



Breakfast chatter



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

Dec.31st-2010-Jan.6th 2011

Vol. 27 of '10/'11

Speaker for January 7st



Former Mid-Towner **Yogendra Shakya** is the Nepal Tourism Year's (NTY) 2011 programme implementation committee national coordinator. He will talk to us about the plans that have been made for this happy celebration.

To attract tourists from all over the world, the Ministry of Tourism and Civil Aviation has come up with an ambitious plan, '**Visit Nepal Tourism Year 2011**'. The Ministry is optimistic that this kind of events will increase tourist arrival and ultimately will create jobs and reduce poverty. In the budget government already committed fund to construct new international airport at Bara and upgrade few domestic airports. In addition, the Ministry is searching for new trekking routes and looking to invest on infrastructure development. Previous such event was held back in 1998 as 'Visit Nepal 1998'.





News from Rotary International



Facts of the Matter -- The Rotarian

by Paul Engleman The Rotarian -- January 2011 (adapted)





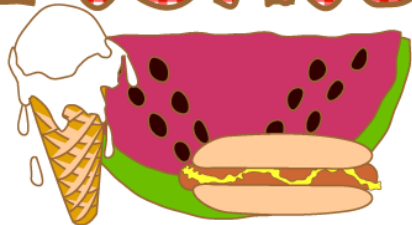
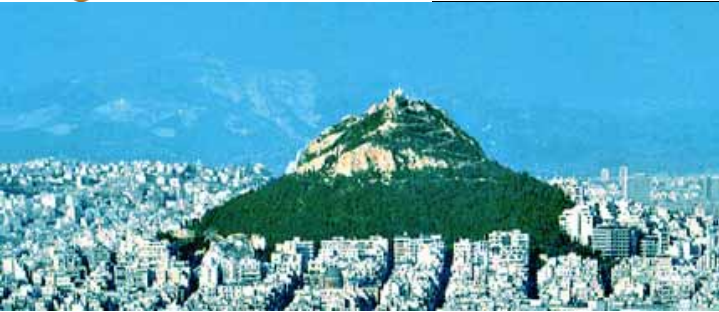
The first issue of what became The Rotarian was published in January 1911. The 12-page publication was called The National Rotarian. In 1912, Rotary founder Paul P. Harris described it as a “means for the exchange of ideas between Rotarians throughout the world, not to give the national officers an opportunity to express their views.”

Chesley R. Perry was the editor and business manager of the first issue. He served in that dual role for 17 years, until February 1928. In July 1911, Perry produced a second 12-page issue. In August of that year, Rotarians at the convention in Portland, Ore., USA, adopted a resolution calling for the publication of a monthly magazine. The monthly, which began in March 1912, would become The Rotarian.

Today, The Rotarian, the official magazine of Rotary International, has a circulation of about 500,000. There are 31 Rotary regional magazines, published in 24 languages besides English, for a total circulation of about 1.25 million. During the first three years of publication, single copies of the magazine cost 10 cents, and an annual subscription cost 25 cents. In 1914, the cover price jumped to 15 cents, and the cost of a one-year subscription skyrocketed to \$1. In January 1925, the price of a single copy of The Rotarian increased to 25 cents, where it remained for the next 50 years.

Approximately 20 Nobel Prize winners and 20 Pulitzer Prize winners – from Jane Addams to Studs Terkel – have contributed to The Rotarian. Past RI Vice President Carlos P. Romulo, the Philippine United Nations leader and Pulitzer Prize-winning journalist who served as an aide to U.S. General Douglas MacArthur, wrote in the August 1942 issue that “one of the first things” he did upon reaching Australia after witnessing the “nightmare of hell” in Bataan was to read the previous six months of The Rotarian.

The February 1930 issue ran the first of a series of articles by Lillian Dow Davidson, wife of James Wheeler Davidson, the Canadian who is credited with making Rotary a worldwide organization. She chronicled her nearly three-year journey with her husband and their daughter as “Big Jim” spread the goodwill and word of Rotary around the world, chartering 23 clubs in 12 countries. Over 100 years, The Rotarian’s covers have featured golf 12 times, farming and gardening 36 times, boats 64 times, and newsmakers 15 times.

