

# Namaste!

# नमस्ते



Volume 4 No. 1

P.O.Box 90581, Portland, OR 97290

November 1998

## 1998 Dashain Highlight

### *Friends and Family of Nepalese community in Northwest America:*

It was our great pleasure to welcome you all at **Vijaya Dashami** celebration in Portland, Oregon on October 3, 1998. A total of 168 Nepalese and American families and friends from Washington State and various parts of Oregon came to celebrate the occasion. We would like to extend our gratitude to all of you who found time to come and enjoy an evening of joyful events.

### *Cultural Programs:*

Many of you have called and e-mailed kindly to let us know that you had a good time of fellowship. It was a great forum to meet long lost friends and make many new ones; it also gave a chance to share our cultural and social heritage with our new American friends and families. The cultural program was a success with such a diverse group of talents among us. Special thanks to all participants of cultural program: Urmila Mali, Helen Ward, Bernadine Mali, Tara Karki, Ms. Pema Sherpa, Daya Shakya, Mitch Hass, Prasanna Pradhan, groups from Eugene, Corvallis, Portland and Seattle, kids dual of Portland, Anik and Akash, for their sweet presentation of "Resham Firiri." If any of the presentations has offended you, we would like to sincerely apologize for that. Special care will be taken not to allow such unwanted situations in our future gatherings. We would also like to extend our very special thanks to the Master of Ceremony, Anupama Shrestha, and Ashish Vaidya for providing an evening of soothing Nepali music. Finally, the program would not have been a success without your participation and without the enthusiasm and collaborative efforts of many people, especially the Shresthas and the Raghubanshas of Portland and the Vaidyas and the Shresthas of Salem. Once again, we would like to thank you all on behalf of the organizing group of Subha Vijaya Dashami, B.S. 2055.

Any comments/suggestions should be directed to:

Kush Shrestha

1325 Elser Dr. SE.

Salem, OR 97302.

Kshrest@Open.org

You can also reach us on net:

www.teleport/~gurans/nepal

(Dashain Dinner and Expenditure, see page 2)

## Classical Music Concert

This year we had a great opportunity for listening to Nepali classical music and watch the folk dances in Portland Oregon. We were fortunate to have Prastar Classical Music Group lead by Master Hom Nath Upadhyaya, a well known tabala player of Nepal. He presented marvelous pieces of classical music in Tabla, Madal, flute and Tanpura at Civic Hall in south-east Portland this summer. In the Program, Mrs. Bina Upadhyaya's presentation of the classical Charya Dance in the form of Tantric Goddess Bajra Yogini made the audience so devotional at the beginning of the program and her presentation of traditional, theoretical, and classical Kathak Dance made the audience so quiet staring at her gesture in the rhythm of tabla and flute. This is what we call the magic of classical music. In the same program Pramod Upadhyaya did not get tired in presenting his skill of playing tabala along with Master Hom Nath Upadhyaya in sequence of rhythmic time. Similarly, the other artist Manosh Singh's presentation on flute was also unbitable. In the mean time, the classical program moved to modern stage by presenting dances based on folk songs by Nilah Manandhar and Gaurishankar Manandhar's hilarious Newar songs made the concert very interesting for three hours. Namaste thanks Fifi Chumbek for her enthusiasm to invite Master Homnath and family in Portland, and for her hard work to make this program a remarkable one.

## Governor's Award

Believe it or not, a Nepali student at Portland Community College Mr. Amrit Aryal was honored with the Oregon Governor's Award on excellent performance in educational career last spring. Mr. Aryal is now a chemical engineering student at the Oregon State University. Congratulation Amrit! And Good luck for your future plan.

**Summer Picnic**

This year the Nepali picnic was back to the park. Even though the day was very rough by whole day of rain Nepali friends from Portland, Salem, Eugene, Corvallis, Idaho and Seattle got together in Silver Falls State Park with excitement to see each other on Memorial Day week end. Due to lack of volunteers the Nepali picnic had not taken place for last couple of years. Let us thank and express our appreciation to the Shrestha and the Vaidya families in Salem for their enthusiasm to organize this year's picnic as a unforgettable one.

