

THE BREAKFAST CHATTER

The Weekly Bulletin of the **Rotary Club of Kathmandu Mid-Town** - Volume No. 10/01 for # 837 May, 26th 2006

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DEAR MIDTOWNERS ► FRIENDS IN **ROTARY**

Last week we had the birthday of Rita. We wish you happy happiness for years to come. Another good news was that from the sale of the German coats additional NPR 66.000 went into our accounts to support our activities. Thanks in this case to Jyotsna, which is going on to collect.

Last Friday we had Mr. Gurung asst GM of Everest Bank as our speaker after Mr. Prasad GM had a very short timed obligation. Mr. Gurung gave us a survey of the chances and challenges in the Banking sector of Nepal in the present scenario. He did a good job, especially as he was asked by his boss to do this speech just the day before. Thanks Mr. Gurung. If you are interested to read more go to the minutes of the meeting.

This time our RI chapter is focused on health and possible cooperation with an Australian organization. Under other topic, you will find something on leadership. It is a topic of the forthcoming Rotary year, so it might be interesting.

Hope you will enjoy reading. Until next time,

Walter

SPEAKERS OF THE WEEK ► **Dr. TIKA MAN VAIDYA**

THEME

On coming Friday, 2nd June we will have our meeting in Dwarika. You can come with your families from 14.30pm onwards and enjoy the facilities of the hotel like swimming pool, billiard and others for free. A discount of 20% for your drinks has been agreed upon. Our meeting will take place from 17.00pm to 18.00pm. Our speaker will be the **incoming District Governor Dr Tika Man Vaidya**. His topic will be on breast cancer. At 19.00pm the Barbecue will start and thereafter we will enjoy the entertainment program of Dwarika.

Prices have been mentioned last Friday. Hard drinks and wine can be brought from our side, while beer and soft drinks will be offered by the hotel at discount prices.

It will be for some of us a wonderful opportunity to see the incoming District Governor and to exchange with him not only on his topic of the day, but may be other topics as well. Hope it will be interesting.

UPCOMING **SPEAKERS** ► PREVIEW

| DATE | SPEAKER | THEME |
|-----------------------|---|---|
| 11 th June | Meeting with RC Rajdani, Sunday Morning in Radisson | Topic to be fixed. Eventual "How to advance Rotary" |
| 16. June | Club assembly | Whatever is on your mind |
| 23 rd June | Sangeeta Thapa, MD Siddharta Gallery | Art scene in Kathmandu |
| 30 th June | Sadhana Shrestha, Ashoka country Representative | Social entrepreneurship |

THE MIDTOWN CLUB ► NEWS AS THEY COME IN

20th May 2006 Rota Quiz

Good news, our team won the competition.

Rotary World Peace Fellowship candidates for 2007-09

Please begin the process of selecting Rotary World Peace Fellowship candidates for Class VI (2007-09). Submission of applications for the Rotary World Peace Fellowship should be forwarded to Evanston by July 1, 2006. It is targeted to get overall a pool of 500 applications, which will enable the Rotary Centers Committee to select the top 60 applicants with superior qualifications.

For more information please refer to the Rotary Centers website for a timeline:

http://www.rotary.org/foundation/educational/amb_scho/centers/application/timeline.html

Ramkot Clinic Visit: kindly check the Ramkot Roster for your turn.

If you have any question, contact Rtn. Dr Rabindra Shrestha (4469063, email: drsr@wlink.com.np)

The doctor is Dr. Khagendra Gurung. Mobile No : 98510- 83044 Phone: 4287899

If you have any question, kindly let our fellow Ramkot Coordinator Rtn. Rabindra know.

Doctor is Khagendra Gurung mobile: 98510-83044 phone: 4287899 call him Friday latest.

A WORD ON ROTARY ► WE CAN MAKE A DIFFERENCE

What is IMOG and what are they doing?

Having in mind our Ramkot Clinic and the intention to go on it may be interesting to look at IMOG (International Infancy, Midwifery, Obstetrics and Gynecology Aid Program). Evtl. we can work in future with them also.

