



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

June 17th – June 23rd 2011

Vol. 50 of '10/'11

This week's speaker

Dr. Wilma Mohr will give a short overview about her work and her life in Hetauda and the private projects she is supporting here (the homepage gives a short overview: www.Aktivinnepal.tumblr.com). Dr. Mohr will give a women's perspective about the situation of women in Nepal. At the end she will give some observations on how things could be better from her perspective.



rotaract news

Rotractors want your old things!



Tired of wearing that same old outfit? Why not recycle it with the Rotractors who will find a good home for it with some of Kathmandu's most needy. Bring the clothes you want to recycle in a bag to the breakfast meetings for the next few weeks. If you can't come then drop a line to Rtr. Pres. Anil and he will arrange a pick-up. Rotractors will also take toys, magazines, old wedding invitation cards, and other items – please check with Rtr. Anil first (aton_anil@yahoo.com).



JUNE 2011		
June is Rotary Fellowship Month		
24 June	Dr. Wilma Mohr will give a short overview about her work (see above)	
30 June		<p>Rotary Centers for International Studies in peace and conflict resolution</p> <p>Districts conduct interviews and select their candidate(s), then submit their application(s) to RI World Headquarters to arrive on or before 1 July of the year preceding the program (e.g., 1 July 2009 for programs beginning in 2010).</p>
1 July	<p>Canada Day</p> <p>French: Fête du Canada, is Canada's national day, a federal statutory holiday celebrating the anniversary of the July 1, 1867, enactment of the British North America Act (today called the Constitution Act, 1867), which united two British colonies and a province of the British Empire into a single country within the empire called Canada</p>	
4 July	 <p>Fourth of July</p> <p>is a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 4, 1776, declaring independence from the Kingdom of Great Britain. This day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, political speeches and ceremonies, and various other public and private events celebrating the history, government, and traditions of the United States.</p>	
August	AUGUST IS MEMBERSHIP & EXTENSION MONTH	
06-09 May 2012	<p>The 103rd Convention of Rotary International</p> <p>Bangkok, Thailand 06-09 May 2012</p> <p>Sign up now to get early-bird rates (only \$160 USD)</p> <p>Please see Conference Coordination Chair PP Rtn. CK for more details.</p>	

last week's speaker



HE Mr. Adam Levine, is the newly appointed chargé d'affaires of the Embassy of Israel. Adam is no stranger to Nepal, as a student he travelled the length and breadth of the country and fell in love with its people. He graced Mid-Town this week and gave a

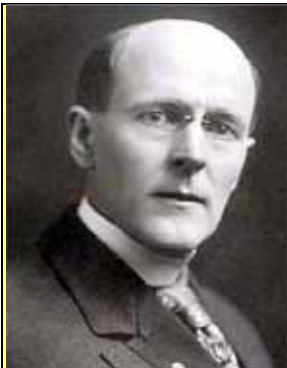
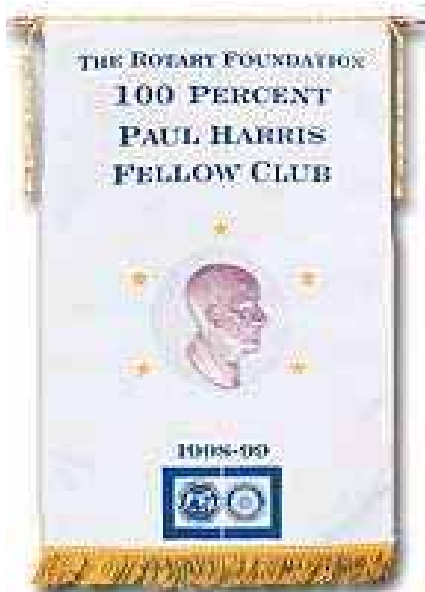
most engaging presentation that in 20 minutes covered an enormous gamut of fascinating topics ranging from his childhood in England, to his personal views on the peace deal with Egypt and how the 'Arab spring' will eventually resolve itself. He also covered the good relations that have existed between the people of Nepal and the people of Israel for the past more than 50 years. He explained how Israel tries to give development aid that it has pioneered itself in the areas of agriculture, early childhood development, and community health. As usual, our Mid-Towners were full of interesting queries and a lively question and answer session ensued.



Mid-town news

This week **Rtn. Lieutenant General (ret.) Krishna Naryan Singh Thapa** became a full-fledged Paul Harris Fellow.

With this last membership Mid-Town is now a full 100% Paul Harris Fellow Club.



Paul Percy Harris (April 19, 1868–January 27, 1947) was a Chicago, Illinois, attorney who in 1905 organized Rotary "in fellowship and friendship" with three friends. By the time of his death at the age of seventy-nine, the club had grown to more than

200,000 members in 75 countries. The club is dedicated to "service above self". In his honor, individual Rotary clubs choose **Paul Harris Fellows** who meet the high professional and personal standards set by the founder.



fellowship

June is Rotary Fellowship Month



This week Mid-Town was happy to welcome guest **Mr. Ranjit Bhansali (Jain)** (far left). Mr. Bhansali is Chairman of Fujito Pvt. Ltd, the main supplier of newsprint in Kathmandu. He was happy to report that his son Manish (a former Mid-Towner) is now stationed in Singapore where he is helping with the family business there.