**South Asia Newsletter**

If you would like to know the program and projects on South Asia center at the University of Chicago you may contact Outreach Educational project and south Asia resource center at the University by sending an e-mail to south-asia-outreach@chicago.edu for a copy of the South Asia Newsletter.

**NEWAAH VIJNAAN**

*The second issue of the journal of Newar studies (Newaah Vijnaan) will be out soon with lots of information on studies on Newars as well as highlights on activities around the world. For more information on the journal and to reserve a copy in advance send an e-mail to the editor at drasha@aol.com.*

**Eugene-Kathmandu Sister City News  
Eugene Celebration Parade**

It was a great excitement for Ashok, Aruna, Amita, Sangita, Paras, Raju and Ashish the Nepalese students living in Eugene including the President of the Eugene-Kathmandu Eugene Sister city

**Dashain Dinner and Expenditure:**

We received payments from 164 adult guests. There were about 30 children under the age of 10. Since more guests than we had expected showed up for the party, the food that we had ordered was certainly not adequate. We contacted all of you for your participation confirmation; some we did more than once, others we could not reach due to lack of up-to-date contact addresses. In any event, we apologize for any inconvenience the shortage of food might have caused. Had we received the prior confirmations, such inconveniences could have been easily avoided. An income and expenditure summary is given below:

Income:	\$1640	Expenditure:	
Expenditure:	\$1703	Food	\$1100 (65%)
Difference*:	(\$63)	Hall Rent	\$ 280 (16%)
		Supplies**	\$ 323 (19%)
		Total	\$1703

*\*The organizing group has paid the difference.*

*\*\* (Drinks, Snacks, Utensils, Decoration, etc.)*

committee Sean Edward and other Members of the committee on having opportunity to participate in the Eugene Celebration Parade in Nepalese costumes and holding Nepali flag to deliver Namaste greetings to Eugeniens. Thanks guys ! Keep it up with your enthusiasm!

**Nepali Dhaaraa in Eugene**

*In active participation of Sean Edward, the President of Eugene-Kathmandu Sister city foundation, a beautifully carved stone dhaaraa (stone tap) was installed in Meteri Bagaichaa (Friendship Garden) at the city hall in Eugene, Oregon. The dhaaraa was presented by the Kathmandu chapter of the sister city committee during the exchange of official delegation between Kathmandu and Eugene.*

**Tihar and Bhintunaa Celebration**

On Oct. 25th Sunday the Second Annual Bhintunaa Program to mark the Nepal Sambat New year 1119, and the Tihar festival were celebrated in Portland

with great enthusiasm to draw attention on the cultural heritage of Nepalese people. On the occasion the President of the Nepal American Council (NAC) and the Ex-president of the Nepa Paasaa Puchah in America (NPPA) Dr. Tulsi Maharjan expressed his gratitude on having opportunity to participate the Bhintunaa program in the west coast. He mentioned that the Bhintunaa was first organized in 1990 with a small group of interested people in Washington DC. Now this program has been taking place as an important gathering for lots of Nepalese people living in the United States to preserve the cultural heritage and exchange the Bhintunaa with message of cultural awareness to the young generation. He is very encouraged on seeing Portland residents's enthusiasm to mark this new year day. In the occasion Architect and artist David Vala presented a spectacular slide show on art and architecture of the Kathmandu Valley. It was a great feeling of Tihar when men and woman in the group presented the Deosay and the Bhaileni songs on this occasion. Thanks to Dewakar, Achyut, Yam, Bidhan, Narayan and Daya for Deosay songs, and Helen, Bernadine, Minu, Sangita, Sachita, Nilah and Manorama for Bhaileni songs. At the end Mrs. Helen Ward expressed her sincere thanks to organizing group and wished for large number of participation in the coming years on this kind of program. The delicious mouth watering traditional Newar style samay baji feast was served.

