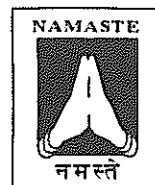


# Namaste!



Volume 3 No. 2

P.O.Box 90581, Portland, OR 97290

August 1997

## Himalayan Languages Symposium

The 3rd Himalayan Languages symposium was held in the University of California, Santa Barbara from July 18-20 th, 1997. The four Nepalese linguists who participated were Dr. Uma Shrestha and Mr. Daya Shakya from Oregon, Dr. Ramavatar Yadav, Joint Secretary, Ministry of Education, and Dr. Yogendra Yadav, a member of the Royal Nepal Academy. Dr. Shrestha and Mr. Shakya presented papers on the issues of Nepali and Newar languages whereas Dr. Ramavatar Yadav and Dr. Yogendra Yadav discussed topics on Maithili, Hindi and Nepali languages. Himalayan language scholars from US, UK, China, India, the Netherlands, Australia, Sweden, and Nepal were present at the symposium. They discussed the various issues and research findings in the Himalayan languages. It was also announced that the 4th and 5th symposium will be held in Pune, India in November 1998, and in Kathmandu, Nepal in 1999, respectively. If you make a plan to be in Kathmandu the symposium will be held in the last week of November in joint collaboration with the Department of Linguistics, Royal Nepal Academy, and Linguistic Society of Nepal.

## Lions Club Governor in Town

The Governor of the Lions Club in Kathmandu # 325, Mr. Shree Prakash Pradhan and her wife Sabitri made a short visit to Portland after attending the international convention of Lions Club members in Philadelphia. While he was in Portland, Namaste took a moment to chat with him regarding his involvement in the club. Please refer to an interview with him in this newsletter (page 5).

## Save the Children's Coordinator Shobha Lama

We also had an opportunity to welcome Miss Shobha Lama in Portland this summer.

she was on her way back home in Nepal. Miss Lama is an active social worker affiliated with the Save the Children International Office in Kathmandu. It was a great pleasure to know her ideas of implementation to prevent the child abuse and woman trafficking problems in Nepal. Her activities in social work carried on through the Save the children project in Nepal. It is worthy to know what is going on while we are so far away from our nativeland. Namaste appreciates her providing us the information of activities done by Save the Children International. Please see (page 4) for interview.

## Oregon Teachers' Nepal Trip

This summer 13 teachers from Oregon's public schools will travel to Nepal, thanks to a \$50,000 Fulbright-Hays grant awarded to Portland State University, Co-sponsored by the Oregon Geographic Alliance (\$40,285), Portland State University (\$11,932), and the Himalayan Research Bulletin (\$2,712). The teachers work shop in Nepal is funded under the Department of Education's Group Projects Aboard Program.

The Project authors, Barbara Brower, and Teresa Bulman, Department of Geography Portland State University designed this seminar to introduce teacher consultants of the Oregon Geographic Alliance to the environmental and cultural complexities of allocation and management of natural resources in Nepal. The setting, Sagarmatha National Park, will provide a rich cross-cultural experience as a vehicle to expand participants' understanding and appreciation of other peoples while providing hands-on training in techniques of cultural and environmental field research.

The workshop offers the teachers an exciting and productive international experience that will prepare them to engage their students in innovative comparative studies of the Himalaya and the Cascades. The teachers will gain cultural infusion of Nature and society in Nepal through home in the work an site visits. They will participate

in conservation practices within the context of Nepalese law and society. The experience will prepare them to infuse their classrooms and curriculum with international studies material generated by the seminar.

- Carol Davidson

## Japanese Monk Shot to Death

A Japanese monk Ven. Yunataka Nawatame was shot to death by masked men in Lumbini the birth place of Buddha. Ven. Nawatame was working in the World Peace Pagoda construction. The reason is still unknown as to why he was killed. This killing event of a human in the birth place of the Buddha is condemned by many social organizations in Nepal (KPost 7/5/97).

