



Breakfast Chatter



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

October 14th, 2008

Weekly Bulletin

Vol. 13 of '08/'09

Speakers of the Week

President Eileen and Rtn. John Heasley, from RC Troy Michigan USA (RI District 6380) are in Nepal on a Volunteer Service Grant offered by the Rotary Foundation to subsidize travel for international humanitarian service which will provide a needed service or skill to a community. RC Mid Town has hosted this grant for them. They will be talking about their recent work with water projects.



President Eileen is a retired teacher from Detroit Public Schools, she has been involved in volunteer work for many years and in 2005 was awarded the City of Troy Outstanding Volunteer. Eileen is the Chairperson in the Water Resource Committee and is a certified Biosand Filter trainer. **Rtn. John Heasley** is also a certified biosand filter trainer and has been interested for a long time in appropriate technologies for rainwater harvesting. John has researched the various types of water and sanitation solutions appropriate for Nepal and has travelled to Nepal 6 times.

Calendar

Date	Theme
Oct. 15 th	DG Rtn. Tika Man Vaidya will be the Special Guest at a function to celebrate 2008 the UN International Year of Sanitation. Function to begin at 2:30PM. <u>Note to readers:</u> To put the spotlight on sanitation the UN General Assembly declared the year 2008 the International Year of Sanitation . The goal is to raise awareness and to accelerate progress towards the Millennium Development Goal (MDG) target to reduce by half the proportion of the 2,6 billion people without access to basic sanitation by 2015.
Oct. 15 th	Global Handwashing Day in support of the International Year of Sanitation.
Oct. 16 th	World Food Day
Oct. 16 th	Thursday, 2.00 PM Handing over of toilets at Necosera Village – this is a joint function with Rotaracts. The Chief Guest will be District Governor Tika Man Vidya, PPs Eileen and John Heasley (RC Troy Michigan) will also be attending. Interested Rotarians and guests pls. contact PP. Rtn. Lekha for logistics of transport, etc.
Oct. 17 th	Oct 17 th International Day of Eradication of Poverty
Oct. 17 th	Rtn. Eileen and John Heasley, of the Rotary Club of Troy Michigan, (District 6380) under TRF Volunteer Service Grant will tell of their recent work with water projects.
Oct. 24 th	United Nations Day and World Development Information Day
Oct. 25 th	TRF Seminar hosted by RC Patan (details to follow)
Oct. 26 th	Rotary Stewardship Seminar hosted by RC Durbar Square. President and TRF Chair kindly requested to attend. Details to follow.

Rotary International News



Jean Gabriel Chelala celebrates a stop along his cycling journey between Paris and Portugal. Chelala is attempting to be the first person to circumnavigate the entire globe on his own power, and is sharing his inspiration with Rotarians along the way. *Photo courtesy of Chelala.*



Past President Rtn. Ambica gave Mid-Town a glimpse into another part of her life – the work she has been doing for many years now with the Federation Business and Professional Women – Nepal (FBPWN)

The federation of Business and Professional Women Nepal (FBPWN) is a pioneer Social Professional Organization Since its inception as the Business



and Professional Women's Club in 1975, it has served as a forum to articulate the interests and problems of women in Nepal; particularly those related to working women.

Through its polytechnic and job oriented training, it offers women the opportunity to develop their professional, social and intellectual skills and increase their value in the work force. It also works towards creating institutional linkage among organizations concerned with the professional development of women. FBPWN has been affiliated with the International Federation of Business and Professional Women (IFBPW) since 1985, and was reregistered with His Majesty's Government as FBPWN in 1991.

Contact Information: Tribhuvan University, Padmakanya Multiple Campus, Ratnadeep Bhawan, Bagbazar, Kathmandu, Tel: 00 977 1 225 209 or 00 977 1 246 497.

Above PP Ambica enjoys a happy moment with her visiting son-in-law who is a Rotarian in RC Borken, Germany.



Visiting Rotarian **Prof. Dr. Gunter Burg** and **Dr. Anil Kumar Jha** enjoy a happy moment with Pres. RR and Sec. Som.

Prof. Burg told of the good work he is involved with in Nepal now that he is retired from 30 years as professor of dermatology at the University of Zurich. The collaboration has centered around work with Dr. Jha at the Nepal Medical College in Jorpati on the teaching of undergraduate and post-graduate students. Prof. Burg

is especially interested in helping people in very remote areas via telemedicine DO IT – 'dermatologu online with interactive technology'.

Contact information: Prof. Burg, burg@derm.uzh.ch; Dr. Jha, drAnilkjha@hotmail.com, 977-1-4466179.

