

# Namaste

Vol. 12 No. 21 Fall 2008

Official Newsletter of Nepali Association of Oregon

Currently a rough draft..... Feel free to edit/leave comments. We will be posting the final edited version online after we collect your feedback soon.

Thank you



On the auspicious occasions of the Bada Dashain and Deepawali 2008, the Nepali Association of Oregon (NAO) extends its warm greetings to all of you .With the grace and mercy of the Goddess Bhavani and Laxmi, may you be blessed with happiness, peace, and prosperity.

## President's Message



Dillu Raj Thapa  
*President*

Dear fellow friends & family,

On the auspicious occasion of VIJAYA DASHAMI, we the committee of Nepali Oregon Association would like to wish you all good health, peace and prosperity.

We are also proud to present you this 21st edition of Namaste article to you. With it's humble beginning in 1995, it has been a work in progress to bring forward the various happening in and outside our community. And we plan to keeping up with the tradition along the future pathways.

Also I would like to thank all our executive members and advisory board through out the year for all the support they have provided to me to become actively involved in the community. Their countless hours and effort is what makes NAO to bring about various events. We look forward that some day you will also join the team to make this contribution.

Thank you,

Dillu Raj Thapa

## Nepali Association of Oregon Executive Members (2007-2009)

Sudhodhan Ranjit  
*Vice-President*

Sanjeev Pradhan  
*Secretary*

Jagat Shakya  
*Secretary*

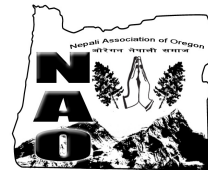
Ganga Bhattarai  
*Exe. Member*

Prachin Shrestha  
*Exe. Member*

Mingma Sherpa  
*Exe. Member*

Pradip Baniya  
*Exe. Member*

Suraj Aryal  
*Exe. Member*



Website: [www.nepaloregon.org](http://www.nepaloregon.org)  
Email: [naoinfo@nepaloregon.org](mailto:naoinfo@nepaloregon.org)  
Yahoo Groups: [nepaloregon@yahooogroups.com](http://nepaloregon@yahooogroups.com)

### Newcomers to Oregon

Pashupati Malakar & Family from **Pensylvania**  
Rajan Dhaubhadel from **Kansas**  
Sunita Regmi from **Michigan**  
Anju Thapa Magar from **Pensylvania**  
Karishma Kaushik from **Pensylvania**  
Salina Shakya from **Nepal**  
Alina's brother Tandukar from **Nepal**  
Regina Shrestha from **Nepal**  
New coming all Bhutanese Friends & Family

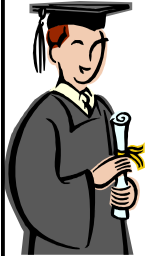


### Happy Marriage!



Sanjeev Pradhan & Rejina Pradhan  
Nischita & Jack Stephenson  
Sandhya Malakar & .....  
Shiva & Lisle Messerschmidt  
Laxam Darlamee & .....

### Congratulations to our Graduates!



**High School**  
Ameesha Bhattarai  
Arun Sunuwar  
Dipita Thapa

**College Graduates**  
Puja Malakar  
Deepa Malakar

### New Baby!



Nivriti Baniya ( Pradeep & Binita Baniya )  
George Gaulks ( Preeti & Gavin )  
..... ( Bhupal & Yuri Paudel )  
Abhik Norquist ( David & Srijana Norquist )  
Bishrut Thapa ( Birendra & Laxmi Thapa )  
Prisha Regmi ( anuj & Sunita Regmi )

### Farewell

Netra Bahadur Thapa & Family to **Colorado**  
Atul Bhattarai & Family to **Idaho**  
Pukar Malla to **California**  
Kabin Shrestha to **Boston**  
Helena Shrestha to **Boston**  
Anjana Shrestha to **London, UK**

### Condolences

Prem Bahadur Shrestha, Father of Subhash Shrestha  
Hurendra Dhungana, Father of Chanda Thapa  
Bhim Bahadur Darlamee, Father of Laxman Darlamee  
Navraj Darlamee, Brother of Laxman Darlamee  
Satya Devi Gurung, Mother of Sunita Thapa  
..... Tara Shakya, Sister of Shuva Shakya

Wishing You A Very  
Happy Vijaya Dashami  
&  
Dipawali



## Community News

### NAO gets recognized as a 501(c)(3) non-profit organization

Nepali Association of Oregon has now officially falls under the 501(c)(3) non-profit organization exempt from federal income taxes.