**Pasni**

Every Year Nepali people in Portland get together for the celebration of cultural occasions. In the last couple of years we had opportunity of getting together for a few wedding parties. This year we were fortunate to welcome new born babies among Nepali communities. Beginning from the 'baby shower' which is an American tradition, to post birth purification and rice feeding ceremonial occasions (Shubha Anna Prashan Murhut or Pasni) which brought many of Nepalese friends together to bless Nishchal Lal Mali son of Raju and Minu Mali in Hillsboro, as well as the twin babies Arya and Reesab Pathak the Daughter and Son of Bimal and Roopa Pathak in Camas, Washington. Namaste congratulates both couples for new born babies.

## नेपाली संस्कृतिका सकृय समर्थक श्रेष्ठत्रय सुनिता, सचिता र संगीतासंग केही क्षण

(पोर्ट्रेण्ड ओरेगनका तीनदेवीहरू जसलाई सुनु, सच्चु र संगी भनी मया गरेर बोलत्रने गरिन्छ । १८ वर्षको अमेरिकी जीवन विताएर मालसम्म पनि नेपाली संस्कृतिप्रति ज्यान भन्दा धेरै मनोरंजक नेपालीत्व कायम गर्ना कर्मगरी आदर्श स्त्रीहरू 'सुसमे' आफ्नो संस्कृतिको कट्टर समर्थन गर्दै आफ्नो हुनाले त्यसैको कट्टर स्वरूप यहाँ सम्पन्नका साथ नमस्तेका पाठक सम्म उनीहरूसँग लिइएको अन्तर्वार्ता प्रस्तुत छ । हेनुभोस नयाँ पिढीहरूको निम्ती हामीले आफ्नो पन जोगाई राख्न चाहनेहरूको आदर्श समर्थकबाट के सिक्न सकिन्छ । -सम्पादक

नमस्ते: अमेरिका आउने मौका कसरी पाईयो र यहाँ अर्ध पछि पहिलो *Culture shock* के थियो ?

सुनु: यहाँ हाम्रो बुबा (श्री दुर्गा बहादुर श्रेष्ठ) काम गर्न आउनु भएको थियो अनि हामी आउने परेकोले आएको । वहाँको अर्को एउटा थोको के थियो भने हामीलाई जहिले पनि *Higher Education* दिन चाहनु हुन्थ्यो । त्यसैले अमेरिका आउने अक्सर नगुभईकन आयौं । जहाँ सम्म *Culture shock* को कुरा छ हामीलाई खास रूपमा परेन । तर यहाँ आउनु *language* भने एकदमै अनौठो लाग्यो यही नै हाम्रो । लागी सब भन्दा ठूलो *shock* भन्नु पर्ला ।

नमस्ते: कतिवर्ष अघिको कुरा हो यो ?

सुनु: अठार वर्ष हुन लाग्यो

नमस्ते: शुरुमा पोर्टलैण्ड नै आउनु भएको कि अन्तबाट यता सर्नु भएको ?

संगी: हामी सुरुदेखि पोर्टलैण्ड नै आएको ।

नमस्ते: त्यती खेर कति उमेर पुगेको थियो नि ?

सच्चु: अय.....उमेर त हामी बताउँदैनौं है ।

संगी: खासमा हामीले *Freshman* देखि *High School* शुरु गरेको हो । यहाँको भाषा नै अनौठो लागेकोले हामीलाई *shock* त परेकै थियो । हाम्रो *cousin* हरु पनि नेपाली बोलन नजान्ने भैसकेको थियो । *School* को *system* जम्मे *Different* । नेपालमा दिनभरी एउटै क्लासमा बसिन्थ्यो । यहाँ त्यस्तो होईन । *System was totally different* । *Math* एकदम सजिलो । भन्ने नपर्ने । नेपालमा *SEE* दिएर आएको यहाँ त कता हो कता सजिलो ।

नमस्ते: त्यसो भए *SEE* दिएर आएपछि यहाँ सजिलो हुने रहेछ होईन ? अहिले पनि त्यस्तै सजिलो छ र ?

