as translucent pictures. Stained glass, as an art and a craft, requires the artistic skill to conceive an appropriate and workable design, and the engineering skills to assemble the piece.</p> 
TBA	<p>The Rotary Foundation Seminar (evening program) Please let PP. Mani or TRF Chair Rtn. Saroj know if you will be attending. Note date changed – to be announced.</p>
14 Nov.	 <p>Rotary Stewartship Training Seminar -- hosted by the Rotary Club of Tripureswor. Venue: Pawan Hall, 4th floor World Trade Center, Tripureswor 4th floor This training is to help facilitate the running of TRF projects efficiently. The event will be half day, closing with Lunch. Registration fee:Rs.650.</p>

last week's speaker

A warm welcome for Rtn. Karl



Mid-Town was happy to welcome back **IPP Rtn. Karlheinz Nothnagel** of RC Darmstadt-Bergstraße District 1860, Germany for this 3rd visit. **PP Rtn. Karlheinz** is also Chairman of the Nepal German Inter-Country Committee (Germany). He gave a short talk on the many projects that they have been involved in with in Nepal including ANM projects, micro-credit, etc.. He told us that he was very impressed with the progress that has been made to date



on the projects and he also told us that he now has a renewed appreciation of the how difficult it is to get things done within the context of Nepal. He says that he is so pleasantly surprised that many of the candidates come up with their own creative solutions that are so unique they could not possibly have been foreseen beforehand. On this occasion **PP Rtn. Karlheinz** was happy to present a check for 70,000Nrs to **Rtd. Lt. Rishi Bogote** of Gorkha (photo right) for the GCS and Mothers' Awareness project. **PP Rtn. Karlheinz** promised that he would try very hard to see that the girls who are now graduating from Gorkha and Lamjung are not left on their own when the project ends – he will try to come up with something to see that they can at least have three more years of education. **PP Rtn. Karlheinz** concluded by saying that he intends to visit the projects regularly. Mid-Towns gave him a resounding applause and also extends its good wishes to **PP Rtn. Hans Martin Scheuch** (also of RC Darmstadt-Bergstraße) who was not able to make the trip this time.



District Trainer **Rtn. Rajesh Thapa**, RC. Mount Everest, (photo left) who is Chairman of the Nepal German Inter-country Committee Nepal (NGIC Nepal) and Rotary Fellowship for Population Growth and Sustainable Development (RFPD) Nepal took the opportunity to say a few words about the good work being done by both of these groups. Since 2004 the NGIC has

been complementing the Government of Nepal's efforts towards achieving the maternal mortality rate goals through our various projects on Safe Motherhood and the ANM projects, where they have helped to address issues addressed such as: Health Hygiene, Family Planning, Child Spacing, Education, and Capacity Building.'



News from Rotary International

RI Convention 2011

Join thousands of Rotarians in New Orleans for the 2011 RI Convention will be held 21-25 May 2011. Register early to receive the best rates and accommodations, and *Let the Good Times Roll* ... experience the fellowship of Rotary at an international level. **15 December** is the first registration deadline. If you are planning to attend please let **PP CK know** so that he can put your name on the list.



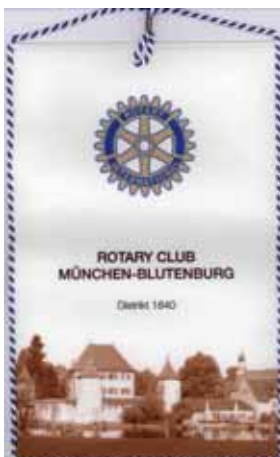
Visitors to mid-town



Mid-Town was happy to extend a warm welcome to return visitor **Rtn. PP Carol Vernal** (RC Sonoma Valley Calif, USA). Rtn. Carol is working with the **Children's Medical Aid Foundation**. This Foundation is dedicated to improving the lives of children in Nepal by providing surgical correction of congenital defects. They help children born with handicaps and disfigurement avoid the stigma, shame and embarrassment that keep



them isolated from school and community. Carol is presently working on the **Itahari Hospital Project** to help establish a hospital in Itahari. Congratulations to Carol on her good work – we look forward to welcoming her to Mid-Town for the next few weeks while she is in town.



Mid-Town was also happy to welcome **Rtn. PD Dr.med.Rüdiger Kreusch-Brinker** (RC München-Blutenburg). Rtn. Rudiger is an orthopaedic surgeon who is in Nepal with the German Volunteer Doctors' group and is doing a short stay at the Scheer Memorial Hospital in Banepa.



Visitors to mid-town

Visitors from Osaka

Mid-Town was very happy to welcome visitors of the Rotary Clubs of **Higashiosaka Central** and **Higashiosaka-Nishi** (our sister club) and **Osaka Namba** in Japan. The photos below show the visiting Rotarians: Takashima Masayaso, Takeshi Miki, Takaaki Duguchi, Mioru Yanaglyama, Hitoshi Fujihara Umai Tatsuta and Hipetoshi Yamamoto. The photo below shows PE Rtn. Hitoshi Fujihara also presenting the Rotary Flag for **RC Seoul Hana** who is a Club also

involved in the projects. All of these Clubs are working with **Public Health Concern Trust (phealth - NEPAL)** and the



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which is a non - governmental
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the **Public Health Concern Trust** which is a secular, non-political, not for making profit, national level non-governmental organization committed to health development.