Under IRS's IRC Section 170,

- Individuals giving to 501(c)(3) organizations that are either public charities, private operating foundations, and certain private foundations may deduct contributions representing up to 50% of the donor's adjusted gross income if the individual itemizes on his tax returns.
- Individuals giving to 501(c)(3) organizations that are private foundations may generally deduct contributions representing up to 30% of their adjusted gross income.
- Corporations may deduct all contributions to 501(c)(3) organizations (regardless of foundation status) up to an amount normally equal to 10% of their taxable income.

So if you are thinking about donating and writing off certain portion on your taxes this is your

### Nepalese participate in Lance Armstrong Foundation Walk/Bike Challenge

In spite of her busy schedule Ganga Bhattarai made a successful attempt to raise \$166.00 charity that will be donated to the Lance Armstrong Foundation for research of cancer. She participated in the 5K walk starting at the Beaverton Nike World Campus and make a look to end at the same destination. Along the same page Prachin Shrestha also participated in the 5K run and raised \$ 50.00 with a rate of \$1.00 per person. He would like to thank everyone who put in \$1.00 to sum up his \$60.00 and also other gracious donations.



### Bhutanese Refugee arrive in Portland

The government of US has again come ahead to provide support for a large number of Bhutanese Refugees who have been facing hard times being dislocated from their home country because of their ethnicity by the government of Bhutan. This provides a new opportunity for the Bhutanese Refugee to establish themselves in a new foreign land. Please do welcome and provide needed help and support when you meet them.

### Newar Buddhist Temple in Portland

Prajwal and Dance Mandal has been working on establish a first Nepalese/Newari temple. Please contact Prajwal Vajracharya. (503) 233-3703 .

### Play soccer, stay fit over the summer...



A group of Nepalese/ Tibetan and whoever is willing to kick the ball gather for Sunday

soccer practices either @ PSU field or Dunway Park to enjoy and get some exercise. So if you are free and want some exercise no matter what your age, please stop by. The scrimmage starts around 10 am. For further details contact Kabir Pradhan. Also join the yahoo groups: [pdxsoccer@yahoo.com](mailto:pdxsoccer@yahoo.com)



## Community News

### Komen Race for the Cure 2008

Another successful year with a great group of dedicated Nepalese in the community participated in the annual Komen Portland Race for the Cure on September 21, 2008. About 30 Nepalese took part in a 5K walk in support of finding a cure for the breast cancer in memory of Sangita Raghubansh. The group has been participating in this event since 2001. Sangita was a very active member of our community who succumbed to the breast cancer in 2001 at the age of 38

### Flood Victims Donation Success

Nepali Oregon Association has contributed \$1001.00 towards the victims and their family who suffered during the recent KOSHI FLOOD area in Sunsari. This time around instead of donation funds to Red Cross or an association we have decided to provide the money to the grass root level where they allocated money will be used to buy basic needs for the victims. This is done through a close knit connection and a full detailed report will be provided later. Thank you all for your support.

### Renowned Buddhist Monk and Nun from Nepal Visited Portland

Visiting Rev. Guruma Dhammavati and Rev. Bhante Kondanya from Dharma Kirti Vihar, Kathmandu Nepal delivered a spiritual Dharma Upadesha (a lecture) on foundation of Theravada Buddhism in Nepal and Dynamic Aspect of Buddhism in restoring the World Peace and transformation of suffering to happiness at the Buddhist Daihonzan Henjyoji Temple, 2634 SE 12th Avenue at SE Clinton Street in Portland Oregon. on Oct. 4th 2008, Time: 7 PM. The jnaana Mala Bhajan was also presented during the program by visiting delegates along with local singers. The Program was organized in collaboration with Dance Mandala group Portland by Daya Shakya.