IMOG, a South Australian initiative, is a national program of Rotary Australia World Community Service (RAWCS) and is based in South Australia.

IMOG was proposed by it's current CEO, Dr. Bruno Giorgio, Obstetrician & Gynecologist and established in collaboration with other doctors, Rotary Australia World Community Service Ltd (RAWCS) and the Royal Australian and New Zealand College of Obstetricians and Gynecologists (RANZCOG).

IMOG is also associated with the Department of Public Health University of Adelaide S.A (PHU)

IMOG has successfully accumulated a large number of specialists in obstetrics & gynecology, midwifery, anesthetics, pediatrics, medical imaging and public health willing to donate their time and skills in support of this program.

Support from RANZCOG, consists of educational resources, access to other medical colleges across Australia, New Zealand and overseas. PHU provides technical support both in Australia and overseas in areas of public and primary health care and contacts in many of the world's health organizations.

ROHDA (Rotarian Overseas Health Development and Aid)

As part of RAWCS, ROHDA can operate with efficiency under the umbrella of Rotary Worldwide, capitalizing on the existing operational procedures, finances and overseas activities of RAWCS.

ROHDA is the medical arm of RAWCS, which has been developed by the IMOG team.

The integration of appropriate infrastructure projects with medical services is seen as synergistic, cost effective and the most desirable path towards achieving IMOG's objectives.

An essential element of all medical aid activities is to utilize capacity-building strategies, which leave the beneficiaries able to continue well after the IMOG project has concluded. This entails education, training, and professional development of local health care workers and ancillary personnel.

Focus of IMOG is directed on capacity Building, education, training and professional development.

How does IMOG function?

It recruits volunteer medical professionals from a wide range of disciplines including public health. These medical professionals are then employed overseas, and provide the required support. It liaises with local health officials to determine appropriate areas of need and engages Rotary Australia World Community Service or RAWCS in supporting infrastructure development. It also provides a conduit for other volunteer service organizations. IMOG sources and distributes medicines, surgical supplies and equipment and develops bases of operations and logistical support. It raises funds from corporate, private and government sectors, with the support of Rotary worldwide.

Its long-term programs encompass activities which develop and strengthen emergency obstetric care, referral systems, human resources, antenatal and postnatal care, health planning and management and infrastructure needs.

IMOG places a heavy emphasis on Public and Primary Health Care initiatives, which are low-cost and sustainable. Projects are constructed to suit local needs. Additionally, IMOG works with local health authorities to strengthen or develop plans and strategies, which have been adopted or being developed by Government to improve the health of their women and children. Working partnerships with other organizations enhance their programs.

Long term overseas liaison and technical officers are required to assist in the organization and administration of local project coordinating committees and project teams. Many projects could involve long term commitments of up to 5 years.

Too often, the loss of a mother in childbirth results in a cascade of repercussions to her family. The family's primary support is gone, leaving behind orphaned children who face an uncertain future.

Children are a nation's future. In most developing countries, it is children and their mothers who are most at risk. IMOG is about saving lives and reducing the toll this takes on families and on communities.

IMOG can be interesting for us to work with our Club or it can be interesting to cooperate on individual basis. If you like to become a volunteer you have to have a background in medicine or health care. If so you can contact info@imog.org

Most of the volunteers will be self-funded but assistance with travel expenses is possible. Enquiries: Dr. Bruno Giorgio, email: brunogiorgio@internode.on.net or IMOG Office Email: info@imog.org

OTHER TOPICS

Leadership and Leadership development

Next year leadership and leadership development will be one of the leading topics of Rotary. Therefore, it may be interesting to look at these topics from different angles. This time we'll have a look to the topic of leadership, next time it will be leadership development.

Gender in leadership

According to scientists only humans and their nearest relatives the chimpanzees share a tendency for violence, territoriality, and competition for uniting behind one chief male on their territory. For Bonobos, the second-closest relatives of man, a female almost always exerts the strongest and most effective leadership.

Humans and chimpanzees both likely inherited gender-bias against women from the ancestors of the chimpanzees. In addition, the bias against women having leadership as a position of authority occurs in most cultures in the world.

