



BREAKFAST CLUB MEETING



THE WEEKLY BULLETIN OF ROTARY CLUB OF KATHMANDU MID-TOWN CELEBRATING 27 YEARS OF ROTARY

March is Water and Sanitation Month

WEEKLY MEETINGS AND PROGRAMMES:

Date	Speaker	Program/Topics of Presentation
24 March	Yubraj Acharya	<p>Speaking on Quakes, Blockades and Social Media: Nepal's Geopolitical Reality</p> <p>Yubraj Acharya is a freelance consultant, writer and media practitioner. He has worked as Journalist with Republica, The Kathmandu Post, Associated Press, Times of India and Space Time Today. He has worked for UNMIN and UNDP for nearly eight years in various capacities, including Political Affairs Officer, Coordination and Liaison Officer and Regional Dialogue Coordinator. He spent most of the time analyzing political and conflict dynamics at regional level and in Kathmandu, facilitated dialogues to address local conflicts, transferred dialogue facilitation skills and tools of peace building to local leaders and worked extensively with media for promoting social cohesion and preventing conflict.</p> <p>His MPhil Dissertation (2016) was on Quakes, Blockades and Social Media: Reinventing Nepal's Cold War-Era Geopolitics.</p>
18 March	Rotaract	<p>WORLD ROTARCT WEEK 2017</p> <p>JOINT MEETING with Parent club on 18th March 2017 Friday</p>
11 March	Club Meeting	

CLUB NEWS

CLUB MEETING

WORLD ROTARCT WEEK 2017
MARCH 13 – 19

JOINT MEETING with Parent club on 18th March 2017 Friday

The President of the club represented by VP Lisa and Rotaract club President Kapil Ghimire each called the meeting to order, VP Lisa thanked our Rotaractors and acknowledged both their contribution to our club and their service activities.

Kapil gave his presentation as guest speaker.



PP Ambica gave the vote of thanks. She reiterated regular involvement of Rotaract members in our club and suggested to take their help in implementation of our projects

OTHER CLUB NEWS

TRF Contribution

RC KTM Mid-Town's TRF contribution for the 2016-17 year. Please contribute to TRF!

Snake Bit Project News

Dr Sanjib Sharma will be attending (at least a part of) our Rotary Meeting on Friday 24 March.

Dr Sharma is in town for a conference which will take place at the Annapurna Hotel on the same day. His time is tight but he will be able to drop in for a few minutes (7:30-8:00 AM) to give a quick update on the Rotary snakebite project.

Ex Rtn Asko expressed happiness to visit our club and he is enjoying his retirement from work life

Visiting Rtn Dr. Bibek Pradhan updated about his home club activities and showed interest in

working on a project with our club

Visiting Rtn Kevin proposed to work with our Rotaract club to build classrooms in Nepal.



VOLUNTEERS AND HELPING HANDS NEEDED

Friday 31st March: Hoddesdon Rotary Club and Kathmandu Mid-Town club to join in community service activity

From 31st March 2017 – 1st April 2017: 22 Visitors from the UK (Rotarians, students and Rotarian guests) are visiting to conduct hands on service activity of painting and possibly other work at Jana Sewa HS school, Paanga

Schedule:

Friday 31 March: Breakfast Meeting immediately after the meeting departure to the project site. Rotaracts and Interacts will be involved. Rotarians participation would add "suun ma sugandh" so please join in on either of the 2 days. This involve practical work!

Saturday 1 April: Project site 9.0 am to continue the activity of 31st and 1st is being co-ordinated by PP Dr Chandra Lekha Tuladhar.

Sunday 2 April: Sight Seeing Pashupati, Boudh, Bhakhtapur with transport on all three days as also the sightseeing is being co-ordinated by PP Rtn William Ma.





Incoming President of Rotaracts Anushree Acharya presents her strategy and wishes for a continued work relationship as the we enter into a partnership.

