



# 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

Nov.19<sup>th</sup> - Nov. 25<sup>th</sup> 2010

Vol. 23 of '10/'11

## Speaker for December 10<sup>th</sup>

### CLIMATE CHANGE :

#### A way from Mysticism and Science, Common Sense...

**Damien François** is an author and cultural anthropologist from Belgium. He has taught at various universities and at a film college in Germany. Damien has done fieldwork with various Native American tribes (U.S.A. and Canada) which resulted in the book *The Self-Destruction of the West. Critical Cultural Anthropology*. His expeditions have lead him to Canada and the Himalayas, where he has been travelling every year since 2005.

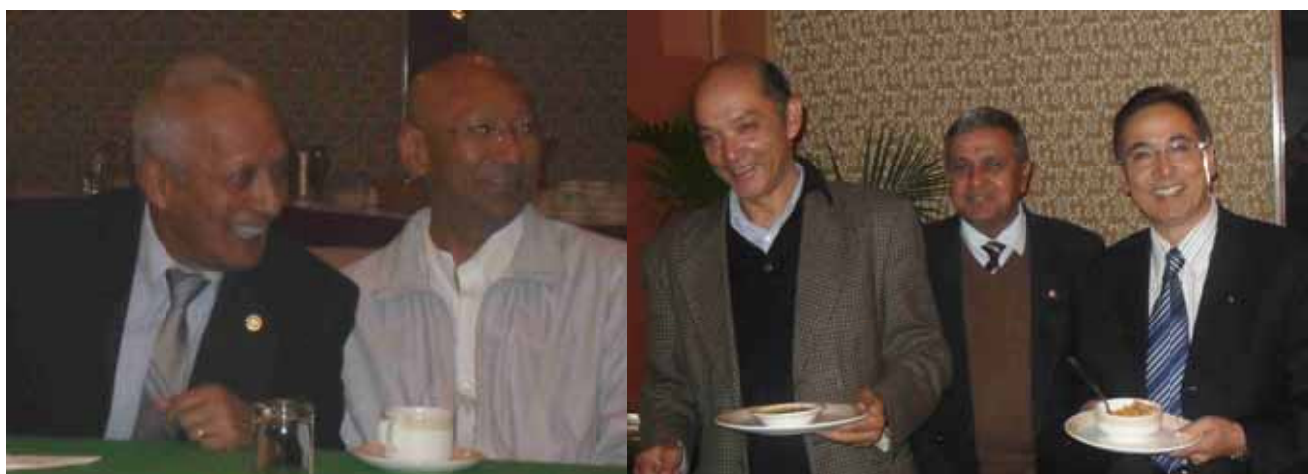
He is presently in Nepal working on a documentary project, about the history of the Sherpa people; this film focuses on a Sherpa family of 7 brothers who have climbed Everest, in total, 45 times. For the documentary film, the brothers plan to climb all together with their 2 sisters, the 6th highest mountain in the world, CHO OYU - with Damien and 2 other Western climbers.

## calendar

date	theme
December is Family Month	
Family Month celebrates the family of Rotary, which, in addition to individual Rotarians, includes all of those who are involved in Rotary's work from Rotary Foundation program alumni to participants in Rotary youth programs in thousands of communities around the world.	
Spouses and children of Rotarians play a vital role in Rotary too. Rotary clubs benefit immensely when they strive to achieve a balanced interaction between Rotarians and their families, enhancing home lives and family interactions.	

