



# Breakfast chatter



Weekly bulletin of the Rotary Club of Kathmandu Mid-Town  
District 3292, Club 26776, Chartered 8 Nov. 1989; 'Best Club' in Nepal 2009/2010

Nov. 5<sup>th</sup> - Nov. 11<sup>th</sup> 2010

Vol. 18 of '10/'11

## Speakers for 12 November



Stained glass windows are often viewed as translucent pictures. **Ms. Meg E. Infiorati** will talk on how stained glass, as an art and a craft, requires the artistic skill to conceive an appropriate and workable design, and the engineering skills to assemble the piece. Ms. Infiorati has been designing and creating stained glass windows in the United States for over 13 years. Her experience includes small window hanging designs, jewellery boxes, kaleidoscopes, garden stakes, and other small projects, to large, multi-paned windows. **Mr. Santosh Pathak** (Rotaract Club of Thamel also IPADRR) who has been working with Meg will also say a few words.








from Rotary International

## November is rotary foundation month

November is Rotary Foundation Month. It all began in 1917 when then RI President Arch Klumph announced the acceptance of endowments for doing good in the world – The Rotary Foundation was born! Contributions took off in 1947 in memory of our founder Paul Harris. Although The Rotary Foundation originally sponsored only educational programs, it added humanitarian programs in the late 1960s and has continued to evolve with the addition of our famous PolioPlus program to our Permanent Fund, the Rotary Centers for International Studies and, finally, the Future Vision Plan.

Gifts of any size to The Rotary Foundation are appreciated and will support educational, humanitarian, and cultural programs and projects throughout the world. There are several ways to contribute to Rotary's efforts. One funding effort, The Rotary Centers Gift initiative, is striving to foster world understanding and peace through education. It's working to raise US\$90 million in endowed support for the Rotary Centers for International Studies in peace and conflict resolution.

calendar	
date	theme
November is Rotary Foundation Month	
11 Nov.	<p><b>Remembrance Day</b> – also known as Poppy Day, Armistice Day (the event it commemorates) or Veterans Day – is a Commonwealth holiday to commemorate the sacrifices of members of the armed forces and of civilians in times of war, specifically since the First World War.</p> 
12 Nov.	The speakers will be <b>Ms. Meg E. Infiorati</b> . <b>Mr. Santosh Pathak</b> (Rotaract Club of Thamel also IPADRR). See above for more information.
13 Nov.	<b>The Rotary Foundation Seminar</b> (evening program) Please let PP. Mani or TRF Chair Rtn. Saroj know if you will be attending.
14 Nov.	<b>Rotary Stewartship Training Seminar</b> hosted by RC Tripureswor. The event will be half day, closing with Lunch. Please let PP Mani or TRF Chair Rtn. Saroj know if you will be attending. Ragistration fee:Rs.650.
15 Nov.	Deadline to submit nomination forms for <b>The Rotary Foundation Distinguished Service Award</b>
15 Nov.	Club visit to <b>Gorkha – Girl child project</b> . Anyone interested in taking part please inform Pres. Pratap.
18 Nov.	<p><b>Mid-Town's 21<sup>st</sup> Charter Night!</b> Come and celebrate at the Hotel de l'Annapurna. Guests will include Manfred Stamm (RC St. Goarshausen-Loreley/Germany) and his team (they were the host Club for Rotary exchange student Anita Giri in 2005/2006). The DG is likely to be the Chief Guest. Please let Dahaljee know if you will be attending.</p>  
18 Nov.	<p><b>Beaujolais Nouveau Launch, France</b></p>  <p>The third Thursday in November is always a special day throughout France for it marks the official tasting of the new season's Beaujolais wines. Arguably one of the most famous wines in the world, it is traditional on this day to taste the new crops of wine – often over a lavish meal.</p> <p>At one past midnight on the third Thursday of each November, from little villages and towns, over a million cases of Beaujolais Nouveau begin their journey for immediate shipment to all parts of the world. Banners proclaim the good news: Le Beaujolais Nouveau est arrivé! "The New Beaujolais has arrived!". French law states that the Beaujolais Nouveau cannot be released any earlier than the third Thursday of November, so every year on this day producers embark on a mad race to get the first bottles on the shelves.</p> 
3-4 Dec.	<b>TOT District Training of Trainers</b> (This training is for District Trainers as well as District Officers.) PDG Bharat Pandya -Chairman for DGE Training at Rotary Institute Bangkok and DGE Trainer in International Assembly San Diego and RI Trainer PDG T.N. Subramaniam are conducting this TOTS program. Interested parties please inform Pres. Pratap.
4-5 March 2011	<b>PETS/SETS:</b> President elect training and secretary elect training in <u>Pokhara</u> ( 20 <sup>th</sup> -21 <sup>st</sup> Falgun 2067) This training is for Presidents and Secretaries of 2011/12.

