



# Breakfast Chatter



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

August 26<sup>th</sup>, 2008

Weekly Bulletin

Vol. 7 of '08/'09

## Speaker of the Week



### Rtn. Prof. Dr. Nanda Bdr. Singh

is assistant professor at the Central Department of Zoology and Environmental Science, Tribhuvan University (T.U.), and is the first scholar to initiate the research on ethno-genetics (human genetics/molecular anthropology or population genetics) in Nepal. He has conducted research on the ethnobiology of 25 different Nepalese ethnic groups in Nepal, and has published numerous articles/book reviews in national as well as international magazines on his findings.

He is the first Nepalese researcher to earn a Ph.D. in molecular ethno-biology from the prestigious University of Tokyo, Japan in 2002 and has received copious national and international medals and awards for his work.

Prof. Singh is a Rotarian, and secretary for the year of 2008~2009 for RC Jawalakhel.

## Calendar

Date	Theme
Aug. 29 <sup>th</sup>	<b>Dr. Nanda Bdr. Singh</b> will speak on: "Ethnogenetics and Ethnobiology of Six Indigenous Populations in Nepal"
Sept. 5 <sup>th</sup>	<b>Mr. Govinda Gajurel</b> , Executive Director, Manmohan Memorial Polytechnic, Biratnagar will speak on vocational training.
Sept. 12 <sup>th</sup>	Club Assembly
Sept. 19 <sup>th</sup>	No Friday meeting.
Sept. 21 <sup>st</sup>	Brunch meeting. Former Mid-Towner <b>Rtn. Larry Meek</b> and 20 members of his present Rotary Club will be in Nepal. Let us plan to welcome them with typical Nepali hospitality! (details to follow)



## Get well soon!

Mid-Town wishes 'Get Well Soon' to PP Rtn. Nirajan and Rtn. Sharmila both of whom have recently had hospital stays.

Our best wishes for a speedy recovery are with both of you. We all look forward to welcoming you back at Mid-Town in the very near future.

### ***Did you know?***

Rotary is a volunteer organization with more than 32,000 clubs in over 200 countries and geographical areas. It initiates humanitarian projects that address today's challenges affecting the world today, such as hunger, poverty, and illiteracy.

Rotary club members represent a cross-section of business and professional leaders around the world. These 1.2 million men and women donate their expertise, time, and funds to support local and international projects that help people in need and promote understanding among cultures. Rotary International is the worldwide association of Rotary clubs united under a motto of **Service Above Self**.

Rotary's flagship program is its effort to protect children against polio. It aims to eradicate the disease from the world.

**Evelyn Guzman, a participant in Job1, a Rotary Club of Chicago program for at-risk teens. Chicago, Illinois, USA. Photo by Alyce Henson.**



### **Service Opportunities** *(continued from last week's Breakfast Chatter #6)*

The RI Board has identified nine key issues of global concern, listed in [A Menu of Service Opportunities](#), which provides an overview of each issue, as well as a summary of Rotary's approach, action plans, and resources. Four issues were identified last week, here are the remaining five.

#### **Menu of Service Opportunities cont'd.**

##### **International understanding and goodwill**

Armed conflicts have claimed millions of lives around the world in the past decade, with a financial burden that runs in the trillions of dollars. Rotary clubs support greater understanding through international projects that promote goodwill and improve community and economic development.

##### **Literacy and numeracy**

Rotarians have donated books, built schools, and volunteered as tutors to reach out to the 800 million people worldwide who lack basic reading and writing skills.

##### **Population issues**

Many of the world's greatest challenges – hunger, poverty, disease, environmental deterioration – are a reflection of population dynamics. Rotary clubs have a long history of helping communities gain access to better maternal care, promote gender equality, and develop job skills and opportunities.

##### **Poverty and hunger**

About 1.1 billion people survive on less than US\$1 per day, and hunger and malnourishment are a constant reality for the poor. Rotarians carry out thousands of service projects that help communities help themselves, from establishing microcredit programs to providing agricultural training for impoverished families.