So far so good

"Join us on the land"

Remembering the legendary Boris Lisanevich, founder of the Royal Hotel



Lisa Choegyal writes for Nepali Times

ROTARY INTERNATIONAL NEWS

22 March World Water Day

Did you know 23 million people have safe water because of Rotary members?
See the power of water. #WorldWaterDay<http://on.rotary.org/2n7p4I9>

BLOOMS OF POISONOUS BLUE-GREEN ALGAE THREATEN THE WESTERN BASIN OF LAKE ERIE, THE SOURCE OF DRINKING WATER FOR MILLIONS OF PEOPLE. ROTARIANS ARE JOINING THE FIGHT.

For 56 hours in August 2014, nearly a half-million people living along the shores of the largest freshwater lake system in the world could not drink the water out of their taps. They couldn't use it to brush their teeth or wash their dishes. Restaurants shut their doors. Hospitals canceled elective surgeries. Stores ran out of bottled water, and the Ohio National Guard stepped in to help.

A bloom of cyanobacteria, or blue-green algae, had poisoned the western basin of Lake Erie, the source of drinking water for Toledo, Ohio. The algae had been fed by nitrogen and phosphorus runoff that heavy rains had washed down the Maumee River, the largest watershed in the Great Lakes. Lake Erie is the shallowest of the Great Lakes and therefore the warmest, creating ideal conditions for the toxic algae to flourish. Wind and waves carried the bloom to the intake pipe for the city's water supply. Drinking the contaminated water can cause symptoms ranging from fever, vomiting, and headaches to liver failure and death.

Over the previous five summers, major algae blooms had become more common, and water managers in Toledo and nearby communities were bracing for the possibility of a bloom contaminating the water supply.

How did we get to this point? Who or what is to blame? The pioneers who settled the area? Paved-over cities? Old, leaky septic tanks on rural properties? The mania for lush lawns? Changing farming practices?

The answer is all of them – all of us. That means we all must play a role in solving the problem. It's a complex knot, but one that Rotary may be uniquely poised to untangle.

CELEBRATE WORLD ROTARACT WEEK 13-19 MARCH.

WHAT HAS ROTARACT DONE FOR ME?

By Emily Wood, Rotaract Club of South-West Brisbane, Australia

I've been a member of **Rotaract** — **Rotary's** community service and professional development program for young leaders age 18-30 — for ten years. As I age out or "graduate," I've started thinking about what Rotaract has done for me and how it's shaped who I am today. A decade is a long time to stick with something. So, why have I?

Opportunity. Through Rotaract, I've had the opportunity to do many amazing things:

- I've traveled the world to experience different cultures and participate in projects.
- I've lived and studied abroad as a Rotary Ambassadorial Scholar.
- I've attended four Rotary International Conventions (Montreal, Bangkok, Lisbon and Sydney) where I've heard from and connected with some truly impressive individuals who are making the world a better place.
- I've attended RYLA (Rotary Youth Leadership Award), a week-long personal and professional development program that helps you figure out what you want in life and equips you with the skills you need to achieve your goals.
- I've received training in leadership, time management, project planning, event coordination, public speaking, governance, and much more.

- I've served on local, national and international committees, helping shape the future of this great organization.
- I've been given free rein to develop and implement public relations, marketing and advertising campaigns for my club and district.

Experience. At the age of 23, I was invited to serve on the Rotary District 9630 Public Relations Committee. In my first year, I helped deliver new brand positioning (informed by [research I undertook as part of my post-graduate degree](#)), a bus advertising campaign, a new district website, new marketing collateral, and media and communication skills training. I will be forever grateful to the Rotarians who put their faith in me, and gave me the opportunity to test and further develop my skills. Not many people receive opportunities like this so early in their careers.

