



Breakfast Chatter

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



June 16th, 2009

Weekly Bulletin






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This week's speaker

Charter President **Rtn. Dr. Roop Jyoti** will share a few thoughts on the art of meditation. Vipassana, which means to see things as they really are, is one of the world's most ancient techniques of meditation. It was rediscovered by Gotama Buddha more than 2500 years ago and was taught by him as a universal remedy for universal ills, i.e., an Art Of Living. This non-sectarian technique aims for the total eradication of mental impurities and the resultant highest happiness of full liberation. Healing, not merely the curing of diseases, but the essential healing of human suffering, is its purpose.



Calendar

Date	Theme
June 20 th	 <p>One more dream realized. The basketball court at Mangal Higher Secondary School has now finally been completed. Some of you may remember that construction on this court was started in 2000 and has been pending ever since then. Major funding on this project was from RC Landshut Germany with the shortfall by PP Giridhar Manadhar and PP Dr Chandra Lekha Tuladhar. Congratulations to everyone who helped on this project. Mangal HSS sends a big 'namaste'. "Dream of 2000, Reality of 2008" inauguration of the basketball court Mangal Higher Secondary School, Kirtipur will take place on Saturday at 9:30-10:30AM Please join our Rotaractors to make this a really festive event.</p>
June 21-24 th	 <p>100th Rotary International Convention, Birmingham, England</p>
June 19 th	 <p>The Khumbu Festival 19 June 2009 Khumjung Village(3790m.)</p>
July 1 st	<p>The new Rotary year begins on July 1st. 'The Future of Rotary is in your Hands'. Please remember to renew your membership before July 1st – a check can be left with Mr. Dahal at our weekly breakfast meetings.</p> 
June 26 th	<p>Chirag Bangdel Artist, poet, teacher, radio DJ and so much more says his grandfather Lain Singh Bangdel has been a great source of inspiration to him. He will talk to us on this occasion about the contemporary art scene in Kathmandu – perhaps read a poem – and share some of his most recent works with us.</p> 

This week's speaker

Former Mid-Towner returns to raise awareness of GLOFS

This week Mid-Town welcomed back former member Bobbi Chettri who was in town to help raise awareness on the impacts of climate change on glacial lakes and the potential threats to local communities due to Glacial Lake Outburst Floods (GLOFs). He talked about recent changes taking place in the Kumbu and highlighted the 'Imja Tsho Action Event 2009 – Beat the GLOF Action Run and Khumbu Festival to take place June 18-19 in the Khumbu region. The 'run' part of this event will start at Imja lake (5010 m) and end at Khumjung valley which is 42 km downstream. The aim of the event is to highlight the devastating threats that glacial lake outbursts can pose to mountain communities. More than 100 local runners are expected to take part.



Mr. Chettri motivated his talk with a quote from the Mahatma Gandhi, '*..be the change that you want to see in the world*'.

Mr. Chettri also talked about the diversification of income opportunities and the preservation of local Sherpa culture by training local youths in the art of videography. This new skill can be used to document and help preserve local culture and for income generation with tourists.

Our Mid-Towners were quite captivated by the topic but the Breakfast Chatter did not hear of any one of them signing up for the GLOF Action Run. Maybe next year?



Mid-Town takes home gold!



RC Mid-Town was repeatedly called to the podium and took home 'gold' on many different counts from the Rotary District Awards Ceremony. There were cheers all around when the top prizes were announced. Congratulations to everyone who participated and to all Mid-Towners for their hard work and dedication throughout the year. Mid-Town's awards and nominations:

- RC Kathamndu Mid-Town was declared one of the 2 BEST CLUBS for the year 2008-2009 (the other club holding the same position was RC Narayanghar)
- BEST CLUB IN COMMUNITY SERVICE
- BEST CLUB IN INTERNATIONAL SERVICE
- FIST PRIZE IN ROTARY /ROTARACT RELATION
- Second Award in Participation in District Activities
- 2nd position in CAREER COUNSELING
- 2nd position in PARTICIPATION IN DISTRICT ACTIVITIES
- 3rd position in WOMEN DEVELOPMENT
- 3rd position in SERVICE TO SENIOR CITIZEN (with RC Jawalakhel Manjushree & RC Lalitpur)
- Second Prize in Contribution to the Rotary Foundation (Quantum)
- Special Recognition for Hosting Inter City Meeting on Water Management
- Special Recognition for Hosting GSE Team
- 2008-09 District Governor's Citation to Make Dreams Real Award (certificate)

The good works and the fellowship enjoyed in the carrying out of these worthy projects are the true prizes in themselves and in the words of 4-time Olympic gold medalist Jesse Owens,

"Awards become corroded, but friends gather no dust."



Awards close-up

Here is a close-up look at our awards – ask Mr. Dahal to make more space in the cupboard!



Membership News



President Rtn. RR informed us that **H E Verena Gräfin von Roedern**, the ambassador of Germany to Nepal, would soon be joining Mid-Town. The needed paperwork had been received from her home club the Rotary Club of Potsdamer Platz in Berlin Germany. In the photo below she is explaining how she is pleased to become a member of Mid-Town. A date for her formal induction to be announced shortly.

RI Convention News

See the online coverage of the RI Convention



Rotary International News -- 12 June 2009

The RI convention, which takes place 21-24 June in Birmingham, England, celebrates the accomplishments of the family of Rotary. New this year, get convention updates on RI's social networking sites. As in the past, special editions of the Weekly Update will be sent out during the convention. Key speeches from Rotary leaders and reports from the treasurer and general secretary will be available online during and immediately after the convention. Be a part of Rotary's biggest event, the RI Convention. Watch [http:// rotary.org](http://rotary.org) for regular updates.



Find out how you can enter Rotary International's first-ever official Interact video contest. Simply create a short video, three minutes or less, letting the world know what Interact means to you. Learn more details at www.rotary.org.

Mid-Town Humor



"Yeah, it's handy, but I still say the old challenge is gone."

The heights charm us, but the steps do not; with the mountain in our view we love to walk the plains."

Johann Wolfgang von Goethe (German Playwright, Poet, Novelist and Dramatist. 1749-1832)

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

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