calendar	
date	theme
<p style="text-align: center;">January – Rotary Awareness Month</p> <p>In January, Rotary International observes Rotary Awareness Month. Throughout January, Rotary aims to increase awareness about its work locally, nationally and all around the world.</p>	
7 Jan.	Yogendra Shakya will talk on the 'Nepal Tourism Year' (see above).
Postponed due to illness	 <p>Mr. Pasi Koistinen, CEO of Ncell will talk about how Ncell plays an important role in developing the telecommunication infrastructure and services in Nepal, contributing to the future prosperity of the country and its citizens. During 2009, Ncell more than doubled its mobile network which now covers more than 60 percent of Nepal's population.</p> 
8 Jan	 <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> 
21 Jan.	Club Assembly (sorry, no guests on this occasion)
29 Jan	<p style="text-align: center;">PICNIC</p>  <p style="text-align: center;">Mid-Town Picnic at LUBU</p> <p>A fun time for all – bring your family and friends. There will be games and activities as well as a good hike up to see how the saplings that mid-Town planted last year are doing. Remember to sign up.</p>
27 Feb.	 <p>Major Health Camp in Nawalparasi – in collaboration with RC ATHINA LYCAVITTOS–Greece. Anyone interested in joining please contact Rtn. Pabitra.</p> <p>(Aside: The RC ATHINA LYCAVITTOS is held near the LYCABETTUS HILL in Athens. The hill is really a limestone rock reaching almost 1,000 feet into the once-crystalline Athenian sky. In the evening, the top half is floodlit, and from the Acropolis it looks something like a giant soufflé. By day, it's a green-and-white hill topped by the white church of Agios Georgios.) (27 Feb.- Mar. 2011) – Coordinator / Team Leader – Dr. Pabitra.–Greece- (27 Feb.- Mar. 2011) – Coordinator / Team Leader – Dr. Pabitra.</p>

last week's speaker

A Marriage of Royals



After three centuries of rivalry, France and Austria had been allies since 1756. To reinforce these diplomatic ties, Louis XV and the Empress Maria Theresa decided to wed their respective children: the Duc de Berry, Dauphin of France, aged 15, and Marie-Antoinette, Archduchess of Austria, aged 14. The festivities commenced on 16-17 May in Versailles.



The idea of a marriage between the two crowns came to fruition only in 1770. The young Archduchess arrived in Versailles on 16 May. After entering the grounds of the Château through the ornamental gates around 10 am, she was installed in the grand apartment of the queen where she prepared for the official wedding in the royal chapel. At 1 pm she made her entry into the king's study. The Dauphin, dressed in a suit of gold with the diamond of the Holy Spirit, took her hand.

Followed by the king and the princes of royal blood, the young couple crossed the grand apartment packed with people. In the chapel they knelt in front of the altar where the Archbishop of Reims officiated. After the ceremony came the signing of the marriage registry. In his apartment in the early afternoon, the Dauphine received her wedding presents from the groom: a splendid carved chest containing a profusion of jewellery and precious objects.



The young couple then attended the reception of the ambassadors before moving to the illuminated Hall of Mirrors looking out over the gardens. The day ended with a sumptuous celebration in the brand new royal opera house designed by Gabriel.

Mid-Town was happy to welcome M. **Bertrand Rondot**, curator of the Chateau of Versailles, who gave us some real historical insight into this event by showing us some of the original architectural drawings of the Versailles opera house where the actual wedding was held and by showing us copies of the costumes they might have worn.



Mid-town news

Mid-T own Rota Quiz Champs



A big congratulations to Mid-Town's own Rota Quiz Team. They won the Rota Quiz 2010 from Zone 2 held on 21 December 2010 in Yak Palace. The team leader **PP RR** and team members were: Rt. Saroj, Rtn. Pabitra and Rtn. Rabi; they were lucky to have PP William as their mentor.

The next round, the National Rota Quiz will held on 22 January 2011.

Lets us wish the team the best of luck in the next round also.





from Rotary International

Historic Moments: Paul Harris Fellow recognition

By Susan Hanf Rotary International News (adapted)

The Paul Harris Fellow recognition acknowledges individuals who contribute, or who have contributions made in their name, of US\$1,000 to The Rotary Foundation of Rotary International.

It was established in 1957 to show appreciation for and encourage substantial contributions to what was then the Foundation's only program, Rotary Foundation Fellowships for Advanced Study, the precursor to Ambassadorial Scholarships.

The first Paul Harris Fellows include 1937-38 RI Director Allison G. Brush and longtime RI Treasurer Rufus F. Chapin, both for donations they made in 1946. Mrs. Adan Vargas was the first woman to receive the recognition, for a gift made in 1953. Mrs. Harry L. Jones was the second, and one of only five people recognized for contributions made in 1957.