This group has also expressed an interest in working with us on the Early Rehabilitation Cente (ERC) at Patan.



mid-town fellowship





Mid-town news

Mid-T own goes to Lamjung

Mid-Towners once again made the long journey to Suryapal VDC **Lamjung**. This visit was accompanied by **Rtn. Karlheinz Nothnagel** (RC Darmstadt-Bergstraße District 1860, Germany) and **Dr. Katjya** (daughter of Rtn. Karl), as well as District Trainer **Rtn Rajesh Thapa**, the President and



Rotarians of RC Mid-Town and Project in charge Rtd. Ltn. **Damar Bdr. Basnet**, and project in charge for Gorkha, **Rtd. Ltn. Rishi Bogote**. Here they had a chance to see firsthand the good results of the Girl Child Education and Mothers' Awareness Program.





The children lined up to distribute flower garlands and their mothers came along to wish them well. They proudly looked on as the children performed the cultural program. The pride on the moms' faces was unmistakable – it crossed all cultural and linguistic barriers – these are definitely parents who are very pleased that their children are receiving an education and who are wholeheartedly thankful for the help that Rotary has extended to them.



Mid-Towners and guests took time out to enjoy a local tasty dal bhat meal before beginning on the long ride back to Kathmandu – everyone was tired and sunburned but well-please of a very successful outing.





Rotaract news

Tika blessings all around

Our intrepid Rotaractors showed a compassionate concern for senior citizens by receiving Dasain Tika blessings from the ladies at the Aama Ghar Senior's Home in Ravi Bhawan. On this occasion, all the participants received Tika from the mothers-senior citizens and in return gifted them, fruits and wished



them all the best. The program was followed by Rotaractors spending some



time with them and asking them to share their life stories.



The Tika Program at Aama Ghar was followed by Rotractors receiving “Tika” blessings from Mentor/Adviser **Rtn PP Dr. Chandra Lekha** and **PP Anand** at their residence.



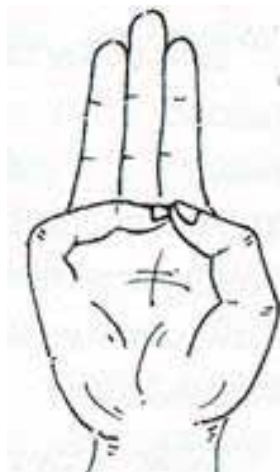
Celebrating Dasain with the children of Mary Ward School

Our Rotractors were busy indeed during the Dasain. These photos show how they helped to distribute "Kheer" for 120 children at the **Mary Ward School** in Kupondole..The Rotaracts and granddaughter (photo below) of Mentor PP Rtn. Dr. Lekha enjoyed the visit seeing the happy children in a well cared for environment. The children relished the kheer and all in good fun the Rotaracts helped the children with the washing up.



On the lighter side

Varuna mudra – mudra of water

**Method:**

Tip of little finger touches the tip of thumb, with the other three fingers stretched out.

Specialty:

It balances the water content and prevents all diseases which come due to lack of water.

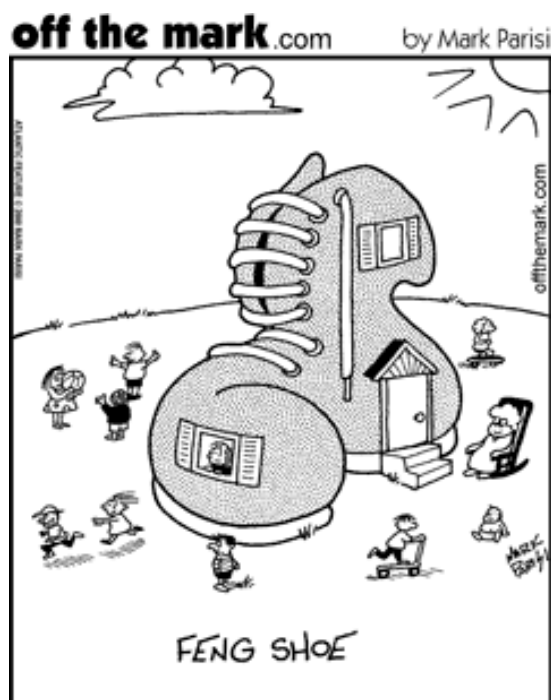
Time Duration:

It has no specific time duration and one can practice it according to their time.

Benefits:

It retains clarity in blood by balancing water content in the body. Prevents the pains of gastroenteritis and muscle shrinkage

Mid-town humor



Please send information/suggestions/photos for the next volume to:

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