



Breakfast Chatter



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

February 3rd, 2009

Weekly Bulletin

Vol. 28 of '08/'09








This Week's Speaker



Dr. Hem Sagar Baral is Nepal's first ornithologist with a Ph.D. on birds from University of Amsterdam. He is currently Chief Executive Officer of Bird Conservation Nepal and is the founder and president of Himalayan Nature. He will talk to us on the discovery of a new sub-species of Rufous-vented Prinia in Nepal.



Calendar

Date	Theme
Feb. 2 nd	GROUNDHOG DAY Groundhog Day is a traditional festival celebrated in the USA and Canada on February 2. Tradition states that one must observe a groundhog's burrow on this day. If the groundhog emerges and fails to see its shadow because the weather is cloudy, winter will soon end; however, if the groundhog sees its shadow because the weather is bright and clear, it will be frightened and run back into its hole, and the winter will continue for six more weeks. 
Feb 3 rd	Mid-Town site visit to Lamjung – contact Rtn. Pratap for details.
Feb. 6 th ,	 Visiting Rotarian and Past President, Mary Rohlfling, from the RC East Anchorage, Alaska Visiting guest Jay Jackson from Helping Hand for Nepal
Feb. 14 th	  <p>!!!! Note: change of date !!!!!</p> <p>Mid-Town's 'Climbing Wall' Outing</p> <p>Mid-Town Rotarians and Rotaracts and families are invited to a fun morning at the climbing wall. Join us at 11 AM. lunch will be served after climbing.</p> <p>How to get there: Take the small road behind the Malla Hotel that leads to Thamel Chowk; about mid-way down this road look for a sign that says 'Asian Trekking' and 'Consulate of Belgium'. Parking is limited. Maybe park at the Hotel Malla and walk. If you get lost call Jo Logghe at: 9851032785</p> 
Feb. 28 th	Preventative Health Camp – LELE. Date tentative – details to follow.
March 6 th	 Joint meeting with Mid-Town Rotaracts
March 13 th	Naveen Mangal Joshi , a water resources engineer who has 30 years working experience in the field with talk about this past summer's Koshi barrage.
March 20 th	Club Assembly
March 27 th	Ms. Neeva will talk on "Stress Management & Art of Living".
April 3 rd -5 th	 First District Conference of Rotary International District 3292, Nepal, Venue: Nepal Academy, Kamladi

Joint Meeting of RC Kathmandu Mid Town and RC Balaju



Prof. Batuk Rajbhandari, founder and Chairperson of SGCP, and Rtn Bimal Shrestha Managing Director of SGCP, were our guest speakers this week.

What is Cerebral Palsy?

Cerebral palsy a common cause of motor disability during infancy and early childhood is highly prevalent in Nepal. Since 1987 SGCP has been helping both the children and their parents. This organisation provides support to over 1000 SP cases each year.

Cerebral palsy is an umbrella-like term used to describe a group of chronic disorders impairing control of movement that appear in the first few years of life and generally do not worsen over time. The term cerebral refers to the brain's two halves, or hemispheres, and palsy describes any disorder that impairs control of body movement. Thus, these disorders are not caused by problems in the muscles or nerves. Instead, faulty development or damage to motor areas in

the brain disrupts the brain's ability to control adequately movement and posture.



Self-help Group for Cerebral Palsy
PO Box 8975 EPC 1387, Kathmandu, Nepal
Tel **977-1-5573699/5573030** and **4218918**
Cell: **98510 42469** (CEO), sgcp@mail.com.np

Symptoms of cerebral palsy lie along a spectrum of varying severity. An individual with cerebral palsy may have difficulty with fine motor tasks, such as writing or cutting with scissors; experience trouble with maintaining balance and walking; or be affected by involuntary movements, such as uncontrollable writhing motion of the hands or drooling. The symptoms differ from one person to the next, and may even change over time in the individual. Some people with cerebral palsy are also affected by other medical disorders, including seizures or mental impairment. Contrary to common belief, however, cerebral

palsy does not always cause profound handicap. While a child with severe cerebral palsy might be unable to walk and need extensive, lifelong care, a child with mild cerebral palsy might only be slightly awkward and require no special assistance.

RI President's February Message

Dear fellow Rotarians,

I grew up in a small village, the same village where my family had lived for many generations. I lived close to many members of my extended family, and our family traditions were very strong. In those days, few Koreans ever traveled abroad, and there was very little Western influence. My home, my language, and my culture were all I knew.

When I was in my 20s, I made a decision that would shape the rest of my life. With my father's encouragement, I traveled to the United States to work and to study. I chose San Francisco as my destination and spent nearly two years there, taking classes and learning English. I made my way working at several entry-level jobs.

It is difficult even today to describe what an impact that experience had on me. Everything, and everyone, was different. I was used to seeing only Korean faces; in San Francisco, I saw people from all over the world. I worked hard on my English and in my job. I learned what it was like to be the person who did not understand, who cleaned up after others, who took orders but never gave them. I learned how large the world outside my village really was. And those experiences sent me back to Korea changed.



When I returned to join my father's business in Seoul, I knew what it was like to be a worker at the bottom of an organizational hierarchy – and that affected how I treated my employees. I knew what it was like to do physical labor all day – and that gave me increased respect for those who worked in every kind of job. Perhaps most important, I knew how much of the world lay beyond my own experience. I knew that there were so many different countries and cultures, so many different people in the world. I knew that as much as we are all different, we are all essentially the same. And I knew that everyone, everywhere, sometimes needs help from others.

