



Breakfast Chatter



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

March 24th, 2009





Weekly Bulletin

Vol. 35 of '08/'09

This Week Club Assembly

Mid-Town will also be inducting two new members –
plan to attend and give them a hearty welcome them to our Club.

Calendar

Date	Theme
March 22 nd	 World Water Day The international observance of World Water Day is an initiative that grew out of the 1992 United Nations Conference on Environment and Development (UNCED) in Rio de Janeiro. The United Nations General Assembly designated 22 March of each year as the World Day for Water.
March 27 th	Club Assembly. Please note: no visitors on this day.
April 3 rd -5 th	 First District Conference of Rotary International District 3292, Nepal, Venue: Nepal Academy, Kamladi 
April 7 th	World Health Day World Health Day 2009 focuses on the resilience and safety of health facilities and the health workers who treat those affected by emergencies. Events around the world will highlight successes, advocate for safe facility design and construction, and build momentum for widespread emergency preparedness.
April 10 th	Presentation by Jaycee team.
April 12 th	 Easter is the most important religious feast in the Christian liturgical year. Many cultural elements, such as the Easter Bunny and Eggs, are part of the holiday's modern tradition, celebrated by Christians and non-Christians alike.
April 17 th	Ms. Neeva will talk on "Stress Management & the Art of Living".

Visiting Rotarian



Carol Vernal talks about helping children

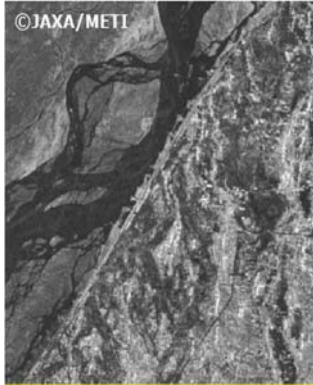
Carol Vernal (RC Sonoma Valley, Calif. USA) told us about the good work that the Children's Medical Aid Foundation is doing in Nepal. They are dedicated to improving the lives of children by providing surgical correction of congenital defects. They help children born with handicaps and disfigurement avoid the stigma, shame and embarrassment that keep them isolated from school and community. Surgery offers these children with functional and aesthetic benefits, instantly transforming their future for a normal childhood and better life. Mid-Town wishes Carol and her team all good luck with the great work they are doing. If you would like more information please contact: **Children's Medical Aid Foundation**, Tel: 707-938-1807 Fax: 707-996-4074 Cell: 415-302-2178 or e-mail: childrensmadaid@gmail.com.



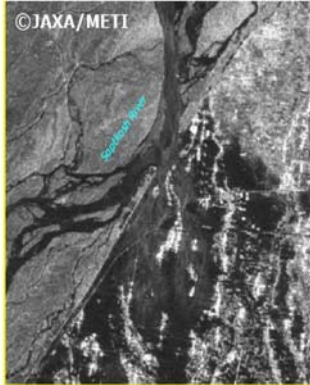
Challenges in the Koshi River Basin

What is Flooding the Koshi Barrage?

In August of 2008 hundreds of locals at Haripur, Sripur, Laukahi and western Kushaha villages



2008/07/21(pre-disaster)



2008/08/24(post-disaster)

in Sunsari district had to flee their homes after the swollen Koshi River damaged an embankment in western Kushaha village. Millions of Nepalis living inside and outside Nepal were affected. These satellite photos show the extent of the damage.

An embankment is used to control the flowing path of the river; it can only be eroded in two ways. The erosion of the bottom or base occurs when the velocity of the flow is too high. The

situation here appears like the erosion is over the top of embankment. This kind of breach occurs when the collection of water in the barrage basin is too large for the embankment to hold.

A barrage has a lot less water storage capacity than a dam and the bed level of the river upstream of the barrage has been rising over the past few years. As the Koshi flows through the middle



mountains it collects sediment on the way.

When the river has no more energy to carry it, especially at the Koshi barrage where the slope of the river is very low, the sediment settles down in the barrage basin. This deposition may have been raising the bed level of the Koshi barrage for many years.



