|  |
| --- |
|  |

****

**24 May 2013** **The Weekly Bulletin of Rotary Club of Kathmandu Mid-Town** **Bc-24.5/012-13**

**District : 3292 Web: www.rotarymidtown.org.np Club Id : 26776**

**MAY : Month Without Theme**

**Except July and May, all other months of a Rotary Year carry a specific theme.**

Friday, 17 May:

Dr Bahi Raj Tiwari, District Commissioner, Kathmandu Valley Development Authority, was our guest speaker who gave informative presentation on ‘Urban Development of Kathmandu Metropolis and inherent issues on roads widening and improvement projects.

He presented how different efforts over the years were unsuccessful and how the project survived in critical times. He narrated challenges he faced in planning, coordinating, and getting the plan executed, dealing with agitating public, how difficult coordination among several stake-holders, lack of budget, sufferings of concerned residents alongside etc.



The road network plan, specifically road width of different

roads in the Metropolis was approved in 2033 BS. In the

roads widening process, at crucial roads, practical approach

was taken to redefine the width by regular dialogue with the

inhabitants and public sentiments were given due priority.

The plan of widening of the road covers 580 km. Within the

running fiscal year, the target is to widen 180 km. of road

and blacktopping of such roads is targeted to 80 km.

Regarding the slow upgrading of infrastructures, he informed

that the government has already allocated budget and so,

there may be no problem on this aspect in future.

*In the picture President Devendra handing over a letter of appreciation to guest speaker Dr Bahi R Tiwari*

# Weekly Meetings and Programs :

|  |  |  |
| --- | --- | --- |
| Date | Program/Speaker | Program/Topics of Presentation |
| 24 May 2013 | Brendan Thomson | Calendrics and the Gregorian calendar |
| 31 May 2013 | Rtn Krishna M. Gautam | Ageing issues ? |

Friday, 24 May:

Mr Brendan Thomson willl be our Guest Speaker for the day. Mr Thomson attended Medical School of State University of New York at Buffalo. He was in private practicefor 25 years on Board certified Internal medicine, Pulmonary and Critical care system.



He also did MBA from Arizona State University, Kerry School. He was Medical

Director in Inspiris Health Plan for about 10 years. Presently, he is on assignment

of Fulbright Expert to help PAHS transition  to the Clinical Presentation Model.

He also held Board membership of the Vatican Observatory Foundation from 1997

to 2012. He is involved in producing the Official calendar of the Vatican Observatory.

He will be talking on an interesting topic - Calendrics and the Gregorian calendar.

This topic should be of great interest since we use several calendars simultaneously:

the western (Gregorian), the Nepali (Bikram Sambat and Nepal Sambat), as well as

the Tibetan calendar.  The speaker will explain some of the intricacies of solar and

lunar based calendars as well as some of the interesting difficulties that can arise.

*Brendan Thomson*

**New Member Induction**

We are adding one more member in the Club !

Mr Deepak Bajracharya is being inducted to the Club during 24 May Friday morning meeting as a newest Rotarian in the Rotary family.

**Living long and staying young :**

For decades, people never tire of asking: What’s the secret of living long and staying young? Many answers based on thousands of authoritative research indicate that the answer lies simply on what we eat. Unbelievable, isn’t it? It is indeed ironic that many people do not know or do not believe that eating the right food can help prevent some of the deadly diseases like cancer, heart disease, as well as aging-related diseases.

Studies have shown that the right diet, together with lifestyle habits like regular exercise and avoiding stressful activities is the secret to living longer and staying young. It is not just lengthening our life span though – but to have more stamina and more energy at whatever age we are and feeling and looking younger than our biological age.

In the past, people have been unsuccessfully looking an instant magical cure to reverse aging. Up to this day, pharmaceutical companies are pouring millions of dollars searching for an aging cure. The search for the so-called elixir/fountain of youth by pharmaceutical companies is still going on.

