



# Breakfast chatter



Weekly bulletin of the Rotary Club of Kathmandu Mid-Town  
District 3292, Club 26776, Chartered 8 Nov. 1989; 'Best Club' in Nepal 2009/2010

Dec. 17<sup>th</sup> – 30<sup>th</sup> 2010

Happy New Year 2011  
Double Issue

Vol. 25-26 of '10/'11

## Speaker for December 31<sup>st</sup>



The speaker for this day will be **Bertrand Rondot**, curator at The **Palace of Versailles**. He will speak on the historic marriage of Louis XVI and Marie-Antoinette.








The Palace of Versailles, and indeed, the court of Versailles was the centre of political power in France from 1682, when Louis XIV moved from Paris, until the royal family was forced to return to the capital in October 1789 after the beginning of the French Revolution. Versailles is therefore famous not only as a building, but as a symbol of the system of absolute monarchy of the *Ancien Régime*.



After three centuries of rivalry, France and Austria had been allies since 1756. To reinforce these diplomatic ties, Louis XV and the Empress Maria Theresa decided to wed their respective children: the Duc de Berry, Dauphin of France, aged 15, and Marie-Antoinette, Archduchess of Austria, aged 14.



calendar	
date	theme
<h2>December is Family Month</h2> <p>Family Month celebrates the family of Rotary, which, in addition to individual Rotarians, includes all of those who are involved in Rotary's work from Rotary Foundation program alumni to participants in Rotary youth programs in thousands of communities around the world.</p> <p>Spouses and children of Rotarians play a vital role in Rotary too. Rotary clubs benefit immensely when they strive to achieve a balanced interaction between Rotarians and their families, enhancing home lives and family interactions.</p>	
25-27 Dec.	 <p>Nepal Division of <b>Rotary Leadership Institute (RLI)</b> is offering three RLI Training. Each part of the training will be of a full day in length. Interested parties please contact Pres. Pratap or Dilendra Raj Shrestha (District Secretary) for more information.</p> <p><b>The Rotary Leadership Institute (RLI)</b> is a multi-district, grassroots leadership development program of member districts organized into regional divisions in various parts of the world.</p>
28 Dec.	<p><b>Mid-Town Board Meeting</b> to be hosted by TRC Chair Rtn. Saroj. Board members only. Please let Rtn. Saroj know if you will be attending.</p>
31 Dec.	 <p><b>Bertrand Rondot</b>, the curator of the Chateau of Versailles, will talk on the historic marriage of Marie Antoinette and Louis XVI. See above.</p>
31 Dec.	<p>Rt. Giorgio Martini from <b>RC Villorosi</b> (Milano, ITALY) and his team will be our guests on this day. They will say a few words on the work they have been doing. After the meeting the RC Villorosi team will head out to Lele to visit the projects there at Saraswati High School and the basketball court. Anyone wishing to join please inform Rtn. Navyo.</p> 
1 Jan. 2011	<p>Happy New Year 2011</p> 

7 Jan. 2011	 <p><b>Mr. Pasi Koistinen</b>, CEO of Ncell will talk about how Ncell plays an important role in developing the telecommunication infrastructure and services in Nepal, contributing to the future prosperity of the country and its citizens. During 2009, Ncell more than doubled its mobile network which now covers more than 60 percent of Nepal's population.</p> 
8 Jan	 <p><b>'Gift of Sight'</b> eye camp in Hetauda. This annual eye camp is held with the support of the <b>RC Garden City Singapore</b>. Rotarians and friends interested in attending please contact <b>PP Mani</b>.</p> 
21 Jan.	<b>Club Assembly</b> (sorry, no guests on this occasion)
27 Feb.	 <p>Major Health Camp in <b>Nawalparasi</b> – in collaboration with <b>RC ATHINA LYCAVITTOS</b>– Greece. Anyone interested in joining please contact <b>Rtn. Pabitra</b>.</p> <p>(Aside: The RC <b>ATHINA LYCAVITTOS</b> is held near the <b>LYCABETTUS HILL</b> in Athens. The hill is really a limestone rock reaching almost 1,000 feet into the once-crystalline Athenian sky. In the evening, the top half is floodlit, and from the Acropolis it looks something like a giant soufflé. By day, it's a green-and-white hill topped by the white church of Agios Georgios.)</p>
13-24 March 2011	 <p><b>Mega Health Camp Bandipur</b> – Rotarians and friends interested in attending please contact <b>Dr. Lekha</b>.</p>
April 8-11 2011	 <p><b>Rotary District Conference District 3292 Nepal</b>  <b>Theme:</b> Commitment to Serve  <b>Venue:</b> Nepal Army Officer's Club, Tundikhel, Kathmandu, NEPAL</p>

