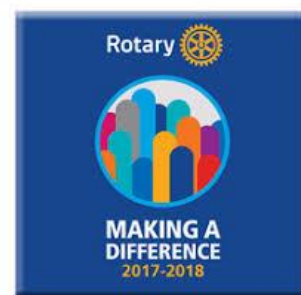




BREAKFAST CHATTER 2016/2017



The Weekly Bulletin of Rotary Club of Kathmandu Mid-Town
Celebrating 28 Years of Rotary
November is Rotary Foundation Month

Weekly Meetings and Programmes:

Date	Speaker	Program/Topics of Presentation
24.11	Nigel Fisher	<u>Is a Canadian diplomat who became Deputy Special Representative, Ad Interim, for the United Nations Stabilization Mission in Haiti and who is presently working with Nepal's Reconstruction Authority.</u>

CLUB MEETING



Rtn Dr. Ritesh Thapa. A member of Rotary Club of Jawalakhel and one of the leading and most engaged Psychiatrists in Nepal. He gave a most informative and inspirational talk on "What is Mental Health and its importance in Nepal". Dr Thapa

CLUB NEWS

We would like to request all interested Rotarians to register for these two programs in Rotary Office, Thapathali, Kathmandu (attention: Mr. Mahesh Bir Bajracharya) by 30 November 2017.

Due to limited seats, registration will be on first come first served basis. All are requested to register by making payment in Rotary Office.

Program Details

Program: District Rotary Foundation Seminar

Date: December 10, 2017

Time: 11:00 – 4:15

Venue: Hotel Yak & Yeti, Durbar Marg, Kathmandu

PROJECTS AND GRANT NEWS

In the spirit of November being Rotary Foundation Month TRF Head Isa had circulated a pledge for a 200 \$ contribution from each member for the year 2017/2018. If each member pledges this contribution the Club will be able to meet our goals. Please bring your contribution as soon as possible.

The following Rotarians made a day visit to observe the activities of **First Steps Nepal** GG 1529719 Early Years Education Project 2016-2018 in Sindhupalchok on Friday 3 Nov 2017, leaving immediately after the weekly meeting 9AM from the Annapurna Hotel and returning by 7PM: President Bhairaja Panday, Lisa Choegyal (GG focal person)

works Rhythm Neuropsychiatry Hospital and Research Centre, Ekantakuna and can be contacted through 9841556412



He made us all aware, that mental health is much more than not being mad. It has also to do with a healthy mental state, when it comes to anxiety, difficulties in relations, general shyness and depression. And while the first cause of early death is cardiac arrest it is directly followed by depression. The high number of suicides in this country makes psychiatry a much-needed medical profession. He stated that problems are there to be identified and solved. He believes in bringing back your lost rhythm of your life. The hospital is a specialized 25 bed hospital focussing on comprehensive aspect of care from psychiatric and psychological services. They also run a school health programme.

Registration Charges: Rs. 1,000 per person

Program: District Rotary Foundation Recognition Program
Date: December 10, 2017
Time: 5:00 PM Onwards
Venue: Hotel Yak & Yeti, Durbar Marg, Kathmandu
Registration Charges: Rs. 4,000 per person (Cocktail & Dinner)

Bank Account Detail:

Account Name: RI District 3292 RY 2017-18
Account No. 00120100125422000029
Account Bank: NMB Bank Ltd., Babar Mahal Branch

Other details will be sent in due course.

Best Regards
Jitendra B Rajbhandary
Chair, District Rotary Foundation Committee 2016-2019
RID 3292 Nepal-Bhutan



10th District Conference Request for Pre-Booking the hotel rooms soon.

It is our pleasure to welcome you all to the 10th District Conference

PP Saroj Shrestha, PP Paras SJB Rana, PP Ajay Sthapit, Isabella Khadka, and SK Dahal (Club Administrator).

Mr Durga Aran, Director of First Steps Nepal, met us in Sanghachok and escorted the visit, following lunch on arrival arranged by the Treasurer. After the briefing, as to progress using GG1529719 Early Years Education Project funds provided by Rotary Club of Ellon and Rotary International, as well as activities undertaken by other donors, two schools were visited: Jana Jyoti Sanghachok and Jana Jyoti Diyale, and the training centre at Sanghachok. A wonderful welcome was given to the Rotary visitors by the children and staff from both schools.

Preventing Hearing Loss Among Nepalese Children



The Programme started in July 16th 2017. In the last three months period, we have accomplished our goal as per our planned schedule. We regularly update details of our screening programs both in our websites and also in Facebook and we always make sure that both Rotary Club of Kathmandu Mid-town and Rotary Club of Potomac



to be held from 16th-18th February 2018 at Hotel Vishuwa, Birgunj.