A message from the president



Greetings from San Francisco.

Relaxing in San Francisco after two hectic weeks, on arrival here, still working on Rotary matters trying to complete the rewrite of the District Award report, which I managed eventually to send it with a 330 MG file with much difficulty !!!PP Mani & Rabi will agree to that.

Now, I would like to share the good news with you and our fellow Mid Town Club members through the Breakfast Chatter, a surprise announcement - Nabina and myself are now proud grand

*parents, to a beautiful baby girl - **Annabella Tara Malla**, born to Bruno & Wendy, on 29 May. Its nearly two weeks since the new addition to the family, which we all, the little girls parents, Time now just seems to fly seeing the little girl growing up. This was the reason of my long Leave of Absence from the Club activities!!.*



I am glad that all is well at your end. Will keep in touch.

Regards and best wishes.

YIR

Pratap.



On the lighter side

This chart is awesome! Everyone can use it.

Apples	Protects your heart	Prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
Apricots	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
Artichokes	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
Avocados	Battles diabetes	Lowers cholesterol	Helps stop strokes	Controls blood pressure	Smooths skin
Bananas	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
Beans	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
Beets	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
Blueberries	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
Broccoli	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
Cabbage	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps hemorrhoids
Cantaloupe	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system
Carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
Cauliflower	Protects against Prostate Cancer	Combats Breast Cancer	Strengthens bones	Banishes bruises	Guards against heart disease
Cherries	Protects your heart	Combats Cancer	Ends insomnia	Slows aging process	Shields against Alzheimer's
Chestnuts	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats Cancer	Controls blood pressure
Chili peppers	Aids digestion	Soothes sore throat	Clears sinuses	Combats Cancer	Boosts immune system
Figs	Promotes weight loss	Helps stop strokes	Lowers cholesterol	Combats Cancer	Controls blood pressure
Fish	Protects your heart	Boosts memory	Protects your heart	Combats Cancer	Supports immune system
Flax	Aids digestion	Battles diabetes	Protects your heart	Improves mental health	Boosts immune system
Garlic	Lowers cholesterol	Controls blood pressure	Combats cancer	Kills bacteria	Fights fungus
Grapefruit	Protects against heart attacks	Promotes Weight loss	Helps stop strokes	Combats Prostate Cancer	Lowers cholesterol
Grapes	Saves eyesight	Conquers kidney stones	Combats cancer	Enhances blood flow	Protects your heart
Green tea	Combats cancer	Protects your heart	Helps stop strokes	Promotes Weight loss	Kills bacteria

Honey	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fights allergies
Lemons	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
Limes	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
Mangoes	Combats cancer	Boosts memory	Regulates thyroid	Aids digestion	Shields against Alzheimer's
Mushrooms	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer	Strengthens bones
Oats	Lowers cholesterol	Combats cancer	Battles diabetes	Prevents constipation	Smoothes skin
Olive oil	Protects your heart	Promotes Weight loss	Combats cancer	Battles diabetes	Smoothes skin
Onions	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol	Fights fungus
Oranges	Supports immune systems	Combats cancer	Protects your heart	Straightens respiration	
Peaches	Prevents constipation	Combats cancer	Helps stops strokes	Aids digestion	Helps hemorrhoids
Peanuts	Protects against heart disease	Promotes Weight loss	Combats Prostate Cancer	Lowers cholesterol	Aggravates Diverticulitis
Pineapple	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhea
Prunes	Slows aging process	Prevents constipation	Boosts memory	Lowers cholesterol	Protects against heart disease
Rice	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer	Helps stops strokes
Strawberries	Combats cancer	Protects your heart	Boosts memory	Calms stress	
Sweet potatoes	Saves your eyesight	Lifts mood	Combats cancer	Strengthens bones	
Tomatoes	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart	
Walnuts	Lowers cholesterol	Combats cancer	Boosts memory	Lifts mood	Protects against heart disease
Water	Promotes Weight loss	Combats cancer	Conquers kidney stones	Smoothes skin	
Watermelon	Protects prostate	Promotes Weight loss	Lowers cholesterol	Helps stops strokes	Controls blood pressure
Wheat germ	Combats Colon Cancer	Prevents constipation	Lowers cholesterol	Helps stops strokes	Improves digestion
Wheat bran	Combats Colon Cancer	Prevents constipation	Lowers cholesterol	Helps stops strokes	Improves digestion
Yogurt	Guards against ulcers	Strengthens bones	Lowers cholesterol	Supports immune systems	Aids digestion

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

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