In the meantime, some doctors have been conducting studies on the longest living people in the world. The people of Okinawa, Japan tops the list. The findings are as follows: (Reference: Secrets of Longest Living People by S. Beare)

1. Heart disease, stroke and cancer are at their lowest in the world in Okinawa. Okinawans have 80% fewer heart attacks than Americans;

2. Breast cancer is a rarity. Mammogram tests are not needed;

3. Older men have not heard of prostate cancer;

4. One 100-year old man mistook to be about 70 years old was examined by doctors to have nothing wrong with his body;

5. Even old Okinawans have youthful immune systems, very low rates of osteoporosis, fit and attractive bodies, high level of sex hormones, and excellent mental health;

6. The secrets of Okinawa have to do with diet, some lifestyle factors like regular exercise and positive mental outlook;

7. The younger generations of Okinawans are abandoning their traditional diets and replacing the diets with those found in fast-food joints mushrooming in America. No wonder “Western” diseases like heart attack and cancer are going up among the younger generations of Okinawans who are abandoning their traditional diets.

8. The traditional low-calorie, nutrient-rich Okinawan diet follows all the main rules of healthy and balanced eating thus promoting good health and long life. Their food is rich in anti-cancer and anti-aging antioxidants. Only minimal amounts of age-promoting fat, meat, sugar, refined carbohydrates and stimulants are used.

The fantastic story of the Okinawan people confirm that there is truth in the saying that “We are made of food, and what we eat affects our minds, bodies and spirits.” Let us take plenty of fresh fruit and vegetables, minimize our intake of processes and refined foods, reduce our meat intake, and drink plenty of water. For a healthier, longer and happier life.

Have a joyful day!

*Source:* Nelly Favis-Villafuerte/Internet

**Committee Chairpersons' Column:**

It has been agreed at District level that upcoming 6th Rotaract District Conference will be hosted by Rotaract Club of Kathmandu Mid-Town. It's a good news!

They will do it very successfully as they have been always doing !

***Wish you Good Luck, Rotaract Guys !!***

Dr Chandra Lekha Tuladhar, New Generation Chair

**Past Presidents' Column:**

**???**



The day I joined the Rotary Club of Yashio was a day that I put my first step on a different path in life — one of greater connection, greater satisfaction, and a deeper sense of fulfillment and peace.

**RI President Sakuji Tanaka**

**World's Happiest Man:**

This Buddhist Monk Is The World's Happiest Man.

As he grins serenely and his burgundy robes billow in the fresh Himalayan wind, it is not difficult to see why scientists declared Matthieu Ricard the happiest man they had ever tested.

The monk, molecular geneticist and confidant of the Dalai Lama, is passionately setting out why meditation can alter the brain and improve people's happiness in the same way that lifting weights puts on muscle.



"It's a wonderful area of research because it shows that meditation is not just blissing out under a

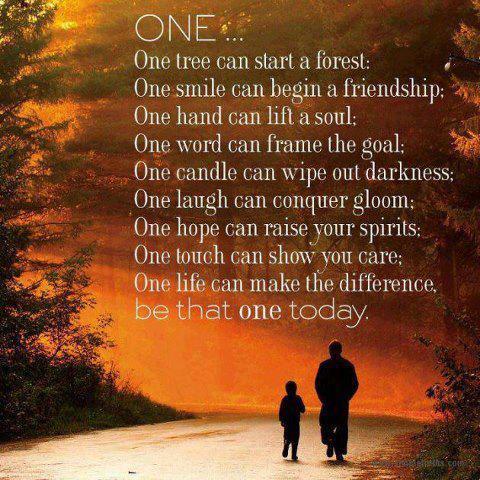
mango tree but it completely changes your brain and therefore changes what you are," the

Frenchman told AFP.

Ricard, a globe-trotting polymath who left everything behind to become a Tibetan Buddhist in a

Himalayan hermitage, says anyone can be happy if they only train their brain.

Be That One Today



**A Thought for the Day:**

***Repeated success makes a person ARROGANT***

***And repeated failure makes a person DEFEATED.***

***But often success & occasional failure makes a person MATURED***

**Great Quotes:**

***A superior man is modest in his speech,***

***but exceeds in his action*** : Confucius

*courtesy:* Rtn Dr Isabella C Bassingana Khadka

NB: Send any informations/photos that may be of interest to the Club or Rotarians in general to

BC Editor: RR Shrestha email: rryesrr@gmail.com

## 24 May 2013 The Weekly Bulletin of Rotary Club of Kathmandu Mid-Town bc-24.5/012-13