##### **Preserve Planet Earth**

Whether it's through pollution, unsustainable farming practices, or poor land management, humankind is putting an increasing strain on the environment. Rotary clubs have pursued thousands of environmental projects over the years, such as building parks and starting community recycling programs.

##### **Urban concerns**

With the world's urban population predicted to grow to nearly five billion by 2030, the availability of adequate housing, employment, safe water, and basic sanitation is becoming increasingly limited, paving the way for disease, crime, unemployment, and homelessness. From building shelters for survivors of domestic abuse to developing community gardens, Rotarians are tackling some of the most difficult challenges faced in urban areas.

## This Past Week's Speaker



**PP Yogi and PP Komal enjoy fellowship with speaker Rt. PP Puskar Man Shakya**

Pushkar Man Shakya, who is a Past President of RC Patan is well-known to Mid-Town and also in District 3292 as he is presently the District Coordinator. Rtn. PP Giri told of how some years ago they had worked together to set aright errors that had taken place in the Polio programme.

Rtn. Pushkar is President of the FEDERATION OF HANDICRAFT ASSOC. OF NEPAL (FHAN) and spoke to Mid-Town about FHAN and its objectives to encourage Nepalese artisans and to popularize handicraft products and promote small and medium enterprises by providing needed information to the pertinent agencies to help formulate policy/programs for the betterment of the industry. He also spoke about the Handicraft Design & Development Center (HANDECEN) whose aim it is to help Nepalese entrepreneurs develop quality innovative products and venture into product diversification. The handicraft industry presently sells to more than 80 countries, employs almost a million people in Nepal, and contributes to about 3% of GDP.

Rtn. Pushkar can be contacted at:  
**Federation of Handicraft Associations  
of Nepal can be contacted at:**  
UpamaMarg-11, Thapathali, G.P.O.  
Box:784, Kathmandu, Tel:4244231,  
4245467, Fax: 977-1-4222940, E-mail:  
[han@wlink.com.np](mailto:han@wlink.com.np), Website:  
[nepalhandicraft.com.np](http://nepalhandicraft.com.np)



**Pres. RR thanks Rtn Pushkar and presents a certificate of thanks (as Rtn. Pushkar noted, a beautiful certificate printed on handsome Nepali hand-made paper).**



On August 3<sup>rd</sup> Assistant Governor (Zone V) Rtn.Purna Man Shakya attended the regular meeting of Rotaract Club of Kathmandu Mid-Town and donated a printer to the club for Sanchetana Primary school.



On August 5<sup>th</sup> PP Dr Chandra Lekha mentored the Interacts of Kathmandu Mid-Town/Paanga by guiding the formation of the new board, briefing them on the procedures, their role, their commitment and their activities in running the club. The Interacts were full of questions and were happy to learn life skills so very different from their school work. The 2 hour session ended with snacks.



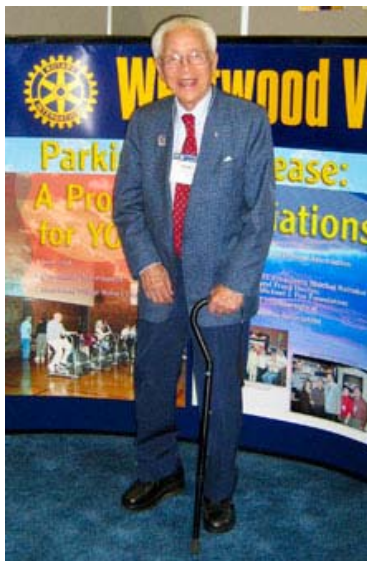
## Centenarian stays active with Rotary project

By Candy Isaac Rotary International News (adapted)-- 19 June 2008

Two things keep Henry Tseng, who turns 101 on 12 July, active: a 6:30 a.m. exercise class at the local YMCA six days a week and his weekly Rotary club meeting. He's a regular at both. "If I don't show up, people worry about me," says Tseng, a member of the Rotary Club of Westwood Village (Los Angeles), California.

