



ललित धारा

RI District 3292

Club No. 23126

Chartered: 29 August 1985

President: Khruschev Shrestha

President Nominee and Editor: Bijaya Mallapaty

Vice-President and Assistant Editor: Chandralekha Kayastha

Issue No.1063

Date: 12 Shrawan 2071 / 28 July 2014

Today's Programme:

Second Club Assembly

Forthcoming Programme:

4 August - Business Meeting

Congratulatory Events

Birthdays: NIL

Wedding Anniversaries: NIL

Minutes of Meeting No. 1418

Date: 5 Shrawan 2071 / 21 July 2014

1. President Khruschev Shrestha called the Meeting No. 1418 to order with 15 seconds of 'silent invocation' for peace and happiness.
2. Guests welcomed by President Shrestha: Dr. Pankaj K. Barman, Dr. Deepak R. Ghimire, Mr. Nabin R. Bajracharya, former RCP member Mr. Mahendra Thapa, Dr. Anil Shrestha, Mrs. Kalpana Pradhan and Mrs. Kamala Maharjan.
3. The last meeting's minutes were reviewed and adopted.
4. 'Happy News' Contributions:
 - PDG Rtn. Tirtha M. Sakya – for 'Happy Birthday' in absentia (ha.ba.).
 - IPP Rtn. Jeevan K. Shrestha – for confirmation of his appointment to the 'DG' position.
 - Rtn. Dr. Prakash R. Regmi – for a successful visit to Ethiopia to help on 'Rheumatic Heart Diseases' with a success story of Nepal. In addition, donation from auction of famous Ethiopian Coffee (NRs. 700).
 - Rtn. Kamal M. Dixit – for his latest book 'Sambhranta Pariwar ko Ansabanda', released by no other than Mr. Satya Mohan Joshi (NRs.500). In addition contributions from the donation of two books (NRs. 300).
 - Rtn. Ganesh R. Shrestha – for conducting the Club Assembly of RC of Kathmandu and also participating in the DG's visit of the Club.
 - Rtn. Som Paneru – for laying foundation stone of the 'Children's Home' of Nepal Youth Foundation with a budget of US \$2.3 million (NRs.500).
5. Other Contributions:

Rtns. Yagya B. Shrestha, Som Paneru and Piyush B. Bajracharya handed over contributions of NRs. 5,000, NRs. 10,000 and NRs. 5,000 respectively to the Club Trust Fund as earlier announced.
6. Rotary News/Information Sharing:
 - RCP will have its second Club Assembly on 28 July 2014.
 - President Shrestha briefed on an impressive inauguration ceremony of the new differently-able friendly building (Patan Community Based Rehabilitation) on 18 July at Sankhamul, Lalitpur, which was participated by many senior Rotarians and dedicated women. RC Patan has supported the efforts of the Patan CBR in the past and appreciates the active participation of its members and their spouses in this social service.
7. Salutation: By PP Rtn. Jamuna K. Tamrakar - Rotary Club of Bhubaneswor, Club ID 16003, Orissa, India; Chartered 1965; Members 155. District: 3262, Clubs: 29, and Members: 3966.

8. Please see below for a summary of presentations of Guest Speakers Dr. Pankaj K. Barman and Dr. Deepak R. Ghimire.
9. Before the adjournment of the meeting by President Khruschev Shrestha, Joint Secretary Rtn. Shiva K. Pradhan announced: contributions to 'Sunshine' Fund: NRs. 3,000 (includes addition of NRs. 100 by the President), attendance: members 21, guest 6, visiting Rotarian 1, and make-up 11.

Summary of presentations by Dr. Pankaj K. Barman and Dr. Deepak R. Ghimire on 'Cancer'

Rtn. Dr. Prakash R. Regmi introduced both the Guest Speakers – Dr. Pankaj K. Barman, Hemato Medico Oncologist and Dr. Deepak R. Ghimire, Senior Registrar and Clinical Oncologist, both at B & B BLK Cancer Centre at B&B Hospital, Nepal.

Dr. Barman defined Cancer as “a large group of disease (over 200) characterized by uncontrolled growth and spread of abnormal cells”. He dwelt on Cancer’s rapid growth in Nepal while its awareness is still minimal posing the biggest challenge. ‘Smoking’ has been known to be the single biggest killer noting that second-hand smoking is also dangerous. During the power point presentation, he showed pictures of Cancer caused by smoking and hard drinks. He also briefed on the signs and symptoms of Cancer and explained that early screening and detection can facilitate cure.

Dr. Deepak R. Ghimire focused his brief on life style alterations that people should adopt to prevent Cancer recognizing that one third of Cancer deaths are diet related. Key suggestions were to eat right – fiber is your friend, add Lycopene, and avoid - chemicals, toxins, smoking, sun exposure, and hard drinks. Other suggestions were to be pro-active, exercise, get better sleep, drop weight and slim down.

Rtn. Matsyendra L. Kayastha gave 'Vote of Thanks' to both the guest speakers on behalf of the RCP family with appreciation for their excellent presentations. President Shrestha also thanked them and presented a 'Letter of Appreciation' to each of them.



May the Laugh Bug Bite You 😊😊😊😊😊

A couple decided to go on vacation to thaw out during a particularly icy winter. They planned to stay at the same hotel where they spent their honeymoon 20 years earlier. Because of hectic schedules, the husband left and flew out a day before his wife, who would fly in the following day. The husband checked into the hotel. There was a public computer available, so he decided to send an email to his wife. However, he accidentally left out one letter in her email address, and without realizing his error, sent the email.

Meanwhile, somewhere else in the country, a widow had just returned home from her husband’s funeral. The widow decided to check her email, expecting messages from relatives and friends. After reading the first message, she screamed and fainted. The widow’s son rushed into the room and saw the computer screen, which read:

To: My Loving Wife
Subject: I’ve arrived
Date: October 16, 2010

I know you’re surprised to hear from me. They have computers here now and you are allowed to send emails to your loved ones. I’ve just been checked in. I see that everything has been prepared for your arrival tomorrow. Looking forward to seeing you then! Hope your journey is as uneventful as mine was.

P.S. Sure is hot down here