

THE BREAKFAST CHATTER

The Weekly Bulletin of the **Rotary Club of Kathmandu Mid-Town** - Volume No. 10/01 for # 827 March, 17th 2006

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DEAR MIDTOWNERS ► FRIENDS IN **ROTARY**

This week there were neither birthdays nor anniversaries, but PP Arun saved the day with his contribution.

He also deserves another acclaim. Recently we had encouraged all of you to come up with fellowships organized by your initiative. We are very happy that this time due to his initiative quite a few of our members came together and had a nice matinee with breakfast and film together. That's the way how friendship really can develop and that's, towards what most of us look.

Last Friday we had a refreshing meeting with our Rotaracts, who, introduced and guided by Lekha told us what they did and what they intend to do. It was their 195th meeting already and having them with us in the Rotaract week was a real enrichment. No wonder that Rotaract Midtown was named the best club for the last 4 years.

Lekha nowadays gets more and more the title of "The Mother" and she deserves it, even though it would be good to have also a father figure in our club. This position is still free for competition. So, who stands for it?

Our picnic this year seems to stand under a special star. First we postponed the picnic planned originally for 18th March, for one week hoping that on the new date embarrassing political problems could be avoided. But helas, then most of our PPs were having other obligations. Then we put our yearly Picnic date on the 8th of April, but it looks as if we have a special day then also with either the parties going on the road in a big drama or no one on the road with a curfew. Still the 8th of April will stay on and that should be final. Having had a look at Balaju Park with amenities, which cover good and bad weather in a natural attractive surrounding nearby for most of us it might be a good place for our yearly picnic. Now KC Restaurant has also been proposed. But still we are open.

As usual we have one chapter concerning Rotary worldwide. This time it's Rotary's long term connection with the youngsters. While Rotaract was created 1968 the relation of Rotary with its youngsters goes much farther back. So have a look at "Rotary and his youngsters"

In an environment which is full of difficulties and challenges it is sometimes good to get a perspective.

The world we are living in is a good possibility to get exactly that. So have a look at the article.

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

We hope you enjoy reading. Until next time, **Walter**

SPEAKER OF THE WEEK ► **ROTARACT COMBINED MEETING**

THEME On coming **Friday, 24th March** we will have a nice meeting in a positive atmosphere talking about us = **CLUB ASSEMBLY!**

UPCOMING **SPEAKERS** ► **PREVIEW**

DATE	SPEAKER	THEME
24 th March	club assembly	topics of interest
31 st March	Shrijana Thapa	Interesting topic to be revealed later
7 th April	Prakash Amatya	water management
8 th April	Yearly Picnic (no further delay)	
14 th April	DR RR Koirala	Ayurveda, chances and limitations

8th April Picnic

Our picnic originally expected to take place on 18th of March has been postponed two times. The first time due to expected political embarrassment and the second time due to Ryla as most of our PPs are involved there. The final date will be now the 8th of April and there will be no further postponement, come what may. It looks now the best place not too far for anyone of us, covering against rain and being open for sunshine by at the same time having an attractive surrounding may be Balaju Park. Whoever has a better idea please don't hesitate to come forward.

Annual Fellowship Meeting at Syangboche on Nepalese New Year

to observe Nepalese New Year at the highest point we have committed to go to Syangboche at least for another year to give consistency in activities. This meeting was supposed to be called during November end, but due to the schedules of most of the members and clubs; this could be called only now. Like last year, discussions are on to include value additions to this fellowship meeting. Rotarian families and friends are also invited. Participants of last year are requested to promote and join this year's program. Those who missed last year's event are encouraged to join this year. Details of itinerary, costs, programs etc. will be circulated soon and 'Orientation' and 'Interaction Meeting' will be called as well.

For more info please contact **Rtn. Nugal Vaidya**, President Elect, 2006-07 RC of Mt. Everest
E-mail nugal_vaidya@info.com.np.

Friday March 24th (Chaitra 11) Rotary Ball at Soaltee Crowne Plaza

The much awaited **Rotary Ball** is now set on the evening of that date. There will be live band and music along with famous artistes. There will be lots of Prizes and gift hampers to the participants.

