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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

##### Vocational Service Month

# Weekly Meetings and Programmes:

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| Date | Speaker | Program/Topics of Presentation |
| 15 January 2016 |  | **Homage to late PP Niranjan Pradhan,** Charter Member and Past President |
| 08 January 2016 | In-house speaker Rtn. Dr Buddha Basnyat with very little notice gave a both knowable and funny talk on High Altitude Sickness, the Indian-Chinese war and pilgrims issues on altitude sickness. A few highlights:  “Listen to your body” while attempting high altitudes  Going up too fast can be extremely dangerous as also discovered by the Indian soldiers during the India/China war in the 60s.  Altitude sickness often misdiagnosed as pneumonia  The problem is huge since millions of people go on pilgrimage to high altitudes (above 2500-3000 meters) like Kailash | C:\Users\arasmussen\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\CBTFF60Q\IMG_0533.JPG |  |
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| Club News | | |
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| RI President’s visit to Nepal scheduled from 8-10 Feb. Members requested to pay before 27 Jan USD 300 to become PHF or multiple PHF  A half-day (morning) New Member Orientation and Mentoring Program on 23.1.2016 and all new/potential members are encouraged to attend.  The club was visited by two members of the International Wood Culture Society (IWCS) Charlotte CH Lee and Mike Hou whom is visiting Nepal for meetings with the Ministry of Forests and Soil Conservation and IUCN about the [2016 World Wood Day Symposium](http://www.worldwoodday.org/2016/cms.php?ctype=NEP009), to be hosted in Nepal, March 21-23, 2016 | | | | |  |

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| Rotary Quote of the Week |

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| http://cdn.quotesgram.com/img/76/88/868535869-Nelson-Mandela-Quote-LEAD.jpg | http://cdn.quotesgram.com/img/59/34/31951003-06bcf92898e0a88e102b54fef336a0f9.jpg |

# Rotary International News

Rotary condemns deadly attack on polio security personnel in Pakistan

[ROTARY INTERNATIONAL](https://www.facebook.com/rotary/)·[THURSDAY, 14 JANUARY 2016](https://www.facebook.com/notes/rotary-international/rotary-condemns-deadly-attack-on-polio-security-personnel-in-pakistan/10154555025094552)

Rotary members and our partners in the fight to eradicate polio offer our heartfelt condolences and express a deep sadness in the wake of a horrific bomb attack in Quetta, Pakistan, that took the lives of at least 15 security personnel today.

This attack outside a polio immunization center is a stark reminder of the dangers faced by Rotary, our partners in the Global Polio Eradication Initiative, and the brave women and men on the front lines of our effort to protect all children from the paralyzing effects of polio. While the bombing will be investigated, one thing is clear: The security personnel who were killed died because their job was to protect teams of polio immunizers. We applaud the government’s commitment to continue the vaccination campaign throughout Pakistan, which is one of only two countries where the poliovirus is still endemic.

## [What 30-Somethings need to know about Rotary](http://blog.rotary.org/2016/01/06/what-30-somethings-need-to-know-about-rotary/)

By Michael Bucca, a member of the Rotary Club of Central Ocean Toms River, New Jersey, USA

You might think that I, a 32-year-old member of a 110-year-old organization, would be preoccupied with trying to modernize my club’s way of doing things. But remarkably, my experience in Rotary is teaching me to spend more energy convincing my generation – which keeps trying to reinvent everything – that there is much to be gained in the lost art of personal connection.

<http://blog.rotary.org/2016/01/06/what-30-somethings-need-to-know-about-rotary/#more-6130>

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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:

Being powerful is like being a lady. If you have to tell people you are, you aren't.

\*\*\* Margaret Thatcher (b. 1925) British Politician and Prime Minister \*\*\*

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

## BC Editor: Anja M. Rasmussen, email: anjamrasmussen@gmail.com

#### **District : 3292** We**b:** www.rotarymidtown.org.np **Club Id : 26776**

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

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

### Just for the laugh