



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

March 4th – March 10th 2011

Vol. 36 of '10/'11



Meeting on March 11th



Mid-Town joint meeting with Rotaracts

In honor of WORLD ROTARACT WEEK this week we will be hosting a joint meeting with our own Rotaract Club. Rotaract Pres Anil Chaudhary (photo right) will give a short PowerPoint presentation on the projects that the Rotaracts have completed this Rotary year. They will also display the pictures which won them First Prize in the 3rd District Conference at Butwal.



Mid-T own fellowship



Guest **Ms. Patricia Baars** of the East-West Management Institute in Cambodia was happy to share a little fellowship with Mid-Towners.



calendar	
date	theme
<p align="center">March – Literacy Month</p> <p>"Literacy arouses hopes, not only in society as a whole but also in the individual who is striving for fulfilment, happiness and personal benefit by learning how to read and write. Literacy... means far more than learning how to read and write... The aim is to transmit... knowledge and promote social participation." - <i>UNESCO Institute for Education, Hamburg, Germany</i></p>	
8 March	 <p>"Mardi Gras" means "Fat Tuesday." Traditionally, it is the last day for Catholics to indulge—and often overindulge—before Ash Wednesday starts the sober weeks of fasting that come with Lent. Mardi Gras has long been a time of extravagant fun for European Christians.</p>
7-13 March	 <p>World Rotaract Week</p> <p>Every year, World Rotaract Week honors the chartering of the first club in 1968. World Rotaract Week is a time for Rotaractors and Rotarians around the world to come together to celebrate the success and importance of the Rotaract program</p>
8 March	 <p align="center">International Women's Day Centenary 1911 - 2011</p>
9 March	<p>Ash Wednesday, is the first day of Lent. On this day ashes are placed on the foreheads of the faithful to remind them of death, of the sorrow they should feel for their sins, and of the necessity of changing their lives.</p> 
11-13 March	 <p>'Gift of Sight' eye camp in Hetauda. This annual eye camp is held with the support of the RC Garden City Singapore.</p> 
11-March	 <p>RC Mid-Town Rotary-Rotaract Joint Meeting (see above)</p> 
12 March	 <p>ICIMOD will be opening its doors again to the interested public on 12 March 2011 following the stupendous success last year! The Open House will consist of visits to its programmes (in the morning) and a fair outside, with more than 40 stalls from our partners, a photo exhibition to celebrate this year's UN International Year of Forests, a mountain quiz, documentary shows, schools' herbal</p>

	garden initiative, fun stalls, and many more , see www.icimod.org . All are cordially invited to come this event from 10.00-4.00 pm (programme visits to 1 pm, fair to 4 pm) at ICIMOD's premises in Khumaltar, Lalitpur.	
13-24 March	Mega Health Camp Bandipur – Rotarians interested in attending please contact Dr. Lekha .	
19 March	<p>Holi is an ancient Hindu festival, it is allegedly named after the mythical demoness Holika, it is a day when the feast of colours is celebrated. The festival is of a week. However it's only the last day that is observed by all with colours. People can be seen wandering through the streets either on foot or on some vehicle, with a variety of colours smeared over them.</p> 	
19 March	 <p>Chunga Choepa The day of the first full moon of the lunar year. Although Losar itself is a three-day festival, festivities often continue until Chunga Choepa, the Butter Lamp Festival. Chunga Choepa is held 15 days after Losar. Sculpting yak butter is a sacred art in Tibet, and monks perform purification rituals before crafting brightly colored, elaborate works of art that are put on display in monasteries.</p>	
13-24 March	Mega Health Camp Bandipur – Rotarians and friends interested in attending please contact Dr. Lekha .	
April 8-11	 <p>Rotary District Conference District 3292 Nepal Theme: Commitment to Serve Venue: Nepal Army Officer's Club, Tundikhel, Kathmandu, NEPAL</p>	

