



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. 10th - 16th 2010

Vol. 24 of '10/'11

Speaker for December 17th

Sangita Singh will talk on the Bagmati Action Plan

Action Plan for Environment Improvement of Bagmati River in Kathmandu Valley

Ever since the existence of humankind in the Kathmandu Valley, the Bagmati River has remained as the cradle of our civilization. The life of Bagmati is intertwined with the lives of millions of the Kathmandu dwellers. It has functioned as the main artery of the city, nourishing the Valley and providing immense environmental and ecological services. However, with the rapid population growth and haphazard urbanisation of the Kathmandu Valley, the Bagmati River and its tributaries suffered the most. At present, the Bagmati River system is highly polluted. The problem is further aggravated by continuous dumping of solid wastes, domestic sewerage and industrial waste along its bank and in the river directly.



Restoring the Bagmati river is ambitious, but success is vital. The **Bagmati Action Plan** has prepared a framework of actions by zoning the river into five areas and commits to clean, green and enliven the Bagmati river. This Plan presents the clear objectives to give new life to Bagmati and its tributaries.

thought for the day

Patriotism is your conviction that this country is superior to all others because you were born in it.

-George Bernard Shaw, writer, Nobel laureate (1856-1950)

calendar	
date	theme
<p style="text-align: center;">December is Family Month</p> <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>	
17 Dec.	Ms Sangeeta Singh on the topic of ' Bagmati Action Plan ' (see above)
18 Dec.	 <p>ROTA Quiz Mid Town wishes Rota Quiz Team Leader PP RR and his group all the best. Bring us back a ribbon!</p>
24 Dec	No meeting
25 Dec.	 <p>Christmas Day although nominally a Christian holiday, Christmas is also widely celebrated by many non-Christians and many of its popular celebratory customs have pre-Christian or secular themes and origins. Popular modern customs of the holiday include gift-giving, music, an exchange of greeting cards, church celebrations, a special meal, and the display of various decorations; including Christmas trees, lights, garlands, mistletoe, nativity scenes, and holly.</p>
25-27 Dec.	 <p>Nepal Division of Rotary Leadership Institute (RLI) 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>The Rotary Leadership Institute (RLI) is a multi-district, grassroots leadership development program of member districts organized into regional divisions in various parts of the world.</p>
28 Dec.	Mid-Town Board Meeting to be hosted by TRC Chair Rtn. Saroj (details to follow)
31 Dec.	 <p>Bertrand Rondot, the curator of the Chateau of Versailles, will talk on the history and art of this magnificent palace.</p>

1 Jan. 2011		Happy New Year 2011
7 Jan. 2011		<p>Mr. Pasi Koistinen, 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>'Gift of Sight' eye camp in Hetauda. This annual eye camp is held with the support of the RC Garden City Singapore. Rotariand and friends interested in attending please contact PP Mani.</p> 
21 Jan.	Club Assembly (sorry, no guests on this occasion)	
27 Feb.		<p>Major Health Camp in Nawalparasi – in collaboration with RC ATHINA LYCAVITTOS–Greece. Anyone interested in joining please contact Rtn. Pabitra.</p> <p>(Aside: The RC ATHINA LYCAVITTOS is held near the LYCABETTUS HILL 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>Mega Health Camp Bandipur – Rotarians and friends interested in attending please contact Dr. Lekha.</p>
April 8-11 2011		<p>Rotary District Conference District 3292 Nepal Theme: Commitment to Serve Venue: Nepal Army Officer's Club, Tundikhel, Kathmandu, NEPAL</p>

