



Breakfast Chatter



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

November 4th, 2008

Weekly Bulletin

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Speakers of the Week



Visit by the Rotary Club of Virum, District 1470, Denmark. Rtn. **Dr. Torben Boesen** (photo second from left), who is heading a group of 14 visiting Rotarians and spouses, will give Mid-Town a short presentation on Denmark and will also recap on work they have been involved in donating hearing aids to Nepal. Hearing aids can make all the difference to a person whose hearing is marginal and seriously improve their quality of life.

Calendar

Date	Theme
Nov. 3-9 th	World Interact Week During World Interact Week, Interactors and Rotarians worldwide commemorate the charter of the first Interact club in 1962. By completing projects, Interact clubs and their Rotary club sponsors can receive special recognition from RI.
Nov. 7 th	Rtn. Dr. Torben Boesen of the Rotary Club of Virum, District 1470, Denmark. See above for details.
Nov. 8 th	Mid-Town Charter Day, this year Mid-Town celebrates its 19 th anniversary.
Nov. 14 th	Club Assembly
Nov. 16 th -18 th	Visit by RI President Dong Kurn Lee to Nepal. Celebration Dinner at Hotel Soaltee in honor of the RI President's visit scheduled for Nov. 17 th .
Nov. 19-20-21	Annual eye camp in Hetauda . The eye camp will run for three days and the hospital will be inaugurated on Thurs. Nov. 20th . Mid-Town has been part of this annual event for many years and the inauguration of the hospital is a dream come true both for Hetauda and for Nepal Rotary. Please make a special effort to attend the eye camp this year. For logistics and transport please coordinate with PP Rtn. Mani. The Rotary Club of Garden City Singapore who has long supported this project will join us later in the year.
Nov. 21 st	No meeting on Friday, Charter Night to be celebrated the following day.
Nov. 22 nd	Mid-Town Charter Night. Details to follow.
Nov. 25 th	International Day for the Elimination of Violence Against Women
December	TRF Seminar hosted by RC Patan. Details to follow.
December	Rotary Stewardship Seminar hosted by RC Durbar Square. President and TRF Chair kindly requested to attend. Details to follow.
Dec. 26 th	Christmas break - no meeting.
Dec. 29 th	International Day for Biological Diversity
January	Mid-Town Family Pot Luck Cook-off Contest. Details to follow.

Mid-Town Speakers



Visiting Rtn. Hans Martin Scheuch (photo right) and President Rtn. Karlheinz Nothnagel (photo centre) of Darmstadt-Bergstraße District 1860 were welcomed to Mid-Town this week. They told of the many projects that they have been involved with in Nepal including ANM projects, micro-credit, etc.. They told Mid-Town that every project they have been involved with also has a 'Rotary for People Development' component which teaches and encourages family planning. . This is Rtn. Scheuche 6th visit to

Nepal and Rtn. Karlheinz 2nd visit. They also spoke of the **Nepal Germany Intercountry Committee (NGIC)** which consists of Rotarians from both Germany and Nepal who help to coordinate the donations given by German Rotary Clubs to Nepal. The NGIC consists of 8 German members and 11 Nepali members; Rtn. Karlheinz is now the President on the German side (we note that Rt. Hans Martin is the immediate past president of this committee) and Rt. Rajesh Thapa (RC Mount Everest) is the President on the Nepali side (we note that Rtn. Hartmut Bauder is past president on the Nepali side).



Mid-Town News



The photo at the left shows Community Service Director Rtn. Pratap in conversation with Rtn. Scheuch who has been mobilising the MG 63246 Ghorka-Lamjung Girl Child Education Project from the German side. Rtn. Pratap has been instrumental in rewriting the terms of reference of the implementation of the project (to be circulated) and in setting up a Rotary Community Corps in Gorkha with the help of some ex-service men. The photo below shows some of the members of the Rotary Community Corps in Ghorka that will help to implement the MG 63246 Ghorka-Lamjung Girl Child

Education Project in which more than 300 girls will benefit. The president of this RCC is Mr. Bogati (photo far right) and the vice president is Mr. Kandel Shankar Raj (2nd from left).



Ecostove project reduces indoor air pollution

By Diana Schoberg RI News -- 28 August 2008 (adapted),
Photo courtesy Craig Brennan/Madison Rotary club

Members of the Rotary Club of Madison, Alabama, USA, help residents of Jayacayan, Honduras, build ecostoves during a recent service project. The stoves burn less wood and vent smoke outside.

