

Issue No. 1634

Date: 15 Mangshir 2082 / 1 December 2025

<p><u>Today's Programme:</u></p> <p style="text-align: center;">Business Meeting on Zoom</p>	<p style="text-align: center;"><u>Congratulatory Events</u></p> <p style="text-align: center;"><u>Birthdays:</u> Nil</p> <p style="text-align: center;"><u>Wedding Anniversaries:</u> Rtn. Keshab B. & Shanti Mathema – 30 Nov. Rtn. Lila B. & Sudha Baniya – 2 Dec.</p>
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Minutes of Meeting No. 1977

Date: 8 Mangshir 2082 / 24 November 2025

1. President Rtn. Khadak S. Bisht called the RCP's Meeting No. 1977 to order with 15 seconds of 'Silent Invocation' for world peace, health, and happiness.
2. Guests welcomed by the President: Interact Club of St. Xaviers – President Ugen Raut and IT Head Imansyi Ghimire; and Rtn. Ewerhard Engels from Germany.
3. The last meeting minutes of the RCP were reviewed and adopted.
4. Happy News Contributions:
 - Rtn. Rtn. Ganesh R. Shrestha – for 'Happy Birthday' (Rs. 1,000).
 - Rtn. Mahendra S. & Ambika Rawal – for 'Happy Wedding Anniversary' (Rs. 500).
 - Rtn. Rabendra R. Pandey – for being able to participate in the meeting despite the cold weather (Rs. 800).
 - Rtn. Prakash R. Regmi – for a tour of Chitwan, Sunawal, Butwal, Palpa & Hetauda with several successful interactions on heart health issues and receiving an honour 'Chabilal Nepal Pratibha Puraskar' in Palpa for his recent book 'Mutu ka Kura' (Rs. 1,000).
 - Rtn. Khadak S. Bisht – for participating in several other Rotary Club meetings including the latest club of the District, i.e. RC Godawari, and to welcome the participants from Interact Club of Xt. Xaviers (Rs. 500).
 - Rtn. Gabriele Mallapaty – for the excellent financial report submitted by the Interact Club of St. Xaviers on the RCP's sponsorship of a recent activity (Rs. 500).
5. Other Contributions:
 - Rtn. Ewerhard Engels handed over the contribution cheque of Rs. 163,760 (Euro 1,000) as pledged earlier to support the children through the RCP's PEEF scholarship trust fund. He spoke a few words on the happy visit of the RCP a year ago by his sister and friends, including Rotarians and Inner Wheelers from Lake Tegernsee, Germany that resulted in this contribution. Contributions are from himself, his sister Muecke Engels, and friends Werner Thiess, Ines Huss, Sabine Albig, Gisela Gruenbeck and Guenter Ernst. (Note: An additional contribution equivalent to Euro 100 has been pledged after the meeting).
 - Noting November as the Rotary's TRF month, RCP's TRF Committee Chair Rtn. Rabendra R. Pandey spoke a few words about TRF and the RCP's contribution status on the target to raise US \$ 4,000 (\$2,500 for Annual Fund and \$1,500 for Polio Plus). While the target towards Polio Plus has already been met, for the Annual Fund, it is short by \$525. He also mentioned the District Governor's request to increase the target to \$5,000 by the RCP. In this context, he implored members (also who were not present) to make voluntary contributions to at least meet the minimum EREY (Every Rotarian Every Year with contributions of \$25) suggested by Rotary to the Annual Fund of TRF.

The following 7 members pledged to contribute the equivalent of US \$25 each to the Annual Fund: Rtns. Lalita C. Thapa, Kedar B. Shrestha, Bishwa B. Sharma, Khadak S. Bisht, Ganesh R. Shrestha, Bijaya Shrestha, and Bishnu P. Sigdel.
6. Rotary Information:
 - President Rtn. Khadak S. Bisht:

- Reminded about the District TRF seminar and recognition programme being held on 28 November 2025, and the planned 'Heritage Walk' by a group of Rotary Clubs in Kirtipur with details being shared electronically.
 - Informed about his participation in the meeting of RC Godawari where he met former RCP member late Shreedhar Acharya's grandson.
 - Rtn. Mahendra S. Rawal briefed on his and Rtn. Maheswari Bisht Rawal's participation in three Rotary Clubs' meeting in Hetauda. He also shared a pamphlet with a summary of activities of RC Hetauda as an interesting and economic example to share widely.
 - Rtn. Prakash R. Regmi confirmed the RHD Health Camp being undertaken with Nepal Heart Foundation and Friends of Chepel sponsor Rtn. Isabelle Buschulte from Germany to Chepel, Sotang. From the RCP final confirmed 8 participants are: Rtns. Prakash R. Regmi, Khadak S. Bisht & Maheswari Bisht Rawal, Bijaya & Gabriele Mallapaty, Shiv P. & Preeti Khemka, and Bishnu P. Sigdel.
7. Rtn. Prakash R. Regmi shared some interesting and possibly controversial findings of the longitudinal Swedish AMORIS cohort study, which shows that high total cholesterol is linked with reaching 100 years of age. The decades long study on 812,073 participants showed that high levels of total cholesterol & iron, with low levels of glucose were linked to becoming a centenarian. The study says that cholesterol is a molecule of life & that LDL is the unsung hero of the immune system.
- In the following debate, it was noted that these new findings need to be further studied by competent regulatory medical bodies before these impact the current guidelines.
8. Salutation: By Rtn. Jamuna K. Tamrakar - RC Marangu, Tanzania; Chartered: 2010; and Members: 23. District: 9200, Clubs: 153, and Members: 3981.
9. Before the adjournment of the meeting by the President, Secretary Rtn. Bishwa B. Sharma announced: happy news contributions of Rs. 4,300 to the sunshine fund and Rs. 3,100 to the operational funds of the RCP, and the meeting attendance of 1 guest, 2 Interacts, 13 members, & 13 make-ups.

Rotary Questions/Answers presented by Rtn. Rabendra R. Pandey

- Q.** What is the main mission of The Rotary Foundation? **A.** To advance world understanding, goodwill, and peace.
- Q.** In which year was The Rotary Foundation established? **A.** 1917.
- Q.** Who founded The Rotary Foundation? **A.** Arch Klumph.
- Q.** What is the highest donor recognition level in TRF? **A.** Arch Klumph Society.

Rotary Information – About Endowment Funds

Source: rotary.org

The Rotary Foundation created the Endowment in 1982 to give future generations of Rotary members the resources they need to design and implement sustainable projects year after year. While a gift to the Annual Fund helps people live better lives today, gifts to Rotary's Endowment support the same life-changing programs forever. Contributions to Rotary's Endowment are invested and professionally managed to provide a source of funding every year to support Rotary members' local and global philanthropic work. As the Endowment grows, so does the good that Rotary members can do in the world.

NAMED ENDOWED FUNDS: With a gift of \$25,000 or more to the Endowment, members or friends of Rotary may create a permanent legacy in their own name or in honour of a friend or family member. Rotary pools these gifts for investment purposes but maintains a separate accounting for each named endowed fund.

ROTARY'S ENDOWMENT PRIORITIES: Basic education and literacy, Community economic development, Disease prevention and treatment, Environment, Maternal and child health, Peacebuilding and conflict prevention, Rotary Peace Centres, SHARE, Water, sanitation, and hygiene, & World Fund.