**The Flying Bee Productions Presents**  
A Tribute to Bruce Lee  
RELEASING WORLDWIDE SOON

**SHUNY BEE as GORKHA RAKSHYAK**  
THE GORKHA PROTECTOR

Shuny Bee, founder of Bajra (Nepalese martial arts), President of World United Taekwondo Association, International Referee (World Taekwondo Federation) International Master Instructor (Kukiwon, Korea), has just completed his movie in the Himalayan country of Nepal. The real beauty of this feature film is no wire, no animation, and no trampoline. All action is based on reality fight. Never ever witnessed such Khukari action before. The best martial arts movie of the 21st century.

5.1 Dolby Digital Sound High Definition Movie English Subtitle  
For more information : [www.beemartialarts.com](http://www.beemartialarts.com) & [www.youtube.com](http://www.youtube.com) to the link Gorkha Protector E-Mail: [shunyb@aol.com](mailto:shunyb@aol.com)

# Community Events

## 7th NorthWest Annual Picnic

Venue: Blue Lake Park

Date:

Attendee: 200+

Beautiful summer day, as the three major Nepalese Community (Nepal Seattle Society, Canada Vancouver Society) had an opportunity to join gather an annual event in the city of roses. The event was held in Blue Lake Park which also included the VOLLEYBALL TOURNAMENT. There was outdoor music, Chicken BBQ, various our door activities and the most important part the social gathering turned out to be very successful.

## 4th Himalayan Friendship Table Tennis Tournament

Venue: Portland State University

Date: 08/09/2008

Attendee: 30-40 participants

With the help of our local PSU student and a Table Tennis fanatic Pemba Sherpa we had an opportunity to host both the 3rd and the 4th Himalayan Friendship Table Tennis Tournament @ the Range Room in Portland State University. Going into the tournament the talented Pemba was the one to beat since his reputation for his table tennis skills is known through out the collegiate level of play. And without disappointment Pemba clinched the Singles titles easily both attempts. Here are the results of the two tournaments

### Results

#### *Men's Singles :*

Winner –Pemba

Runner Up - Tsultrim

2nd Runner Up - Pasang & Lama

#### *Women's Singles:*

Winner - Kristen

Runner Up –Ang Diki

2nd Runner Up - Alina & Ganga

#### *Men's Doubles:*

Winner - Prabin/Chris

Runner Up - Pemba/Pasang

2nd Runner Up - Prachin/Jagat & Samdup/Lama

#### *Junior Singles:*

Winner - Michael

Runner Up - Subret

2nd Runner Up - Dalen & Alan



## Community Events

### Nepali Concert

Venue: Multnomah Arts Center

Date: 6/23/2007

Attendee: 100-120

The music pop stars of Nepal started their journey with their first show in Portland. With artist like Sanjaya Shrestha, Sugam Pokherel, appearing the MAC was filled with young and old Nepalese gathering to enjoy the a local Nepalese concert in a foreign land. It was indeed a huge success and the artist themselves enjoyed the warm hospitality of the local Portlanders who provided them with food, lodging and entertainment. Thanks to Vikram Vaidya, Nilesh Vaidya, Mingma Shrepa, Sanjeev Pradhan and everyone who was involved.

### Nepali Movie Shows

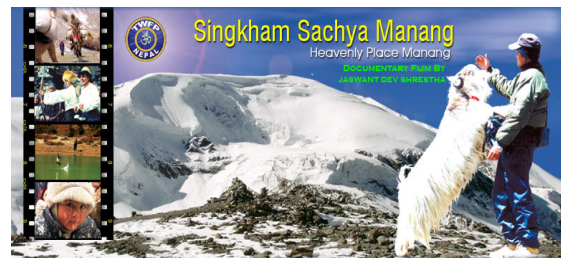
This year has been a successful year in the KOLLYWOOD industry with numerous local filmmakers/distributors visiting our town and willing to show their skill set and see a response from the Portland located Nepalese audience. Below are the listed movie shows

#### **SAWRGA JASTO MANAG**

Venue: Multnomah Arts Center

Date: 09/27/2007

Attendee: 70-80



#### **EVEREST PEACE PROJECT**

Venue: Tibetan Community Center

Date: 04/26/2008

Attendee: 50-60



#### **KAGBENI**

Venue: Hollywood Theater

Date: 03/16/2008

Attendee: 110

#### **KRODH**

Venue: Tigard City Library

Date: 08/02/2008

Attendee: 25-35



Upcoming movie: GORKHA RAKSHAK

Venue: Hollywood Theatre

Date: 11/01/2008

Attendee: looking forward to a big headcount???



