



Namaste!

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APRIL 1999

Oregon Nepali Celebrate New Year in mid April

Nepalese community in Oregon celebrated Nepali New Year (B. S. 2056) with an evening of potluck dinner and entertainment on April 10th in Hillsboro. About 100 people joined in the celebration organized by Bernadine Mali and Helen Ward. The Mali family of Portland has expressed their hearty thanks to those who participated in the celebration, to make it a success. Special thanks go to Joe and Honey Cushman for making the community hall available for the occasion. Many thanks go to all those who prepared and shared the delicious food and participated in the entertainment programs.

The Asian Celebration in Eugene

In collaboration with the Nepalese communities in Portland and Eugene and the Sister City of Kathmandu, Nepal participated in the 14th Asian Celebration organized by the Oregon Asian Council held in Eugene, Oregon in February 1999. A variety of Nepalese cultural programs, including folk dances and songs, were presented by Nepali students and children. Other Asian countries (India, China, Korea, Japan, Taiwan, the Philippines, the Middle Eastern countries and the State of Hawaii) were also represented in the celebration.

In line with this year's theme 'Bridging the Generation,' Nepali children from various elementary schools, Sudha Malakar (6 years), Nila Manandhar (9 years old), Sandhya Malakar (11 Years) and college students, Amita Malakar and Aruna Pradhan from the University of Oregon also presented Nepalese folk dances. Gauri Shankar Manandhar sang an ever-popular Newar folk song 'Rajamati Kumati' and entertain the audience, while Diwakar Maharjan and Daya Shakya played madal (Drum) and Tinchhu. An impressive variety of Nepali Crafts was also displayed. The Mali family of Portland prepared the Nepali cuisines for the visitors. The 15th Asian Celebration will be held on 22nd and 23rd of February 2000, in which a special feature presentation on NEPAL is in the agenda. Please mark your calendar to visit there and to experience diverse Asian cultures.

The Second Issue of Newaah Vijaana Out!

The second issue of the Multi Lingual Journal of Newar Studies 'Newaah Vijaana' is out. It not only includes academic studies and information on Newar but also represents the linguistic and cultural heritage of Newars. If you are interested to obtain a copy, please contact the editors at drasha@aol.com or call at (503) 282-0447.

Oregon Connection to Water Purification Project in Kathmandu

Global Resources Institute (GRI) in Eugene, Oregon is undertaking a new project in Kathmandu. The GRI is using the solar (energy) technology to purify drinking water. The executive director of the GRI, Dr. Peter Moulton, was in Kathmandu for a pilot survey. According to him, a large of number of Nepali children dies due to water-borne disease, and as such this project will help improving public health condition in Kathmandu Valley. and Nepali children will certainly benefit from this project. Few years back, the GRI also successfully completed the Sapha Tempo (electrical three wheeled vehicles) Project in Kathmandu Valley.

Congratulations to Diwakar Maharjan & Sudip Shakya:

Namaste congratulates Diwakar Maharjan for his achievements in the field of Taekwondo. The US Taekwondo Union has recognized Diwakar Maharjan as the Taekwondo Instructor of the Year, 1998. The news was covered in both Portland and Kathmandu based prominent local newspapers: the Oregonian (2/16/99), The Hollywood Star (3/1/99), Kantipur (1/13/99) and Kathmandu Post (1/10/99). Diwakar Maharjan has been a Taekwondo instructor in the US West Coast Taekwondo School in Hollywood, Portland. He received his black belt and instructorship from the National Institute of Sports in Nepal and completed his Fourth dan training in the US from the Korean Grand Master Jay Shin. The US West Coast Taekwondo School is recognized as one of the best Taekwondo schools in Oregon. Good job Diwakar!

Namaste also congratulates Sudip Shakya for his successful completion of Taekwondo course and for receiving a Black belt in Taekwondo from the US West Coast Taekwondo Association. He is the first Nepali in Oregon to get the Black Belt from the Association.

