

# Namaste!

The Official Newsletter of the Nepali Association of Oregon

Vol. 11, No. 19 Fall 2005

## NAO Celebrates Vijaya Dashami

WWW.NEPALOREGON.ORG

Nepali community in Oregon celebrated the annual Dashain festival on October 15, 2005 at Multnomah Arts Center, where about 215 community members and friends of the community attended. Basudha Shrestha and Chandra Mali, our community elders, offered *tika* and

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### Update Your Contacts

Please update your contact information: Email, Home Address, and Phone number

[info@nepaloregon.org](mailto:info@nepaloregon.org)

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## Eugene International Festival

On 20th and 21st February 2005, members of Nepali community participated in the 20th anniversary of Asian Celebration in Eugene organized by the Oregon Asian Council.

Nepali folk and modern dances were presented by Dipita Thapa, Manisha Shrestha, Neelam Mishra, Senji and Susang Lama, Neli and Selba Tamrakar, and Rasmita Budathoki. The Nepali community in Oregon has been participating in this annual event for over ten years.

Shasindra and Rama Bajracharya of Eugene hosted a wonderful evening dinner for the festival participants. NAO would like to thank them for their hospitality.

## Asian Reporter Anual Dinner

NAO executive member Dillu Raj Thapa represented the NAO at the annual dinner hosted by the Asian Reporter on April 30, 2005. At this annual event, scholarships for higher education (sponsored by the Asian Reporter) are distributed. Local Asian cultural communities along with NAO have been regularly participating in this event. Laxman Darlamee, Ruby Basnet, Dipita Thapa and Senji Lama presented various Nepali dances, while Dillu Raj Thapa played a Nepali tune on his flute.

## Tsunami Fund Raiser

On April 2nd, 2005, the NAO organized a charity cultural program of Nepali dances and fashion show to raise money for the victims of Tsunami in Far East and South Asia at Multnomah Arts Center. The two-hour long program included dances by local artists which represented the variety of cultural facets of Nepal and her people. An informative slide show about the diverse geographical regions and lifestyles of Nepal was presented by Bikram Vaidya and was accompanied by a parade of traditional Nepali ethnic fashion show. NAO would like to acknowledge Anupama Shrestha, Nischita Shrestha, and Bikram Vaidya for putting together a wonderful slide and fashion show. The models who took part in the fashion show deserve our appreciation. Diwakar and Katherine Maharjan also deserve our special recognition for their participation in a demonstration of a traditional Nepali marriage ceremony.

The show was a success due to a large number of local artists who performed and participated in the event. The following artists deserve our admiration:

Ani Shakya, Dillu Raj Thapa, Dipita Thapa, Ganga Bhattarai, Helen Appell, Laxman Darlame, Manisha Shrestha, Minu Mali, Neelam Mishra, Neli Tamrakar, Prajwal Bajracharya, Rasmita Budathoki, Ruby Basnet, Selba Tamrakar, Senji Lama, and Sunita Thapa.

This fund-raising program would not have been possible without the help of many volunteers, who gave their time and effort to run this event successfully. NAO salutes all the artists and volunteers

of the Tsunami Victim Relief Fund.

The show was well attended by local Nepalis and Americans. By all accounts, the show was a success and raised \$1400.00 for the cause.

## Bikram Sambat 2062

The nepali community in Oregon celebrated New Year 2062 on April 23rd. About 133 Nepalis attended the dinner program in Sherwood. The highlights of the New Year function was the general meeting and the election of the new NAO executive committee for a 2005-07 biennial term. The former NAO general secretary Anupama Shrestha presented the NAO annual report. The detailed annual progress report can be viewed at [www.nepaloregon.org](http://www.nepaloregon.org).

