



Breakfast chatter



Weekly bulletin of the Rotary Club of Kathmandu Mid-T own
District 3292, Club 26776, Chartered 8 Nov. 1989; 'Best Club' in Nepal 2009/2010

Feb. 17th - Feb. 25th 2011

Vol. 34 of '10/'11

In-house meeting Feb. 25th

On Friday February 25th we will have an in-house meeting where we will take the opportunity to catch up on Club matters and make time to thank all of the Rotarians, Rotractors, Interacts and friends who helped with the **Nepal Immunisation Day 2011**. The Certificates of Appreciation will be distributed on this occasion. Our special guest will be **IPDG Rtn. Ratna Man Shakya** who was this year's **Chair of the Polio Plus Committee**.



CERTIFICATES OF APPRECIATION

calendar

date	theme
February – World Understanding Month	
<p>"Fear and Hate Must Go! And they will go when nations have goodwill based on understanding" – <i>Paul P. Harris, Founder</i></p>	

26-27 Feb	<p>Peace Conference at Lumbini</p> <p>(anyone interested in attending please contact PP Ajay)</p> 
27 Feb.- 2 March	<p>Major Health Camp in Nawalparasi – in collaboration with RC ATHINA LYCAVITTOS from Greece. Anyone interested in joining please contact VP Alex. or Rtn. Pabitra.</p> 
4 March	<p>Patricia BAARS, J.D.</p>  <p>Patricia Baars is Director of Land Law Programs for East-West Management Institute.</p>
5 March	<p><i>Tibetan New Year - Losar</i></p>  <p>Losar, the Tibetan word for New Year, is composed of two characters: Lo, which means "year"; and Sar, which means "new". The celebration of Losar can be traced back to Tibet's pre-Buddhist period. At that time, Tibetans were followers of the Bon religion, and held a spiritual ceremony every winter. During the Bon celebrations, people would burn large quantities of incense on a certain day of the year (not on the lunar new year, as it was not in vogue in Tibet at that time) in order to appease local spirits, deities and protectors. When Buddhism arrived in Tibet, the older "heathen" ceremony of Bon was simply incorporated into the Buddhist tradition of Tibet, becoming the Buddhist Losar festival. The Buddhist Losar festival originated during the reign of Pude Gungyal, the ninth King of Tibet.</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. Formally known as Shrove Tuesday, Mardi Gras has long been a time of extravagant fun for European Christians. In fact, some people think Mardi Gras celebrations have their source in the wild springtime orgies of the ancient Romans.</p>
9 March	<p>Ash Wednesday, in the Western Church, the first day of Lent, being the seventh Wednesday before Easter. 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. The practice, which dates from the early Middle Ages.</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. Rotarians and friends interested in attending please contact PP Mani.</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>



Rotary International News

Quote of the Month:

Understand and be understood

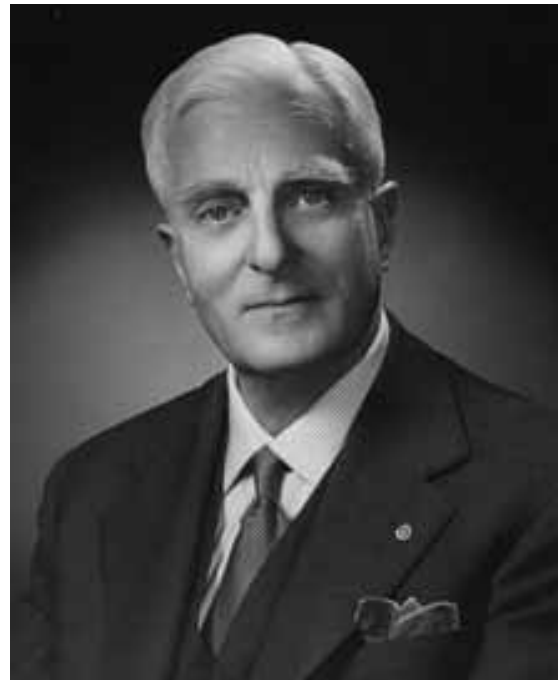
Rotary International News -- 17 February 2011

Gian Paolo Lang, 1956-57 RI president *Rotary Images*

Each month, we highlight a piece of Rotary history and share an inspirational quote from past Rotary leaders. February's quote:

"The spirit of Rotary is not exclusive; it expands. It is not local, it is universal. And so the wish to understand and to be understood, the wish to see the virtues rather than the faults in others, the longing to find out what we have in common rather than what divides us — these can be widely shared."