Scope of leadership

One can govern oneself, or one can govern the whole earth. In between, we may find leaders who operate primarily within: families, gangs, tribes and states/nations

Intertwined with such categories, and overlapping them, we find religious leaders, work-place leaders and leaders of voluntary associations.

Many leadership systems promote different rules

It is difficult to implement consistent leadership structures. For example, a pyramidal structure in which authority consistently emanates from the summit can stifle initiative and leave no path for grooming future leaders in the ranks of subordinate levels. Similarly, a belief in universal direct democracy may become unwieldy, and a system consisting of nothing but representative leaders may well become stymied in committees.

Support-structures for leadership

While most agree that charisma and personality can work miracles, most leaders operate within a structure of supporters and executive agents who carry out and monitor the expressed or filtered-down will of the leader. This may serve as a reminder for the importance of the follower. A more or less formal bureaucracy can throw up a colorless nonentity as an entirely effective leader. In modern dynamic environments formal bureaucratic organizations have started to become less common because of their inability to deal with fast-changing circumstances. Most modern business organizations encourage what they see as "leadership skills" and reward identified potential leaders with promotions.

What makes effective "leadership"

The simplest way to measure the effectiveness of leadership involves evaluating the size of the following that the leader can muster. To measure leadership more specifically, one may assess the extent of influence on the followers, that is, the amount of leading. This may involve testing the results of leadership activities against a goal, vision, or objective.

An effective leader will unite followers in a shared vision that will improve an organization and society at large. The functional leadership model conceives leadership as a set of behaviors that helps a group perform a task, reach their goal, or perform their function. A leader has also the function of clearing the path toward the goal(s) of the group, by meeting the needs of subordinates.

An effective leader has to somehow get a group of potentially diverse and talented people - many of whom have strong personalities - to work together toward a common output.

Suggested qualities of leadership

Qualities that people often associate with leadership include guiding others by providing a role model and the willingness to serve others first

Other qualities include

Talent and technical/specific skill at some task at hand

Initiative and entrepreneurial drive,

Attractiveness to others and the ability to leverage this esteem to motivate others

Preoccupation with a role - a dedication that consumes much of leaders' life - service to a cause

A clear sense of purpose (or mission) - clear goals - focus - commitment

Results-orientation - directing every action towards a mission - prioritizing activities to spend time where results most accrue:

Optimism - very few pessimists become leaders

Belief in one's ability to "make a difference"

Self knowledge

The ability to "lead"

The ability to choose winners - recognizing that, unlike with skills, one cannot in general teach attitude.

Understanding what others say, rather than listening to how they say things

Leadership and vision

No matter how one defines leadership, it typically involves an element of vision. A vision provides direction to the influence process. A leader (or group of leaders) can have one or more visions of the future to aid them to move a group successfully towards this goal. A vision, for effectiveness, should allegedly:

Appear as a simple, yet vibrant, image in the mind of the leader

Describe a future state, credible and preferable to the present state

Act as a bridge between the current state and a future optimum state

Appear desirable enough to energize followers

Succeed in speaking to followers at an emotional or spiritual level (logical appeals by themselves seldom muster a following)

For leadership to occur, "leaders" must communicate the vision to "followers" in such a way that the followers adopt the vision as their own. Numerous techniques aid in this process, including: narratives, metaphors, symbolic actions, leading by example, incentives, and penalties.

Leadership versus management

Leadership occurs any time one attempts to influence the behavior of an individual or group, regardless of the reason. Management is a kind of leadership in which the achievement of organizational goals is paramount.

However, a clear distinction between management and leadership may nevertheless prove useful.

Managers administer, leaders innovate

Managers ask how and when, leaders ask what and why

Managers focus on systems, leaders focus on people

Managers do things right, leaders do the right things

Managers maintain, leaders develop

Managers rely on control, leaders inspire trust

Managers have a short-term perspective, leaders have a longer-term perspective

Managers accept the status-quo, leaders challenge the status-quo

Managers have an eye on the bottom line, leaders have an eye on the horizon

Managers imitate, leaders originate

Managers emulate the classic good soldier, leaders are their own person

Managers copy, leaders show originality

Managers concern themselves with tasks while leaders concern themselves with people.