During this occasion, NAO immediate past president Daya Shakya, presented a check of \$1,501.00 to the representative from the Mercy Corps. The Mercy Corps representative thanked us for our efforts to raise the money, which would go directly to fund the services for the Tsunami victim relief works in South and East Asia. The Himalayan Night II cultural event generated \$1400.00 and an additional \$101.00 was donated from the NAO account.

## New NAO Executive Members

The new NAO executive committee was elected on April 23, 2005 for the next two-year term. The nine-member committee, headed by the newly elected president, Kush Shrestha includes:

- Dillu Thapa, Vice President
- Sagar Onta, General Secretary
- Praveen Chalise, Treasurer
- Bikram Vaidya, Member
- Binaya Shrestha, Member
- Helen Ward, Member
- Sanjeev Pradhan, Member
- Shudodhan Ranjit, Member

NAO appreciates the time and work provided by the election committee members: Krishna Sob, Kanhaiya Vaidya and Satish Shrestha. For the first time, a secret ballot was used in the election process as there were more than one candidate for each of the office-bearer positions. Five members were unanimously elected.

## '05 Nepali Summer Picnic



The annual NAO summer picnic was held at Cooks Park in Tigard. About 121 community members attended and enjoyed the picnic on a very hot July day. One of the highlights of the picnic was the barbeque chicken, grilled almost exclusively by Bikram Vaidya, Basanta Karki and Krishna Sob. At the picnic, a variety of games were played. Our thanks go to the volunteers- especially Narbada Vaidya and Sunita Shrestha, who organized the games. Thanks to Binita Baniya for keeping small kids engaged in bead-making activities.

A special thanks to Binaya Shrestha for organizing the bingo game that everyone enjoyed.

We also want to thank the following individuals for providing prizes for the games: Western Culinary Institute for a dinner Gift Certificate; Gifts from Afar for a \$15 Gift Certificate; Subas and Sachita Shrestha for Nike Baseball Caps and T-shirts.



Photos courtesy of Dave (Dibesh) Shrestha

## Table Tennis Tournament

The first NAO Table Tennis Tournament was successfully organized by NAO on June 25-26, 2005 at the US West Taekwondo in Beaverton. The NAO executive member Shudoddhan Ranjit not only coordinated the tournament but also provided his Taekwondo School facility for the event.

The competition included men's single, men's double, and women's single games. A total of 30 community members, including members of the Tibetan community and American friends, participated in the two-day event. Winners are as follows:

### **The Men's Single game:**

First Place: Pemba Sherpa  
Second Place: Pukar Malla  
Third Place: Asim Rijal

### **The Men's Double game:**

First Place: Pemba Sherpa and Kalden Sherpa  
Second Place: Pukar Malla and Sagar Onta  
Third Place: Asim Rijal and Kusha Bhattarai.

### **The Women's Single game:**

First Place: Buddha Laxmi Shakya  
Second Place: Sunita Regmi  
Third Place: Deena Bosworth

The NAO president Kush Shrestha presented the trophies and certificates of participation to all winners and participants. NAO expresses its gratitude to all the volunteers who gave their precious time to make the event successful.

## Nepali Pop Concert

On May 15th, 2005, a group of reputed Nepali singers presented a two-hour long concert in Portland. A majority of Nepalis in the Portland area attended the concert. The young Nepalis danced to the music and enjoyed it thoroughly.

The singers were Sanjay Shrestha, Sanjeev Pradhan, Sarishma Amatya, Harish Mathema and Dhiraj Rai. All the artists performed superbly, but Sanjeev Pradhan and Dhiraj Rai sang the

crowd-pleasing songs to which the audience danced all through the night.

Diwakar Maharjan deserves our appreciation for being very instrumental in bringing the group to Portland.

