



Breakfast Chatter

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



September 1st, 2009

Weekly Bulletin

Vol. 9 of '09/'10

This week's meeting



Annual visit of our District Governor

The District Governor of Nepal Rotary District 3292, makes his annual visit to Mid-Town next week.. DG Ratna Man Sakya (MPHF) will be joining us on September 4th. The DGs annual visit is a chance for the Club to highlight its upcoming plans and for all of the members to renew their personal contact with the DG.


DG Rt. Ratna Man hails from Lalitpur where his family is well known as one of the leading manufacturers and exporters of handicrafts, garments and hand-knotted woolen carpets. His education is from both Tribhuvan University and the University of Bombay where he obtained a Bachelor of Law. He has pursued post-graduate studies and research at Howard University in Washington D.C. and various additional professional training in Japan, the USA, England, and Switzerland.

DG Rtn. Ratna Man joined the Rotary Club of Kathmandu in 1977 and since that time has held every post available in the Club; including: . President of the Rotary Club of Kathmandu, District Treasurer and District Secretary. He is a multiple Paul Harris Fellow (Multiple Sapphires), and a lifetime member of the 4 Way Test and an alumni of the Rotary Foundation.



He is actively involved with various welfare organizations either as a Patron, President or as a member of the Executive committee. He has traveled extensively and has actively participated in RI conferences in Nice, Chicago and San Diego. With his wife Chandra, he is blessed with son Sandeep and daughter-in-law Nikita and daughter Bipasana and son-in-law Abiral.

The photo above shows DG Ratna Man Sakya and his wife, Chandra at the Rotary International Convention in Birmingham in June 2009. Photo by Alyce Henson.

Calendar	
Date	Theme
September	Rotary designates this month for the New Generation and the RI President (below) quotes Lord Byron who wrote, <i>"The days of our youth are the days of our glory."</i>
September 2 nd	<div style="display: flex; align-items: center;"> <div style="background-color: red; color: white; padding: 5px; text-align: center; width: 200px;"> BHIMRATHAROHAN A CELEBRATION OF LIFE </div> <div style="margin-left: 10px;"> Mid-Towners are cordially invited to attend the 'bhimratharohan' of PP Ambica at the Dwarika's Hotel 7PM. (see below) </div> </div>
September 3 rd	 Indra jatra -- this festival named after Lord Indra- the God of Rain and also the King of Heaven is celebrated by both the Buddhists and Hindus. This festival lasts for eight days with singing, mask dancing and rejoicing. The chariot of Kumari – the Living Goddess is taken through the main streets of Kathmandu with much fanfare.
September 5 th	Our Rotaracts have been working hard preparing to preapre Interacts for this function and have been guiding and working with them since July in very many activities. Please come to the function and hear all about it . Joint Installation of the 2 Interact Clubs of Ktm. Mid-Town. Chief Guest: DGE Tirtha Man Shakya; time: 9-10.45AM, at Jana Sewa Higher Sec. School / Paanga /Kirtipur
September 4 th	Chepong Chonam Parba is celebrated by the Chepong community of Nepal. Chepangs belong to a well-defined traditional area in the south of Dhading along the steeper slopes of Mahabharat range in mid-Nepal. They have a rich and unique cultural tradition. Their totems are dog ('Che' is dog in the dialect) and arrow ('Pang' is arrow). Their dialect belongs to the Tibeto-Burmese group of languages.
September 8 th	The United Nations' International Literacy Day .
September 19 th	Ghatasthapana , the first day of Dashain.



News from Rotary International

Reach One, Keep One

By Jennifer Lee Atkin (adapted) Rotary International News -- 28 August 2009



The new membership slogan emphasizes the need for Rotarians to focus on both recruitment and retention. (Photo: Rotary Images)

Rotarians are responding enthusiastically to the new membership slogan, **"Each Rotarian: Reach One, Keep One."** "The

slogan is a gentle reminder to do it!" notes John T. Capps III, a member of the Rotary Club of Morehead City-Noon, North Carolina, USA. "Each one of us became a Rotarian because someone invited us to attend a Rotary meeting," agrees William Pollard, past governor of District 7600 (Virginia, USA). "We all have a responsibility to grow our Rotary family so that we can continue to provide service to our local and international communities."

The RI Board of Directors adopted the new membership slogan at its June meeting.

The slogan emphasizes the need for Rotarians to focus on both recruitment and retention in their membership growth efforts. "Membership development is each Rotarian's responsibility," 'Keep One' reminds us that it's not sufficient to simply sponsor someone into Rotary; we must also see that new members become active and involved Rotarians. We know this is an essential element in membership retention. "At its January meeting, the RI Board adopted a New Member Sponsor and Retention Recognition program, which became effective 1 July. The program, also part of the long-term membership strategy, allows Rotary club presidents to nominate and recognize individuals for sponsoring new members while focusing on retention. There are several award categories:

Gold pin and certificate: For Rotarians bringing 25 members into any Rotary club, with 20 still active after six years; **Silver pin** and certificate: For Rotarians bringing 10 members into any Rotary club, with eight still active after four years; **Bronze pin** and certificate: For Rotarians bringing five members into any Rotary club, with four still active after two years. Learn more at www.rotary.org.



