

Issue No. 1529

Date: 22 Ashwin 2080 / 9 October 2023

Today's Programme: Regular Weekly Meeting with briefing by Rtn. Krishna Hachhethu on his recent 'Mansorabar/Kailash' trip

Congratulatory Events
Birthdays & Wedding Anniversaries: Nil

Minutes of Meeting No. 1874

Date: 15 Ashwin 2080 / 2 October 2023

1. President Rtn. Mahendra S. Rawal welcomed all the participants to this meeting held via Zoom and called the RCP's Meeting No.1873 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. The last meeting minutes were reviewed and adopted.
3. Happy News contribution pledges:
 - Rtn. Krishna Hachhethu – for 'Happy Birthday' (NRs. 1,000).
 - Rtn. Mahendra S. Rawal –for 'Happy Birthday' (NRs. 500).
 - Rtns. Preeti and Shiv P. Khemka – for their elder son's 21st birthday (NRs. 1,000).
 - Rtn. Shiv P. Khemka – for an excellent Board meeting/fellowship hosted by Rtn Gabriele Mallapaty (NRs. 500).
 - Rtns. Gabriele Mallapaty (NRs. 1,000) and Rtn. Bijaya Mallapaty (NRs. 500) – for the successful Board meeting hosted by Rtn. Gabriele Mallapaty.
 - Rtn. Rtn. Bishnu P. Sigdel – for the two friends' birthday as mentioned above (NRs. 500).
 - Rtn. Ganesh R. Shrestha – for the completion of PEEF distribution, and for buying a new 'BYD' car (NRs. 1,000).
 - Rtn. Khadak S. Bisht – for the excellent Board meeting/fellowship and for the contribution of interest income by Rtn. Ganesh R. Shrestha to the PEEF Programme Fund (NRs. 500).
 - Rtn. Prakash R. Regmi – for attending the RCP weekly meeting in Zoom from the gym (NRs. 500).
4. Other Contributions: Rtn. Ganesh R. Shrestha announced a contribution of NRs. 15,000 (Received NRs. 9,465+NRs. 4,733=NRs. 14,198) as interest received in his account from the PEEF distribution funds advanced last year and this year to the PEEF Programme Fund.
5. Rotary Information:
 - Rota Quiz – Members were reminded to participate in the Rota Quiz of this year. Rtn. Lalita C. Thapa volunteered and additional participants are sought, including a Rotaract member. New members were encouraged to join. This needs to be confirmed by the next weekly meeting.
 - Rtn. Bijaya Mallapaty briefed on the status of club renewal. After completion of the process at the tax office, and Lalitpur municipality, the CDO's office has been asking for additional new formalities to be completed.
 - Rtn. Lalita C. Thapa briefed on her participation in the District's Child at Risk sub-committee as its member. It was recommended that some suggestions could be taken up in planning for our activities in the adopted schools.
 - President Rtn. Mahendra S. Rawal updated on the orientation session on mental health in collaboration with RC Kathmandu and others at the RCP adopted Siddhi Mangal School in Sano Gaun on Friday, 6 Oct. 2023.
6. Briefing on Healthy Food by Rtn. Bishwa B. Sharma: Following the talk programme of the keynote speaker during the World Heart Day celebrations, Rtn. Sharma wanted to elaborate and clarify some concerns about low-carb diet (also called KETO diet) soluble/insoluble fibres, and the needed micro-nutrients from food. Explaining the composition of carbohydrate, he concluded that carbs are also needed and not that bad, but how to eat it is very important. For example, while whole fruit is good, only fruit juice is not necessarily good. In addition to food being fuel for the body, it is also the essential part of human culture, ritual, art, and pleasures of daily life. He advised on moderation on food habits as excessive eating is certainly not good for health. An expanded Questions/Answers session was very useful to all on this topic.
7. Salutation: By Rtn. Padam L. Maharjan - RC. Barisal, Bangladesh; Chartered: 1976; & Members: 27. District: 3280, Clubs: 158, & Members: 4415. He also gave a brief on this special place in Bangladesh.
8. Before the adjournment of the meeting by the President, Secretary Rtn. Shiv P. Khemka announced: happy news contribution pledges of NRs. 7,000 (50% or NRs. 3,500 each for the Sunshine Fund and the Operational Fund of the RCP), and the meeting attendance of 27 members and 13 make-ups.

