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| **Logo - Club Logo copy**  Breakfast Chatter  2016 | C:\Users\arasmussen\Downloads\images.jpg |

##### The Weekly Bulletin of Rotary Club of Kathmandu Mid-Town Celebrating 26 Years of Rotary

##### April is the month of Maternal and Child Health

# Weekly Meetings and Programmes:

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| Date | Speaker | Program/Topics of Presentation |
| 29 April |  |  |
| 22 April | Dr. Buddha Basnyat | talk about anti-microbial resistance (AMR) or anti-biotic resistance |
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| Club News | | |

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| President Paras welcomed Rtn. Mr. John Ryan, North Carolina, Rtn, Baczko Christa, RC Kautungen-Lossetal, Rtn. Tom Wagner, California, and guests Pernille Kruse Madsen from Denmark and Mr. Ignacio Turro-Sole from Spain but living in India for many years  C:\Users\arasmussen\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\CBTFF60Q\IMG_0893.JPG  C:\Users\arasmussen\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\CBTFF60Q\IMG_0879.JPG  C:\Users\arasmussen\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\CBTFF60Q\IMG_0891.JPGC:\Users\arasmussen\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\CBTFF60Q\IMG_0876.JPG | | | President Paras invited Rtn. Dr. Buddha Basnyat to talk about anti-microbial resistance (AMR) or anti-biotic resistance.  C:\Users\arasmussen\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\CBTFF60Q\IMG_0870.JPG  The concern with AMR is/should be at the level of HIV. The problem is that existing antibiotics are not working and people are dying of simple things such as a urinary infection. North America and Europe are addressing this problem but Asia with a population of 1.8 billion is not and this has a global negative impact. *Causes*: Over prescription/use of anti-biotics and the bacteria/virus’ are not being killed anymore. Medical specialists in Asia are not aware/knowledgeable about this crisis and they continue to over-prescribe. *Solutions:* Individuals should get vaccinations, wash hands and only take anti-biotics when needed. Doctors should stop over prescribing anti-biotics. It was suggested that we Google anti-microbial resistance to find out more. Dr. Basnyat’s talk generated a lively conversation.  Sheri Meyerhoffer gave a vote of thanks. | Rotaract President of RCKMT, shared information on its upcoming charity drama on April 25 -- the anniversary of the earthquake. With money raised they will fund more vision screening.  C:\Users\arasmussen\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\CBTFF60Q\IMG_0883.JPG  President Paras gave the Rotaract President cheque for 10,000 for the wall of friendship project plus cheque for 5000 to support other Rotaract activities.  Rotaract President announced there will be a Heritage Walk next Saturday April 30 in Patan. Those wanting to participate are to meet at 730 am at the parking lot St. Mary’s School. Programme has been distributed.  C:\Users\arasmussen\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\CBTFF60Q\IMG_0871.JPG |
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| Rotary Story of the Week |

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| COUNCIL GRANTS CLUBS GREATER FLEXIBILITY IN MEETING, MEMBERSHIP The 2016 Council on Legislation may well be remembered as one of the most progressive in Rotary history.  Not only did this Council grant clubs more freedom in determining their meeting schedule and membership, it also approved an increase in per capita dues of $4 a year for three years. The increase will be used to enhance Rotary’s website, improve online tools, and add programs and services to help clubs increase membership.  Also because of this Council’s decisions:   * A Council on Resolutions will meet annually online to consider resolutions — recommendations to the RI Board. Council members will be selected for three-year terms. They’ll participate in the Council on Resolutions for three years and the Council on Legislation in their final year only. The Council on Resolutions will free the Council on Legislation to concentrate on enactments — changes to Rotary’s governing documents. Proponents predict that the Council on Legislation can then be shortened by a day, saving $300,000. * Rotaractors will be allowed to become members of Rotary clubs while they are still in Rotaract. Proponents argued that too few Rotaractors (around 5 percent) join Rotary. Sometimes it’s because they don’t want to leave their Rotaract clubs before they have to, upon reaching age 30. It’s hoped that giving them more options will boost the numbers of qualified young leaders in Rotary. * The distinction between e-clubs and traditional clubs will be eliminated. The Council recognized that clubs have been meeting in a number of ways, and given this flexibility, the distinction was no longer meaningful. Clubs that have “e-club” in their names can keep it, however. * The reference to admission fees will be removed from the bylaws. Proponents argued that the mention of admission fees does not advance a modern image of Rotary. * A standing committee on membership was established, in recognition that membership is a top priority of the organization, and polio eradication was also reaffirmed to be a goal of the highest order. |  |

# Rotary International News

[COUNCIL GRANTS CLUBS GREATER FLEXIBILITY IN MEETING, MEMBERSHIP](https://www.rotary.org/myrotary/en/news-media/council-grants-clubs-greater-flexibility-meeting-membership)

18-Apr-2016

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[Read more](https://www.rotary.org/myrotary/en/news-media/council-grants-clubs-greater-flexibility-meeting-membership)

## Vaccines 101: Everything You Need To Know About Our Greatest Medical Marvel

Part 1 of our "World Immunization Week" series

April 24-30 is [World Immunization Week](http://www.who.int/campaigns/immunization-week/2016/event/en/), and we at A Plus are proud to present a five-part series that celebrates the incredible impact vaccines have had on global health.

Vaccines are one of the most important tools of modern medicine because they prevent infection from devastating diseases. Unfortunately, a lot of misinformation has been circulating on the topic. The science behind vaccines has been proven again and again, and misunderstandings about them put human lives—particularly those of children—at risk.

This is only a very brief introduction to immunizations. Those seeking more information are advised to speak to their physician or a friendly local epidemiologist.

More at http://aplus.com/a/world-immunization-week-vaccine-101

### Calendar:

*30 A*pril — Registration/ticket cancellation deadline for [Rotary International Convention](http://www.riconvention.org/)

28 May-1 June — [Rotary International Convention](http://www.riconvention.org/), Seoul, Korea

### Please update your ‘My Rotary’ Account

First go to www.rotary.org.

Then **click on My Rotary**. And then **Click on Sign In/Register**.

If you are a first time user, click on **Create account.**

Fill in the Account registration information **and click on Continue.**

You will be informed that an e-mail has been sent to you.

Check your email for the address you provided in the step above. You will receive a message from Rotary. Click on the blue link in the mail to finalize the process.

# A Thought for the Day:

As scarce as truth is, the supply has always been in excess of the demand.

-Josh Billings, columnist and humorist (21 Apr 1818-1885)

### Nepali holidays in May

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|  |  | Baishak 19 : May 1, 2016  Sunday: Labor Day,  Jestha 8 :May 21, 2016 Saturday: [Buddha Jayanti](http://www.imnepal.com/buddha-jayanti-festival-in-nepal-buddha-purnima/),  Ubhauli Parva, Baisakh Purnima, Ranikot Bhagbhairav parva,[Ghatu Nach](http://www.imnepal.com/nepali-ghatu-nach-gurung-magar/) Bisarjan,  Jestha 15 : May 28, 2016 Saturday : [Ganatantra Diwas](http://www.imnepal.com/republic-day-in-nepal-ganatantra-diwas/" \o "Republic Day in Nepal 2014 : Ganatantra Diwas 2071 B.S.) |

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

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### Facebook: <https://www.facebook.com/RotaryClubOfKathmanduMidtown>

Venue: Fridays at 7:30AM, Hotel de l'Annapurna, Kathmandu, NEPAL