

## Issue I

Volume 1

31<sup>st</sup> July 2020

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# HYC-GRANVILLE

## Newsletter

**“Dear Past, thank you for the lessons. Dear Future, We are ready”**

*Namaste, with these words, I would like to thank the entire Himalayan Youth family and the Executive Board members for appointing me as the Strategic Planning Coordinator. One of the 1<sup>st</sup> activity I would like to begin my role with, is by introducing the Editorial Board [EB] for HYC. I intend to bring, what's happening within our community with the intention to be the voice of HYC-Granville to all the members here and overseas.*

*Therefore, welcome to the 1st edition of the newsletter by the EB. My name is Kshitiz Shrestha and I hope to bring you the latest when possible.*



A GOAL without a PLAN is just a WISH

by Kshitiz Shrestha, 31<sup>st</sup> July 2020

## HYC-Granville Amalgamation decisions and actions



Strategic alliances are probably the most overlooked form of offline marketing and, yet, they're one of the most meaningful. Two heads are better than one and, in many cases, two clubs are better than one – especially when they combine resources or share expertise in order to build a new tomorrow.

Don't think of alliances as handing over part of your activities, though. Rather, alliances are just like networking. They're almost an extension of the adage: "It's not what you know, it's who you know."

So, coming straight to the point, you may have been a "lil" confused seeing the name "Granville" tagged to HYC and rightfully so. On 5<sup>th</sup> of July 2020, both club's executive members joined hands to walk the path together, strengthening our already successful legacy. The decision to collaborate has sparked the new formation of the EC board, players and members. This is yet another historic day for us to celebrate as we pave the path for our new generation.

The outcome of the meeting has given birth to the collaborated name, new logo and also a motto which in so many ways proven to be engraved in our hearts – *"Rise As One"*.

### HYC-GRANVILLE AMALGAMATION EC MEETING



## Changes in our environment

We all know that these are trying times and in this unprecedented situation with COVID-19, we urge you to take extra precaution and be self-aware of your own rightful doing. You and your family is the most important living being and therefore, stay safe and always follow the guidance of NSW Health Authorities.

Lot of people don't know that Coronaviruses, is not just one of its kind, there are other forms of this virus such as [Middle East Respiratory Syndrome \(MERS\)](#) and [Severe Acute Respiratory Syndrome \(SARS\)](#). But we are pressed with COVID-19, which was first reported in December 2019 in Wuhan City in China.

Symptoms of COVID-19 can range from mild illness to pneumonia. Some people will recover easily, and others may get very sick very quickly. People with coronavirus may experience symptoms such as:

- fever
- respiratory symptoms
- coughing
- sore throat
- shortness of breath

Did you know, other symptoms can include runny nose, headache, muscle or joint pains, nausea, diarrhoea, vomiting, loss of sense of smell, altered sense of taste, loss of appetite and fatigue?

To stop the spread of COVID-19 people with even mild symptoms of respiratory infection should [get tested](#). If you are concerned you may have COVID-19:

- use the [symptom checker](#)
- see how to [seek medical attention](#)
- see more about [how you can get tested](#)

[Source: <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/what-you-need-to-know-about-coronavirus-covid-19>]

Here is where you can get your latest stats: <https://www.health.nsw.gov.au/Infectious/covid-19/Pages/stats-nsw.aspx>

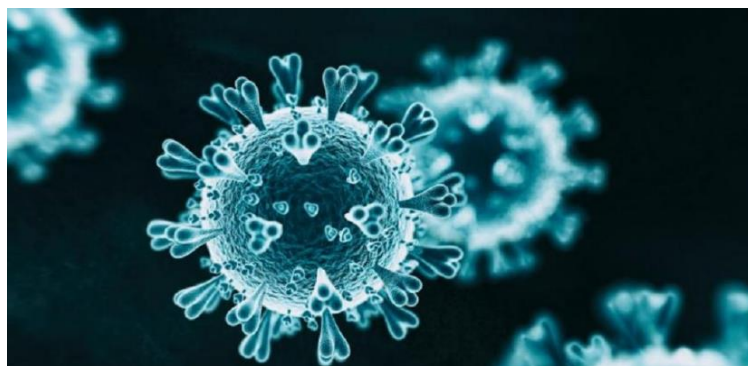


Image source: [google](#)



## Monthly Run Down

Last week, our very own home grown Vice President Himanshu Upadhaya (Finance Officer at Royal North Shore Hospital) shared his story to the youth in a webinar hosted by NRNA.

