



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. 1110

Date: 7 Aasadh 2072 / 22 June 2015

Today's Programme:

Regular weekly meeting with slide-show of RI Convention pictures

Congratulatory Events

Birthdays: NIL

Wedding Anniversaries:

Rtn. Jeevan K. Shrestha – 23 June

Minutes of Meeting No. 1464

Date: 32 Jestha 2072 / 15 June 2015

1. President a.i. Matsyendra L. Kayastha called the Meeting No. 1464 to order with 15 seconds of 'silent invocation' for peace.
2. Guests welcomed by President a.i. Kayastha: former RCP member Mr. Bhim B. Kshetry, Mr. Subarna K. Baniya, Ms. Benju Baniya and Ms. Zohvar B. Baniya.
3. The last meeting's minutes were reviewed and adopted.
4. 'Happy News' Contributions:
 - Rtn. Sharada Prasai – for 'Happy Birthday'.
 - Rtn. Bharat N. Joshi – for 'Happy Birthday' in absentia (ha.ba.).
 - Rtns. Gabriele and Bijaya Mallapaty – for 'Happy Landing' from RI Convention, Sao Paulo, Brazil. In addition, contributions from the auction of souvenir items brought from RI Convention of NRs. 1,050 were made to the 'Sunshine Fund'.
 - Rtn. Ganesh R. Shrestha – for 'Happy Landing' from RI Convention, Sao Paulo and tour of Rio de Janeiro, Brazil (NRs. 500).
 - Rtn. Mahendra B. Thapa – for managing 3 sessions of the District Tr. Assembly as a resource person.
 - Rtns. Matsyendra L. and Chandralekha Kayastha – for acknowledgement with sweets and token money for their sound work of 'Sagarmatha Complex' without earthquake damage (NRs. 500).
5. Other Contributions:
 - Former RCP member Mr. Bhim B. Kshetry and family handed over two cheques – one of NRs. 50,000 in the name of his parents 'Prem Dwarika Sahayog Kosh' and the other of UK Pounds 130 from 'On Top of the World' to support the earthquake victims through the Rotary Club of Patan.
 - Rtns. Gabriele and Bijaya Mallapaty, appreciating Rotary's efforts with no new case of Polio in the whole of Africa this year as announced in the RI Convention in Sao Paulo, pledged a contribution of US \$200 to Rotary's Polio Plus Fund.
 - Rtn. Jamuna K. Tamrakar handed over a contribution of NRs. 1,000 (from his participation at the Board of the NOH) to the PEEF.
6. Rotary News/Information:
 - The District Training Assembly, Membership and Grant Management seminars were attended by a total of 4 RCP members (Rtns. Siba B. Rajbhandary & Mahendra B. Thapa as resource persons, and Rtns. Piyush B. Bajracharya, and Dr. Bishwa B. Sharma as participants). Another interaction with Singapore Rotarians on 'Grants' is being attended by Rtns. Lalita Thapa and Gabriele Mallapaty on 16 June 2015.

7. Salutation: By PP Rtn. Yagya B. Shrestha - Rotary Club of Pori, Finland; Club ID 9954; Chartered: 1938; & Members: 63. District: 1410, Clubs: 61, and Members: 2341.
8. Session related to recent Earthquakes: Rtn. Dr. Bishwa B. Sharma gave a brief presentation on the psychological/psychiatric impact of the recent earthquakes particularly related to 'Panic' and Post- Traumatic Stress Disorder 'PTSD'. A positive surprise noted by Psychologists/Psychiatrists analysing the impact of recent earthquakes in Nepal is that people seem to have been much less affected by 'PTSD' than anticipated. While 'PTSD' may also appear at a later stage, the tolerance capacity/resilience of the Nepalese to the disaster seem to have been very good. He also noted relatively low level of distress/concern during his live interaction sessions through Radio Nepal.
9. Before the closure of the meeting by the President a.i. the Secretary announced: contributions of NRs. 5,000 (including the top-up of NRs. 50 by President a.i. Kayastha) (from attendance - NRs. 2,100 and to the 'Sunshine' Fund - NRs. 2,900); Attendance: 4 guests, 19 members & 9 make-ups.

[RI President 2014-2015, Gary C.K. Huang's message for June 2015](#)



When I began this Rotary year as your president, I wanted us, above all, to *Light Up Rotary*. I wanted us to share with the world how many wonderful friendships and experiences we have found in Rotary, and how Rotary has transformed and enriched our lives. I knew that by telling others about Rotary, we would increase membership, build stronger clubs, and improve our ability to help people in need.

As we end this 2014-15 Rotary year, I am honored by your response and will always be grateful for how you have risen to this challenge. You have answered my call to Light Up Rotary by holding many successful Rotary Day celebrations in your communities; you have outdone yourselves in your contributions to our Rotary Foundation; and you have moved all of Rotary forward with new members and new clubs.

When I chose my theme for my year as president, I was inspired by the words of Confucius, who said, "It is better to light a single candle than to sit and curse the darkness."

This year, more than 1.2 million Rotarians, along with Interactors, Rotaractors, Rotary Youth Exchange participants, and Rotary Peace Fellows, have lit their own candles in tens of thousands of communities. Together, the lights we have kindled have created a great light that shines for all the world to see.

I thank all of you for the opportunity to serve as your president this year, and for the hard work and dedication of our volunteer leadership and our staff members. I came to them with high expectations – and they delivered.

I also am grateful for the many friends I have made during this Rotary year, and for the wonderful visits I've had to so many places. I will always remember, with great fondness, riding on the Rotary float in the Rose Parade, watching children enjoy the Japanese drummers at the Rotary Day open house at RI headquarters in Evanston, and bicycling through the night in Colombo during the Ride to Light Up Rotary event, celebrating a polio-free Sri Lanka.

I have seen a new energy in Rotary this year, and felt a new excitement. We've seen more and more women and young people join Rotary as well – including my wife, Corinna, and our three children.

I hope that in the year to come, you will continue your wonderful work to *Light Up Rotary* – and to help it *Be a Gift to the World*.