



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

Jan. 21st-27th 2011

Vol. 30 of '10/'11

January 29th

January 29th- Meeting and Picnic at Mirabel Resort Hotel (Dulikhel)*



-Assemble at Hotel de l'Annapurna 9:30 AM -- arrival in Dulikhel 10:30 (Please note: the new road is terrific-- you will be there in a short time.)
-If you can share your transportation please inform **PP Joytsna** at :ktm@arbex.wlink.com.np
-Tea and snacks will be served at the *Mirabel Resort Hotel* on arrival
-Games and talent contest will be arranged by Rt. Buddha and the Rotaracts.
-Lunch will be served at 1:30-2:30 PM
-Delicious Menu: Russian salad, Greek Salad, saffron rice, chicken a la crème, fish fry, mixed vegetables with curry gravy, spinach with black

mushrooms, kerau mula achar. Crème caramel.

-Family and friends welcomed and encouraged to attend!!!!




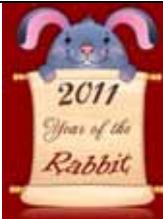

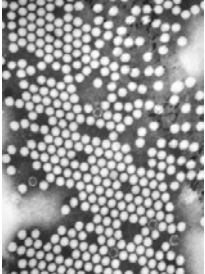
-Please bring soft drinks, wine, beer, etc... to share.












-Anyone who can donate a prize for the games – please let PP Joytsna know. Examples: a bottle of wine, a scarf, a book, etc....

-Departure 3:30 PM

Cost: 650Nrs. (children below 12 years of age 325 Nrs.)



calendar	
date	theme
<p 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>	
28-29 Jan	 <p>Nepal Division of Rotary Leadership Institute (RLI) is offering three RLI Training in Chitwan. Each part of the training will be of a full day in length. Interested parties please contact Pres. Pratap or Dilendra Raj Shrestha (District Secretary) for more information.</p>
28 Jan.	No meeting on Friday – please note that the regular weekly meeting has been postponed to Saturday Jan. 29 th to coincide with the picnic.
29 Jan	 <p align="center"> PICNIC RC Mid-T own <u>Weekly Meeting and Picnic</u> Mirabel Resort Hotel (Dulikhel) </p> <p>A fun time for all – bring your family and friends.</p>
2 Feb.	<p>Groundhog Day is a holiday celebrated on February 2 in the United States and Canada. According to folklore, if it is cloudy when a groundhog emerges from its burrow on this day, it will leave the burrow, signifying that winter will soon end. If on the other hand, it is sunny, the groundhog will supposedly "see its shadow" and retreat back into its burrow, and winter will continue for six more weeks.</p>  <p align="right">Happy Groundhog Day!</p>
Feb. 3	 <p align="center"> Happy Chinese New Year! By the Chinese Calendar 2011 is the Year of the Rabbit. </p> 
Feb. 4	 <p>Informative talk on polio --- speaker to be announced</p> <p>Poliomyelitis, often called polio or infantile paralysis, is an acute viral infectious disease spread from person to person, primarily via the fecal-oral route.^[1] The term derives from the Greek poliós (πολιός), meaning "grey", myelós (μυελός), referring to the "spinal cord", and the suffix -itis, which denotes inflammation.</p> <p align="center"><i>A TEM micrograph of poliovirus</i></p>

12 Feb.	 <p>Nepal Immunisation Day</p> <p><i>"If we all have the fortitude to see this effort through to the end, then we will eradicate polio."</i></p> <p>- Bill Gates</p>
14 Feb.	 <p>Happy Valentines 2011</p> 
15 Feb.	<p>Prophet Muhammad's Birthday Mawlid al-Nabi (12 Rabi 1)</p> <p>This holiday celebrates the birthday of Muhammad, the founder of Islam. It is fixed as the 12th day of the month of Rabi I in the Islamic calendar. <i>Mawlid</i> means birthday of a holy figure and <i>al-Nabi</i> means prophet. The day is commemorated with recollections of Muhammad's life and significance.</p> 
25 Feb. (tentative)	 <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> 
26-27 Feb	<p>Peace Conference at Lumbini Please note change of date.</p>
1-4 March	   <p>Major Health Camp in Nawalparasi – in collaboration with RC ATHINA LYCAVITTO from Greece. Rtn. Pabitra and VP Alex have been hard at work in doing the behind-the-scenes preparation to ensure the smooth running of the camp. More than a dozen doctors and friends will be joining the camp from the Athens side. Rtn. Pabitra has been on location in Nawalparasi preparing the logistics with the local doctors and administrators. Anyone interested in joining please contact VP Alex. or Rtn. Pabitra.</p>
13-24 March 2011	 <p>Mega Health Camp Bandipur – Rotarians and friends interested in attending please contact Dr. Lekha.</p> 
April 8-11 2011	<p>Rotary District Conference District 3292 Nepal</p> <p>Theme: Commitment to Serve</p> <p>Venue: Nepal Army Officer's Club, Tundikhel, Kathmandu, NEPAL</p>