संगी: हुन्छ होला नि ?

सच्चु: तर पढाई को *System* फरक थियो नि ।

नमस्ते: नेपालबाट एकैचोटी यत्रो टाढो आउनु एक किसिमको डर त लागेन ? कस्तो पढाई होला । कस्तो सोसाईटी होला । कस्तो अनुभव भयो नि ? शुरु शुरु को अमेरिकी जीवन कतिको गहरो भयो या सहजै बित्यो र त्यती खेर नेपालीहरूको संख्या कति थियो ? कतै नेपाल त *Miss* गरेनौं ?

सुनु : त्यतिखेर अहिले जस्तो धेरै नेपालीहरू थिएन । रिमालजी, कुशवर्द्धीहरु, डंगोलजी र वसन्तहरु र ठूलो बुबाहरु मात्र थिए ।

नमस्ते: त्यसो भए यहाँ पोर्टलैण्डमा सब भन्दा पहिला आउने नेपाली को पर्यो नि ?

संगी: हाम्रो ठूलो बुबा हुनुपर्छ ।

नमस्ते: के नाम पर्यो नि ?

संगी: रुद्र बहादुर श्रेष्ठ । त्यतिखेर प्रदीप रिमल अनि प्रतिभा रिमलहरू पनि धेरै पहिला आएर बसेका थिए अरे तर *I'm not sure who came first* । तिनीहरू मध्य एक हुनुपर्छ ।

नमस्ते: अनि त्यतिखेर यहाँको रहन सहन देखेर अचम्म लागेन त ?

संगी: त्यो त अचम्म लागेन नै भै हाल्यो नि । त्यति खेर नेपालमा *TV* पनि थिएन । यहाँ दिन भरि रातभरि *TV on* हुन्छ । हामी यहाँ आउनु *Sanfrancisco* भाएर *Drive* गरेर आएको । बाटोमा कतै पनि मासु बेगको खाना नै पाएनौं । जे हेरे पनि मासु नै भएको । त्यति खेर हामी *Vegetarian* थियौं ? *Beef* खाने त कुरै भएन । घरमा आई सकेपछि नेपाली खाना भएकोले त्यति अटेरो परेन ।

नमस्ते: तर नेपाल *Miss* भयो कि भएन नि ?

सच्चु: *Miss* त खास भएन ।

संगी: हामी *Higher Education* को लागी आएको हो र *Family* सबै यतै भएको हुनाले त्यति मिस नभएको जस्तो लाग्छ । त्यसमा पनि बुबा पहिलै देखि *American* हरूसँग काम गर्ने भएको हुनाले साथीहरू घरमा आई रहने गर्नु हुन्थ्यो । त्यसैले सबै संग चिन्जना थियो ।

नमस्ते: व्यस्त अमेरिकी जीवन विताएर वर्ष भरिका चौड पर्वमा के के मनाउने गर्नु भएको छ नि ?

सुनु: क्रांती खाने दिन संक्रान्ती देखि लिएर जन्म दिन सत्नारायणको पुजा, सिठी नखः आदि केही गुणाएनौं । हाम्रो निम्ती पाहाँचहे ( घोडा जात्रा ) चाहि ठूलो चाँड हो ।

नमस्ते: *Kathmandu* शहरलाई *Geographically* तीनभागमा बाड्न सक्छौं *North, South* र *Middle* । *Middle* तिरकाहरूले पाहाँचहे ठूलो चाडको रूपमा मनाउँछन । *North* तिरकाहरूले लुत्तौ पुनि र *South* काहरूले पचिमह (टीकाको ५ दिन अघि) चाँड मनाउँछन् । यसै अनुसार नेवारहरूको पुख्रिती स्थान पता लगाउन सकिन्छ । भक्तपुरेहरू बैशाख संक्रान्ती धुमधामले मनाउँछन । तर तपाईंहरूको म्हुपुजा गर्ने चलन छ कि छैन ?