thought for the day

#### A THOUGHT FOR TODAY:

The French author and aviator Antoine de Saint-Exupéry once said, "A designer knows he has achieved perfection not when there is nothing left to add, but when there is nothing left to take away."



## last week's speaker

### Mid-T owner in Washington

Mid-Town was lucky this week to have a surprise visit by **Rtn. Shankar Sharma**. Lucky in more ways than one, of course we are always happy to visit with members and friends but then this week we also had a bit of a problem as our scheduled guest speaker cancelled at the last moment. In true Rotarian spirit, **Rt. Shankar** stepped up to the plate and was happy to give us a short impromptu talk.



Rt. Shankar has now been in Washington DC for thirteen months as Nepal's ambassador. And, he has been busy! He told us of the different doors he has been knocking on... senators, congressmen, special envoys, he has left no stone unturned in an effort to promote the cause of Nepal. His focus has been on **trade and investment** and government to government aid. Nepal falls in a group of countries called the 'LDCs' (least developed countries) and the Obama administration has chosen these for special consideration in three main areas: climate change, 'feed the future' and global health. Rtn. Shankar is there to promote the cause of Nepal.



The people of the USA have a special love for Nepal, this special concern extends all the way up and even includes the President. Rtn. Shankar told us that when he presented his credential to **President Obama**, the President told him that he would one day like to visit Nepal.

Many of the things that Rt. Shankar spoke of on this day were the same things that he had promised he would do before he left. He has been true to his word. **Rtn. Neeva**, who lives part of the time in DC, gave the vote of thanks. In her short thanks she said exactly that – being on site, she has been witness to seeing him put into practice.

Ambassador, Rtn. Shankar, is well appreciated by the Nepali community in America – and justifiably so. Keep up the good work – and come back now and then to tell us what you have been up to.



fellowship





## Mid-town news

### Meet the Team for 2011-2012

			
Som P. Pudasaini	Isa C.B. Khadka	Amar Pant	Yo Logghe
<b>President</b>	<b>Vice President</b>	<b>Secretary</b>	<b>Treasurer</b>
			
Pratap Malla	Devendra Gongol	Lisa Choegyal	Govinda Chepalu
<b>Immediate Past President</b>	<b>President Elect</b>	<b>Membership Chair</b>	<b>Club Administration</b>
			
Sharmila Mainali	Buddha Laishram	R.R. Shrestha	C. Lekha Tuladhar
<b>Public Relations</b>	<b>Rotary Foundation</b>	<b>Service Projects</b>	<b>New Generation</b>
			
Werner Blaser	Pabhitra Rayamajhi	Navyo Eller	Neil Pande
<b>Sergeant at Arms</b>	<b>Special Projects</b>	<b>Special Projects</b>	<b>Special Projects</b>





## More Rotaract news

### Inter District Youth Exchange Program hosted by Mid-Town Rotaracts

On December 14<sup>th</sup> our Rotaractors hosted the Inter District Youth Exchange Program (IDYEP) Team from Bangalore, RI District 3190. The IDYEP team consisted of 4 members all of whom were from RC Bangalore. Our Rotaractors showed them the sights of



Kathmandu like the historical heritage spots of Swyombhu, Kathmandu Durbar Square, and Dharhara (where they climbed to the top!). They then went on to the SAP Areas at Jana Sewa Higher Secondary School and Mangal Higher Secondary School at Kirtipur. The visiting Rotaractors were inspired by how much



work had been done by Mid-Town Rotaracts in the SAP over the past 13 years. They were also taken to historical temple "Bagh Vairav



Temple" of Kirtipur and they thoroughly enjoyed the visit and were motivated to report and undertake similar type of work in their own hometown.