Last week's speaker

Patricia Baars, Director of Land Law Programs for East-West Management

**EAST • WEST
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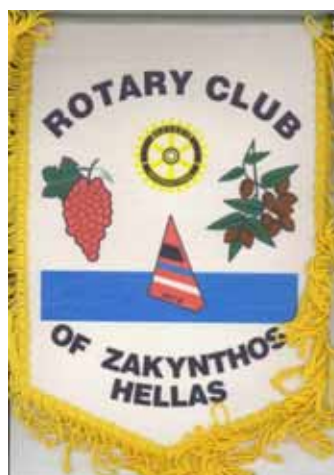
speaker last week. Ms. Baars spoke to Mid-Town on the indigenous conflict resolution methods that are used in Cambodia and that are analogous to mediation yet are reflective of Cambodian values. These methods give greater authority to the intervener in the conflict, yet still place decision making power to a large degree, in the hands of the parties. Our Mid-Towners were full of questions and many were quick to point out the great similarity between conciliation in Cambodia and what has been traditional practice in Nepal.

During her talk Ms. Baars referred to EWMI's paper on *'Initial observations on Conflict Resolution Processes and Cambodian Culture: Mediation Won't Work, Conciliation Has, Does, and Will.'* A copy of this paper will be circulated electronically together with this Breakfast Chatter, if you do not receive it please request a copy at: isa@mos.com.np.





Mid-T own News



Visiting Rotarians from Greece join Mid-T own for medical camp at Pursauni – Nawal Parasi



Sixteen members of the Greek medical team and Rotarians from **RC Athena Lykavittos**, **RC Athina-Omonia**, **RC Gerakas**, and **RC Zakyntos Hellas** worked alongside six members of a Nepal Army Medical team from Pokhara, 2 doctors from Bhaktapur Hospital and one doctor from Kathmandu. Also participating was Mid-Town's Sergeant-at-Arms **Rtn. Sharmila** and her 14 man team from our co-partners at **Help Nepal** who helped to conduct the uterine prolapsed portion of the camp. Much hard work went into coordinating and preparing the camp beforehand by our own **Rtn. Dr Pabitra Rayamajhi** who was the camp coordinator. Six Mid-Town Board Members were also present at the camp.



The line-ups were long and people waited patiently – many were apprehensive as they had never been examined by a doctor before.

The medical team that consisted of a pediatrician, pathologist, cardiologist, anaesthiologist, 3 gynecologists, orthopedicians, endocrinologist, dentist,

ophthalmologist, ENT and a pharmacologist, were kept very busy during the three days of the camp. During these hectic days they conducted examinations and gave first line treatment. In all 750 patients were treated but because of the time constraints some patients could not be seen and had to be disappointed. However, the uterine prolapse camp, which continued until March 7th, examined an additional 100 patients daily.



The doctors worked very long days and saw some horrible pathology.





The photo above left shows our **Pres. Pratap** and **Community Service Director Rtn. Amar** with his spouse (right). The camp also helped to renew some old acquaintances. The lady in the green sari (left above) is 105 year old! but she could still recall Rtn. Amar and his wife on the day of their wedding -- she even (correctly) recalled that it had rained on that day.



The Nawal Parasi locals expressed their sincere appreciation many times and in many ways – the photo at the left shows a local girl presenting a gift of local handicrafts.

Below medical camp coordinator Rtn. Dr. Pabitra and "Help Nepal" Rtn. Sharmila thank the participants.





At the end of the day our visitors took some time off to have an old-fashioned ox-cart ride and taste some of the local dal-bhat tarcari.

Despite the very simple conditions and the long days of hard work the Greek volunteer doctors remained cheerful and expressed that they were glad to have had the opportunity to come to Nepal and help even if only for a few days.



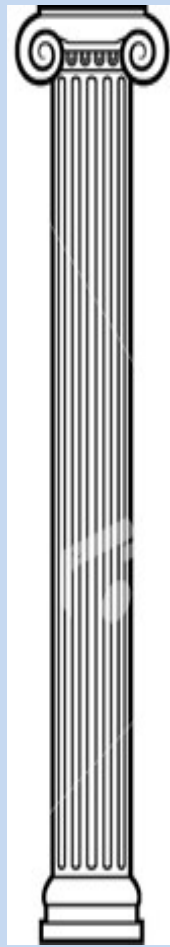
A hearty thank you to everyone who participated

Mid-Town wishes to thank everyone who participated both on-site and behind the scenes to make the medical camp a good success.

