 **5 June 2015** **The Weekly Bulletin of Rotary Club of Kathmandu Mid-Town** **bc-43/6.015**

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

**JUNE IS THE ROTARY FELLOWSHIPS MONTH**

***June is designated Rotary Fellowships Month to recognize the importance of international fellowship and goodwill among Rotarians with similar recreational and vocational interests, promote increased participation***

***in fellowships, and increase understanding of this program.***

***The RI Board encourages these groups to celebrate Rotary Fellowships Month through projects, activities, and events.***

Club’s Weekly Meeting # 1281 on 29 May:

Extracts of the Minutes # 1281

“1. Pres Kul called meeting #1281 to order

“3. He welcomed members and guests including the husband of the Brasilian Ambassador, guest Judth Amtzis, and First Steps Himalaya contact Durga Aran.



President Kul providing a certificate of Appreciation to Guest Speaker HE Maria Teresa Mesquita Pessöa, Brasilian Ambassador

*Photo Courtesy*: *Rtn Shyam R Thapaliya*

”7. The guest speaker Her Excellency Maria Teresa

Mesquita PessÔa the Ambassador of Brazil was

introduced by PE Shankar Sharma. She spoke on

Brazil and gave general information on Brazil's

economy as well as social and cultural characteristics.

The Federative Republic of Brazil (Portuguese:

República Federativa do Brasil, is the largest country

in both South America and the Latin American region.

It is the world's fifth largest country, both by geogra-

phical area and by population. It is the largest

Portuguese-speaking country in the world, and the

only one in the Americas. Brazil's large territory

comprises different ecosystems, such as the Amazon

rainforest, which is recognized as having the greatest

biological diversity in the world. Brazil is the largest

national economy in Latin America and the world's

eighth largest economy. She also touched on the

population 202,768,562 (estimate 2014) and the GDP

2015 estimate $1.904 trillion (8th in the world). During

the active Q&A she also touched on the fact that the

most popular sport in Brazil is football. Pres Kul

commented that we have much to learn from Brazil in terms of poverty alleviation – over the past 20 years or so Brazil has lifted more than 40M of its population out of poverty. PP Ambica gave the vote of thanks.

”8. Information sharing:

> Pres Kul shared that he had recently visited the RI 3292 District Earthquake Relief Headquarters;

> PP William Ma announced that through Hotel Dwarikas and Shanti Sewa - 2 units of PAUL Water filter will be handed over to the Vajra Varahi Health Care Centre at Chapagaon on Saturday 29 May;

> Rtn. Biswa Nath Jajodia, a Charter member of RC Kathmandu passed away on Monday, 26th May 2015 at the age of about 84 in his residence at Chhauni;

> PP Goal informed about district 3292 news – there is about 500K $USD which has been donated. The District is now deciding how best to spend it – on the building of low-cost housing after the monsoon. He also informed about the recent visit of PRIP Kalyan Banerjee and trustee Gopal Das. He also informed on activities of FNCCI to rebuild 140 schools – RI3292 can be involved in the furnishing of the buildings.

> Please no donations in-kind – just too difficult to get through customs and RI3292 just does not have the manpower to deal with the customs clearance details;

> Sec ISA told about donations trough the Mid-Town web page – about 30K $USD has come in and some 20K$USD more has been committed.

“9. Statistics of the meeting: Members present: 22”

# Weekly Meetings and Programs :

|  |  |  |
| --- | --- | --- |
| Date | Program/ Speaker | Topic of Presentation |
| 5 June | Judith Amtzis | Increasing Equality for Buddhist Nuns |
|  |  |  |

Weekly Meeting on Friday, 5 June:

Ms Judith Amtzis will be our guest speaker for the day. She will provide a talk on Increasing Equality for Buddhist Nuns. Buddhism has developed in societies that are predominantly patriarchal, and the status of nuns has generally been lower than that of monks. To begin to remedy this, the 17th Karmapa Rinpoche recently announced that he was beginning a process that will ultimately lead to full ordination for nuns, giving them the same status as monks. This has not existed in the Vajrayana tradition for over 900 years. Something similar happened in 1892 when the first Tsoknyi Rinpoche opened a nunnery in Eastern Tibet that provided nuns with the same opportunities for Buddhist study and practice as monks enjoyed. Just last year, the third Tsoknyi Rinpoche announced that he was continuing that tradition here in Nepal, at the Tsoknyi Gechak Ling nunnery in Chobhar.