## Local Contributions....

### Nepali Association of Oregon, USA



The Nepalese live all over the world, including many thousands in the United States and Canada. Wherever they settle in numbers they tend to form Nepali cultural associations. In the state of Oregon, on America's northwest coast, they have formed the very active Nepali Association of Oregon (NAO), with members in towns and cities all over the state. Each year NAO members get together for fun and reminiscing at an annual summer picnic (in July), a Dasain party (in October) and a Nepali New Years celebration (in April). In addition, the group hosts concerts and speakers who are passing through from Nepal, as well as an annual table tennis tournament, and occasional movies and documentary programs on Nepal.

Connections with Nepal other Nepalese, especially those in need, are strong and important for the NAO members. Earlier this year, they provided volunteer interpreters to assist several recently Bhutan-Nepali refugees families recently arrived in Oregon. It's a long ways from the camps of Jhapa District, and many of the refugees do not yet speak English.

The NAO is also promoting the 'One Dollar a Month' donation campaign to fund the expansion of wireless technology across rural Nepal. This program was established by Mahabir Pun of Myagdi District, Nepal. Pun is an educator and IT wizard, and Nepal's 2007 winner of the prestigious Magsaysay Award for excellence (sometimes called the 'Nobel Prize of Asia'). Pun, age 52, won the award for his outstanding Community Leadership, especially for "his innovative application of wireless computer technology in Nepal, bringing progress to remote mountain areas by connecting his village to the global village."

You can email the Nepali Association of Oregon at [naoinfo@nepaloregon.org](mailto:naoinfo@nepaloregon.org), or check out their web page at [www.nepaloregon.org](http://www.nepaloregon.org). If you are in the states and want to contact the group directly, you can phone Dillu Thapa, NAO President, at 1.503.533.5572 or 1.503.329.2859, or Sanjeev Pradhan, NAO Secretary, at 1.503.754.2140. For further information on the program to assist Mahabir Pun and Nepal Wireless, go to <http://nepalwireless.net> and [www.himanchal.org](http://www.himanchal.org)

The NAO has over 500 people on its mailing list, some of whom are fully paid up and others who are informally associated. All are invited to participate in club events. There are also a few non-Nepalese American members, including the spouses of several Nepalese, ex-Peace Corps Volunteers, former students of Kathmandu's Lincoln School, and aid workers who have lived in Nepal. (NAO events are great for the non-Nepalese to practice their Nepali language skills.)

This year's summer picnic was held in one of the suburbs of Portland, Oregon's largest city, within view of the snow-capped peak of Mt Hood. The picnic featured Nepali music, lots of *chiura* (beaten rice snack) and other Newari-type party food, as well as bar-b-que chicken, salad, fruit drinks and 'hot dogs' (frankfurter sausages in buns--for the



children). While the adults enjoyed meeting old friends and catching up on news of Nepal from recent arrivals, special games were organized to keep the children busy. One required them to catch water balloons, so you know that there many wet but happy children, as the balloons tend to burst when caught. Ah, sweet memories of Holi!

The current NAO President is Dillu Thapa (of Hetauda). He is assisted on the executive committee by Shuddhodan Ranjit, Jagat Shakya, Sanjeev Pradhan and five elected members at large. They all cordially invite you, the readers of ECS, to check in and participate in club events if you happen to be traveling to the American west coast anytime soon.

