

THE BREAKFAST CHATTER

The Weekly Bulletin of the **Rotary Club of Kathmandu Mid-Town** - Volume No. 10/01 for # 824 February, 24th 2006

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MIDTOWNERS **SUNSHINE OF THE WEEK** ► FEBRUARY 17th 2006

Dear friends in Rotary,
this time the BC is slightly different.

Firstly I like to mention our birthday children of this week, which were **Pramila, Werner** and **Niranjan**. This time we had also 2 anniversaries, the one **William** and his spouse and the other **Rabindra** and his sweet one. Well that left us something for club activities.

Thanks to the donors and many happy repetitions of the same occasions. Hope you all had a good time when celebrating.

THE LAST MEETING ► # 823 of February 17th 2006

Our guest speaker was this time Dr **Badrinarayan**, the head of medical plant research in **Dabur Nepal**, who led us into the field of medical herbs in Nepal and the way how Durbar works. It was interesting to note, how Dabur is working with intermediary NGOs and big INGO's like Ronast and ICIMOD on the one side. And on the other side with a number of farmers, who can cultivate the herbs according to Dabur recipe, but are free to sell to other parties, if they get a better price from there.

Dabur has introduced contract farming giving the farmers in the first two years seedlings for free, which helps the farmers to make a living, by at the same time securing the supply. Now if you want to know more please have a look at the minutes of the last meeting.

Today let me raise one point, which is **fellowship and projects**.

These points have been raised repeatedly, in a way, which is a bit surprising. Everyone seems to like more of fellowship and projects, but what are we doing for it? Waiting for the "office bearers"? Let's not forget one thing.

The "office bearers" are volunteers like everyone of us and their task is to facilitate and to mediate. Let's be friends, who come together, whenever they want. The Friday morning is not a must. If you don't feel for it, don't come. But if you feel you have friends in Rotary midtown, phone them, say hello and meet them. And if you have the feeling you want to gain them do the same.

At the end of this BC you will find the actual phone numbers and e mails of all of our members. So if you don't have them and excuse your inactivity with this, now you won't have at least this excuse any more.

One more. We intend to have more "friendship" meetings. Who is interested in what and is ready to be the initiator? Please come up.

From Club service side we will have a picnic on 18th of March, if..... You know bandh, curfew or Maobadis standing at the gates (or in the fields) is an event which any time can happen. But if that is not the case we will have it.

For April the idea is to arrange a visit to the National Museum on a Saturday in the second week of the month, which can be very interesting. In May it will be a cinema visit. We will see what kind of cinema is looking attractive. In June we will go for a theater evening at a date to be defined. And don't forget a dinner meeting with the German Ambassador, which Gopal has indicated he might be able to arrange by the first week in April.

By the way I nearly forgot the weekly walking. So a lot we can do. But this plan doesn't hinder you to do something more proactive, if you feel for it.

This running year we have brought in each BC an article on Rotary in other countries. This time its an article on e Rotary. It's a relatively new idea and looks interesting.

We hope you enjoy reading the BC. Until next time, your Walter

SPEAKER OF THE WEEK ► MUNI SAKYA – INTERNET

THEME

On coming **Friday, 3rd March** our speaker **Muni Sakya**, founder principal of different companies in the field of internet will take us in the world of robots, robots which can make life easier and are having a huge economic potential as well.

UPCOMING SPEAKERS ► PREVIEW

DATE	SPEAKER	THEME
10 th March	Karna Sakya , Chairman of KGH Group	The importance of positive thinking
18 th March	Our yearly Picnic	
24 th March	Dr R,R, Koirala, Chairman of Ayurvedic Doctors association	Ayurvedics, usefulness and limitations (prov)
31 st March	Combined meeting with Rotaract	Common activities and what we have reached

THE MIDTOWN CLUB ► NEWS AS THEY COME IN

Slowly the preparations for our **yearly picnic**, supposed to take place on the **18th of March** are starting. Now that the serious winter is over come from behind the stove and make some proposals for the place. Looking forward to hearing from you soon.

Hartmut has made the proposal to go to his farm. Could be interesting, What other proposals do you have?