**RC Kath Mid-Town PP Meeting on 5 June Friday morning**

Past President Ambica Shrestha would like to invite all Past Presidents of RC KTM Mid-Town for a short meeting on Friday morning 5th June immediately following the Club’s regular breakfast meeting for discussion on matters pertaining to pending Matching Grant projects and clearing backlogs of reports completion and closing the projects.

*Source: Secretary Isabella Khadka*

**District Training Assembly on 13 June 2015**

District Training Assembly is going to be held on Saturday, 13 June 2015 at DAV College, Jawalakhel, Lalitpur.  This is a very important District event and Incoming Club Officials are encouraged to attend the program. The Registration Fee will be NRs. 2,000 per participant, which will include Breakfast, Lunch and Dinner.

**District Membership Seminar**

District Membership Seminar is now re-scheduled to be held on Sunday 14 June 2015 at Lainchaur Banquet.

**Date: 14th June 2015**

**Time: 1:30 pm**

**Venue: Lainchaur Banquet, Lainchaur, Kathmandu**

**Registration Fee: The organizing committee will inform later**

**The program will be followed by dinner.**

## Earthquake Relief Assistance Report # 1 of RC Kathmandu Mid-Town is given in Annex ‘A’

## Largest earthquakes of 8.5 to 9.5 magnitude in the world since 1900 is given in Annex ‘B’.

**Eat raw capsicum as a salad to control your diabetes and obesity!**

As reported by The Hindu, the scientists from CSIR- Indian Institute of Chemical Technology (IICT) studied that effects of capsicum or bell peppers on digestive enzymes namely, alpha-glucosidase which breaks down carbohydrates into glucose and pancreatic lipase which breaks down the lipids or fats in the body to fatty acids. The scientists found out that yellow and red capsicum slows down the digestion of carbohydrates and lipids.

Lead author and Senior Principal Scientist, Dr. Ashok Kumar Tiwari said that yellow capsicum was twice as potent as green capsicum in inhibiting the activity of alpha- glucosidase and lipase enzyme. He explained that the concentration of lipids and blood sugar is reduced once digestion of carbohydrates and lipids is slowed down, and hence it would cut the chance of developing hyperglycaemia.and hyperlipidemia. This makes yellow capsicum a better option than green capsicum. He suggested that eating raw capsicum as salads would be beneficial.

However, the lipase inhibiting activity of red capsicum was equivalent to that of yellow capsicum, and its inhibition of glucosidase was similar to that of green capsicum. What makes yellow and red capsicum better over green is that green capsicum lacks oligomerised anthocyanins that are pigments responsible for their bright colour. These pigments are better inhibitors of these enzymes than pro-anthocyanins found in green capsicum. Yellow and red capsicums possess better anti-oxidative activity than green variety that helps fighting the oxidative stress induced by hyperglycemia and hyperlipidemia.

*Source: Internet News*

**A THOUGHT FOR TODAY:**

**[Never think hard about the past, It brings tears...](http://www.brainyquote.com/quotes/quotes/b/baruchspin101666.html" \o "view quote)**

**[Don't think more about the future, It brings fears...](http://www.brainyquote.com/quotes/quotes/b/baruchspin101666.html" \o "view quote)**

**[Live this moment with a smile, It brings cheers.](http://www.brainyquote.com/quotes/quotes/b/baruchspin101666.html" \o "view quote)**

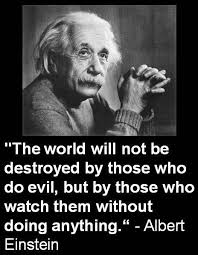
*[Courtesy: Rtn Isabella C Bassignana Khadka](http://www.brainyquote.com/quotes/quotes/b/baruchspin101666.html" \o "view quote)*

Travel / Tourism



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



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On Lighter Side:

An airline captain was breaking in a new *gaonle* stewardess. The route they were flying had a layover in another city. Upon their arrival, the captain showed the stewardess the best place

for airline personnel to eat, shop and stay overnight.

The next morning, as the pilot was preparing the crew for the day's route, he noticed the new stewardess

was missing. He called her up wondering what happened.

She answered the phone, crying, and said she couldn't get out of her room.

"You can't get out of your room?" the captain asked, "Why not?"

The stewardess replied: "There are only three doors in here," she sobbed,

"one is the bathroom, one is the closet, and one has a sign on it that says 'Do Not Disturb'!"



\ We need to assume leadership for building strong clubs, and that starts with bringing in

new members..