Our Mid-Town Rotaracts continue to be as intrepid as ever. In August they visited the **Jana Sewa Higher Secondary** school to felicitate the new Principal Mrs Nanda Kumari Maharjan. Mrs. Maharjan is a science teacher, former Vice Principal and a recipient of Gorkha Dakshin Award (see photo left with Rotaract President Anil and PP Lekha).

Rotractors, teachers, and friends worked together to develop a play area for the children of the Primary Section. They helped to clear the area, worked with gardeners to plant trees and shrubs, and in the play area they painted, and painted, and painted! for the whole day from 11AM until 4PM and then they returned the following Saturday to paint some more! As usual, PP Lekha was on hand to give support and encouragement – and she also wielded a colourful paint brush.



Mid-Town Rotractors hosted Ambassadorial Scholar, **Nicholas Simon**, and his family at Kirtipur. All had a good time and a very lively cultural exchange. Nick Simmons and his parent and brother visited the Jana Sewa Higher Secondary school and the Rotaractor's SPA (special project area). These visitors were happy to work and actively participated in the program. Nick's parents (Jeff and Barbara) donated Rs 10,000 to help develop infrastructure for the classrooms (painting, carpeting etc). The Rotaracts also escorted their new international friends to the Mangal Higher Secondary school where they showed their other SPA. They all



went together on a tour of the historical locations of Kirtipur and shared local snacks. Our new foreign friends had a good time and enjoyed their exposure to the good work that the Rotaracts and Rotarians of Mid-Town are involved with. Cheers to all for their good work.

Last week's speaker

Luna Thakur Shrestha and **Lindsay Friedman** are from different backgrounds but have been lifelong friends. This week they spoke to Mid-Town on the topic of ChangeFusion – an organisation that is helping young Nepali entrepreneurs who have a deep social conscience and a desire to help the less fortunate to get sustainable employment.



left with guest **Dr. Laxmi Prasad Ghimire** who is a Ayurvedic phusician and public health specialist.

Ms. Luns'a mentor has been **Ms. Lindsay Friedman**; Lindsay is from an originally academic background and has spend considerable time in Nepal since the early '70s. She is shown in the photo with **Sandesh Dhungana**, an ex-pat Nepali living in the US, who has an interest in working with ChangeFusion. Sandesh is helping ChangeFusion Nepal to make contacts and build bridges in the US with both NRNs and young Americans interested in voluntereening and helping in Nepal.

Lindsay who has known Luna all her life, was enthused by the principles of ChangeFusion Nepal and offered Luna back-up support. Neither are entrepreneurs themselves but realize the need to harness the young towards creative survival within Nepal. A few of the projects that

Youth Innovators

Creating Ripples of Positive Change

WASTE, WORMS, GROWTH

THE RICKSHAW-PULLERS COOPERATIVE

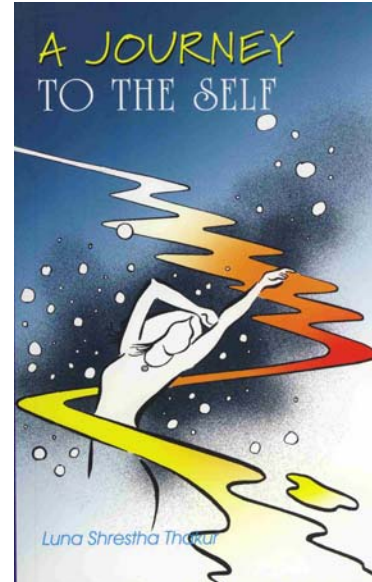
WOMEN AND CHILDREN IN PRISON

NEWA DÉCOR

WILD OLIVES AT HIGH ALTITUDE

Luna worked abroad for several years, mainly in the USA and Australia. She summarized her experiences in *Journey to the Self*. In 2008 she set up ChangeFusion Nepal, an organization

directed to supporting young Nepalis with passion and ideas who wish to set up ventures beneficial to marginalized groups. Luna is shown in the photo on the



been involved with are shown at the left.

If you have ideas to share please contact our speakers Luna Shrestha Thakur at lunashresthakur@gmail.com or Lindsay Freidman at lindsay@wlink.com.np.

Mid-Town wishes ChangeFusion all good luck in their ventures and looks forward to hearing more from them in the coming year.

A September message from the RI President

September 2009

My fellow Rotarians:

Lord Byron wrote, "***The days of our youth are the days of our glory.***" For me, that is the line that springs to mind whenever Rotary's youth programs are mentioned. In Rotary, September is New Generations Month – a time to focus our attention on our programs for youth and the role they play in shaping the Rotarians of tomorrow.