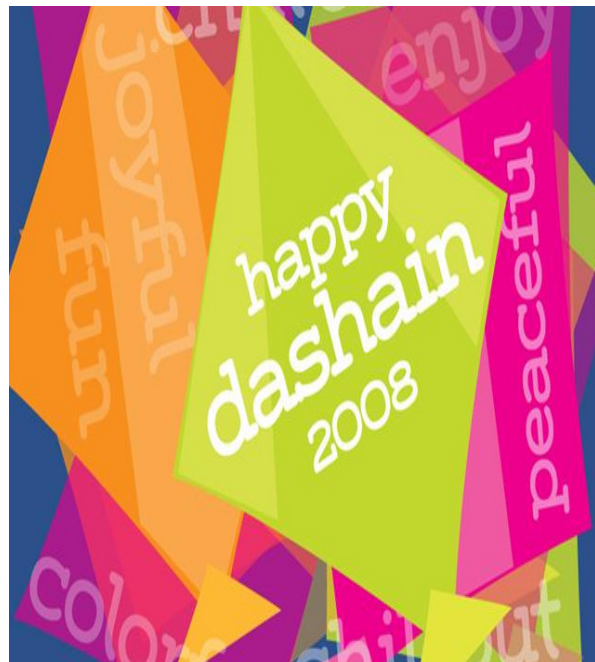
*Originally written for ECS Magazine by Don Messerschmidt (dmesserschmidt@gmail.com)*

## Should Nepal Look to US for Its New Political System?

Recently, both the Maoist and the UML have come forward to voice their opinion in unison that the Westminster-style parliament system has not bode well for Nepal's development. Anybody who breathes in the pollution of Kathmandu or struggles to pay for two meals a day knows that the past political system did not bode well for Nepal. But is it the fault of the system or the politicians themselves? One could argue that it was a system that produced corrupt leaders who has made a mockery of the law of the land. Yet, it is the same leaders who are talking about changing the system that has given them unlimited power and privilege in the society. Are Nepali people so naive as to believe the same leaders will really bring about a new system where their powers will be curtailed? That is a hard sell, especially because of the brinkmanship shown during the formation of the latest government. However, if we are to be gullible and lay our beliefs on this breed of leaders once again, should they be looking across the Atlantic, to the most powerful country in the land, the United States of America, for inspiration for the next political system for Nepal?

Nepal's underdevelopment is deeply rooted in the psyche of the Nepali society. It is bred

by hundreds of years of feudalistic values and the deeply set habit of looking up to the powerful for favors, whether the power holder is the monarchy or the political clans. Since the Janandolan, Nepali people who used to beg favors from the monarchy, has now found a voice and the courage to demand favors from the political leaders. However, that does not change the fundamental fault in the Nepali society, which is begging or demanding something without having to work for it is considered a birth-right. Isn't that the basis of the same feudalistic society the Maoist so vehemently fought against?



The Westminster-style parliamentary political system feeds into this feudalistic culture by empowering the political leaders so they become *sano-raja* (small-king) within their jurisdictions. They hold the power to make laws, as lawmakers of lower and upper houses and execute them as ministers. And with a weak judiciary system which does not have the courage to prosecute lawmakers, the parliamentary system has created a generation of political leaders who are specialists in political maneuvering to strengthen their hold in power. What Nepal needs is clear separation of power between the legislative, executive and judiciary branches of the government, and a constitutionally mandated system of checks and balance so that none of the three branches are stronger than the other. Given Nepal's history and ethnic diversity, a political system where there is a possibility of one group (political or ethnic) having total control of the government will not be acceptable to the Nepali people. In the Federal Government of the United States of America, the legislative branch, or the Congress is divided into House of Representatives and the Senate. They have the power to write laws, enact taxations, set budget, as well as declare a war. They focus on the larger national level issues and do not get involved in the execution of the law. However, as a means of maintaining checks and balances, the United States Congress has the authority to investigate on the executive branch to ensure that the laws are properly executed.

The executive branch is headed by the President who has the constitutional duty to “take care that the laws are faithfully executed”. He has to accept the laws passed by the Congress. However, he also has the authority to veto any law passed by the Congress if it's not passed by the veto-proof two-third majority of the Congress. In reciprocity, the President needs to get “advice and consent” of the Senate to appoint officers to important posts in his cabinet, like heads of the federal departments and ambassadors. He is also the commander-in-chief of all armed forces of the country; however, the budget of the armed forces is allocated by the Congress.

The Supreme Court deals with the interpretation of the constitution and can declare a legislation or executive action as unconstitutional as well as nullifying any law. However, the Supreme Court justices are appointed by the President with “advice and consent” of the Senate. They hold the post for a lifetime. Similarly, in the state level, the State's Supreme Court is the final authority on the interpretation of the states' laws and constitutions. A case may be appealed from a state court to the U.S. Supreme Court only if the case is federal or national in scope.

