



Breakfast Chatter



Rotary Club of Kathmandu Mid-Town
District 3292, Club 26776, Chartered 08 Nov. 1989

August 4, 2009

Weekly Bulletin

Volume No. 5 of '09/'10

***This week's speaker - Dr Rajendra Bahadur Shrestha
President, Rotary Club of Chandagri***

Diabetes is a disease in which the body does not produce or properly use insulin. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles. High blood pressure (or [hypertension](#)) is defined in an adult as a blood pressure greater than or equal to 140 mm Hg systolic pressure or greater than or equal to 90 mm Hg diastolic pressure. Many people have high blood pressure for years without knowing it



Assistant Governor (Prof Timilsina) and President (Subarna) at the first Club Assembly of 2009/2010

Calendar	
Date	Theme
August 7, 2009	Preventing Diabetes, High Blood Pressure Heart Disease through Life Style Changes
August 6, 2009	Official handover of a modern X-Ray equipment to Shechen Clinic from 12.00 to 2.00 pm. Members are encouraged to attend this first WCS Project of the year
August 7, 2009	Preventing Diabetes, High Blood Pressure and Heart Disease through Life Style Changes

Club Assembly -

---members participating in the first Club Assembly of 2009/2010



Rotary Month – August

August - dedicated to the Rotary Membership Growth and Rotary Club Extension.

Rotary around the world

Tragedy opens up unexpected path

By Christianna McCausland

The Rotarian -- July 2009



Mark Backlin pours water for women who have traveled to the Andean village of Ambuqui for medical treatment. *Photo by Lisa Mull*

Seeing Rotarian Mark Backlin in a rural village in Ecuador might surprise someone who knew him three years ago - including his wife, Judith Lombeida. "She'd probably think I'm crazy," he says with a laugh. "I think she'd be surprised that I would even jump into this arena, because it's not my element. But I believe she'd be very proud for her family and her kids."

In 2006, Backlin, his wife, and their two teenage children were in a car accident that took the life of Lombeida, a colonel in the U.S. Air Force and chief of neurology at the Air Force Academy in Colorado. Backlin and the children were seriously injured. Through the air force, Lombeida had frequently participated in medical missions to the developing world. Her death impelled Backlin to take up her humanitarian work. He quit his job and within a year had created the Judith Lombeida Medical Foundation to organize relief trips to poor communities in his wife's home country of Ecuador.

"This is a very personal mission to me," says Backlin. "When [Judith] passed away, I made the decision that Ecuador was where I wanted to do this. Clearly, there's need all over the world, but I feel that my focus should be here, because this is where she's from, and there are plenty of individuals here who need help."

The foundation has completed three missions, which have provided medical and surgical care to more than 5,000 Ecuadorians. Lombeida's colleagues and friends in the U.S. and Ecuadorian air forces have been quick to offer their help, as have Backlin's fellow Rotarians. He turned to members of his Rotary Club of Colorado Springs, Colo., for advice on how to establish the foundation, and he worked with Rotarians in Quito, Ecuador's capital, to find local volunteers.

In August, on a trip to five remote villages outside Quito, nurses, doctors, opticians, and dentists dressed wounds, performed minor surgery, provided checkups and treatment for parasites, and dispensed medications and health information. Some people received eyeglasses for the first time; others finally obtained relief from the pain of a bad tooth. Backlin could frequently be found interacting with children, chatting with townspeople, or

standing, arms crossed over his blue Lombeida Foundation T-shirt, observing the team at work.

"The missions are about my wife. They represent who she was as a person, her character and her demeanor," he explains. He's proud, he says, "to be able to do this to remember her. But it's also a sad thing, because the reason I'm doing it is because she's not here." Learn more about the Judith Lombeida Medical Foundation at www.jlmf.org, or e-mail Backlin at mark@jlmf.org.

Rotary Fun Stuff

Who Are These People?

Who are these people?
These doers of deeds,
these dreamers of dreams,
who make us believe.

Who are these people?
Who still win the day,
though the odds are against them,
and strength fades away.

These people are ROTARIANS,
they never give in:
they have hearts deep within them,
that are destined to win.

They follow their dreams,
though the journey be far.
They stand on the mountain top,
and still reach for a star.

And when they have touched it,
and their journey is done.
They give us all hope,
for the victories they've won.

So, here's to the ROTARIANS,
all to all their grand deeds.
They follow their hearts;
they are winners indeed!

submitted by Rotarian Jack Maxwell, MESNAR

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