12 Dec.	 <p>The <b>Kathmandu Chorale</b> presents its <b>Annual Christmas Concert</b> An annual event not to be missed! The program of modern and traditional Christmas carols is guaranteed to make you homesick for a white Christmas. <b>Venue: The British School; Time 3:30PM or 6:00PM</b> <b>Admission: free – contributions to a good cause welcomed.</b></p>
15 Dec.	 <p><b>First Registration Deadline</b> for the Rotary International Convention 2011. Register early now to receive the best rates and Let the Good Times Roll. Please let District Convention Chair <b>PP Rtn. CK</b> if you are interested in attending.</p>
17 Dec.	<b>Ms Sangeeta Singh</b> on the topic of ' <i>Save the Bagmati</i> '
18 Dec.	<b>ROTA Quiz</b> Mid Town wishes Rota Quiz Team Leader PP RR and his group all the best. Bring back a ribbon!
24 Dec	<b>No meeting</b>
25 Dec.	 <p><b>Christmas Day</b> is a holiday observed generally on December 25 to commemorate the birth of Jesus, the central figure of Christianity. Although nominally a Christian holiday, Christmas is also widely celebrated by many non-Christians and many of its popular celebratory customs have pre-Christian or secular themes and origins. Popular modern customs of the holiday include gift-giving, music, an exchange of greeting cards, church celebrations, a special meal, and the display of various decorations; including Christmas trees, lights, garlands, mistletoe, nativity scenes, and holly. In addition, several similar mythological figures, known as Saint Nicholas, Father Christmas and Santa Claus among other names, are associated with bringing gifts to children.</p>
28 Dec.	<b>Mid-Town Board Meeting</b> to be hosted by TRC Chair Rtn. Saroj (details to follow)
31 Dec.	The curator of the <b>Chateau of Versaille</b> will talk on this magnificent palace (to be confirmed).
7 Jan. 2011	 <p><b>Mr. Pasi Koistinen</b>, CEO of Ncell will talk about how Ncell plays an important role in developing the telecommunication infrastructure and services in Nepal, contributing to the future prosperity of the country and its citizens. During 2009, Ncell more than doubled its mobile network which now covers more than 60 percent of Nepal's population.</p> 
8 Jan	 <p><b>'Gift of Sight'</b> eye camp in Hetauda. This annual eye camp is held with the support of the RC Garden City Singapore. Rotarians and friends interested in attending please contact <b>PP Mani</b>.</p> 
27 Feb.	 <p>Major Health Camp in <b>Nawalparasi</b> – in collaboration with <b>RC ATHINA LYCAVITTOS</b>– Greece. Anyone interested in joining please contact <b>Rtn. Pabitra</b>.  (Aside: The RC ATHINA LYCAVITTOS is held near the <b>LYCABETTUS HILL</b> in Athens. The hill is really a limestone rock reaching almost 1,000 feet into the once-crystalline Athenian sky. In the evening, the top half is floodlit, and from the Acropolis it looks something like a giant soufflé. By day, it's a green-and-white hill topped by the white church of Agios Georgios.)</p>

## fellowship



Mid-Town was happy to have PP Giridai back after a long absence – Welcome back!

This week visiting **Rotarian Alice Namuli** (left) from Kampala Uganda who tells us that he was in Nepal on holidays and that she very much enjoyed the nature and the scenery here. Rtn. Alice is a lawyer working in Kampala she is active in Rotary there and she is also a Paul Harris Fellow.

Rotarian **Carol Vernal** (RC Sonoma Valley, California) has attended several of our meetings this fall. Carol will soon be heading back to California; Mid-Town wishes all the best and looks forward to seeing her back in Nepal in winter/spring 2011.

Mid-Towners were also happy to welcome back guest **Meg Flemming** (photo above) and we hope to be seeing more of her soon.



## last week's speaker

### Nepal's prisoners and their children get a helping hand

Prisoners all over the world are a neglected segment of society – and in Nepal with all of its many development priorities - this is sadly often the case. The good news is that **Ms. Indira Rana Magar** has taken up their cause and has improved the lives of hundreds of people.

**Ms. Indira Rana Magar** is the Chairperson and Human Rights Activist Prisoners Assistance Nepal: Prisoners Assistance Nepal (PA Nepal), this organization is now formidable force that advocates for prisoners, their family and children; provides residential care for children; runs programmes for prisoners



and educational programmes for village children.