Given the complexity of the Nepali society, with its various ethnic groups and diversity, a clear separation of powers and a system of checks and balances, like that of the United States, could be the right building blocks for the new Nepal. By ensuring that no one branch of government is stronger than the other and a mechanism that assures that no single state or ethnic group has control over a branch of the government, Nepal may be able to fulfill the dreams of all Nepali people and establish a stable, accountable and fair government. It could be a land where the rule of law is respected by all, including the political leaders, where each branch has some authority to act on its own, some authority to regulate the other two branches, and has some of its own authority, in turn, regulated by the other branches (1). If the current political leaders have indeed turned the corner and become saints by being willing to let go of their absolute hold on power, then maybe they should look at the country that once labeled them as terrorists. Now, that's what I call the epitome of irony.

*Contributed by Sagar Onta (sagaronta477@gmail.com)*

## जब जब

- दया शाक्य

जब जब देश शान्ति र लोकपृथताको घेराबाट बाहिरिन्छ  
तब तब इतिहास दोहोरिन्छ.....

जब जब देशका जनता अन्याय र असमानताले पराकाष्ठा छुन खोज्छ  
तब तब इतिहास दोहोरिन्छ.....

जब जब देशमा एक समूहले बाहुल्यताको जग बसालेर शिखर चूम्न पुग्छ  
तब तब इतिहास दोहोरिन्छ.....

जब जब देशको पमूख धारा पवाहको कूलोले फर्का मार्छ  
तब तब इतिहास दोहोरिन्छ.....

जब जब देशका जनता बहुजन हिताय्लाई बिर्सी अल्प जन हिताय् तर्फ लाग्छ  
तब तब इतिहास दोहोरिन्छ.....

जब जब देशमा गुम्सिएको विचार पस्फुटन गर्ने बाटोको निमार्ण हुंदैन  
तब तब इतिहास दोहोरिन्छ.....

जब जब मौलिकताले ठाउँ नपाई कृतिमता ले जग बसाल्छ  
तब तब इतिहास दोहोरिन्छ.....

यसरी नै हाम्रो इतिहास दोहोरिन्छ अनन्त कालसम्म



**VIJAYA DASHAMI KO  
SUVAKAMANA**



## Please don't use Nepali ??? in English!!!

खाई न पाई छालाको टोपी लाई  
Eating na getting, putting leather cap

घाँटी हेरी हाड निल्नु  
Look at the neck and swallow the bone

एक कान दुई कान मैदान  
One ear two ear, playground

अछ्यु खाए बछ्यु खाए, झुसे बारुलो  
Hornet ate bachhyu ate, hairy wasp

काग कराउदै गर्छ पिना सुक्दै गर्छ  
Crow crying, pina drying

चिन्नु न जान्नु घचेडी माग्नु  
Don't know don't know push and beg

भाग्यमानी को भूतै कमारो  
Lucky person has ghost servant

म पनि खान्दानी को छोरा हो  
I am also a son of Tiffin Carrier

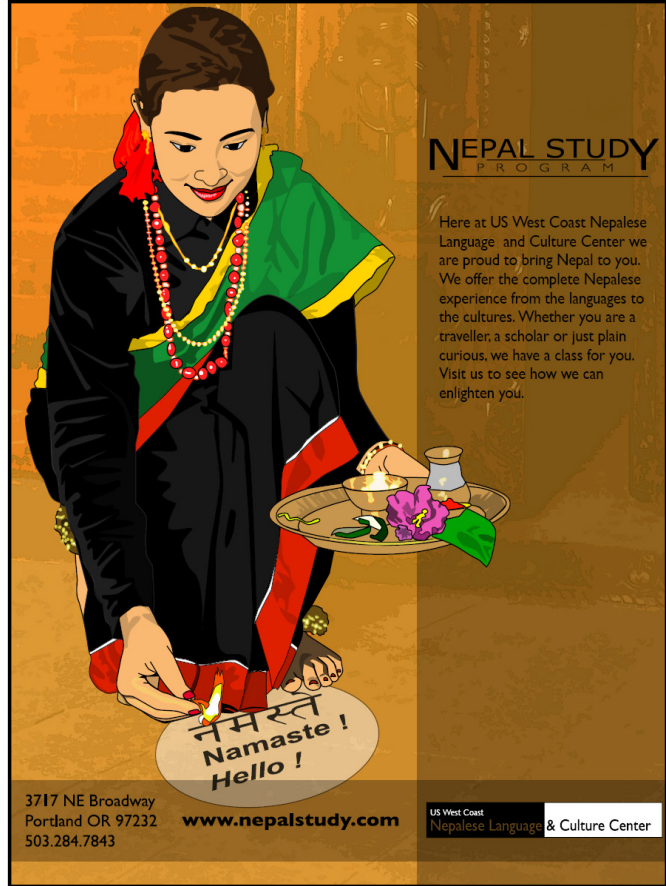
कहिँ नभाको जात्रा हाँडीगाउँमा  
Nowhere festival in pot village

