



# Breakfast Chatter

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



August 18<sup>th</sup>, 2009

Weekly Bulletin

Vol. 7 of '09/'10

## This week's speaker

The speaker for this meeting will be **Dr. Tirtha Man Sakya**, is District 3292's District Governor Elect and a very dedicated Rotarian. Dr. Sakya is a former Secretary in the Ministry of Law and Justice and a former Chief Secretary; he has been Chairman of the Public Service Commission. He will talk on the present constitutional process in Nepal.



## Calendar

Date	Theme
August 21 <sup>st</sup>	<b>Dr. Tirtha Man Sakya</b> , District Governor Elect (see above)
August 23 <sup>rd</sup>	 <p>On <b>Haritalika Teej</b> Hindu devotee women worship the God Shiva – during this celebration of womanhood they fast (even without a drop of water) for their husbands' good health and longevity. Unmarried women also fast, praying to be blessed with a husband like the Lord Shiva*. (Note: According to the Puranas, Shiva took no notice of the love of the Parvati – in order to get his attention Parvati performed severe austerities for 16 years before Shiva finally acknowledged her devotion and love and agreed to marry her.)</p>
August 24 <sup>th</sup>	<p><b>Rishi Panchami</b> is observed on the fifth day after the new moon in the month of Bhadra -- it is the final day of Teej, which begins with Hartalika Teej. Hindu women observe a strict fast on the Rishi Panchami day and have a special bath using the <i>datiwan</i> herb. It is the day reserved to show respect to the <i>Sapta Rishi</i>, (the seven great Rishis, or sages, of Hindu tradition) who are the upholders of holy practices and represent the purity of religion on earth. The Rishis are worshipped to cleanse all sins of the past year.</p> 
August 29 <sup>th</sup>	District Membership Seminar. Interested members please contact President Subarna.
September 19 <sup>th</sup>	 <p>The first day of Dashain is <b>Ghatasthapana</b>, which literally means 'to establish the pot'. On this day the <i>kalash</i> (holy water vessel symbolising the goddess Durga) is filled with holy water and is covered with cow dung. Wheat seeds are sown into the dung and the <i>kalash</i> is worshiped every day; by the tenth day, the sprouts will have grown to five or six inches. This sacred yellow '<i>jamara</i>' is bestowed by elders on the heads of those given the tika blessing over the next five day as a token of the Goddess Durga and elders' blessing.</p>
February 11-12, 2010	"Marketing Opportunities and Strategies for South Asia : A Fresh Look", 37th World Marketing Congress in New Delhi. Rotarians welcomed to attend. For more details interested parties can contact: Rtn. Dr. Jagjit Singh, Executive President and Congress Convenor.

## Guest to Mid-Town



Assistant Regional Rotary Foundation Co-ordinator **Ravi Sehgal** attended Mid-Town's weekly meeting. **Ravi Sehgal** is a past district governor and many Mid-Towners still remember when he first came to Nepal in 1994 on a Rotary mission. Over the intervening years, Rtn. Ravi Sehgal has been a great friend to Mid-Town and to Nepalese Rotarians in general. He was in town last week as a resource person for the Level II TRF Training which took place on August 15, 2009. This session had a special emphasis on overview of TRF and Current Trend. Mid-Town extends its good wishes to the PDG and hopes to see him again soon.

## Mid-Town extends thanks

This week Mid-Town extended its heartfelt (if belated) thanks to both PP CK Golchha and PP Ambica Shrestha



who were not able to attend the induction ceremony in July. The continued commitment and dedication of Mid-Town's Past Presidents is a big part of its success. Bravo to all!

## Mid-Town toasts RC Adelaide



### *A Mid-Town toast*

This week Mid-Town toasted RC Adelaide with a hearty round of applause – this will hopefully be the beginning of a long and fruitful collaboration and friendship between the two Clubs.

The Rotary Club of Adelaide, which was formed on February 4<sup>th</sup> 1924 is the first Rotary Club formed in South Australia and is also South Asia's largest Rotary Club.

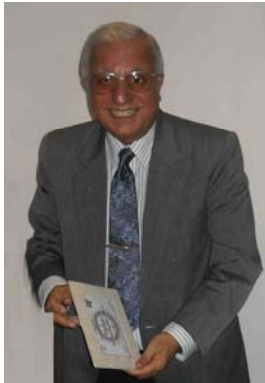
## About the wheel



### *Did you know?*

The badge of Rotary originated in 1905 as a simple wagon wheel representing "civilisation and movement". The cogged wheel version was made official by a 1919-1920 decision of the board. A keyway was added in 1929 to signify that the wheel is a worker - not an idler. The energy of the wearer is the key to Rotary activity.

