



ललित धारा



RI District 3292

Club No. 23126

Chartered: 29 August 1985

Immediate Past President & Editor: Bijaya Mallapaty

President & Assistant Editor: Chandralekha Kayastha

Secretary: Mahendra Thapa

Issue No. 1256

Date: 17 Baisakh 2075/ 30 April 2018

<p><u>Today's Programme:</u></p> <p>5th Monday Entertainment</p> <p><u>Next Monday's Programme:</u></p> <p>Business Meeting</p>	<p><u>Congratulatory Events</u></p> <p><u>Birthdays:</u></p> <p>Rtn. Yagya B. Shrestha – 29 April & Rtn. Shiva K. Pradhan – 2 May</p> <p><u>Wedding Anniversaries:</u></p> <p>Rtns. Kiran and Lalita Thapa – 29 April Rtns. Padam L. and Kamala Maharjan – 29 April Rtn. Santa K. & Nirmala Shrestha – 3 May</p>
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Minutes of Meeting No.1607

Date: 10 Baisakh 2075 / 23 April 2018

1. President Rtn. Chandralekha Kayastha called the Meeting No. 1607 to order with 15 seconds of 'Silent Invocation' for World Peace and Happiness.
2. Guests welcomed by the President: Three Rotaracts including President Rubina Shakya from the Rotaract Club of Patan.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News' Contributions:
 - Rtn. Jamuna K. Tamrakar - for 'Happy Wedding Anniversary' in absentia (ha.ba.).
 - Rtn. Siba B. Rajbhandary - for the selection of daughter-in-law Dr. Roji Rajbhandary as a top county doctor in USA (NRs.500).
 - Rtn. Matsyendra L. Kayastha – for the opportunity to give a talk today (NRs. 500).
 - Rtns. Shiv P. and Preeti Khemka – for the participation of whole family in the marathon last Saturday, and Rtn. Shiv P. Khemka winning a 3rd position in the veteran category of 21 km. (NRs. 1,000).
 - Rtn. Kedar B. Shrestha – for today's good attendance with 22 members.
 - Rtn. Lalita Thapa – for 'Happy Landing' from Dubai, UAE (NRs. 500).
5. Rotary News/Information:
 - Rtn. Kedar B. Shrestha informed that the date of Birthday Fellowship might further change due to unavailability of many members on 27 April. As he will be away, Rtn. Ganesh R. Shrestha will confirm the date shortly.
 - President Rtn. Chandralekha Kayastha reminded on information shared by e-mails on: (i) Health Camp organized by Rotary Clubs of Lalitpur including RCP sponsorship in Lalitpur Community Heart Care Centre, (ii) Health Club with RCP sponsorship in Imadol, (iii) District Award submission requirements, and (iv) Proposed Joint Meeting of three clubs of Lalitpur with women Presidents on 21 May 2018.
 - Rtn. Padam L. Maharjan briefed on the planned PEEF distribution of this year to start shortly.
6. Salutation: By PDG Rtn. Tirtha M. Sakya – RC Providencia, Santiago, Chile; Chartered: 1948; & Members: 30. District: 4340, Clubs: 60, & Members: 1314.
7. Briefing on Health related matters by Rtn. Matsyendra L. Kayastha: Taking the opportunity of available time, Rtn. Matsyendra L. Kayastha reminded on his earlier talks and summarized some advice on water and food for good health. Because of vested interests, general focus today is on medication, whereas many diseases can be avoided and/or cured by natural means. His advice was based on a lot of reading on internet and personal study over several years.

Clean drinking water is an important means to reduce almost 60% of diseases. Therefore, Rtn. Kayastha recommends drinking adequate water - up to one litre at a time. Maximum daily consumption should be based upon body weight (say 0.33 ml for every kilo). He also recommended the Himalayan salt (Sire Noon) and the addition of lemon.

In terms of food, Rtn. Kayastha talked about the benefits of grenade apple, garlic, ginger, lemon and eggs. Another useful thing to do time to time is to detox the body by consuming one litre of warm water with two spoons of Himalayan salt and two lemon in an empty stomach followed by one litre of water after an hour.

He also recalled the four key areas of lifestyle for better health, i.e. (i) no smoking, (ii) not drinking alcohol, (iii) eating fruits and vegetables, and (iv) exercise.

Following a Q/A session, President Chandralekha Kayastha concluded this informal briefing session for good health.

8. Before the closure of the meeting by the President, the Secretary announced: contribution of NRs. 5,000 (NRs. 2,200 for attendance and NRs. 2,800 for Sunshine Funds including the top-up of NRs. 100 by the President), attendance: 3 Rotaracts, 22 members, and 5 make-ups.

Rotary Questions/Answers presented by Rtn. Lalita Thapa

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| Q. First Object of Rotary | A. The development of acquaintance as an opportunity for service |
| Q. Five Core Values of Rotary | A. Service, Fellowship, Diversity, Integrity and Leadership |
| Q. First country giving voting rights to women | A. New Zealand |

Rotary Information: President Ian H.S. Riseley's Message for May 2018



Rotary is a massive, and massively complex, organization. As this issue of *The Rotarian* goes to press, we have 1.2 million members in 35,633 clubs in nearly every country of the world. Hundreds of thousands of participants are involved in Rotary programs such as Rotaract, Interact, Youth Exchange, Rotary Youth Leadership Awards, Rotary Community Corps, Rotary Peace Centers, and a host of local and Foundation-supported projects and programs at the national, district, and local levels. The name of Rotary is attached to countless projects every year, from blood banks to food banks, school sanitation to polio eradication. One hundred thirteen years after the first Rotary club was founded, Rotary service reaches literally around the globe.

What that service looks like on a daily and weekly basis can vary enormously by region, country, and club. Each club has its own history, priorities, and identity. It follows that the identity of Rotarians, and the purpose each Rotarian sees in his or her service, similarly has a great deal of variation. There's nothing wrong with that, as Rotary is by design a decentralized organization, intended to enable each Rotarian and each Rotary club to serve in the ways that suit them best.

Yet the diversity that makes us so strong can also pose challenges to our identity as an organization. It is no surprise that many people who have heard of Rotary still have little idea of what Rotary does, how we are organized, or why we exist at all. Even within Rotary, many members have an incomplete understanding of our larger organization, our goals, or the scope and breadth of our programs. These challenges have significant implications, not only for our ability to serve most effectively, but also for the public image that is so essential to our ability to build our membership, partnerships, and service.

Several years ago, Rotary launched a serious effort across the organization to address these issues, developing tools to strengthen our visual and brand identity. Today, we are using those tools to develop our People of Action public image campaign, which showcases the ability that Rotary grants each of us to make a difference in our communities and beyond. Last June, your Rotary International Board of Directors voted to adopt a new vision statement, reflecting our identity and the single purpose that unites the diversity of our work.

Together, we see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

Wherever we live, whatever language we speak, whatever work our clubs are involved in, our vision is the same. We all see a world that could be better and that we can help to make better. We are here because Rotary gives us the opportunity to build the world we want to see – to unite and take action through *Rotary: Making a Difference*.