Our youth programs – Interact, Rotaract, Rotary Youth Leadership Awards, and Rotary Youth Exchange – are some of the most important programs of Rotary. I say this because of the unparalleled potential they have to influence young minds and souls toward peace, goodwill, and harmony. That potential is the greatest in youth because the experiences of our early years never leave us; they shape who we later become. In the words often attributed to St. Francis Xavier, "Give me a boy until he is seven, and I will give you the man." For myself, I would give it a bit longer than that – but there is no doubt that the experiences of our youth have a greater formative power, and a greater ability to shape character, than any we may have in our adulthood.

When a teenager from the United States has the chance to travel to India to participate in a National Immunization Day, or when a student from Brazil spends a year studying in Japan, that person will be forever changed. These young people will have formed connections and affections that will endure. They will never think about their own country, or the world, in the same way again. Their perspective, their priorities, and their values will have been permanently shaped by that experience in a way that no later experiences will have the power to do. Your hard work ensures that these experiences continue to be possible – that these programs continue to be available, to be well run, and to earn the trust of the participants and their families.

The impressions of youth are strong, and they are lasting. There is never a second chance at them. We may grow and change as we get older, and we are surely changed by all of our experiences. But there is never another chance to build who we are. That happens only once: in our youth.

The days of our youth truly are the days of our glory – but through Rotary's youth programs, those days become the glory of all of Rotary.

John Kenny

President of Rotary International

News from RI

Rotary Foundation Future Vision Pilot News



This monthly newsletter will connect you to new online Future Vision resources and information and remind you of upcoming Future Vision pilot deadlines. Everyone is welcome to subscribe to the newsletter. The following Rotarians are automatically subscribed: district governors and district Rotary Foundation committee chairs of pilot districts and regional Rotary Foundation coordinators. The newsletter is available in English, French, German, Italian, Japanese, Korean, Portuguese, Spanish, and Swedish.

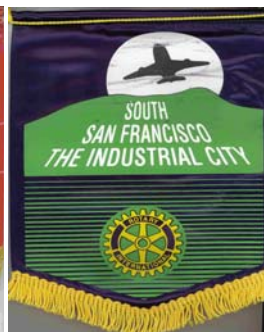


Fellowship with Mid-Towners returned



This week Mid-Town was happy to welcome back **President Elect Rtn. Pratap**. Rtn. Pratap's travels took him to far-flung destinations and to other Rotary Clubs. He visited the RC Ravenna in Italy and three RCs in the Bay Area including: Half Moon Bay, RC San Francisco International Airport and RC South San Francisco the Industrial City. See flags below. He will be giving us a detailed account of his travels later in the month. Welcome back Rtn. Pratap!

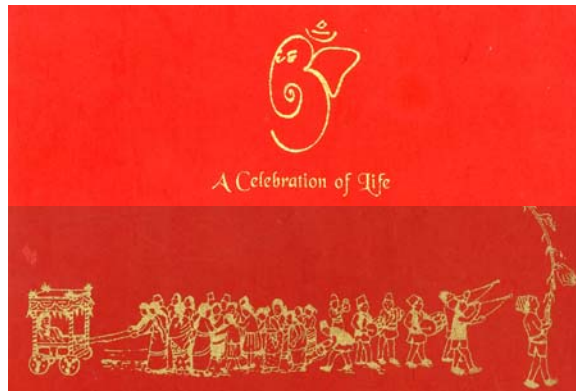
Other Mid-Towners had a more sedate form of travel as they attended a special session of Vipashana meditation conducted by none other than our Charter President, Rtn. Roop. Vice President Rtn. Som is seen smiling serenely as he retold the experience. Maybe this is a journey worth considering.



A Celebration of Life

Our much beloved Past President Ambica jee will soon be celebrating her **bhimratharohan**. It is difficult to believe that this active, dyed-in-the-wool Mid-Towner will soon cross the threshold of 77 years, 7 months, 7 days of age – her perpetual activity, her willingness to take on new causes, and her unwavering dedication to uplift the less fortunate - bespeak the energy of someone half her age. Mid-Town is honoured to be invited to this celebration of life – and what a life it has been!

The celebration will be held at the Dwarika's Hotel on the 2nd of September 2009. All Mid-Towners and spouses are cordially invited to attend. PP Ambica will be joined by her whole family, including *choris, joins, natis and natinis*.



(Please note: PP Ambica requests that no gifts be made to her but if anyone so desires they can make a donation to the **Dwarika Das Higher Secondary School** towards the creation of a computer and science room.)

Mid-Towner named to ambassadorial post

Mid-Town extends its sincere congratulation to **Rtn. Dr. Shankar Sharma** on his appointment as Nepalese Ambassador to the United States. Rtn. Shankar joined Mid-Town in May of this year and while Mid-Town sorely regrets his departure it is also duly proud to have one of its members assume such a distinguished post. Mid-Town offers its hearty congratulations and wishes him all the best!



Mid-Town Humor



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