## *Last Week's speaker*



### *Rtn. Tek makes the point with good humor*

Tek Chandra Pokharel addressed Mid-Town last week and all were happily amused. This Past President of RC Kathmandu, turned the rather dry topic of 'tips for problem solving' into a series of humorous anecdotes that made the point and managed to have Mid-Town in stitches as well. Humor and brevity are powerful learning tools and Rtn. Tek has mastered both handsomely with good results – Mid-Town was both instructed and entertained.

Rtn Tek is tourism entrepreneur who has been a Rotarian for the past 16 years. This year he is Chief Counsellor for District 3292 as well as being Vice Chairman of the Nepal Polio Plus Committee.

## *Rotary International news*

### *Banerjee is choice for 2011-12 RI/president*

By Jennifer Lee Atkin (adapted); Rotary International News -- 11 August 2009

Kalyan Banerjee is the selection of the Nominating Committee for President of Rotary International in 2011-12. *Rotary Images*

Kalyan Banerjee, a member of the Rotary Club of Vapi, Gujarat, India, since 1972, is the selection of the Nominating Committee for President of Rotary International in 2011-12. Banerjee will become the president-nominee on 1 October if there are no challenging candidates.

Banerjee said he would like to see Rotary "blossom from being the world's most recognized service organization to being the most important NGO [nongovernmental organization] in the world.

"Rotary, it is said, has the strength of a government and the tenderness of a parent," he added.

Banerjee is a director of United Phosphorus Limited, the largest agrochemical manufacturer in India, and the chair of United Phosphorus (Bangladesh) Limited. He is a member of the Indian Institute of Chemical Engineers and the American Chemical Society, a past president of Vapi Industries Association.

Banerjee has served Rotary as a director, Rotary Foundation trustee, committee and task force chair, International Assembly group discussion leader, president's representative, and district governor.

The chair of the Southeast Asia Regional PolioPlus Committee, Banerjee has served as a member of the International PolioPlus Committee for many years and has attended international meetings with the World Health Organization and UNICEF in that capacity.

Banerjee is a Major Donor, Benefactor, and Bequest Society member, and has been awarded the Foundation's Citation for Meritorious Service and its Distinguished Service Award.

Banerjee also serves as a trustee of Rotary club-sponsored trusts that support many educational and community development programs in India, including a 250-bed hospital.

He noted that Rotary's strengths include its ability to attract leaders from different vocations around the world, as well as its role in promoting peace. "Rotary needs to become the preferred organization for today's generation to join and participate in, to make the world better and safer and happier," he said.







RI District 3292 Nepal has been seriously involved in helping to alleviate the current diarrhea epidemic in the Mid-Western region of the country.



Rotarians, Rotaracts and volunteers are working with Environment and Public Health Organization (ENPHO) to immediately dispatch a consignment of 'peush' vials which will be used to chlorinate the drinking water and make it potable for the people in the vulnerable region. On **August 6<sup>th</sup>** the District Governor **Ratna Man Shakya** handed over 5000 'peush' chlorine vials to the Executive Director of RED CROSS in Nepal, Mr Umesh Dhakal. On **August 8<sup>th</sup>** the Rotaracts of Kathmandu Mid Town

took the initiative of helping in the production of 5000 more peush vials for dispatch with "Hands on Service" – this work involved the Valley Rotaracts /Interacts /and volunteers. Mid-Town Rotaracts donated Rs 5,000 and also helped to raise Rs 25,000 from International friends of "VISION FOR CLEAN WATER" USA to support the humanitarian community service of Rotary Nepal.

GE **Dr. Tirtha Man Shakya**, PP **Sushil Bhattarai** (Rotary 3292 District Community Service ) and PP **Dr. Chandr Lekha Tuladhar** were on hand to help the pyush vial effort. Anil Shrestha, President of the Rotaract Club of Kathmandu Mid-Town, presided and Mr Rajesh Adhikari (Project co-ordinator and manager from ENPHO) recounted how he had co-ordinated the



*passchim paaila* program and lead the team of youth and health personnel to the disaster affected areas. He shared his experiences and also highlighted the observation and data collected after the weeklong trip. A Rotaractor from the Rotaract Club of Dillibazaar who had joined the *paaschim paaila* team to the disaster area also spoke. The DGE suggested that Mission 5000 would be more effective as a regular effort to ensure that chlorine is available to the communities in the disaster affected areas for a longer period to safeguard them. Mid Town Rotaracts have taken this on board and are scheduling another such event.