## last week's speaker



### A History of PHE CT and the Kathmandu Model Hospital

**Dr. Saroj Dhital** is no stranger to RC Mid-Town, this week he saved the day by stepping in for Dr. Shankar Rai who took ill at the last moment. Speaking without visual aids, Dr. Dhital told Mid-Town some of the history of the **Kathmandu Model Hospital** and of how **PHECT** (Public Health Concern Trust) came into being. From the time, 20 years ago, when **Shuman Shrestha** took the newly minted and recently returned Dr.

Dhital (literally) by the arm and asked him what he was going to do with himself – to very humble beginnings in rented quarters in Bhag Bazaar to two decades later when their crowded 125 bed hospital is indeed a 'model' of health care. Their emphasis has always been on helping the poorest of the poor – illiterate villagers who would be lost in the big city can always count on compassionate care at the Model Hospital. Dr. Dhital explained that with the advent of democracy in 1990 there were rising expectations of qualitative changes in health care - there was a need for NGOs to step in to act as partners of the government in the national development of health care and PHECT filled the bill.

The growing popularity of the Model Hospital and their reputation for providing compassionate care has helped them to acquire 52 ropanes of land in Kirtipur for expanded facilities. Mid-Town wishes them all the best for continued success.



## Mid-town news



### A new secretary for Mid-T own

**Rtn. Pabitra** has kindly agreed to step in as this year's secretary now that Rtn. Onuora has left. Rtn. Pabitra's tenure as secretary was off to a bit of a rocky start last week when he lost both of his laptops to the vagaries of the Nepal Electric Authority grid.

Mid-Town wishes him all of the best in this new undertaking and applauds his Rotarian spirit in stepping in to help out. Cheers to Rtn. Pabitra.



## Visiting rotarians



**Rtn. Dr. Unai Tatsuta** (sister Club-RC Higashi Osaka—Nishi) presented RC Mid-Town with a sunshine donation of \$US 100 on behalf of his Rotary Club (sister Club-RC Higashi Osaka—Nishi). RC Mid-Town says '*Domo – Arigato*'.

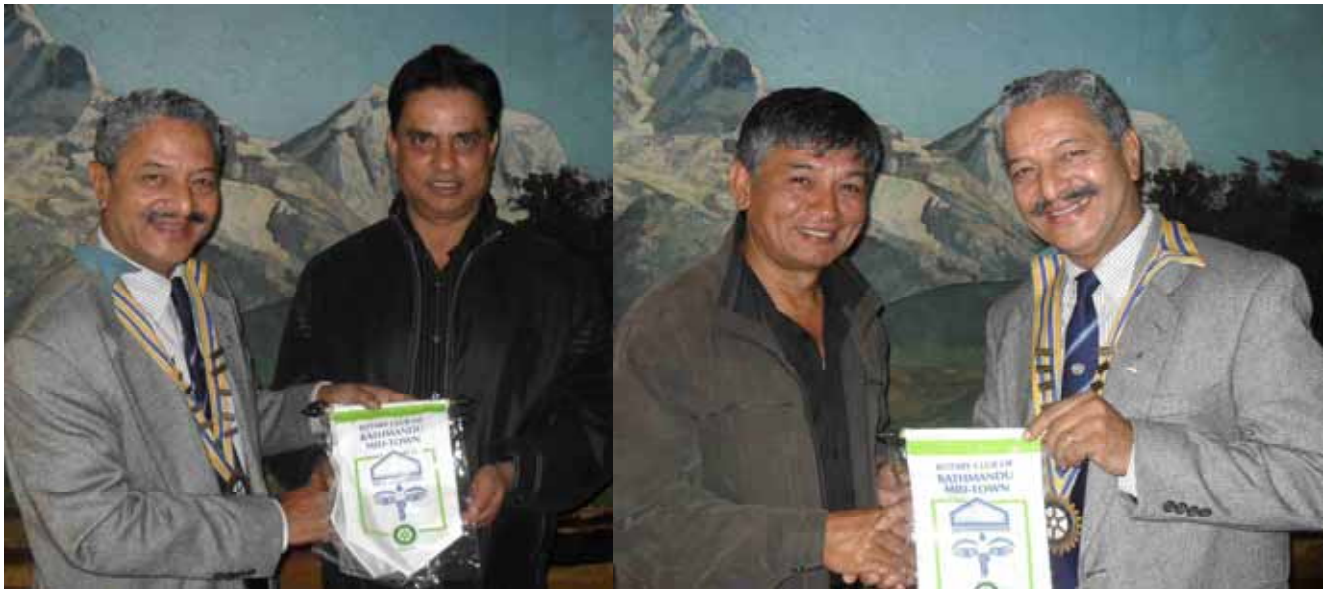
**Rtn. Prof. Dr. Med. Ulrich Wieggers** (right) is an internist/nephrologist who is in Nepal with the German Rotary Volunteer Doctors' group and is doing a short stay at the Scheer Memorial Hospital in Banepa.