Managers are seeing first the task, while leaders realize that the achievement of the task comes about through the goodwill and support of others

A SHORT GUIDE TO WINE IN NEPAL

Giving the growing popularity in wine consumption, the imports of various wines has increased to a stunning variety of offers for the consumer in the capital and many cities of Nepal.

Most people have however not a clear idea about wines, and in recent years some people wrote good advises, but also bad advises in regard. So here I'll share some hints of mine for a greater and better enjoyment.

The wines in Nepal

First of all, wine should not be shaken. Therefore, wine, which has to be send over thousands of miles, has to be prepared to minimize eventual damage in taste and quality. This implies that the wines are differently treated than wines to be sold in local markets where they are produced. Wine sold in Nepal has made definitely many miles to reach here. Keep them after buying for 7-10 day calm!

Wine has to be stored in cool controlled atmosphere, in cellars usually. When wine is exported to countries where this can't be ensured, wine has to be treated also under this aspect. Most wines are therefore treated, it's called "stopped", as the natural process of ageing has to be stopped to avoid through shaking that the wine becomes bad.

So most wines you'll buy in Nepal will have had some kind of such treatment. This has vantages and disadvantages. The disadvantage is that you can't get the real best quality of wine, as they are not considered for such treatment and usually also not exported to minor markets like Nepal. The vantage is, that the age is not usually a problem as below shortly explained.

Age and type and best consumption.

Generally white wines shall be consumed within short time, not older than 2-3 years with the usual exemptions.

Red wines can be also of 5-7 years according also to their gradation (over 13° alcohol content). As red wines are divided into three main distinctions, the Rosé (light red) is to be considered same as white wine.

Normal red wine (such as Merlot) should not be more than 3-4 years and the more dark red wines such as Barbera or Beaurodox can be stored for also more than 5 years and some are considered only "ripe" only after 5-7-10 years! Generally however, 3-5 years is a good indicator.

Sparkling wines (Prosecco, Champagne) can be stored for 4-7 years and longer, similar are special wines like Amaretto or Sherry, which gain with ageing like the dark red ones on quality.

Type of packing and bottles.

Since few years, some wines are sold in Tetra pack, which is neutral to taste but considered bad taste for the wine connoisseurs often, even if it does actually not reflect the truth in regard of the wine quality itself. Obviously the best wines will never meet that fate. Usually good wines are bottled in darker and heavier bottles to filter better the light if it comes there. So heavy glass bottles are always somewhat better.

Very important is the corkage, which nowadays also for good wines can be made of plastic imitations, while metal closures are for more cheap wine varieties in 1, 1/12L and bigger bottles. Cork can be also of varying quality and those bottles should be kept in a way, that the wine touches the cork.

Storing and enjoying wine

Storing is pretty easy: a cool, possible dry and dark place. Light should be as much as possible avoided for wine, but in Nepal this applies relatively as the wines are "stopped" so that they do not change taste too much.

White wines, Rosé, Prosecco and Champagne should be kept cool before drinking, best in the fridge (08-10°C) and kept in ice while on the table. They shall be opened just shortly before consumed are best with fish, vegetables and light meals generally. They make also an excellent entrée before actually you go for the meals. 13°C is a medium temperature if you are not sure.

Red wines of all shades shall be of room temperature (intended to be between 16-18°C) in general, and despite some contrary rumors, do open them timely, best 30 minutes before actually consuming them and they will develop their very best bouquet for the taste. You do not need by force a special glass, just keep the bottle open. The more alcohol gradation heavy red wines have, the more they are likely best with heavy dishes.

Sherry, Amaretto and such "sweet" wines are delicious with sweet deserts and therefore ideal for the final of a dinner or as a good companion with a friend at evenings. You might keep a half-opened bottle in the fridge tightly closed for up to 3-4 days, so no need to hurry while drinking!