## Norbu's Sad Story

Norbu visited the US in November 1996. After a couple of months he started exhibiting signs of the flu. Suddenly, one morning he collapsed and was rushed to the Hospital in Portland. After a few days he was discovered that he had a rare form of Tuberculosis which has settled in his spinal column; he was paralyzed from the chest down. He was placed in isolation for three months battling the disease with medicine and mantras.

Now comes the next very important chapter in Norbu's life. What will happen to him if he is sent back to home where the medicine and specialized medical care he needs are not available? Will all the excellent care and help he has received be for naught? Through this entire ordeal, Norbu has maintained the acceptance of his fate, kept his quiet smile, and made a constant effort to improve. If you can offer any help, for the medicine he will require for another year, foster care, or best of all sponsorship to stay in America longer,

would give him hope for the future, and his life. If you would like to meet Norbu, or further information on way of helping him please call David Wala @ 503-335-8008.

### Rose Festival Parade

It was fun to watch the Rose festival parade whether from a room window or standing on a sidewalk in Portland. How exciting it would be if you knew some one who is right in the parade waving saying Namaste to you and you clap hands and cheer as the audience. How proud they are to be in the parade? The parade is open for every one. If you wish you could be in the parade too. This has not happened yet for the Nepalese community until this year. In Portland the Rose festival is for every community. With this opinion, on behalf of the US west coast Taekwondo Hollywood, Diwakar Maharjan and Sudip Shakya and Kathrin Watkin participated in the Junior Rose Festival parade on June 4th and made demonstration of usage and importance of having trained in Taekwondo. Namaste thanks them for their participation in the parade.

### Dibesh's wedding

It is a great pleasure to report family related news from the Nepalese community. This time we are proud to announce that Mr. Dibesh Shrestha, only son of Mr. Durga Bahadur and Mrs. Basudha Shrestha, got married with Ms. Anupama Shrestha, the Daughter of Dr. Dev Bahadur and Mrs. Shrestha with traditional rituals and ceremonies in Portland, Oregon. Namaste congratulates Dibesh and Anupama and wishes them a happy life together. It is learned from family sources that Anupama's parents came from Nepal to organize the wedding ceremony with full enthusiasm. The Shresthas are proud Nepalese families who keep the Nepalese tradition alive in Portland. Namaste appreciates their contribution in making the Nepalese community grow by keeping the Nepalese culture and tradition alive in Portland, Oregon. Our special thanks to all of them.

### Spring Graduation

We have learned from student resources that Sunita Gurung graduated from U of O with a bachelor degree in computer science. Similarly, Archana Thapa also graduated from the U of O with master's degree in Interior Architecture. In Tillamook, Aruna Pradhan has

graduated from High school. She is going to U of O this fall for further study. Similarly, Bhima Shakya has completed middle school and is going to Benson High to persuade her study in Health science. Namaste congratulates all of them for their successful completion of study and wish them good luck for further achievement.

### Gold Medal!

Among the participants, Sudip Shakya was the only Nepalese competitor in the national Taekwondo championship which was held in the Clackamas Community College in May 1997 in Portland. Sudip won the gold medal in his excellent performance of forms among his age group in the championship. In the same occasion Kathrin Watkin(Maharjan) also won the gold medal in her performance. Namaste Congratulations Sudip and Kathrin for their good job. Keep it up guys.

### Taekwondo Championship in Kentucky

The 17th Junior Olympic Taekwondo Championships was held in Freedom hall Louisville, Kentucky. On behalf of the US west Taekwondo Mr. Diwakar Maharjan (Dan) participated in the Championship as a coach for the Oregon state. Out of 4,200 competitors, 49 were from the State of Oregon. Seven of them were trained in the Hollywood branch of Taekwondo schools.