## NWTCA Excutive Meeting

The NAO executive committee members Kush Shrestha, Dillu Thapa, Sagar Onta, Bikram Vaidya met with the Northwest Tibetan Cultural Association (NWTCA) President Tsering Cchoephel, Samdup Khangkar and three other board members on May 29th, 2005 at the NWTCA office in North Portland. NAO and NWTCA officials shared views and expectations about the possibilities of working collaboratively for the betterment of the Himalayan communities. NAO formally invited NWTCA to participate in the NAO hosted Table Tennis Tournament on June 25 & 26. NWTCA invited Nepali community to participate in the gala dinner marking the 70th birthday of Holy Buddhist Priest Dalai Lama.

## National and Regional Events

### **Inauguration of Silver Star Art and Culture Center/Malati Mangale Musical Drama**

Jyotsana Rana, the chairperson of the non-profit organization Silver Star Art and Culture Center, invited us to participate in the inauguration of the organization as the part of the June 11th, 2005 showing of the musical drama Malati Mangale. The staging of the musical drama by noted poet Madhav Ghimere is the first event of this organization.

A group of 12 NAO members as well as NAO president Kush Shrestha attended the inaugural function and the performance of the musical drama in Seattle.

### **ANA Convention**

On July 4th 2005, NAO general secretary Sagar Onta, executive member Bikram Vaidya and member Pukar Mallla along with Meg Thapa participated in ANA conference in Dallas, TX. Pukar moderated the Youth Forum and was the MC for the ANA...

convention. Sagar organized the SEBS-North America Reunion and sold books for the Nationwide Scholarship Program to provide scholarships to grades 8-10 students in 18 districts in Nepal.

## Oregon Historical Society

A Nepali booth of cultural artifacts and books were on display at the two day Lewis and Clark Bicentennial celebration organized by the Oregon Historical Society on August 20-21 in downtown Portland. More than 2000 visitors to the exhibition visited the booth. Many visitors inquired about Nepal, its culture and a potential visit to Nepal.

Local artists Dipita Thapa, Neli Tamrakar, Rasmita Budhathoki, Selba Tamrakar, Senji Lama, presented Nepali dances. Daya Shakya and Bikram Vaidya did a presentation on a Nepal Oregon Relationship including a slide show about Nepal. Shiva Bhattacharai demonstrated Nepali cooking.

A special thanks to Sanjeev Pradhan, Bhima Shakya, Sagar Onta and Binaya Shrestha for volunteering their time to the event.

## NW Nepali Picnic at BC

This year's Northwest Nepali picnic was hosted by the Nepali Community of Greater British Columbia on September 3, 2005 in Vancouver BC. A 15 member strong group from Oregon represented us at the picnic.

## Membership

A total of 95 community members became due paying members of the NAO. This represents 45% of approximately 200 community members. NAO plans to expand its membership and encourages all its community members to become one. Membership dues are as follows

- \$25 for a family
- \$10 for an Individual
- \$5 for student

Advantage of becoming a member:

A family of four, for example, will save \$48.00 over three events in a year at a membership rate of \$8 and your family membership fee pays for itself. Paying the membership dues demonstrate our commitment

to work for the common good of our Nepali community.

On July 17th, the NAO executive committee meeting decided to implement a two-year membership to minimize the work involved in the membership renewal process. The membership fee will be collected for a two-year term and it can be paid in two installments. Each membership term will run from July to June and you will automatically become eligible to participate in all NAO events (Dasain, Nepali New Year, summer picnic and other events.) at the discount rate.

## 2005 Expense Report

### Revenue

Nepali New Year Party	\$ 1,654.00
Table Tennis Tournament	\$ 215.00
Summer Picnic	\$ 1,742.00

### Total Revenue

**\$ 3,611.00**

### Expenses

Nepali New Year Party	\$ 1,391.64
Table Tennis Tournament	\$ 225.22
Summer Picnic	\$ 657.71
Uncollected Fees	\$ 120.00

### Total Expenses

**\$ 2,394.57**

### Net Income

**\$ 1,216.43**

### Current Bank Balance (NAO FUNDS)

**\$ 5,585.55**

For the details please visit our website:

**[www.nepaloregon.org](http://www.nepaloregon.org)**

## Congratulations!

### Congratulations to Sandesh Gurung

Sandesh Gurung, the son of Mary and Narayan Gurung, has won a bronze medal in Asian Junior Taekwondo Championship held in Almaty, Kazakhstan, from August 19-21. Sandesh

represented Nepal in the flyweight category in the championship. Congratulations to Sandesh for his fine achievement.