This year will be the **4th RYLA in Nepal**. 5 clubs have given consent to be the host club of this year's RYLA. Those clubs are RC.Bagmati, RC Rajdhani, RC.Kashtamandap, RC Kathmandu West and RC Patan. Similarly, the organizing committee has decided to organize this year's RYLA from 26th to 31st of March 2006. The venue will be Little Angel's School, Hattiban, Lalitpur. The age group for the participation should be between 18 to 20 yrs. It is expected that 150 participants can be reached. There will be many topics covered during the training out of which some seem to be especially of interest like Youth & Development, Role of Youth in Nepal's development, Entrepreneurship development, Leadership development etc. If you want to name someone to participate hurry up.



Every year around come the great night of **Shivaratri**. Devout Hindu's pilgrim to the Pashupatinath Shrine in Kathmandu.

This year saw many more Sadhu's than usually in Pashupatinath. The usual many people made the whole area overcrowded and fun and happiness was in the air. (photos by Navyo)

Ramkot Clinic Visit: kindly check the **Ramkot Roster** for your turn.

If you have **any question**, contact Rtn. **Rabindra Shrestha** (4469063, email: drrs@wlink.com.np)

The doctor is **Dr. Khagendra Gurung**. Mobile No : 98510- 83044 Phone: 4287899

If you have any question, kindly let our fellow Ramkot Coordinator Rtn. **Rabindra** know.

Doctor is Khagendra Gurung mobile: 98510-83044 phone: 4287899 call him Friday latest.

e Club 3310 Singapore An Alternative?



District 3310 Rotaract Chairman Dato Sri Ang (green batik)

Rotary CyberClubs started as an initiative of RI President 2000-2001 Frank Devlyn. The 2001 Council on Legislation adopted resolution which allowed RI Board to admit into membership, up to 200 clubs, with provisions in their Club Constitutions that were not in accordance with RI Constitution and Bylaws.

The Board agreed to support a pilot project establishing Rotary Cyberclubs that would have innovative and flexible constitutional provisions. These Clubs were allowed to conduct activities through electronic communications.

In September 2001, RI General Secretary contacted Rotarians leaders who were involved with RI technology committees for information and ideas to be incorporated into a proposal for the Board's consideration.

The first Rotary CyberClub under the "New Models" initiative was chartered in January 2002. This honor went to Rotary eClub One of District 5450 (If you want to have a look its www.rotaryeclubone.org).

e Club 3310 journey began back in late 2001, when some leading Rotarians of Singapore and PP Chew Ban Seng (1st District Internet Communication Coordinator) met at a hotel in Singapore, to discuss a possible framework on the prototype Rotary CyberClub for District 3310.

While e club 3310 had very supportive District Governors who followed with interest the developments, it was only in DG David Tong's term that approval was given for District 3310 to proceed as planned. Because of the unique nature of each Rotary CyberClub, a Constitution and Bylaws for **Rotary eClub of 3310** had to be drafted.

The two unique features found in the prototype Rotary CyberClub are:

(1) a hybrid requiring at least one physical meeting each month. This was done with two objectives -- to maintain Rotary's philosophy of **Service through Fellowship**, and for internal controls.

(2) inclusion of a non-voting "Associates" category for Rotaractors and full-time students. Previous attempts to convert Rotaractors into Rotarians had been less than successful. By providing a seamless integration, first by inviting them to join **Rotary eClub of 3310** as Associates, the assimilation could be much easier.

Rotary eClub of 3310 held its first provisional (physical) meeting on Friday, 21 May 2004 at OCBC Executive Club, hosted by DG David Tong, to provide Rotary Information as well as to explain the intricate workings of the new Rotary CyberClub.

On 15 June 2004, **Rotary eClub of 3310** was chartered with 21 founder members. and became the 8th CyberClub in the Rotary World, and the 21st Rotary Club in Singapore. Unlike the traditional Rotary Clubs, eClub 3310 meets for two hours at each sitting.

There are two speakers – a Rotary Information session as well as a vocational/classification talk. As the physical meeting is only once monthly, this is optimized with intensity and bonding.

One member describes "For example on Saturday, 12 March 2005, we did a sharing session on "Developing Long Distance Relationships". The main focus of the afternoon talk was around International Service, in particular, Matching Grants from The Rotary Foundation and Sister Clubs – [finding and maintaining actively relationships.](#)

Following the afternoon workshops, we went down to Sentosa Beach with the group of Rotaractors to capture the scenic, beautiful sunset!

The evening was more relaxed and casual. We enjoyed a buffet steamboat fellowship at S.E.A. Village Restaurant which is located adjacent to Sentosa Gateway! VIP for that session was District Rotaract Chairman Dato Sri Ang Lai Soon. He is a member of Rotary Club of Kuching, Malaysia."

