Breakfast Chatter

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

THE FUTURE OF ROTARY
IS IN YOUR HANDS

August 11th, 2009	Weekly Bulletin	Vol. 6 of '09/'10

This week's speaker

Dr. Suddha S. Rauniyar, who holds a degree in Homeopathic Medicine and Surgery, has been interested in helping children ever since he himself was just a child and his motto has always been 'Live to Help the Helpless'. He is well-know for the good work he does in providing food, care and education to the street children of Kathmandu. Through his "Baal Bhojan" programme over 200 children daily receive two meals and mid-day snacks. He has also started the *Village School-College Students Scholarship Programme* that has benefited hundreds of children since its inception in May 1993.

Calendar

| Date	Theme
August 13th	**Krishna Janmasthami** According to scriptures, Lord Krishna (the 8th avatar or 'incarnation' of Vishnu) was born on the midnight of Bhadrakrishna Astami day --his birthday is celebrated in a grand manner to cherish his good deeds and to pray for a happy and prosperous life. Colourful processions of cheerful crowds parade images of the Lord and musical bands loudly proclaim his good deeds. Stories of how Shiva killed, in succession all of his demonic adversaries- has made him the peerless savior of mankind.
August 14th	Dr. Shuddh Sacchidananda Rauniyar *'Working with the Street Children of Kathmandu"* (see above)
August 15th	The Rotary Foundation Seminar will be held at the Lalitpur Party Palace, Pulchowk, Lalitpur. Time 9.30 AA to 1.00 PM, Cost Rs 300.00 per person includes lunch. Please note that attendance of TRF Chair is mandatory.
August 21st	The speaker for this meeting will be Dr. Tirtha Man Shakya, who is District 3292's District Governor Elect
August 22nd	Beginning of the Holy Month of **Ramadan** - a time when Muslims fast during daylight hours to celebrate the time when Allah revealed the first verses of the Qu'ran, the holy book of Islam. It is a time for spiritual reflection, prayer, doing good deeds, charity, spending time with loved ones. It teaches self-discipline, self-restraint, generosity and understanding of those less fortunate.
August 29th	District Membership Seminar -- details to follow. Interested members please contact President Subarna.

Since 2000 the Shechen Medical Clinic in Baudha has been providing quality medical care, regardless of religious, ethnic or political background, to the large community that includes refugees and other people from the mountain regions. Support for this clinic is mainly through private and foundation donations.

Mid-Town's project with them has finally come to fruit. This project is part of Mid-Town's proud tradition of supporting hospitals.

Mid-Town was able to help through a World Community Service (WCS) Project in collaboration with the RC Dijon (France), Côte d'Or (France), RC Armentieres (France), RC Bocholt (Germany), RC Renoix (Belgium), RC Sandhurst (UK).

These Clubs together collected more than € 20000 for a modern x ray instrument. The official handover took place at the Shechen Clinic on 6. August 2009.
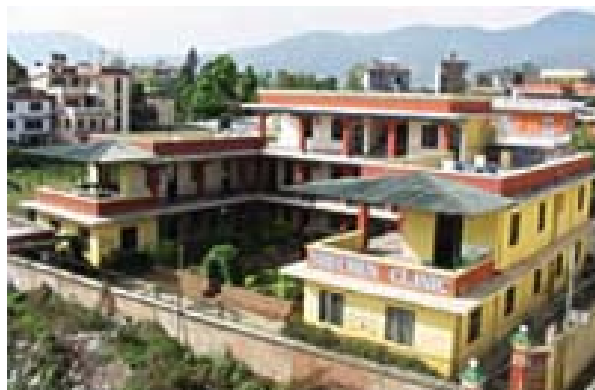
Taking the pennant

By Susan Hanf (adapted) Rotary International News -- 5 August 2009
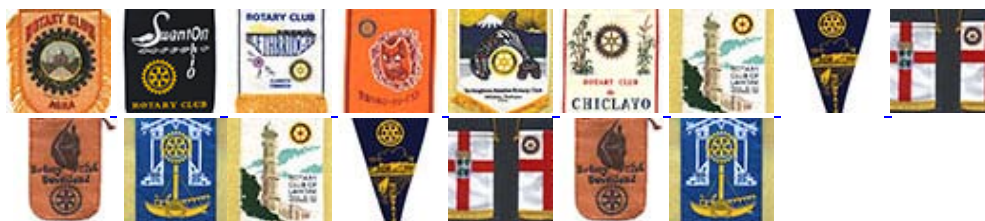
One of the more colorful traditions of Rotary is the exchange of club banners. Rotarians traveling to distant locations often take banners to exchange at make-up meetings as a token of friendship. Many clubs use the decorative banners they have received for attractive displays at club meetings and district events.