There are, presently, eight Nepalese Taekwondoists in Oregon: Yam Bahadur Pun, Bidhan Lama, Diwakar Maharjan, Narayan Gurung, Shuddhodan Ranjit, Shuny Bee, and Achyut Baskota. Sudip holds the eighth place among the Nepali Taekwondoists.

Planning for Silver Jubilee Celebration In Eugene in 2000

The year 2000 will mark the 25th year of sister city relationship between Eugene and Kathmandu cities. The sister city foundation is planning to celebrate the occasion to highlight the importance of such mutual relationships and to strengthen such endeavors in the future by organizing number of programs and cultural events. Please contact Daya Shakya or other foundation members for your ideas and the ways you can contribute to make it memorable.

Ever growing Nepali Faces in Oregon

Each year Oregon is receiving more and more Nepali residents, including both professionals and students. Namaste welcomes and (*please see page 4*)

Excerpt from the Draft Paper

An ad-hoc committee of XXX members will be in charge of registering the committee as a non-profit organization, and drafting its constitution, goals and programs. The ad-hoc committee will present the draft constitution, its goals and programs to the Nepali community in the July 4th meeting. Once approved by the general members, the community will be registered and a board of directors will be constituted. The Nepali community will have following stated goals:

To strengthen our community bonds by sharing our joyous occasions and providing support to each other in the time of difficulties.

To promote Nepal and Nepali causes in the local community and establish a harmonious relationship with them.

To foster our ethnic and cultural heritage by celebrating Nepali cultural and social occasions.

To encourage younger generation Nepali and American Nepali to be proud of their cultural, ethnic and language heritage.

To meet the goals following program activities are suggested:

Annual celebration of Nepali New Year (Bikram Sambat) in the weekend of mid April

Annual Summer picnic in the weekend of July 4th

Annual Bada Dashain celebration in the month of October

Annual Deepawali and Nepal Sambat celebration in the month of November

Publication of Northwest Nepali community feature bulletin "Namaste" twice a year--in Spring and in Fall

Maintenance and promotion of Nepali Internet web site for instantaneous communication and information sharing

Participation in Nepali cultural events in local community and educational institutions

Foster closer relationship with other Nepali associations in North America

To date, many of these activities are being organized in an ad-hoc basis. The formation of proposed organization would enable us to organize these activities in a more structured manner with the resources and support of all members.

These activities will be carried out with the financial help and voluntary contributions from all community members:

Members will be asked to subscribe Namaste with an annual subscription fee of \$XX for single and \$XX for a family.

Most occasions will be organized as pot-lucks and /or donation based, and

Organizational sponsorships will also be sought from the community.

Membership dues, which will be collected from all the members of the community, will be used for the production and distribution of Namaste as well as for other purposes. Membership dues will be kept in the organization account and the balance sheet will be presented to the community annually.

This is just a preliminary outlines of what we are thinking about forming an association. We would appreciate your ideas, comments and practical suggestions to make this undertaking a reality. Please contact Kush Shrestha at (503) 585-0976 or email kshrest@open.org. A draft information paper discussing the rationale, goals and programs of Nepali Association in Oregon is on our web site.

Editor's Note

It has been a great pleasure in bringing the 12th issue of this newsletter to Nepalese Community in Oregon. In the last couple of issues, I have requested the Nepali community for help to continue this Newsletter. Thus far, these newsletters have been published by a couple of individual's effort. We have grown as a community and that the increased demand on this editor's time has made it challenging to publish this newsletter regularly, without any steady source of resources. Now we are at the cross road of increasing activities and ever increasing population of Nepali in Oregon and it requires an organized body to manage the affairs of entire community. A group of local Nepali residents are actively involved in generating interest among us to create a non-profit organization of Nepali families and friends in Northwest. This publication will eventually fall under the activities of this body when it is formalized, sooner than later. Kush Shrestha has put together a framework for creating such a body. I fully support the idea and call upon all of you to join in making this a success. I hope in its new format, the Namaste will still provide a venue for sharing our dukha sukha kaa kuraa haru regularly. Finally I would like to thank all of you who have supported and financially helped to publish this newsletter for all these years. It has been a wonderful experience of serving you all. Please accept my sincere Dhanyabaad to all.