सच्चु: पाहा चहेको दिन त हाम्रो घरमा *BIG Party* हुन्छ । त्यस देला बुबा को *Birth Day* पनि पर्यो ।

सुनु: अरु अरु चाँड मनाए पनि हामी म्हु पुजा चाहि गर्दैनौं किन हो कुनि ।

संगी: यता श्रीमानको घरतिर भने म्हु पुजा गर्नुपर्छ । नमस्ते: तपाईंहरूले म्हु पुजा नगर्नु को केही कारण हुनु पर्छ । वास्तवमा म्हु पुजा भनेकै आफ्नो शरीरमा रोग नलागोस र सब सुखमय होस भनेर नयाँ साल मनाउन म्हु पुजा गरिन्छ । अब अर्को प्रश्न छ । यतिका वर्षसम्म अमेरिका बसोबास गरेर पनि नेपाली संस्कृतिलाई जर्गना राख्ने हौसला कसरी पायो ?

सुनु: हाम्रो *Culture* हामीले कहिलै बिर्सिन सकेन ।

नमस्ते: *Culture* जोगाएर राख्ने सम्बन्धमा सवभन्दा बढी *Credit* कसलाई दिने ?

संगी: त्यसो त यस्को *Credit* आमा(बसुधा)लाई दिनुपर्छ ।

सुनु: हामी *Formality* को लागी केक पनि काट्छौं अनि पुजा पनि गर्छौं । विशेष गरेर भाईको लागी केक नकाटी नहुने । हाम्रो लागी केक चाहि काटेनौं । भाईको लागी भने नभै नहुने । हाम्रो लागि सगुन दिए पुग्थ्यो । दुईजना बच्कहरूलाई य:मरी समेत राखेर पुजा गरियो ।

संगी: हामी त पास्नी पनि गर्दै आएका छौं न्वार पनि अहिलेसम्म गर्दै आएका छौं । यता *Thanksgiving* पनि मनाउने *X'mas* पनि मनाउने ।

नमस्ते: *Thanksgiving* र *X'mas* त *regional holidays* पर्यो नमनाउने त कुरै छैन । नेपालमा

*American* हरु दशै मनाइ रहेको हुन्छ भने यहाँ हामी *Thanksgiving* मनाउनु के फरक पर्ला ? अब अर्को प्रश्न के छ भने धेरै वर्षको अमेरिकी जिवन बिताएर पनि नेपाली परिवारमै वैवाहिक सम्बन्ध राख्ने चेष्टा गरेको धेरै सराहनीय कुरा हो । यसमा सबैभन्दा बढी जोड कस्को जस्तो लाग्छ आफ्नै व्यक्तीगत या अभिभावकको ?

सच्चु: *Force* गरेर होइन ।

संगी: *The way we grew up, I think* हामीलाई कहिले पनि अमेरिकनहरूसँग बिहा गरौं भन्ने भावना उठेन । अमेरिकन साथीहरू भए पनि बिहा नै गर्ने तरिकाले साथी बनाएनौं । जहिले पनि नेपाली चलन अनुसार बसेको हुनाले हाम्रो मम्मा कहिले पनि यस्तो कुरा सोच्दै सोचेनौं । यदि उनिहरूसँग बिहा भएको भए यो *Culture* कसरी

*Maintain* गर्ने भन्ने भावना आउँदै आउँदै । आमा बुवाले हामीलाई कुनै किसिमको कमी देखाउनु भएन कि अमेरिकनहरूसँग बिहा गर्दा हामी खुशी होला जस्तो लाग्दैनथ्यो । हामीलाई नेपालीपन यति राम्रो देखाउनु भयो कि हाम्रो दिमागमा अरुसँग बिहा गर्ने *Concept* भै बसेन ।