Rotary Questions/Answers presented by Rtn. Lalita C. Thapa

- Q. Who was the first female Rotary District Governor in Asia? A. Marcelina "Lina" Aurelio serving as District Governor of District 3800 in 1996- 97.**
- Q. Which year did the World Community Service start? A. 1963**
- Q. What is the name of the RI President for RY 2023/24? Give his profession and club name? A. Gordon R. Macinally. He is a Dental Surgeon and is from Rotary Club of South Queensferry, Scotland.**

3rd Board Meeting of RY 2023-2024 held on 29 September 2023

Secretary Rtn. Shiv P. Khemka presented the minutes/decisions of the 3rd Board meeting, hosted by Rtn. Gabriele Mallapaty from 5:30 to 6:30 p.m. on 29 September 2023 at the Mallapaty residence in Bhaisepati with the participation of 12 Board members. The 'House' endorsed/approved the minutes/decisions of the 3rd Board meeting as follows:

1. The minutes of the 2nd Board meeting were reviewed.
2. Relationship between the RCP and the Inner Wheel Club of Patan was discussed. While the IW Club of Patan is an independent entity, the RCP has a historic relationship with it since it was a part of the RCP family. Currently it is a partner in service of the RCP. It was suggested that the President has a meeting with the IW Club to strengthen this partnership.
3. District Grant for KOSHISH with the sponsorship of RC Rosebud-Rye, Australia: The progress of the proposal was reviewed, and the Board approved a contribution of US \$200 from the RCP Club Service Fund for this project.
4. Club Registration Update: Rtns. Jeevan K. Shrestha, Preeti Khemka, Prakash R. Regmi, Bijaya Mallapaty and Mr. Aayush Nakarmi started the process. Currently, the Internal Revenue Office, Lalitpur has given the tax clearance certificate for the year 2079-2080 and the Lalitpur Municipality's renewal has been obtained. However, the Chief District Officer's office has asked to complete further formalities, which are being done.
5. Request for Tax-free status: While proceeding with the club renewal process for this year, initial contact with the Director of Internal Revenue Office, Lalitpur has already been made. The RCP Board appreciated the efforts in this regard and confirmed to pursue the request for a tax-free status for the Rotary Club of Patan with the government.
6. The RCP's PEEF Committee meeting report of 27 September 2023: The board noted this report (attached) and endorsed its policy recommendations.
7. The RCP's KPAD Committee recommendation: The Board approved the recommendation to increase the RCP's annual contribution of NRs. 300,000 to NRs. 400,000 from the RCP's KPAD funds to the ongoing tripartite project (among TRIFC, ADSoN and the RCP) for people with disability to teach organic vegetables farming and poultry farming. Same amount of increase has been approved by our partner ADSoN while TRIFC continues to be the major donor for this project. This was necessitated due to increases in the number of trainees, cost increases, and change in the management of the project with ADSoN taking over the implementation responsibility. It was also noted that any additional needs identified for the training site should be discussed with ADSoN by the RCP President.
8. President Elect and Treasurer Rtn. Preeti Khemka presented the financial status of the club with income and expenditures as of end September 2023. It was also noted that membership dues from all members have been received with some members paying for the first half of the Rotary Year.
9. Revision of the RCP's Strategic Planning: As the RCP's strategic plan is expiring at the end of the Rotary Year 2023-2024, the Board requested to prepare a new one and suggested a group for this to be coordinated by President Elect Rtn. Preeti Khemka with the membership of Rtns. Khadak S. Bisht, Gabriele Mallapaty, Lalita Thapa, and Ganga R. Gautam. Other interested members should be requested to join this group.
10. Activities in the RCP's adopted schools: Youth Services Director Rtn. Maheswari Bisht Rawal, together with the President and the President Elect, was requested to coordinate the RCP's immediate activity plans in the adopted schools and suggest budgetary requirements for the Board's review. Environment related activities should also be reviewed.
11. President Rtn. Mahendra S. Rawal presented the plans for an orientation session on mental health in collaboration with RC Kathmandu and others at the RCP's adopted Siddhi Mangal School in Sano Gaun on Friday, 6 October 2023. For this purpose, a budget of up to NRs. 10,000 was approved by the Board.
12. A RCP trip with health camp to Galkot/Baglung – Possible trip of 4 nights/5 days after 'Bhai Tika' in November this year was discussed and welcomed. Rtns. Prakash R. Regmi and Ganga R. Gautam were requested to propose a detailed plan and request for the confirmation of interested participants from the RCP.
13. The 4th Board meeting of RY 2023-24 will be hosted by Rtn. Ganesh R. Shrestha on Saturday, 4 November 2023.
14. On behalf of all present, Rtn. Kedar B. Shrestha initiated and Rtn. Preeti Khemka gave a 'Vote of Thanks' to Rtn. Gabriele Mallapaty for hosting the meeting followed by an excellent fellowship dinner. Rtn. Krishna Hachhethu and Rtn. Prakash R. Regmi added special words of thanks to the Mallapaty couple on this occasion.