Daya Shakya

Nepali Weekly Newspapers

If you are interested to purchase or subscribe Nepali weekly newspapers including Bimarsha, Dristi, Nepali Patra, Sandhaya Times, Viswabhoomi, and other monthly magazines please contact Hari Ghimire @ (718) 458-9183, or e-mail to hghi 225686@aol.com. or harighimire@hotmail.com.

Join Us in Our Thinking

A group of us are joining force to create a Nepali Association in Oregon. Preliminary works regarding the formation of such a non-profit organization are being put together for the discussion among all of us before it is finalized this summer.

New Born Babies

Basanta and Tara Karki of Portland were blessed with a daughter Sushmita in March 1999 and Bandhana and Christian Carpenter of Eugene were also blessed with a son in April 1999. Namaste congratulates both couples for arrival of new bundle of joy in their families.

समाजिक कार्यकर्ता श्रीमती हेलेन वार्डसंग केहीक्षण

श्रीमती हेलेन वार्ड, एक सफल व्यक्ती बन्ने धोको लिएर अमेरिका निवासित भएको आज बीसवर्ष भई सक्थो । वहाँ ओरेगोनेली नेपाली समाजमा एक प्रतिष्ठित व्यक्तिको रूपमा चिनिनु हुन्छ । वहाँलाई हाम्रो स्थानीयमा ल्याई पु-याउने प्रय वहाँ छ. उड र वहाँकी श्रीमतीलाई दिनु हुन्छ । वहाँ अमेरिकी जनजीवनमा हुर्कनु भए पनि नेपाली हुनुमा र माली परिवारमा जन्म भएकोमा गौरव ठान्नु हुन्छ । अनि माली र मालिकार परिवारसंग भक्तिकमक सम्बन्ध राखेर ओरेगोनेली घरजम गर्नुको खास कारण के रहेछ भन्ने प्रश्नको जवाफमा वहाँले ओरेगोनेली नेपाल जस्तै हाम्रा भएको मात्र होईन नेपालको भौगोलिक परिस्थितिसंग मिल्दो-जुल्दो र Diversified State रहेको बताउनु हुन्छ । जापुले नेपाल छाडेको २० वर्ष भई सक्य पनि नेपाल र नेपालीको लागि केही गर्नु भन्ने विचार राख्नु हुने श्रीमती हेलेन वार्डसंगको कुरकानीको केही अंश यहां प्रस्तुत गरिएको छ ।

नमस्ते: यहाँको वैवाहिक सम्बन्ध वार्ड परिवारसंग भए पनि यहाँले माली परिवारको प्रतिनिधित्व गरेको महसुस हुन्छ । यहाँले अरु स्टेटमा रहेका माली र मालिकारहरूसित के कस्तो सम्बन्ध राख्ने गर्नु भएको छ ? ती माली र मालिकारहरू अरु कुन कुन स्टेटमा बसेका छन् ?

हेलेन: मेरो वैवाहिक सम्बन्ध वार्ड परिवारसंग भए पनि म आफ्नो माली र मालिकार परिवारको निम्ती ज्यान पनि दिन तयार छु । माली परिवारको भविष्यको लागि जे काम गर्न पनि तयार छु र गरि पनि रहेको छु । यति मात्र होईन आवश्यक परेको क्षेत्र साथीहरूलाई सहयोग गर्न मलाई कुनै किसिमको दुख लाग्दैन । हमेस तयार छु । माली र मालिकारहरूको बसोबास यहाँ मात्र होईन अन्य स्टेटहरू मा पनि छन् । उनिहरू को निम्ती म सके सम्म केही गर्न तयार छु । हाम्रो uncle हर फलोरेडामा हुनुहुन्छ । कुनै relatives वाशिङटन डी.सी.मा पनि छन् । तर उनिहरू सित खास सम्बन्ध भने छैन । बेला बेला फोन गरी आपसी समाचारहरू आदान-प्रदान हुन्छन् । Regular भेटघाट भने हुँदैन ।

नमस्ते: अरु स्टेटको तुलनामा ओरेगोनेलीमा यसो खास गरेका नेपालीहरूको संख्या कम देखिन्छ । तर यत नर्थ वेस्टमा रहेका नेपालीहरूमा एक औपचारिक संस्थाको सिर्जना गर्नमा वहाँका नेपालीहरू असफल भएको देखिन्छ । यसको कारण के होला जस्तो लाग्छ यहाँको विचारमा ?