Old Paper? Used Bottles? Put them to good use by donating to Shanti Sewa who will recycle them into paper briquettes and glass windows. If you have a good quantity of recyclable material please contact **Mr Krishna Gurung**, chairperson of Shanti Sewa who can arrange a pick-up. Right now, the centre is running under capacity and they would dearly love to have more material to work with. If your institution has a regular supply of paper or bottles a weekly pick-up can be arranged. If you would like to visit this recycling facility, Mr. Gurung can also make the arrangements. All proceeds go to benefit victims of blindness and leprosy. Contact information: shantiseva@wlink.com.np.

Preparations for World Food Day, October 16th 2008



The connection between hunger and poverty is the theme of World Food Day 2008 and Mid-Town's intrepid Rotaracts have been making preparations. They have collected food rations from the generous people of **Paanga, Kirtipur and Naikap**.

On September 13th, 5 Rotaracts /20 Interacts/teachers and



volunteers collected more than 50 kg of rice and Rs 452 in cash from the good people of Paanga. In Kirtipur 5 Rotaracts/9 Interact/students and 48 teachers participated in an event coordinated by Rtr. Lava Shrestha and Interact Neera Maharjan during which over 80 kg (3 bags) of rice and Rs. 1215 in cash were collected. In the town of Naikap over of 50 volunteers (Rotaract 2 /members of Local club Naikap Janahit Samuha /Students of Vidya Mandir) participated in an event co-ordinated by Rtr Anil Shrestha /Rtr Sanjay Shrestha. During this event 81 Kgs of rice and over 75kgs of waste paper were collected.

A great generosity was shown by all those Rotarians, Rotaracts and Interacts who volunteered and by villagers who with great magnanimity donated of their supplies of rice to help those less fortunate than themselves. The collections were conducted in a great spirit of camaraderie and fellowship. For the younger students and teenagers this was a wonderful introduction to the good works done on a regular basis by Rotary and it also helped to promote the involvement of youth in Rotary. Congratulations to all who participated!

Rotractors bring SODIS Drinking Water to a Bagmati Community

On Saturday morning October 5th October, 10 Rotractors assembled at Paurakhi gaun, (Thapathali slum area) alongside the Bagmati River to explain the SODIS method to the local residents. The photos show Rotractors sampling the local water, delivering SODIS bottles and demonstrating correct procedures in the school room of the Mechi Mahakali School. One old woman quickly put these two plastic bottles on her roof immediately after the lecture.



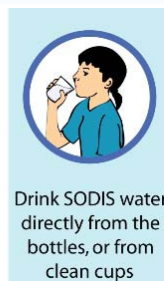
What is SODIS?

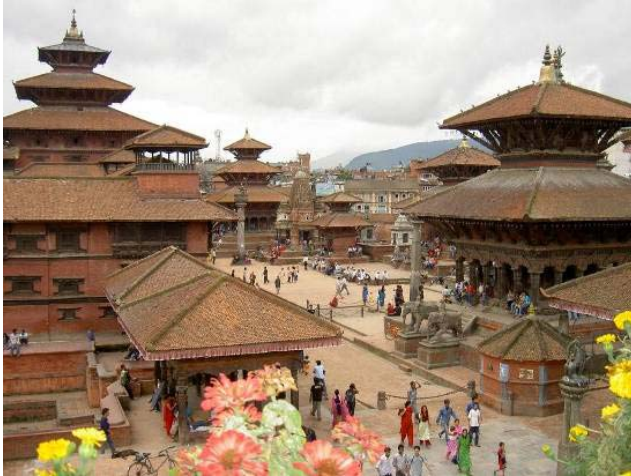
Solar water disinfection, also known as SODIS is a method of disinfecting water using only sunlight and plastic PET bottles. SODIS is a cheap and effective method for decentralized water treatment, usually applied at the household level and is recommended by the World Health Organization as a viable method for household water treatment already applied in numerous developing countries.

How does it work?

Exposure to sunlight has been shown to deactivate diarrhea-causing organisms in polluted drinking water. Three effects of solar radiation are believed to contribute to the inactivation of pathogenic organisms. UV-A interferes directly with the metabolism and destroys cell structures of bacteria. UV-A (wavelength 320-400nm) reacts with oxygen dissolved in the water and produces highly reactive forms of oxygen (oxygen free radicals and hydrogen peroxides), that are believed to also damage pathogens. Infrared radiation heats the water.

Guidelines for the application at household level





Mid-Towners Take a Walk

Several Mid-Towners were happy to join in the Patan heritage held on Saturday September 27th. The 3 hour tour around the old cultural sites of Patan was a great way to relax, get a little exercise and learn something of the heritage of Patan - and enjoy some fellowship as well. The sites of interest included a temple which has the power to locate anything which has been lost. Are there any misplaced old girlfriends/husbands out there needing to be found?

Mid-Town Humour



Quote of the Week

The nice thing about being a celebrity is that when you bore people, they think it's their fault.

Henry Kissinger

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

Breakfast Chatter editor: Dr. Isabella C. Bassignana Khadka at email: isa@mos.com.np