## College and High School Graduates

We congratulate our recent college and high school graduates:

College Graduates	High School Graduates
Kebin Maharjan	Raj Bhattarai
Sachina Shrestha	Sandhya Malakar
Sameer Sijapati	Sneha Upadhyaya

## We welcome new graduates to local colleges

Biki Raghubansh, Oregon State University

Prasanta Sharma, Reed College

Sudin Singh Maharjan, Portland State University

Deepa Malakar of Eugene and Prerana Ranjitkar of Portland will start a graduate degree in business and medicine this fall at Willamette University and Washington State University respectively.

## Leaving Oregon

Some of our good friends and active members of our community moved out of Oregon:

- Ashok and Sangita Shrestha of Portland moved to Pasadena, California.
- Asim and Anuja Rijal of Portland recently moved to Seattle, Washington.
- Dipin Malla, MBA graduate from Concordia University, moved to Florida.

We will miss their presence in our community.

## New To Oregon

We welcome new families to our community:

- Bikash Shrestha, Vancouver, WA
- Krishna and Nanu Dangol, Salem
- Pramod and Sharmila Karanjit
- Rabinman and Nabina Shakya with Ranjan and Palistha, NE Portland.
- Sarju and Upasana Rajbhandari and daughter Asana, Hillsboro
- Subhas and Indira Poudel, Portland.

- Ujwol and Dipa Shrestha and son Aviv, Clackamas.
- Namaste apologizes to its readers for accidental omissions of any personal accomplishments or change in the personal status in the current issue. If you find any omissions or mistakes, please inform the Namaste editors.

## Resources for New Comers

NAO has established a resource pool to provide furniture and other essential household items for newly arrived Nepalis in Oregon so that they will have an easier time transitioning to Oregon. Please provide information about things that you can donate to this program.

## Marriages

We congratulate our newly married couples:

- Anuj Regmi with Sunita Regmi
- Bibek Shrestha with Salona Shrestha.
- Hari Ranabhat with Jashu Thapa.
- Jason Maskey with Annie Issa.

## New Baby

We would like to congratulate new proud parents on the birth of their daughters:

- Neelam and Shuny Bee has a new baby daughter Shareen Cecilia Bee.
- Rupa and Satish Shrestha also has a new baby daughter Shreya Shrestha.

## Condolences

Some of our friends lost their parents and loved ones this year.

- Kanhaiya Lal Vaidya's mom Sri Sindhu Kumari Vaidya.
- Lalita Budathoki's grandmother Kanchi Kumari Basnyat and dad Krishna Bahadur Basnyat.
- Laxmi Thapa's dad Lal Bahadur Thapa .
- Saroj Upadhaya's dad Dr Puspa Raj Satyal and mom, Sushila Satyal.
- Srijana Sthapit's sister Sujata Sthapit.

Our thoughts and prayers are with the grieving families.



## Upcoming Events

### NAO Fund Raising Program: Magical Night of Giving

NAO has decided to participate in the Lloyd Center, Portland initiated fundraising event called "Lloyd Center's Magical Night of Giving" event. It will take place on November 20th, 2005 from 6-9PM at the Lloyd Center Shopping Mall.

The event is an effort by Lloyd Center to help local non-profit organizations raise funds to support their programs. It will cost \$5.00 per ticket to enjoy your season's shopping at Lloyd Center stores at heavily discounted prices (around 25-30%). The proceeds from the sale of the tickets will go to the organization selling the tickets. You will find the details about the program on our website: [nepaloregon.org](http://nepaloregon.org).