Friends, as you all know that Birgunj is a commercial City & there is always a scarcity of hotel rooms. Since, conference coincides with the marriage season, we request you to book your rooms at the earliest.

Bethesda are tagged with each Facebook posts along with photographs and other details.

Total number of schools screened: 5

Total number of children screened: 1,455

Total number of surgeries conducted: 11

We are attaching herewith details of hotels with best negotiated price.

Friends, once again we request you to rush up your booking because we have blocked the rooms only up to 31st December 2017.

Because of long holidays in school due to Dashian, Tihar and Chath we have many surgeries pending which we plan to start from next week. Also, we would like to inform you that all the surgical equipment that we ordered has arrived.



We request you to book the rooms directly with the hotel and provide the information to us for update. We are always with you for any kind of assistance.



8-11 December will see an International Interact event in Kathmandu with more than 300 participants. Each club is asked to contribute 10,000 Rupees. Individual contributions are also encouraged.

IPP Shankar wrote a article in Himalayan Times on

<https://thehimalayantimes.com/business/belt-and-road-initiative-help-bridge-infrastructure-deficit-south-asia-say-stakeholders/>

District Rotary Foundation Seminar going to be held on 10th December in Yak & Yeti Hotel, Durbar Marg, Kathmandu and District Rotary Foundation Recognition Program (followed by cocktail dinner) to be held in the gracious presence of Rotary International President Rtn. Ian Risely



Rtn Ambica has forwarded the Rotary Coffee Progress report and the base line survey report on "Women's Expanded Coffee and Vegetable Production, in upland Nuwakot"

ROTARY INTERNATIONAL NEWS

OBSERVE ROTARY FOUNDATION MONTH.

Continue celebrating the Rotary Foundation centennial in November by highlighting the Foundation's achievements in fighting disease, promoting peace, and building healthy communities over the past 100 years. The Rotary Foundation page has historical facts about the institution that funds so much of the good that Rotarians do in the world.

At your next meeting, use our new informational SHARE chart to discuss how Rotarians and friends of Rotary help fund the Foundation.

THE POWER OF A GARDEN

Rotary members in Harvard, Illinois, USA, have teamed up with community groups to help alleviate hunger and bring the community together.

By **Arnold R. Grahl**

With the goals of alleviating hunger and educating the community, master gardeners from University of Illinois Extension planted the garden in 2001 on a half-acre parcel donated by the city and adjacent to the public library. Over the years, the master gardeners have enlisted the support of many businesses, organizations, and clubs, including the Rotary Club of Harvard, making the project a community-wide effort.

As many as 250 needy families benefit from the 10,000 pounds of vegetables that are grown and donated every year to the local food pantry. The fresh produce serves as a safety net for many families. Roughly a quarter of the community's 9,200 residents live below the federal poverty line, a result of the limited employment opportunities in small farm towns across Illinois. The already fragile economy was further affected by the closing of a Motorola plant here in 2003 after only seven years of operation.

"In this community, the only way we can get by is by helping each other," says Dave Decker, site director for the **Harvard Community Food Pantry**. "Everybody needs a little help now and then."

The Rotary Club of Harvard took on the project seven years ago, looking for a way to address hunger and help the community. With only seven members, the club has had an impact far beyond its size, amplifying its efforts by working with the master gardeners and other groups.

"Harvard is definitely a better place because of the members of this club, and that is what keeps us going," says Mike Morris, the club's president. "It's the expertise of the master gardeners, individuals in the community, farmers who help, and the education provided through the day care that makes this an amazing team effort."

More here <https://www.rotary.org/en/rotary-and-garden-support-community>

CALENDAR AND EVENTS IN KATHMANDU

November 2017

1 November — [Service Award for a Polio-Free World](#) nominations are due

1 November — [Service Above Self Award](#) nominations are due

11 November — [Rotary Day at the UN](#)

December 2017

Disease Prevention and Treatment Month

15 December — Early registration discount ends for the [Rotary International Convention](#)

January 2018

Vocational Service Month

KATHMANDU EVENTS

2 December AWON Christmas Fair at the Hyatt Hotel, Taragaon, Kathmandu. 10 am to 5 pm.

2 December German Fair Trade Christmas Fair at The International Club, Sanepa, 11am to 6 pm

9 December Kathmandu Chorale Christmas concert at the British School at 3:30 pm or 6 pm

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:

The fundamental cause of trouble in the world today is that the stupid are
cocksure while the intelligent are full of doubt.

*** Bertrand Russell (1872 - 1970) British philosopher, logician & essayist ***

NB: Send any information/photos that may be of interest to the Club or Rotarians in general to
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email: anjamrasmussen@gmail.com

9813202669

District: 3292

Web: www.rotarymidtown.org.np

Club Id: 26776

Facebook: <https://www.facebook.com/RotaryClubOfKathmanduMidtown>

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