



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. 1343

Date: 6 Magh 2076 / 20 January 2020

<u>Today's Programme:</u> Regular Weekly Meeting	<u>Congratulatory Events</u> <u>Birthdays:</u> Rtn. Kedar B. Shrestha – 18 Jan. <u>Wedding Anniversaries:</u> Nil
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Minutes of Meeting No. 1692

Date: 28 Poush 2076 / 13 January 2020

1. President Rtn. Lalita Thapa called the RCP Meeting No. 1692 to order with 15 seconds of 'Silent Invocation' for World Peace and Happiness.
2. Guests welcomed by the President: Guest speaker Ms. Roshani Pandey, Mr. Manish Kayastha and Rotaract President Sajal Khadka.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News'/Sunshine Contribution:
 - Rtn. Pushkar M. Shakya – for 'Happy Birthday' (NRs. 500).
 - Rtn. Kamal B. Nyachhyon – for 'Happy Birthday' in absentia (ha.ba.)
 - Rtn. Mahendra B. Thapa – for 'Happy Birthday' (NRs. 500).
 - Rtn. Chandralekha Kayastha – for having Ms. Roshani Pandey as today's guest speaker and having son Manish Kayastha in the meeting (NRs. 1,000).
 - Rtn. Ganesh R. Shrestha – for having Manish Kayastha in the meeting and for successful celebration of International Inner Wheel Day last Friday, 10 Jan. 2020 (NRs. 500).
 - Rtn. Prakash R. Regmi – for his video in Facebook on edible oil (NRs. 500).
 - Rtn. Shiv P. Khemka – for having traffic lights on the road (NRs. 500).
 - Rtn. Nirmal K. Pradhanang – first 'Happy News' contribution in the new Rotary year (NRs. 500).
 - Rtn. Lila B. Baniya – for 'Happy Landing' from India after visiting Delhi, Chandigarh and Amritsar for tourism promotion for 'Visit Nepal Year' with big group from Nepalese travel industry (NRs. 500).
 - Rtn. Lochan Gyawali – for driving from Dharan to Bhiman on rough road (NRs. 500).
 - Rtn. Kiran Thapa – for today's talk programme (NRs. 500) and for Europe tour (NRs. 500).
 - Rtn. Matsyendra L. Kayastha – for having Ms. Roshani Pandey as today's guest speaker and having son Manish Kayastha in the meeting (NRs. 1,000) + meeting allowance of Dolphin Cooperative Board Meeting (NRs. 3400).
 - Rtn. Lalita Thapa – for today's special guests Roshani Pandey and Manish Kayastha, and for having her car repaired (NRs. 500).
 - Rtn. Kedar B. Shrestha – for good attendance in today's meeting (NRs. 500).
 - Rtn. Piyush B. Bajracharya – for successful operation of his brother (NRs. 400).
5. Other Contributions :
 - President Rtn. Lalita Thapa thanked all the Rotarians who had contributed to the emergency of Kirtipur Hospital Cleft and Burn Centre. Rtn. Kedar B. Shrestha added that total NRs. 305,000 was handed over to the hospital. The contributions were from RC Patan members (NRs. 70,000), RC Patan (NRs. 10,000), Bijaya & Gabriele Mallapaty and Gabriele Mallapaty's mother (NRs. 100,000), Rtn. Kedar B. Shrestha's son Mr. Sanjeev Shrestha (NRs. 75,000) and Italian Clubs (NRs. 55,000).
6. Rotary News/Information:
 - Rtn. Preeti Khemka informed that maximum contributor to RCP Sunshine Fund in December, 2019 was Rtn. Matsyendra L. Kayastha (NRs. 4000).
 - Rtn. Pushkar M. Shakya briefed on the District Seminar on 'Technical and Vocational Education for Development and Role of Rotarians' being held on 25 Jan. 2020 at Le Bagaicha Reastaurant, Jawalakhel. This seminar is being jointly organized with Federation of Handicraft Association and supported by a few banks. Paper presentations at the Seminar will be done by Dr. Nimananda Rijal and Dr. Jiwak Bajracharya with several commentators. He also added that 8 clubs are sponsoring with a contribution of NRs. 10,000 each and two more

clubs are expected to join. The sponsoring clubs will get 5 free registration with a fee of NRs. 500 for additional participants.

