



breakfast chatter



Weekly bulletin of the Rotary Club of Kathmandu Mid-Town
District 3292, Club 26776, Chartered 18 Nov. 1989; 'Best Club' in Nepal 2009/2010

Aug. 27th - Sept. 2nd 2010

Vol. 9 of '10/11

थीस वहेरुइ स्पेकर

Making Synergy To Improve the Quality of Life



Please join us this week when **Prof. Dinesh Chapagain** will discuss how to 'Lead a Better Life Quality'. Industrial Engineer and Manager by profession, Dinesh P. Chapgain is a firm believer of Quality for overall performance of the nation, society, organizations and individuals. He tells us that the life quality of a person can be enhanced through making synergy of three highest levels of distinctive personalities of human being. Humans can be distinguished individually by seven levels of their existence, which are: in most obvious form like body, breath, mind, intellect, memory, ego and most subtle form soul. Three subtle parameters of individual existence, which are memory, ego and soul are directly related with the person's education, emotion and ethics. For more information see: www.dineshchapagain.com.np.





दीइरिक्ट नद्वइ

RC Patan Celebrates 25th Anniversary

On the 29th of August RC Patan celebrated its 25 year anniversary. A BIG congratulations to RC Patan Pres. Dr. Prakash Raj Regmi and all of the RC Patan members. RC KTM Mid-Town wishes you all the best for the next 25 years! Keep up the good work.



calendar

date	theme
<p align="center">September is Rotary 'New Generation' Month</p> <p align="center">Some say it could be called "the month of our future" because investing in our youth is our future.</p>	
1 Sept.	<p>Sri Krishna Janmastami (<i>Krishna Jayanti or Janmashtami</i>) is the birth of Lord Krishna, one of the ten incarnations of the Lord Vishnu. Hindus celebrate this festival with much fanfare and temples are profusely adorned on this day. Devotees of the Lord Krishna fast and visit temples to receive the darshan of their Lord. Hindus consider this a day of great rejoicing and recite the 'Bhagavataam' (Bhagwat Ramayan, the story of Lord Krishna).</p> 
8 Sept.	 <p>२३ भाद्र Gokarna Aunsi</p> <p>The most auspicious day to honour one's father is <i>Gokarna Aunsi</i> (also called <i>Kuse Aunsi</i>). It falls on the dark fortnight of Bhadra. On this day children show their gratitude and appreciation for his guidance and teachings in life. Sons and daughters come with presents to spend the day with their fathers. Young children spend their hoarded coins on presents and streets are a gay scene of married daughters on their way to their parents' home with delicacies.</p>
8 Sept	 <p>International Literacy Day, presents an opportunity for clubs and districts to increase their focus on literacy efforts in their communities and around the world. Rotary clubs at both the community and international level have helped to build literacy centers, develop training materials, mentor students, and provide books and educational tools.</p>
8 Sept.	<p>Rosh Hashanah is a Jewish holiday commonly referred to as the "Jewish New Year." It is ordained in the Torah as 'a memorial with the blowing of horns'. Rosh Hashanah is the first of the High Holidays which are days specifically set aside to focus on repentance; these days conclude on Yom Kippur.</p> <p>A shofar made from a ram's horn (right).</p> 
10 Sept.	RC KTM Mid-Town Club Assembly # 2 (tentative)
17 Sept.	RC KTM Mid-Town 'Fellowship Dinner' (see Rtn. Govinda for details)
23 Sept.	<p>Rotary/Rotaract Literacy Project. Venue: 2:-4:PM Jana Sewa Higher Sec. School. Chief Guest: our DG Tirtha Man Shakaya (contact for details: aton_anil@yahoo.com)</p>
24 Sept.	Visit of DG Tirtha Man Sakya to RC KTM Mid-Town
1 Oct.	 <p>Rotary Club of New Road City is organizing its 2nd Rotary Mega Musical Nite-2010 great music from the "HEART BRAKERS BAND & Karaoke". Regal Ballroom - Hotel Yak and Yeti. For more information please contact Chairperson Dr. Harsha Ratna Shakya at Cell: 98510-21413 or upinc@wlink.com.np</p>

Nepal's 'singing nun comes to Mid-Town



This week Mid-Town was fortunate to have **Ani Choying Drolma** as its guest speaker. While she is greatly revered for her crystal clear singing voice what is perhaps less well known is what a humble and inspiring person and what a great humanitarian she is. As Rtn. Kul put it – Ani Choying is truly Nepal's greatest cultural ambassador. During her talk she shared with Mid-Town some thoughts on the 'roll back violence campaign' -*himsa antya abhiyan*. Everyone can contribute to bringing peace to the world ---instead of cursing the darkness why not light a candle by yourself?

