 **10 Apr 2015** **The Weekly Bulletin of Rotary Club of Kathmandu Mid-Town** **bc-39/4.015**

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

**APRIL IS THE MAGAZINE MONTH**

**Rotarians are required to subscribe either to the official magazine - The Rotarian or**

**one of the regional publications.**

**The regional magazines are published under licences that have to be renewed every five years. The purpose of the magazine is to advance the Object of Rotary in all its aspects.**

Club’s Weekly Meeting # 1273 on Friday, 3 April:

Extracts of the Minutes :



“1. Pres Kul Chandra called meeting #1273 to order.

“3. The President welcome members and guests. Guests: Rtn MK Jha (RC Rajdhani), Lyon

Naresh Agrawal, Ms Meena Pande, Mr Prasun Jalan, and HE the Ambassador for Japan

Mr Ogawa.

”7. Information sharing:

> All Mid-Towners invited by PE Paras: 'You are cordially invited to our son's Bartabhand on

6th April 2015 for lunch at the Panchayan Mandir at Thapathali. (200m ahead of Norvic

Hospital.) Time: Between 11:30am - 1:30pm.We hope you will come and give him your blessings!

> Club Admin Chair Bhairaja gave a quick recounting of the pot-luck held last Saturday. A round of applause for

HE VP Peter who donated the liquid refreshments and Rtn Sheri who graciously offered the venue and to everyone

else who participated. We are still looking for the lucky winner holding ticket #307. No name was on the stub.

According to Mr Dahal it was sold to someone on the day of the dinner.

> PP CK informed about the visit to Bhaitadi/Humla. The date has been slightly postponed to make sure that everything is ready for Mid-Town's visit. If you are interested in attending the visit please contact PP CK.

> Rtn KNS Thapa was given a Rotary pin for having introduced a new member (Rtn Bhairaja).

”8. Our speakers Mr Kanak Dixit spoke on the topic of 'What Next ?'. Mr Dixit delivered a short talk on what he sees for

the future of Nepal. His message was a collage of the best and the worst, ancient heritage being destroyed by road

widening, ancient Biskit Jatra still continuing to modern day, Dr Govinda KC a model of courage – and the response to

him not populist but process driven as it should be in a real democracy. His message hopeful: let us do something

because **we can**.

“9. Statistics of the meeting: Members present: 24”

# Weekly Meetings and Programs :

|  |  |  |
| --- | --- | --- |
| Date | Program/ Speaker | Topic of Presentation |
| 10 April | Mr Maurizio Busatti (Chief of Mission IOM) | On Protecting Irregular Nepalese Migrants |
|  |  |  |

Weekly Meeting on Friday, 10 April:



Mr. Maurizio Busatti is the Chief of Mission of the International Organization for Migration (IOM)

Nepal since November 2012. Mr. Busatti’s prior services as an international civil servant include

postings as the Chief of Mission in IOM Paris, IOM Ankara, and IOM Tirana. He also served as

Regional Programme Officer at IOM Nairobi (1998 – 2000) and as Regional Head of Office at

IOM Benguela, Angola in the year 1996.

He coordinated the project “Centre for Research February ‘74” (1997/98) at CERFE – EC Kenya

and Somalia. Mr. Busatti contributed to Relief Programmes as a Programme Officer of UNHCR

Forécariah at Guinea. He served as Consultant for project development and logistics at Center

for preparation of catastrophe at Shrivenham at Royal Military College of Science, United

Kingdom, in 1993. He was In-charge for repatriation operations as Assistant Programme Officer

of UNHCR Maputo, Mozambique (1990-93). He worked as Training Coordinator at CGIL (Italian

Union Confederation) at Florence, Italy in 1990. Also he served as Welfare Officer at Florence City Hall, Italy from 1988-89

Mr. Busatti holds Master’s degree in Defence Administration from University of Cranfield, Royal Military College of Science, Shrivenham, UK. As well as he has Post graduate Diploma in international relations from Foundation of Research of International Studies, Florence. He is Italian national and has command over English, French and Portuguese languages.

**Why These Rotary Members Can’t Stop Attending Conventions?**

Phyllis Jane Nusz, a past district governor from California, USA, attended her first Rotary International convention in Glasgow, Scotland, in 1997 as an incoming club president. "I have never stopped going since," she says. "It was amazing to see people for the first time from all over the world - the different languages, dress, and food. But we all had the same dedication to Rotary. "I ran into so many people I never knew before but who today are still my friends, and I share Christmas cards with them, take part in club projects with them, join together for family activities, and so much more."

Rotary's annual convention gives members an opportunity to travel, to explore new cultures, and to meet new friends, all while exchanging ideas with leaders equally committed to making a difference in the world.

