



breakfast chat



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

Aug. 20-26th 2010

Vol. 8 of '10/'11

this week's speaker

ani choying drolma

Please join us this week when Ms. Ani Choying Drolma will make a brief presentation on our "rollback violence" campaign - *himsa antya abhiyan*

Ani Choying is a Buddhist nun and musician from the Nagi Gompa nunnery. She is known in Nepal and throughout the world for bringing many Tibetan Buddhist chants and feast songs to mainstream audiences.



district news



"Working Together Building Communities"

Join us for the coming District Conference on 27 August. This conference is part of our DG **Tirtha Man Sakya's** vision for bringing the good work that Rotary does to the notice of the greater community of Kathmandu. This District Conference will bring together Rotarians with members of civil society from all walks of life. Among the guests will be **HE the Ambassador of Malaysia Dato' Ilankovan Kolandavelu**, Head of the Delegation of the European Union to Nepal **HE**

Ambassador Alexander Spachis, Head of the United Nations Mission to Nepal, **Mr. Robert Piper**, Vice Chairman of the Planning Commission **Dr. Jagadish Pokharel**, among others. Our own **Rtn. Dr. Som** will be the master of ceremony.

This district conference has been organised jointly by RC Kathmandu Mid-Town, RC Lalitpur Mid-Town, RC Kastamandap, RC Rajdhani, and RC Patan. Please join us at the Hotel Radisson by 5:30PM, the presentations will be followed by dinner. Cost 1000 Npr. Please see Mr. Dahal for tickets.

calendar

date	theme
<p align="center">August is Rotary Membership Month</p> <p align="center">*Membership dues for 2010-2011 payable immediately – please see Mr. Dahal.</p>	
24 Aug.	 <p>Janai Purnima (Full Moon 17:05 GMT) Janai Purnima is known as the Sacred Thread Festival. On this day Hindus perform their annual change of Janai, a yellow cotton string worn across the chest or tied around the wrist of the right hand. Janai means sacred thread, and purni meaning Purnima or the full moon, thus pointing to the change of the thread on the auspicious full moon day. On Janai Purnima, there is a big mela (fair) at Kumbeshwor in Lalitpur.</p>
25 Aug.	<p>Gai Jatra When King Pratap Malla lost his son, his wife, the queen remained dumbstruck. The king was very sad to see the condition of his beloved queen. By all means he wanted to see little smile on the lips of his sweetheart. He announced that whoever made the queen laugh would be rewarded. During the festival of Gai Jatra, the cow procession was brought before the grief-stricken queen. Then the participants began ridiculing and befooling the important people of the society. Finally when the social injustice and other evils were highlighted and attacked mercilessly, the queen could not stop smiling. The queen laughed, and the king ensued a tradition of including jokes, satires, mockery and lampoon on this day.</p> 
27 Aug.	 <p>Coming District Conference on "Working Together Building Communities" Jointly by RC Lalitpur Mid-Town, RC Kastamandap, RC Rajdhani, RC Patan, RC KTM. Contact Mr. Dahal for tickets.</p>
28 Aug.	<p>Celebrate Teez with the Anns of RC Tripureswor! Proceeds to support old age home, Amrit Bhog, Kalikasthan, Dillibazar, Interested parties please contact Madan Maleku President, RC Tripureswor at madan_maleku@yahoo.com</p> 
10 Sept.	Mid-Town Club Assembly # 2 (tentative)
17 Sept.	Mid-Town Installation dinner (tentative date)
23 Sept.	<p align="center">Rotary /Rotaract Literacy Project</p> <p align="center">Venue: 2:00-4:00PM Jana Sewa Higher Secondary</p> <p>Please join us for the handing over function of two classrooms developed for 10+2 students at Jana Sewa Higher Secondary school /Paanga) one classroom is sponsored by RC Landshut Germany, the other one is a joint project with contribution from Kathmandu Mid-Town (Rotarians, Rotaracts, Anns) the school family ,community and RC Landshut ,Germany. Chief Guest: our DG Tirtha Man Shakaya</p>  
24 Sept.	Visit of DG Tirtha Man Sakya to RC KTM Mid-Town



रत्न होह



Lele comes to Mid-Town

It was a happy occasion on Friday morning when representatives of the Lele RCC (Rotary Community Corps) joined us for the Breakfast Meeting. Thier visit marked the wrap-up of the Lele Toilet project. PP Rtn. Ambica was on hand to present the check for 35,000Nrs to Roshan Silwal of the Gyan Kunda Yuba Club and PP Rtn. Yogendra presented to Dil Bdr. Khadka of the Lali Gunas Yuba Club.



Pres. Pratap thanked the representatives from Lele for the hard work and dedication they had put into the project.

It was a happy moment for everyone when the Lele visitors saw that the Lele RCC was the lead story in this month's **Governor's Monthly Letter**.