Registration fee is Rs 4000/- per couple or Rs 2000/- per person.

Tables comprise 4 couples or 8 persons You can form your own group and reserve the table.

Please contact Rtn Prof Dr. Bishwo K Maskey President RC Rajdhani, Res 4271003 Mobile 9851033466 or PP Rtn Pradeep Kumar Shrestha, RC Kasthamandap at Panchkanya group Tel 5523957 e-mail steel@panchkanya.com.np kind Attention Ms Rasna Shakya.
Tickets will be sold on first come first serve basis.

Ryla 26th to 31st March 2006 at Little Angel's School, Hattiban ,Lalitpur.

This year will be the **4th RYLA** (Rotary Youth Leadership Award) in Nepal. 5 Club's have given consent to be the host Club of this year's RYLA. Those clubs are RC.Bagmati, RC Rajdhani, RC.Kasthamandap, RC Kathmandu West and RC Patan But don't worry, our people esp. our PPs are also involved. The age group for the participation should be between 18 to 20 yrs.

It is expected that 150 participants can be reached. There will be many topics covered during the training out of which some seem to be especially of interest like Youth & Development, Role of Youth in Nepal's development, Entrepreneurship development, Leadership development etc.

The Registration form should reach to RYLA committee on or before **March 15th** together with **Registration fee of Rs 1250/-** per participant duly recommended by the Rotary Clubs.

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. **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: 98510-83044 phone: 4287899 call him Friday latest.

Rotary and his youngsters.

The Rotaract Club of the University of North Carolina, USA, was the first Rotaract club to receive its official charter in March 1968. But Rotarians have been sponsoring similar organizations for young adults since the early 1920s.

The earliest known predecessors to Rotaract were the Twenty-Thirty clubs. The clubs were based on the principles and goals of their sponsoring Rotary clubs, and membership was open to young professionals and university students. The first meeting of a Twenty-Thirty club was held in December 1922. At its high point the movement claimed 125 clubs under the sponsorship of California Rotary clubs.

In 1927, Round Table clubs were founded in UK and Ireland. Membership was open to young men aged 18 to 40, and by 1935, more than 90 Round Table clubs existed.

In November 1930, the first Apex club was formed in Geelong, Australia. Apex clubs grew rapidly, expanding to more than 20 clubs in just a few years. These clubs were sponsored by Rotary clubs, and were open to professionals and students between the ages of 18 and 35.

Similar Rotary club-sponsored groups continued to spring up simultaneously and independently around the globe. Uniserve clubs in India, Orbis clubs in South America, Rotors clubs in South Africa, Paul Harris Circles in Europe, and Quadrant clubs in the United States are some of the best-known examples. These clubs provided the base for the future growth of Rotaract as the clubs adopted new names under the Rotaract program.

Perhaps the greatest impetus came from Rotary's youth service club for secondary school students, Interact clubs. Established in 1962, the Interact program enjoyed immediate success. However, since membership was only open to students in secondary schools, graduated Interactors and Rotarians were soon looking for ways to extend their relationship. Several proposals were brought before the RI Board to allow membership in Interact clubs to extend for a few years after graduation. Instead the Board decided to study the feasibility of creating a new service club program for young adults at the university and young professional level. The decision to adopt the Rotaract program came at a time when student protests worldwide were of growing concern to Rotarians. The Rotaract program was adopted not only as means of keeping former Interactors within the Rotary family, but as a means of channeling the energies of young adults into positive activities that could benefit their communities.

A special committee was convened to design the new service club program for young adults during 1966. This committee decided that "Rotaract" would be the best name for the program — a combination of the words "Rotary" and "action."

The young adults' clubs that had already existed in many regions fueled the rapid growth of Rotaract for the first few years. By 1981, Rotaract was so popular that Rotaractors in South Africa decided to host the first INTEROTA conference, an international meeting for all Rotaractors. Subsequent conferences have been held every three years. To date, INTEROTA conferences have been hosted by Rotaractors in South Africa, Australia, England, Turkey, Mexico, Brazil and Germany. International meetings for Rotaractors are also held every year at the Rotaract Preconvention Meeting that precedes Rotary's annual convention. The first such meeting was held in Seoul, Korea, in 1989, with more than 450 Rotaractors in attendance.

