



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

Aug. 13-20th 2010

Vol. 7 of '10/'11

this week's speaker



What Everyone Needs to Know
About Non-Communicable
Diseases ~
Heart Attacks and Strokes



Please join us this week as Dr. Prakash Raj Regmi, **President RC Patan**, will talk to us about non-communicable disease prevention. As a health professional he urges the government to draw up a policy of paying the same degree of urgency to non-communicable diseases as it does to communicable ones. He believes the number of people suffering from non-communicable diseases has drastically increased of late and that the government should devise a policy on such diseases first and that programmes and plans will automatically follow.

on the lighter side

"I used to eat a lot of natural foods until I learned that most people die of natural causes."

Anonymous.

last week's speaker






Mid-Town welcomes Radhesh Pant

Long-time Mid-Towner Radhesh Pant made a nice comeback to Rotary this week. Everyone was happy to renew their acquaintance, or in the case of newer members, to make the acquaintance, of this soft-spoken CEO of the Kumari Bank. It seems that everyone from Pres. Pratap on down had some connection, either school or family ties, even Rtn. Dr. Neil was happy to reminisce about their having joined Rotary at more or less the same time.

In his talk Rtn. Radesh covered the ups and downs of the banking sector in Nepal over the past decade. So, how are we doing? asked Mid-Towners in the question period. The CEO was optimistic but very cautiously so. Let's hope that we see more of this long-time member.

calendar

date	theme
August is Rotary Membership and Retention Month *Membership dues for 2010-2011 payable immediately – please see Mr. Dahal.	
14 Aug.	Naga Panchami This is the "Festival of Snakes".
14 Aug.	Pakistan Independence Day 
15 Aug.	India Independence Day 
17 Aug.	Ek Bhadra
19 Aug.	Afghanistan Independence Day 
24 Aug.	Janai Purnima (Full Moon 17:05 GMT) Janai Purnima is known as the Sacred Thread Festival. On this day Hindus perform their annual change of Janai, a yellow cotton string worn across the chest or tied around the wrist of the right hand. Janai means sacred thread, and purni meaning Purnima or the full moon, thus pointing to the change of the thread on the auspicious full moon day. On Janai Purnima, there is a big mela (fair) at Kumbeshwor in Lalitpur.
17 Sept.	Mid-Town Installation dinner (tentative date)
24 Sept.	Visit of DG Tirtha Man Sakya to RC KTM Mid-Town



नव्वड फ़िल rotary international

Tanaka is choice for 2012-13 RI president

Sakuji Tanaka, a member of the Rotary Club of Yashio, Saitama, Japan, is the selection of the Nominating Committee for President of Rotary International in 2012-13.

Sakuji Tanaka, a member of the Rotary Club of Yashio, Saitama, Japan, is the selection of the Nominating Committee for President of Rotary International in 2012-13. Tanaka said he would like to see Rotary "continue its vital work as the force to improve our communities."

For 32 years, Tanaka was president of Tanaka Company Ltd., and currently, he serves as vice president of the Yashio City Chamber of Commerce and adviser to Arata Co. Ltd., an animal feed and pet food wholesaler. He also chaired the National Household Papers Distribution Association of Japan for eight years. Tanaka studied business at Nihon Management Daigakuin and Tokyo Management Daigakuin.

Tanaka established an endowed Rotary Peace Fellowship, and he and his wife, Kyoko, are Paul Harris Fellows, Benefactors of the Permanent Fund, and Major Donors.

He is a recipient of RI's Service Above Self Award and The Rotary Foundation's Distinguished Service Award. Tanaka said that eradicating polio will "fulfill the promise we made to children in the world" and that "there is no doubt in my mind that the day of this success will be realized in the near future."

Tanaka and Kyoko have three children and five grandchildren.



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A warm welcome to visitors from RC Valencia Sol

This week Mid-Town was happy to welcome Past Rotaract President Sarah Vivien Poer and



another tall Rotaract (sorry, I did not get the name) from the Rotary Club of Valencia Sol, Spain.