*"giving prisoners and their children a better today and a brighter future"*

**PA Nepal** is a grass roots organisation that seeks to

provide basic needs and human rights to prisoners and their children; one of the most vulnerable groups in Nepal. In particular, they work within poor rural communities where their support creates new opportunities for women who have been released from prison. Within this role, one of their greatest responsibilities is the complete care of children whose parents have been imprisoned.

PA Nepal's mission is to rid prisons of unnecessary suffering and hardship, in particular the suffering experienced by innocent children and prisoners who are poor and disadvantaged. It wants to help transform prisons into places that work to help prisoners build worthwhile and rewarding futures. Read more about them at <http://www.panepal.org/Resources/Images/header.png>

**Ms. Rana Magar**, who is herself an Ashoka Fellow, touched Mid-Town with the selflessness and single-mindedness with which she has pursued her goal. Starting from very humble beginnings she has dedicated her life to this cause. She told Mid-Town that PA Nepal currently employ 31 local staff members and encourage past beneficiaries of our programs to become peer educators and volunteers. PA Nepal's ethos centres on keeping families in contact whilst ensuring that innocent children are not required to endure the traumas of prison. **Ms. Rana Magar** recognised the ongoing support of the many organisations that has helped them to improve the lives of Nepalese prisoners.

## Midtowner news



**Rtn. Buddha** has recently been to Shillong and visited the Rotary Club there. This is a Rotary Club with a 50-year long and distinguished history. Shillong (Khasi: Shillong) is the capital of Meghalaya, one of the smallest states in India. It is also the headquarters of the East Khasi Hills district and is situated at an average altitude of 4,908 feet (1,496 m) above sea level. It is said that the rolling hills around the town reminded the European settlers of Scotland. Hence, Shillong is also known as Scotland of the East.

## On the lighter side

*What may be done at any time will be done at no time.*

*They talk of my drinking but never my thirst.*

*Fools look to tomorrow. Wise men use tonight.*

*Get what you can and keep what you have; that's the way to get rich.*

### **Scottish Proverbs**



## Mid-town news

### A basketball court for Lele



Our Mid-Towners were happy to go to Lele on Nov. 21<sup>st</sup> together with five members of the visiting **Rotary Club of Ravenna, Italy.**

Together the two clubs presided over the inauguration of basket ball court.

Highlights of the visit

included basket ball and volleyball



demonstration matches where the winners were awarded a cash prize of 1000 Nrs.

The WCS grant Final Project Report was handed over to **PP Maurizio Montanari.**

**RC Ravenna** took the opportunity to hand over a plaque in recognition of the good work.

After all of the good fun everyone was hungry and the ladies of Lele prepared a tasty "Ban Bhoj" and lunch in the best Nepali style.







The Chinese proverb says, "When you drink the water, remember who dug the well".



Well, when you try to construct a basketball court in a mountainous country like Nepal you are bound to run into at least a few obstacles. The obstacle in Lele was an entire hillside! The photo at the left shows what hard work it was to demolish the hillside, then the levelled ground, and finally the completed basketball court with girls at play.



Those who were in on the negotiations are sure to remember that the ladies of Mid-Town were adamant that the girls of Lele should also benefit from the basketball court

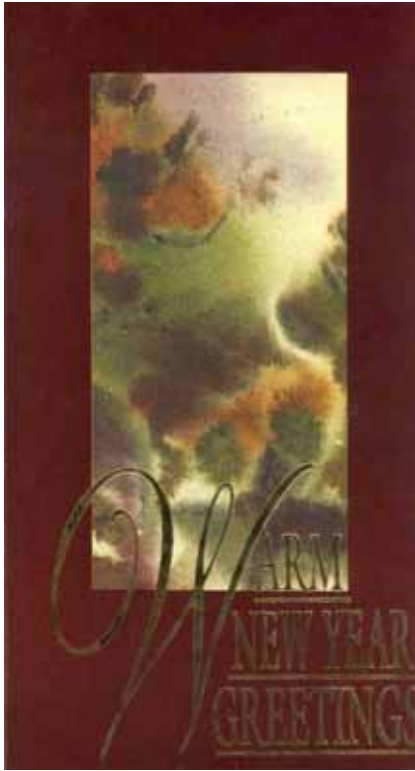
– well here are the girls in their new uniforms – this is the perfect conclusion to the hard work put in by Mid-Towners, by donations from RC Ravenna and the company of Bruno Malla. Thanks to everyone who made this dream come true!