Wine Serving Temperature Guidelines in degree Celsius:

19° Vintage Port - **18°** Bordeaux, Shiraz, Sherry - **17°** Red Burgundy, Cabernet, Barbera
16° Rioja, Pinot Noir - **15°** Chianti, Zinfandel - **13°** Ideal storage for all wines
12° Beaujolais, rose - **9°** Chardonnay - **8°** Riesling - **7°** Champagne

Which wines to buy in Kathmandu

First wines you do like for their taste! It makes few sense to think the more expensive they better. I have found out that generally wines from 4-600 Rupees are very good buys, some more expensive can be good, but for a Chianti to pay more than 1000 Rupees is probably not the best idea. Just remind yourself that most wines of excellent quality will be sold to high prices markets, not to marginal markets. In addition, there is probably too much Chianti sold than actually produced. Also faking of good names is unfortunately wide spread, so medium priced wines of lesser-known producers and countries are also a good option. Cheaper wines in the price segment between 2-300 Rupees are excellent cooking wines, not really good for drinking. As most wines sold in Kathmandu are "stopped" wines whoever, try first a wine and then maybe you buy few of the same brand.

I found for example Chardonnay from the Langhe region in Italy, which is not actually know for white wines as very tasty, even they where from the year 2001!

So, enjoy some of the good tasting wines after reading this short guide to wine shopping and consuming! Cheers!

NOW READY FOR A HEALTY LAUGHTER?

Sometime after Sidney died, his widow, Tillie, was finally able to speak about what a thoughtful and wonderful man her late husband had been.

"Sidney thought of everything," she told them. "Just before he died, Sidney called me to his bedside. He handed me three envelopes. 'Tillie,' he told me, 'I have put all my last wishes in these three envelopes. After I am dead, please open them and do exactly as I have instructed. Then, I can rest in peace'."

"What was in the envelopes?" her friends asked.

"The first envelope contained \$5,000 with a note, 'Please use this money to buy a nice casket.' So I bought a beautiful mahogany casket with such a comfortable lining that I know Sidney is resting very comfortably."

"The second envelope contained \$10,000 with a note, 'Please use this for a nice funeral.' I arranged Sidney a very dignified funeral and bought all his favorite foods for everyone attending."

"And the third envelope?" asked her friends.

"The third envelope contained \$25,000 with a note, 'Please use this to buy a nice stone.'"

Holding her hand in the air, Tillie said...

"So, do you like my stone?" showing off her 10 carat diamond ring

A man and his young wife were in divorce court, but the custody of their children posed a problem. The mother leaped to her feet and protested to the judge that since she brought the children into this world, she should retain custody of them.

The man also wanted custody of his children, so the judge asked for his justification.

After a long silence, the man slowly rose from his chair and replied...

"Your Honor, when I put a dollar in a vending machine and a Coke comes out, does the Coke belong to me or the machine?"

All the good knights were leaving for the Crusades.

One knight told his best friend - "My bride is without doubt one of the most beautiful women in the world. It would be a terrible waste if no man could have her. Therefore, as my best and most trusted friend, I am leaving you the key to her chastity belt to use should I not return from the Crusade."

The company of knights were only a mile or so out of town when they noticed a cloud of dust approaching.

Thinking it might be an important message from the town the column halted.

A horseman approached. It was the knight's best friend.

He yells - "Hey, you gave me the wrong key!!"

A newlywed couple were spending their honeymoon in a remote log cabin resort way up the mountains. They had registered on Saturday and had not been seen for five days.

An elderly couple ran the resort, and they were getting concerned about the welfare of these newlyweds.

The old man decided to go and see if they were all right. He knocked on the door of the cabin and a weak voice from inside answered. The old man asked if they were OK.

"Yes, we're fine. We're living on the fruits of love."

The old man replied, "I thought so ... would you mind not throwing the peelings out the window? They're choking the shit out of my ducks!"

That's for today and see or hear from you soon. **Walter** and **Navyo**

SEE YOU ALL **COMING FRIDAY** ► YOURS IN ROTARY - CSD RTN. **WALTER** DILLER

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