हिन्दी चर्चाकेंद्र इपेक्षाक

The heart is where God lives

...but your chances are still better if you 'know your numbers'



Dr. Prakash Raj Regmi both informed and entertained Mid-Town with a slide show presentation on what causes heart attacks and what you can do to lower your risk factors. He told Mid-Town that the heart is an amazing muscle that can continue to

beat even after the brain is considered 'dead' because it is part of the autonomic nervous system or as the ancient scriptures would have it, *'this is where God lives*. It turns out that more than 80% of the population has at least one risk factor for heart disease and, while advances in medical science have indeed made great strides, the old adage holds true: *prevention is still better than cure*.



Things you can do to lower your risk of a heart attack

- Make life happy
- Quit tobacco
- Reduce body weight
- Exercise regularly
- Manage mental stress
- Eat plenty of fruits and vegetables (less meat and fats)
- Take up yoga
- Exercise regularly
- Get yearly check-ups

Dr. Regmi implored the audience to **'know your numbers'**. The numbers he was referring to were: your blood pressure (Systolic Diastolic < 130 / < 80), your blood glucose numbers (Preprandial plasma glucose 70 – 130 mg/dl Peak postprandial plasma glucose < 180 mg/dl usually 1 to 2 hr after the start of a meal), your weight and more important your circumference in inches at your umbilicus (best < 40" for males and < 35" for females), and cholesterol (LDL Cholesterol < 100, Triglycerides < 150).

He wrapped up his talk by reminding us of us truths that we have heard before but that had a renewed meaning in the context of our heath, *'Learn to give'* and *'Manage your life not your time'*

errata

Yes, it's hard to believe but true, even the Breakfast Chatter writer/editor occasionally makes a mistake... alas. Please disregard the location names given in the last issue. Our own Mr. Dahal kindly tells us that, *"Naga Daha is at Dhapakhel, Lalitpur. Basuki Naga Daha is in Madan Nagar Balkhu, and Naga Pokahri is in Naxal. Indra Sarobar is the damp of Kulekhani Hydropower, Makawanpur. But in Daha Chowk there is Indra Daha (Not a Naga Daha) where the people take bath as mela on the occasion of Indra Jatra festival that is also a pond from where the Balkhu Kohla River (Ikshumati) will start and end with joining in to Bagmati on the way to Balkhu Kirtipur."*





Rotaracts visit the Sisters of Mother Teresa

Rice Donation and Interaction with Kids and Elderly people of Missionary of Charity, Mother Teresa

On 8th August our intrepid Rotaracts headed out to visit the Missionary of Charity, Sisters of Mother Teresa at Chabahil. Here they donated rice collected during the grand Muthidan Program. The Muthidan is a traditional donation by villagers who contribute a fistful of rice each – this particular stash of 150kgs. was collected by Rotaracts during a door to door campaign conducted last Rota year (2009-10) at Kirtipur.

Our Rotaracts has a good time with the senior citizens and orphan children. To sweeten the visit they brought chocolates for the 21 youngsters and bananas for the 39 elderly residing at the home. A good time was had by all.





Rotaracts try their hand at script writing

Movie Script Writing and Photography Training



On August 7th our Rotaracts showed just how intrepid they could be at a training programme on movie script writing and photography for professional development. The event was held at Kantipur City College in Putalisadak for the club members. During the short three and a half hour program **Mr. Sudeep Bhupal Singh** tried to show them how they could 'strut and fret their hour upon the celluloid (or more likely, digital) stage'. Mr. Bhupal is a professional who has a degree in Theatre Arts from LaSalle Arts College, Singapore and has worked as

a Business Development Manager with Network 2009 in Singapore.

A total of 28 Rotaracts participated in the training including Rtr Bidya from Rotaract Club of Ratnanagar and 3 guests from Hope International College, Satdobato. Our budding thespians had a great time and emerged from it all just a little bit more in awe of what all it takes to put a production together. Do we here Bollywood calling?



on the lighter side

To realize
The value of a sister/brother
Ask someone
Who doesn't have one.

To realize
The value of ten years:
Ask a newly
Divorced couple.

To realize
The value of four years:
Ask a graduate.

To realize
The value of one year:
Ask a student who
Has failed a final exam.

To realize
The value of nine months:
Ask a mother who gave birth to a stillborn.

To realize
The value of one month:
Ask a mother
Who has given birth to a premature baby..

To realize
The value of one week:
Ask an editor of a weekly newspaper.

To realize
The value of one minute:
Ask a person
Who has missed the train, bus or plane.

To realize
The value of one-second:
Ask a person
Who has survived an accident.

Time waits for no one.
Treasure every moment you have.

You will treasure it even more when
You can share it with someone special.

To realize the value of a friend or family member:
LOSE ONE.



rotary international

Individual Rotary clubs belong to Rotary International. Individual members, or Rotarians, belong to a club. The



club is where most of Rotarians' meaningful service work is carried out. Clubs can be engaged not only in their communities, but also internationally. Rotary International is also present in most social networking

sites. What Rotarians get out of Rotary depends largely on what they put into it.

mid-town humor



A recent study found frequent use of cell phones can present a serious health risk to the incredibly inconsiderate.

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

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