



Breakfast Chatter

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



November 11th 2009 Weekly Bulletin Vol. 19 of '09/'10

This week's speaker

Mr. Robert Piper

UN Resident and Humanitarian Coordinator, UNDP Resident Representative for Nepal.

Robert Piper has dedicated most of his working life to understanding and addressing the development dimensions of conflict-prevention and peace-building. His career with the United Nations includes stints in Thailand, Cambodia, Fiji and Kosovo. Mr. Piper also serves as Director of the UN Information Centre.

Calendar

Date	Theme
November 18 th	Charter Night,
November 21 st	TRF Seminar

Visiting Rotarians (Ellen & John) and Interactors (during Interact week)



Special Guests at the Breakfast Meeting with Subarna, President of the Club



President (Subarna Joshi), expresses the appreciation of the club to the "*retired but not tired*" ex-Servicemen for job well done with some the Club's Community Service projects.

RI News

Investing less than US\$2 a week through the Foundation changes lives

By Antoinette Tuscano

Rotary International News -- 10 November 2009

Worldwide, Rotary Foundation Matching Grants are saving and changing lives. Since the first [Matching Grant](#) was awarded in 1965, more than US\$335 million has been distributed through more than 30,000 grants.

This is a tremendous achievement for Rotarians, who have made these grants possible through their generous donations to the [Annual Programs Fund](#), and dedicated their time and talent to help carry out projects that put Service Above Self.

[By giving \\$100](#) a year -- less than \$2 a week -- to the Annual Programs Fund through the [Every Rotarian, Every Year](#) (EREY) initiative, Rotarians become part of the Foundation's mission to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.

Here are just a few of the projects made possible through Matching Grants.

Repairing cleft palates

Australian, Dutch, and Indonesian Rotarians have helped repair cleft lips and palates for more than 2,000 children. One of the most common birth defects, clefts can interfere with eating, speaking, and breathing.

Thalca Hamid, an orthodontist from the Rotary Club of Surabaya Central, Surabaya, Indonesia, and two other club members began the project in 2001, arranging patient transportation, educating

parents about postoperative care, and providing children with books and toys. Rotarians also recruited local villagers to talk to rural families about the benefits of the surgery.

"The children and their families have unbelievable pressure and stress because many feel that such defects are a curse," Hamid says. "Previously, few in our community realized how complicated this defect is." [Read more](#).

New hope and self-esteem

The [Bitone Center for Disadvantaged Children](#), located in Kampala, Uganda, is home to two dozen children ages 8-18. Many are orphans; others have lost their homes or been estranged from their families by disease, war, or economic hardship. The Rotary clubs of Kampala-East and Traverse Bay Sunrise, Michigan, USA, are providing support with help from a Rotary Foundation Matching Grant.

By connecting children to traditional Ugandan dance, music, and theater, as well as providing shelter, food, and education, the center strives to give them new hope and self-esteem.

[Read more](#), and see some of the children perform a traditional Ugandan dance.

Without water, there is no life

In many parts of the world, people lack access to clean water, leading to disease and death. More than 3.5 million people die from water-related diseases each year, and more than 40 percent of those deaths are due to diarrhea, which UNICEF lists as the second-leading childhood killer. [Polio](#) also spreads through contaminated water.

Rotary club members have helped install 19,000 bio-sand filters, which make water safe to drink, through the Rotarian-led Children's Safe Water Alliance in the Dominican Republic. They've reached an estimated 100,000 people in 300 communities.

For seven years, more than 200 clubs in 18 districts in Canada, the Dominican Republic, the United States, and other Caribbean countries have supported the effort, as has the Foundation, with 30 Matching Grants.

- [Read more, and see a photo gallery of families helped by bio-sand filters](#).
- [Read how the Rotary Club of Carpinteria Morning, California, USA, brings safe water to communities in Mexico and Malawi](#).

We believe every Rotarian has a story about EREY. Why do you give through Every Rotarian, Every Year? Send your story to my.erey.story@rotary.org, and it might be chosen to appear in the next EREY ad in [The Rotarian](#).

[Your contributions to Every Rotarian, Every Year help make projects such as these possible](#).

Support the growth of the Interactors

Youth speak out at Rotary-UN Day

By Ryan Hyland

Rotary International News -- 10 November 2009

Former Interactor Sophia Hameed said taking part in a Rotary youth program was a life changing event, thanks to the encouragement and support she received from Rotarians.

