



Breakfast chatter



Weekly bulletin of the Rotary Club of Kathmandu Mid-T own
District 3292, Club 26776, Chartered 8 Nov. 1989; 'Best Club' in Nepal 2009/2010

Sept. 24th -30th 2010

Vol. 13 of '10/'11

Special Issue: visit of the DG



Mid-towner news



PP Ambica on her way to the Rotary International Assembly

In **January 2011** RI will hold its International Assembly in San Diego, California, USA. This Assembly educates, motivates, and inspires district governors-elect to lead Rotarians in their districts. This year we are proud to have **PP Rtn. Ambica** participate as **Nepal's district governor elect**.

Through plenary sessions, group discussions, and fellowship activities, future governors get the hands-on information they'll need for the coming year. This training meeting features speeches by the RI president-elect, Rotary Foundation trustee chair-elect, and other senior Rotary leaders, such as past RI presidents, current RI directors, and past Foundation trustee chairs, who share their knowledge and experience. Participants exchange information and ideas with other governors-elect from around the world, creating bonds that foster future projects and a lifetime of friendship and fellowship.

calendar

date	theme
<p>September is Rotary 'New Generation' Month</p> <p>It could be called "the month of our future" because investing in our youth is our future.</p>	
27 Sept.	<p>World Tourism Day The purpose of this day is to raise awareness and to demonstrate how it affects social, cultural, political and economic values worldwide. The theme for 2010 is Tourism and Biodiversity</p>
27 Sept	<p>Dilgo Khyentse Rinpoche anniversary (c.1910-1991) He was a Vajrayana master, scholar, poet, teacher, and head of the Nyingma school of Tibetan Buddhism from 1987 to 1991. By followers of Tibetan Buddhism he is regarded as having been a great teacher of teachers, a realized being, who was also remarked upon as being a genuinely good human being. His entire life was devoted to the preservation and dissemination of the Buddha Dharma and he is still regarded with awe and amazement throughout centers of Tibetan Buddhism. His importance within the Nyingma school in the 20th century was all-pervading. He is accorded the honorific title of "His Holiness".</p> 
1 Oct.	<p>Rotary Club of New Road City is organizing its 2nd Rotary Mega Musical Nite-2010 great music from the "HEART BRAKERS BAND & Karaoke". Regal Ballroom - Hotel Yak and Yeti. For more information contact Dr. Harsha Ratna Shakya at Cell: 98510-21413 or upinc@wlink.com.np</p>
1 Oct.	<p>Mid-Town Guest Speaker will be former Mid-Towner Dr. Shree Ram Mathema</p>
2 Oct.	 <p>Gandhi Jayanti, International Day of Non-Violence Mohandas Karamchand Gandhi (2 October 1869 – 30 January 1948) was the pre-eminent political and spiritual leader of India during the Indian independence movement. He pioneered satyagraha. This is defined as resistance to tyranny through mass civil disobedience, a philosophy firmly founded upon ahimsa, or total nonviolence. This concept helped India to gain independence, and inspired movements for civil rights and freedom across the world. In India he is also called Bapu "Father"). He is officially honoured in India as the Father of the Nation; his birthday, 2 Oct. is commemorated there as Gandhi Jayanti, a national holiday, and worldwide as the International Day of Non-Violence.</p>
3 Oct.	 <p>Day of German Unity is the national day of Germany. It commemorates the anniversary of German reunification in 1990.</p>
8 Oct.	<p>Ghatasthapana or Durga Puja, the first day of Dashain, which literally means 'pot establishing'. On this day the kalash, (holy water vessel) symbolising goddess Durga often with her image embossed on the side is placed in the prayer room. The kalash is filled with holy water and covered with cowdung on to which seeds are sown. A small rectangular sand block is made and the kalash is put in the centre. The surrounding bed of sand is also seeded with grains. At that particular moment the priest welcomes goddess Durga to bless the vessel with her presence.</p> 
9 Oct.	 <p>Chhanga Chait Please join on us on this happy day for fellowship and Dasain good cheer. Rtn. Navyo has graciously offered his beautiful mountainside home as the venue. Please RSVP to Rtn. Govinda chipalu@wlink.com.np</p>
22 Oct.	<p>In-house speaker for this day will be Mid-Towner Rtn. Lisa Choegyal who has recently been appointed New Zealand's Honorary Consul to Nepal.</p>



Mid-town news

DG 's annual visit

This week Mid-Town was graced with the annual visit off our **District Governor DG Tirtha Many Sakya** and **AG Nanda Ram Baidya**. More than a formality, the annual visit of the



District Governor is a welcomed tradition – if a demanding one. On this occasion the President, the Secretary, the Treasurer, and the Chairs spent many days preparing the reports of their various committees. The annual visit is a way of connecting with the global Rotary family. The DG scrutinised the reports to make sure that everything was on track and made sure that RC Mid-Town is adhering to the same RI rules and regulations followed by Rotary Clubs world-wide. Under the firm guiding hand of our own general, Pres. Pratap, we passed this test with flying colors! It was a happy occasion – Mid-Towners that had lost their way over the years seem to have found it again and amidst some fun-spirited ribbing a good fellowship was enjoyed by all.



