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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

**Peace and Conflict Prevention/Resolution Month**

# Weekly Meetings and Programmes:

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| Date | Speaker | Program/Topics of Presentation |
| 5 February |  | Club Assembly; please do not bring any guests for the meeting |
| 29 January | Mr. Somesh Verma | Why Social Media? |  |
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| Club News | | |
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Our external speaker on the 29 January Mr. Somesh Verma prefers to be called a Communication Practitioner, rather than a journalist. In a career spanning 15 years plus, he has worked in Newspapers, Television, Web, corporate communication and public relations. Presently, Somesh works as freelance Communication Consultant and trainer in multimedia storytelling and social media. Social media is all about the ‘self’ – what one likes, is doing, etc. There are negative aspects of social media i.e. in can be addictive, increase competition with others, make people restless, additional venue for bullying, glamorize drug and alcohol abuse, encourage multi-tasking and increase the fear of ‘missing out’.

For more please have a look at his side:

<http://someshverma.com/>

One definition of Social Media:

Websites and applications that enable users to create and share content or to participate in social networking.

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| At the meeting L. Jay Jackson, honorary member of Anchorage East Rotary Club has a not-for-profit organization called *Helping Hands for Nepal* and has partnered with our club in the past. She comes every year and during her current visit she has brought 200 small biomass stoves and other inventions to help villagers stay warm. The system is intended for old people or small children.  8th District Conference Dhulikhel, Kavre (February 12, 13 and 14, 2016)  <http://www.rotary3292.org/wp-content/uploads/2015/07/Brochure-imposed.pdf>  Please sign up and participate to support our candidate PP Dr Chandra Lekha Tuladhar  SANITATION PROJECT in Kavre District  Rotary club of Kathmandu Mid Town funded by RID 3292 Nepal and Bhutan and with the clubs contribution provided the much needed sanitation facility in two government schools at Kavre District.  The project was co-ordinated by the Out -Reach program of Malpi International School at Panauti and PP Dr Chandra Lekha Tuladhar   |  |  |  | | --- | --- | --- | |  |  |  |   The Rotaracts of Kathmandu Mid Town supported the parent clubs effort by supplying the children with a trunk full of games items, stationary and books.  **Recipient: Lali Guras Primary school and the school teache**rs. Their initial incomplete toilet unit had succumbed to the earthquake and their only option was a temporary make shift toilet, thus the service of Rotary was well appreciated.  **Recipient: Shree Bethanchok Narayan Primary school, Dhungkhadka** could only build the outer structure for sanitation facility by incurring loan and some fund from the government. Their project was incomplete and non-functional. The earthquake damaged their old toilet and even then they had no option but to use it. Hence the service of Rotary in making establishing functional toilets, urinal and septic tank along with water facility was greatly appreciated Rotaract news PE Rtn Bhairaja Panday as the guest speaker in the general meeting of our Rotaract club of Kathmandu Mid – Town on 24th Jan2016  Topic : Inner world ,outer world – a balance  The meeting was attended by Rotaracts of Ktm Town Midtown , Twin club Rotaract from Sainbhu Bhaisipati and guests  The out of the box  essential part of life skill was well appreciated as it initiated an inward thinking in  overcoming negativity to progress in life .  The club bulletin “ Kaleidoscope”  was also released by the Guest speaker Rtn Bhairaja Panday  PP Dr Chandra Lekha  Tuladhar  ( Youth Service Chair ) and Mrs Meena Baidya Panday ( Spouse of Guest speaker ) were also present | | | |  |

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| Rotary Quote of the Week |

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# Rotary International News

**February is Peace and Conflict Prevention/Resolution Month in Rotary.**

Millions of people worldwide are currently displaced by armed conflict or persecution. Thousands of people are maimed or killed by land mines each year. 90% of casualties in armed conflicts are civilians, at least half are children. Thousands of child soldiers (boys and girls under age 18) are believed to be involved in conflicts around the world. Thousands of people are also suffering from some sort of domestic violence.

Promoting peace is one of the focus areas of the Rotary. Hence, Rotary has established Rotary Peace Fellowship Program. Each year, Rotary selects up to 100 individuals from around the world to receive fully funded academic fellowships at one of our peace centres. In just over a decade, the Rotary Peace Centers have trained more than 900 fellows for careers in peace building. Many of them go on to serve as leaders in national governments, NGOs, the military, law enforcement, and international organizations like the United Nations and World Bank

[See More](https://www.facebook.com/groups/365995666813525/)

19-20 February — [Presidential Conference: Disease Prevention and Treatment](http://www.rotary-conference-cannes2016.org/), Cannes, France

23 February — Rotary's anniversary

27 February — [Presidential Conference: Economic Development](http://www.rotarycapetown2016.com/), Cape Town, South Africa

### THE ROTARY FOUNDATION IS TURNING 100!

Rotary Foundation Trustee Chair Ray Klinginsmith asked district governors in training at the International Assembly to lead the celebration of the [Foundat...](https://www.rotary.org/myrotary/en/rotary-foundation/foundation-centennial) please see more here: <https://www.rotary.org/myrotary/en/rotary-foundation/foundation-centennial>

### Rotary Story of the week

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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:

Conversation is a meeting of minds with different memories and habits.

When minds meet, they don't just exchange facts: they transform them, reshape them, draw different implications from them, and engage in new trains of thought.

Conversation doesn't just reshuffle the cards: it creates new cards.

\*\*\* Theodore Zeldin (b. 1933) Historian & Author \*\*\*

## 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