Confidence. Long gone is the girl who was terrified of public speaking — or even putting forward opinions in a meeting. Rotaract helped me overcome my fears. It's amazing how fear slips away when you are in a comfortable, supportive environment, surrounded by people who share your passions. As president of my club, I gained invaluable people and project management skills, and developed the confidence to chair meetings, plan projects and run training sessions. I've since served as a keynote speaker and panelist at local, national and international conferences, speaking to audiences of 200-plus people. I've also established a reputation at work for being calm and confident under pressure.

Life-long friendships. Rotaract has given me the most amazing network of friends — here at home and in almost every corner of the globe. These wonderful individuals have made my life so much richer. They are passionate and talented, and make a real and tangible difference in the lives of others. We've shared many adventures and I look forward to sharing many more.

This week is World Rotaract Week. It's the last time I'll be celebrating as a Rotaractor, but not the last time I'll be celebrating this great organization.

Share what you are doing on social using #WorldRotaractWeek to be featured on our [hashtag wall](#).

2017-19 UNESCO-IHE SCHOLARSHIP APPLICATIONS NOW AVAILABLE

The Rotary Foundation and UNESCO-IHE Institute for Water Education are offering up to 10 scholarships for graduate study at UNESCO-IHE's Delft campus in the Netherlands. The aim is to increase the number of trained professionals who can devise, plan, and implement water and sanitation solutions in developing areas. The scholarships also are designed to promote long-term relationships between Rotary members and skilled water and sanitation professionals.

Scholars will receive a Master of Science degree in urban water and sanitation, water management, or water science and engineering. **The application deadline is 15 June.**

Review the [application toolkit](#) and [scholarship terms and conditions](#).

CALENDAR AND EVENTS IN KATHMANDU

31 March — Preregistration discount ends for [Rotary International Convention](#)

30 April — Rotary International Convention registrations and ticket cancellations are due

KATHMANDU EVENTS

24 MARCH TO 9 APRIL

Kathmandu Triennale, Nepal's foremost contemporary art event, aims to spur engagement and intercultural exchanges between visiting artists and the local youth and children.

Encounters comprise of all educational programming intended to realize long-term impact nationally. The foremost vision of this component is to establish direct 'encounters' with artists and art events that can also embrace a wider community participation and exhibition visitations.

Integral to this component will be the inclusion of non-exhibiting Nepali artists as 'Hosts' of the traveling artists and the mobilization of art institutions as organizers and co-hosts of artist-led educational outreach. An orientation will also be held through informal presentations—on Nepali art and culture—for traveling artists before the start of the production phase. These direct and daily encounters are hoped to generate informal exchanges. Structured encounters include international artist-lead capacity building; a Symposium during the opening week and in-venue and public outreach programs.

You can download the entire KT 2017 schedule [here](#).

MARCH 25

Echoes in the Valley Music Festival 2017

Ason Bazar 10:30

MARCH 27 GHODE JATRA

Ghode Jatra is important to the Kathmandu Valley, and is celebrated to ward off demon Gurumapa. As per legend, the festival is celebrated to free the spirit of a demon named Tundi, who used to live on a meadow, which is now at Tundikhel. It is believed that the parade of horses at this particular place will keep the demon's spirit away. The faster the horses run, the more Tundi's spirit is dispelled. As per other mythology, it is said that the festival Ghode Jatra is celebrated to mark the start of Nepali New Year.

APRIL 14 NEPALI NEW YEAR

This is a major holiday in Nepal. A particularly lively place to spend the day is Bhaktapur, where the Bisket Jatra festival takes place. A huge chariot carrying the god Bhairab is pulled through the streets, ending with a chariot battle at Bhaktapur's Khalna Tole. On this day, children (including adult children!) offer sweets, fruits and gifts to their mothers to show their respect and gratitude. Those whose mothers have passed away visit Mata Tirtha in the west of Kathmandu, take a holy bath and make offerings in their mother's memory.

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:

If your actions inspire others to dream more, learn more, do more and become more, you are a leader.

*** John Quincy Adams ***

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

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