Our thanks to **Rtn. Dr. Pabitra**, coordinator of the combined medical camp, **Rtn. Sharmila**, leader of the uterine prolapsed portion of the camp sponsored by **Help Nepal**, the **Nepal Army** for their medical team's participation and to **Rtn. Amar** who helped to coordinate it. Thanks also go to **Rtn. Yo** for providing the micro bus for the entire duration of the camp (a contribution equivalent to more than 50,000Nrs), **Rtn. Buddha and Surya Nepal** for the generous contribution of Rs. 30,000 from their CSR funding, **Charter President Dr. Roop** for contributing Rs. 30,000, and to other members who have pledged their contributions. Mr. Rayamajhi (father of Dr. Pabitra) and all the members of his family in Nawal Parasi who worked hard both in the weeks leading up to the camp and during the camp itself to ensure that the camp was a success.

Our special thanks go to **Mid-Town VP Rtn. Dr. Alexander** and his sister **Rtn. Dora Spachis**, President of RC ATHINA-LYCAVITTOS – Greece for all of the hard worked that they did to bring such a large number of doctors to Nepal and to all the **members of the visiting medical team** (many apologies, the humble editor of this Breakfast Chatter did not have access to all of the names) for making this combined medical camp a reality and a success.

Mid-Town also thanks our Greek visitors and visiting Rotarians for putting forth the proposal to continuing funding a joint venture in the coming year for a school in Pokhara. Their seed funding for this project of **US\$ 600** is gratefully acknowledged.



A THOUGHT FOR TODAY:

If there is a sin against life, it consists perhaps not so much in despairing of life as in hoping for another life and in eluding the implacable grandeur of this life.

-Albert Camus, writer, philosopher, Nobel laureate (1913-1960)

A THOUGHT FOR TOMORROW:

"Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love."

Lao Tzu quotes (Chinese Taoist philosopher, founder of Taoism, wrote "Tao Te Ching" (also "The Book of the Way"). 600 BC-531 BC



A letter from the President



Dear Club Members,

I am glad to announce that our three year MG # 63246 (Gorkha/ Lamjung) project has been officially, finally closed. It was a project with its ups & down moment, nonetheless we have managed to meet all the requirement of T RF to get the final clearance of closure. I want to take this opportunity to thank all our Club members and our Rotarian friends from abroad, especially **RC Darmsstadt Bergenstrasse - Germany**, who have made this possible. Our thanks also to the Team leaders **Rishi Bogote** (Gorkha portion, (photo bottom)) & **Damar Bahadur Basnet** (Lamjung portion, (photo top)) for their unrelenting effort to carry this project through.

The site visit to Gorkha by Dr. Karl, toward the end of the project, was a climax to the project; in that we have been assured by Dr. Karl another three years of the continuation of the project, but in the capacity of a WCS Grant from them. We are very grateful for their understanding and generosity.

Regards and best wishes.

YIR

Pratap Malla



Dear Rotarians,
I am pleased to inform you that all reporting requirements for Matching Grant #63246 have been fulfilled.
Sincerely,

Laura Bradley
Grant Coordinator, Humanitarian Grants Program, The Rotary Foundation



Multiple Paul Harris Fellows

Donors of US\$1,000 or more to the Annual Programs Fund, PolioPlus, or the Humanitarian Grants Program, or people who have that amount contributed in their name, can be recognized as Paul Harris Fellows. Each new Paul Harris Fellow receives a commemorative certificate and a pin. Multiple Paul Harris Fellows receive a pin with additional stones. Recognition levels are based on the following guidelines:

Recognition total, Pin level

US\$2,000 to 2,999.99, one sapphire
3,000 to 3,999.99, two sapphires
4,000 to 4,999.99, three sapphires
5,000 to 5,999.99, four sapphires
6,000 to 6,999.99, five sapphires
7,000 to 7,999.99, one ruby
8,000 to 8,999.99, two rubies
9,000 to 9,999.99, three rubies



This week Mid-Town was happy to recognize as multiple fellow, **PP Giri**, who was pinned by DG nominee **PP Yogendra**, **Pres. Pratap** was pinned by **PP Gopal**, and **Rtn. ISA** was pinned by **PP Komal**.

Mid-Town is very very close to being a 100% Paul Harris Fellow Club



On the lighter side



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

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