



# 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. 19<sup>th</sup> - Nov. 25<sup>th</sup> 2010

Double Issue

Vol. 21-22 of '10/'11



## District news

A message from the District Rotary Foundation Chair,

PP Rtn. Mani Dhoj Joshi



*Dear All,*

*Thank you very much to you all. On 13 November, 2010 during District Foundation Seminar we were able to collect altogether **US\$ 223,000**. It was all possible because of the overwhelming support from all of you. The result showed we Nepalese Rotarians believe in The Rotary foundation and its motto "**Doing good in the world**".*







*Dherai Dherai Dhhanyabad!*







*Warm regards,  
Mani Dhoj Joshi, District 3292 Rotary Foundation Chair*

Photo of the  
Major Donors  
at the Rotary  
Foundation  
Seminar 2010



# calendar

date	theme
<b>November is Rotary Foundation Month</b>	
20 Nov.	 <p><b>Universal Children's Day</b> is observed as a day of worldwide fraternity and understanding between children. It is also a day of activity devoted to promoting the ideals and objectives of the Charter and the welfare of the children of the world. The date 20 November, marks the day on which the Assembly adopted the Declaration of the Rights of the Child, in 1959, and the Convention on the Rights of the Child, in 1989.</p>
21 Nov.	 <p><b>World Television Day</b> The United Nations' (UN) World Television Day is annually observed in many places around the world on November 21. The day recognizes that television plays a major role in presenting different issue that affect people.</p>
21 Nov.	<b>Full moon</b>
21 Nov.	<p><b>World Day of Remembrance for Road Traffic Victims</b></p>  <p><i>Road deaths and injuries shatter lives!</i> The third Sunday of November is the day on which the many millions killed and injured in road crashes throughout the world are being remembered, and pledges made for actions to prevent future needless deaths and suffering</p>
21 Nov.	 <p>Visit of RC Ravenna (8 persons). Site Visit to Lele on 21 Nov. Inauguration of basket ball court followed by "Ban Bjoj". Please let Pres. Pratap know if you will be attending.</p>
25 Nov.	<p><b>Thanksgiving Day</b> is a harvest festival celebrated primarily in the United States and Canada. Thanksgiving is a holiday to express thankfulness, gratitude, and appreciation to God, family and friends for which all have been blessed of material possessions and relationships. Traditionally, it has been a time to give thanks for a bountiful harvest.</p> 
25 Nov.	<b>International Day for the Elimination of Violence against Women</b> designated by the United Nations to raise public awareness of the problem on that day.
28 Nov.	<b>RC Mid-Town Board Meeting</b> hosted by Rtn. Sharmila – Board Members only please be sure to let her know if you will be attending.
29 Nov.	<p><b>International Day of Solidarity with the Palestinian People</b> In 1977 the General Assembly of the United Nations called for the annual observance of 29 November as the International Day of Solidarity with the Palestinian People</p> 

1 Dec.		<b>World AIDS Day</b> This day is one of the most recognised international health days and a key opportunity to raise awareness, commemorate those who have passed on, and celebrate victories such as increased access to treatment and prevention services. This year the World AIDS Campaign is working to promote the Light for Rights campaign.
2 Dec.		<b>International Day for the Abolition of Slavery</b> The International Day for the Abolition of Slavery, 2 December, recalls the date of the adoption, by United Nations Convention for the Suppression of the Traffic in Persons and of the Exploitation of the Prostitution of Others.
3 Dec.		<b>International Day of Persons with Disabilities</b> Since 1992, this day aims to increase the understanding of the issues around disabilities and attention to the dignity, rights and well-being of persons with disabilities. It also aims to increase the awareness of the gains for everybody if disabled persons are integrated into all aspects of political, social, economic and cultural life and raising money for resources for persons with disabilities.
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.
5 Dec.		<b>International Volunteer Day for Economic and Social Development</b> The day, which is also known as International Volunteer Day (IVD), gives volunteers a chance to work together on projects and campaigns promoting their contributions to economic and social development at local, national and international levels
4 Dec.		<b>AWON (Active Women of Nepal) Annual Christmas Bazaar</b> Join the ladies for the best Christmas shopping bash of the season. Hyatt Hotel (Baudha) 10AM to 4PM. Lots of fun for the whole family. Hyatt Hotel (Baudha) 10AM to 4PM. Admission: 100Nrs (adults) 50 Nrs (children)
10 Dec.		<b>Mr. Damien Francois</b> (from Belgium) will talk on Climate Change.
15 Dec.		<b>First Registration Deadline</b> for the Rotary International Convention 2011 Register early now to receive the best rates and Let the Good Times Roll. Please let District Convention Chair <b>PP Rtn. CK</b> if you are interested in attending.
3 Dec.		<b>Indira Ranamagar</b> Chairperson and Human Rights Activist Prisoners Assistance Nepal :Prisoners Assistance Nepal (PA Nepal) organisation is now a formidable force that advocates for prisoners, their family and children; provides residential care for children; runs programmes for prisoners and educational programmes for village children
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17 Dec.		<b>Club Assembly</b> (sorry no guests on this day)
7 Jan. 2011		<b>Mr. Pasi Koistinen</b> , CEO of Ncell will talk about how Ncell plays an important role in developing the telecommunication infrastructure and services in contributing to the future prosperity of the country and its citizens. During the last year Ncell more than doubled its mobile network which now covers more than 60 percent of Nepal's population.