Mid-town club assembly



ADG Rtn. Nanda Ram Baidya conducted the Club Assembly. Rotary Foundation Chair **Rtn. Saroj** gave the update on RI Foundation matters – we are very very close to being a 100% Paul Harris fellow Club – **PP Mani** explained that all that stands in the way are some small administrative matters. Service Projects Chair **Rtn. Amar** gave detailed information on our completed and ongoing projects. **Pres. Pratap** filled in for the Chairs who could not attend in person. He told us that Public Relations and Membership are on track. Last year Mid-Town lost quite a few foreign members who were posted elsewhere and Mid-Town membership now stands at 49 – can we make it back up above 50 members before the end of the year??



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PP. Lekha gave the Polio Plus and Youth Service information -- she was proud to announce that this is the 13th year of our **Mid-Town Rotaract Club**. Our 'Hanumans' are always there to support Mid-Town and we hope that at least 13 of them will join us at the Dhulikhel picnic.

Fellowship

Plenty of cold hands but warm hearts as Mid-Towners gathered on this very cold day for Club Assembly. Yes, folks it really was that cold!!



Mid-Town welcomed **ADG Rtn. Nanda Ram Baidya** who was on his 8th visit to RC Kathmandu Mid-Town.





Rotractors Anil and Sameet joined us on this cold cold morning while many of their fellow Rotractors were happily enjoying the sunshine in Goa at the ROTASIA meeting. With some luck maybe next time the ROTASIA meeting will be in Kathmandu?



Polio Awareness



It is imperative for all children of 5 years and below throughout the country, to be vaccinated on the same day. February 12-13th have been designated for Nepal.

Talk about the NID day at home ,offices , with your family , friends , neighbors , acquaintances , clients ,and all whom you meet. Seek their support in spreading the message, to take children to the nearest booth for polio vaccination.

More information on booth locations and timing in the next issue of the Breakfast Chatter.



RI President-elect Kalyan Banerjee announces the 2011-12 RI theme during the International Assembly in San Diego, California.

'Reach Within to Embrace Humanity' is 2011-12 RI theme

By Joseph Derr Rotary International News -- 17 January 2011 (adapted)

RI President-elect Kalyan Banerjee will ask Rotarians to *Reach Within to Embrace Humanity* during the 2011-12

Rotary year. Banerjee unveiled the RI theme during the opening plenary session of the 2011 International Assembly, a training event for incoming district governors.

He urged participants to harness their inner resolve and strength to achieve success in Rotary. "In order to achieve anything in this world, a person has to use all the resources he can draw on. And the only place to start is with ourselves and within ourselves," Banerjee said.

Once Rotarians find their inner strength, he continued, they can accomplish great things in their communities and around the world.

"Discover yourself, develop the strengths within you, and then unhesitatingly, unflinchingly, go forth and encircle the world, to embrace humanity," he said.

Banerjee emphasized the family as a starting point in serving others. "The communities we live in are not built of individual people but of families -- families living in homes together, sharing their lives and their resources and their common destinies. Good families lead to good neighborhoods, and good neighborhoods build good communities."

Rotarians can focus on projects that support families, such as those that provide safe housing or improve maternal and child health, he said.

Continuity in Rotary's work, including polio eradication, is also important, Banerjee said. "There are so many things we are indeed good at: working for clean, safe water; spreading literacy; working in so many ways with the New Generations, our youth, in our newest Avenue of Service and assisting them to become the leaders of tomorrow."

Citing Mahatma Gandhi's call to "be the change you wish to see in the world," Banerjee said Rotarians should also focus on change.

"If we wish for peace, we start by living in peace ourselves, in our homes and in our communities," he explained. "If we wish environmental degradation to stop, if we wish to reduce child mortality or to prevent hunger, we must be the instrument of that change -- and recognize that it must start *within* us, with each of us."



Nepal international news



Nepal's DGE at RI International Assembly in San Diego

District Secretary Dilendra informs us that **DGE Basu Dev Golyan** handed over a cheque of **US\$280961** to TRF Trustee Chair on behalf of all DGEs during International Assembly in San Diego this past week.

A very notable accomplishment for such a new Rotary District. A hearty congratulations to all Rotarians in Nepal!

The lighter side



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

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