Well, some more. What is their mission?

Reaching out, touching and leaving a legacy of changed lives.

What is their vision?

Contributing to our community, our nation, and our world by giving our future generations love and hope through nurturing and sharing.

OTHER TOPICS

Is There Life After Fifty? by Sw Prem Giri

This past year my body has turned 50. A milestone in my life to be sure and there are nasty rumours circulating that we get even older.

Being from the youth-infatuated, baby-boomer, flower-power generation, my reaction was and remains to be in positive, life-affirming denial. This past spring, my friend enticed me into doing the "Grouse Grind" with him. This is a 2700' climb in North Vancouver, a sort of natural StairMaster that takes about an hour of huffing and puffing, with the added advantage that once you start, you can only go up or down, there is nowhere to get off the damned thing.

I found that in very short order, my body and person were starting to shine from the intense physical exercise and that all those endorphins and oxygen to the brain were getting me off, by the time I got to the top. Who needs drugs, sex and rock-and-roll, when you can have natural drugs, sex and rock-and-roll? And as if a sign of things to come, old goats aged not less than 65 were passing us on the way up. Obviously, age is just an idea in the mind.

Our ascent up the mountain has taken on quasi-religious overtones since those humble spring beginnings and new converts have joined this cult of the body. If there is something I have learned out of this, it is the joy of surrendering to the body. Bodies are made to put out even at fifty, sixty or seventy. For the past four months, every day, I have let my body do whatever it pleases, for not less than one uninterrupted hour per day. In fact, this has become the most important part of each day. Thus liberated from me, my body is getting quite uppity about the things it wants to do. Almost every day, it wants to climb, run, swim, dance especially dance – and every day, I let this errant child have its way. My body no longer takes it as a privilege, but as a right. And now it has informed me that we are doing a marathon in the spring. Give it an inch and it wants to take 26.2 miles. Where is this going to end?

This is my heritage! For millions of years we have been running through the veldt and the jungle, not sitting on our increasingly broadening asses in front of a computer or listening to endlessly boring lectures. Our bodies have been running from saber-tooth tigers and woolly mammoths and after buffalo for millions of years. Running, dancing, moving, allows the body to be alive.

Paradoxically, it is so clear to me that we are not our bodies. Our bodies occupy only the tiniest millisecond of the larger play of life on earth for the past 3 billion years. In another 4 billion years, the whole earthly drama will go out in a blaze of glory as the sun becomes a super nova and vaporizes the planets. There is only flux in the world of matter and man's body is composed of matter. By some great miracle, conditions have been stable enough on earth for the past 3 billion years for millions of episodes of successive begetting from lower life forms to arrive to this moment in this body. The body carries the knowledge of billions of years.

And paradox of paradoxes, if I am not my body, how is it that when I fully allow my body to stretch, run, exert, be, dance, push the limits, it blesses me and makes me feel better about myself and my life? Certainly, body robustness pushes back the meaning of age.

Inside this body is housed a mind, and if the body has needs, so does this mind. My mind has generally been more overpowering in my life than my body. Really it has dominated both for better and for worse. The mind is not just the mechanism through which existence creates, but also the instrument by which the ego dominates, often through the subconscious.

Putting more of my energy and attention into my body has helped bring more balance.

My mind loves to create and I indulge it. At the age of 50, I find myself nearing completion of an internet-driven MBA, on the edge of a business book, and a new career in financial consulting, to support myself in the years ahead. Putting the mind into training is not much different from putting the body into training. Both operate better through use. No question. The mind has more ageless qualities than the body, but as the body eventually surrenders its last breath, so the mind inevitably follows the body to total oblivion. Joy, love and contentment can move through the body and the mind, but there is no ultimate refuge in the body or mind.

And then, there are the needs of the heart. They can be denied, pushed under-ground, but they do not go away. That is a big one for me. Osho gave this form the name Prem Giri ("mountain of love") when I took sannyas in 1982 and I understood almost right away that the most natural and strongest energy flows that run through the fiction called Giri, are the ways of the heart. When I find my heart, I am god. While I had liberating experiences in the first flush of sannyas, it was also the time that a marriage that began with a lot of love, but also a lot of dysfunction, was coming apart.