This was a unique opportunity to hear some great success stories who have made it in their area of expertise. His discussion were on the importance of health insurance and the right level of cover for overseas visitor.

Please feel free to tag him for any updates on this subject.



Our HYCians, also marked yet another important date in the calendar where they announced the birth of our Badminton team and we encourage you to stay physically active. So if you are keen, please contact our sports coordinator (Deepak Sharma – 04497 43 092) who will be formalizing the team activities. Currently the team gets together for a show case on Saturdays and Tuesdays at **Homebush and Seven Hills**.

*Players from L-R:*

*Rajiv Pradhan, Ashish Basnet, Deepak Adlakha, Nabin Rana, Sushil Tamrakar, Aadesh Man Singh, Niraj Singh & Ankit Thapa*



*Players from L-R:*

*Nabin Rana, Ram Shrestha, Tejendra (Yunsang) Thapa & Mukti Toka*

*Players from L-R:*

*Ram Shrestha, Dipak Sharma, Mukti Roka, Bijay Poon, Nabin Rana, Tejendra (Yunsang) Thapa, Lukesh Ramjali, Giru Jugali & Ankit Thapa*



## Get to know your peers



- 1 - Nickname  
*Sach*
- 2 - Would you rather ride a bike, ride a horse or drive a car?  
*Off road trail bikes*
- 3 - If you were a super-hero, what powers would you have?  
*Power to make people make happy & a life without sadness and violence*
- 4 - What's the tallest building you've stepped foot in?  
*KL Tower*
- 5 - Would you rather trade intelligence for looks or looks for intelligence?  
*Looks for intelligence*
- 6 - Have you ever had a secret admirer?  
*Yes, I would like to believe so, during high school while singing in a band*
- 7 - What's the most daring thing you've ever done?  
*Skydiving*
- 8 - Do you collect anything?  
*Watches and Shoes*
- 9 - If you had to describe yourself as an animal, which one would it be?  
*Horse always groomed well slick and fast 😊*

## Get to know your peers

**HYC**  
Rise As One

ISSUE **01**  
July 2020

**Bisswas**  
Is musically influenced & has a proven record of organizing multiple Nepali musical events in Syd. He is an active member helping youths & organization.

**Bishwas Shrestha**

Welcome to HYC-Granville Bisswas, looking forward for a new collaborative ways to engage our youth.

- 1 - Nickname  
*Bisswas*
- 2 - Would you rather ride a bike, ride a horse or drive a car?  
*Never rode a horse, definitely pick that one*
- 3 - If you were a super-hero, what powers would you have?  
*It would be Telepathy, wouldn't it be neat to read the minds of bad people & plant some positive seed instead*
- 4 - What's the tallest building you've stepped foot in?  
*Eureka Sky deck, Melbourne - 91th floor*
- 5 - Would you rather trade intelligence for looks or looks for intelligence?  
*I would love to have both but if I had to choose one then, I prefer not to trade my intelligence for looks.*
- 6 - Have you ever had a secret admirer?  
*I had and I prefer to keep it secret. 😊*
- 7 - What's the most daring thing you've ever done?  
*I tried to kill a snake when I was a teenage, since then I am afraid with it, no matter where I see it. 😬*
- 8 - Do you collect anything?  
*Not at this stage*
- 9 - If you had to describe yourself as an animal, which one would it be?  
*Dolphin, due to my optimistic and easy going nature*

## Contact Us

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## A word from the President

We hope you have enjoyed going through the July edition. This has been a step closer to bringing all of us together and we believe with each iteration, we'll have nothing but the best for our members.

Please join us to be united and stronger for our youth development program as HYC-Granville broaden its horizon. We must choose each step we take with utmost caution, for the footprints we leave behind are as important as the path we will follow

Thank you and stay safe.

Nabin Rana

