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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

##### March is Water and Sanitation Month

# Weekly Meetings and Programmes:

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| Date | Speaker | Program/Topics of Presentation |
| 18 March | PDG Tirtha Man Sayka | Reconstruction efforts by RI DIstrict 3292 |
| 11 March | Devendra Nath Gongal on Nepal’s Cultural Heritage Reconstruction | Rotaract meeting celebrating Rotaract Week |
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| Club News | | |
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| The club on 11 March elebrated Rotaract week with a joint meeting.  C:\Users\arasmussen\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\CBTFF60Q\IMG_0745.JPG | | | Rotaract President 2015-16 Sichu Chitrakar C:\Users\arasmussen\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\CBTFF60Q\IMG_0749.JPGdelivering her illustrative talk about achievements and plans. | C:\Users\arasmussen\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\CBTFF60Q\IMG_0755.JPG Devendra Nath Gongal started his career as an architect /urban planner in Department of Housing Building and Physical Planning. Here seen during his talk on cultural heritage |
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| C:\Users\arasmussen\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\CBTFF60Q\IMG_1771.JPG4 March Rotarians from Salt Lake City  On a full day tour Visited  SGCP ( Self Help Group of Cerebral Palsy ) Dhapakhel, enjoyed a lunch hosted by PP Anand and Dr  Chandra Lekha Tuladhar at their residence before visiting Jana Sewa HS school and Mangal HS school C:\Users\arasmussen\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\CBTFF60Q\IMG_1762 (2).JPG | WORLD ROTARACT WEEK 2016 COMMEMORATED BY HANDPRINTS ON THE “ WALL OF FRIENDSHIP’  A blank wall comes alive with the hand prints of a long standing relationship from 1997 onwards between Rotary, Rotaracts, Interacts, School family and International well-wishers. |

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| Rotary Quote of the Week |

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# Rotary International News

##### March is Water and Sanitation Month

**WASH** (also spelled WaSH) stands for "Water, Sanitation and Hygiene" - several interrelated public health issues that are of particular interest to international development programs. Affordable access to WASH is a key public health issue, especially in many countries in Asia and sub-Saharan Africa.

Several international development agencies and Rotary International have identified WASH as an area with great potential to improve health, life-expectancy, student learning, gender equality, and many other key issues of development.

Rotary discussed WaSH 11-13 March during the  [Presidential Conference: Literacy and WASH in Schools](http://www.rotaryteach.org/presidentialconference/" \t "_blank), Kolkata, India

Access to safe water, adequate sanitation, and proper hygiene education can reduce illness and death, and also impact poverty reduction and socioeconomic development. Poor sanitation contributes to approximately 700,000 child deaths every year due to diarrhoea, and chronic diarrhoea can have a negative effect on child development (both physical and cognitive). In addition, lack of WASH facilities can prevent students from attending school, impose a burden on women, and diminish productivity. The concept of WASH groups together water, sanitation, and hygiene because the impact of deficiencies in each area overlap strongly, and so need to be addressed together in order to achieve a strong positive impact on public health.

### Calendar:

15 March — Deadline for district governors to submit nominations for the [Significant Achievement Award](https://www.rotary.org/myrotary/en/learning-reference/learn-topic/awards) (for clubs)

18-19 March — [Presidential Conference: WASH in Schools](http://www.2016rotarypresidentialconferencemanila.org/), Pasay City, Manila, Philippines

31 March — Preregistration discount ends for [Rotary International Convention](http://www.riconvention.org/)

1 April — Deadline to report activities to earn a Presidential Citation for [Rotary](https://www.rotary.org/myrotary/en/news-media/office-president/presidential-citation-rotary-clubs) and [Rotaract clubs](https://www.rotary.org/myrotary/en/news-media/office-president/presidential-citation-rotaract-clubs)

### 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:

It is not given to human beings, happily for them, for otherwise life would be intolerable, to foresee or to predict to any large extent the unfolding course of events.

In one phase men seem to have been right, in another they seem to have been wrong.

Then again, a few years later, when the perspective of time has lengthened, all stands in a different setting.

There is a new proportion. There is another scale of values.

History with its flickering lamp stumbles along the trail of the past, trying to reconstruct its scenes, to revive its echoes, and kindle with pale gleams the passion of former days.

\*\*\* Winston Churchill (1874 - 1965) British Politician \*\*\*

### Nepali holidays in March

March 22, 2016 Tuesday: Holi Fagu Purnima in Hills region

March 22, 2016 International Water Day is celebrated in Nepal with a weeklong Government programme starting 17 March.

March 23, 2016 Wednesday: Holi Fagu Purnima in Terial region

The spring festival of Holi is one of the most important festivals celebrated during the year by Hindus in both Nepal and India. Holi is the festival of colours, is also a farewell to winter and a welcome to summer. Holi is celebrated on the full moon day in Phalgun.

In Nepal Holi starts one week before the full moon. The tradition requires a long bamboo stick (called a lingo) covered with pieces of different coloured cloths (Chir) to be erected at Basantapur Durbar square, Kathmandu. On the eve of Holi the lingo is taken down and the Chir is burnt. The event is called Chir Haran or Holika Dahan.

The main event is the next day when people who “play” Holi pain each other’s faces and bodies with coloured powder or throw coloured water at each other from buckets and water balloons.

Traditional natural dyes were used such as turmeric and sandalwood paste mixed with extracts of Neem, Haldi and Bilva to give the different colours.

Unlike many of the Hindu holidays there is no religious requirements or prayers and it’s a day set aside purely for fun. Adults typically take a white kurta on and carry some of the dried powder called gulal to smear on others faces. Pretty much anyone who go outside on Holi is considered as playing so make sure you wear some clothes you won’t mind getting dirty.

There are varies stories behind the Holi celebration:

**One is about Lord Krishna and Radha**

Lord Krishna was repeatedly complaining his mother Asodha that all his girl friends were teasing him saying Black One (Kale). And ask her, “why was he dark when his all of his girl-friends (Gopinis including Radha) were fair?”  Yashodha gave Krishna different colors and asked him to throw it on Gopinis’ faces so they would look dark too. Krishna took colors and threw it on Gopinis. Gopinies were in love with Krishna so they loved color game and enjoyed it. From that time Holi has been celebrated.

**Another is the Death of Holika**

It is said Holi is the day when Holika is died. It is celebration of her death.

Praladh was son of Hiranyakasyapu, a demon who started thinking he was only the Lord in this Universe. Praladh became devotee of Lord Vishnu, while Hiranyakashyapu wanted all to worship him only. Hiranyakashyapu wanted to convince his son with various tries, but failed. Praladh never stopped worshipping Lord Vishnu.  Hiranyakasyapu then planned to kill his five year old son. He ordered his sister Holika to kill Praladh. Holika was blessed with a fire proof dress. She went up in flames carrying Praladh. However, due to the devotion of Praladh Lord Krishna burnt Holika and safely rescued Praladh.  People celebrated the end of Holika with colours, so the festival Holika Dahan became the Holi we know today.

**And a third is the story of Krishna and Draupadi**

Holi is celebrate to remember Krishna’s love for Draupadi. Kauravs were pulling her Sari but Lord Krishna made the sari endless. Lord Krishna herby saved Draupadi and this day is celebrated as Holi.

## 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