I could not run away from the fact that it was me that chose to live in dysfunction, although why I should so choose was baffling for many years. I knew I hurt a lot and needed a long, long rest from romantic entanglements. Besides, the pressing needs of three growing children overwhelmed me and the last 15 years of my life have quickly passed in a blur of activity. I have felt liberated from this intense devotion for the last three years and it is so nice to again have space to myself. It is so nice. Of course, I know that love is much, much more than a romantic interest. Part of my abiding interest in love is that I feel instinctively that while the body and the mind turn to dust, such is not the case with love. When love is true and strong, even death cannot undo the connection between two hearts that are true.

Over these past 15 years, I have been learning the most important lesson of all: to love and accept myself, to be contented with myself and with life, just as they are. Love really is a state of being. It is not the object of love that matters, it is the subject who loves. When two mirrors with inner harmony open to each other, reflect each other, the divine is reflected through the heart. Over the past half year, I have again begun to get out of the way and encourage this other errant child, my heart, to follow its ways. Grandmothers! Lock up your grown daughters! Giri is loose. R-r-r-r-r!

And then there are the needs of the soul, beyond the ways of the body, mind and heart. One comes closer to the divine when one can see the eternal in the moment. All the masters tell us that the moment is the entry into the eternal. The best way I know into the moment is meditation or following my heart. But my meditation goes in phases and I am again feeling to do a 10-day vipassana retreat, to jump-start myself. The silence arising out of vipassana is so tangible, settling and vast. Barring an unexpected meeting with the grill of a Mack truck, the historic genetic makeup of this body suggests that I could quite easily go another 50 years before the inevitable and by then blessed demise of the body. I know that I am the emperor of everything this side of the tip of my nose. But it is not really me. It is god in one of his millions of manifestations pretending to be Giri. If I have a job in all this, it is to be empty, get out of the way and allow god to have her play.

"Let the way of the heart,
let the way of the heart,
let the way of the heart shine through!"

READY FOR A HEALTY LAUGHTER?

Willie Weary, a middle-aged businessman, stumbles in to see Doctor Nutcase in his Hollywood surgery,

"Doc, I have got this problem." confides Willie Weary. "You see, my secretary, Millie, loves to make love. Every morning, when I get to work, instead of bringing me a cup of coffee, she throws me across my desk and makes passionate love to me! Then, just before lunch, she pushes me up against the filing cabinet for a quickie.

And before I leave work at the end of the day, she always gives me a farewell screw."

"Hmmm!" says Doctor Nutcase. "So what seems to be the problem?"

"Well, you see, Doc," explains Willie Weary, "my wife, Dottie, is a nymphomaniac. Every morning

before I get up, she jumps on me and we screw until the alarm clock goes off. Then, when I go home for lunch each day, we have a quick one while I am eating my spaghetti. And then, each night we have a marathon session before we go to sleep!"

"Hmmm!" says Doctor Nutcase. "I still don't see what your problem is!"

"Well, Doctor," explains Willie Weary, "I get these dizzy spells every time I jerk off!"

Paddy decides to go rabbit shooting, but when he gets to his favorite field he sees the village priest is already there. Paddy watches with fascination as the priest holds his finger over a rabbit hole and immediately a rabbit pops out. The priest grabs it and puts it into a sack. He repeats this unusual but very successful technique until his sack is full of rabbits. Paddy stops the priest and asks him how he does it.

"Easy," says the priest. "Put your finger on your wife's pussy and then hold it over a rabbit hole. They can't resist the smell, so when they come out, grab them."

As this sounds much easier than shooting, Paddy rushes home to find Maureen bent over scrubbing the floor. He lifts up her skirt and applies his finger as directed.

Without looking up, Maureen giggles, "Holy Moses, Father! Rabbit hunting again?"

Silverman is killed in an accident and Mendel Kravitz is sent to break the news to his wife.

"Be careful how you tell her," advises a friend. "She is a very delicate woman."

Mendel knocks on the door and Mrs. Silverman comes out. "Are you the widow of Silverman?" he asks.

"Certainly not," she replies.

"Want to bet?" asks Mendel.

There were these two cows, chatting over the fence between their fields. The first cow said, "I tell you, this mad-cow-disease is really pretty scary. They say it is spreading fast; I heard it hit some cows down on the Johnson Farm." The other cow replies, "Hell, I ain't worried, it don't affect us ducks."

That's for today and see or hear from you soon. Walter and Navyo

SEE YOU ALL **COMING FRIDAY** ► YOURS IN ROTARY - CSD RTN. **WALTER** DILLER

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