



# 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

Oct. 1<sup>st</sup>-7<sup>th</sup> 2010

Vol. 14 of '10/'11

## This week's speaker



### **Mahima Shrestha**

Come to the meeting on Friday and hear what  
Mahima has to say to us this year.  
(Have you seen her on Facebook perhaps??)












## News from Rotary International

### October is Rotary Vocational Service Month

Vocational Service focuses on:

- ☐ Adherence to and promotion of the highest ethical standards in all occupations, including fair treatment of employers, employees, associates, competitors, and the public.
- ☐ The recognition of the worthiness of all useful occupations, not just those that are pursued by Rotarians.
- ☐ The contribution of your vocational talents to solving the problems of society and meeting the needs of the community.

During October, Rotarians are encouraged to focus on this important avenue of Rotary service. Discussions on vocational service can lead to projects that not only develop the ethical consciousness and vocational skills of Rotarians but also the talents within their communities. Vocational Service Month is an opportunity to begin year-long vocational service activities, ranging from Rotary discussions to awards to community projects.

calendar	
date	theme
October is Rotary Vocational Service Month	
1 Oct.	 <b>Nigeria Independence Day</b> -- on this day in 1960, Nigeria gained its independence from the United Kingdom
2 Oct.	 <b>Gandhi Jayanti, International Day of Non-Violence</b> Mohandas Karamchand Gandhi (2 October 1869 – 30 January 1948) is officially honoured in India as the Father of the Nation; his birthday, 2 October, is commemorated there as Gandhi Jayanti, a national holiday, and worldwide as the International Day of Non-Violence.
3 Oct.	 <b>Day of German Unity</b> is the national day of Germany. It commemorates the anniversary of German reunification in 1990.
8 Oct.	<b>Ghatasthapana</b> , 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.
9 Oct.	 <b>Chhanga Chait</b> 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
11 Oct.	Mid-Towners please join the Malla family on the happy occasion the wedding of their younger son, Prajno. Hotel Soaltee on <b>Monday 11<sup>th</sup> October</b> at 6 PM.
14 Oct.	<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 royal house.
15 Oct.	<b>Asthami</b> 8 <sup>th</sup> day of Dasain. <b>Note: No RC Mid-Town Breakfast Meeting today</b>
16 Oct.	<b>Maha Nawami</b> This is the ninth day of Dasain. The Taleju temple at Hanuman Dhoka is opened for the public only once a year on this day. Thousands of people go and pay their respect to the goddess on this day.
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.
22 Oct.	 Mid-Town in-house speaker will be <b>Rtn. Lisa Choegyal</b> , recently appointed Honorary Counsel for New Zealand to Nepal
24-29 Oct.	 <b>RYLA</b> in Birtamode for more information contact District Secretary Rtn. Dilendra Raj Shrestha at dilendras@gmail.com
27 Oct.	RC Mid-Town Board Meeting – Board Members only please contact Pres. Pratp.
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.	Mid-Town guest speakers will be <b>Mr. Santosh Pathak</b> (Rotaract Club of Thamel also IPADRR) and <b>Ms. Meg E. Infiorati</b> . They will speak stained glass as an art form. 
13 Nov.	<b>TRF seminar</b> – details to follow.



## last week's speaker

### A tale of two countries--of Cambodia and Nepal



Mid-Towners gave a hearty welcome to former member **Dr. Sriram Bhagut Mathe**. Dr. Mathe had been a member of our Club and then venture out to Cambodia for a 'short' one year project – well, that was thirteen years ago! He is now still based in Cambodia where he works on ADB and WB projects in far-flung parts of the

globe including Vietnam and Uganda among others. He returned today and gave an informative talk comparing the history of the past twenty years in Cambodia and Nepal. Dr. Mathe has been involved in education in one form or the other his whole career and he is still passionate about it. On this occasion he implored that there is a great need to reform and improve the education system in Nepal if the country is rightfully take its place in the 21st century and shared his views on how Nepal could make this could happen. If the spirited and interesting questions and comments that followed his talk are any gauge, then this is indeed a topic that Mid-Towners are also passionate about. Rtn. Mathe – come back soon – Nepal needs you -- and RC Mid-Town would dearly love to welcome you back!

## Mid-Town news



### Mid-T own gets a new projector

There was a happy moment at the end of the meeting when **CP Rtn. Roop** handed a brand new LCD projector over to RC Mid-Town. After several years of scrambling to find a projector each week it is welcomed news to know that we will now have our very own. Executive Secretary Mr. Dahaljee will be the keeper of the projector and,

as needed, RC Mid-Town will also be happy to share with its Rotaracts. Mid-Town extends a hearty 'thank you' to CP Rtn. Roop.

## Mid-Town guests

### Final instalment for the Gorkha-Lamjung girl child education project



On this happy occasion Mid-Town welcomed our project partners from Gorkha and Lamjung. This three year and more than thirty thousand US\$ project is entering its final phase. The MG # 63246: GIRL CHILD PROJECT – Gorkha and Lamjung is being run in conjunction and in partnership with **RC of Darmstadt Bergstrasse, Germany**. Mid-Town looks forward to welcoming project partners **Rtn. Hans Martin Scheuch and Dr. Karl** in a few weeks' time.