Hameed, a member of the Interact Club of Miami High School, Florida, USA, before her graduation, shared her experience as a 2009 National Immunization Day volunteer with 1,600 attendees of

Rotary-UN Day in New York City on 7 November. Speaking as part of an afternoon youth panel, she noted how Rotary helped her initiate Project B4US (Backpacks for Underprivileged Students). She urged Rotarians to support youth programs.

"Interact and Rotary were the crux of my high school life," said Hameed, who received a standing ovation. "It is an experience that will stay with me for the rest of my life. Rotary sparked in me a passion for service."

This year's Rotary-UN Day had a special emphasis on youth, both during the afternoon youth panel, and through a separate morning program for youth interested in humanitarian service.

Anne-Charlotte Perrin, president of the Rotaract Club of Paris, joined Hameed on the afternoon panel, speaking about a microcredit project her club initiated in Madagascar. The project helped eight poor families purchase a zebu, a type of domestic cattle, as a source of income.

Ambassador Zina Andrianarivelo-Razafy, permanent representative of the Republic of Madagascar to the UN, thanked Perrin for her club's work.

"Rotary is a one-of-a-kind organization. It encourages people to become entrepreneurs. This is very important in a country like Madagascar," he said. "I would urge all clubs and districts to support youth projects like this."

"They [Rotary youth] are ready, able, and surprise us every time we hear what our Rotary youth programs are doing in communities around the world," said panel moderator Helen B. Reisler, alternate RI representative to the UN and past district governor.

Youth program

During the morning youth program, speakers from Interact, Rotaract, Rotary Youth Leadership Awards, and Rotary Youth Exchange talked about the importance of social networking as a tool to attract more people to Rotary youth programs.

Jessie Fernandez, 26, said she decided to join the Rotaract Club of San Pedro Sula, Honduras, in May because she realized something was missing in her life.

Fernandez, chair of her club's international service committee, shared some ongoing club projects with the more than 700 young people who attended the youth portion of Rotary-UN Day. She will be organizing the club's 10th annual charity soccer game in 2010, which brings celebrities from across Latin America to play. Her club will also conduct a medical project in which doctors and dentists will travel to poor villages on the Honduras-Guatemala border.

"I came here to network with my sister clubs. But I also wanted to represent my club, my district, and my country," said Fernandez. "I hope coming here will open the doors for more people to attend."

RI President John Kenny concluded the program, telling the youth: "Our future lies in the youth of today, and you are among the brightest promise for a better tomorrow. It is, of course, my sincere wish that each of you should find a place for yourselves within Rotary -- but at the very least that the ideals and service of Rotary may find a place within each of you."

- [Read more](#) about Sophia Hameed's participation in a National Immunization Day and [watch her video on YouTube](#).
- [Read more about Rotary-UN Day](#)

Mid-Town Reflection

**“Today, we are truly a global family.
What happens in one part of the world, may affect us all”. Dalai Lama**

The Sculptor's Attitude

I woke up early today, excited over all I get to do before the clock strikes midnight. I have responsibilities to fulfill today. I am important. My job is to choose what kind of day I am going to have.

Today I can complain because the weather is rainy or ... I can be thankful that the grass is getting watered for free.

Today I can feel sad that I don't have more money or ... I can be glad that my finances encourage me to plan my purchases wisely and guide me away from waste.

Today I can grumble about my health or ... I can rejoice that I am alive.

Today I can lament over all that my parents didn't give me when I was growing up or ...I can feel grateful that they allowed me to be born.

Today I can cry because roses have thorns or ... I can celebrate that thorns have roses.

Today I can mourn my lack of friends or ... I can excitedly embark upon a quest to discover new relationships.

Today I can whine because I have to go to work or ... I can shout for joy because I have a job to do.

Today I can complain because I have to go to school or ... eagerly open my mind and fill it with rich new tidbits of knowledge.

Today I can murmur dejectedly because I have to do housework or I can feel honored because the Lord has provided shelter for my mind, body and soul.

Today stretches ahead of me, waiting to be shaped. And here I am, the sculptor who gets to do the shaping.

What today will be like is up to me. I get to choose what kind of day I will have!

Have a GREAT DAY ... unless you have other plans.

submitted by Al Kalter, YE Chair, Eastwood Club

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