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| **Logo - Club Logo copy**  Breakfast Chatter  2/ 2015-2016 | C:\Users\arasmussen\Downloads\images.jpg |

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

# Weekly Meetings and Programmes:

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| Date | Speaker | Program/Topics of Presentation |
| 31 July | **Chandni Joshi** | Gender, Rights and Policy Specialist Former Regional Director, UNIFEM - South Asia Regional Office |
| 24 July | Guest Speaker Ms. Meekha Mathema, Fairfax County Teacher and Vice President, Daya Foundation.  > 1. Never ever should this devastation reoccur. > 2. One day we will rise again together. > 3. Powerful elephants couldn’t uphold temples of Nepal. > 4. Devastation, you thief in the night. > 5. We had nothing, now even less. > 6. Great loss. Move on. Let’s rebuild. > 7. We love. We weep. We build. > 8. > ​I feel helpless to see the unimaginable > 9. > I see agony and feel intense pain​.  C:\Users\arasmussen\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\CBTFF60Q\IMG_5991 (2).JPG | Meekha has been in the field of education over eighteen years in the US and in Nepal. The title of her presentation was "Changing Education Through The Arts.  Changing Education Through The Arts (CETA)  What is Arts Integration?  Arts Integration in Education is an approach to teaching in which students construct and demonstrate understanding through an art form.  ​This presentation is ​integrating Visual Arts (photography) and Language Arts (poetry) around the theme of the earthquake in Nepal. ​An Interactive Workshop for Kathmandu Midtown Rotary ​and short visual poetry by the participants during coffee morning last Friday after the presentation by Meekha Mathema. Pretty creative thought process by Midtowners based on the Nepal earthquake visual presentation.  President Paras SJB Rana hands over the certificate to Meekha.  Photo: Shyam Raj Thapaliya |  |
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| Club News | | | |
| Earthquake Relief Update | | |  |
| On behalf of IPP Kul Chandra, Pres Paras, and Action Committee Chair Rtn Rabi, the second report on our club’s earthquake relief work was distributed to all. The work is ongoing and we will continue to provide our donors with reports until all of the money we have received has been spent. The report put in an emphasis to explain a little bit of how we are working to help with the earthquake relief.  How did RC KTM Mid-Town handle the distribution of in-kind items?  In the three weeks immediately following the earthquake, we received many items (tents, tarpaulins, solar lamps, water filters, and the like) a list is given in the table below. Where the donated tarpaulins and tents were not sufficient we also purchased some. We did our best to distribute these items and tried to limit the expense required for the rental of the delivery truck by using our own resources. In one case, where the roads were blocked and we heard the situation was dire, luckily we were able to deliver some 150 tents to the most affected areas in Sindupalchowk by sharing a ride on a helicopter destined for that area.  For the longer term, how do we help to 'build back better'?  The challenge that the government and all donors are facing at the moment is how to reach  small, isolated and remote farming communities very many of which are not reachable by  road (even before the quake) and how do we help these communities to 'build back better' by avoiding some of the pitfalls of the past. Nepalese farmers and villagers in general are very practical and ingenious, and on the whole, they build their own homes. Our concern is that help will be late in reaching them and, given only locally available materials (such as stones, mud and bamboo), that they will just rebuild in the same (not earthquake resistant) way.  With Many thanks to RR Isa Khadka for the informative report here is a few thank you notes:  *-Thank you so much for your second report on the relief work being carried out by KTM Midtown. With best wishes from Fiona Miles, IPP Leatherhead Rotary, UK*  *-Many thanks for providing the reports on the earthquake relief work. It looks like much has been done with a great deal more to be accomplished. Our thoughts are with your club and with the people of Nepal. Thank you Isabella, great report. Keith Clarke, RC Littlehampton, UK*  *-Tk you for this detailed and exhaustive report.  And congratulations to all of you who worked so hard to relieve the pain.  No doubt that the task at hand is immense and that it will take time to be back to normal (but the normal has probably changed for ever…).    Andrée*  *-Thank you for the very detailed and inspiring report.  I will share it with the Reno Rotary International Committee at our next meeting August 4th. Keep up the good work. Proud to be a Rotarian. Charlie, Reno Rotary, International Committee Chair, USA*   |  | | --- | | On 30 May Rotary Club of Kathmandu Mid-Town and Dwarikas Hotel, helped to deliver one unit of  PAUL - Waterbackpack Filter (with training) donated by Shanti Leprahilfe Dortmund e.V. to the Vajra  Varahi Health Care Clinic, Chapagaon. The Clinic will operate the Paul WF at its community centre,  ensure that it is properly operating after and be responsible to keep it safely. The filtered water that  will be available to all members of the community free of cost. (Note: the water filters bear the 'Lyons  Club' emblem and indeed had been earmarked for them but we were lucky enough to acquire them  when Lyons was not able to accept them. Please note that the poster clearly says 'in partnership with  the Rotary Club of Kathmandu Mid-Town'.) | | | | |
| |  |  | | --- | --- | | C:\Users\arasmussen\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\CBTFF60Q\cgi dist 507.jpg | Mr Biswo Ram Thapa, has confirmed that distribution of 54 bundles of cgi sheet to 36 households (ghar-dhuri) of Sangla, ward # 3 of Tarkeswor Nagarpalika has been complete.  Photo RR Shrestha | | Shyampati project visit 14th July by  President Paras SJB Rana and Gopal Kakshapati | C:\Users\arasmussen\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\CBTFF60Q\IMG_0767.JPG | | | | |
| [*Nepal Rotary Disaster Relief 2015*](https://www.facebook.com/pages/Nepal-Rotary-Disaster-Relief-2015/1431524140484901?fref=nf) *You can find more on the our Districts relief help through the web site:*  [http://earthquakerelief.rotary3292.org/rotary-members-prov…/](http://l.facebook.com/l.php?u=http%3A%2F%2Fearthquakerelief.rotary3292.org%2Frotary-members-provides-maternity-kit-support-to-womens-at-bhaktapur%2F&h=oAQGgPajfAQFb3myN7tLliSuoFUe0H4RVQB1mMukeuqmjmA&enc=AZNCiywXVE5JZqxUSQthuJpSWYERGZmaqjdS21Gwz1sprwjMU2c-3V86kjV9or6P_CgLbd2IrHny1I7rVTmTAg7XmBDPLWr6BUgcx4XfTNc6MXMbiDhUEe1h8MA_5nxErCFzD2uG5F7aG97HAOPpdKIun4mF4yY1S1LmPkJwYgN9bWF-sv85JNVLkUOXkjmpeI4KQbq6dN-r-COx6Bs1ArO3&s=1) | | | |
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| Rotary Quote of the Week |
| In the clashes between ignorance and intelligence, ignorance is generally the aggressor.  [**Paul Harris**](http://www.brainyquote.com/quotes/authors/p/paul_harris.html) |