### Visit by Friends and Families

Many of the friends and family members from Nepal have visited their families in spring and summer this year. According to family sources Bibek Shrestha's parents came to attend his sister Anupama's wedding with Dibesh Shrestha. Prasanna and Kabir's parents well known Singer Prem Dhwoj Pradhan and his wife visited them in Portland. Mrs. Shree Mathema's brother Sriprakash Pradhan and his wife Sabitri made a short visit to their sister, Raja Shrestha's parents Mr. and Mrs.

Hom Bahadur Shrestha visited him. In addition, miss Shobha Lama visited her brother Bidhan Lama in Portland. Similarly, Binod Kansakar's Parents Mr. and Mrs. Tirtha Bir Singh with their daughter also visited him and stayed for a month and half in Eugene. It was exciting for all of them to see their relatives this year.

### TARA a Novel

A well known American writer Matthew S/ Friedman has published a novel titled "Tara" that is based on the sad stories of Nepalese girls who were involved in the flesh business in India. The novel presents an attractive scenario on how Nepalese girls are being forcibly sold into prostitution by evil pimps. It is informative to read about the horrible situation Nepalese girls have been facing in many of the Indian brothels( KPost7/10/97).

### Guphaa Raakhne (Keeping in Cave Ceremony)

A tradition of "Guphaa Raakhne" for a young Newar girl, is still common in the Newar family. This tradition of "guphaa raakhne" ( Baaraa tayegu) shows a girl who is about to reach puberty. It is considered the parents' duty to organize a ceremony prior to the first occurrence of her mensural cycle. According to this ceremony a girl is kept in a room where sun rays are blocked for a week. During this period she can play with any female playmates however she is not permitted to see a male person's face. On the 7th day she is nicely dressed like a bride and takes a darshan(to observe) of the sun as her second husband or the protector. The first marriage is with the bel-fruit(wood apple) during the Ihi ceremony. Then she is taken to rituals to the lord Ganesh for good luck and prosperity. It is mentioned in the ritual texts that once a girl goes through this ritual her married life will not be a painful one. In Portland, Mr. Raja and Mrs. Sunita Shrestha have organized this ceremony for their daughter Karishma. It is reminded that she had gone through the Ihi ceremony a few years ago that was also mentioned in this newsletter. Namaste congratulates Karishma for her successful transition from childhood to youth stage.

लायन्स लकबका गभर्नर श्री श्रीप्रकाश प्रधानसंग भेटवार्ता

अमेरिका आउनुको उद्देश्य के पर्यो नि यहाँको ?

हामी Lions Club को International Convention मा भाग लिन ७५ जनाको टोली नेपालबाट Philadelphiaमा आएका थियौं । म चाहि डिस्ट्रीक नं. ३२५ को गभर्नरको हैसियतले भाग लिन आएको हुं । यस कन्भेन्सनले नेपालमा बढ्दै गईरहेको लकबको गतिबिधिलाई ध्यानमा राखी १३० वटा लकबहरूलाई एकै जनाले संचालन गर्दा चाहिने सेवा पुर्याउन अप्ठ्यारो भएकोले दुई जना गभर्नर नियुक्त गरिएको छ । जसअनुसार ३२५ ए' को लागि म भएँ र ३२५ बी' को लागि श्री बसन्तलाल श्रेष्ठ चुनिएको छ । यसरी पश्चिमांचलको लागि मलाई जिम्मा दिईएको छ भने पूर्वांचलको निम्ती बसन्त लाल रहने भएको छ ।

नेपालको सन्दर्भमा यस लकबको बिस्तार हुनु को तात्पर्य के पर्यो नि ?

