

# THE BREAKFAST CHATTER

The Weekly Bulletin of the **Rotary Club of Kathmandu Mid-Town** - Volume No. 10/01 for # 831 April 14<sup>th</sup> 2006

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## DEAR MIDTOWNERS ► FRIENDS IN ROTARY

This week we had two birthdays – one of our **Rabindra** and one of our RSU (rarely show up) **Radesh Panta**. Both were absent and thus no sunshine. But our President's mobile saved the day. Now you birthday children, we wish you all the best, much fun and excitement in the coming year.

Last Friday we had as our speaker **Prakash Amatya** executive director of NGO Forum for Urban Water and Sanitation who brought us near to a somewhat "new" but indeed ancient technology. Means a technology of collecting rainwater instead of allowing it to run its course via impressive flows of the rivers during rainy times. We tend to always talk of progress and new developments, but going back in history to see what our forebears were doing to get what they needed is sometimes very helpful. It made us also aware of the actual situation of Kathmandu, where we are starting to loose and even poison the groundwater by building and building and building and ..... It was a good speech and nobody minded that we superseded the normal 20 minutes talk significantly.

The new years day was obviously a good day to meet, as the number of members showing up was near to a record. So we enjoyed, to see again some of our old members, not seen since quite some time. But one griive stays. The management of Annapurna should not put us too often into third degree, by closing us into the smallest conference room they have. While the breakfast has improved after some hints of need were brought forward, we need a volunteer with an impressive and serene voice to express our feelings concerning Arniko room to the management once more. Who volunteers for it?

This time our **Rotary International** chapter is focused on a country seldom in mind, Mongolia, its capital and Rotary's activities there. It is a club with foreign participation from a lot of different countries. May be that can give us some ideas for an own proactive approach. Our other topic this time is a topic for leisure (during the bandhs/curfews for most of us no scarcity) means how to read your and your friends future destination out of your/their hands.

Hope you'll enjoy reading. Until next time

**Walter**

## SPEAKER OF THE WEEK ► **Shrijana Thapa** Director, Photo Concern

### THEME

On coming **Friday, 21<sup>st</sup> April** we will have a topic which seems to be also a very interesting one, as Shrijana Thapa has got also an award for successful entrepreneurship and she definitely knows what she is talking about. Let's hope that Bandh or curfew will not catch us again.

*Below you'll find our planned activities. As you must have found out meanwhile, this has always been a tentative schedule. So don't be surprised if changes are taking place.*

## UPCOMING **SPEAKERS** ► PREVIEW

DATE	SPEAKER	THEME
21 <sup>st</sup> April	Shrijana Thapa	Entrepreneurship a challenge in Nepal from the perspective of a woman
28 <sup>th</sup> April	Dr Kali Bahadur Rokaya	Human rights and society
5 <sup>th</sup> May	Club Assembly	Last one for this year
12 <sup>th</sup> May	DR RR Koirala	Ayurveda, chances and limitations

May 6<sup>th</sup> 2006

**Yearly Picnic Rotary URGENT**

On last Friday 25 participants for our picnic have been confirmed. But the meeting of our ladies supposed to take place on 17<sup>th</sup> April has been postponed due to the unclear situation. So let's continue to hope that the picnic can take place on the 6<sup>th</sup> of May.

Most of you have got the minutes of our spouses meeting, so there is no need to repeat it here in detail. It is going to be a POTLUCK, fund raising picnic. Since this is a fund raising event our spouses will be organizing different games and would also like to hold an auction for which contributions are requested. Who is ready?

Please also send to [diller@http.com.np](mailto:diller@http.com.np) the information of your participation if you haven't done it yet. As time goes fast please do that as soon as possible.

**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](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: [drsr@wlink.com.np](mailto:drsr@wlink.com.np))

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

Call him by Friday latest.

**A WORD ON ROTARY ► WE CAN MAKE DIFFERENCE**

**Mongolia, do you know where it is?**

Well it's pancaked between the North of China and the far eastern south of Russia and overall somewhere in the wilderness or should we better say desert? But don't be surprised. Rotary does exist in that country also and the club of Ulaanbaatar, the capital of that country, has even a female president the first one in Rotary's 10 years history in Mongolia.

Ten years ago Rotary was created by 30 Rotarians, all foreigners. Now Mongolia has 7 Rotary Clubs with 250 members. The club of Ulaanbaatar, created first and the one we got the chance to look at, is until today a real international one. Besides of Mongolians they have members from UK, Israel, South Africa, Japan, USA, Holland and Sweden. This opens the horizon of the mind and helps to develop new ideas.