Early Paul Harris Fellows received a certificate of recognition. In 1969, the Foundation unveiled the first Paul Harris Fellow medallion at the RI Convention in Honolulu, Hawaii, USA.



Japanese metal artist Fiju Tsuda created the piece under the direction of then-past Foundation Trustee Kyoze Yuasa. Today, Paul Harris Fellows receive a certificate and pin. They are also eligible to purchase a Paul Harris Fellow medallion.

Rotarians have a tradition of supporting the Foundation by honoring others. Ida LeTulle Taylor became a Paul Harris Fellow in 1978 when her husband, then-District Governor Vann Taylor, made a donation in her name in honor of their 34th wedding anniversary. The gift also made her the 25,000th Paul Harris Fellow.

At the International Assembly in 1979, then-RI President-elect James Bomar challenged each Rotary club to make one non-Rotarian a Paul Harris Fellow. The Rotary Club of Pikesville, Maryland, USA, responded by making a donation in the name of Mother Teresa in 1980. The entertainer Pearl

Bailey also became a Paul Harris Fellow through a joint effort of the Rotary clubs in Cape Cod, Massachusetts.

Many other notable figures have been named as Paul Harris Fellows, including U.S. President Jimmy Carter, Russian President Boris Yeltsin, U.S. astronaut James Lovell, UN Secretary-General Javier Perez de Cuellar, and Jonas Salk.

PP Ambica pinned two newly minted Mid-Town Paul Harris fellows, **Rtn. Buddha** (above) and **Rtn. Kul Chandra** (right). PP Mani tells us that we are now very very close to being a 100% Paul Harris Fellow Club and that we should be able to achieve full status in the present Rotary year.



fellowship



Visiting Rotarian **Dr. Sumitra Manandhar Gurung** (RC Yala) (far right)

More fellowship

A Visitor from Villoresi



Mid-Town was happy to welcome **Rt. Giorgio Martini** from RC Villoresi (Milan) Italy, RI District 2040. Mid-Town has collaborated with RC Villoresi since 2007. They have been involved in projects in the Districts of Makwanpur and Lalitpur. They have also been involved with the Manohari Rotary School near Hetauda. Here they have supported 40 children of the Chepang community. In Lele VDC they are supporting 20 girls of different communities and every year 2 students receive the 'best student' award in support for their further studies. The collaboration and help between our two clubs was initiated in 2005 by **Rtn. Massimiliano Papa** of RC Villoresi and **Rtn. Navyo Eller** of RC Kathmandu Mid-Town. The RC Villoresi is one of the oldest in Milan and they are active also in Africa where they have projects in Burundi and Congo.

After the meeting Rtn. Giorgio headed out to Lele with Mid-Towners to visit the project site. Stay tuned the Breakfast Chatter – the report of their visit will be in next week's edition.

Congratulations to everyone who has been involved – and let us keep up the good work and international friendship.

A few thoughts on travel and tourism

Travelling makes a man wiser, but less happy. [Thomas Jefferson](#) (1743-1826) *Third president of the United States.*

The fool wanders, a wise man travels. [Thomas Fuller](#) (1608-1661) *British clergyman and author.*

Your true traveller finds boredom rather agreeable than painful. It is the symbol of his liberty -- his excessive freedom. He accepts his boredom, when it comes, not merely philosophically, but almost with pleasure. [Aldous Huxley](#) (1894-1963) *British author.*

I would like to spend my whole life travelling, if I could borrow another life to spend at home. [William Hazlitt](#) (1778-1830) *British essayist.*



More District news

Rotarians go for an elephant ride

The intrepid Rotarians of RC New Road City celebrated the end of 2010 on elephant back. On the 26th of December they held an elephant race in Sauraha. Joining them on this pachydermian jaunt was our own **PP Joystna**. Our PP has a special bond with RC New Road City since it was formed in 2004 which she was President of Mid-Town.

The Rotarians of New Road City were celebrating 'family value month' with their family members. A total of 21 members attended the outing from their Club. This is the second year running that RC New Road City has participated in the elephant race. The Rotary elephant is named **Anarkali** and this year they made it to the finals.

The Breakfast Chatter asked what it was like to race an elephant. Apparently Jackie Kenedy was said to have remarked that, 'Riding a camel makes an elephant feel like a jet plane.'



Happy new year's greetings



PP Gopal wishes all Mid-T owners
a Happy New Year 2011.