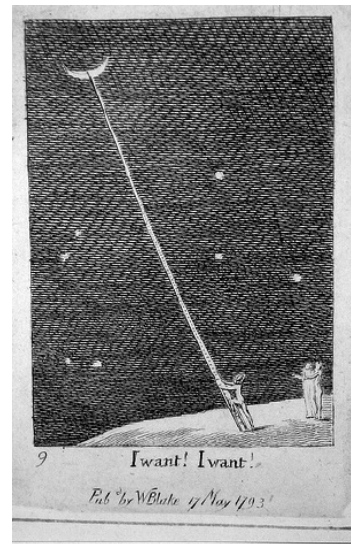
last week's speaker



Damien François is an author and cultural anthropologist from Belgium. He has taught at various universities and at a film college in Germany. Damien has done fieldwork with various Native American tribes (U.S.A. and Canada) which resulted in the book *The Self-Destruction of the West*. Critical Cultural Anthropology His expeditions have led him to Canada and the Himalayas, where he has been travelling every year since 2005. He started his talk by saying that in a recent leading article on climate change, the



German weekly newspaper *Die Zeit* asked : „Why are there no radical answers to the new radical situation?“ A week later, the German weekly magazine, *Focus*, stated: „Only madmen tell the truth“. Why is that? As we are "thrown in the world", as German philosopher, Martin Heidegger, put, and thus not able to step out of it, it is not always an easy task to see through reality and tell things how they are. We live in societies in which greed and money rule....." and so on he continued in like vein. The painting of Goya shows a cruel deamon (left) and the drawing (right) shows man's unsatiable desire ...reaching even to the moon?



Damien François is presently in Nepal working on a documentary project, about the history of the Sherpa people; this film focuses on a Sherpa family of 7 brothers who have climbed Everest, in total, 45 times.



Rotaract news



A big congratulations to our Rotaracts who now have now received their 'Certificate of Organisation' for the **Rotaract Club of Kathmandu, Thaiba** (on the way to Godavari)

Visiting Rotarians

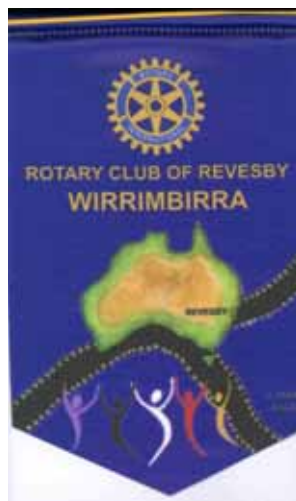


A warm welcome to friends from down under

Mid-Town was happy to welcome back team leader **Ron Marcus** (PP RC Castle Hill, Australia District 9680) and **Warren Bond** (RC Revesby Warrimbirra, Australia) and the mates (**John, Bruce Duffy, John Price**, et al.).

Ron and his team have been coming to Nepal for many years and have visited Mid-Town on several occasions. Ron says that he has been to Nepal 37 times! The team was in Nepal this time to work with the **Adarsha Secondary School** where they helped with some infrastructure

development. As they say in Australia **good on ya!** And we look forward to seeing you on your next trip over.





Mid-town sunshine



Elephant Polo World Championship



**WEPA TEAM
2010**

The Tiger Tops Tuskers won the inaugural-day matches at

the International Elephant Polo Championship in Chitwan defeating the Chivas Regal of Scotland 6-3 in November. A big congratulation to proud

mom, **Mid-Towner Lisa Choegyal**, whose son is on the team. Sounds like sunshine to me! The International Elephant Polo Association and Tiger Tops Hotel are the joint organisers of the eight-team event, which carries a proud history of 29 editions after it was first played in Nepal in 1981.

Did you know?

Elephant polo is a variant of polo played whilst riding elephants. It is played in Nepal, Sri Lanka, Rajasthan (India), and Thailand. Equipment consists of a standard polo ball and six to nine foot cane (similar to bamboo) sticks with a polo mallet head on the end. The pitch is three-quarters of the length of a standard polo pitch, due to the slower speed of the elephants. Two people ride each elephant; the elephants are steered by mahouts, while the player tells the mahout which way to go and hits the ball.

Although elephant polo was first played in India at the beginning of the twentieth century, the modern game originated in Meghauli, Nepal. Tiger Tops in Nepal remains the headquarters of elephant polo and the site of the World Elephant Polo Championships.



Thai Air marks 43rd anniversary

POST REPORT
KATHMANDU, DEC. 9

Thai Airways has celebrated the 42nd anniversary of its operation in Nepal. The airline had started Bangkok-Kathmandu flights in 1968.