**What have these guys done in the last year?**

Well, seems they were quite active. In cooperation with Rotary Foundation, three RCs from Japan and Hongkong, their own District and themselves they acquired a Ultrasound Scanner for the Mother and Child Hospital, Ulaanbaatar, donated at a grand ceremony. They presented 100 computers to schools financed with the help of RI and **eight** different RCs from the US. Last but not least they worked together with "World Vision" and medical doctors to make a free volunteer medical check up among the elderly, disabled and poor, where 375 people received medical help including free medicines

**What happened through them in the past 10 years?**

Well one of their first activities was to create a Rotaract Club and an Interact Club as Rotarians love to work with youngsters.

**In the health sector**

(amounts spent in 10 years **US\$880.000**)

they financed various high value equipment for hospitals, created a now self sustaining dental clinic for children, arranged Polio Plus equipment & immunization, financed the training of open heart surgery in Sydney and created a cardiological centre. Most through direct cooperation with teams of Rotary Clubs from Japan, Taiwan, Australia, New Zealand, Korea, UK and US

But there were other sectors of activities as well.

### **In the education sector**

(amounts spent in 10 years **US\$ 170.000**)

In a number of schools they financed the total equipment inclusive computers and learning materials with the help of foreign RCs. In addition they organized heating systems for the schools so that the kids can go there even when the winter is severe with the help of German RCs and organized food vouchers for poor children going to school

### **In vocational training**

(amounts spent in 10 years **US\$ 150.000**)

In an Australian Farming Project candidates traveled to Australia to learn how to change desert into fertile land. With support from a school from Canberra they developed a vocational Training center (VTC) of some importance and with the help of an RC from UK they created a smaller but still successful VTC. They did also something for young delinquents by creating a vocational center in a Juvenile prison.

Vocational training without creating jobs may be self-defeating So they developed with the help of foreign RCs a Music & Dance Internet cafe and various small bakeries and Ice cream factories. They also organized with the help of Korean RCs for farmers hay making equipment and water well drilling equipment

### **What are their plans for future projects?**

**(the following gives you an impression how they present it on the website)**

### **INCOME GENERATION FOR NOMADS**

Mongolian nomad herders are locally famous for their milk products, which they produce from milk of goat, sheep, yak, and cow. But their method of production does not allow them to keep their products fresh for a long time. Mongolian nomads have plenty of milk only during summer time, which is the only season when Mongolian pasture livestock gives milk. Nomad herders usually live in out-of-the-way places around a year and they do not have market for their milk. There is not much chance for their income except selling of animal products. Poverty rate among herders is high. Introduction of European style-cheese-making will help them to generate income from milk, which is a renewable resource.

The market types of cheese made in European style, which need equipment and training. It is paradoxical that while the country has plenty of renewable resources as milk it imports cheese from Europe spending its scarce foreign currency. The project will help nomad communities to have income and urban people to enjoy locally made yak cheese and the country to save hard currency, which can be used for other urgent needs.

### **Project objective**

Income Generation for Nomads project is aimed to meet local community needs of making European style cheese by using yak milk. The project will help nomad communities to have income and urban people to enjoy locally made yak cheese and the country to save hard currency, which can be used for other urgent needs. Project cost \$50,000.00

### **COMMUNITY SAVINGS AND CREDIT UNION PROJECT FOR NOMADS**

#### **The problem**

Poverty increased in the early 1990s due to the economic downturn and associated unemployment. At present the percentage of poverty at the national level remains around 36%, equivalent to about 900,000 people. At present most of the population do not have access to formal savings and credit services. The financial sector faces many constraints in terms of liquidity and institutional capability, and delivery mechanisms for the community cannot satisfy the demand for financial services particularly for those without collateral, including the poor and small enterprises. The informal sector also provides credit, but at a high cost. Thus alternative formal financial institutions are needed to offer a range of financial services on a sustainable basis. Such institutions must have a strong community focus to overcome existing negative social attitudes to credit and financial institutions, which have developed in recent years due to failures in the banking system. Nomads are the most suffered community due to their lifestyle and they live in remote locations, moving from one place to another.

### **Project Objective**

The objective of the project is to develop financial services for nomads to increase their income and reduce poverty. The project has two purposes:

(i) to increase the availability of and access to savings and credit services among the nomadic community including the poor, and

(ii) to provide a focal point for the community to access information and resources to support economic activities to be financed by the Savings and Credit Union, and satisfy socially related information and training needs. The budget cost is US\$50,000.

### **So what can we learn from it?**

One thing is clear. Without activating sponsors bigger projects can't be realized. Without developing a strategy and vision in what direction to develop no active project development can take place. That's why they put a lot of efforts into the development of a clear vision, mission and strategy.

Than our Mongolian Rotarians developed an attractive website and present their project ideas, which of course have to fit in the strategy on the same. Believe it or not, this works often faster, than waiting for matching grants, even though approval of district governor or RI for the project is still needed, and helps them to activate direct strong cooperation with Rotarians and Rotary clubs worldwide.

