

Issue No. 1590

Date: 7 Magh 2081 / 20 January 2025

Today's Programme: Regular weekly meeting with a Talk Programme on 'Empowering Communities through Nutrition & Dietetics' by Ram K. Shrestha, Director, Dept. of International Affairs and Research, Nani S. Shakya, Sr. Dietician and Assoc. Professor, & Dr. Kalpana Tiwari, Head Nutrition and Dietetics Dept., CAFODAT College, Lalitpur

Congratulatory Events

Birthdays:

Rtn. Kedar B. Shrestha – 18 Jan.

Wedding Anniversaries: Nil

Minutes of Meeting No. 1934

Date: 29 Poush 2081 / 13 January 2025

1. Immediate Past President Rtn. Mahendra S. Rawal called the RCP's Meeting No. 1934 to order via Zoom with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. Guests welcomed by the Past President: Rotaract Club of Patan President Elect and Secretary Elect Rtrs. Nirdesh Subedi and Stuti Aryal respectively.
3. The last meeting minutes of the RCP were reviewed and adopted.
4. Happy News Contribution pledges:
 - Rtn. Pushkar M. Shakya – for 'Happy Birthday' in absentia (ha.ba.).
 - Rtn. Kamal B. Nyachhyon – for 'Happy Birthday' in absentia (ha.ba.).
 - Rtn. Mahendra B. Thapa – for 'Happy Birthday' in absentia (ha.ba.).
 - Rtn. Nirmal K. Pradhanang – for his niece's getting the visa approval to the USA, on 3rd attempt, where she has obtained full scholarship for PhD studies (Rs. 500).
 - Rtn. Lalita C. Thapa – for completing the Rota Quiz in region 3 of the District as its Rota Quiz chair (Rs. 500).
 - Rtn. Mahendra S. Rawal – for chairing the meeting today (Rs. 500).

5. Other Contributions:

- Rtn. Nirmal K. Pradhanang pledged to contribute Rs. 10,000 to support WASH facilities with urinals, and floor carpet in the two rural schools near Birgunj as per pledge request made in the last meeting.

With the above, the **Total pledged amount has reached Rs. 127,000**. The fund raising will continue to meet as close to the target of Rs. 250,000 as possible.

6. Rotary Information:

- Rtn. Mahendra S. Rawal briefed on the progress to have the committee representatives following the signing of the MOU by all the five partners to support Shahid Ganga Lal Hospital its communication with patients and care takers.
- Rotaracts Nirdesh Subedi and Stuti Aryal informed about their being nominated as President Elect and Secretary Elect respectively for RY 2025-2026. They look forward to the continuation of excellent collaboration and support from the Rotary Club of Patan.
- Rtn. Mahendra S. Rawal mentioned about the plans, in collaboration with the Rotaract Club of Patan, to have orientation sessions on addiction prevention in the RCP's four adopted schools.
- Rtn. Lalita C. Thapa informed that clubs sending more than 10 participants to the forthcoming District Conference being held at The Plaza, Lalitpur, during 21-23 March 2025 will be getting discounted registration fee. Further information will be coming from the District in this regard.
- Rtn. Santa K. Shrestha and Jeevan K. Shrestha briefed about the Bandipur Tourism Promotion Year 2082 and suggested the RCP to have its annual outing there. Rtn. Santa K. Shrestha would be happy to support and facilitate the RCP group. Several members talked about their positive experiences with Bandipur visits highlighting possible places to visit as well as participating in interesting activities. To start the new year 2082, Bandipur will also be having celebrations like in Bhaktapur. Fellowships Coordinator Rtn. Kedar B. Shrestha will be reviewing this further to organise possible RCP outing to Bandipur during 13-15 April 2025 and will be coming back with suggestions.

7. Salutation: By Rtn. Khadak S. Bisht – RC Cordoba, Argentina; Chartered: 1927; & Members: 97. District: 4815, Clubs: 65, & Members: 1077. He also gave some highlights of the club.
8. Before the adjournment of the meeting, Secretary Rtn. Ganga R. Gautam announced: happy news contributions of Rs. 1,500 to the sunshine funds of the RCP, and the meeting attendance of 2 Rotaracts, 15 members & 13 make-ups.

Rotary Questions/Answers presented by Rtn. Bijaya Mallapaty

- Q.** What was the first job of Paul Harris? **A.** Newspaper Reporter
- Q.** When (Month and year) did RI announce that it was forming a separate District for Nepal? **A.** March 2006
- Q.** Where and when is the "International Assembly" held? **A.** Annually, in Mid-January, in San Diego, California

Rotary information-RI President Stephanie A Urchick's message for January 2025



I always walk into meetings at my home club of McMurray, Pennsylvania, with a smile on my face. A few years ago, someone arrived late. Instead of scolding the person, we cheered. Since then, we've made it a tradition to applaud all members when they arrive for meetings. It's tough not to smile with a greeting like that. There's nothing more powerful for engaging and retaining members than a club that's vibrant, welcoming, and — yes — fun.

Think back to what drew you to Rotary. Chances are, it wasn't just the service projects or professional networking. It was the people — the friendships, the shared laughter, and the joy of working toward a common purpose. That's what keeps us coming back. If you're looking for that sense of joy in your meetings, don't be afraid to ask yourself and your fellow members some tough questions. If you were a prospective member, would you join your current club? It's a powerful question but don't stop there. Do members of your club feel that they belong? Are your meetings fun? If not, what can you do about it together?

At your next meeting or event, try something new to bring out a few extra smiles. It's the simple things that create lasting bonds and make clubs simply irresistible. Here's one example of a club moving in the right direction. The Rotary Club of Fukushima, Japan, has been combining environmental responsibility with community fun since 2021. In Japan, people have made picking up trash into a sport known as SpoGomi, and every year the club hosts a game. This year, more than 400 participants cheered each other on while they came together to improve their community.

This event is an excellent example of how Rotary clubs can have fun, make a difference, and raise awareness for broader global challenges all at the same time. And the inclusive, family-friendly format allows people of all ages to participate.

When we enjoy what we do, that energy becomes contagious. It's what attracts new members and keeps our clubs strong and engaged. It helps people feel that they belong.

Retention and culture go hand in hand. The healthier our club culture, the more likely members are to stay. *Rotary* magazine is an outstanding resource for inspiration on how to enhance our club culture and deepen member engagement. I encourage you to explore the stories and strategies in these pages, drawing from other clubs' successes to find ideas that work for you.

Together, we can create a more engaged, enjoyable, and inclusive Rotary that every member can feel proud to be part of. Let's continue with renewed commitment and enthusiasm, living *The Magic of Rotary*.