



ललित धारा

RI District 3292

Club No. 23126

Chartered: 29 August 1985

President & Editor: Bijaya Mallapaty

President Elect & Assistant Editor: Chandralekha Kayastha

Secretary: Bishwa Bandhu Sharma

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Date: 23 Falgun 2073 / 6 March 2017

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| <p><u>Today's Programme:</u> Business Meeting</p> <p><u>Forthcoming Programme:</u> 13 Mar.- Joint Meeting with Rotaract Club of Patan with talk programme by Dr. Huma Bokkhim on "Creating informed consumers on Food" 20 Mar. - Classification Talk by Rtn. Shiv P. Khemka 27 Mar. - About Rotary: Q/A and discussion 3 Apr. - Business Meeting</p> | <p><u>Congratulatory Events</u></p> <p><u>Birthdays:</u> Rtn. Kiran Thapa – 2 March</p> <p><u>Wedding Anniversaries:</u> Rtns. Bijaya Bajracharya & Rtn. Shiva Pradhan–2 Mar. Rtns. Nirmal Pradhanang & Ramesh Maskay–6 Mar. Rtn. Siba B. Rajbhandary – 8 Mar.</p> |
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Minutes of Meetings No.1548

Date: 16 Falgun 2073 / 27 Feb. 2017

1. President Rtn. Bijaya Mallapaty called the meeting no. 1548 to order with 15 seconds of 'Silent Invocation' for peace and happiness.
2. Guests welcomed by the President: Family of Rtn. Santa K. Shrestha – spouse Nirmala Shrestha, son and Guest Speaker Mr. Abhisekh Shrestha, & daughter Rtn. Jasmin Pradhan; 3 year old Ishana, daughter of Rtn. Dr. Nabal Pajiyar family; Rotaract President Mohini Maharjan and Rtr. Peshal Bhattarai; and the spouses of RCP Members.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News' Contributions:
 - Rtns. Jamuna K. Tamrakar and Nirmal K. Pradhanang (NRs. 500) – for 'Happy Birthday'.
 - Rtn. Gautam Shakya – for 'Happy Birthday' in absentia (ha.ba.).
 - Rtns. Yagya B. Shrestha, Bharat N. Joshi, & Piyush Bajracharya – for 'Happy Wedding Anniversary'.
 - Rtns. Rabendra R. Pandey and Gautam Shakya – for 'Happy Wedding Anniversary' in absentia (ha.ba.).
 - Rtn. Santa K. Shrestha – for the forthcoming wedding of his son Abhisekh Shrestha, contributing NRs. 1 Crore to a hospital in Chitwan through RC Chitwan, and for second daughter Jenna Shrestha also joining Rotary (NRs. 5,000).
 - Rtn. Ganesh R. Shrestha – for joining the handover ceremony of Rtn. Santa K. Shrestha's contribution organized by RC Chitwan, which was covered by media (NRs. 500).
 - Rtn. Dr. Prakash R. Regmi – for being nominated by the Asia Pacific Society of Cardiologists to be a speaker in Panama on the subject of Rheumatic Heart Disease in September 2017 (NRs. 1,000).
 - Rtn. Bijaya Mallapaty – for the talk programme of Mr. Abhisekh Shrestha today.
 - Rtn. Dr. Bishwa B. Sharma – for happy joining of the club meeting after a couple of weeks of travel.
 - Rtn. Jeevan K. Shrestha – for coverage of his interview with photo in 'Naya Patrika'.
 - Rtn. Kedar B. Shrestha – for joining in the handover ceremony of Rtn. Santa K. Shrestha's contribution organized by RC Chitwan and for having over 25 members' attendance in today's meeting (NRs. 500).
5. The 'House' passed a motion of heartfelt condolence to the family and friends of Mrs. Kamala Rajbhandary, spouse of late Rtn. Gopal Rajbhandary, who passed away on 22 February 2017.
6. Rotary News/Information:
 - Recently, the District Conference, KEEA ceremony, and a programme of Heart Talk in partnership with the Rotaracts and others were successfully completed. Guest speaker during the Heart Talk programme, Rtn. Dr. Prakash R. Regmi was felicitated for an excellent talk highly appreciated by the community. The RCP also received a certificate as a token of appreciation.
 - The District has announced that Rtn Surendra G. Joshi will be the Assistant Governor for the Rotary Year 2017-2018 for Region 3, Zone 10, to which the RCP belongs.

