



Breakfast Chatter



Rotary Club of Kathmandu Mid-Town
District 3292, Club 26776, Chartered 08 Nov. 1989

November 18th, 2008

Weekly Bulletin

Vol. 18 of '08/'09

No Meeting This Week:

Since many Mid-Towners will be attending both the RI dinner and Stewartship Seminar as well as the eye camp in Hetauda -- this week there will be no regular meeting.

Calendar

Date	Theme
Nov. 18 th	Stewardship Training Seminar, Time: 8:00am to 9:00am Venue: Ashok Party Palace, Patan Dhoka, Registration: Rs. 500 per person (includes breakfast and lunch) Host Club: Patan Durbar Square. Please confirm your participation by 15th of Nov.
Nov. 19-20-21	Eye camp in Hetauda. Mid-Towners are encouraged to attend. If you can share a ride or if you need a ride please coordinate with PP Rtn. Mani.
Nov. 20 th	Inauguration of eye hospital in Hetauda.
Nov. 20 th	Beaujolais Nouveau Launch, France The third Thursday in November is always a special day throughout France for it marks the official tasting of the new season's Beaujolais wines. Arguably one of the most famous wines in the world, it is traditional on this day to taste the new crops of wine – often over a lavish meal.
Nov. 21 st	No meeting.
Nov. 25 th	International Day for the Elimination of Violence Against Women
Nov. 28 th	Speaker: Ms. Helen Sherpa, "Trafficked Children in Our Neighborhood"
Dec 12 th	Visiting Rtns. Martin Buitink and Atjo Westerhuis will discuss their Shechen Clinic project.
Dec. 26 th	Christmas break - no meeting.
Dec. 29 th	International Day for Biological Diversity
January	Mid-Town Family Pot Luck Cook-off Contest. Details to follow.

Mid-Town News

Short note from former member

Peter Clawson

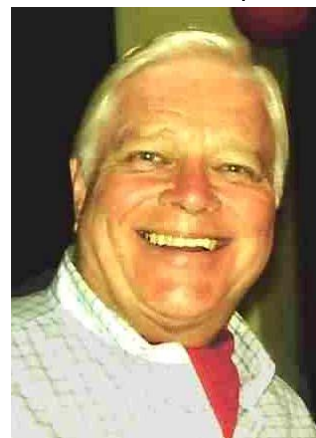
Peter Clawson writes to the Breakfast Chatter:

Thanks for them kind words in the Breakfast Chatter. I am, indeed bereft that I am no longer able to participate every Friday morning. And untold hours during the week.

Please express my thanks for the lovely parting gift. I got it home just in time to get it wrapped to send with household goods to Bangkok. I shall cherish the beautiful box and it will have a position of importance in our new home (when we find one). Many thanks also to Pramode. Kay admired it greatly -and you know she is a discerning designer!

Thanks so much for keeping in touch!

Cheers! to all,
Peter



Hiking the Pacific Crest Trail for polio

By Arnold R. Grahl, Rotary International News -- 16 October 2008 (adapted)



Wallace flashes a thumbs up after completing the last stretch of the 2,658 mile Pacific Crest Trail in August. Below; Wallace at the start of the trail. *Photo courtesy of Cris Wallace*

Cris Wallace hiked more than 2,400 miles along the Pacific Crest Trail in the western United States last year before early snowfall ended her drive to complete the entire route.

Determined to finish, the adventurous Rotarian from Lake Elsinore, California, USA, packed up her

gear again in August of this year and completed the remaining 263 miles from Snoqualmie Pass, Washington, to the Manning Provincial Park, British Columbia, Canada, as part of a project to raise funds for PolioPlus.

"I decided that I would do a fundraiser to help eradicate polio, to inspire people to give to PolioPlus, and to remind them that together we can accomplish anything, including safeguarding our children and future generations against the poliovirus," Wallace says.

As part of PCT 4 Polio, a project sponsored by the Rotary Club of Lake Elsinore, Wallace solicited donations to The Rotary Foundation's PolioPlus Fund, visiting more than two dozen clubs in Southern California before taking a single step on the trail. She conducted television and newspaper interviews, visited even more clubs during her hike, and had a booth at the 2007 RI Convention in Salt Lake City, Utah.

Her efforts raised at least \$70,000 for PolioPlus, according to donations through her Web site, www.pct4poliofreeworld.com, and spread awareness of Rotary's campaign to eradicate polio.

Public Relations Award

The Lake Elsinore Rotary club received an RI Public Relations Award for the project.

Wallace's parents, both Rotarians, are active in the Lake Elsinore club and played a major role in the project. Her father helped with publicity and promotion, while her mother set up many of the logistics of the hike itself, including mail drops of food and clothing.