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

## 5 June 2015 The Weekly Bulletin of Rotary Club of Kathmandu Mid-Town bc-43/6.015

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Annex ‘A’

**Earthquake Relief Assistance Report #1**

**25 May 2015**

**Introduction**

This is the first in a series of progress reports on earthquake relief assistance prepared by the Rotary Club of Kathmandu Mid-Town. We submit this report to you, our very generous donors and partners, including our sister Rotary clubs abroad. We are very grateful for your solidarity and support at this time of great national calamity in Nepal. Your help has made a big difference in the lives of many victims of the earthquake, particularly women, children and the elderly.

As we indicated in our initial appeal for help, and following the receipt of your generous commitment of financial support, we count on your understanding to accept this collective progress report, and several subsequent reports we will be sharing with you, as our formal accounting and report for your help. Given the heavy workload that our club members are undertaking in delivering the urgent lifesaving and protecting work, we simply do not have the capacity to prepare individualized reports for each donor, contributor and partner. But we will keep proper accounts of all income and expenses which will be subject to review by our club’s Board and by our independent auditor in accordance with Rotary’s standard norms in dealing with humanitarian assistance in the midst of an urgent and ongoing crisis situation.

**What items (and how many) were distributed soon after the earthquake?**

The first few days after the April 25th earthquake there was so much uncertainty, different reports were coming in from the field and phone communication was intermittent. The one constant was that everyone who was asking for help was asking for some kind of shelter or cover from the elements for people who had lost their homes. Both tents and tarpaulins were in very short supply since Nepal does not manufacture these items. Nepal is a landlocked country –so, some tents and tarpaulins were airlifted by the Red Cross, UNHRC, and other foreign aid agencies. Even in airlifting there were limitations since we only have one international airport and it only has one runway (which is used for both international and domestic flights).

RC KTM Mid-Town worked quickly to secure more than 1300 tarpaulins: including 400 donated by UNHCR; and about 375 donated by our own Rotary International District 3292. Eventually when wholesale supplies became available from India, we purchased about 600 tarps through our members with business contacts in India using the money donated to RC KTM Mid-Town by various donors, partners, and our own club members.

**Where were relief materials delivered and how?**

In the three weeks following the earthquake, we distributed tents and tarpaulins to the districts listed here. This is only a partial list since our efforts are still ongoing: Sindhupalchowk: 450; Gorkha: 350; Kavre: 170; Nuwakot: 94; Makwanpur: 50; Kathmandu: 75; and Dhading: 100. Most of these items, Page **2** of **7** together with 150 solar lamps (donated by UNHCR), were delivered by truck, while some transport was donated, in most cases RC KTM Mid-Town paid for the transport. In one case, where the roads were blocked and we heard the situation was dire, we delivered some 150 tents to the most affected areas in Sindupalchowk by helicopter.

**How easy is it to transport relief materials to affected villages?**

For many mountainside villages, the devastation has been great and many of the roads are still blocked by the debris left over from landslides and rock avalanches. To date, response teams have identified over 3,000 landslides, and assembled a database of over 250 identified landslides and other large mass movements. The terrain is still fragile and geologists warn of the impending threat of avalanches and rock slides over the next few months. (For a summary of geo hazards see http://www.icimod.org). Nepal simply does not have the resources or the heavy equipment to remove the rubble. We expect that many roads will remain closed for a very long time. In many places, supplies will have to be carried on foot or airlifted by helicopter – the task is overwhelming.

**How did we identify where to donate items?**

Communication and coordination are a continuing challenge and this was especially true during the first two weeks after the first earthquake of April 25. Our strategy was to first work with our three RCC (Rotary Community Corps) and the villages where our Interact Clubs are located since we have a long standing commitment to them. Good communication with these groups means that we were quickly able to assess their needs and dispatch goods to them. We also coordinated with the RID 3292 'disaster desk' who were in communication with the government, and we had a good response from them. It helps that several of RC Mid-Town's past presidents are active at the district level. RID3292 was also able to coordinate well with the government and with the Federation of Nepalese Chambers of Commerce and Industry (FNCCI) which were relatively well-organized and active during the early days after the quake.