In Rotary, February is World Understanding Month – a time to focus on the importance of goodwill and understanding for peace. It is a time for all of us to pause and consider how we are pursuing Rotary's fourth Avenue of Service – International Service – because it is our international service, and our international fellowship, that will do the most to help us all build a more peaceful tomorrow.

Dong Kurn (D.K.) Lee

President, Rotary International

News from RC Borken



Rtn. Remigius Einhaus (RC Borken) sent us the good news that RC Borken is considering to increase the amount for the scholarship for children in Ramkot from annual Euro 360, to annual Euro 720,-- plus 280,-- for the nurses and to support you in financing the computer lab in the school. Of course the amount for which the RC Borken will be participating has not yet been decided, but early indications are very positive.

Remy, thank you for your kind consideration and good work on our behalf – we are very pleased and grateful!

Mi-Town goes to Lamjung

Mid-Town site visit

The 'Lamjung' portion of the MG # 63246 Girl Child Education Project Gorkha/Lamjung will be inaugurated on 3 Feb. 2009. As with the Gorkha portion, let us try to have a good attendance as our Club commitment is much appreciated by the local community there. Contact Rtn. Pratap.

Highlights from the e-mails of Rotarian Hans Martin Scheuch,

'...I may give you my very best acknowledgement for this report. I see that you are looking clearly to all the necessary steps which had to be done. I am also impressed how you could make the update of the budget for the expenses to come. For the time to come I wish you the very best progress in implementing this wonderful project.

It was a surprise to receive these photos (below) of your activity in Gorkha. I thank you very much for making us participating at this very good project. Everything looks orderly prepared and is really impressing. Also I saw that many Club-members made the trip to this village, it is encouraging to see the engagement of you, the RC Kathmandu-Mid-Town and his president.

I am looking forward to receive occasionally further informing news.

I thank you and send warm greetings "



Mid-Town
in Gorkha

Rotary goes to the Oscars

Documentary on polio eradication receives Oscar nod

By Ryan Hyland RI News -- 26 January 2009



In a week when Rotary International and the Bill & Melinda Gates Foundation announced millions more in funding toward polio eradication, a short documentary film, *The Final Inch*, received an Academy Award nomination on 22 January for its intimate look at the massive mission to rid the world of the crippling disease.



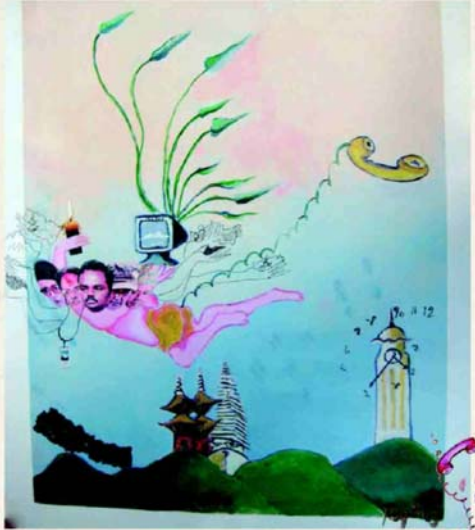
Nominated in the documentary short subject category, *The Final Inch*, a 38-minute film commissioned by the philanthropic division of Google, chronicles the

challenges health organizations and governments face during the final stages of polio eradication.


Director and producer Irene Taylor Brodsky captured workers immunizing children in the poorest slums of India and Pakistan in 2007. In several scenes Rotarians were filmed working during a National Immunization Day on 22 April. Led by M.S. Jain, past governor of District 3100, NID volunteers administer polio vaccination drops to children in Meerut Samrat, Uttar Pradesh, India.

Mid-Town Art Corner

"Love in the Air" an exhibition of paintings by Ms. Ragini Upadhyay-Grela will open on Sunday Feb. 8th at the Siddhartha Gallery, Baber Mahal Revisited. The exhibition will be opened by Rotarian Dr. Alexander Spachis (Minister- Counsellor Cahrge d'Affairs a.i. European Union).



New Nepal



20th Century Sawal


Siddhartha Art Gallery
presents an exhibition of mixed media art works

Love in the Air
by the eminent artist
Ms. Ragini Upadhyay - Grela

Dr. Alexander SPACHIS
Minister - Counsellor, Charge d'affaires a.i. European Union
has kindly consented to open the exhibition
on Sunday 8th February 2009 at 5:30 pm.

The Exhibition will continue till 8th March 2009
Gallery Hours: Sunday - Friday 11:00 am - 6:00 pm, Saturday 12:00 Noon to 4:00 pm

Baber Mahal Revisited, Kathmandu, Tel: 4218048 / 4438979
Email: sthapa@mos.com.np, Web: www.siddharthartgallery.com



HIMALAYAN GENERAL INSURANCE CO. LTD.
www.hgi.com.np

Your Security, Our Concern

Mid-Town Humour



"Nurse, get on the internet, go to SURGERY.COM,
scroll down and click on the 'Are you totally lost?'
icon."

Please send information/suggestions/photos for the next volume to:
Breakfast Chatter editor: Dr. Isabella C. Bassignana Khadka at email: isa@mos.com.np