



Breakfast Chatter



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

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Weekly Bulletin

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This Week's Speakers

Visiting Club Rotary Club Brummen-Engelenburg, the Netherlands





The members of this Club are looking forward to meeting Mid-Towners and to creating a warm relationship between the two Rotary Clubs. They are visiting Nepal, to discuss and see for themselves what could be interesting projects for their Club to support for several years. They are visiting some projects in Nepal to see if they can make contributions to these projects in the form of money, manpower and instruments. These projects are all connected to the Karuna-Shechen organisation, one of which is the Shechen Clinic in Baudha. Their fundraising activities in the Netherlands include: concerts, high tea events and new projects such as a golf tournaments and a mussel dinners.



Martin Buitink has been a member of this Club for the past 14 years. He has been chairman of the Foreign Activities Committee and was President in 2007-2008. He is the Secretary Elect. Fpr 2009. Martin is an entrepreneur and has had companies in the field of tensile architectural structures, sun protection systems, blinds, shutters and doors.

Atjo Westerhuis has been a member of this Rotary Club for more then 4 years and ahs mainly been interested in Community Service. Atjo is a veterinary surgeon and the co-owner of 5 veterinary practices in the Netherlands. He has a wife and 5 children (3 sons and 2 daughters). His hobbies are: golf and reading.

Calendar

Date	Theme
Dec 12 th	Visiting Rtms. Martin Buitink and Atjo Westerhuis (from a RC in the Netherlands) will discuss their Shechen Clinic project. 
Dec. 15 th	First deadline 2009 RI Convention in Birmingham, England, 21-24 June Register early for the convention to take advantage of special pricing!
Dec. 19 th	 Mr. Francois Driard of <i>Himalayan French Cheese</i> will talk to us about the challenges and pleasures he has encountered while bringing the art of French cheese making to Nepal.
Dec. 26 th	Christmas break - no meeting. 
Dec. 29 th	 International Day for Biological Diversity
January 2009	Mid-Town Family Pot Luck Cook-off Contest. Details to follow.



Our speaker this week was Dr. Narayan Thapa who is a paediatric surgeon. Over the past 20 or more years he has been involved with charity work and has performed over 2500 surgeries free of charge. In his talk to Mid-Town Dr. Thapa explained about cleft-lip and palate surgery and showed many examples of the very severe cases that exist in Nepal. He also explained that while this condition can be very debilitating for the patient it is not life-threatening and for this reason often goes untreated.

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Dr. Thapa is in the process of raising funds to perform more surgeries. Interested parties can view his web page at: <http://www.operationhelpganesh.org> Please help us to distribute this information to anyone who would be interested in donating – especially ex-pat Nepalīs living abroad who are looking for some way to give back to their homeland.

Mid-Town News

Mid-Town Celebrates 19 Years!

Mid-Town celebrated its 19th Charter night in grand style at the Hotel Shangri-la. The evening started with the Charter members being asked to cut the anniversary cake. Applause ushered in the events to follow. The fun filled evening was complemented by witticism from President RR, PP Yogi and PP William. Guests included European Commission Chargé d'Affairs Dr. Alex Spachis and wife Eleni.

Rtn.Govinda did the honours and entertained us with a bingo game. Winners included Kay Clawson and Dr. Alex. Even more hilarity arose when 5 couples were asked to play in their favourite game show. The winner of this compatibility game was PP Ajaya Sthapit and his better half Sunila. PP William conducted the American auction which was won by PP Ambica. The prize included gifts donated by PP Niranjan - carpet, PP Ajaya - hotel stays at Lumbini or Pokhara, PP Ambica - dinner at Garden of Dreams, Rtn Jo - drink all you can at the Casablanca bar, Rtn Govinda - dinner and drinks at Jeans Cafe, Sarada-ji - Painting, PP C.K.- premium whisky. All in all, the 37 celebrants enjoyed a most a memorable evening!