हेलेन: म अमेरिका आएको आज २० वर्ष भयो । शुरुशरमा त्यतिखेर नेपालीहरू धेरै थिएनन् । सबैभन्दा पहिले भेटेको त दुर्गा रिमाल्जीको परिवार नै भयो । त्यसपछि रूद्रबहादुर श्रेष्ठजी हुनुभयो । त्यसबेला हामी सानसन्ने थियौं । अब २० वर्षपछि नेपाली Community धेरै ठूलो भएको देखिन्छ । अब त सानोतिनो पार्टि गर्नको लागि पनि निकै गहरो भै सक्थो । तर मलाई लागेको एउटा कुरा के छ भने यतिको संख्यामा नेपालीहरू रहेको भए तापनि यत ओरेगोनेलीमा नेपालीहरूको औपचारिक संस्था भने खोला सकेको छैन । यो दुखको कुरा हो । यो हुनुको खास कारण के होला जस्तो लाग्छ भने हामी नेपालीहरू जति नै बर्ष अमेरिकामा बसे पनि पुग्नो रूढी बढी संस्कार भने त्याग्न सकेको छैन । त्यसैले जात-भतको कुसंस्कार हामीले छोड्न सकेका छैन । जबसम्म हामीले जात-भतको संस्कार त्याग्न सक्ैन तबसम्म हामी Unified Nepalese भएर बाँच्न सक्ैन । यहाँ कोही पनि नेपालीहरू अनपढ छैनन् । तर पनि रुढिवादी संस्कार भने छोडेको देखिन्छैन । हामी आफ्नो देशबाट जति यदा रहे पनि आफ्नो संस्कृति भने बिर्सनु हुँदैन । त्यसैले हामीमाझ एउटा societyको अत्यन्त जरुरी छ । आपसमा मेल मिलाउनुको भावना राख्नु पर्छ । यो जात-भत को भावना ले गर्दा नै हामी United हुन सकेको छैन । मलाई कता कता यो पनि भन्न मन लाग्छ United we stand and divided we fall । यो सफलता हासिल गर्न हामी सबै एक जुट हुनु आवश्यक छ । त्यसैले म जोड दिएर भन्न चाहन्छु । We must give up the thinking pattern of caste system. And we must think, we all are Nepalese. My entire desire is to establish a Nepalese Community for the benefit of all of us.

नमस्ते: ओरेगोनेलीमा नेपालीहरूको संख्या कसो बढ्दै गएको छ । कोहि बसर्डा सर्रे आएका, कोहि नव सिवाहित छन् भने, कोहि नवजत शिशुको जन्म भएर । यसरी बढेको स्थितिमा नवजत शिशुहरूलाई नेपालीत्वमा हुर्काउन हामीले के कस्तो उपाय सोच्नु पर्छ जस्तो लाग्छ ?

हेलेन: हाम्रो नेपाली Community ठूलो हुँदै गएकोले हामीले आफ्नो देशको भाषा संस्कृति र चँडबाडलाई जिउँदी राख्नको लागि सबै ओरेगोनेली-नेपालीहरू एक जुट भई एउटा