On the occasion of the DG's visit it was a good time to recognise our newly minted Paul Harris fellows: Rtn. Basu Dev, Rtn. Lincoln (top tow)



Rtn. Ranjit Acharya, Rtn. Radesh Pant, and Rtn. KB Rokaya (Left to right).

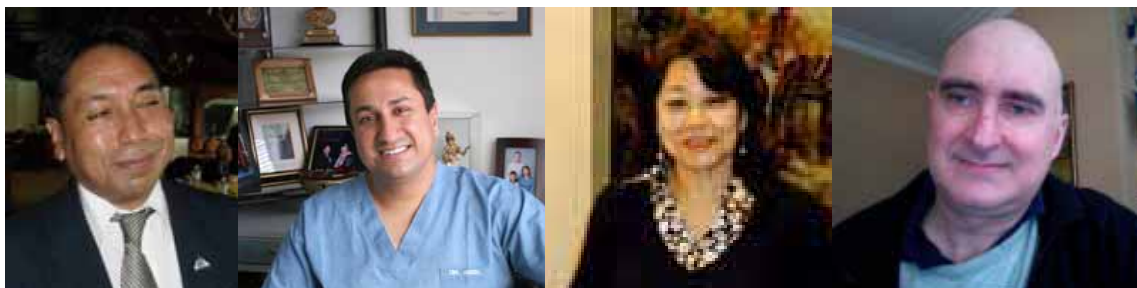


Our Past Presidents lined up to receive their hand shake from the DG on the occasion of their 'multiple' PHFs. Including: PP Niranjn, PP Mani, PP William and Pres. Pratap.



PHFs – Mid-T owners on-leave

Some Mid-Towners were out of town and so could not collect their PHF pins in person. Our **IPP Rtn. Subarna** will collect his MPHf pin when he gets back. Rtn. Dr. Neil, Rtn. Neeva and Rtn. Albert (left to right) will collect their PHF pins when they return.



A 100% Paul Harris Fellow Club?

RC Mid-Town was founded in 1989 – it will be 21 years old this November. RC Mid-Town has a long and illustrious history – a history of great generosity, hard work, creative projects and warm and supportive fellowship. Over the past two decades Mid-Town has had some 149 members and has donated \$US 97,000 to TRF. Our membership now stands at 50 members. Membership Chair **Rtn. Rabi** said that we could try for 55 members before the end of the year.

Over the years Mid-Town has been a 100% Paul Harris Fellow Club – but over the past four years or so we have lapsed in this regard – we are short by only a few members. Pres. Pratap pledged to the DG that we would soon regain our status as a 100% PHF Club.

A Message from our DG

Our **DG Tirtha Man Sakya** was full of praise for the good work that RC Mid-Town has done over the years and for the high standards that the Club continues to maintain and he congratulated each of the Chairs in turn.

His message to us on this occasion was to keep striving harder – every one of District 3292's 83 Clubs needs to come up to world-class standards. To achieve this, complacency will not do; 'good enough' – is not good enough. He summarised the matter succinctly by saying that we all need to rethink *sabik bamojim* or 'business as usual' and always strive to do better.

Pres. Pratap thanked him for his wise works and for his visit to our Club. In keeping with a new way of thinking rather than present the DG with a token from our Club – Mid-Town gave him a check for 5,000 Nrs that he could put towards the good cause of his choosing.



The Paul Harris Society - doing good in the world

The Paul Harris Society is named after **Paul P. Harris**, founder of Rotary International.

Paul Harris formed the world's first service club, the Rotary Club of Chicago, on 23 February 1905. His intention was to recapture in a professional club the same friendly spirit he had felt in the small towns of his youth. Today, Paul Harris Society contributions to The Rotary Foundation support a wide range of humanitarian grants and educational programs that enable Rotarians to bring hope and promote international understanding throughout the world.



What is the Paul Harris Society?

The Paul Harris Society is a special district recognition program designed for Rotarians who wish to support The Rotary Foundation in a more substantial way each year. The Paul Harris Society recognizes Rotarians and friends of The Rotary Foundation who annually contribute US\$1,000 or more to the Annual Programs Fund, Polio Plus, and Polio Plus Partners, or the Humanitarian Grants Program. The first Paul Harris Society was established in 1998 in



District 5340 (California, USA) by District Governor Wayne C. Cusick. The idea gained momentum and quickly spread to other districts throughout the world. The Trustees of The Rotary Foundation approved the Paul Harris Society as a district-administered program effective 1 July 2006.

