



# 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

Oct. 8<sup>th</sup>-21<sup>st</sup> 2010

DOUBLE ISSUE

Vol. 15 & 16 of '10/'11

## Speaker for 22 October




Long-time Mid-Towner **Rtn. Lisa Choegyal** has recently succeeded Miss. Elizabeth Hawley as New Zealand's Honorary Consul to Nepal.

*Background:* Lisa is based in Kathmandu Nepal with over 30 years experience in the tourism sector; she is an authority on planning, operating and marketing tourism, particularly pro-poor sustainable tourism. She worked for over 20 years with the Tiger Mountain Group Nepal and is currently still associated as an adviser. She has worked on related areas of environmental preservation, conservation awareness, and community, government and media liaison. She is an author, photographer, and editor of travel and guidebook publications. She is widely experienced in production coordination and location management for documentary and feature films.

## calendar

date	theme
October is Rotary ' <i>Vocational Service</i> ' Month	
13 Oct.	

14 Oct.		<p><b>Fulpati</b>, on this day the royal kalash filled with holy water, banana stalks, jamara and sugar cane tied with red cloth is carried from the ancestral home and Dashain begins.</p> <p>In fulpati, the royal kalash filled with holy water, banana stalks, jamara and sugar cane tied with red cloth is carried by Brahmins from the ancestral royal house on a decorated palanquin under a gold tipped and embroidered umbrella, led by the military platoon of the royal priest.</p> <p>The government officials also join the fulpati parade. Whilst the fulpati parade is heading towards the old royal palace, His Majesty the King observes the ceremonies taking place in Tundikhel, the army parade ground in the center of the city. There a majestic display of the Royal Nepalese Army is held. Guns are fired and the entire valley echoes with the resonance sound of it. The firing continues for ten to fifteen minutes to honour the fulpati. By the time the function ends the royal fulpati is already taken inside the Dashain ghar in Hanuman Dhoka Palace.</p>
15 Oct.	<b>No RC Mid-Town Breakfast Meeting on this day.</b>	
15 Oct.	<p><b>Asthami</b> This is the eighth day of Dasain, it is called the 'Maha Asthami'. Orthodox Hindus fast on this day. Sacrifices are held in almost every house. The night of the eighth day is called 'Kal Ratri', the dark night. Hundreds of goats, sheep and buffaloes are sacrificed at the mother goddess temples. In the darkness of the night Durga temples, army barracks, and old palaces all over Nepal hold sacrifices for the mother goddess. The sacrifice continues till dawn. The old palace in Basantapur Hanuman Dhoka, is active throughout the night with worships in almost every courtyard. While the puja is being carried out great feasts are held in the homes of common people where large amount of meat are consumed.</p>	
16 Oct.		<p><b>Maha Nawami</b> - the ninth day of Dasain. The Taleju temple at Hanuman Dhoka is opened to the public once a year on this day and thousands of people come to pay their respects to the goddess.</p> <p>On this day official military sacrifices are held in the 'Kot' courtyard at Hanuman Dhoka. Animals (mostly black buffaloes) are slaughtered by the hundreds to honour Durga, the goddess of victory, and to seek her blessing. Military bands play war tunes, guns boom and officers with beautifully decorated medals in full uniform stand there.</p> <p>On this day the god Vishwas Karma, the <i>God of Creativity</i> is also worshiped. Factories, vehicles, and any machine or instrument and/or anything from which a living can be made are worshiped to seek the blessing of the goddess Durga – the prayers are to seek the protection of the users against accidents during the year.</p> 

16 Oct.	<b>World Food Day</b> is celebrated every year around the world on 16 October in honor of the date of the founding of the Food and Agriculture Organization of the United Nations in 1945. Since 1981, World Food Day has adopted a different theme each year, in order to highlight areas needed for action and provide a common focus. The theme for 2010 is 'United against Hunger.'	
17 Oct.		<b>Vijaya Dashami (Tika)</b> The tenth day is the 'Dashami'. On this day the family elders bestow tika and give their blessings. The importance of Dasain also lies in the fact that on this day family members from far off and distant relatives come for a visit as well as to receive tika from the head of the family. This function continues for four days. After four days of rushing around and meeting relatives Dashain ends on the full moon day, the fifteenth day. On the last day people stay at home and rest. The full moon day is also called 'Kojagrata' meaning 'who is awake'.
18 Oct.	<b>Ek Kartik</b>	
22 Oct.		Mid-Town in-house speaker will be <b>Rtn. Lisa Choegyal</b> , recently appointed Honorary Counsel for New Zealand to Nepal
23 Oct.	Full moon	
24-29 Oct.		<b>RYLA</b> in Birtamode for more information contact District Secretary Rtn. Dilendra Raj Shrestha at dilendras@gmail.com
25 Oct.	<b>World Pasta Day 2010</b> World Pasta Day helps to promote the nutritional and culinary advantages of eating pasta. Pasta is the worldwide food which is found on all the five continents. It is the essential part of pyramid of the Mediterranean diet. Pasta can be combined with vegetables, legumes, cheese, olive oil, and fish and can be dressed in varied sauces. Studies have confirmed that this diet is gold standard of healthy eating – it is the ideal meal for all.	
30 Oct.		Rotary Intercity Meeting on <b>Water and Sanitation</b> hosted by the Rotary Clubs of Tripureshwor and Balaju. for more information contact District Secretary Rtn. Dilendra Raj Shrestha at dilendras@gmail.com
1-7 Nov.		<b>World Interact Week</b> World Interact Week is celebrated every year during the week of 5 November to commemorate the founding of the first Interact club in 1962. To mark this occasion with Interactors and Rotarians around the world, Interact clubs, in partnership with their sponsor Rotary clubs, are encouraged to participate in joint projects during World Interact Week.
12 Nov.	<b>Mr. Santosh Pathak</b> (Rotaract Club of Thamel also IPADRR) and <b>Ms. Meg E. Infiorati</b> . Stained glass windows are often viewed as translucent pictures. Stained glass, as an art and a craft, requires the artistic skill to conceive an appropriate and workable design, and the engineering skills to assemble the piece. Ms. Infiorati has been designing and creating stained glass windows in the United States for over 13 years. Her experience includes small window hanging designs, jewelry boxes, kaleidoscopes, garden stakes, and other small projects, to large, multi-paned windows. <a href="http://msstainedglass.com/">http://msstainedglass.com/</a>	