Tseng, a past president of the Rotary Club of Hong Kong who immigrated to the United States in 1975, is at the RI Convention in L.A. this week to promote a partnership project with the YMCA that helps people with Parkinson's disease.

The project began in 1996 as an act of friendship between Tseng and fellow club member Wally Fischmann. When Fischmann was diagnosed with Parkinson's, he became despondent and wouldn't leave his house. Tseng's club worked with the Westside YMCA and medical experts at the University of California, Los Angeles to create the Parkinsonians Learning Lifelong Useful Skills (PLLUS). The specialized fitness program focuses on helping

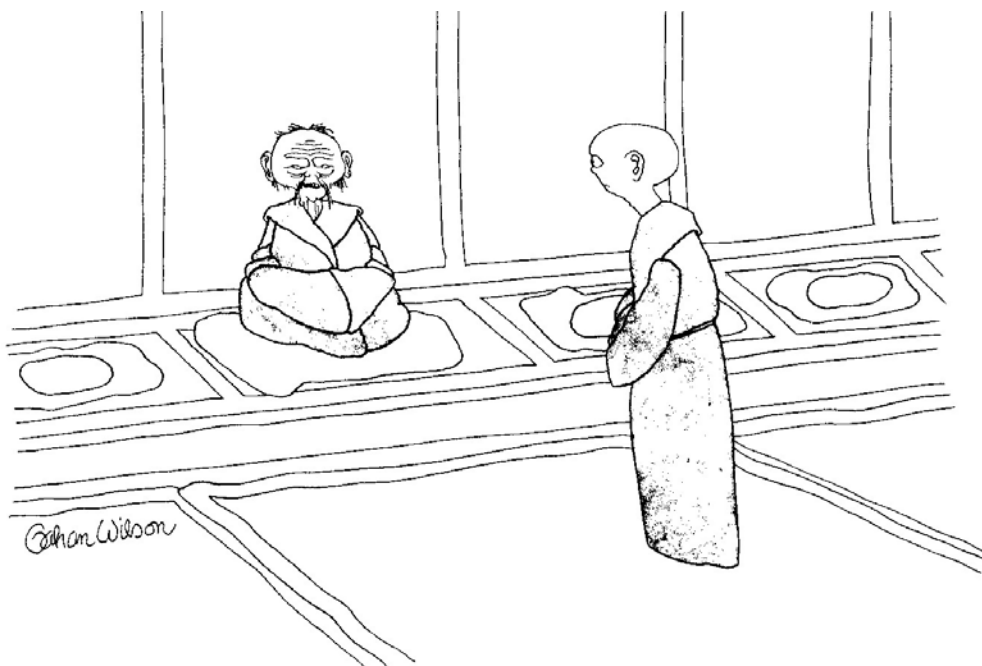


Parkinson's patients improve flexibility, posture, and functional mobility while providing an opportunity for patients to stay active and social.

Starting one local class wasn't enough for Tseng, who has taken the project to booths at Rotary conventions in Buenos Aires, Singapore, and Chicago. Today, there are more than 25 PLLUS programs at YMCAs around the world. "Rotary gets the word out," says Ann Samson, executive director of the Westside YMCA. "I love Rotary, we all do. Rotary opens lots of doors." Samson says the YMCA will provide \$5,000 in start-up funds to any Rotary club that would like to start a PLLUS program at their local YMCA. For more information, visit [www.pllus.org](http://www.pllus.org).

**Henry Tseng, who will be 101 in July, attended the 99th annual RI Convention. Candy Isaac/Rotary Images**

## Mid-Town Humour



*"You can't handle the meaning of life!"*

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

Breakfast Chatter editor: Dr. Isabella C. Bassignana Khadka at email: [isa@mos.com.np](mailto:isa@mos.com.np)