## More Rotaract news

Rotractors get into the Christmas spirit



Rotract President **Anil Chaudhary** (right) and International Service Director **Rinju KC** (left) attended this week's meeting and brought Christmas and New Year's good wishes to all Mid-Towners especially those of International origin. They wished the Mid-Town Family, *'Hope you find this year to be more prosperous and more wonderful than ever'*.

These Rotractors were also happy to tell us that former Mid-Town Rotractor **Ekta Acharya** (left) will be the Charter President of a brand new Rotaract Club – the Rotaract Club of Lalitpur Mid-Town.

Mid-Town congratulates her and wishes her all the best! Stay in touch.



## Wedding news



### Best wishes from Mid-T own

Mid-Town extends its best wishes to **Rtn. Amar** on the upcoming wedding of his son Sudeep.

Mid-Town regulars may remember that Tech. Major Sudeep, who is a geographical information systems expert with the Nepal



army serving with the UN in Haiti, gave us a very interesting talk on the aftermath of the hurricane oon after it occurred.

## On the lighter side

### PRA NA MUD RA – MUD RA OF LIFE



#### Method:

Bend ring finger and little finger and touch the tip of thumb with the tips keeping the remaining two fingers stretched.

#### Specialty:

The mudra of life improves the power of life. Weak people become strong. It reduces the clamps in blood vessels. Practicing it regularly will increase vitality.

#### Time Duration:

No specific time duration. One can practice it any time.

#### Benefits:

It improves immunity. Improves the power of eyes and reduces eye related diseases. It reduces vitamin deficiency and fatigue.

## Mid-town humor



***"I told my teacher that I won't be returning to school. I'm trying out for a pro basketball team, and her services are no longer required."***

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

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**3rd District Conference**  
of Rotary International District 3292 Nepal  
April 8-10, 2011, Venue: Nepal Army Officers' Club-  
Tundikhel, Kathmandu, Nepal



## REGISTRATION FORM

No

Please type or print clearly (In Block Letters)

Family Name		First Name	Middle Name
Rotary Club of _____		Club Name	Membership ID
Address			
Telephone	Fax	Mobile	E-mail

**Additional Registration:**

Name of Guests \_\_\_\_\_

REGISTRATION FEE:

Register Early & Save			
<b>Deadline 1:</b> <b>January 31st, 2011</b> Rs. 2,500.00	<b>Deadline 2:</b> <b>April 7th, 2011</b> Rs. 2,800.00	<b>Onsite</b> <b>April 8th, 2011</b> Rs. 3,000.00	<b>Total</b> Registration _____ Fee Rs. _____

Enclosed is registration fee of Rs. \_\_\_\_\_ (In words Rs \_\_\_\_\_) in

☐ a) Cash,    ☐ b) Demand Draft    ☐ c) Bank Deposit

Registrant's Signature

Date (dd/mm/yy)

Note: Demand Draft should be drawn in favour of Rotary International District 3292 :

Bank Deposit should be in account no. 03200105200070 of RI District 3292 with Everest Bank, Lagankhel, Lalitpur; send scanned copy of deposit slip to : silabnr@gmail.com, rotary@ntc.net.np

- For office use only

## 3rd District Conference of RI District 3292 No.



Registration Fee Received Rs. \_\_\_\_\_ in Cash/Demand Draft/Bank Deposit on \_\_\_\_\_

Date: \_\_\_\_\_

Recipient's Signature