



# ललित धारा

RI District 3292

Club No. 23126

Chartered: 29 August 1985

Past President & Editor: Bijaya Mallapaty Past President & Assistant Editor: Chandralekha Kayastha Secretary: Mahendra S. Rawal

**Issue No. 1338**

**Date: 30 Mangshir 2076 / 16 December 2019**

<b><u>Today's Programme:</u></b>  Regular Weekly Meeting	<b><u>Congratulatory Events</u></b> <b><u>Birthdays:</u></b> Rtn. Rabendra R. Pandey – 14 Dec. Rtn. Gabriele Mallapaty – 17 Dec. <b><u>Wedding Anniversaries:</u></b> Nil
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**Minutes of Meeting No. 1687**

**Date: 23 Mangshir 2076 / 9 December 2019**

1. As the President was not able to join, Vice President Rtn. Shiva K. Pradhan called the RCP Meeting No. 1687 to order with 15 seconds of 'Silent Invocation' for World Peace and Happiness.
2. Guests welcomed by the Vice President: President of Inner Wheel Club of Patan IW Gunu Shrestha, Rotaract Club of Patan IPP Peshal Bhattarai and Secretary Kritika Sharma.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News'/Sunshine Contribution:
  - Rtn. Piyush B. Bajracharya – for 'Happy Birthday' in absentia (ha.ba.)
  - Rtns. Khadak Singh Bisht and Maheswari Bisht Rawal – for 'Happy Wedding Anniversary' (NRs. 1,000).
  - Rtns. Shiv Prakash (NRs 500) & Preeti Khemka (NRs. 1,000) – for 'Happy Wedding Anniversary'.
  - Rtn. Jeevan K. Shrestha – for daughter's return from Bombay on leave.
  - Rtn. Chandralekha Kayastha – for the recognition of her presentation of Kayasthas' firm last Saturday with the title 'Great design – is it a method or madness?' by Kohler Company (NRs. 2,000).
  - Rtn. Gabriele Mallapaty – for her tenure's secretary Rtn. Shiva K. Pradhan acting as President today.
  - Rtn. Rabendra R. Pandey – for participating in the 'SKAL Car Rally 2019' (Kathmandu/Chitwan/Pokhara/ Kathmandu) last Friday (NRs. 500).
  - Rtn. Matsyendra L. Kayastha – for the recognition of Rtn. Chandralekha Kayastha's presentation of their firm mentioned above and reduction in insulin intake since the use of 'Jio Diafree' herbal product (NRs. 2,000).
  - Rtn. Shiva K. Pradhan – for being the acting President for today's meeting (NRs. 500).
  - Rtn. Prakash R. Regmi – for 'Happy Landing' from attending a conference in New Delhi and visits to Jaipur, Pushkar and Brindavan (NRs. 500).
5. Rotary News/Information:
  - Rtn. Madan L. Tamrakar, Coordinator of the RCP's hikers' group, briefed on the plans for Saturday, 16 December 2019 hiking and urged all interested to register by Wednesday, 11 December 2019 to facilitate planning. The hike (total maximum of 6 kms) will be from Hattiban to Champadevi and back with a potluck meal. Details being communicated in Viber.
  - Rtns. Ramesh Maskay and Siba B. Rajbhandary briefed on the final project visit of Mirge Project together with the Project's Primary Contact, Rtn. Nirmal K. Pradhanang last weekend. The grand welcome was a sign of villagers' happiness with the project bringing water to their doorsteps and extensive support to the school there. A video film of the project is planned.
  - Rtn. Siba B. Rajbhandary informed about the postponement of the District TRF seminar planned for in Chitwan on 14 December 2019.
  - Rtn. Sita Gurung briefed on the project visit to Bhattedanda/Satkanya last weekend with the President. Water supply to 22 houses there is being reviewed.
  - Rota Quiz zonal round is being held on Wednesday, 11 December at 5 p.m. at Yala Maya Kendra. Maximum participation from RCP members is requested to support our team.

- Rtn. Gabriele Mallapaty informed that for the next Monday meeting, she will be bringing Christmas cookies and hot wine.
- District Conference, Pokhara: Rtns. Prakash R. Regmi and Rabendra R. Pandey briefed and discussed the tentative plans for the RCP group's participation in the District Conference in Pokhara during 7-9 February and one day post-conference trip outside Pokhara. Following deliberations, key points with consensus were:
    - The trip will be for 4 nights with departure from Kathmandu on 6 and return on 10 February;
    - 3 nights will be in Pokhara and 1 night nearby to Sarankot to allow maximum participation of the RCP team;
    - Rtn. Prakash R. Regmi is managing the registration and conference participation while Rtn. Rabendra R. Pandey is managing hotels and logistics/transportation for the trip.
    - Accommodation in a hotel in Pokhara (preferably in one hotel) should be up to NRs. 5,000 per night for a double room while Sarankot might be somewhat higher;
    - Trip will be in good tourist bus from Kathmandu round trip; and
    - It is very important to **confirm participation immediately** in order to facilitate planning of the trip.
  - Health Talk: Taking advantage of available time, Rtn. Matsyendra L. Kayastha talked again reinforcing his previous advice on health issues highlighting the following:
    - As briefed about 'Jio Diafree' herbal product last week, its consumption has reduced his insulin intake from three times to two times, within two months of taking this product;
    - Water is good for health – best times: take a glass (up to 1 litre progressively) early morning to release body toxins, second best time is to take ½ to 1 hour before food, and a glass before sleeping (lime water is best);
    - Buttermilk is good with lunch, but do not take water after food;
    - White salt 'Soday' is very good for detoxing the body; and
    - Consume grenade apple (Anar) or its juice.
  - Vice President Rtn. Shiva K. Pradhan handed over the RCP's contribution of NRs. 10,000 to IW President Gunu Shrestha for the planned 'Eye Camp' in Bandipur on 19 December 2019. IW Gunu Shrestha and Rtn. Bijaya Shrestha briefed on the plans for the 'Eye Camp' and requested to let them know if any RCP members are going to join.
  - Salutation: By PP Rtn. Gabriele Mallapaty – RC Tripoli, Lebanon; Chartered: 1950; & Members: 37. District: 2450, Clubs: 142, & Members: 4499.
  - Before the closure of the meeting by the President, the Secretary announced: total contribution of NRs. 11,000 (NRs. 2,300 for attendance and NRs. 8,700 for sunshine fund including for one mobile phone ring and a top-up of NRs. 250 by the Vice President), attendance: 23 members, 2 Rotaracts and 8 make-ups.

### **Rotary Questions/Answers presented by Rtn. Khadak S. Bisht**

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| <b>Q.</b> Club of RI President for 2019-2020 Mark Daniel Maloney   | <b>A.</b> RC of Decatur, Alabama, USA            |
| <b>Q.</b> Presidential Theme for 2019-2020   | <b>A.</b> Rotary Connects the World              |
| <b>Q.</b> On 20 July 1969 Neill Armstrong became the first human to step on the moon. Name of RI President and the Presidential Theme of that year | <b>A.</b> James F. Conway and 'Review and Renew' |

### **May the Laugh Bug Bite You 😄😄😄😄😄**

*Guest to the waiter: "Can you bring me what the lady at the next table is having?"  
Waiter: "Sorry, sir, but I'm pretty sure she wants to eat it herself."*