Past President Sarah told Mid-Town a little bit about their club and expressed a wish to remain in touch with Mid-Town and to possibly collaborate on some projects in the future.

Thanks for the visit and let's stay in touch!





Rotaracts join hands for clean drinking water

Last week Mid-Town Rotaracts joined hands with the RC Troy Michigan and RC Balaju to bring on Safe Drinking Water to a group of 35 women involved in micro -credit scheme at Dahachowk*. This group was given free SBL Filters, soap and deworming tablets. The Rotractor Pres. Anil briefed then on the value of proper hand washing. Mr Rajesh Adhikari talked about the need to drink only clean and safe water – the family's health depends on it! PP Shankar Man and Dr Chandra Lekha talked about Rotary and its services.

*Where is Dhachowk?

It is an uphill journey to Nagh Daha at Dahachowk beyond Thankot on an ungravelled



road. The saying goes that Lord Indra descended to the earth from his heavenly abode at the Nagh Daha on the day of Indra Jatra.



Three Rotarians of RC Balaju: President Sujan , Treasurer Rtn Divya and PP Shankar Man Shrestha and KTM Mid-Town Dr Chandra Lekha, Rtr Anil Chaudhary, Rtr Ekta , Mr Rajesh Adhikari (ENPHO) and 2 ladies of Mansi Micro Credit Group



Environment Protection Sub-committee of Community Services

On August 3, Dr. Chandra Lekha Tuladhar and Rotaractors had a site visit to the residence of Rtn. Badan Lal Nyachhyon and Ann Shobha in Pulchowk – here they learned first-hand about affordable composting techniques ones they could implement in their own homes. They also learned how to recycle plastics and paper, about ventilation system for rooms and toilets, about solar disinfection of drinking water, about the use of solar photovoltaic panels get around the nuisance of the load shedding and how to maintain greenery. A good and instructive time was had by all. A BIG thank you to Rtn. Badan Lal.



Our Rotarians also maintain an on-going excellent relationship with various schools in the valley.



They have recently revisited three schools to negotiate permission to implement the Avoidable Blindness Program. Here (left) we see Rtr. President Anil donating curtain fabric sponsored by Mentor PP Dr Chandra Lekha to the sisters of the Mary Ward School. and (right) a moment



at the fountain with the boys of the Mamata Rani school.

If these boys keep up their household chore skills their life partners will surely be ever grateful!



interact news

Rotaract-Interact Forest Maintenance

Early in the morning on 31st July, our Rotaracts met our Interacts and together they worked on the Rotaract-Interact Forest, Kirtipur. By 8AM they were already active at cleaning the scrub to nurture and to beatify the Special Program Area SPA (Jana Sewa Higher Secondary School, Kirtipur). Altogether 20 members of the club worked came from different parts of Kathmandu Valley all enjoyed the work - a fellowship breakfast followed at the residence of SPA Director Rtr Beeju Maharjan.



Rotarians take health matters in hand Inter City Meeting on Non-Communicable Diseases

On Saturday, 14 August, the first inter-city meeting of the 2010-2011 Rotary year was held at the Hotel Himalaya. The meeting was held to create public awareness about non-communicable diseases and also to help the MoHP to initiate its Non-Communicable Diseases (NCDs) Prevention & Control Programmes. The meeting was jointly organised by **Rotary Clubs of Patan, Patan South, and Durbarmarg** and other notable health related institutions around town such as: Nepal Heart Foundation, Jayanti Memorial Trust, Mrigendra Samjhana Medical Trust, Help for heart Surgery, Heart to Heart Nepal, Nepal Diabetes Society, Nepal Cancer Relief Society, Heart Club Nepal, National Dental Hospital, Medicare National Hospital. The Chief Guest was **DG Rtn. Tirtha Man Sakya**, and the Guest of honour was **Dr. Praveen Mishra**.