Nusz and other frequent attendees agree that there's no better way for newer members to learn about Rotary on a larger scale. Workshops and breakout sessions enable convention goers to enhance their leadership skills, gain insights into Rotary's inner workings, and learn about a variety of service-related topics. Sessions explore subjects like Rotary Foundation grants, resources available to clubs, and how a club can work with partners and the local community to take on larger projects that will have a sustainable impact.

In the House of Friendship, attendees can visit booths showcasing Rotary service projects, where they might find a partner for their project. They can also learn about Rotary Fellowships - groups of Rotarians who share a common interest - and Rotarian Action Groups, which are autonomous groups of members with expertise in a particular field. … More in Annex …

*- Source: Arnold R. Grahl / Rotary News*

**Five Lifestyle Habits That Speed Up Aging!**

Aging is a natural process but there are things that can make us grow old faster than normal. We have lifestyle habits that speed up aging and though we can’t see or feel them today, you’ll wake up one morning and look 10 years older than your real age. Below are some of these habits that will make wrinkles, fine lines, sagging skin and other signs of aging appear.

**Smoking cigarettes:** Cigarette smoking is linked to all kinds of diseases including lung cancer and heart problems. But did you know it can also speeds up aging? You use the same muscles whenever you puff a smoke and eventually, the skin will start to sag and fine lines become visible making you look older.

**Sleep deprivation:** Having a lot of sleepless nights can also affect your real age. Sleep deprivation causes deep and dark circles under your eyes. Though you can conceal it with makeup, the constant lack of sleep will leave you with a gothic look. It also has ill effects to your health.

**Poor diet:** Neglecting fruits and vegetables in your regular [diet](http://justlikedreams.com/tips-for-life/7-bad-habits-that-really-speed-up-your-aging-process-i-think-we-all-agree-on-number-7/) can lead to fast aging. These foods are loaded with nutrients like vitamin E and antioxidants which are the key ingredients to having younger-looking skin. Consuming a variety of leafy greens and colourful fruits while you’re still young can minimize the presence of wrinkles and sagging skin as you grow old.

**Too much stress:** A very common lifestyle problem that people encounter is stress. In fact, it is one of the major causes why individuals look older than their age. Stress causes your physical and mental health to decline. You become forgetful and cranky. On the outside, your hair becomes dry and baldness occurs in men.

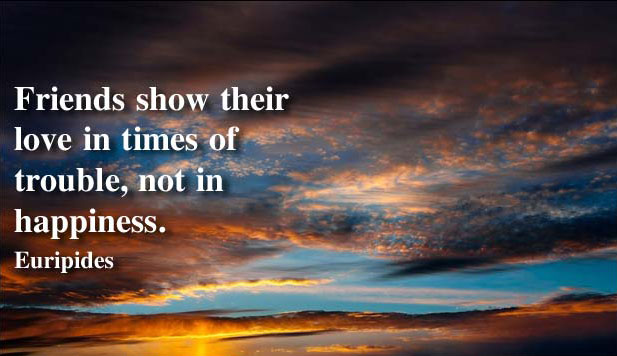
**Lack of exercise:** There are many things that keep people busy in such a way that they no longer have time to move their body. Lack of exercise can speed up the aging process and decrease one’s lifespan. Further, skin sags easily as you grow old because your muscles aren’t well-toned and firm. Learn to avoid these lifestyle habits that speed up aging especially if you want to look and feel younger than your real age. By avoiding these habits, you’ll be able to grow old gracefully.

*Source: Internet News*

Travel / Tourism



“The World is a book, and those who do not travel read only a page.”





**A THOUGHT FOR TODAY:**

**[One of the greatest victories you can gain over someone](http://www.brainyquote.com/quotes/quotes/j/joshbillin385468.html" \o "view quote)**

**[is to beat him at politeness.](http://www.brainyquote.com/quotes/quotes/j/joshbillin385468.html" \o "view quote)**

*[-](http://www.brainyquote.com/quotes/quotes/b/baruchspin101666.html" \o "view quote)* [*[Josh Billings](http://www.brainyquote.com/quotes/quotes/b/baruchspin101666.html" \o "view quote)*](http://www.brainyquote.com/quotes/quotes/j/joshbillin161323.html)

On Lighter Side:

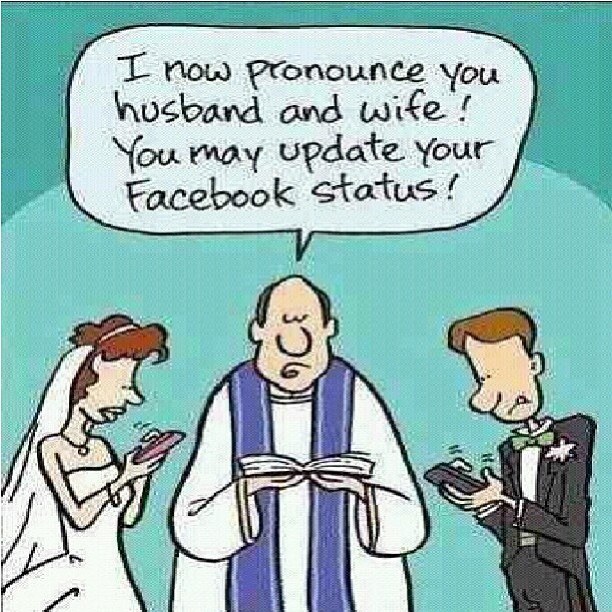
**I've been doing a lot of abstract painting lately, extremely abstract.**

**No brush, no paint, no canvas, I just think about it !**

**Cellphone Way of Life !!**

(More features of ‘cellphone way of life’ to follow)







All of you are going to be busy people next year, and I urge you to make a habit of asking

other busy people to join Rotary. Don't leave them out. Maybe some of them will say no,

and that's OK. But I don't want any of them to say they are not Rotarians because nobody

ever asked.

**RI President GARY C.K. HUANG**

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Annex

Phyllis Jane Nusz, a past district governor from California, USA, attended her first Rotary International convention in Glasgow, Scotland, in 1997 as an incoming club president.

"I have never stopped going since," she says. "It was amazing to see people for the first time from all over the world -- the different languages, dress, and food. But we all had the same dedication to Rotary.

"I ran into so many people I never knew before but who today are still my friends, and I share Christmas cards with them, take part in club projects with them, join together for family activities, and so much more."

Rotary's annual convention gives members an opportunity to travel, to explore new cultures, and to meet new friends, all while exchanging ideas with leaders equally committed to making a difference in the world. In the past decade, Rotary members have been entertained by hosts in Birmingham, England; Montréal, Quebec, Canada; New Orleans, Louisiana, USA; Bangkok, Thailand; Lisbon, Portugal; and Sydney, Australia. The 2015 convention will bring the family of Rotary to São Paulo, Brazil. Many host cities make special accommodations for convention goers, such as dedicated trains to and from the convention site and sightseeing packages in and around the city.

Nusz and other frequent attendees agree that there's no better way for newer members to learn about Rotary on a larger scale. Workshops and breakout sessions enable convention goers to enhance their leadership skills, gain insights into Rotary's inner workings, and learn about a variety of service-related topics. Sessions explore subjects like Rotary Foundation grants, resources available to clubs, and how a club can work with partners and the local community to take on larger projects that will have a sustainable impact.

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Tanya Wolff, who has been to 11 Rotary conventions, most enjoys connecting with old friends and meeting new ones.

"I spend a lot of time in the House of Friendship after attending the speaker sessions," says Wolff, a member of the Rotary Club of Sarnia, Ontario, Canada. "The rest of the time, I'm exploring the city or country. Where else can you go where there are thousands of people you share so much with?"

Evan Burrell, a former Rotaractor and now a member of the Rotary Club of Turramurra, in New South Wales, Australia, is also no stranger to conventions. At last year's event in Sydney, he befriended scores of Rotary members, snapping selfies with them to share on social media with as many other attendees as possible.

Burrell says he discovered the thrill of Rotary conventions when members in his district helped him attend the 2010 Convention in Montréal as a district Rotaract representative.  
"Rotary conventions are just a blast," Burrell says. "It's when you know you are part of a bigger organization and you see the melting pot that is Rotary, the internationality of it all, and the rainbow of cultures.

"In the House of Friendship," he adds, "you see all the different projects. To me, the best thing about Rotary is convention, and the chance to meet so many different people and share ideas. It really is our best selling point to outsiders because it shows what we do and what we are about."

Margaret Lesjak has been to only one convention so far -- last year's -- but she's no less hooked. As a member of the Rotary Club of Broken Hill South, New South Wales, she was already familiar with the Sydney area, but she was drawn to the opportunity to meet Rotary members visiting from around the world.

"My days started off on the trains dedicated for Rotary use," Lesjak recalls. "People happily chatted away, and strangers became -- at the very least – 'mates' for the rest of the convention.

"I met two women from Mexico whose husband/father had been a Rotary Youth Exchange student in Nyngan, a small country town in the center of New South Wales. I had visited Nyngan several times, but on the last night of the convention, their quest to meet someone from Nyngan came true: One of the guest speakers had grown up there!"

[Register](http://www.riconvention.org/en/2015/Register/Pages/ridefault.aspx) for the 2015 Rotary International Convention in São Paulo 6-9 June by 31 March to save on onsite fees, and[buy tickets to host events early](http://www.rotary2015saopaulo.org.br/hoc-eventos/). Learn more about what there is to see and do and [plan your visit](http://www.riconvention.org/en/2015/PlanYourVisit/Pages/ridefault.aspx).