नेपालको रजधानी काठमाडौंमा मात्र ३०वटा लकबहरू छन् । हाम्रो लक्षानुसार महिनामा २००० जति आँखाका रोगीहरूको उपचार गराउने हो । यस मध्ये गत बर्ष १०,००० जति को आँखा सम्बन्धि रोगको उपचार गरियो । यसै सिलसिलामा International Circleबाट सालमा १२ करोड रुपिया (२५ हजार डलर )को अनुदान जुटाईएको थियो । हालै भएको गभर्नर चुनावको सन्दर्भमा मैले नेपालमा पनि एम्बुलेन्सको ब्यबस्था गर्न अनुरोध गर्ने कुरा उठाएको थिएँ । किनभने धेरैजसो बिरामीहरू अस्पताल पु-याउंदै पु-याउंदै बाटैमा सास छोड्ने किसिमका घटनाहरू धेरै घटेका छन् ।

स लकबमा लाग्नु भएको कतिबर्ष भयो नि र यस अवधिभरीमा खास उपलब्धी के भयो ?

म यस लकबमा लागेको लगभग २० वर्ष भयो । त्यसमा पनि गत ५ वर्ष अघिदेखि नेपालमा यस लकबमा द्रुतगतिले प्रगती भएको छ । प्रचार प्रसार पनि ज्यादै भए अनुसार लकबको संख्या बढेर १३० पुगेको छ । केही साल अघि नेपालमा बाढीपिडीतहरूको सहायतार्थ १० हजार डलर एमरजेन्सी रिलिफ फण्ड जुटाएका थियौं । सो फण्डको रकम हामीले पूर्वांचलमा क्षतिग्रस्त ईलाकाको भ्रमण गरी कसैलाई औषधी, कसैलाई लुगाफाटा त कसैलाई नगद रकम नै दिएर आवश्यक सहयोग पुर्याएका थियौं । यसले हाम्रो लकबको निकै प्रचार भयो र जनआस्था जुटाए स्वरूप यसको विकास हुँदै आएको छ ।

यसरी सामाजिक सेवामा लाग्ने प्रेरणा कसरी र कझंबाट पाउनु भयो नि ?

म सुरुदेखि नै हाम्रो छरछिमेक र टोलको सामाजिक काममा लागी रहन्थेँ । कसैलाई सकभर सहयोग गरुं भन्ने भावना भएको हुनाले यस लकबमा लाग्नुभन्दा पहिले देखि नै म सामाजिक

कार्यकर्ता थिएँ र पछि लायन्स लकबमा लाग्यो भने यस्तो सेवाको क्षेत्र फराकिलो हुँदै जाने देखिएको हुनाले यस्ता लकबमा लागेर बेला बेलागमा आयोजना गरिने सिबिर जस्तै Eye Camp, Health Camp आदि आदिमा स्वयं सेवक भएर काम गर्थेँ । सुरुमा म Active Member भएँ पछि Board मा पसियो अनि Public Relation Officer भएँ र Joint Secretary अनि Secretary र Director भएँ । त्यस पछि First Vice-President, अनि Second Vice-President र President पनि भएपछि Zone Chairman अनि Regional Chairman र अब District Governorको पद सम्हाल्ने मौका पाएँ । यसरी मेरो जीवनको अधिकांश समय यस लकबमा बिताएर मानव सेवामा लाग्ने अवसर पाएको छु ।

नेपालबाट यस्तो कन्फेरन्समा भाग लिन आउंदा कस्तो अनुभव भयो नि ?

यो मेरो पहिलो पल्ट होईन यो भन्दा अघि १९८९ मा Miami मा भएको थियो त्यसमा पनि मैले भाग लिएको थिएँ । त्यसपछि पोहर साल Montrealमा 79th Convention भएको थियो । अमेरिकामा यस लायन्स लकबको स्थापना यहि कै Melvin Jones भन्ने ब्यक्तिले १९१७ मा गरेको हो । पहिलो विश्व युद्धपछि मानिसले धेरै दुःख पायो । यसको लागि केही गर्न सकिन्छ कि भनेर वहाँले यो लकब को काम थालेको हो र पछि यसको गतिबिधि बिस्तार हुँदै क्यानाडामा पुग्यो । केही वर्षपछि संसार भर नै फैलियो । यसरी यस लकब लोकप्रिय हुँदै नेपालमा पुग्यो यस्को प्रचार भएको देख्दा ज्यादै हैसला बढेको छ ।

एक समाज सेवकको हैसियतले अमेरिका निवासी नेपालीहरूको निम्ति के सुझाव या सन्देश दिनु हुन्छ नि ?