In February 1991, the first Rotaract club in Eastern Europe was chartered in Budapest, Hungary, with the help of Austrian Rotaractors. Ties with Eastern Europe were further strengthened when the same Austrian Rotaractors helped charter the Rotaract Club of Prague in what was then Czechoslovakia later in 1991. In March 1992, the RI Board established the World Rotaract Week, which is celebrated annually during the week of 13 March to commemorate the chartering of the first Rotaract club.

During World Rotaract Week, Rotaractors attend meetings with their sponsoring Rotary clubs,

undertake joint service projects, and speak with clubs that do not sponsor Rotaract clubs about the benefits of the program.

Since 1968, Rotaractors have continually shown that they can be an innovative and positive force for change in their communities. Service activities commonly undertaken include projects to improve the environment, visits with the elderly or disabled, blood or organ donation campaigns, and aid to developing countries. One example of the ingenuity employed by Rotaractors is a project undertaken by the Rotaract Clubs of Heemstede and Hillegom-Lisse, the Netherlands, in 1987. In order to raise funds for Polio Plus, Rotaractors from the two clubs designed an amphibious cycle that would cross the English Channel under the power of 36 Rotaractors and earned the Rotaractors a place in the Guinness Book of World Records for their speedy crossing.

Today, Rotaract continues to experience phenomenal growth. There are currently more than 7,600 Rotaract clubs in more than 158 countries, with an estimated membership of more than 176,000 Rotaractors.

OTHER TOPICS

The world we are living in.

We all know that problems are always relative. Small problems can be big if the mind corresponds its size. And problems never seem to be solvable fast. Or can they? May be we get some hope from the following.

Scientists announced recently new evidence that the infant universe expanded from subatomic to astronomical size just in a fraction of a second after its birth. Well let's hope it will not collapse the same way.

The finding is based on new results from NASA's Wilkinson Microwave Anisotropy Probe (WMAP) satellite, launched in 2001 to measure the temperature of radiant heat left over from the Big Bang, which is the theoretical beginning to the universe known as the Cosmic Microwave Background (CMB), and it is the oldest light in the universe.

Astronomers have known since the 1920s, when Edwin Hubble noted that all galaxies are moving away from ours, that the universe is expanding. Theory holds that if you could rewind time toward the beginning, the universe would get denser and therefore hotter.

When the visible universe was only one-hundred-millionth of its present size, the temperature was 273mio degrees above absolute zero. Hydrogen, the chief component of the universe, would have been completely ionized at that extreme temperature, meaning instead of atoms there were just free electrons, neutrons and protons.

Photons (the basic units of radiation) from early microwave radiation scatter easily off electrons, so they wandered erratically through the nascent universe. Radiation scattered randomly like light in a heavy fog. Eventually, the universe cooled enough so that protons and electrons could combine to form neutral hydrogen. This occurred sometime around 380,000 years after the Big Bang. The fog began to lift and radiation was allowed to travel more or less directly.

This unleashed the universe's original radiation, now called CMB radiation. It, too, has spread out over time as the universe continues to expand. In fact, the CMB started out as something else, and because the universe has been expanding all along, the radiation's wavelengths were stretched over time to the microwave range.

The CMB fills the universe and is now very cold. Scientists have long figured that studying it would provide a picture of the universe at a time prior to anything that can be seen with conventional telescopes, which monitor visible light, infrared radiation or X-rays.

The CMB carries an imprint of the last scattering that occurred as it emerged from the fog. Taking its

temperature allows a map to be made of this "surface of last scattering. It's a bit like mapping a cloud: You can't see inside the cloud, but the light that emerges allows a detailed view of the cloud's surface and provides hints of the insides.

The Microwave Anisotropy Probe (MAP) observatory, launched in June 2001, measures the microwave background's extremely tiny variations. The mission was renamed WMAP when its first findings were released.

The minute variations, called anisotropy, were first detected in 1992 by NASA's Cosmic Background Explorer (COBE) satellite. WMAP has been examining them in finer detail and with greater sensitivity. Scientists study the variations for clues about the size and geometry of the early universe, as well as the matter that was present when the microwave background was released.