## from Rotary International

### Building Communities -- Bridging Continents

A message from Ray Killingsmith:

*"Rotary is the best in the world at linking people of goodwill around the globe and then gaining their cooperation and support to make the world a much better place to live and work."*

The RI board just finished its November meeting, and I want to advise you of a few of the decisions made during the meeting. New guidelines for the Rotarian Action Groups were approved, and *funding for public relations grants was increased from \$2 million to \$4 million for next year*. The sending of outbound Rotary youth exchange students from non-certified districts was simplified, and the role of Rotary Coordinators as resource persons for the district governors was clarified. All of the draft decisions from the meeting are available on the RI website.



The "Two for One" recognition credit points for PolioPlus contributions made online during the week of World Polio Day was successful, and it *produced almost \$4 million in contributions*. As a result, the current total raised for the \$200 Million Challenge is now past \$151 million, which puts us on track to complete the full \$200 million by the time of the New Orleans convention, --- if all of us continue to give the campaign a high priority.

Please continue to promote the RI convention in New Orleans and remind the Rotarians in your districts that the first discount period ends on 15 December and that the registration fee increases from \$300 to \$340 per person after that day. More information about the convention, including the One-Day Pass for Saturday, is available on the RI website at [www.rotary.org](http://www.rotary.org)

Please stay in touch with the Rotary Coordinators in your respective areas. Their job is to help you to help your clubs to become Bigger, Better, Bolder! Also, please check the Reach Out to Africa website at [www.reachouttoafrika.org](http://www.reachouttoafrika.org). It has information about the Rotary Project Safaris and other items about service projects in Africa. And don't forget, --- this is Rotary Foundation month!

## A thought for the day

I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy.

**-Rabindranath Tagore,**

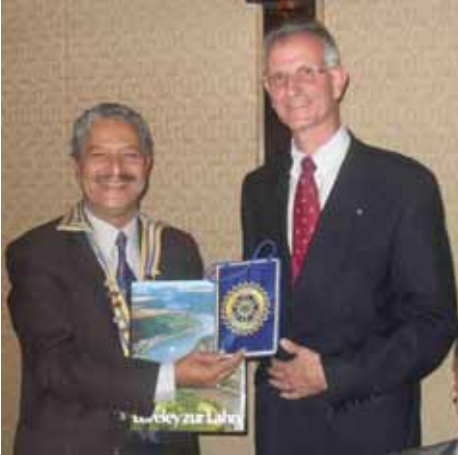
*Philosopher, author, songwriter, painter, educator, composer, Nobel laureate (1861-1941)*



## last week's speaker

Our guest speaker last week was **Rtn. Manfred Stamm** of the **Rotary Club of St. Goarshausen-Loreley** from Germany – this was the host Club of

Nepali exchange students **Anita Giri** and **Chirag Wagley** when they were exchange students in Germany during 2005/2006. Rtn. Stamm who is visiting Nepal this month with a group of fellow Rotarians and their spouses and friends (photo below) told about the projects that his club is involved with. He also told us that they particularly enjoy hosting exchange students from other countries. They have hosted many, and in turn, they have visited the returned students in their home countries.