## Mid-town news



### Last week's speaker

It was a pleasure for RC Mid-Town to welcome back **Mahima Shrestha** (daughter of Rtn. Mahendra) as a speaker this week.

Mahima, who is a PR executive with Thompson Nepal, shared with us "*Tools for Living*" What is the secret of a good team and good teamwork? The answer is invariably: likeable people. But what makes for a 'likeable' person? and why and how can we acquire this skill. Mahima, herself a very likeable person, lead us through the attributes that make for a likeable person. She then

helped us to participate in an exercise to make us more open to the world and more receptive to other people. Armed with this information, and this valuable tool, Mid-Towners, who are renowned for their likeableness, should now be more or less irresistible. World, watch out!

**Rtn. Sharmila** has recently returned from her month-long sojourn in Italy where she visited the length and breadth of the country. She was happy to present the flag of RC Campobasso in southern Italy. Sharmila also told us that she has returned to Nepal with renewed vigour and that she is will continue to work with **Help Nepal** to bring much-needed



uterine prolapsed surgery to women in the rural areas of Nepal. At present operations are taking place in Dhadding and there are plans for health camps in Dhoti and Udaypur among others after the holidays.



Our guest this week is well-known to Mid-Town; **Mr. Dharma Lal Shrestha**, Head Master of the Janata Primary School in Tistung. Mr. Shrestha is our counterpart in Tistung for the Mid-Town scholarship project, in co-operation with the **49er Breakfast Rotary Club of Nevada City**. (Larry Meek's Club in California. With his help this project is working well.



## Mid-town fellowship

### Changa Chait fellowship



Dashain is celebrated with colorful kite flying – legend has it that flying kites is like sending messages to Indra – the god of rain, to remind him not to send rain anymore and to remind him to bring prosperity to the flyer. On Saturday Rotarians and Rotractors alike had a great time keeping this tradition alive – from the looks of it – the rain has been well banished – and if the enthusiasm for kite flying is any indication – our Rotractors and 'young-at heart' Rotarians and family members will also be very prosperous.

Winner of this year's Changa Cahit is again **Rtn. Saroj** – master of the changa for several years running!



A big THANK YOU to **Rtn. Nayvo and wife Manju** for opening their beautiful home in Macchegoun to us and for arranging the tasty Italian/Nepali snacks. Thanks also to **Rtn. Govinda** for his persistence in ensuring that fellowship remains alive and well at Mid-Town.





## Rotaract News

### Rotaracts celebrate International Senior Citizens Day"



On October 1<sup>st</sup> our Rotaracts helped to celebrate International Senior Citizens Day by interacting and spending time with the elderly ladies of **Aama Ghar** in Ravi Bhawan. The programme focused on the health and hygiene of all the mothers and children residing at the home. They gave a

demonstration of the WHO recommended steps to hand washing and proceeded to help clip the nails of the elderly ladies – an activity that promotes hygiene and helps to enhance their personal appearance and self esteem. Soaps were sponsored by **Mentor PP Rtn Dr.**



**Lekha** – these nice smelling soaps will hopefully be an incentive that will remind them to wash their hands to maintain good health. The Rotaracts also provided bananas to help sweeten the deal.





## Rotaract News

### Celebrating International Literacy Month



Mid-Town Rotaracts helped to celebrate **International Literacy Month** by distributing stationery items (pens, pencils, copies, eraser, drawing pencils, sign pens, compass, protractor and so on) to the students of the government school Azad Lower Secondary School, in Bhotebahal,

Teku.

The stationery materials were donated by World Vision Bhaktapur, the students of St. Xavier School, members of the Rotaract Club of Kathmandu Mid-Town, and the students of Kantipur Engineering College.





