

THE BREAKFAST CHATTER

The Weekly Bulletin of the **Rotary Club of Kathmandu Mid-Town** - Volume No. 10/01 for # 839 June, 16th 2006

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DEAR MIDTOWNERS ► FRIENDS IN ROTARY

Dear friends in Rotary!

On Sunday we have met with RC Rajdani in Radisson. It was a nice meeting especially as some faces missed since long from our club showed up. We impressed our hosts by having so many past presidents with us, beside our present and immediate future one. Although the number of members showing up altogether wasn't exciting, still we were 17 against 25 at least not too bad.

The speaker was Mr Kahane, the head of the UN Mission to Nepal, who gave a speech in which he lauded the country being strong enough to survive even a 19 days complete standstill like this year. Nepal has had certainly more than enough bandhs and jaka jams since mid of last year, but this experience of 19 days "hefty holiday" was obviously impressive for him.

But he made also clear, that UN will only be ready to come into the present ongoing peace efforts, if there is a clarity on the targets of the Constituent Assembly between all parties. According to him right now it looks a bit undetermined, as it's not clear if the CA is going to develop a new constituency or just to adopt what has been already put forward by the present HoR. In addition all parties should be clear on what kind of intermediation they want and only then any outside party will be able to start thinking if it makes sense to take over such a role.

By the way. The breakfast in Radisson will give us a chance to host our friends from Rajdani in Annapurna without an excuse on the quality of our food, when they as expected reciproke next Rotary year. Honestly the breakfast in Annapurna is at least slightly better.

This time our RI chapter is focused on the opening of the 101 RI convention in Copenhagen/Malmoe. Under other topic you will find this time some ideas on friendship coming from youngsters.

Hope you will enjoy reading. Until next time,

Walter

SPEAKERS OF THE WEEK ► OPEN

THEME Our next meeting will be on coming Friday **16th.June**. It's the last club assembly of this Rotary year. So please come.

UPCOMING SPEAKERS ► PREVIEW

DATE	SPEAKER	THEME
23 rd June	Sangeeta Thapa, MD Siddharta Gallery	Art scene in Kathmandu
30 th June	Sadhana Shrestha, Ashoka country Representative	Social entrepreneurship

THE MIDTOWN CLUB ► NEWS AS THEY COME IN

Rotary World Peace Fellowship candidates for 2007-09

Please begin the process of selecting Rotary World Peace Fellowship candidates for Class VI (2007-09). Submission of applications for the Rotary World Peace Fellowship should be forwarded to Evanston by July 1, 2006. It is targeted to get overall a pool of 500 applications which will enable the Rotary Centers Committee to select the top 60 applicants with superior qualifications.

For more information please refer to the Rotary Centers website for a timeline:

http://www.rotary.org/foundation/educational/amb_scho/centers/application/timeline.html

Ramkot Clinic Visit: kindly check the Ramkot Roster for your turn.

If you have any question, contact Rtn. Dr Rabindra Shrestha (4469063, email: drrs@wlink.com.np)

The doctor is Dr. Khagendra Gurung. Mobile No : 98510- 83044 Phone: 4287899

If you have any question, kindly let our fellow Ramkot Coordinator Rtn. Rabindra know.

Doctor is Khagendra Gurung mobile: 9841-231619, residence: 4287899 call him Friday latest.

A WORD ON ROTARY ► WE CAN MAKE A DIFFERENCE

Nordic co-hosts kick off historic Rotary convention

By Joseph Derr Rotary International News Photo by Alyce Henson

Thousands of Rotarians continue arriving each hour from some 130 countries for the capstone event of Rotary's 101st year, the 2006 RI Convention in Malmö, Sweden, and Copenhagen, Denmark. This meeting stands as the first Rotary convention occurring in two countries and two cities.



To traverse the two cities, Rotarians crossed the Øresund Bridge — an apt symbol for the convention whose theme is Bridging the World — bringing with them pins, typical national dress, and lots of ideas. Interactive discussions and workshops on topics ranging from literacy to The Rotary Foundation are peppered throughout the meeting's agenda.

Special guests will also make this convention an unforgettable experience. Rotary's guests in this global celebration of friendship across borders will include Crown Prince Frederik of Denmark and his wife, Crown Princess Mary, who will add to the pageantry and color of the opening ceremony. The royal couple also plans to visit some of the dozens of Rotary project booths featured at the convention. Speaking on Monday, 12 June, will be Sister Ethel Normoyle, a Catholic nun and honorary Rotarian, who is acclaimed for her humanitarian work in South Africa. Local Rotary clubs support Sister Ethel's work of helping families in an impoverished community on the outskirts of Port Elizabeth, which is an area ravaged by extreme unemployment, HIV/AIDS, and other problems.

Economist and aut Nordic co-hosts kick off historic Rotary convention

By Joseph Derr Rotary International News Photo by Alyce Henson
Jeffrey D. Sachs gives a keynote address on water, health, and hunger, areas that recently have been a prime focus for Rotary International presidents. Sachs directs the United Nations Millennium Project, which is dedicated to finding strategies to reduce extreme poverty, disease, and hunger by the year 2015.