Mid-Town's **Charter President Dr. Roop** is a Paul Harris Society Fellow – he again donated US\$1000 plus this time also a much-needed LCD projector for Mid-Town.

Congratulations and a hearty thank you from all of us at RC Mid-Town.

Mid-T own welcomes a new member



Mid-Town was pleased to welcome new member **Laishram Buddha Singh** who has recently come to Nepal as Vice-President of Marketing for Surya Nepal Pvt. Ltd.

Newly minted Rtn. Buddha took the happy occasion to also fulfil his commitment to becoming a Paul Harris fellow – he is shown here above being congratulated by **PP Mani** and **PP William**.

Rotaracts get support from parent club



Rotaract **Pres. Anil Chaudhary** is shown here accepting a donation of 30,000 Nrs. supporting Rotaract activities from the DG. He also accepted a donation of 10,000 Nrs. on behalf of Mid-Town's two Interact Clubs. **Treasurer Yo Logghe** and **Pres. Pratap** look on. Rotaracts are always ready to support Mid-Town – cheers for their continued good work.



More Mid-town news

Mid-T owners open their hearts – donate one lakh rupees

RC Mid-Town was moved by the scale of the recent flood disaster in Pakistan. Mid-Towners opened their hearts and dug deep into their pocketbooks to donate **one lakh rupees for flood relief**. The check was handed to the DG on the occasion of his annual visit to the Club by **Rtn. Govinda** who spearheaded the flood-relief fund drive. All funds collected by all Rotary Clubs in Nepal will be turned over to District 3292 Headquarters and will then be handed over to Rotary Clubs in Pakistan.



The scale of the problem:

- Pakistani authorities estimate of the number of people affected is 21 million.
- The UN said more than 10 million people have been without shelter for the past six weeks because of Pakistan's floods and called it **'one of the worst humanitarian disasters in its history'**.
- Pakistan's National Disaster Management Authority reported that the floods have destroyed or damaged more than 1.84 million houses
- A report by UN FAO says 80% of the people living in flooded areas are farmers.
- The survey by UN agencies and NGOs said the immediate priorities of affected households were food and shelter. It also found that people whose farms had been flooded had lost a large proportion, if not all of the possessions they had.
- About 60% of the surveyed households said they had lost their main source of livelihood, forcing them to borrow money to cope and to reduce the meal size or skip meals, while women were eating less than men. They also said they would spend less on health care so that they could afford to purchase food, while some are planning to withdraw their children from school.

A special thank you

Mid-Town would like to extend a special thank you to **Ani Choying Drolma** who donated 50,000Nrs. to Mid-Town's Pakistan Flood Relief Fund.



Did you know?

Gyan Mudra – mudra of knowledge

Method:

Touch the tip of the thumb to the tip of the index finger, with the other three fingers stretched out.

Specialty:

As it is a mudra of knowledge, it enhances the knowledge. The tip of thumb has centers of pituitary and endocrine glands. When these are pressed by the index finger the two glands work actively.

Time duration:

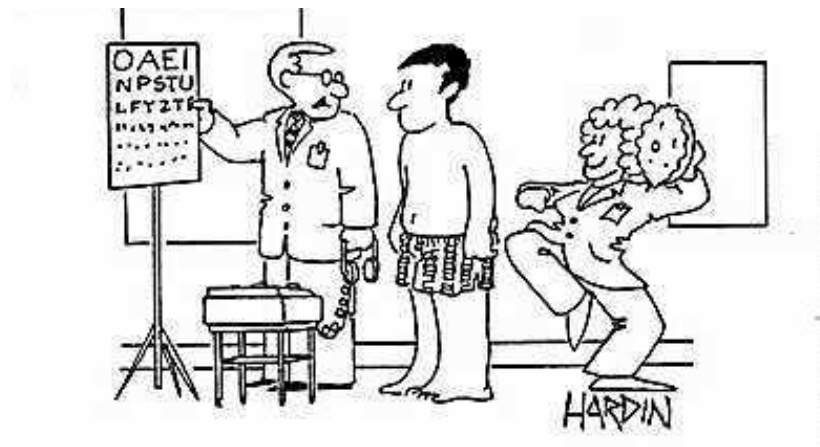
There is no particular time duration for this mudra. You can practice by sitting, standing or lying on bed whenever and wherever you have time.

Benefits:

Increases memory power and sharpens the brain. Enhances concentration and prevents insomnia. If we practice it regularly, it will cure psychological disorders like hysteria, anger and depression.



Mid-town humor



"Your vision and hearing check out fine.
Now, if you'll turn around my assistant
will test your sense of humor."

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

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