**Might be worthwhile to consider something similar in future ourselves!!!!**

## **OTHER TOPICS**

### **Hand reading for beginners**

In life you should never take things too serious, otherwise it becomes difficult to bear. Thus take the following just as an opportunity for fun.

If you like to try hand reading then you have to know how to start?

The first thing is to start with the form of the hand. In the following approach we followed a classification, which reflects the 4 elemental categories Earth, Air, Fire and Water. The elemental type is defined by the shape of the palm in relation to the length of the fingers.

Earth Hand = Square palm + short fingers

Air Hand = Square palm + long fingers

Fire Hand = Oblong palm + short fingers

Water Hand = Oblong palm + long fingers

### **Earth hand**

is square and solid. The fingers are short and the palm exhibits few lines. Those that do appear are strong and well defined. Subjects with Earth hands tend to be level-headed, no-nonsense people. Physical experience may be more important than intellectual pursuits. Practical in nature, the Earth type may be conservative and probably prefers spending time outdoors. Astrologically, the Earth signs are Taurus, Virgo and Capricorn, but this doesn't always fit.

### **Air hand**

has long fingers and tends to have an abundance of clear lines in the palm. Air types spend their time in the intellectual realms. They are curious and full of ideas. They thrive on nervous energy and may be prone to worry and stress. Air types are communicators and are often good at working with the public. However they may tend to intellectualize their feelings and can have difficulty with close, personal relationships. Astrologically, the Air signs are Gemini, Libra and Aquarius.

### **Fire Hand**

A hand with an elongated palm and short fingers fits into the Fire classification. The lines in the palm are usually strong and well-defined and the hand may have a busy or vibrant feel to it. Fire types are energetic and action oriented. They have a need for variety and may lack patience. Then tend to be individualistic and often make good leaders. Astrologically the Fire signs are Aries, Leo and Sagittarius.

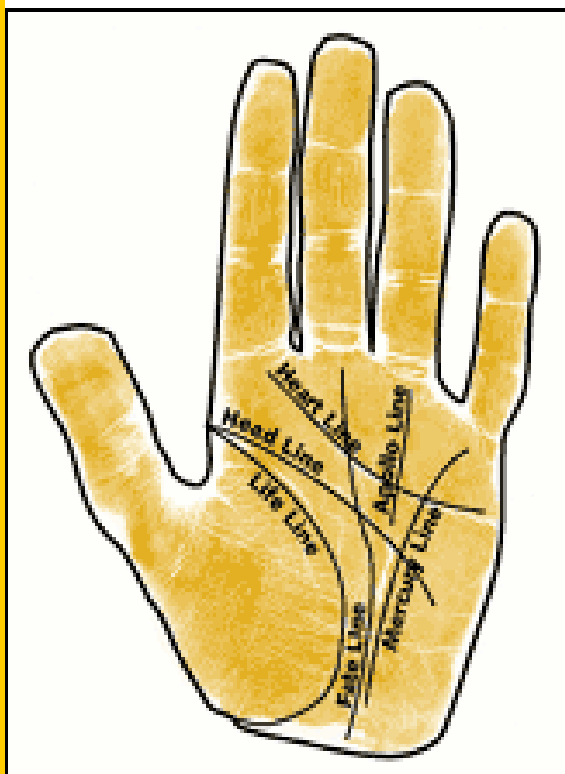
### **Water hands**

have many fine, spidery lines and both the palm and the fingers are long. The Water hand is found on the sensitive, emotional type of individual. Water types are caring, receptive and artistic. They are primarily motivated by feelings. They may have trouble coping with stress and are often happiest in a peaceful environment. Water signs are Cancer, Scorpio and Pisces

### **The next step is to read the lines in the hand**

The lines in the hand can be divided into 3 groups: the major lines, the minor lines and the personal lines. There are 3 major lines to be found in the hand. These are the Life Line, the Heart Line and the Head Line. The minor lines run vertically in the hand and each is named for the finger under which it terminates. Everything else is considered a personal line. The personal lines may have names and fit into categories though there may be some lines that are quite unique to the individual. It is through

practice and experience that the palmist can learn how to interpret these lines. Though most hands will have the 3 majors and at least one or two of the minors, every hand is unique and many of these lines will be absent from a number of the hands you observe. The lines in the hand change all during the life and reflect the changes in behavior, attitude, lifestyle and experience of the individual. Taking dated prints of the hands provides a record of what the hands reveal at a particular point in time.



### The Major Lines

**The Life Line** begins at the edge of the hand between the thumb and forefinger and arcs downward around the thumb area. Contrary to popular belief, this line does not indicate length of life. It does identify vitality, robustness or weakness, enthusiasm for living and state of health.

**The Head Line** begins at or near the beginning of the Life Line and moves horizontally across the hand. It represents mental capacity and the intellectual style. The length of the line indicates amount of time spent in the realm of thoughts. A curvy Head Line is a sign of an intuitive thinker while the very straight line indicates a logical disposition.