सो Community खोला अत्यन्त आवश्यक भई सकेको छ । हामीले आफ्नो-आफ्नो भेदभावलाई त्यागेर हाम्रा बाल-बालिकाहरूको भविष्यको लागि यो काम पुग गर्नु पर्छ । हाम्रा सन्तानलाई आफ्नो कुरा सिक्नुपर्छ । लेख्न पढ्न नजाने पनि कामसे काम बोल्न त सिक्नुपर्छ । मेरो पनि Cross Cultural विवाह भएको छ । We work very hard to expose my children to our culture and festivity along with American culture and festivity. There isn't any festivity we have missed in our family. त्यसैले मेरा बच्चहरूको नेपालीपन बारे केही मात्रमा भए पनि खयाल छ । उनिहरूलाई बेला बेला नेपाली खाना खुवाउने गरेको छु । पछि नेपालमै जन्नु परे पनि गहरो हुँदैन । यो मेरो परिवारमा मात्र होईन मित्रवर्गहरूलाई समेत बोलाएर पस्चिम गराएका छौं । त्यसैले हामी दशै पनि मनाउँछौ तिहार पनि मनाउँछौ तर यहाँ हाम्रो नेपालीहरूको पनि आफ्नै Community खोला सके American हरूको जस्तो Sunday School खोलेर Language Class अनि Culture का कुराहरू सिक्नु सकिन्छ । तर यस्तो कामको निम्ती कसैले ध्यान दिएको छैन जस्तो लाग्छ यो अत्यन्त जरुरी भैसक्यो अब । त्यसैले We must set up a Nepalese Community for all of us. It's not for personal benefit. It's for all of us ।

नमस्ते: केही बर्ष यत देखि नेपाली समुदायमा आफ्नो सम्पर्कको कमी महसुस गरी यस नमस्ते "न्यूज लेटर" माफत ओरेगोनेलीमा नेपाली तथा नेपालका मित्रहरूको निम्ती सम्पर्कको आदान प्रदान गर्न एक माध्यमको सिर्जना गरिएको छ । यसलाई संगठित र यथोचित ढंगमा संचालन गर्न कस्तो उपाय सोच्नु पर्छ ?

हेलेन: ओरेगोनेलीमा २० वर्ष बसे पनि हामीमध्ये कसैले पनि कुनै तरिकाले आफ्नो समाचारको आदान प्रदान गरेर फैलाउन केही बन्दोबस्त गर्न सकेनौं । आज "Namaste" Newsletter का Creator Mr. Daya Shakyalaई धेरै धेरै धन्यवाद दिन चाहन्छु । वहाँले गर्दा आज हामी सबै ओरेगोनेलीमा नेपालीहरूले दुःख सुखका समाचारहरू पढ्न पाईयो । यसैको लागि पनि हामी सबै मिलेर Community set up गर्नु परेको छ ।

नमस्ते: यत केही बर्ष यतदेखि यहाँको क्रियाकलाप सामाजिक सेवातिर ढल्केको देखिन्छ । जस्तो कि दशैको आयोजना, नेपालको भोजन जस्तो बूट राखेर नेपाललाई चिन्नुने प्रयत्न गर्दै आउनु भएको छ । यसरी व्यस्त पारिवारिक जीवन र इत मुख जोर्म धौ धौ हुने देगामा पनि अमुक्य सम्पदा वचाएर सामाजिक सेवामा सम्पूर्ण परिवारलाई जुटाउने प्रेरणा कसैबाट फईयो नि ?

हेलेन: किनभने मैले नेपाल छोडेर आएको २० वर्ष भए तापनि मेरो विचार, भावना, सोचबाई, माया, दया सबै नेपाली पाय नै छन् । मैले यहाँको Citizenship लिएर तापनि मित्र विलमा नेपालको माया अझै जगाई नै राखेको छु । म जहाँ गएर तापनि Nepalese हुं भनेर Introduce गर्छु । र आफूले थाहा पाए जति नेपालबारे जानकारी गराउँछु । त्यसैले Busy भए पनि टार्डम निकालेर बेला बेला नेपाल सम्बन्धित क्रियाकलापमा सरिक हुन मन्लागछ । कसै अमेरिकनहरू नेपालको माया गर्छन भने हामी नेपाली नै भएर नेपालको माया नगर्नु त ठूलो गल्ती हो । यस्तो गल्ती म गर्न चाहन्न । त्यसैले नेपालबारे जहिले पनि जे पनि गर्न हाम्रो Whole Family नै तयार छौं । हामीलाई दशैको आयोजना गर्नु पनि मन लाग्छ र नयाँ सालको पार्टी पनि आयोजना गर्न मन लाग्छ । मेरो विचारमा दशै जस्तो महान् पर्वमा नेपाली मात्र होईन सबैलाई Participate गराउनु पर्छ । अनि मात्र नेपालको बारेमा जन्म चाहनेहरूले मात्र पाउँछ । यहि नै मेरो लागि नेपालप्रति रहेको मायाको चिन्ह हो । त्यसैले नेपालबारे आफ्नो क्षमतानुसार जे गर्न पनि तयार छु ।