Wallace first came up with the idea while spending a year in Europe following her graduation from the University of California, Irvine, in 2005. Sitting in an apartment in Scotland, she read about the Pacific Crest Trail in a British outdoor magazine.

"I said, 'Hey, that's in California! That sounds like a great idea,'" Wallace recalls. "So I talked to my parents and decided, after a little bit of conversation, that polio would be a great thing to walk for."

Her decision was cemented when she took part in a polio immunization trip to Kano, Nigeria, in February 2007.

Life changing

"It was life-changing," Wallace recalls. "I met a young child who was just experiencing polio within the last three weeks [of my trip], and it was really heartbreaking because his neighbor would not allow his child to be immunized. That really changed my opinion on everything and definitely reinforced my reasons for doing the walk."

Wallace now lives in Whitefish, Montana, and is a member of the Rotary club there. She works as a case manager at Hope Ranch/Star Meadows Academy, a private boarding school for troubled girls ages 13 to 17.

Her mission has increased her commitment to Rotary.

"I didn't know too much about Rotary until I decided to do this project," Wallace says. "I learned a lot about Rotary. My family is Rotary crazy, and now I am Rotary crazy."



Visit by RC Virum, Denmark



Dr. Torben Boesen, RC Virum, Denmark and 14 of his fellow Club members and spouses visited Mid-Town last week. In this photo, that did not make it into last week's Breakfast Chatter, Rtn. Dr. Boesen (center) presents a token hearing aid to Mid-Town President Rtn. Ram Raj – Mid-Towners PP Komal, Sec. Som and Community Service Director Rtn. Pratap look on.

The Gorkha-Lamjung Girl Child Education Project

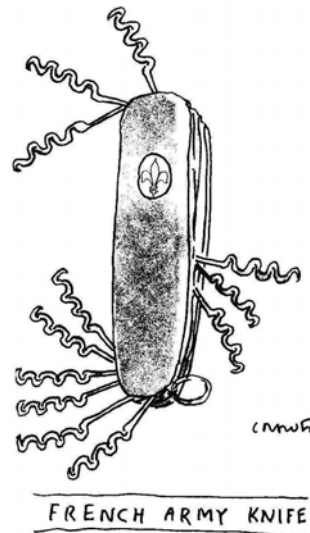
The Steering Committee team in Kathmandu (below)



The team in Gorkha Lamjung, the photo at the right shows Community Service Director Rtn. Pratap with Sec. Mr. Pawan and President Mr. Basanta Raj Shrestha of RC Gorkha. Retd. Lt. Rishi (far right).

After many months in discussion the Gorkha-Lamjung girl-child education project which will benefit some 300 girl children is now finally underway. A site visit to Gorkha and Lamjung is planned for 24-25 Nov. 2008. During this visit Scholarships will be handed out an orientation program for mothers on the Importance of Girl Child Education will be conducted.





A Few Quotes? Whine not.....

"I drank at every vine. The last was like the first. I came upon no wine so wonderful as thirst."
American poetess, Edna St. Vincent Millay -- "Feast," "The Harp-Weaver" (1923)

"When [wines] were good they pleased my sense, cheered my spirits, improved my moral and intellectual powers, besides enabling me to confer the same benefits on other people." *George Saintsbury*

"Nothing is so effective in keeping one young and full of lust as a discriminating palate thoroughly satisfied at least once a day." *Pelligrini, Angelo -- The Unprejudiced Palate*

"Her stories about [the German composer Johannes] Brahms's rudeness and wit amused me in particular. For instance, I loved the one about how a great wine connoisseur invited the composer to dinner. 'This is the Brahms of my cellar,' he said to his guests, producing a dust-covered bottle and pouring some into the master's glass. Brahms looked first at the color of the wine, then sniffed its bouquet, finally took a sip, and put the glass down without saying a word. 'Don't you like it?' asked the host. 'Hmm,' Brahms muttered. 'Better bring your Beethoven!'" *Rubinstein, Arthur -- My Young Years*

"My only regret in life is that I did not drink more Champagne." *British Economist, John Maynard Keynes*

"We hear of the conversion of water into wine at the marriage in Cana as of a miracle. But this conversion is, through the goodness of God, made every day before our eyes. Behold the rain which descends from heaven upon our vineyards, and which incorporates itself with the grapes, to be changed into wine; a constant proof that God loves us, and loves to see us happy." *Benjamin Franklin, (1706-1790)*

"If penicillin can cure those that are ill, Spanish sherry can bring the dead back to life."
Sir Alexander Fleming

Who will have the last laugh?

Moderate wine consumption and potential health benefits - fact or fantasy? There is a growing body of scientific research that indicates the polyphenols found in red wines may offer significant antioxidant protection. This translates to chemicals found in red wines, have the potential to overcome free radicals that are bound and determined to cause cellular damage, which is a root cause of various forms of cancer and heart disease. Anyone for a toast to that?

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

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