## Visit of the DG

### DG inaugurates 'The Rotary Block'



On Sept 23<sup>rd</sup> our DG Tirtha Man Shakaya was chief guest at a function to inaugurate **The Rotary Block** and hand over two classrooms for 10+2 students at the Jana Sewa Higher Secondary school in Paanga all as part of **New Generation Month**.

The **Blue Classroom** was completed last year to commemorate 105 years of Rotary as a service organisation.

The **Green Classroom** was a joint project with the generous help of many well-wishers as shown in the photo at the right.

The **Yellow Classroom** was completed with the help of **RC Landshut Germany**.







**The Rotary Block**



The library with the latest addition of books, furniture, carpet and better space management and layout is more inviting – the students will surely be vying to spend time here

now. The school has designated this area as the venue for the Interacts and the Interacts will in-turn would be maintaining the room.

## More vision testing

Vision Screening at  
Azad Primary School



On September 30th our intrepid Rotaracts conducted vision screening at the Azad Primary School, in Bhotabahal. 70 students from grade 1 to 6 were screened; of these, one girl and one boy were found to have defective vision. The boy showed signs of cataracts while girl had very low vision. The Club has arranged for their follow-up examination by an eye specialist doctor soon.





## district news

### Nepal bags MDG Award



This year Nepal received an MDG Award for outstanding national leadership, commitment and progress toward achievement of Millennium Development Goal on "Improve Maternal Health". Nepal was selected by the MDG Awards Committee, in collaboration with the UN Office for Partnerships, among the 49 Least Developed Countries for accomplishing significant achievement. Under MDG Goal-5, Nepal reduced the maternal mortality rate from 415 deaths in 2,000 to 229 deaths in 2010 per 100,000 live births. MDG Goal-5 calls for reducing the maternal mortality rate by three quarters by 2015.

**Rt. Rajesh Thapa** (RC. Mount Everest) tells us that, 'Rotary in Nepal along with its Rotarian counterparts in Germany, through the Nepal German Inter-Country Committee (NGIC) and RFPD, has been since 2004 complementing the Government of Nepal's efforts towards achieving the maternal mortality rate goals through our various projects on Safe Motherhood and the ANM projects, where they have helped to address issues addressed such as: Health Hygiene, Family Planning, Child Spacing, Education, and Capacity Building.'

**Rt. Rajesh** goes on to say, 'In fact, because of the many projects that Rotary Clubs are involved in we have been able to identify and train and thereby establish health service personal in the remote and distant villages. Our projects through NGIC have been –

- Competitive MG Pilot Project 2004 (11 Districts – 30 ANMs)
- Three H Grant 2007 (10 Districts – 52 ANMs)
- 8 smaller MG projects 2008 (6 Districts – 29 ANMs)
- 3 smaller MG project this year (3 Districts – 9 ANMs)
- Girl Child Education (300 girls)
- Reproductive Health Camp (4 Districts 16 camps)

I take this opportunity to thank each Rotarian and other individuals involved in making valuable contribution towards the MMR goals. I would also like to personally thank my friend and immediate past Chairman of NGIC in Nepal **Mr. Hartmut Bauder** for his valuable commitment. Thanks also go to **Rtn. Hans Martin Scheuch** and **Rtn. Karlheinz Nothnagel**, IP Chairman and Chairman of NGIC Germany respectively, for the great continued support.'

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#### A THOUGHT FOR TODAY:

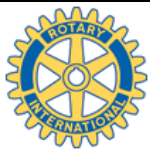
When love and skill work together, expect a masterpiece.

*-John Ruskin, author, art critic, and social reformer (1819-1900)*



## FELLOWSHIP

Everyone was in the holiday mood as this breakfast meeting took place on the day of Ghatasthavana. A special 'welcome back' to **Rtn. Lotti**.



## from Rotary International

Register early now to receive the best rates and Let the Good Times Roll

2011 registration for most categories of attendees, the base price for the convention is US\$300. Registration for a preconvention event will entail an additional fee; however, you no longer need to register for the convention in order to register for a preconvention event.

### Deadlines

- **15 December** is the first registration deadline. For most attendees, the convention registration cost increases to \$340 after this time.
- **31 March** is the second registration deadline. After this time, the convention registration cost increases to \$380.



Make sure to contact District Convention Chair **PP Rtn. CK** if you are interested in attending.

## On the lighter side

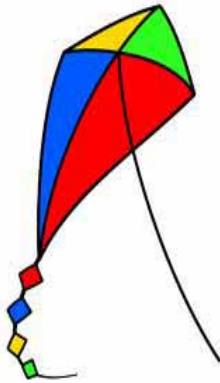
### A THOUGHT FOR TODAY:

For all our conceits about being the center of the universe, we live in a routine planet of a humdrum star stuck away in an obscure corner ... on an unexceptional galaxy which is one of about 100 billion galaxies. That is the fundamental fact of the universe we inhabit, and it is very good for us to understand that.

*-Carl Sagan, astronomer and writer (1934-1996)*

## Mid-town humor

### Time Spent Flying Kites



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

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