हाती आयो हाती आयो फुस्सा  
Elephant coming elephant coming phussa becoming

केटा केटी आए, गुलेली खेलाए, गुच्चाको नास  
Boy girl come, play slingshot, loss of marble

जब भयो राती, तब बुढी ताती  
When it becomes night, Wife becomes hot.

कस्को बाउको के तागत, म पनि खान्दानको छोरा हुँ  
Whose father, what vitamin I'm the son of Tiffin



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US West Coast  
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**Best wishes on the auspicious occasion  
of  
VIJAYA DASHAMI**

**May Goddess Durga Bless us all**

**thamel.com**

**Messenger of your sentiments**

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

## OLYMPICS FEVER: Nepal's Participation???

08.08.08 was scheduled to be a big opening day in China's history, as for me it was a wait of 4 years to see two full weeks of extraordinary athletes compete in vast categories of sporting event to challenge themselves against the best in the world. Wish had the opportunity but I am not even close to where these athletes are.



But before the Olympics started I had an opportunity to see the US Track and Field athletes down in Eugene. Yes indeed, all the best track and field athletes were down here in Eugene, Oregon where the roots of running run deep with home grown local hero like Prefontaine. Although the summer heat was 90+ I managed to stay cool to watch the Men's 100m Qualifiers, Men Shot-put Finals, Women's 200m Finals. Overall it was just such an amazing experience, I bet being there at the Olympics would be more of a thrill.

I was mostly looking forward to seeing the DREAM TEAM win their GOLD, hoping PAULA RADCLIFF would do her best marathon, RODGER FEDDER win his GOLD, and also as always to follow the less popular Nepalese athletes in the different sports they participated in. one expectation from Nepal this time was hoping the DEEPAK BISTA would have a slight chance of glory after all he had performed in the Asian Games in Doha.

Two weeks of TV and Internet and some amazing results. The first week was dominated by MICHAEL PHELPS's aqua supremacy. What determination and poise and credit to him team too, he could not have been able to do it without them. The second week was the Track & Field event that was mostly dominated by the Jamaicans on the short distances. The relay was a disaster for the US teams this year around. Basketball as was predicted was dominated by the REDEEMED DREAM TEAM. The US pair of beach volleyball girls Misty/Carrie was just on a roll and deserved their victory. The home country CHINA was performed top of their capability winning the most number of GOLDS. Overall, as always the OLYMPICS always deserves the attention it bring about by creating an environment of friendly international competition.

I did stay tuned to watch DEEPAK BISTA play against the Afghan player who was just too fast for him. I hope to see someday a Nepalese athlete win a medal in the Olympics.

Athletes	Sports	Event	Results	Rank
Chandra Kala Thapa	T&F	Women - 100m	13.15s	72nd
Arjun Kumar Basnet	T&F	Men Marathon	2:23:09	45th
Phool Maya Kyapchhaki	Shooting	Women 10m Air Rifle	380pts	46th
Prasiddha Shah	Swimming	Men -50m Freestyle	27.59	81st
Karishma Karki	Swimming	Women - 50m Freestyle	32.35	81st
Kamal Bahadur Adhikari	Weightlifting	Men 69 kg	T 268 kg	22nd
Deepak Bista	Taekwondo	Men 80 kg	0-7 & 2-6	
Devu Thapa	Judo	Women 63 kg	0000-1000	

*Contributed by Prachin Shrestha (s\_prachin@hotmail.com)*



