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| **Logo - Club Logo copy**  Breakfast Chatter  3/ 2015-2016 | C:\Users\arasmussen\Downloads\images.jpg |

# The Weekly Bulletin of Rotary Club of Kathmandu Mid-Town Celebrating 26 Years of Rotary August is the Rotary month of Membership

# Weekly Meetings and Programmes:

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| Date | Speaker | Program/Topics of Presentation |
| August 28 |  | Induction program for the new members |
| August 21 | C:\Users\arasmussen\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\CBTFF60Q\IMG_6092.JPG | Ms. Mahima Shrestha D/o Rtn. Mahendra Shrestha. Mahima Shrestha began her career in journalism, transitioned into Advertising and PR, eventually specializing in issues-based PR and crisis communications for a wide range of multinational and multilateral agencies, government agencies and programs as well as private sector organizations. Mahima delivered a very interesting and inspiring talk which I am sure gave us all a lot of food for thought |  |
| August 14 | C:\Users\arasmussen\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\CBTFF60Q\IMG_6067.JPG | In-house Speaker Community Service Chair and Director of Open Learning Exchange Nepal (OLE Nepal Rtn. Rabi Karmacharya made an impressive presentation on “Transforming Education through Technology” The mission of OLE isto improve the quality of education, ensure equal access (same content) and reduce the disparity in access to quality education across geographic regions, school types and population groups by integrating technology in the teaching-learning process. It was pointed out that it was impossible to reduce the disparity between schools like Rato Bangla and others in remote areas without the use of innovative methods. |  |
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| Club News | | | |
| Earthquake Relief and Project Update | | |  |
| Rotary Club of Kathmandu Mid-Town. Earthquake Relief Action Committee  CGI Sheet for Earthquake victims of Sangla (Tarkeswor Nagarpalika ward # 3), report given by PP R.R. Shrestha, Coordinator  Sangla, constituting ward # 1, 2 and 3 of Tarkeswor Nagarpalika (Kathmandu District) lies in the northern outskirts of Kathmandu Valley. The earthquake made the majority of Sangla households homeless; around 600 of total 1156 houses were collapsed.  The Action Committee decided to support 36 most affected families by providing cgi sheets at the rate of one and half bundle of cgi sheet per family. CGI sheet was not available in the market, however with a lot of persuasion and follow-ups, PP Komal, by using his old contact, could manage a confirmation from a supplier for supply and accordingly placed order for supply of 54 bundles of cgi sheets. The price quoted was Rs 8,310 per bundle of cgi sheet of 0.39 mm gauge.  After many follow-ups, the supplier, Valley International Pvt Ltd, could deliver the cgi sheets only on 18 July. Our contact person Mr Biswo Ram Thapa and Ward Secretary Gayetri Devkota jointly received 54 bundles of cgi sheets from the supplier on 18 July at Balkhu/Ringroad.  The distribution of cgi sheets started on 18 July and by 20 July the distribution of 54 bundles of cgi sheet to 36 families was complete. CGI sheets were handed over to the most affected earthquake victims by contact person Mr Biswo Ram in presence of Mid-Towner RR Shrestha, Ward Secretary Gayetri, Ward Coordinator Sanukaji Thapa and many other local people.  Each recipient was given 9 cgi sheets (one and half bundle) against his/her signature. Three receipts duly signed by recipients, a list of 36 recipients, duly certified by Ward Secretary, and a few photographs are attached herewith.  The recipients were very happy to have received the cgi sheet from the Rotary Club. A meeting was held in presence of contact person, Mr Biswo Ram Thapa, Ward Secretary Gayetri Khanal and Ward Coordinator Sanu Kaji Thapa for expressing their gratitude for the help from Rotary Club of MidTown and also for thanking Rotary in general for support at the time of need. | | | |
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Following up on Community Service Chair Rtn. Rabi; presentation on August 14 here are the links to the educational resources he did shown during the presentation.

1. Digital library - [www.pustakalaya.org](http://www.pustakalaya.org)

This is a repository of over 6,000 books, audio-books, educational videos, reference materials and course materials. This is meant for users of all age groups. The offline version installed in schools without internet have even more materials.

2. Digital learning content  
<http://dev.olenepal.org/epaathi18n/>

<http://dev.olenepal.org/new_epaath/>

These are curriculum-based interactive learning software that we have developed here in Nepal. These are distributed free of charge to anyone, and can be downloaded from our website.

3. Children's books   
<http://dev.olenepal.org/bal-paathmala/>

This is still work in progress. The plan is to develop this into a platform for easy access to appropriate and fun books for early readers.

The webiste of the organization is [www.olenepal.org](http://www.olenepal.org)

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| C:\Users\arasmussen\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\CBTFF60Q\IMG_2554.JPG | Visit August 27, 2015 from RR Alicia Costa, Rotary Club of Javea, Spain.  I let Alicia introduce herself and her needs for help. The reason I contact you in this days is that I will be for a month conducting a **Research, cooperation and Detection System PTSD stimulating the reptilian brain through expressive art therapy (Transdisciplinary) therapies.**  The research is also supported by the Marina Salud Hospital, IASE Institute, The European University, Interart Asociation, Rotary Club, Friends of Nepal (AMICS DEL NEPAL), Petit Mon, EREC CERT (Acció Solidarity and Logistics), Fontilles, and other Internacional foundations.  My intention is to improve a very fast and effective system of detection of posttraumatic stress in situation of disasters in a therapeutic way, to write a book forming part of an educational post grade/ master. | |
| President Paras SJB Rana presents a Letter of Appreciation to Rtn. Anja as Paul Harris Fellow. | C:\Users\arasmussen\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\CBTFF60Q\IMG_6101.JPG |  |
| C:\Users\arasmussen\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\CBTFF60Q\Bishnu Ram Bista (2).jpg | Seeing and hearing of the activities of Rotaract motivates the boss Mr Bishnu Ram Bista of IPP Sujan of Rotaract club of Kathmandu Mid Town to join the Rotary fraternity at Parbat . Kudos to our Rotaract for spreading and strengthening Rotary at all times and at all places.  Thanks to PP Dr Chandra Lekha Tuladhar, New Generation Chair | |

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| Rotary Quote of the Week |
| **“Somehow the world is hungry for goodness and recognizes it when it sees it. There’s something in all of us that hungers after the good and the true.”**  (Archbishop Desmond Tutu) |

# Rotary International News

A 3-step guide to how to pursue peace in personal life and expand to communities and cultures around the globe has been added to the International Rotary Marketplace, it is developed by Utah District 5420. The website describes teachings and principles of peace, the path to peace as well as ideas for what you can do to achieve peace at home, and help promote peace in the world. http://www.3clickstopeace.org/

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# A Thought for the Day:

The best way to predict the future is to create it.

\*\*\* Peter F. Drucker (b. 1909) American Management Consultant \*\*\*

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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

A man was given the job of painting the white lines down the middle of a highway. On his first day he painted six miles; the next day three miles; the following day less than a mile. When the foreman asked the man why he kept painting less each day, he replied "I just can't do any better. Each day I keep getting farther away from the paint can."