Thai Airways has celebrated the 42nd anniversary of its operation in Nepal. The airline had started Bangkok-Kathmandu flights in 1968.

On the occasion, the airways awarded 10 passenger sales agents and five cargo agents for 2009-10. Osho World Travel Nepal was announced the top passenger sales agent in Nepal for 2009-10. Chantouch Srinilta, Thai Airways' general manager for Nepal and Bhutan, presented the award to **Shyam Raj Thapaliya**, managing director of Osho World Travel, and other awardees for their outstanding performance and support for the business growth of the airline. Sounds like sunshine to us!



More Rotaract news

Rotractors get into the Christmas spirit



On the fourth of Decembers PP Dr. Lekha and the Rotaracts participated in the program presented by Creative Statement and supported by the EU /KIST Bank and many others. Ms Reeta Shakya (above), is a victim of polio Shakya was recognized with the **Navadurga Karuna Award**.

KARUNA



RITA SHAKYA
Owner of Nepa Boutique and General Secretary of Nepal Disabled Women's Association in Godavari covering 8 wards 36-41 413202
cdw@nwbk.com.np

The only disability in life is a bad attitude - Scott Hamilton

Karina is the giver of love, hope and compassion and that is exactly what our recipient of the Karuna Award stands for. When others in her position would have wanted compassion shown to them, Rita is the one sharing love and caring for people who are physically challenged. One look at her proves that the sparkle of her smile is worth more than the sparkle of the most brilliant diamond!

In her large extended family, no one had really bothered giving polio shots to any of the children, especially since no one had ever been affected. Unfortunately, Rita was the one to bear the brunt of it. Born a perfectly healthy child she developed polio around the time she began to walk. But physical disability did not deter Rita from going places. She holds a Bachelors degree in Sociology and English. She strongly feels that people with disabilities should not deter them from achieving their goals in life.

Rita is a designer and proud owner of the Nepa Boutique at Pulchowk. Her customers have one thing to say in common, that it is Rita's enduring smile and professionalism that keeps bringing them back to her.

Rita has been involved as the General Secretary of the Physically Challenged Nepali Women's Society situated at Godavari. Rita travels from her home in Pulchowk till Godavari via public transport. Rita feels a deep sense of gratification in being able to help those who come to the centre for counseling. The centre has been instrumental in changing the perspective of those affected as well as of those who otherwise used to view and treat them differently. Even the schools in those areas that earlier used to discriminate against the physically challenged students have changed their ways. Rita regularly monitors the activities of the association.

Celebrating Womanhood salutes Rita Shakya for rising above all adversities and for being the angel in disguise for those who come to her with hope.

Rotary knows no borders





Mid-Town Rotractors spent a happy afternoon with international friend **Rtn Alice Namuli** (Paul Harris Fellow) from Kampala Uganda. The Rotractors and PP Dr. Lekha prevailed upon her to form a Rotaract club in her hometown, Kampala. This would be a wonderful Rotary extension project!

In the photos, Rtn Alice attended the Rotaracts Regular Meeting and then spent 2 hours touring the SAP area of the youth with PP Dr Chandra Lekha and the Rotaracts.

Presentation of a token of love. International friend Rtn Alice contributed Rs 3000 to the Rotaracts to support their activities. A BIG thank you from Mid-Town Rotaracts.



On the lighter side

APANA MUDRA – MUDRA OF DIGESTION



Apana Mudra (Mudra of Digestion)

Method:

The tips of middle finger and ring finger touch the tip of thumb while the other two fingers are stretched out.

Specialty:

It plays an important role in our health as it regulates the excretory system.

Time Duration:

Practice it daily for 45 minutes, but practice for longer time yields more benefits.

Benefits:

It regulates diabetes. It cures constipation and piles. It helps excreting the normal waste regularly.

Mid-town humor



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

Breakfast Chatter editor: Dr. Isabella C. Bassignana Khadka at email: isa@mos.com.np