An estimated 35 million people die of non-communicable diseases such as heart attack, haemorrhage, diabetes, cancer and asthma globally every year. According to a study carried out by the Ministry of Health and Population, 49 percent of deaths in Nepal are caused by non-communicable diseases. Communicable diseases such as HIV, malaria and tuberculosis are among other notable killers. According to this study, 21.5 percent of deaths are caused by high blood pressure while the shares of diabetes, obesity, tobacco and alcohol are 10, 7.2, 23.5 and 28.5 percent, respectively.

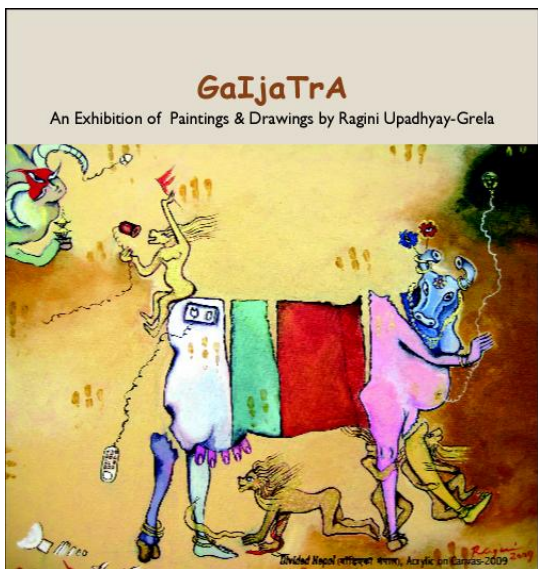


The well-attended meeting featured a series of talks on topics of common interest such as, *Current Scenario of Heart Attack in Nepal*, *What everyone needs to know about NCDs*, *Heart Attack and Stroke*, *Prevention and control of Diabetes Mellitus*, *Cancer – You can prevent it !*, *Awareness on Oral Health*, *NCDs: National Policy and Programmes*.

Speaking on the occasion, Chief of Health Sector Reform Unit at the Ministry of Health and Population Dr. Babu Ram Marasini said the government was working out plans and policies regarding non-communicable diseases. The ministry has conducted a couple of national and regional surveys on the state of non-communicable diseases.

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(this space reserved for non-Rotary information sharing)



GaIjaTrA
An Exhibition of Paintings & Drawings by Ragini Upadhyay-Grela

21st August - 20th September 2010

Siddhartha ART GALLERY

Siddhartha Art Gallery
invites you to
An Exhibition of Paintings & Drawings

GaIjaTrA
by a renowned artist
Ragini Upadhyay-Grela

Most popular satirical drama actors of Nepal
VETERAN DUO 'MAHA JODI'
Mr. Madan Krishna Shrestha and Mr. Hari Bansha Acharya

have kindly consented to open the exhibition jointly
on Saturday 21st August 2010
at 5:30 pm

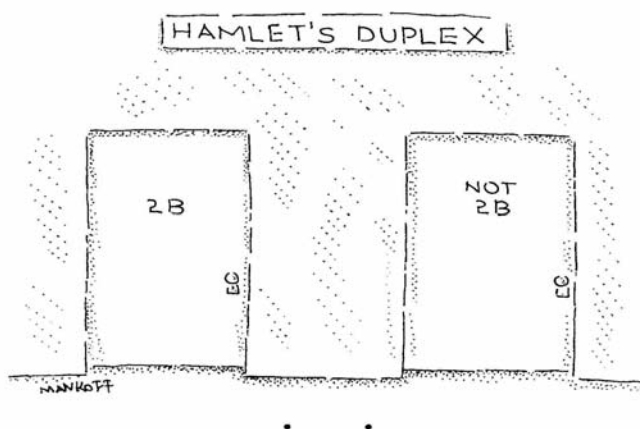
The Exhibition will continue till 20th September 2010

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

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