Two Rotaractors, from Sweden and Denmark respectively, will address Rotarians on Tuesday, 13 June, sharing their vision for how Rotary builds bridges of understanding, friendship, and peace in a world marked by conflict and fear.

Rotary Youth Exchange leaders look to the future

By Joseph Derr Rotary International News Photo by Monika Lozinska-Lee

Malmö, Sweden — Rotary Youth Exchange is an outstanding program, said Denmark's minister of education, Bertel Haarder. In the Konserthuset in Malmö, Sweden, Haarder spoke before a crowd of nearly 400 Rotary Youth Exchange Officers from some 45 countries during the group's annual preconvention meeting.

Founded more than 75 years ago, Rotary Youth Exchange is one of Rotary's most recognizable programs in many communities around the world. And in Denmark, it also is highly successful, according to a recent government survey there.

In his keynote address, Haarder reported that exchange students in Denmark rated Rotary Youth Exchange the best program of its kind in terms of overall experience, host families, and preparation. "Rotary is at the very top of the list," Haarder said.

Despite the program's obvious successes here and in many parts of the world, global challenges remain. Rotary clubs need to attract and prepare students with strong potential. In addition, families need to be well-prepared for the intercultural experience. And Rotary clubs need to strive to understand today's youth culture.

Teens of today



Two eye-opening presentations got Rotarians thinking and talking. In the first, sociologist Jesper Bo Jensen profiled the teens of today as well as talked about some alarming trends. Jensen said that today's teens are very gregarious, belonging to large groups of up to 200, but communicate mainly through technology such as cell phones, Internet chat rooms, personal pages, and online games. Some types of online communities, however, concern both host families and birth parents.

"Rotarians know how to build networks, and we can help young people find good ones," said Simon Kirk, of the Rotary Club of Ilkast, Denmark, in the second talk. Kirk urged officers to examine how the exchange program can stay relevant to the youth of today and tomorrow. Balancing students' expectations with the realities of the host country is critical, he said.

In addition, officers discussed the program's new certification process, alternative exchange projects, dealing with crises, and recruiting strategies. Participants emerged with better tools to keep Rotary Youth Exchange moving forward in Rotary's second century.

RI President Carl-Wilhelm Stenhammar, an enthusiastic Youth Exchange supporter, was unable to attend due to a concurrent RI Board meeting, but sent a written statement.

"Youth Exchange shows the world a glimpse of a future without conflict, without war," Stenhammar's statement read. "I believe deeply that this program is one of Rotary's best solutions to building world peace.

OTHER TOPICS

A few days ago I found the results of a brainstorming session on friendship. What I found was great and I'd like to join these outcomes with you.

Some Most important words

The six most important words: "I admit I made a mistake."

The five most important words: "You did a good job."

The four most important words: "What is your opinion."

The three most important words: "If you please."

The two most important words: "Thank you."

The one most important word: "WE"

The least important word: "I"

Friend That's Always There

If I could catch a rainbow I would do it just for you

And share with you it's beauty on the days you're feeling blue

If I could build a mountain you could call your very own

A place to find serenity A place to be alone.....

If I could take your troubles I would toss them in the sea

But all these things I'm finding are impossible for me

I cannot build a mountain or catch a rainbow fair

But let me be what I know best A friend that's always there

MY DIALOGUE

Every little hello, every little smile, every helping hand saves a hurting heart. Pass it on. With this also comes the token that says that YOU are special. There's a miracle called "Friendship" that dwells in the heart. You don't know how it happens Or when it gets started but, you know the special lift it always brings and you realize that Friendship Is God's most precious gift!

Friends are a very rare jewel, indeed. They make you smile and encourage you to succeed. They lend an ear, they share a word of praise, and they always want to open their heart to us. Show your friends how much you care. Show your friends how much you appreciate them and what they mean to you!!!!!!

Simple v Real Friendship

A simple friend identifies himself when he calls.

A real friend doesn't have to.

A simple friend opens a conversation with a full news bulletin on his life.

A real friend says, "What's new with you?"

A simple friend thinks the problems you whine about are recent.

A real friend says, "You've been whining about the same thing for 14 years. Get off your duff and do something about it."

A simple friend has never seen you cry.

A real friend has shoulders soggy from your tears.

A simple friend doesn't know your parents' first names.

A real friend has their phone numbers in his address book.

A simple friend brings a bottle of wine to your party.

A real friend comes early to help you cook and stays late to help you clean.

A simple friend hates it when you call after he has gone to bed.

A real friend asks you why you took so long to call.

A simple friend seeks to talk with you about your problems.

A real friend seeks to help you with your problems.

A simple friend wonders about your romantic history.

A real friend could blackmail you with it.

A simple friend, when visiting, acts like a guest.

A real friend opens your refrigerator and helps himself.

A simple friend thinks the friendship is over when you have an argument.

A real friend knows that it's not a friendship until after you've had a fight.

A simple friend expects you to always be there for them.

A real friend expects to always be there for you!

Friendship Saviour

Mark was walking home from school one day when he noticed the boy ahead of him had tripped and dropped all of the books he was carrying, along with two sweaters, a baseball bat, a glove and a small tape recorder. Mark knelt down and helped the boy pick up the scattered articles.