Pres. Pratap (left) presented the Club flag to Dr. Bharat Pradhan CEO of the Kathmandu Model Hospital.

## Mid-T own welcomes the "MaHa Jodi"

It was with great good cheer that this week Mid-town welcomed the comedic duo of **Madan Krishna Shrestha** and **Hari Bansha Acharya** the most successful Nepalese comedians. While this pair is well-known for their superb acting what is perhaps less well-know is that they are dedicated Rotarians (RC Thapathali) and that they spend much of their free time on charity works – they are founder members of the **Kathmandu Model Hospital** and on the Board of **PHECT** (Public Health Concern Trust) and **KAT** (Kathmandu Animal Treatment Centre) among others.



Mid-Town was happy to welcome some of the Board Members of the Kathmandu Model Hospital and PHECT, Dr. Bharat Pradan, Dr. Saroj Dithal, Shuman Shrestha, Rtn. Madan Krishna Shrestha, Rtn. Hari Bansha Acharya, and PP Rtn. Carol Vernal (RC Sonoma Valley)







## Mid-town news

### Helping hands hold hope



visiting Rotarian **Rtn. Dr. Unai Tatsuta** and others of our sister Club-RC Higashi Osaka—Nishi and Mr. Suman Shrestha. In these photos we see the Rotarians being shown around the centre by Chief Coordinator **Ms. Vidya Baidya** (in pink sari) where the students are engaged in stitching, candle making and recycling paper.

'Helping hands hold hope' is a most appropriate motto for the **Early Rehabilitation Centre** that teaches deaf, blind and physically handicapped students. Last week some Mid-Towners paid them a visit together with



Mid-Town and its sister club are trying to get a paper recycling machine so that the blind, deaf and physically impaired persons can be trained to make recycled paper from waste paper collected from banks, corporations and other offices. The aim is to recycle the paper and try to sell it with the recycle trade mark so that they can become self sufficient.





## Rotaract and interact news



### Mid-T own celebrates International Interact Week



**International Interact Week** was celebrated worldwide by Rotary International from 1-7 Nov. 2010.

Our two interact clubs, the **Interact Club of Kathmandu Mid-Town** and the **Interact Club of Kathmandu Mid-Town Kirtipur** celebrated by holding several events. On October 20<sup>th</sup> they held a Rotary/Interact program which consisted of a visit to two Interact Schools – Mangal and Jan Sewa HS

School. And on 3<sup>rd</sup> November 2010 they invited Mid-Towners to the Sanchetna Primary School, Dhobighat. The exciting news is that Mid-Town will parent a **new Interact Club in Thaiba** – stay tuned for more information.

The photo above shows our Rotaract President **Anil Chaudhary** and **Rtr. Beeju Maharjan** (SAP Director/Interact coordinator for Rota year 2010/2011), President Int. **Pramila KC** Rota year 2010/2011 for the Interact Club of Kathmandu Mid-Town Kirtipur and President Int. **Laxmi Maharjan** Rota year 2010/2011 for the Interact Club of Kathmandu Mid-Town.



## from Rotary International



### Interact Video Contest

Hey, Interactors! Here's your chance to be famous. We're holding our second annual Interact Video Contest. So grab a camera, make a short video telling us how you Interact, and submit it by 1 December. The grand-prize winner will be featured on [www.rotary.org](http://www.rotary.org).

## On the lighter side



### VAYU MUDRA – MUDRA OF AIR

**Method:**

Keep the index finger on the base of the thumb and press with thumb keeping the other three fingers straight.

**Specialty:**

It prevents all the diseases that occur due to the imbalance of the air.

**Time Duration:**

The practice of this mudra for 45 minutes reduces the severity of the disease in 12 to 24 hours. For better results practice it for two months.

**Benefits:**

It cures rheumatism, arthritis, gout, Parkinson's disease and paralysis without any medicine. It is useful for cervical spondylitis, paralysis to face and catching of nerve in neck. It corrects the disorder of gas in the stomach

## Mid-town humor



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

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