This week's speaker, a civil engineer with more than 30 years of experience, **Mr. Naveen M. Joshi** helped to explain many of the flood issues to Mid-Town.



Dear Mid-Towners,

Greetings from New Jersey to the Rotary Club of Kathmandu Mid-Town.

It has been almost eight months since I first came here to the United States - I have now attended seven months of my senior year of high-school. I have been making friends both in and out of school. For the first three months I lived with my first host family, Mom, Dad, my little sister Autumn, and Koe (dog). This was a wonderful experience -- I learned the different ways of living in America, tasted different foods, got love and gave love to everyone, learned different things everyday, visited many places and met lots of new people, enjoyed living there. Now I am with my second family, with Korey and Mike. They visited Nepal in November 2008 (before I came to live here). They enjoyed their time in Nepal and they also loved our Nepali foods so I cook for them once in a while and they just love it. They are really nice people and I love them, we do different activities together like going to the gym or for walks. Last month I went to Massachusetts and since my spring break is next month we are planning to do something at that time. Well I am having too much fun here - so much so that I can't even mention all of it in this letter. ha..ha..

This is my last host family so, I don't have to change families again and I will be staying here for the rest of the year. I attend the Wallkill Valley Rotary Club meetings once a month and I am involved in different Rotary activities which are lots of fun. There are also gatherings with exchange students from all over the world and we do different things like visit new places. Last month we went to Nutley - this is the pretty old town in NJ. Here we stayed in a Red Cross building over night and slept in a cart! We also went roller skating, bowling etc., and had a really good time. Rotary activities are usually fun and I am looking forward to the tons of stuffs that is coming up.

So, yes, everything is good here and hope everything is good over there too. I think that's it for today -- four more months to go then I will get to see you all again. Thank you very much for the great opportunity to become an exchange student and for helping me to experience all of these wonderful things.

Yours sincerely,

Chiemi Shrestha
Rotary Youth Exchange Student



Water Supply Project gets R/Go-ahead

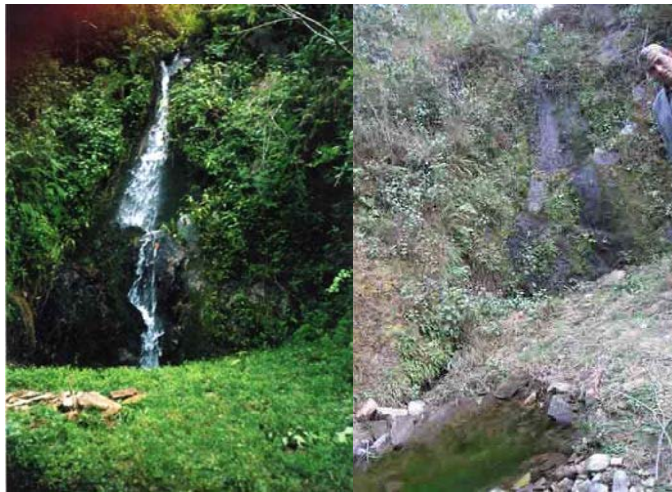


RC Mid-Town with its International Partners (RC San Francisco, RC Burlington, RC Half Moon Bay, SHARE DDF & TRF), finally got the "Go Ahead" to start the MG # 66963 - LELE Drinking Water Supply project.

The photo below shows the water supply during the monsoon (left) and during winter (right). The Project basically consists of making a catch water intake tank at the water source, from where the water will be gravity fed to 3 main / subsidiary water tanks, through PVC pipes, to the two villages. The villages will be supplied by 15 water tap

outlets. The project will be maintained by the Community through a minimum fee charged for the use of water.

The "**Silyanass**" / foundation stone laying, was carried out on 28 Feb. 2009, jointly by RC – KMT President RR Shrestha and the oldest woman in the village, age 85 yrs., selected by our RC – LELE: who would oversee the project in a combined venture. She told Mid-Towners that water has been a problem for as long as she could remember -- she said that she was overjoyed to see this project taking place in her lifetime!