## On the lighter side

### Rotaract Presidents Wed!

It was a happy day when **Rtr Prashanna Shrestha** Rotaract President KTM Mid-Town (Year 2005-06) wed Rotaract President Satyata Shrestha of New Road City (2005-06).

This matrimonial linkage between 2 club presidents of year 2005-06 was happily attended by **PP Lekha**, **PP Anand** and **Rtn. Saroj** of Mid-Town.







## sad news

### Bereavement unites the community of Paanga

The Jana Sewa Higher secondary family was in a great shock following the recent loss of a Maths teacher **Mr Ramesh Maharjan**, in a road traffic accident. He is survived by 3



daughters, two of who have already graduated from the school; one is a nurse, and the other is in engineering course. The third child is completing Plus Two in the same school - he had dreamed that one day she might be a CA. The Principal had asked him to move her to another school with better science facilities but he said he believed and had confidence in this school. He is credited with bringing harmony to the school faculty and leading them in development. With his lead the faculty were able to serve not only the school, but with financial contributions from their humble salaries, also the community.

#### ***Grieving with positive action to benefit others***

- During the "Shoak Sabha" assembly held at the school the Chairperson, the Principal and the school faculty committed to supporting the youngest daughter financially to realise the dream of late Ramesh Maharjan. **PP Rtn. Lekha** comments that this is a very sincere gesture. Every time Rotarians visited Jana Sewa late Ramesh Maharjan was always there to greet her personally. He had a pleasing personality and was always smiling and was a great support to the Principal in all her endeavors (he is the young gentleman in shirt standing next to the lady Principal)
- Coming Saturday the community will conduct a mass and after a blood donation program at Paanga to honor Late Ramesh Maharjan.

## On the lighter side

### APANA VAYU MUDRA - MUDRA OF THE HEART

**Method:**

The tips of the middle finger and ring finger touch the tip of thumb, while the index finger touches the base of thumb and little finger stretched out.

**Specialty:**

It benefits the heart. It works like injection in the reduction of heart attack. It is as powerful as sorbitate tablet. It reduces the gas content in body.

**Time Duration:**

Practice it as many times as you can. Heart patients and BP patients can practice it for 15 minutes daily twice for better results.

**Benefits:**

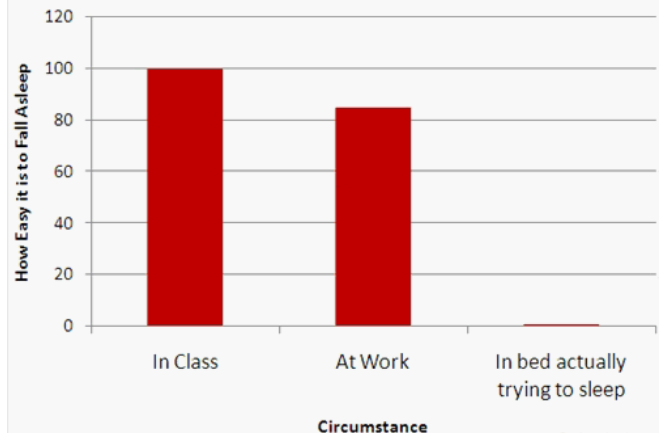
It strengthens the heart and regularizes palpitation. It regulates the excretory system. It eases gastric problems.

## Mid-town humor

Time Perception of 1 Minute



When Falling Asleep Feels the Easiest



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

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