Even though it may seem obvious that it is not possible to dispel violence with more violence it is surprising how many in the world cannot put this thought into practice. She put it quite concisely when she said that if the person next to you is at peace you also feel at peace – it affects you – why not try to propagate this simple concept? Of course we take it as natural to be kind to our family and friends – but why not stretch a little bit and extend this kindness also to strangers. She suggests: maybe change slowly? She shared her teaching: always have an awareness of what you are doing and even to the lowliest – even to animals - why not connect with feeling and emotion? With just a little effort we can bring a big satisfaction and happiness to others. All beings wish for meaningful happiness – she concluded by wishing all of us 'I wish you the causes of happiness.'

Our Pres. Pratap summed it up by saying that with a little bit more common sense and simplicity the world would be a better place.



interact नवम्बर

Second annual Interact video contest

Enter Rotary International's 2010 Interact Video Contest.

By Arnold R. Grahl (adapted)

Grab a camera and create a short video about this year's theme, "**How do you Interact?**", for a chance to have your entry featured at www.rotary.org and to receive a certificate signed by RI President Ray Klinginsmith.

The contest gives participants the opportunity to tell the world about the impact Interact has made on their lives, while bringing Interactors and Rotarians closer together.

To enter the 2010 video contest, create an account on YouTube and upload your video. Then submit the contest entry form by e-mail, fax, or post by 11:59 p.m. Central Standard Time on **1 December**.

All Interact club and sponsor Rotary club members are eligible to enter. Interactors must be 12 years of age or older to enter. The grand-prize winner's video will be featured on the RI website. First-prize winners will have their videos featured on the Interact video contest channel on YouTube. All winners will receive a personalized certificate signed by RI President Ray Klinginsmith.





Joint Meeting with Rotaract Club of Kathmandu”-

On Aug. 1st our Rotaractors held a joint meeting with **Rotaract Club of Kathmandu** – this helped to give a special meeting to



World Friendship Day. Rotaract special friend **Antonio Sotares** from Spain was also in attendance. The meeting was held at Rotary Hall, Thapathali from 8:30 am to 9:30. During the meeting, a friendship greeting was presented to Rotaract Club of Kathmandu. District Differently Abled Coordinator and Immediate Past President **Rtr Anil Shrestha** was also present at the meeting.

Dance party and talent show marking International Friendship Day

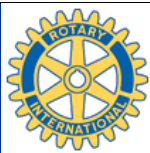


International Friendship Day was celebrated by organizing a dance



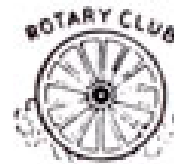
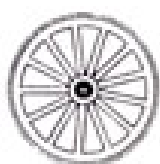
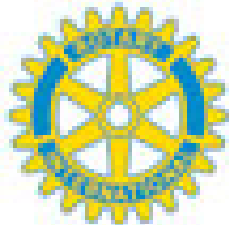
party and talent show on 1st August at Rotary Hall, Thapathali from 4-7:30 PM. The four Rotaract Clubs namely: Rotaract Club of Kathmandu Mid-Town, Rotaract Club of Kathmandu,

Rotaract Club of Dillibazar, Rotaract Club of Patan West organized the program. The dance party was attended by almost 150 participants including Rotaract District Officials DRR Rtr Srijan Shrestha, District Secretary Rtr Amit Bajracharya and others. Ah... to be young again!



Historic Moments: Rotary's emblem

By Susan Hanf and Joe Derr (adapted)



The Rotary emblem, unchanged since 1924, was redesigned many times in the early years of the organization.

In 1905, Montague M. Bear, an engraver and member of the Rotary Club of Chicago, sketched a wagon wheel with 13 spokes. When fellow club members began to complain that the design was static and lifeless, Bear added flourishes that made the wheel appear to ride on a bed of clouds. Unfortunately, some members felt the clouds looked like dust, defying the laws of gravity by being kicked up on both sides of the wheel.

Bear responded by superimposing a banner with the words Rotary Club over the clouds.

In 1911, Secretary Chesley R. Perry recommended that "action be taken by the National Association to establish the wheel as the basic part of the emblem of every Rotary club." Clubs were invited to submit designs to an emblem committee before the 1912 convention in Duluth, Minnesota.

The Duluth convention provided some definition. "The emblem consists of the basic principle of a wheel with gears cut on the outer edge. ... The spokes are to be so designed as to indicate strength; the object of the gears ... being twofold; to relieve the plainness, and ... symbolize power."

The word Rotary appeared at the top and International Association at the bottom. Clubs were encouraged to use a similar design, placing the name of their city at the bottom in place of International Association. The number of spokes and cogs was unspecified.