Residents of a rural community in Honduras have Rotarians to thank for more efficient stoves that burn less wood and reduce their exposure to indoor air pollution. The Rotary Club of Madison, Alabama, USA, helped install ecostoves in all 47 homes in Jayacayan, Honduras, earlier this year as part of an ongoing service project. The club got the idea after taking part in a larger service project with other Rotarians in Honduras last year.



The ecostoves vent smoke outside the home, unlike the mud stoves the villagers were using before. Use of those stoves increased the villagers' exposure to indoor air pollution, up to 20 times the acceptable limits, according to the World Health Organization.

The new stoves also use 80 percent less firewood, because the heat is concentrated in a specially designed firebox. Steve Baum, a Rotarian who helped organize the project, said one woman told him she only needs scraps of wood and woodchips to cook. "We were so rewarded," Baum said. "It made such a difference in these people's lives."

Club members decided to take on the project when they went to Honduras in 2007 on a service project with a larger group of Rotarians from the Southern United States. They researched several designs before settling on this one, in part because all the materials could be purchased in Honduras, helping the local economy. A contact in Honduras worked with people in the community to sell them on the idea for this stove design before the Rotarians started a pilot program. The Rotary Club of Choluteca also helped coordinate between Rotarians and community members.

Early in 2008, several local residents were trained in stove construction. The Madison club paid for the more expensive items for the stoves such as the steel *plancha*, or cooking surface, which cost US\$60 per stove, while community members provided sand, cement, mud blocks, and other materials used to install the stoves. "That was very important," Baum says. "They had taken ownership of these stoves. It wasn't somebody giving them something ... they contributed to [it] themselves, and they got to see the benefit of it."

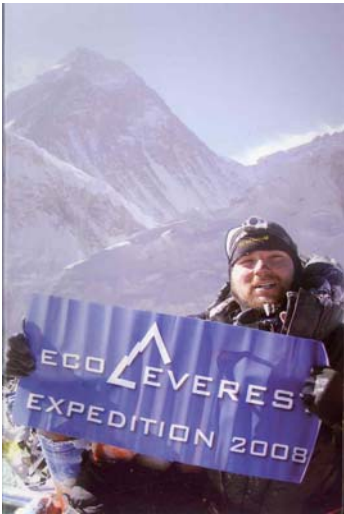
Rotary International-Nepal News

RI President Dong Kurn Lee to Visit Nepal



RI President Lee will be in Nepal Nov. 16th-18th. A celebration dinner has been planned for Nov. 17th (at Hotel Soaltee). For more information on Pres. Lee's schedule please contact PP Rtn. Mani

Eco Everest Expedition



Rt. Jo whose son, Dawa Sherpa, headed the Eco Everest expedition of 2008, made available to Mid-Towners an information brochure and video CD on it. More copies are available from Rtn. Jo at diplobel@wlink.com.np.

The Eco Everest 2008 was unique in the way it combined mountaineering with scientific research. The expedition climbed Mount Everest in the spring of 2008, and in parallel scientific research was conducted on glacial lakes and melting glaciers. It raised awareness on the impact of climate change in the Himalayas. Dawa Steven Sherpa of Asian Trekking lead the climbing expedition. The International Centre for Integrated Mountain Development (ICIMOD) was responsible for the research and provided technical support and carried out scientific studies in Khumbu, specially focusing on the Imja

and Dig Tsho glacial lakes. Eco Everest was conducted in partnership with Asian Trekking, ICIMOD and the United Nations Environment Programme (UNEP).

Accompanying the expedition was Ken Noguchi, famous Japanese alpinist and conservationist who was the senior advisor to Eco Everest Expedition 2008. The expedition was also endorsed by the pioneering mountaineer Conrad Anker.

Eco Everest 2008 highlighted the threat that Glacial Lake Outburst Floods (GLOFs) pose to the local communities and environment in the Khumbu region. As part of the initiative a Trust Fund has been set up for community development in Khumbu and financing further research and monitoring of glaciers and glacial lakes. Plans are also underway to develop a ten point recommendation for an "Eco-Code of Conduct" (ECC) which will be field-tested during the Eco Everest Expedition 2008. This code has been developed in close liaison with different internationally renowned mountaineers and various alpine associations around the world.



Mid-Town Humour



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