**The Heart Line** - The Heart Line begins under the little finger (Mercury) and moves across the upper palm. The Heart Line reveals the style of relating, the degree of sensitivity of an individual and the emotional history. If the Heart Line sits low in the hand, it is an indication that the heart rules the head. If the line is very straight it shows a person who intellectualizes the emotions.

**The Simian Line** - Some hands have only 1 line moving horizontally across the upper hand, a combination of the usual 2 lines representing head and heart. This marking is known as the Simian Line. With the Head and Heart lines running together, the emotional and mental functions do not operate separately. Those who possess this line exhibit intensity of temperament.

### The Minor Lines

**The Line of Saturn** begins just above the wrist and moves up the hand to the middle finger. It is commonly known as the Fate Line. This line represents the measure of personal success and the subject's attitude toward handling responsibility.

**The Line of Apollo** also known as the Line of the Sun appears under the finger of Apollo, the ring finger. The presence of the Line of Apollo indicates artistic talent. This line is often short, rising just above the Heart Line and may not appear on the hand at all.

**The Line of Mercury** may sometimes be referred to as the Line of Health or the Line of Inner Dialogue. It may not appear on the hand but when it does it rises from the base of the hand and angles up to the Mound of Mercury under the little finger. When present this line will give information about the subject's nervous system. It is also an indication that the individual is seeking a path of self-improvement or spiritual growth.

**Now that you know how to do it we hope you will enjoy hand reading with friends.**

### NOW READY FOR OUR HEALTHY LAUGHTER CORNER?

**Sidney** is visiting the psychiatrist. "Okay, Sidney," says the psychiatrist, "what's this?" and he shows Sidney a triangle.

"That's a keyhole," says Sidney, "and what's going on behind there!"

The psychiatrist then shows Sidney a rectangle. "What's this?" he asks.

"A motel window," says Sidney, "and what's going on behind there!"

The psychiatrist shows Sidney a circle. "What's this?" he asks.

"A porthole," replies Sidney. "And boy, oh boy," he continues, "what's going on there!"

"Well," says the psychiatrist, "you certainly are sexually disturbed."

"I am sexually disturbed?" Sidney exclaims. "What about you? -- showing me all those dirty pictures!"



**Eleven**-year-old Lucy was walking down the village street leading a cow by a rope. She met the vicar who said, "Little girl, what are you doing with that cow?"

"Please Sir," said Lucy, "it is my father's cow and I am taking her to the bull."

"Disgusting," said the parson, "can't your father do that?"

"No," said Lucy, "it has to be the bull."

**Little** Hymie was taken to a seance by his mother. The medium asked him whom he would like to speak to. "My granddad," said little Hymie. The medium went straight into a trance and soon a spooky voice could be heard in the darkened room: "Hello, Hymie," the voice said, "this is your granddad speaking. What is it you wish to ask me?"

"What are you doing in heaven?" asked little Hymie. "You are not even dead yet!"

**The** old bull, all drooped over, was standing in the pasture with all the cows. The farmer turned a young bull loose in the field. He got busy immediately with one cow after the other. The old bull started pawing the ground with his right foot.

"You needn't do that," said the farmer, "because you can't do anything about it now."

"That's right," said the old bull, "but I can let that young one know that I ain't a cow, can't I?"

**A** Baptist, a Presbyterian, a Methodist and a Catholic sat down to dinner. As soon as grace was said, a very large fish was served up. The Catholic immediately rose and helped himself to a good third of the fish, head included. Looking at the others, he pompously announced, "The pope is the head of the church." Naturally, being a Catholic, he is entitled to take the head of the fish; that's what his understanding of religion is.

The Methodist wasted no time and reached across the table, helping himself to another third of the fish, including the tail. Chin high in the air, he said, "The end crowns the work."

The Presbyterian quickly removed the last of the fish, saying, "Truth lies between the two extremes."

The Baptist looked down at the empty plate and, faced with the prospect of a meager dinner, grabbed the glass of water and threw it in the faces of all the three and shouted, "I baptize you in the name of the Lord!"

**Hymie** Goldberg thought he had the perfect marriage, until he moved from New York to California and discovered he still had the same milkman.

**Marty** was in the middle of a lengthy religious discussion with his psychiatrist.

"Now, do I understand correctly," said the shrink, "that it was your wife who introduced you to religion?"

"Yes, that's correct," said Marty "I did not really believe there was a hell until I married her."

**Two** robbers broke into a bank in a small town. "All right," said the bigger man, "line up! We are gonna rob all the men and rape all the women." "Wait a second," snapped his partner. "Let's just grab the money and beat it." "Shut up, and mind your own business," said a little old lady from the back. "The big fellow knows what he is doing."

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

**Walter and Rabi**

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