**What items are communities most in need of?**

The biggest concern is shelter. Tents or tarpaulins - during the early days immediately following the first earthquake we delivered whatever was first available, both tents and tarps. Tarps are easiest to deliver and are cost-effective for immediate relief. One tarp costs about $10 (without strapping or bamboo) whereas tents are more expensive and more difficult to transport and install, but are somewhat more permanent. We acquired both pre-cut tarps and bulk rolls (50 tarps per roll) which the villagers were able to cut to the right size according to their needs. The frames are made of simple bamboo logs or from materials that survivors could salvage from the rubble. Where appropriate, we provided them with some funds to purchase bamboo logs. The first two weeks were also difficult because the pre-monsoon rains had started and shelter from the rain was an immediate preoccupation. The weather seems to have

stabilized now into the usual pre-monsoon hot and sunny, but the full monsoon rains are only a few weeks away. Farmers tell us that if they cannot plant crops into the ground soon they may be in danger of missing the fall harvest. So this becomes another priority for the coming weeks.

**What items will communities in earthquake affected areas need next?**

In the immediate aftermath of the quake the debate was whether to provide tents or tarps. Now that things have settled down a bit, we are hearing from villagers that corrugated iron sheets would provide them better protection for the longer-term. These standard 2ft.X 9ft. sheets are a common building material throughout Nepal as they are relatively easy to transport and are very versatile. These sheets can be used to quickly erect semi-permanent shelters and can then also be recycled to eventually be part of more permanent structures. We are now already actively involved in helping to purchase and distribute these sheets. We anticipate that the situation will continue to change and that the needs will evolve, especially in a few weeks' time when the monsoon rains begin in earnest. We are now better organized and planning to utilize the donated funds to respond to evolving needs. In addition to responding to immediate needs, we are also meeting regularly to see if we can anticipate needs. One idea that has been put forth is to focus on the needs of schoolchildren. As many schools, including those that our club had assisted in the past have been destroyed or seriously damaged, we plan to help in the rehabilitation, reconstruction and retro-fitting of these buildings with earthquake-resistant designs.

**How were Mid-Town's Rotaracts involved in the relief effort?**

Our Rotaracts have been a great asset in the disaster relief work. They have been always ready and eager to help. Many of them happily helped to load and unload trucks that went to remote locations – riding in the back with the cargo that they were accompanying. They were also involved in the 'heritage cleanup' – in areas where temples and other heritage buildings collapsed. The clean up was conducted mostly by hand in order to be able to salvage the woodwork, statues, and other precious artefacts buried in the rubble. Many Rotaracts are engineering college students – and they assisted the Nepal Engineering Association with rapid assessment of buildings. Our Rotaracts helped with this painstaking work with special interest since many of them are from the Newari ethnic community who are the indigenous people of the Kathmandu Valley whose ancestors created this style of architecture and built these historic monuments and temples. Rotaracts also helped conduct candlelight vigils on the 13th day after the quake – the 13th day after the death being a memorial day for the deceased in the Hindu-Buddhist culture of Nepal. We are very proud of our Rotaracts, and grateful to them for their unselfish dedication in the true Rotary spirit of 'service above self'.

**What is RI District 3292 doing to help with earthquake relief activities?**

Our Rotary District 3292 is still a relatively new district and we do not yet have a 'headquarters' office. Almost immediately after the quake a generous Rotarian offered the use of one floor of his office building with phone communications, storage area, and other amenities that could be used as a Rotary Earthquake Relief Headquarters. Our District Governor, District Secretary, and other District Officials set up office and established a makeshift 'disaster desk' in this building and began fielding phone calls.

The number of inquiries that came into that office (both requests for help and offers of help) during the early days was crushing --especially for a team that was dealing with their own personal tragedies and with the underlying stress of wondering whether another quake would hit. Sadly, three Rotarians and one Rotary Ann lost their lives while attending a Rotary meeting on April 25th.

Our District 3292 has pledged to work with Rotary International to help rebuild 1,000 homes. Last week, past RI President Kalyan Banerjee visited Nepal on Tuesday May 12th, a fateful day when Nepal was struck with a second deadly and devastating earthquake. He was supposed to visit several sites where Rotary is delivering relief supplies (including two sites where RC KTM Mid-Town has been active). Unfortunately he was not able to complete his site visits because of the second earthquake. He was ordered to return home by RIP Gary Huang. Before he returned home, he pledged RI help to rebuild 1,000 schools in Nepal.