This basic information in turn reveals the primordial structure of the universe.

CMB was predicted to exist in 1948 by George Gamow. It was first observed more or less by chance in 1965. The guys who discovered it Arno Penzias and Robert Wilson got for this the 1978 Nobel prize in physics.

At first glance the microwave background seemed uniform. But with sensitive instruments, its fine variations were detected in 1992 by COBE. Scientists liken the situation to observing Earth from some far corner of space. At first it would just appear as a pale blue dot. Only upon close inspection would mountains, valleys and oceans be revealed.

The WMAP spacecraft sits about 1.5 million kilometers from Earth, four times the distance to the Moon. It hovers around a point of gravitational stability between the Earth and Sun. From this stable perch, going around the Sun in synch with Earth's orbit, WMAP has an unobstructed view of the sky, with the Sun, Earth and Moon always to its back. It is also free of interfering magnetic fields and microwave emissions nearer to Earth.

Upon announcing the initial MAP results, NASA renamed the satellite in honor of David T. Wilkinson, a pioneer in physics and cosmology. Both WMAP and its predecessor, the Cosmic Background Explorer (COBE), owe their existence to him.

How old do you think is the universe? Very old sure, but more precise?

Well it is around 13.7 billion years old. It wasn't until about 200 million years after the Big Bang that conditions were cool enough for the first stars to form. Scientists were also able to conclude that the universe is composed of 4% ordinary matter (which we can see), 23% dark matter, and 73% dark energy. Not much of the universe we humans can see directly.

What is dark matter?

Astronomers have determined the density and speed of dark matter in our corner of the universe.

The finding places scientists a few steps closer to find out what this invisible stuff is, that pervades the universe and holds galaxies together.

Researchers used the very large telescope in Chile to observe 12 dwarf galaxies as they orbited around our Milky Way. The researchers traced the satellite galaxies' movements in three dimensions. By doing so, they were able to weigh the galaxies very precisely and calculate how much dark matter is holding them together.

The findings showed that the galaxies contain about 400 times more dark matter than ordinary matter. Its extremely low density means that the smallest possible volume of space that dark matter can occupy is a cube measuring 1,000 light years across with 30 million times the mass of the Sun. Scientists think that large galaxies are built lego-style through the combination of these blocks of dark matter and the stars they contain.

The researchers also calculated dark matter's "temperature"—or at least, the temperature dark matter *would* have if it gave off heat like ordinary matter. If dark matter were made of hydrogen atoms, it would have a temperature of about 10,000 C hotter than the surface of the Sun. This temperature is much warmer than scientists had expected.

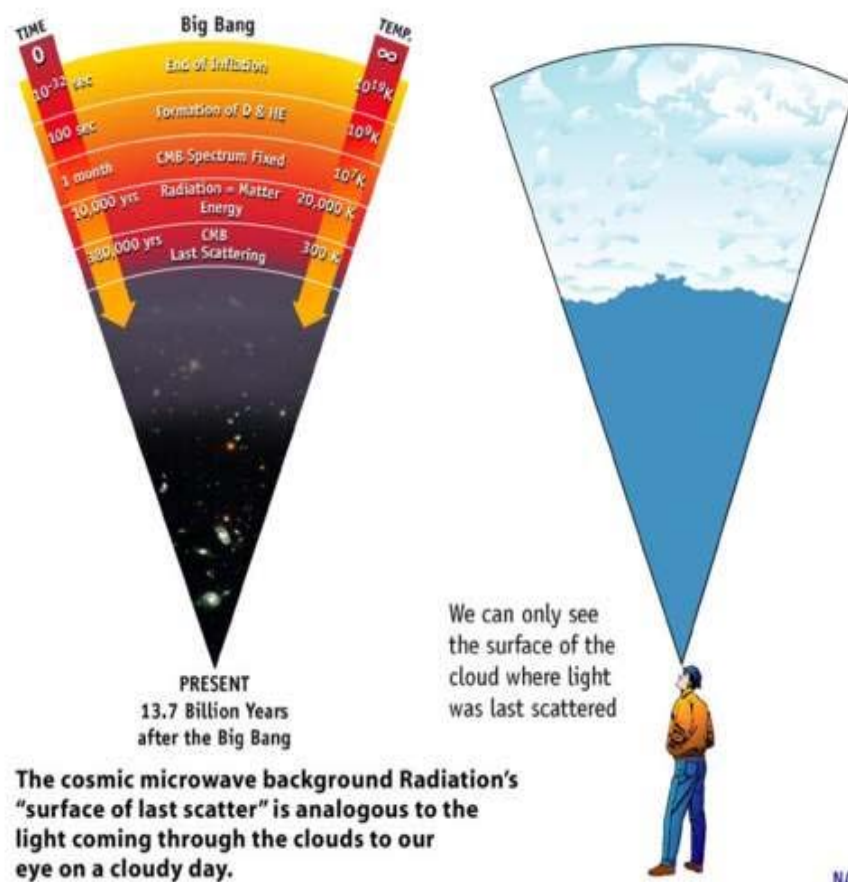
But scientists still have a long way to go before they figure out what dark matter is.