Well healed

by Paul Farmer (adapted), *The Rotarian* -- November 2008 , Photo courtesy of Chris Kaufman



A young father comforts his son, who is receiving a blood transfusion to treat anemia at St. Luke's Hospital in Uyo, Nigeria.

What are the chief barriers to equity in health and well-being? They vary from site to site, of course, but are often strikingly similar if you're a doctor in Haiti, Rwanda, or serving the poor of the United States. The chief barriers are not poor individual choices, but rather a lack of access to effective prevention and care. We can analyze different methods of prevention and treatment, but it is really quite simple: poor health outcomes are associated with poverty and inequality, but they can be addressed in small ways and large.

Rotary's wonderful efforts on behalf of universal access to vaccines offers an example of an effective, focused approach, and has saved millions of young lives. The

next steps will involve improving the circumstances of those saved from vaccine-preventable illness or malaria, because lessening health disparities depends ultimately on addressing fundamental social ills.

We can and must address the lack of basic tools, from diagnostics to therapeutics; the dearth of healthcare workers; and the absence of community-based models of care in locations without laboratories, doctors, or nurses (indeed, we need community health workers even where there are plenty of doctors and nurses, especially as chronic diseases replace polio, measles, and AIDS as the greatest threats to the world's most vulnerable). But we must also tackle broader obstacles to health, such as an absence of clean water, of primary and secondary education, of safe shelter, and simple lack of food. In so doing, we help to alleviate the greatest cause of health disparities—poverty. Every doctor working in these places knows that it's impossible to focus solely on clinical medicine when what ails your patients is not only disease, but also poverty and hunger and lack of jobs.

We often draw on a rights-based framework in our work. We believe in the right to health, and also in a right to clean water, a right to decent housing and employment, and a right to safe motherhood (500,000 women die each year in childbirth—almost all of them in the poorest parts of the world). In order to provide adequate treatment for and prevention of disease, we have argued that these "social and economic rights" must be at the forefront of health delivery in resource-poor settings around the world. But even those who do not share this framework must come to agree that those caught in "the poverty trap" cannot spring themselves from this trap without basic medical and social services.

In Rwanda, where the country's stated vision is to leave poverty (and foreign assistance) behind by 2020, a country that may well be among the few on that continent to reach the Millennium Development Goals, investments in health care and education as a public good, for all citizens, are growing. Citizens of wealthy countries like mine, and members of organizations like Rotary, must continue to make and indeed grow our commitment to making poverty, and the diseases of poverty, history. We can and we must.

Happy Face in the Sky



Venus and Jupiter, two of the brightest naked-eye planets, join a thin crescent moon to create a brief "happy face" in the sky as seen in Xi'an, Northwest China's Shaanxi Province, December 1, 2008. Astronomers and star gazers across the world are keeping watch the night sky for the rare astronomical phenomenon known as "planetary conjunction".



Freshmen in the general-science class were studying astronomy.

"What do we call a group of stars that makes an imaginary picture in the sky?" the teacher asked.

"A consternation," one student replied.

Contributed to "Tales Out of School" by Ralph E. Hedges, The Reader's Digest Association, 1996.

There are 10^{11} stars in the galaxy. That used to be a huge number. But it's only a hundred billion. It's less than the national deficit! We used to call them astronomical numbers. Now we should call them economical numbers.

Richard Feynman, Physicist, and Nobel Prize winner

If you want to make God laugh, tell him your future plans.

Woody Allen, American comedian

Alas, to wear the mantle of Galileo it is not enough that you be persecuted by an unkind establishment; you must also be right.

Robert Park, of the American Physical Society

The New York Times, among other papers, recently published a new Hubble photograph of distant galaxies colliding. Of course, astronomers have had pictures of colliding galaxies for quite some time now, but with the vastly improved resolution provided by the Hubble Space Telescope, you can actually see lawyers rushing to the scene...

There is just one thing I can promise you about the outer-space program: your tax dollar will go farther.

Wernher von Braun

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

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