सुनु: मलाई जहाँसम्म लाग्छ नेपाली *Culture* मा हुर्केको भएर हामीले ससु, ससुरा त के आफ्नै लोग्नेलाई पनि खुशी गर्न नसक्छौं जस्तो लाग्थ्यो ।

सच्चु: हामीलाई बिहा गर्न नचाहनेहरू नभएको होईन । कतिजना त हिन्दु नै भैदिन्छु भन्नेहरू पनि थिए ।

स्कूलमा हुँदा धेरै *culture*का साथीहरू थिए । तर हामीले बिहा नै गर्ने तरिकाले हेर्दै हेरेनौं । हामीले उनिहरूलाई खुशी गर्न सक्छौं । तर *Life Long* खुसी चाहि होला जस्तो लाग्दैनथ्यो । अरु *culture*का म्हुसँग *Temporary* खुशीको लागी बिहा गर्ने होईन । *Everlasting* हुनुपर्छ । हाम्रो *culture* सिक्छु भन्नेहरू पनि धेरै थिए । तैपनि हामीले विचार गरेनौं । क्रमशः....

**Nepali Folk Dances**

*An eight year old Nepali girl Nilah Manandhar presented excellent Nepali Folk dances in the 13th Asian Celebration in Eugene Oregon this year in February. Watching her dances the audience made a very remarkable comment on her terrific presentation of Nepali culture. She could be a star in the future if she keeps her practice alive. Well done ! Nilah don't give up participating in such functions.*

**Barkhi Period**

An e-mail message of Badri Kumari Manandhar's demise at the age 61 badly shook the Manandhar family in Portland on 30th of September 1998. The sad news spread out in the community with deep grief during the Dasain period. He was planning to participate actively during the Dasain cultural program. Namaste prays for peace to departed soul and patience for deceased family. It is a tradition for Nepalese men to stay in mourning dress for one year wearing whites when either one of the parents passes away. This is known as the Barkhi. This Barkhi period is applied to

Nepalese woman only when her beloved husband passes away.

**Nepalko Bhojan**

*To be involved in the community is not only standing in front of a mike and giving a speech. There are many other ways. A good example was demonstrated by Mali Family of Portland who were active in setting up Nepali Food booth Nepal ko Bhojan in the 13th Asian Celebration in Eugene. Their participation in the celebration made many friends familiar with Nepali taste of food, eventhough they have not been to Nepal yet. It was fun for the Mali family to know lots of people through the booth and say "Would you like to try a sample of Nepali food? Lets make Nepal known to all by various ways.*

**News for sharing**

If you know any news that should be pass on to other friends please let us know by calling at 282-0447 or e-mail at drasha@aol.com

**Appreciation**

Namaste appreciates the Shrestha family of Salem for their curiosity on discontinuing condition of this Newsletter. Let us thank them for their support to bring this issue to you.

**New Faces in Oregon**

Pratistha Ranjit, Pratish Dongol, Krishna Maya Maharjan, Paras Shrestha, Raju Shrestha, Rajesh Sharma, Pramod Parajuli, Amrit Aryal, Achyut Baskota, Narayan Neupane, Suresh and Sapana Acharya. Please welcome new friends in our community.

**अंग्रेजको जीत**

-हेलेन वार्ड,

जन्मले नेपाली कर्मले अंग्रेजी,

खाना मेरो नेपाली, भाषा मेरो अंग्रेजी,

सपना मेरो नेपाली, ईच्छा मेरो अंग्रेजी ।

एउटा छ सानो टी.भी. बोलदछ केवल अंग्रेजी

एउटा छ सानो रेडियो गाउंदछ केवल नेपाली ।

लौन दजु लौन दिदी, यस्तै छ हाम्रो रीत,

अब गर्ने के त ? भयो है अंग्रेजको जीत ।

**Editor: Daya Shakya**

**Advisor: Diane Frank**

**Graphic Design: Yam Pun**

**Namaste!**

**P.O.Box 90581  
Portland, OR 97290.**

Stamp  
Here