— Gian Paolo Lang, 1956-57 RI president, address to 1957 convention



Fellowship

Mid-Towners enjoy Greek hospitality

A letter from the President

Dear VP HE Dr. Alexander,

On behalf of the Club and on my own please accept our appreciation and thanks for arranging such a wonderful meeting followed by interaction and an exceptional fine cocktail. We all enjoyed the special occasion. Thank you and your sister, President of RC ATHINA - LYCAVITTOS, for making this get together and medical camp a reality.

Pratap Malla

President RC KTM Mid-Town 2011-12

Very good fellowship and exceptional hospitality was enjoyed by our Mid-Towners and the visiting members of **RC Athina – Lycavittos** (Greece) at a meeting/cocktail reception/dinner meeting hosted by **VP Dr. Alex** last Sunday evening.



Exchange of banners with **RC Athina – Lycavittos**.



The visiting Rotarians from RC Athina – Lycavittos, their volunteer doctors and family members are all together more than 60 persons! The doctors are in town to help with the medical camp to take place this coming week in Nawal Parasi.

Our own Mid-Towner **Rtn. Dr. Pabitra** has been hard at work with the advance team preparing the logistics in **Nawal Parasi**. **Rtn. Sharmila** is involved with **Help Nepal** who will be bringing doctors and staff to join the medical camp and will be involved with uterine prolapsed work. **Rtn. Jo** is helping by providing a micro bus for transportation and **Rtn. Gen. Amar** is helping with administration and backup support. Members of the Greek medical team will leave their family members behind and depart for the camp on Saturday 26th February. They will be in Nawal Parasi until 2 March when they will depart for Lumbini en route to Kathmandu.



The short weekly meeting was also attended by **DG Tirtha Man Shakya** and the **First Lady**. Pres. Pratap announced vocational project support in Gorkha for a deaf boy and for a girl who had been badly burnt. The check was presented to **Ret. Lt. Rishi Bogote** (below) by the DG. The DG also presented a check to RCC Lele president **Raghunath Thapa** (above) for girl child scholarships, merit scholarships and for a senior citizens program.





district news

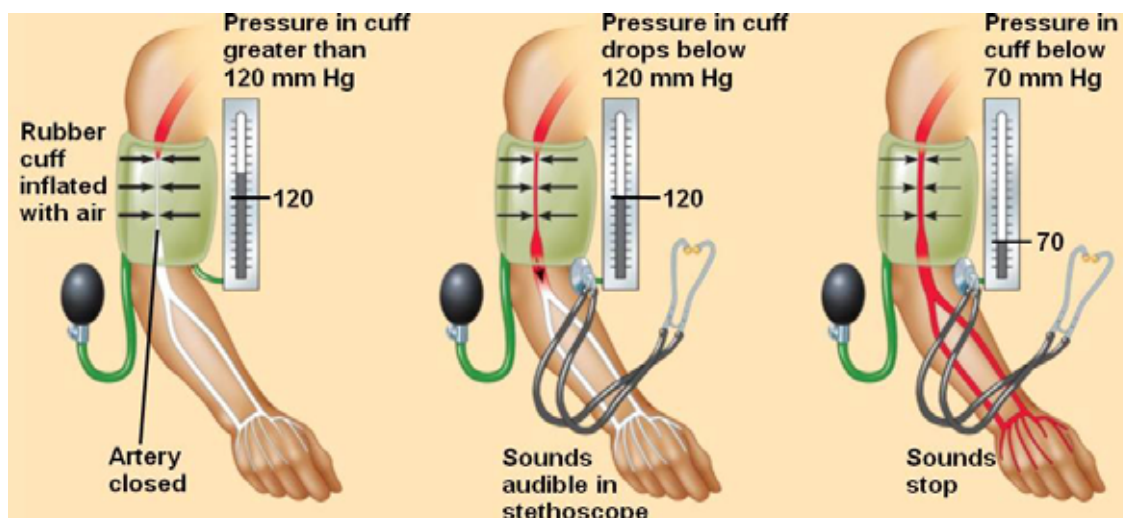
Congratulations to
Rtn. Dilendra Raj Shrestha on being
nominated D.G. RID 3292 Nepal for the
year 2013-14.





Rotaracts prepare for health camp in Bandipur

Our rotaracts are serious about their parent clubs commitment, be it for NID or medical camp. Last week they organized a training program to learn more about how to measure blood pressure. Under the watchful and caring guidance of Rotaract 'ama' **PP Rtn. Dr. Lekha** they learned how to measure blood pressure using the traditional mercury sphygmomanometer. This is a useful skill that will help to increase their personal capacities and should also help to curtail expenses for the camp.