As a result, numerous variations on the emblem were in use by 1918. The Board appointed Charles Mackintosh, of the Rotary Club of Chicago, and Oscar Bjorge, of the Rotary Club of Duluth, to the Special Committee to Standardize the Rotary Emblem.

Bjorge drafted an emblem with six spokes and 24 cogs, giving it a sturdy appearance. In this design, the number of teeth and spokes was intended to reflect a real, working gearwheel.

In November 1919, the Board adopted Bjorge's design and a detailed description, and the 1921 convention formally approved them. For many years, descriptions of the emblem simply referred to a 1920 article in *The Rotarian*, "Redesigning the Rotary Wheel," which announced the Board's decision. By 1924, Bjorge's design had been modified to include a keyway. This addition has been attributed to Will R. Forker, of the Rotary Club of Los Angeles. He was reported to have said Bjorge's design made no provision for the transfer of power to or from a shaft, rendering the wheel idle. Forker perceived Rotary as a "living force," and inserting a keyway into the hub made the new wheel a "real worker."

In January 1924, the Board formally approved the emblem that was then in use. Not all written descriptions were updated immediately, however. To clear up any confusion caused by the various decisions about the emblem between 1912 and 1929, a standard description of the existing design, with a keyway, was approved by the 1929 convention.

The Rotary emblem, like Rotary's name and other logos, is a registered trademark. Clubs, districts, and Rotary Entities are welcome to use the Rotary emblem subject to the guidelines for the use of the Rotary Marks as set forth by the RI Board of Directors. These guidelines govern the use of the Rotary Marks on all merchandise, promotional materials, and publications, including domain names and websites.



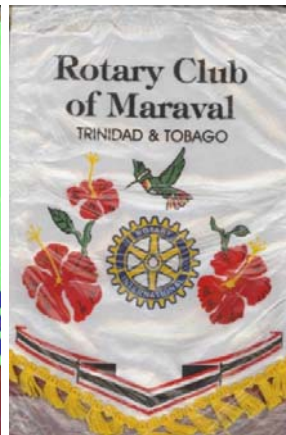
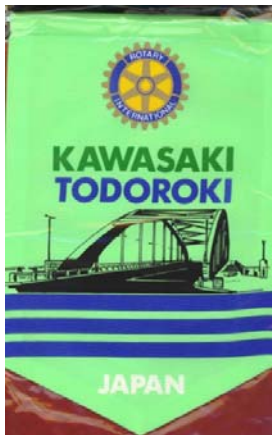
mid-towner news



PP Ambica returns from travels abroad and shares some insights.

PP Rtn. Ambica was happy to share her reflections on the many places she had travelled to this summer and the Rotary Club meetings she had attended. The one Rotary flag that holds a special place in her heart is the **RC Geneva Illinois** which is now the home town of her youngest daughter. Everywhere she went people were curious to ask about far-away Kathmandu and Nepal. Well, they were certainly asking the right person! Welcome back.

PP Rtn. Ambica also shared with us her great concern for the people of Pakistan – more than 2/3 of the country is inundated. All Mid-Towners heartily agreed that we should plan a response. PP Yogendra informed us that the DG had planned a meeting at the District level to discuss how District 3292 could respond. Our guest Ani Choying Drolma was so moved that she also asked to participate in Rotary's response through RC Mid-Town. Information will be shared at next week's meeting.



on the lighter side

Reflections on work

Thy right is to work only, but never with its fruits; let not the fruits of action be thy motive, nor let thy attachment be to inaction. The Lord Krishna lived his life by this famous saying.

Laborare est orare (to work is to pray)

St. Benedict's precept that when your work is a reflection of who you are, it is your most profound communication with the world.

ભારત લાઇટ્સર ફોલો ઇટર્ની



HAPPY BIRTHDAY TO PP Rtn.GIRI dai

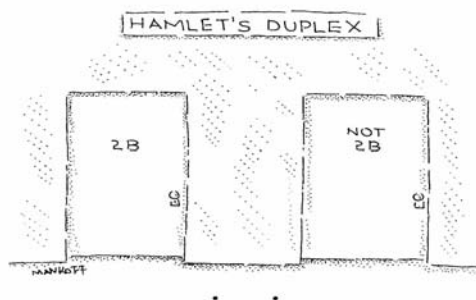


A heartfelt 'Congratulations and many happy returns of the day' from all of Mid-Town

Giri dai, we missed you at the meeting but wanted to send you Happy Birthday anyways so we all gathered for a group photo. Our Sergeant-at-arms announced your birthday and Mid-Town gave a sonorous applause. Some ventured that we should advise you: RC Mid-Town also accepts 'sunshine' by VISA, Master Card, gold doubloons, or whatever. Come back soon, we miss you.



ભારત-ટાઉન હાલુકા



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

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