## 21<sup>st</sup> charter night fellowship



**Mid-Town's 21<sup>st</sup> Charter Night** was celebrated on **November 18<sup>th</sup>** at the Hotel de l'Annapurna Banquet Room. The Chief Guest on this singular occasion was **District Governor Rtn. Tirtha Man Sakya** who congratulated Mid-Town on

its long and distinguished history of service. Our **Charter President Rtn. Roop** said a few words retelling some of the 'first' highlights of the Club: - Mid Town was the first Club in Nepal to have women as Charter Members – the first to be a breakfast Club in Zone 2 Asia – and the first Club to be a 100% Paul Harris Fellow Club in Nepal.





**DG Tirtha Man** took this occasion to present **CP Rtn. Roop** with a plaque recognising that he is now a second level major donor (\$US 15,000).

When the meeting ended – the festivities began! The champagne corks flew and everyone had a great time!

Five bottles of champagne to celebrate this memorable evening! A special thanks to **HE Rtn. Verena** and **HE Rtn. Alex** who helped to

add 'bubbly' to this special evening. District Trainer **Rtn. Rajesh Thapa** and Assistant Governor Zone 2 **Rtn. Nanda Ram Baidya** helped Pres. Pratap to pop some corks.



Cheers to Club Service Director **Rtn. Govinda** and his team for organising such a nice party!







Our past presidents helped to celebrate the happy occasion (from left to right) **PP Rtn. RR**, **CP Rtn. Roop**, **PP Rtn William**, **PP Rtn. Mani**, and **PP Rtn. CK**.





**Rtn. Mahendra** who was travelling and could not attend – encouraged his family to attend. Visiting Rotarian **RB Shrestha** from Washington DC. **PP Anand** gave the vote of thanks.



Guest **Meg Flemming** took the opportunity to make a special contribution.







## Mid-town news

### Mid-T own goes to Gorkha

On Nov. 15<sup>th</sup> members of Mid-Town and guests paid a return visit to Gorkha to see for themselves the progress made as this is the final year 3-year MG# 63246 Girl Child Education GORKHA/LAMJUNG & the Mothers Awareness Program. In all some 300 girls, 150 each from Gorkha and Lamjung received scholarships and their mothers were part of



the Mothers Awareness program. This project was supported by **RC Darmsstadt/Bergenstrasse** - Germany. **Rtn. Dr. Karl** from this Club is now looking into the possibility of continued support for the girls to see that they can finish their primary education. This project is also being supported by **Help Nepal** who is helping to give tailoring classed to the mothers and who is disseminating information to the women on health treatment for uterine prolapse. The Rotary visiting

team included **Pres. Pratap, PE Rtn. Dr. Som , CSD Amar** and **District Publication Chair Maheswor.**



Group photo with the Girls with their uniforms/stationary packages



The photo above shows girls and their mothers during the Awareness Program and the distribution of the sewing certificates.

Our Rotarians also met a young girl whose face had been ravaged when she accidentally touch high tension wires (photo right). She is now cured but she remains badly disfigured and demoralised at the prospect of not having much to look forward to in life. Mid-Towners thought that a good way to support her emotionally was to give her some seed money (10,000 Nrs) for goat raising. Goat 'bhakra' raising is very popular in the rural areas and can be a very lucrative as well. It will also hopefully give this young girl some distraction and something of a short term goal. Mid-Towners promised that they would make a return visit and looked forward to hear good news of the girl and her goat.



Our visiting Rotarians spend time talking to the students and their parents. On this occasion they were treated to a beautiful song sung by a blind boy. The Rotarians were so touched by the melodious heartfelt singing that they were moved to help the boy. They decided that the best way to help him was to donate a sewing machine to his parents (who are of the downtrodden tailor cast). Photo left. Now, with the help of a new sewing machine they can maybe earn a little bit more

money and a better living. Our Rotarians recommended to the parents that they should use this to help their child – who should not be considered handicapped but rather as gifted.