- The final batch of training of former Kamlari girls by our partner Nepal Youth Foundation (NYF) is on-going with the completion ceremony planned for 11 March 2017 in Nepalgunj. Any member of RCP travelling to Nepalgunj is requested to visit the NYF office to see the activities of the former Kamlari girls.
 - Rtn. Siba B. Rajbhandary updated and reminded on the 5th USA-Nepal Humanitarian Award Ceremony being held on Sat., 4 March 2017, at Ashok Party Palace, Lalitpur at 3:30p.m. The RCP is also one of the co-hosts of this event organized by RI District 7510 USA, our District, and Friends of Nepal, New Jersey, USA. RCP family was requested for maximum participation (Registration fee is NRs. 1,000).
7. Salutation: By PP Rtn. Jeevan K. Shrestha – RC of Karachi South, Sind, Pakistan; Chartered: 1982; & Members: 25. District: 3271, Clubs: 78, & Members: 1418.
8. Please see below for a summary of today's talk programme.
9. Before the closure of the meeting by the President, the Secretary announced: contribution of NRs. 12,400 (NRs. 3,500 for attendance and NRs. 8,900 for sunshine funds); attendance: 2 Guests, 2 Rotaracts, 4 spouses of RCP members, 31 members, and 6 make-ups.

Rotary Q/A presented by Rtn. Mahendra Thapa

- Q.** What was Paul Harris's original suggested name for Rotary?
A. Conspirators
- Q.** How many members do the Council of Governors of RID 3292 has?
A. 11

Summary of the Talk Programme by Guest Speaker Mr. Abhisekh Shrestha

This talk programme by Mr. Abhisekh Shrestha, son of RCP Rotarian Santa K. Shrestha and spouse Nirmala Shrestha was special in many ways. It was the celebration with the RCP family of Abhisekh's success as an entrepreneur, with a post-talk fellowship reception sponsored by his family, and with announcement of his imminent wedding.

Rtn. Kedar B. Shrestha introduced Mr. Abhisekh Shrestha as a young, dynamic, and successful entrepreneur who got his graduate and post-graduate degrees in Management Accounting and Hospitality from Australia. Currently he is doing his M.Sc. in Distillery from Scotland through distant learning. Abhisekh expanded his family business and founded Yeti Distilleries in 2008 introducing several new brands.

Mr. Abhisekh Shrestha gave a succinct power point presentation and chose to give the example of producing whiskey in Nepal. He explained the whole process, starting with the ingredients required, the process of brewing, maturing, distilling, storing, and the use of appropriate oak barrels. Currently his industry imports the raw materials from abroad, but the process of making and blending to bring the specific brand taste and bottling takes place in Nepal.

Following his presentation very interesting 'Questions/Answers' session was held. Among the questions raised, he also responded that the potency of whiskey, once bottled, do not reduce if the sealing mechanism is perfect. Otherwise, potency reduces but very slowly over a long period of time. The whiskey produced by Yeti Distillery uses peated spirits with some smoky taste but no spices are used.

On concerns raised regarding health hazards of alcohol, Rtn. Dr. Prakash R. Regmi clarified that excess drinking is invariably harmful to health, but if a healthy person takes up to 2 units (30 ml per unit) per day, it is not harmful. Rtn. Dr. Bishwa B. Sharma gave a vote of thanks on behalf of the RCP family to Mr. Abhisekh Shrestha for his excellent presentation. He mentioned that alcohol is also associated with 'happier people'. But to be truly 'happier people', it is extremely important to control the quantity of consumption to the recommended maximum levels.

Rtn. Santa K. Shrestha gave a brief background on how his own wish got fulfilled with Abhisekh motivated to start this new line of business, different from their regular business of Hotel Management.

The talk programme concluded with the President congratulating Abhisekh and presenting him with 'Lalitdhara Souvenir' and 'Rotary Ka Kura' as a 'Token of Appreciation' from the RCP family.