The photos show PP Rtn. Ambica giving the final instalment check to Lt. (retd) Rishi Bogate, RCC designate for GORKHA and HE Rtn. Verena giving the final instalment check to our Project in Charge Lt. (retd.) Damar Basnet (Lamjung). These two gentlemen made the gruelling 10 hour journey to Kathmandu to be with us on this they -- a hearty cheers to them for their commitment and for the enthusiasm they have shown over the years.



### A visitor from FONNJ



This week Mid-Town was happy to have **Rtn. Dr. Tulsi R. Maharjan** from the RC of Branchburg, New Jersey, USA and Friends of Nepal New Jersey (FONNJ). Rtn. Tulsi told Mid-Town how a donation of 10,000Nrs. some twenty years ago has now grown into a scholarship fund for thousands of children in the Patan area. He is presently working out the details of a



micro-credit project that will run in collaboration with the Business and Professional Women of Nepal (with PP Rtn. Ambica). Rtn. Tulsi also has the pleasant duty to help celebrate 20 years of Humanitarian Service Celebration on the 9th of October at the Ashok Party Palace. Please contact Rtn. Tulsi if you are interested in attending at [trmaharjan@gmail.com](mailto:trmaharjan@gmail.com).



**Rtn. Urmila Shrestha** (RC Jawalakhel) is show exchanging flags with Pres. Pratap.



## Mid-town fellowship



## Mid-towner news

### Professional Ambulance Service in the offing for Kathmandu

Mid-Towner **Rtn. Ranjit** told us this week about the Nepal Ambulance Service (NAS) which is a non-profit initiative dedicated to the establishment of an emergency medical response system (EMS) in the greater Kathmandu and Patan municipalities, later to be expanded nationwide.

This system will provide rapid ambulance transport to hospitals along with life-saving medical care by trained emergency medical technicians (EMTs) for sick and injured people regardless of ability to

pay. NAS aims to operate fully equipped and staffed ambulances via a central dispatch facility with radio communication between area hospitals and ambulances in order to ensure rapid transport and treatment for individual patients. NAS EMTs will be trained by Stanford University School of Medicine (USA) experts from Stanford Emergency Medicine International (SEMI).

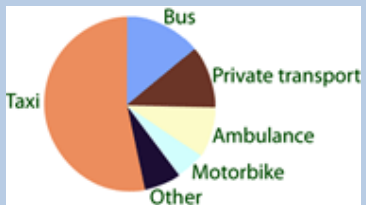


For more information see <http://nepalambulanceservice.org/>

Five ambulance vehicles will be launched by November 17<sup>th</sup> and an additional five before the 1<sup>st</sup> of March 2011. At present sponsors are being sought to help cover the overhead costs. Interested parties please contact **Rtn. Ranjit at [ceo@prismaad.com.np](mailto:ceo@prismaad.com.np)**

#### WHY GREATER KATHMANDU NEEDS A PROFESSIONAL AMBULANCE SERVICE

Because no pre-hospital emergency care system exists in Nepal, victims of trauma or medical emergencies in Kathmandu are transported to hospital either by taxi or private vehicle, with no medical care en route. Since there is no three-digit emergency phone number, such as 999 in the UK or 911 in the US, many patients are not transported to hospital in time for meaningful medical intervention. Many patients suffer grievous complications or even die as a result. According to a study by Patan Hospital, of patients arriving at emergency rooms, only 10% arrive by ambulance. 54% arrive by taxi. only 10% of them arrive by ambulance.



The consequences of being delivered to an emergency room by taxi or non professional ambulance are serious. In addition to increasing trauma many victims currently die en route to hospital because there is no professional medical help to staunch bleeding or clear breathing passageways.

*Be kinder than necessary, for everyone you meet is fighting some kind of battle.*



### Working together to eliminate avoidable blindness

#### **Up to 80% of the world's blindness is avoidable.**

Avoidable blindness is defined as blindness which could be either treated or prevented by known, cost-effective means. Although there are many other causes of vision impairment, VISION 2020 seeks to address the main causes of avoidable blindness, in order to have the greatest possible impact on vision loss worldwide.

#### **In developing countries, 60% of children die within a year of going blind**

##### **Blindness in Childhood**

As the causes of blindness in children differ from those in adults, different control measures are needed. In low-income countries, high proportions of children are blind from preventable causes, which require community-based interventions. In all regions, children with treatable diseases, principally cataract, can have their sight restored. Childrens' eyes cannot, however, be considered smaller versions of adults' eyes, and specific expertise and equipment are required. Unlike adults, children require longterm follow-up after surgery, to manage complications and to prevent amblyopia ('lazy eyes'). The understanding and involvement of parents is critical. In all regions, children with irreversible visual loss must be assessed for low-vision services, early visual stimulation, rehabilitation or special education, depending on their age and level of residual vision.