# Rotary International News

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| **THE OFFICIAL ROTARY FLAG** An official flag was formally adopted by Rotary International at the 1929 Convention in Dallas, Texas. The Rotary flag consists of a white field with the official wheel emblem emblazoned in gold in the centre of the field The four depressed spaces on the rim of the Rotary wheel are coloured royal blue. The words "Rotary" and "International' printed at the top and bottom depressions on the wheel rim are also gold. The shaft in the hub and the key way of the wheel are white.  The first official Rotary flag reportedly was flown in Kansas City Missouri, in January 1915. In 1922 a small Rotary flag was carried over the South Pole by Admiral Richard Byrd, a member of the Winchester, Virginia Rotary Club. Four years later, the admiral carried a Rotary flag in his expedition to the North Pole.  Some Rotary clubs use the official Rotary flag as a banner at club meetings. In these instances it is appropriate to print the words "Rotary Club" above the wheel symbol, and the name of the city, state or nation below the emblem.  The Rotary flag is always prominently displayed at the World Headquarters as well as at all conventions and official events of Rotary International. Rotary Stories 6th June 2015 On the polio day, fellow Rotarian friends visited all the booths of 13 wards at Siddarthnagar Municipality and found that enough families were coming with children for drops. They collected records of children given drops at all the booths. Same will be submitted to the district shortly.  [http://earthquakerelief.rotary3292.org/polio-drop-program-…/](http://earthquakerelief.rotary3292.org/polio-drop-program-by-rotary-club-of-lumbini-siddarthnagar/) |

# A Thought for the Day:

A happy marriage is the union of two good forgivers.

-[Robert Quillen, journalist and cartoonist (1887-1948)](http://www.brainyquote.com/quotes/authors/r/robert_quillen.html)

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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