अमेरिका मात्रै होईन संसारको जुनसुकै कुनामा बस्ने नेपालीले पनि आफ्नो क्षमताले भ्याएसम्म सामाजिक सेवा गर्न अनुरोध गर्छु । नसकेको काम गर्नु पर्छ त म भन्दिन सकेसम्म टाईम दिएर हुन्छ कि कमाईको केही अंश दिएर हुन्छ सबैले केहि न केहि रुपमा योगदान पुर्याउन आह्वान गर्छु । ओरेगनका नेपालीहरूलाई प्रतिनिधित्व गर्ने नमस्तै पत्रिका देख्दा यहाँलाई कस्तो प्रतिक्रिया लाग्यो नि ?

पछा पनि यस्तो पत्रिकाले ओरेगन जस्तो ब्यबस्थित ठाउँमा यसले एक जुटको निम्ती धेरै मद्दत पु-याउंछ भन्ने कुरा यो पत्रिका काठमाडौं मै देखेको बेला लागेको थियो । कोही न कोही यसमा नलागीकन प्रचार प्रसारमा गाहँ हुन्छ । यस्तो काम गर्दा मन पर्ने र नपर्ने हुन्छ । तर यस्ता काम सजिलो न भएकोले सबैले यसलाई सहयोग गर्न आवश्यक देख्छु र भविष्यमा I think, "Impact will be very good" । यही मेरो शुभकामना छ ।

**New Faces!**

It is always a pleasure to welcome new Nepalese faces in Oregon during the period between every issue of Namaste. This time we are happy to introduce Ishwor Man Bajracharya, Kamal Pariyar and Ganesh Ale in Portland, and Mita Shrestha in Wilsonville. Please welcome them in the community.

**Thinking about Dasain and Tihar!**

As soon as the hot summer weather is over we will be thinking about the upcoming Nepalese national holidays such as the Dasain and Tihar. If you have any plans to organize a party to celebrate the Dasain 1997, please let us know, so that we can circulate the message to all who might be interested to join with us and extend Dasain greetings. Any idea, suggestion or recommendation will be appreciated. Thanks for your cooperation.

**Nepali Songs in CD**

Prasanna and Kabir the proud sons of famous Nepali singer Premdhwoj Pradhan have recorded an album on compact disc named "Maya Namaara." It is going to be in the market very soon, the cost is \$14.99. If you wish to purchase it, please contact Prasanna @ (503)526-0642.

**Sponsorships**

This issue of Namaste has been financed by the Shrestha family in Salem, Oregon. Our thanks go to Uma and Kush Shrestha for their generous support in making this newsletter available to Nepalese and friends of Nepal community in Oregon. We would also like to thank Mr. Diwakar Maharjan in Portland, Oregon for his contribution to cover the mailing expenses. This is your newsletter. Please help us to keep it going to know each other among us. Without your help it will not move on to establish a chapter in the history of Nepalese Community in Oregon. We believe it is your turn to say "yes I will do it" for the next issue. Please give us a call @777-4593 to confirm your sponsorship. Many many thanks.

**Come and see the demonstration!  
Take a free lesson for a week!**



**USWC Taekwondo**  
Hollywood, Portland  
For details please contact at (503)284-7843.

कमलको फूल

-श्री लक्ष्मी माधेम

म कमलको फूल हुँ

म सुन्दरताको प्रतीक हुँ

तर म हिलोमा फुल्छु

तैपनि भगवान नारायण र

लक्ष्मीले मन परउने फूल हुँ

म एक सुन्दर कमलको फूल हुँ

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**Namaste! नमस्ते**

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