

Issue No. 1491

Date: 9 Magh 2079 / 23 January 2023

Today's Programme: (Meeting of 16 Jan. 2023 was cancelled due the national mourning because of the Yeti Airways crash)
Talk programme by Mr. Kamal Dhakal on 'Journalism and Literary Writing'

Congratulatory Events

Birthdays:

Rtns. Pushkar M. Shakya – 14 Jan., Kamal B. Nyachhyon – 15 Jan., Mahendra B. Thapa – 15 Jan., and Kedar B. Shrestha – 18 Jan.

Minutes of Meeting No. 1837

Date: 25 Poush 2079 / 9 January 2023

1. Vice President Rtn. Gabriele Mallapaty called the RCP's Meeting No.1837 (on Zoom) to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. Guest welcomed by the Vice President: Ms. Hannah Schwarz, former Peace Corps volunteer in Nepal.
3. The last meeting minutes were reviewed and adopted.
4. 'Happy News' Contributions:
 - Rtns. Ganesh & Bijaya Shrestha – for 'Happy Wedding Anniversary' (NRs. 1,000).
 - Rtn. Lalita C. Thapa – for the book launch on her mother and in appreciation of the participation of several RCP members during the launch (NRs. 1,000).
 - Rtn. Shiba B. Rajbhandary – for having grandson Grijesh in Nepal on college holidays from the USA (NRs. 500).
5. Other Contributions: Rtn. Khadak S. Bisht pledged to contribute subscription of Zoom (US \$14.99) for the RCP for the second month till 14 February 2023, after which Rtns. Bijaya and Gabriele Mallapaty are contributing for one year.
6. Rotary Information:
 - Rtn. Khadak S. Bisht informed about the wheelchairs sent to Bhimdatta municipality for people with disability. After this, the RCP has a remainder of 6 wheelchairs for distribution managed by the KPAD committee. He also briefed on the District's message about the candidates for District Governor Nominee for RY 2025-2026 shared electronically.
 - Rtn. Ganesh R. Shrestha briefed on the status of the RCP members' fellowship fund following the 2nd birthday fellowship held recently, which has a balance of NRs. 673,200 as per details shared via Viber message.
7. Rtn. Lalita C. Thapa's sharing of her experience as an Assistant Governor: Before sharing her experience as a current Assistant Governor of District 3292, she shared some information about her childhood and early years and the personality changes time brings. She appreciates the sharing of this kind of personal information among the RCP members to know each other better.

She then shared her current experience since being one of the Assistant Governors of District 3292 looking after four Rotary Clubs of Nepal. Among the things she highlighted was the learning experience working not only with the assigned clubs but in collaboration with many other clubs. The networking advantages and possibilities to work jointly with other clubs to have a multiplier effect and larger impact on service projects were put forward.

8. Ms. Hannah Schwarz's (Master of Professional Studies in Global Development at Cornell University candidate) briefing on TEACH Programme/Menstrual Health activity for women's empowerment: Ms. Schwarz thanked Rtns. Ganga R. Gautam, Mahendra S. Rawal and Khadak S. Bisht of the RCP for the opportunity and guidance to work together on this. This month, research work together with Rotaract members Sandhya Chaulagain and Hricha Aryal started at Shree Siddhi Mangal Secondary School in Sanogaun, Lalitpur with 56 girls in grades 6-12 and 10 boys in grades 9/10. The research team conducted a series of surveys, focus group discussion, and small group activities to better understand current practices, perceptions, and motivations surrounding menstruation and menstruation practices.

Researchers worked with students to identify specific challenges and needs that Rotary will address in the upcoming training package. Students indicated overwhelming positive interest in learning more about menstruation and identified a need for the menstruation training package. While researchers are in the initial stages of coding and analysing data, initial findings include a lack of knowledge about the biophysical process of menstruation; a preference for disposable pads, however, pads are expensive and girls often do not change them at appropriate intervals which can lead to infections and other health challenges; and that while girls practice a wide diversity of menstruation practices, the majority of girls reported experiencing a variety of negative emotions while practicing restrictions during menstruation, particularly during their first period, including fear, loneliness, and depression.

In the coming months, the research team will use this data to inform development of the training package so that it is both relevant to and reflects students' lives.

9. Salutation: By Rtn. Lila B. Baniya - Rotary Club of Metro Savannah; Chartered: 2012; & Members: 70. District: 6920, Clubs: 65, & Members: 2918. He also briefed about the club, its key projects, and the city.
10. Before the adjournment of the meeting, by the Vice President, Rtn. Khadak S. Bisht announced: happy news contributions of NRs. 2,500 to the sunshine fund of the RCP, and the meeting attendance of 1 guest, 18 members & 12 make-ups.

Rotary Questions/Answers presented by Rtn. Padam L. Maharjan

- Q.** Name in order the first five Rotary clubs in Nepal? **A.** Kathmandu, Biratnagar, Dharan, Patan and Birgunj
- Q.** Which is the largest Rotary Club of Nepal with how many members as of 1st July 2022? **A.** Rotary Club of Butwal with 114 members.
- Q:** Where and when was the first meeting held to launch Nepal's first Rotary Club? **A.** At Royal Hotel, Kathmandu in 1957.



May the Laugh Bug Bite You 😊😊😊😊😊

Four worms were placed in four separate test tubes:

- 1st in beer
- 2nd in wine
- 3rd in whiskey
- 4th in mineral water

The next day, the teacher shows the results:

- The 1st worm in beer, dead.
- The 2nd in wine, dead.
- The 3rd in whiskey, dead.
- The 4th in mineral water, alive and healthy.

The teacher asks the class:

- What do we learn from this experience?

And a child responds:

- Whoever drinks beer, wine and whiskey, does not have worms.