नमस्ते: अन्तमा, अमेरिका आएपछि आफ्नो संस्कृति र रहन सहन त्यागेर नेपाली हुन नचाहनेहरूलाई नव वर्ष २०५६ को उपलक्ष्यमा के सम्देश र सल्लाह दिनु हुन्छ नि ?

हेलेन- यसको जवाफ म अंग्रेजीमा दिन चाहन्छु । My request to all Nepalese friends and families are: Always remember we are here as Nepalese and we should never forget who we are, where we came from, what we were and what we did before we came here. We must also work hard to keep our Nepalese culture, language and heritage alive. We must be open minded about everything and keep in mind that we are Nepalese before anything else. As a Nepalese you should remember your "Maatribhoomi". Always promote your "Maatribhoomi" in a positive manner. Take part in festivities, culture show, become a speaker and participate in regular events. Finally, always put your best effort for our fellow Nepalese when they need your help. Keeping this in mind नव वर्ष २०५६को बर्ष र माली परिवारबाट हार्दिक शुभकामना छ ।

(continued from page 1) wishes the best to the following individuals in our community: Kalyan and Silpa Malakar with daughters— Sandhya (11 yrs.) and Sudha(6 yrs.). Shashindra Bajracharya. His family will be joining him very soon. Prakash Sharma, Rital Rana (Lewis and Clark College), Bikki Shrestha (Western Oregon University), Sandip Agrawal (Oregon State University), Deepa Malakar (Lane Community College), Rajendra Shrestha (Mt.. Hood Community College), and Joe and Honey (Lama) in Hillsboro. This is not a complete list of all new comers. If we have missed any one else, please let us know so that we can include them in our next issue.

We are on the Web

Nepali community in Oregon has its web site. It is a medium to keep in touch with each other and be informed about our common activities. Your input in making this a better web site will be highly valued. We must thank our web master Kanhaiya Vaidya, Salem. He has taken up on himself to keep this site updated with lots of relevant information. Please visit our web site:
<http://www.teleport.com/~gurans/nepal>
Please check the web site for future Namaste issues.

Farewell to Our friends

Two families of Oregon Nepali are leaving us this summer. The Manandhar family (Gaurishankar & Minarva and their children Saurabh & Nila) will be returning to Nepal after a successful completion of his post-doctoral research in the OHSU, Portland. Gaurishankar is a biologist.

The Upadhyaya family from Corvallis (Mukti & Sarita and their daughter Megha) will be moving to Illinois. Mukti Upadhyaya will be joining the Faculty of Department of Economics in the Eastern University of Illinois. Their son Atul, a student at OSU will stay here to complete his undergraduate degree. Mukti Upadhyaya is a faculty member at the department of Economics, OSU. Let us bid farewell to these families.

We wish them success in their future endeavors. They will certainly be missed.

Happy New Bikram Sambat Nepali New Year 2056
to all Nepalese & Friends of Nepal

Diwakar Maharjan
&
US West Coast Taekwondo Family
3717 NE Broad Way
Portland, OR 97232

Wishing you happy and prosperous New Bikram Sambat
Nepali New Year 2056
to all Nepalese and Friends of Nepal

“The Mali Family”
Portland, Oregon

We wish you all the best on the occasion of
New Year 2056 B.S.

<< Raja and Sunita Shrestha >>
Portland, Oregon

A very happy New Year 2056 B.S.
To all
From
Uma & Kush Shrestha
Salem, Oregon.

Namaste extends best wishes to all of its readers for their happiness, peace and prosperity on the occasion of the Nepali NEW YEAR 2056 B. S.

Editor: *Daya Shakya* **Graphic Design: *Yam Pun***

Namaste!

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