- President Rtn. Lalita Thapa informed about NRCL meeting on 22 Jan. 2020. The meeting will talk about animal welfare and traffic management. President, President elect and Secretary will attend the meeting.
7. Salutation: By PP Rtn. Jamuna K. Tamrakar – RC Greensboro, North Carolina, USA; Chartered: 1917; & Members: 305. District: 7690, Clubs: 52, & Members: 2859.
8. Before the closure of the meeting by the President, the Secretary announced: total contribution of NRs. 15,250 (NRs. 2,900 for attendance and NRs. 12,350 for sunshine fund including NRs. 50 for a mobile ring), attendance: 2 guests, 1 Rotaract, 26 members and 7 make-ups.

Rotary Questions/Answers presented by Rtn. Preeti Khemka

- Q. First five Rotary clubs of the world A. RCs of Chicago, San Francisco, Oakland, Seattle & Los Angeles.
Q. Annual district 3292 dues per member A. NRs. 1650.
Q. Name of the Chair of Nepal National Polio Plus Committee A. PDG Rtn. Ratna Man Shakya

Summary of Talk Programme on 'Management of Financial Portfolio' by Ms. Roshani Pandey

Ms. Roshani Pandey is from Baluwatar, Kathmandu. After completing A Level from Budhanilkantha School, she went to Brigham Young University, Utah, USA and graduated from there in 2003. From 2003 to 2012 she worked at The Goldman Sachs Group, a leading global investment banking, securities and investment management firm in Washington DC followed by a year at Cambridge Associates. She then moved to San Francisco, working at Black Rock from 2013 to 2016 and Bessemer Trust from 2016 to 2019. Having worked in the US investment industry for over sixteen years, she has advised individuals, families and institutions like university endowments, foundations and retirement plans. Last June, she took a break from the corporate world to travel, spend time with family and figure out what kind of work she wants to do going forward. In that time, she travelled to 6 different countries, spending three months at home.

Ms. Roshani Pandey mainly talked about two things (i) Overview of the US capital markets and (ii) Personal Finance Lessons.

1. Overview of US capital markets:

The US capital markets consist of public and private markets. Public markets consist mainly of stocks and bonds. Bonds are a promise to pay in the future with interest. If they are issued by the US government, they are known as treasury bonds. If they are issued by corporations, they are called corporate bonds and so on. Stocks are shares issued by public companies that have had an IPO (initial public offering). The bond market dwarfs the stock market with a total size \$40 trillion in outstanding debt vs. about \$20 trillion for US stocks.

There is also another type of investment strategy called hedge funds. Hedge funds invest in stocks and bonds but employ strategies that take more risks, like using leverage.

In private markets, you have private debt, private equity and private real estate. An example of private equity is venture capital where you buy a private company when it's very small, for example buying Facebook in 2003. 10-15 years later, when the company grows, you could have very big return. So, say you have money to invest today. How do you invest?

Step 1: Identify your goal and time horizon. How long do you have until you need the money?

Step 2: The longer your time horizon, the more you should invest in stocks, the shorter your time horizon, include some bonds.

Step 3: Open a brokerage account and buy a stock or bond ETF to reflect your stock/bond split. Or, find a financial advisor to help you invest.

2. Personal Finance lessons:

- Save more and start investing today – Try to save at least 20% of your income, if not more, and invest right away, even if you just have \$100 in savings. This is because the longer you invest, the more your investment compounds and grows over time. \$100 today is much more valuable than \$100 a year or two from now.
- Max out your 401K and ROTH – If you're employed by a company, max out your employer provided 401K. Also, open a ROTH account. A ROTH account has attractive tax incentives and is most beneficial for those that have a lower income. For example those working on campus or those with their first jobs out of college.
- Invest in cash flow rich businesses – Look into buying a business like a car-wash business or rental properties and running an Airbnb business. Test the cash flows *before* you buy.
- Take more risks and listen to your gut – If you have an idea to start a business, go for it. You won't know if it's a good idea until you start testing it and talking to potential customers. If you are a doctor or a dentist and want to start a private practice, go for it. If you want to leave your job and go travel, go for it. Life is not about checking boxes and trying to be safe. Nobody is safe from anything. You have to try different things to see what works for you.

Ms. Roshani Pandey can be reached in Website: roshanipandey.com