The photo at the left was snapped by **PP Gopal**. It shows the Nepali Pagoda Temple in Kerung, West Tibet, TAR, China. This temple was built in memory of **Bhrikuti**, the daughter of Nepal, who married the Tibetan King Srong-Tsan-Gampo. She is remembered for her help in spreading Buddhism in Tibet during the 7th century AD.

On the lighter side



LINGA MUDRA – MUDRA OF HEAT AND ENERGY

This is the last mudra of the series to be presented here in the Breakfast Chatter and it is the one possibly most appropriate to this cold weather.
Enjoy this mudra and stay warm (even hot!)

Method:

Interlock the fingers of both the hands and keep the thumb of the left hand vertically straight and encircle it with the thumb and the index finger of the right hand.

Specialty:

It generates heat in our body. Take milk, ghee, more water and fruit juices in addition to practice of this mudra for much benefits.

Time Duration:

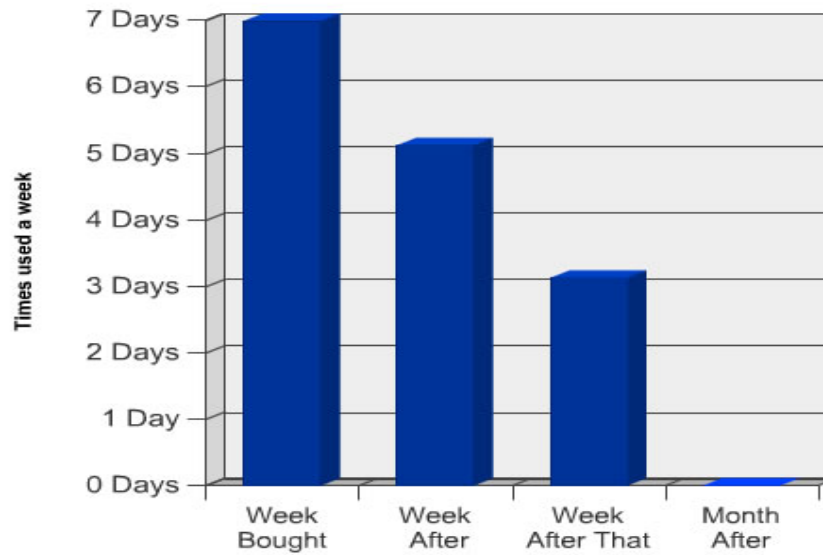
Practice it any time you want. But don't practice it a lot as it produces heat in the body.. It can cause sweating even in winter if you practice it longer.

Benefits:

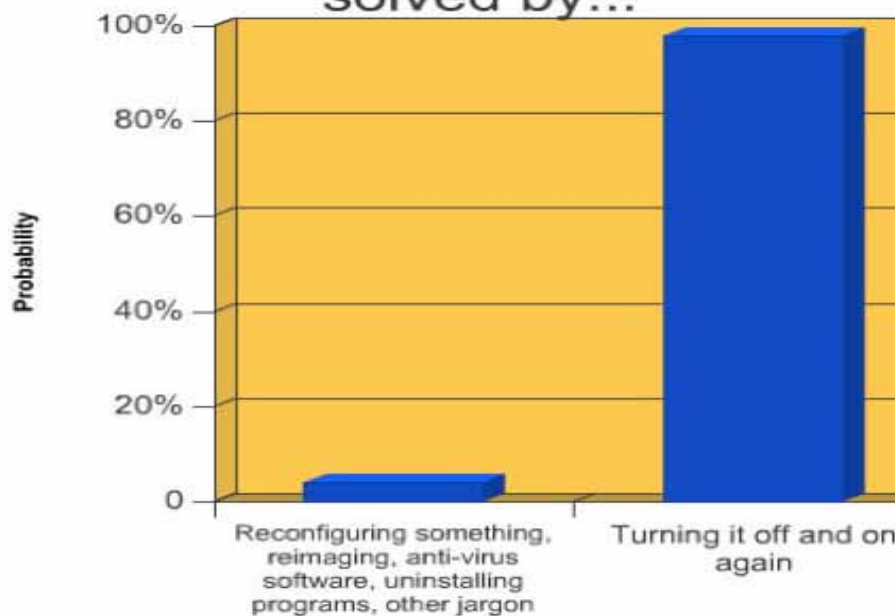
It stops production of phlegm and gives power to lungs
It cures severe cold and bronchial infection.
It invigorates the body.

Mid-town humor

Usage of a Home Gym



Likelihood of a computer issue be solved by...



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

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