**Is RC Kathmandu Mid-Town still accepting donations?**

Yes, we expect that our relief work will continue for some time. Although the needs are both for cash and in-kind support, currently we simply do not have the capacity to receive goods in-kind. Customs clearance formalities also continue to be very complex and time consuming. At this time we are also unable to receive volunteers or specialist manpower as organizing logistics for their services is extremely difficult. We therefore request all contributions to be received in cash. Your monetary contribution can be sent to our club’s bank account as follows:

**Account Name:** ROTARY CLUB OF KTM-MIDTOWN

**Name of the Bank:** Nabil Bank Limited

**Account no**. 0110010688401 **SWIFT**: NARBNPKA

**Address**: Nabil Center, Beena Marga, Durbar Marg, Kathmandu, Nepal

**Telephone**:977 01-4221718, 977 01-4227181; **Fax**: 01-4226905

Yours in Rotary,

Kul Chandra Gautam (President 2014-15),

Isabella Bassignana Khadka (Secretary 2014-15),

Rabi Karmacharya (Club Service Chair and Chair of the Action Committee)

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Annex ‘B’

Largest Earthquakes in the World Since 1900

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Location** | **Date UTC** | **Magnitude** | **Lat.** | **Long.** | **Reference** |
| **1.** | [Chile](http://earthquake.usgs.gov/earthquakes/world/events/1960_05_22.php) | 1960 05 22 | 9.5 | -38.29 | -73.05 | Kanamori, 1977 |
| **2.** | [1964 Great Alaska Earthquake](http://earthquake.usgs.gov/earthquakes/states/events/1964_03_28.php) | 1964 03 28 | 9.2 | 61.02 | -147.65 | Kanamori, 1977 |
| **3.** | [Off the West Coast of Northern Sumatra](http://earthquake.usgs.gov/earthquakes/eqinthenews/2004/us2004slav/) | 2004 12 26 | 9.1 | 3.30 | 95.78 | Park et al., 2005 |
| **4.** | [Near the East Coast of Honshu, Japan](http://earthquake.usgs.gov/earthquakes/eqinthenews/2011/usc0001xgp/) | 2011 03 11 | 9.0 | 38.322 | 142.369 | PDE |
| **5.** | [Kamchatka](http://earthquake.usgs.gov/earthquakes/world/events/1952_11_04.php) | 1952 11 04 | 9.0 | 52.76 | 160.06 | Kanamori, 1977 |
| **6.** | [Offshore Maule, Chile](http://earthquake.usgs.gov/earthquakes/eqinthenews/2010/us2010tfan/) | 2010 02 27 | 8.8 | -35.846 | -72.719 | PDE |
| **7.** | [Off the Coast of Ecuador](http://earthquake.usgs.gov/earthquakes/world/events/1906_01_31.php) | 1906 01 31 | 8.8 | 1.0 | -81.5 | Kanamori, 1977 |
| **8.** | [Rat Islands, Alaska](http://earthquake.usgs.gov/earthquakes/states/events/1965_02_04.php) | 1965 02 04 | 8.7 | 51.21 | 178.50 | Kanamori, 1977 |
| **9.** | [Northern Sumatra, Indonesia](http://earthquake.usgs.gov/earthquakes/eqinthenews/2005/usweax/) | 2005 03 28 | 8.6 | 2.08 | 97.01 | PDE |
| **10.** | [Assam - Tibet](http://earthquake.usgs.gov/earthquakes/world/events/1950_08_15.php) | 1950 08 15 | 8.6 | 28.5 | 96.5 | Kanamori, 1977 |
| **11.** | [Off the west coast of northern Sumatra](http://earthquake.usgs.gov/earthquakes/eqinthenews/2012/usc000905e/) | 2012 04 11 | 8.6 | 2.311 | 93.063 | PDE |
| **12.** | [Andreanof Islands, Alaska](http://earthquake.usgs.gov/earthquakes/states/events/1957_03_09.php) | 1957 03 09 | 8.6 | 51.56 | -175.39 | Johnson et al., 1994 |
| **13.** | [Southern Sumatra, Indonesia](http://earthquake.usgs.gov/earthquakes/eqinthenews/2007/us2007hear/) | 2007 09 12 | 8.5 | -4.438 | 101.367 | PDE |
| **14.** | [Banda Sea, Indonesia](http://earthquake.usgs.gov/earthquakes/world/events/1938_02_01.php) | 1938 02 01 | 8.5 | -5.05 | 131.62 | Okal and Reymond, 2003 |
| **15.** | Kamchatka | 1923 02 03 | 8.5 | 54.0 | 161.0 | Kanamori, 1988 |
| **16.** | [Chile-Argentina Border](http://earthquake.usgs.gov/earthquakes/world/events/1922_11_11.php) | 1922 11 11 | 8.5 | -28.55 | -70.50 | Kanamori, 1977 |
| **17.** | Kuril Islands | 1963 10 13 | 8.5 | 44.9 | 149.6 | Kanamori, 1977 |
| Updated 2012 April 11  *Source: Internet* | | | | | | |
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