Rotaract News

A new home for old toys



On the 13th of February (after a hard day of work on the End Polio Now program at Nagh Dunga) our fierce **Rotaracts** and **PP Dr. Lekha** headed out to the Jana Sewa School to inaugurate the Toy Bank to give JOY to children

Rotaracts and Aavani handed over toys and sweets to the very youngest students at Jana Sewa School in Paanga.

This is the beginning of a toy bank -- with donation of toys a lot of new and few old ones from Aavani.



Appeal

Help to bring joy to children by donating any surplus toys or those of little use to your young ones or even some new ones. Toys can be handed over to help build up this toy bank and bring JOY to the children at Paanga and another school in Dhobhighat



Rotaract and district news



Rotarians, Rotractors and friends joined hands for NID



The Interacts of KTM Mid-Town and the school family (led by **Principal Mrs Nanda Maharjan** and other teachers) campaigned along with other students of Jana Sewa School (Paanga). They conducted rallies for two days and miking along the streets of Kirtipur. The whole Rotary family of KTM Mid-Town was involved in the END Polio Now campaign – for this we received Rs 2500 which was allotted for miking by Polio Plus.

A letter from the President

Dear Dr. Lekha,

Heartiest congratulations on a good work done. Please convey our Club appreciation and very good wishes to both our Roteracts and Interacts on a very commendable work.

We are all very proud of them.

Regards and YIR,
Pratap.

A THOUGHT FOR TODAY:

What we think, or what we know, or what we believe, is in the end, of little consequence. The only thing of consequence is what we do.

-John Ruskin, author, art critic, and social reformer (1819-1900)



Rotaract News

A president elect for the Rotaracts of Mid-T own



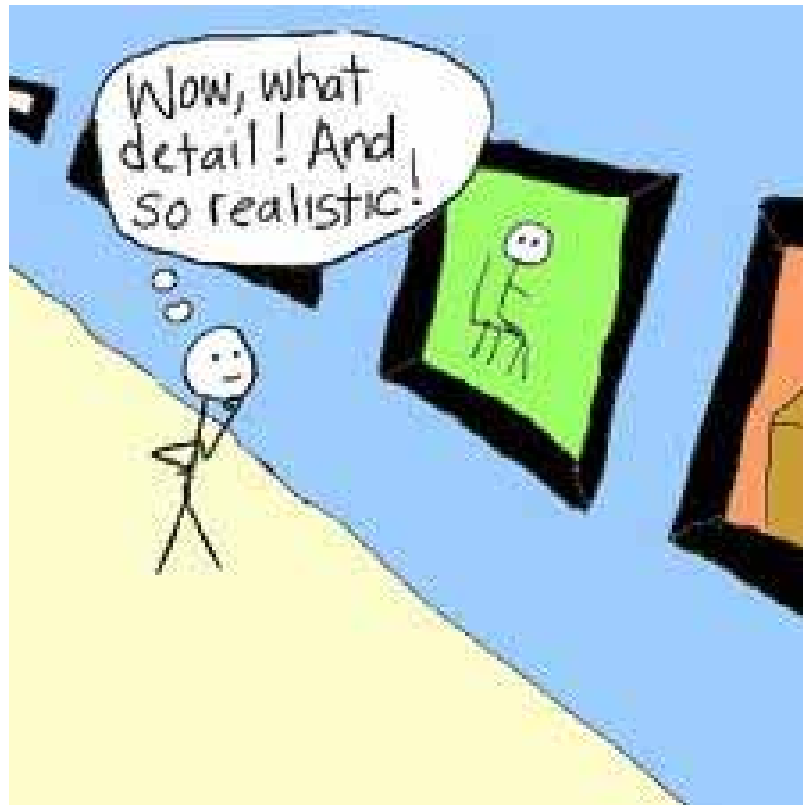
Rtr Samir Nepal is the Rotaract President Elect for the Rota Year 2011-12.

He is currently Vice President of the Rotaract Club of Kathmandu Mid-Town and he was Club Service Director during the Rota Year 2009-10. He has been A member of the Rotaract Club of KTM Mid-Town since 2007.

Samir completed a degree in Civil Engineering in 2009 and he is currently involved at HELP Nepal.

The Rotary family at Mid-Town wish him all the best for the coming year.

On the lighter side



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

Breakfast Chatter editor: Dr. Isabella C. Bassignana Khadka at email: isa@mos.com.np