Please support our fundraising efforts by purchasing these magical event tickets and also enjoy the benefit of shopping at Lloyd Center at discounted prices.

### Essay Competition for Nepali Children

NAO is calling for an essay competition for the middle and high school age children of our community. The essay will be about the young writer's personal experience as a Nepali in America. The theme should discuss how one feels connected to Nepal and Nepali way of living even though you live in America.

The outstanding essay in each category will be awarded:

Grade 6-8: Prize valued (\$100)

Grade 9-10: Prize valued (\$150)

The deadline to submit the essay is December 31, 2005. For the details about the essay competition, please visit our website: [www.nepaloregon.org](http://www.nepaloregon.org).

### Namaste Bumper Issue in Spring 2006

NAO is planning to publish a special issue of Namaste in the spring of 2006 to mark its 20th issue. Namaste has been in publication for the last 11 years. Please help us make it a success by contributing your articles, short stories, memorable events, etc. Please go to our website: [www.nepaloregon.org](http://www.nepaloregon.org) to find more information about the special issue.

### International Taekwondo Championship in Portland in 2006

The US West Coast Taekwondo, NE Portland is hosting the fifth annual International Open Friendship Taekwondo Championship in Portland on April 21- 22, 2006 at the Oregon Convention Center. The organizing

committee also has a plan to present a grand show on the International Cultural festivities at the closing ceremony. NAO will participate in the event with a Nepali dance.

## Other Community News

### US West Taekwondo School's 10th Anniversary

The 10th anniversary of US West Coast Taekwondo School in NE Portland was held on March 13th, 2005. NAO congratulates Diwakar Maharjan for his successful completion of a decade of teaching Taekwondo lessons to Portlanders.

### Nepali Artist Performed at Dalai Lama's 70th Birthday Celebration

Nepali artists performed at the Dalai Lama's 70th Birthday Celebration on July 9th at Oaks Park. The trio of Prajwal Bajracharya, Helen Appel, Brenda Harris performed an Aabhlokaswor dance. Similarly, Neli Tamrakar, Selba Tamrakar, Senji Lama Rasmita Budathoki and Dipita Thapa staged a Nepali group dance. Dillu Raj Thapa coordinated the cultural program, and Bikram Vaidya helped to prepare a birthday cake for the celebration.

### Newah Convention in DC

Daya Shakya and Bhima Shakya participated in the 4th convention of Newah people in America organized by the Newah Organization of America (NWOA). It was held in Washington DC on the Memorial Day weekend. He presented a paper entitled "Globalization of Newah language." It addressed the advantage of using the Roman characters instead of currently used Devanagari to write the language. NAO congratulates Daya Shakya for being elected to the executive committee of NWOA as Vice President. For the details about the NWOA convention please visit [www.newah.org](http://www.newah.org).

## Nepali Community Participate Race for Breast Cancer Cure Walk

A group of Nepalis in the community participated in the 14th anniversary of Komen Portland Race for the Cure on September 18th 2005. About 35 Nepalis took part in a 5K walks in support of finding a cure for the breast cancer in memory of Sangita Raghubansh. The group has been participating in this event for the last five years. Sangita was a very active member of our community who succumbed to breast cancer in 2001 at the age of 38.

## Portland and Seattle Soccer Match

A soccer match between Portland and Seattle Nepali communities took place on August 27th, 2005 in Portland. Unfortunately, Portland lost 4-6 in this annual event. Many thanks to Kabir Pradhan and Bal Joshi for organizing this annual match.