Rotary forms new alliance for water, sanitation projects

By Janis Young Rotary International News -- 18 March 2009 (adapted)



Sara Lucena, a member of the Rotary Club of Puerto Plata, Dominican Republic, installs a water filter. *RI Images/A. Henson*

Rotary International and **USAID** have launched a collaborative effort to implement water, sanitation, and hygiene projects in the developing world.

The International H2O Collaboration was formally announced 18 March at the World Water Forum in Istanbul, in conjunction with World Water Day, 22 March.

Focusing on Africa, Asia, and Latin America, the alliance will develop its inaugural projects in 2009-10 in Ghana, the Philippines, and the Dominican Republic -- countries where Rotary clubs and districts and USAID missions have the

demonstrated ability to carry out effective water and sanitation projects. After the initial phase, the alliance will evaluate its work and strategically consider expanding into other countries.

The Rotary Foundation and USAID will share the project funding. Each organization will distribute funds separately and independently, keeping budgeting, expenditures, and reporting mechanisms separate. Health, Hunger and Humanity (3-H) Grants will support Rotary club and district involvement with these projects. Both Rotary and USAID will provide technical expertise and on-the-ground support.

"We intend these projects to be models for future projects with strategic partners and in this way to enhance our contribution to world understanding, goodwill, and peace," says Past RI President William B. Boyd, chair of the RI-USAID Steering Committee. He underscores the need for Rotary to meet the challenges of today's world, citing the **Future Vision Plan** and strategic partnerships.

USAID is a government agency that provides economic, development, and humanitarian assistance in support of U.S. foreign policy goals. Its Global Development Alliance model promotes partnerships with prominent private-sector partners in the nongovernmental, foundation, and corporate arenas.

"Through this important collaboration, the service ethic and commitment of hundreds of thousands of Rotarians around the world will be joined with the global development expertise and technical leadership of USAID to yield a significant, sustainable increase in water supply and sanitation coverage for the planet's poorest and most vulnerable populations," says USAID Acting Administrator Alonzo Fulgham.

Deadlines

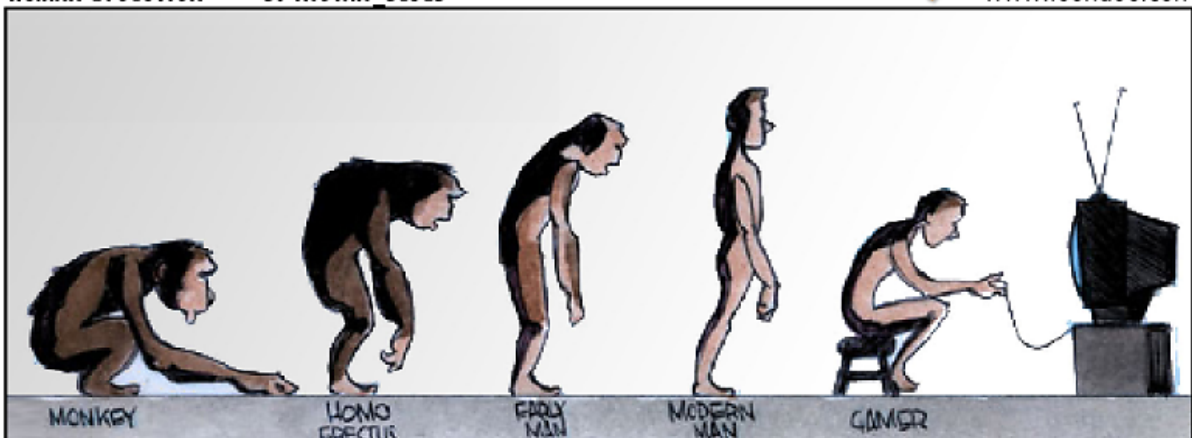
Rotary clubs and districts will have until 30 June to submit grant proposals. The deadline for grant applications is 15 August. Approved projects will receive funds in April 2010. The Foundation intends to fund \$500,000 in projects in each focal country in the 2009-10 Rotary year through 3-H grants.

Mid-Town Humor

HUMAN EVOLUTION - BY INDIAN BLUES



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