And there's no reason to think dark matter is made of just one sort of thing any more than ordinary matter is made of one sort of thing.

What is dark energy?

Dark energy, a mysterious force that no one understands, is causing the universe to fly apart faster and faster. Only a few years ago, if you'd suggested something like that to astronomers, they would have told you to spend less time in front of the TV and more time in the "real" world. But dark energy is real. Still no one, however, can truly explain it.

"Frankly, we just don't understand it," says Craig Hogan, an astronomer at the University of Washington at Seattle. "We know what its effects are, but as to the details of dark energy, we are completely clueless."



Dark energy entered the astronomical scene in 1998, after two groups of astronomers made a survey of exploding stars, or supernovas, in a number of distant galaxies. These researchers found that the supernovas were dimmer than they should have been, and that meant they were farther away than they should have been. The only way for that to happen, the astronomers realized, was if the expansion of the universe had sped up at some time in the past.

Until then, astronomers had generally believed that the cosmic expansion was gradually slowing down, due to the gravitational tugs that individual galaxies exert on one another. But the supernova results implied that some mysterious force was acting against the pull of gravity, causing galaxies to fly away from each other at ever greater speeds. It was a stunning realization.

At first, other researchers questioned the result; perhaps the supernovas were dimmer because their light was being blocked by clouds of interstellar dust. Or maybe the supernovas themselves were intrinsically dimmer than scientists thought. But with careful checking, and more data, those explanations have largely been put aside, and the dark energy hypothesis has held up.

Actually the idea is not completely new. Einstein had included such an "anti-gravity" effect in his theory of general relativity, in his cosmological constant. But Einstein himself, and later many other astronomers, came to regard this as a kind of mathematical contrivance that had little relationship to the real universe. By the 1990s no one expected that the effect would turn out to be real.

Still, anti-gravity isn't the right way to describe dark energy, says Virginia Trimble of the University of Southern California "It doesn't act opposite to gravity," she says. "It does exactly what general relativity says it should do, if it has negative pressure."

The supernova evidence suggests that the acceleration kicked in about 5 billion years ago. At that time, galaxies were far enough apart that their gravity, which weakens with distance, was overwhelmed by the relatively gentle but constant repulsive force of dark energy. Since then, dark energy's continuing push has been causing the cosmic expansion to speed up, and it seems likely now that this expansion will continue indefinitely.

"It means that if you look out at the universe today, and if we wait many billions of years," says Hogan, "everything will be flying away faster and faster, and eventually we'll be left quite alone."

Aside from such grim forecasts, dark energy is causing quite a bit of upset for astronomers who have to adjust to an unexpected and outlandish new view of the universe. Already, they have had to accept the notion of dark matter, which is now thought to far outnumber ordinary matter in the universe, but which has never been detected in any laboratory. Now, the arrival of an unknown force that rules cosmic expansion has added insult to injury.

"I'm as big a fan of dark matter and dark energy as anybody else," says astronomer Richard Ellis of Caltech. But, he adds, "I find it very worrying that you have a universe where there are three constituents, of which only one is really physically understood."