By 1959, exchanging banners had become so popular that the RI Board of Directors was concerned the practice would be a financial burden on clubs. It urged Rotarians to "exercise discretion, moderation, and measured judgment in making provision for such exchanges."

The approximately 20,000 banners in the Rotary History and Archives collection reflect clubs' hometown pride and their connection with the international organization.

In addition to incorporating the Rotary emblem, banners often include symbols or imagery of a club's town, region, or country. Others represent local craftsmanship or cultural traditions by displaying leatherwork, weaving, embroidery, or hand-painted designs.

Leaving their mark

By Susan Hanf (Adapted) Rotary International News -- 21 May 2009

Commemorative stamp issued by Cuba for the 1940 RI Convention in Havana. In 1955, Cuba issued two stamps for Rotary's 50th anniversary.

For more than 75 years, countries around the world have honored the work of Rotary with commemorative stamps. The first appeared in 1931, when Austria created an overprint -- a later printing over an officially issued stamp -- in honor of the RI Convention in Vienna.

Other RI conventions have been commemorated with stamps, including those held in 1940, in Havana, Cuba; 1961 and 1978, in Tokyo; 1981, in São Paulo, Brazil; and 1987, in Munich, Germany.

For Rotary's 50th anniversary in 1955, 27 nations issued commemorative stamps. Many featured familiar Rotary imagery such as the gearwheel, which a Greek stamp incorporated along with the number 50. Images of Paul Harris and common scenes from the issuing country also were popular.

Rotary's 75th anniversary was honored with commemorative stamps from Benin, Cyprus, Djibouti, Dominica, Ghana, Iran, and others. The postal service of the Netherlands Antilles issued several postcards and stamps as well as a postage cancellation stamp in the shape of the Rotary emblem. The Maldives issued a series of stamps based on Health, Hunger and Humanity Grants.

In 2005, Rotary's centennial inspired stamps from nations including France, Ghana, Peru, and Togo.

Stamps have also marked the anniversary of Rotary in individual countries and depicted projects and humanitarian activities. A 1960 Bolivian stamp bears the Rotary emblem and commemorates a children's hospital sponsored by the Rotary Club of La Paz. A 1976 stamp honors 40 years of Rotary in Fiji by highlighting a club project that raised money to purchase an ambulance.

Last week's speaker

Rtn Dr. Rajendra Bahadur Shrestha advocates sensible lifestyle for better health

Last week's speaker was Rtn. Dr. Rajendra Bahadur Shrestha who is the Charter President of the RC Chandragiri. He reviewed with Mid-Towners some tips to stay healthy and to help prevent avoidable diseases such as diabetes and high blood pressure. He discussed the benefits of a sensible lifestyle which includes diet, exercise, and stress reducing techniques. For more information Dr. Shrestha can be contacted at: rajava.shrestha@gmail.com.

Mid-Town Fellowship & Guests

Our guest this week was long-time Rotarian and MPHF Rtn **Tek Chandra Pokharel** of the Rotary Club of Kathmandu. He is shown in this photo (far left) sharing a jovial moment with Mid-Towners. This year Rtn. Tek serves on the Rotary Advisory Council, this is a body that advises and makes recommendations to the Governor.

Note that the person on the far right is none other than Mid-Towner Rtn. Mahendra Shrestha.

Mid-Town's Cholera Fund

The Breakfast Chatter is happy to report that the Rotary Club of Kathmandu Mid-Town has received pledges of 90,000Nrs for the victims of the cholera epidemic in the Far West. To date, more than 54,500Nrs has been received. This fund is being administered and coordinated at the district level. Details of the distribution will be relayed as they become available. Bravo Mid-Town!

Mid-Town Humor

High Blood Pressure

When a physician remarked on a new patient's extraordinarily ruddy complexion, he said, "High blood pressure, Doc. It comes from my family."

"Your mother's side or your father's?" I asked.

"Neither," he replied. "It's from my wife's family."

"Oh, come now," I said. "How could your wife's family give you high blood pressure?"

He sighed. "You oughta meet 'em sometime, Doc!"

"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

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

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