## Daya Shayka Interview in The Rising Nepal

The Rising Nepal reporter interviewed NAO immediate past president Daya Shakya this summer. The interview deals with a variety of issues such as his contributions to the Nepali community in Oregon, and his study and work in areas of Nepali and Nepal Bhasa. The full text of the interview is at the website:

<http://www.gorkhapatra.org.np/pageloader.php?file=2005/07/30/nation/nation1>

## Gham Panni Book

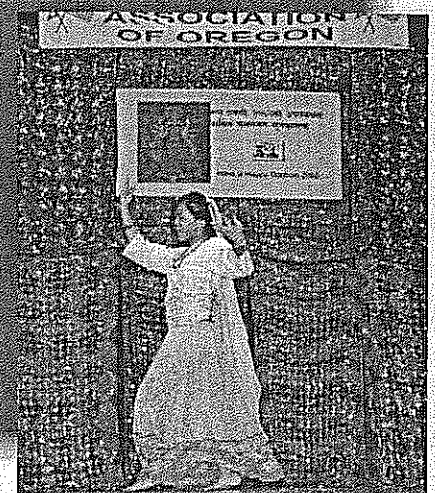
Global Resources Institute (GRI) in Eugene has started a water purification pilot project in Nepal using a method adopted by the World Health Organization. The project is aimed at reducing the drinking water related child mortalities. The method uses the ultraviolet rays of sunlight to purify water. The method was successfully tested in various regions of Nepal, and currently GRI is seeking donors to publish 100,000 copies of a booklet entitled "Gham Paani" describing the purification method. If you are interested in making a donation to help with the project, please contact Dr. Peter Moulton, the Director of GRI in Eugene at [pmoulton@grilink.org](mailto:pmoulton@grilink.org)

## .... Vijaya Dashami

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*jamara as prasad* of Durga Bhagavati.

The highlight of the event was the presentation of a variety of dances as well as songs. NAO thanks all the artists for their wonderful performances. NAO also appreciates the assistance of Bernandine Mali and Sugan Munakarmi in preparing *Aloo Aachar* and *Sandheko Channa*. Special thanks to Narbada Vaidya for sponsoring the ice cream. A dedicated group of volunteers and artists made the Dashain program successful and enjoyable.



Photos courtesy of  
Suva Shayka



## NAO Advisory Committee

NAO executive committee meeting on October 1 formed an advisory committee of five members: Bimal Pathak, Kanhaiya Vaidya, Krishna Sob Raja Shrestha, and Satish Upadhaya. The advisory committee shall advise and recommend the NAO executive committee on strategic planning and fund raising activities for the growth and promotion of the organization.

The term of the advisory committee will expire with the term of the current executive committee.

## Congratulations to Niranjan and Renuka

Niranjan Shrestha and Renuka Magar of Portland won gold medals at the 25th International Forth Worth Taekwondo Championship held in Forth Worth, Texas. Congratulations to Niranjan and Renuka for their accomplishments

## Thank You!

On the auspicious occasion of *Vijaya Dashami and Deepawali*, let me wish all of our community good health, prosperity and peace.

I would like to thank you for giving me the opportunity to lead NAO for the next two years. The executive members and I would like to express our sincere gratitude for electing us on the committee. We would also like to appreciate the hard work and salute the voluntary spirit of the members of the outgoing executive committee. We look forward to working with each and every one of you to bring our community closer together. To this end, we would call upon your active cooperation and voluntary participation in various NAO activities. NAO has accomplished some significant tasks in the past four years, and we will continue to do so by initiating a new set of activities, which will only strengthen our association. As a part of our new agenda, we look forward to completing the community-wide membership drive initiative, beginning new programs for our young members (essay competition, summer camps), and creating an advisory panel to guide us in setting long-range goals and plans, as well as initiating new fundraising drives. We can only attain success with the full cooperation of all of our community members. We count on you for the success of NAO and once again I would like to thank you in advance for your help, time and feedback.

Kush Shrestha  
President  
Nepali Association of Oregon

## Apology

**W**e apologize for the inadvertent omissions of any personal accomplishments in the current as well as previous issues. If you find any omissions or mistakes, please inform one of the members of the editorial board.

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