## Blindness and Visual Impairment: Global Facts

### According to WHO estimates...

- Approximately 314 million people worldwide live with low vision and blindness
- Of these, 45 million people are blind and 269 million have low vision
- 145 million people's low vision is due to uncorrected refractive errors (near-sightedness, far-sightedness or astigmatism). In most of these cases, normal vision could be restored with eyeglasses
- Women face a significantly greater risk of vision loss than men: two-thirds of blind people are women & girls
- 90% of blind people live in low-income countries
- YET, 80% of blindness is avoidable - i.e. readily treatable and/or preventable
- Restorations of sight, and blindness prevention strategies are among the most cost-effective interventions in health care
- Infectious causes of blindness are decreasing as a result of public health interventions and socio-economic development. Blinding trachoma now affects fewer than 80 million people, compared to 360 million in 1985
- Ageing populations and lifestyle changes mean that chronic blinding conditions such as diabetic retinopathy are projected to rise exponentially
- Without effective, major intervention, the number of blind people worldwide has been projected to increase to 76 million by 2020



### Our own Kathmandu Mid-Town (Rotary /Rotaract/ Interact) Health Program for "AVOIDABLE BLINDNESS in CHILDREN"

Vision Screening Report by the Rotaracts and Interacts for vision screens conducted during July/August 2010. Rotaractors gratefully acknowledged the support of Rtn PP Dr. Chandra Lekha Tuladhar (Ophthalmologist).

Name of school	No. of children screened	Children with visual problem
Mangal Higher Secondary School	369	22
Jana Sewa Higher secondary school	144	8
Mary Ward Primary school ( girls )	198	x
Mamata Rani Primary school ( boys )	104	3
Sanchetana Primary school	84	2
Adarash Secondary school	109	3
<b>Total</b>	<b>1008</b>	<b>38</b>

**Remark:** 3% children required detailed examination. Currently 11 children from Mangal Higher Secondary School have been examined by **PP Dr. Chandra Lekha Tuladhar** at her clinic with the result the three of the children were found to have normal vision; eight children required spectacles for visual correction; one child had lazy eye affecting both eyes. Our Kathmandu Rotaracts will conduct vision screening every month this year. Congratulations to them for their hard work!





## Rotaract News

### A sneak peak at the behind the scenes preparations



In Breakfast Chatter #12 we reported how on Saturday September 11<sup>th</sup>, a group comprising of **Rtn. Santosh Gywali, Pres. Rtn. Rajeev Pokhrel** (RC KTM Metro), a friend Ted (USAID), Rtn PP Dr.



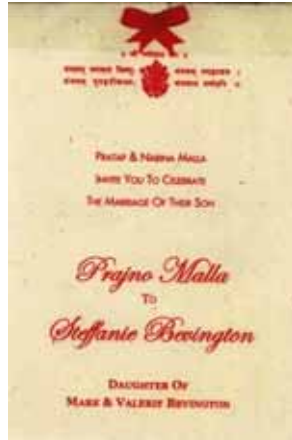
Chandra Lekha Tuladhar, and 6 KTM Mid-Town Rotaracts headed out to Kirtipur to hand over three sets of encyclopaedias to three area schools. Was it all as easy as it seemed? Here are a few photos of the students preparing to receive their visitors – no stone was left unturned as the students tidied up and prepared the banners. **Rotaract Ama Rtn. PP Dr. Lekha** donated the furniture for each of the 3 libraries with a special display show table to hold the encyclopaedias which were donated.



Every preparation is also a learning experience. PP Lekha was also on-site the day before to supervise the preparations for the September 23<sup>rd</sup> visit by our DG and the handing over of the 2 classrooms. The old linoleum floor (which we had previously donated) was ready to be replaced - Rtn. Lekha donated a good carpet and had it washed and professionally installed. Thanks to all of this hard work done in preparation our visitors are always impressed when they visit a special Rotaract area. Thanks to all who participated.



## Mid-town classified



### Prajno weds S teffanie

Please join the Malla family on the happy occasion the wedding of their younger son, Prajno.

The festivities will take place at Hotel Soaltee Crown Plaza, Megha Malhar and Rose Garden on **Monday 11<sup>th</sup> October** at 6PM.

## Sad news



### In Memoriam

### Kay Clawson

Spouse of our member Peter Clawson  
passed away on 26 September 2010  
in Nashville, Tennessee, USA .

Anyone wishing to send a note to Peter Clawson  
can reach him at: [peterclawson.peter@gmail.com](mailto:peterclawson.peter@gmail.com)

## errata



Yes, once again, hard to believe but true, the Breakfast Chatter has erred in reporting the facts. Please note that the BC#13 article on "*PP Ambica on her way to the Rotary International Assembly*" should read as follows: In January 2011 RI will hold its International Assembly in San Diego, California, USA. This year we are proud to have PP Rtn. Ambica attend on behalf of Nepal where she will be giving a short talk to the participants.

## Mid-town humor



Take a look at these  
great posters using just hands and a phone.

**Disclaimer:** The Breakfast Chatter does not in any way endorse AT&T products – but we are happy to use the adds for our 'Mid-Town Humor' section.

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

Breakfast Chatter editor: Dr. Isabella C. Bassignana Khadka at email: [isa@mos.com.np](mailto:isa@mos.com.np)