The actual production of the vials started after the group of volunteers were briefed by Mr Rajesh Adhikari. These photos show volunteers filling vials, stamping them with the date, wiping, sealing, packing and finally sealing



the boxes for dispatch. The youth volunteers included 65 youth from: the Rotaract Clubs of Kathmandu Mid-Town and Dili Bazaar, Interacts of Kathmandu Mid-Town, dentistry students from Kantipur Dental College, public health students from Hope International, friends of Rotaracts, 1 Rotary Ambassadorial scholar +15 others from ENPHO (ENPHO staff + 4 International students from ENPHO)

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The Rotary Clubs of Nepal are continuing their efforts to raise more funds for further support of the relief program in the diarrhea epidemic affected areas – these will be handed over very soon and will be reported in upcoming issued of the Breakfast Chatter.

### *Donations collected to date*



District Community Service Committee Coordinator, **PP Rtn. Dr Chandra Lekha Tuladhar**, has been involved in helping to coordinate the Cholera effort since 'disasters' fall under the general heading of 'community service'.

**PP Rtn. Dr Chandra Lekha Tuladhar** has supplied information on the intermediate total of contributions received to date (shown below). More Clubs have committed and the numbers will be reported as they become available. **RC Mid-Town has pledged over Rs 90000** to date but more pledges are still coming in – final figures will be reported as soon as they become available.

Biratanagar - Rotary Clubs Zone XII	Rs 20,000
Butwal Rotary Clubs	Rs 20,000
Chandragiri Rotary Club	Rs 7,000
Chitwan Rotary Club	Rs 15,000
Damauli Rotary Club	Rs 5,000
Kathmandu West Rotary Club	Rs 23,700
Patan South Rotary Club	Rs 10,000
Patan Durbar Square Rotary Club	Rs 6,500
Thamel Rotary Club	Rs 15,000
TOTAL from Clubs (to date)	Rs 122,000
District disaster relief fund	Rs 50,000
TOTAL Nepal Rotary (to date)	Rs 172,000

## *What is Cholera?*

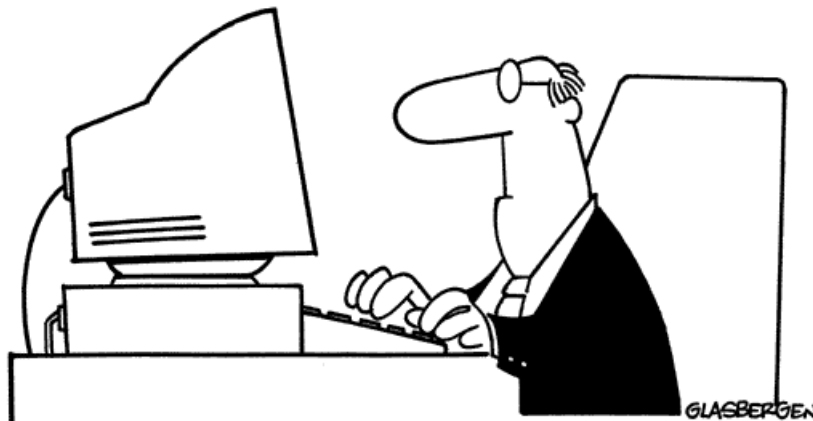
Cholera is a serious infectious disease caused by the bacteria *Vibrio cholerae*, which affects the intestinal system of the body. An infected person experiences severe vomiting, explosive diarrhea and severe dehydration. Without immediate medical treatment, cholera may result in death within four to twelve hours after symptoms begin. Due to a large loss of body fluids, cholera is gruesome in the way that it leaves survivors in their physical appearance, as well as in the biological toll it takes on the body.

Cholera is very contagious. It is spread by the unintentional consumption of infected feces that contaminate food and water. It can also be spread through human to human contact. Cholera is easily treated with fluids and antibiotics. When antibiotics are unavailable, which is commonly the case in areas that are plagued by cholera, a simple mixture of water and glucose for rehydration is life saving. Cholera usually resolves itself after a period of time; the danger is the severe dehydration that quickly causes death.

In developing countries, cholera is prevalent in areas that do not enjoy sanitary living conditions because of poverty and a lack of resources. In pandemic regions, even sanitary conditions may not prevent further outbreak. Cholera is not common in developed countries due to the availability of medical treatment, regulated health standards, clean water and effective sewage systems. Cases of cholera in developed countries are the result of raw shellfish or people who have contracted the illness while traveling. Those traveling to countries that have cholera epidemics should take careful precautions to prevent infection.

Precautions for travelers include boiling water before drinking or washing. Water can also be treated with chlorine or iodine. Frequent hand washing with clean water, especially after using the toilet, is imperative. Travelers are also advised to ensure their food is fully cooked and hot, peeling their own fruit and avoiding raw vegetables, including salads.

## *Mid-Town Humor*



**“MEMO: It has come to my attention that every time we solve one problem, we create two more. From now on, all problem solving is forbidden.”**

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