Since they were going the same way, he helped to carry part of the burden. As they walked Mark discovered the boy's name was Bill, that he loved video games, baseball and history, and that he was having lots of trouble with his other subjects and that he had just broken up with his girlfriend.

They arrived at Bill's home first and Mark was invited in for a Coke and to watch some television. The afternoon passed pleasantly with a few laughs and some shared small talk, then Mark went home. They continued to see each other around school, had lunch together once or twice, then both graduated from junior high school. They ended up in the same high school where they had brief contacts over the years.

Finally the long-awaited senior year came and three weeks before graduation, Bill asked Mark if they could talk. Bill reminded him of the day years ago when they had first met. "Did you ever wonder why I was carrying so many things home that day?" asked Bill. "You see, I cleaned out my locker because I didn't want to leave a mess for anyone else.

I had stored away some of my mothers sleeping pills and I was going home to commit suicide. But after we spent some time together talking and laughing, I realized that if I had killed myself, I would have missed that time and so many others that might follow. So you see Mark, when you picked up those books that day, you did a lot more, you saved my life."

Friendship Means...

You know you have a friend for life when they answer the phone at one in the morning because you can't sleep and have a lot on your mind, and they don't mind talking about nothing to get your mind off everything.

They spare some time to spend with you.

When you know that if something bad happened to you they'd be there for you, no questions asked. When you can look at them when some thing is wrong and they know it just by the look in their eyes and all they have to do is offer a hug and you feel a thousand times better.

When you know that they'd never lie to you, and would never hurt you and if they did it would only be for your betterment.

They can make you laugh when skies are the darkest, and they're there with a good movie and some popcorn when you're totally depressed.

And even if you're a thousand miles apart, it doesn't matter because what you share with this friend is so much deeper than what lies on top that distance plays no role in your friendship.

Friendship is when they push when you need it, but never too hard; and stand back when the time is right but never too far.

And the true test of friendship is if you're willing to do it all back in a heartbeat.

When your life is so much better because you know them, and they bring out the best that is within.

NOW READY FOR A HEALTHY LAUGHTER?

Male whale and a female whale were swimming off the coast of Japan when they noticed a whaling ship. The male whale recognized it as the same ship that had harpooned his father many years earlier.

He said to the female whale, "Let's both swim under the ship and blow out of our air holes at the same time. It should cause the ship to turn over and sink." They tried it and sure enough, the ship turned over and quickly sank.

Soon however, the whales realized the sailors had jumped overboard and were swimming to the safety of shore. The male was enraged that they were going to get away and told the female "lets swim after them and gobble them up before they reach the shore."

At this point, the female becomes reluctant to follow him. "Look," she said, "I went along with the blow job, but I absolutely refuse to swallow the seamen!"

A butcher in his shop notices a dog in the shop. He shoos him away. But later, he notices the dog is back again. So he goes over and notices he has a note in his mouth. He takes the note, which reads "Can I have 12 sausages and a leg of lamb, please.

The dog has money in his mouth, as well."

The butcher looks inside and behold there is a ten pound note there. So he takes the money, and puts the sausages and lamb in a bag, placing it in the dog's mouth.

The butcher is very impressed, and decides to shut up shop and follow the dog. So off he goes.

The dog is walking down the street, when he comes to a level crossing. The dog puts down the bag, jumps up and presses the button. Then he waits patiently, bag in mouth, for the lights to turn. They do, and he walks across the road, with the butcher following him.

The dog then comes to a bus stop, and starts looking at the timetable. The butcher is in awe at this stage. The dog checks out the times, and then sits on one of the seats provided.

Along comes a bus. The dog walks around the front, looks at the number, and goes back to his seat. Another bus comes. Again the dog goes and looks at the number, notices it's the right bus, and climbs on. The butcher, by now open-mouthed, follows him onto the bus.

The bus travels through the town and out into the suburbs, the dog looking at the scenery. Eventually he gets up, and moves to the front of the bus. He stands on 2 back paws and pushes the button to stop the bus. Then he gets off, his groceries still in his mouth.

Well, dog and butcher are walking along the road, and then the dog turns into a house. He walks up the path, and drops the groceries on the step. Then he walks back down the path, takes a big run, and throws himself -Whap! against the door. He goes back down the path, runs up to the door and -Whap!- throws himself against it again. There's no answer at the house, so the dog goes back down the path, jumps up on a narrow wall, and walks along the perimeter of the garden.

He gets to the window, and beats his head against it several times, walks back, jumps off, and waits at the door.

The butcher watches as a big guy opens the door, and starts laying into the dog. Kicking him and punching him, and swearing at him.

The butcher runs up, and stops the guy. "What the hell are you doing? The dog is a genius. He could be on TV, for heaven's sake!" to which the guy responds... "Genius me butt - this is the second time this week that he's forgotten his key!"

That's for today and see or hear from you soon. **Walter** and **Navyo**

SEE YOU ALL **COMING FRIDAY** ► YOURS IN ROTARY - CSD RTN. **WALTER** DILLER

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