## More District news

### District Stewardship Seminar

The District Stewardship Seminar was held on 13 Nov. 2010 at the World Trade Centre in Thapathali. Our members Pres. Pratap, PP. Rtn. Mani, PP. Rtn. William, PP. Rtn. Yogendra and Rtn. Saroj all attended. The Stewardship seminar helps to disseminate important information about Rotary and it is also a good opportunity to meet members from other Clubs and to form alliances for networking. Give a thought to attending next year's program.



## Rotaract and interact news



### Breakfast Chatter gets a hanging!



Thanks to **Rotaract mentor PP Dr. Lekha** and **Rotract Pres. Anil Chaudhary** back issues of the Breakfast Chatter are now being hung on the Rotaract bulletin board at the clinic. Rotaracts, Interacts and visitors alike can read and see the good works that Mid-Towners and their Rotaracts are doing.....and everyone has a good giggle at the Mid-Town humor.



## More Rotaract news

### Rtn. Buddha coaches Rotaracts on leadership development



Last week **Rtn Buddha Laishram** talked to Mid-Town Rotaracts on the topic of leadership development. This was an interactive program that generated great interest among the youth and guest **Meg Flemming** was also present to help answer questions and give tips.

Still the Rotaractors wanted to know MORE! they requested **Rtn. Buddha** if it would be possible to have a

another professional development session where they would be able to invite many more youth from the district.

**Rtn Buddha** agreed and has volunteered to arranging it with **PP Anand**. The young adults are currently having exam but a suitable timing will be arranged.



***If any Club members can volunteer to provide or sponsor a spacious venue indoor so that power point presentation can be made it – it would be greatly appreciated. Please contact PP Lekha or Rtr. Pres. Anil Chaudhary.***

## Another thought for the day

"If you think you are too small to make a difference, try sleeping in a closed room with a mosquito" - African Proverb





## ... and more Rotaract news

### Rotaractors visit the Sisters of Charity



Our Rotaractors recently visited the Mission of Charity where the Sisters run a day care facility for the children of very low income working mothers. The Rotaractors donated clothes that they had collected as well as knitted caps donated by PP Rtn. Dr. Lekha and her sister (who is also a doctor). On this special day the Rotaractors distributed kheer and balloons and spent time playing with the children. Guest, **Meg Fleming** accompanied the Rotaractors and participated

at the feeding program.

The children are often underweight and malnourished. The Sisters do their best for the children but some extra support is always appreciated.



These children can always do with a boost of cod liver oil and a vitamin supplement – especially during the winter months. Maybe our Rotarian friends can muster up some for them?

## Get well soon



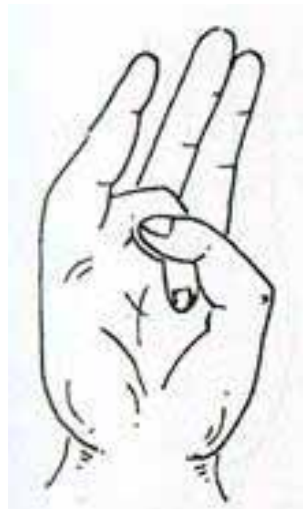
### Best wishes from Mid-Town

Mid-Town extends its 'get well soon' best wishes for a speedy recovery to Executive Secretary, Mr. Dahal, who as recently met with a small mishap.



## On the lighter side

### SURYA MUDRA – MUDRA OF THE SUN

**Method:**

Bend the ring finger and press it with thumb.

**Specialty:**

It sharpens the center in thyroid gland.

**Time Duration:**

Practice it daily twice for 5 to 15 minutes.

**Benefits:**

It reduces cholesterol in body and helps in reducing weight

It reduces anxiety

It corrects indigestion problems

## Sad news

### Condolence note

Mid-Town would like to express its sincere condolences to PP Rtn. Gopal Sundar Lal Kakshapati on the untimely demise of his mother on Saturday Nov. 13<sup>th</sup>, 2010.  
Rest in Peace.



## Mid-town humor



Every sixty seconds you spend angry, upset or mad, is a full minute of happiness you'll never get back.

Today's Message of the Day is: Life may not to be the party we hoped for, but while we're here we should dance. \*\*❤️\*\*

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

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