

Issue No. 1390

Date: 5 Magh 2077 / 18 January 2021

<p><u>Today's Programme:</u> Guest speaker: Mr. Mahabir Pun, Nat'l Innovation Centre</p> <p><u>Forthcoming Programme:</u> 25 Jan - Vocational Service Award Programme 1 Feb. - Business Meeting and PEEF briefing</p>	<p><u>Congratulatory Events</u></p> <p><u>Birthdays:</u> Rtn. Kamal B. Nyachhyon - 15 Jan. Rtn. Mahendra B. Thapa - 15 Jan. Rtn. Kedar B. Shrestha - 18 Jan.</p> <p><u>Wedding Anniversaries:</u> Nil</p>
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Minutes of Meeting No. 1738

Date: 27 Poush 2077 / 11 January 2021

1. President Rtn. Nirmal K. Pradhanang called the virtual meeting No. 1738 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. The last meeting minutes were reviewed and adopted.
3. Pledges of 'Happy News/Sunshine' contribution and to the Operational Fund marked as 'OF':
 - Rtn. Pushkar M. Shakya - for 'Happy Birthday' in absentia (ha.ba.).
 - Rtn. Nirmal K. Pradhanang - for today's talk programme of Rtn. Bishwa B. Sharma (NRs. 500).
 - Rtn. Preeti Khemka - for her son's completion of 21 days of quarantine and move to the hostel (NRs. 500).
 - Rtn. Lalita Thapa - for the recovery of Rtn. Kiran Thapa after 5 days in the hospital (NRs. 500).
 - Rtn. Rabendra R. Pandey - for hiking with his son to Chisapani (North) & today's talk programme (NRs. 1,000).
 - Rtn. Siba B. Rajbhandary - for daughter Jebina and son-in-law getting Covid-19 vaccine, and today's talk programme (NRs. 500).
 - Rtn. Prakash R. Regmi recovery of Rtn. Kiran Thapa, and good comments from Rtn. Kedar B. Shrestha on his recent book on Rheumatic Heart Disease (NRs. 1,000).
 - Rtn. Kiran Thapa - for 'Prithvi Jayanti' and return to home from after recovery from Norvic hospital (NRs. 500 to Sunshine Fund and NRs. 500 to OF).
 - Rtn. Ganesh R. Shrestha - for the recovery of Rtn. Kiran Thapa, today's talk programme, and Rtn. Bijaya Shrestha being the Chief Guest in District Inner Wheel programme (NRs. 1,000).
4. Rotary News/Information:
 - President Rtn. Nirmal K. Pradhanang:
 - Informed about the virtual Odyssey programme, the Rotary Zone Institute 2020-21, during 15 to 17 January 2021 primarily for Past District Governors. Interested members may also participate with a registration fee of NRs. 4,000.
 - Briefed on the proposed District By-Laws, which have been shared with all members. Any amendment proposal by members should be submitted to the President by 30 January 2021.
 - Rtn. Bijaya Mallapaty updated on the planned District Grant with Rotary Club of Bingen in Germany for WASH facility in Madan Ashrit Basic School in Chepel, Solukhumbu. All project documentation/draft MOU have been completed. Following a zoom meeting, submission of the project by the German club is being made to their District with an estimated total budget of NRs. 7.5 Lakh. The RCP's financial contribution to this project will be decided by the next Board.
 - He also briefed on the PEEF preparatory meeting among Rtns. Mahendra S. Rawal, Ganesh R. Shrestha and himself for this year's scholarship distribution as schools are opening. A briefing session for all members is planned during the next business meeting.
5. Salutation: By PP Rtn. Rabendra R. Pandey - RC of Samsun, Turkey; Chartered: 1967; and Members: 45. District: 2430, Clubs: 86; and Members: 2276.
6. Before the closure of the meeting by the President, the Secretary announced: total contribution pledges of NRs. 6,000 (NRs. 5,500 to the RCP's sunshine fund and NRs. 500 to the OF), and the attendance of 27 members.

Rotary Questions/Answers presented by Rtn. Mahendra B. Thapa

- Q. Rotary International received 4-stars rating from Charity Navigator for how many consecutive years in 2020?
A. 13 consecutive years. The Charity Navigator is an independent evaluator of Charity Organizations in the USA.
- Q. What is the official Rotary Anthem that is played at occasions such as the flag ceremonies?
A. "Overture to Egmont" by Ludwig van Beethoven.
- Q. How many Interact Clubs were there in District 3292 on 1 July 2020? A. 116

Summary of Talk Programme of Rtn. Bishwa B. Sharma on 'Mature Age and our Brain'

President Rtn. Nirmal K. Pradhanang thanked Rtn. Bishwa B. Sharma for agreeing to talk on the above subject with short notice as the planned classification talk for this day had to be postponed. He welcomed a talk on this subject that is very relevant to the RCP members.

Rtn. Bishwa B. Sharma first introduced the subject with a summary of his presentation followed by a power point presentation. He started by explaining the structure of the human brain, how it functions, changes that occur, abnormal issues and problems.

The human brain is a physical mass of neurons, helping cells and other accessories. Each neuron has up to 100,000 branches that can simultaneously communicate. There are some 100 billion neurons in one human brain that is further multiplied many folds by supportive cells. The human brain weighs about 1,300 grams (in a person with 75 kilos weight) that is about 2 % but consumes 20% of oxygen and glucose. Only a small percentage of neurons are used over the life of a human being with the vast majority remaining inactive and destroyed with death.

Rtn. Sharma, therefore, suggested that if we train our brain in different types of activities, the brain cells make new connections, which makes the brain more powerful. And the more the diversity of these connections, the more resilient it is. Examples of diverse activities are like playing cards, games, gardening, learning new language, singing, dancing etc. On the other hand, if we use the same work repeatedly and for a long period, we only use a certain area of our brain.

For the brain to be active and young, we have to use it in various different activities so that it continues growing its branches and joints. Rtn. Sharma emphasised one of the most useful activity for the brain as learning a new language. Citing the Columbia University (1988) study, he mentioned that if we properly use and develop our brain, there is so much reserve that it can overcome even marked Alzheimer's disease. A Canadian study (2014) found that bilingual people were better protected from Alzheimer's than one single language speaking people. Another Waterloo University study (2019) also found that four or more language speaking nuns were better protected from early dementia.

Rtn. Bishwa B. Sharma gave some take home message as follows:

- Train our brain to different tasks from an early age
- Train the brain through preferred activities like mental games
- Even old age brain can continue learning as there is a vast unused reserve
- Give special importance to new language learning

In summary, Rtn. Sharma emphasised that maximum involvement of the brain with active life delays Alzheimer's. As only 10 to 15 of our brain is used normally, there is a lot of reserve capacity that one can tap in to at any age – it is never too late.

Following an interesting Q/A session, President Rtn. Nirmal K. Pradhanang thanked Rtn. Bishwa B. Sharma for a very interesting and useful presentation on the maturing age and the workings of our brain.



May the Laugh Bug Bite You 😊😊😊😊😊

The police stop an old guy in questionable condition at 1 am. - "What are you doing out so late, sir?" asks the police officer. - "I'm going to a seminar on 'The harmful effects of alcohol'," replies the man. - "Are you pulling my leg or something?!" says the police officer, "who would hold a seminar like that at this hour?!" - The man sighs, "my wife".