"When you teach undergraduates, and they say, 'Well, what is dark matter?' Well, nobody's really sure. 'What is dark energy?' We're even less sure. So you have to explain to a student, that 95% of the universe is in two ingredients that nobody really understands," says Ellis. "This isn't really progress."

No one argues that dark energy is difficult to comprehend. And it is hardly the first strange idea scientists have had to accept. "It took two generations for people to be comfortable with quantum mechanics. The fact that you do not have good intuition about dark energy is true for quantum mechanics, general relativity, and lots of other things, because we can't easily mock them up in the laboratory.

And for cosmologists, dark energy has solved at least one cosmological conundrum raised by studies of the Cosmic Microwave Background, or CMB.

Recent data on fluctuations in the intensity of the CMB an all-sky wash of microwave energy that is the oldest observable result of the Big Bang fits theoretical models of a universe which will continue to expand forever. Scientists had puzzled about what would keep the expansion going; dark energy seems to provide the answer.

But that doesn't mean dark energy has made life easy for cosmologists. Not only because they still have to figure out what it is. It's important to realize that the dark energy is different from any other kind of energy we've ever found.

"Presumably, if we ever get a truly unified theory of everything, which includes gravity and the other forces of nature, one of the big tests of that is, does it predict dark energy? Does it get that right or not?"

In the meantime, astronomers look forward to observations by satellites designed to map the Cosmic Microwave Background at higher sensitivity and finer resolution. Those data should reveal more about the expansion of the universe and the role of dark energy.

Laboratory experiments are underway to test how gravity acts across small distances, which Hogan believes may have bearing on dark energy.

"They're now down to below a millimeter," he says. "If they get down to a tenth of a millimeter, they're actually at a scale where they're testing some models of the dark energy."

And Ellis stresses the importance of further observations to confirm the supernova results and their stunning implications. Ellis says. "We have to check. It's such a big claim, and it's so counter-intuitive that the universe would be accelerating, in my opinion, that no stone should be left unturned. We should verify this as best as we possibly can."

Well even if we believe science cannot progress anymore, we see suddenly that we actually know damned little up to now.

NOW READY FOR A HEALTY LAUGHTER?

New Scientific Developments Grand Prize Winner

First price

Antigravity

When a cat is dropped, it always lands on its feet, and when toast is dropped, it always lands with the buttered side facing down. It is proposed to strap buttered toast to the back of a cat; the two will hover, spinning inches above the ground. With a giant buttered cat array, a high-speed monorail could easily link any place in the world.

Runners-up

Rednecks & Braille

If an infinite number of rednecks riding in an infinite number of pickup trucks fire an infinite number of shotgun rounds at an infinite number of highway signs, they will eventually produce all the worlds great literary works in Braille.

Why Yawning Is Contagious

You yawn to equalize the pressure on your eardrums. This pressure change outside your eardrums unbalances other people's ear pressures, so they must yawn to even it out.

Honorable Mentions

Why the Earth rotates

Birds take off at sunrise. On the opposite side of the world, they are landing at sunset. This causes the earth to spin on its axis.

How to make your car go faster

The reason hot-rod owners raise the backs of their cars is that it's easier to go faster when you're always going downhill.

Drinking buddies

There once were two Irishmen, named Shawn and Pat, who were the best of friends. During one particular night of revelry, the two agreed that when one passed on, the other would take and spill the contents of a bottle of fine, Irish whiskey over the grave of the fondly missed and recently dead friend.

And as fate would have it, Shawn would be the first to pass.

Pat, hearing of his friend's illness, came to visit his dear friend one last time.

"Shawn," said Pat, "can you hear me?"

Faintly, Shawn replied, "Yes, Paddy, I can."

Bashfully, Pat started, "Do you remember our pact, Shawn?"

"Yes, I do Patty," Shawn strained.

"And, you'll also remember that I was to pour the contents of a fine, old bottle of whiskey over your grave, which we have been saving for, going on 30 years now?" said Pat.

"Yes Patty, I do," whispered Shawn.

"It's a very 'old' bottle now, you know," urged Pat.

"And what are you gettin' at Pat?" asked Shawn, briskly.

"Well Shawn, when I pour the whiskey over your grave, would ya mind if I filter it through my kidneys first?"

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

THE BREAKFAST CHATTER

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