

# Pacific Northwest Nepali Community Newsmagazine



Washington



British Columbia



Oregon



## Pacific Northwest Nepali Community Newsmagazine

### EDITORIAL

We are excited to bring this, the very first issue of Pacific Northwest Nepali Community Newsmagazine, to our readership from British Columbia to Washington and Oregon. Separated by international and state borders yet connected by a common heritage, these three Nepali communities have become a symbol of friendship among our people in

The idea behind this wonderful joint undertaking came up in our last gathering in Portland, Oregon. Presidents from all three organizations quickly embraced this new proposal without a second thought. Beginning this year, the organization that hosts the Jamghat will take a lead, in concert with the other two, in publishing this newsmagazine. Since Nepal Cultural Society of BC (NCSBC) is hosting the event this year, its current editorial team has taken the lead in publishing this maiden issue. The Seattle team will lead next, followed by Oregon.

However, the publication of this newsmagazine cannot pick up the needed steam without the contribution of our community members from across the Pacific Northwest. We hope that with your support we will be able to continue bringing forth the very best possible newsmagazine for our three communities.

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We wish you a safe and fun summer.

~~ THE EDITORS ~~

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the Pacific Northwest. The annual "Jamghat" (get together) that is being hosted every year on Labor-Day weekend by each of these organizations, in rotation, for the last 12 years is a testimony to this fact.

The publication of this joint Newsmagazine, starting this year, will be another milestone in our teamwork. No doubt, it will facilitate the exchange of ideas and information and further rejuvenate the long-standing collaboration among our communities. Published once a year as a special issue to mark the annual "Jamghat," it will stand out as a symbol of our collaborative effort for the long haul.





## Welcome to Jamghat

I would like to welcome all of our friends and families from Washington and Oregon to beautiful British Columbia. I, along with the Board of Directors of NCSBC, would like to express my gratitude to all our guests for making this Jamghat a memorable event, filled with fun and excitement.



The friendship among our communities started more formally in 2002 with the hosting of the first Jamghat of our three communities in Bear Creek Park, BC when Dr. Parashar Malla was the President of NCSBC. Since then we have made several strides in all fronts, from attending each other's functions (such as concerts and cultural celebrations) to informal exchange of ideas. With the passage of time, the friendship among our communities has grown ever stronger and our collaboration more meaningful.

Twelve years down the road since our first Jamghat, I am very thrilled to witness the addition of another important chapter in the history of our friendship—the publication of this wonderful Newsmagazine. I hope that this publication will open new avenues for further collaborations for the benefit of our three communities. Without a doubt, the credits for opening up this possibility go to our editorial team who successfully put together this publication in such a short notice.

On behalf of the Nepali community in BC, I extend our warm welcome once again.

Happy Summer !!

**Khem Dahal**  
President, NCSBC



### NCSBC Executives

#### President

Khem Dahal

#### Vice President

Aditya Sharma

#### Secretary

Hemi Shrestha

#### Treasurer

Suresh Bhatta

#### Members:

Anil Pradhan

Kenji Sherpa

Ratna K. Shrestha

### Christmas Gift

The Christmas hadn't been so merry,  
Nor the New Year so happy

But when this gift came in to my life  
Christmas got a whole new meaning and every day feels like a new beginning.

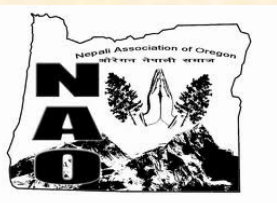
A million times I had asked Santa for my Christmas gift  
Forbidden that gift for all these years,  
I wondered if I hadn't been a good child.

But now in this Christmas I have a home to call my own  
And a family to sing carol with  
And the dawn of New Year is marking a new beginning  
As now I have someone to refer as, 'Mom' and 'Dad'

And every thanksgiving I can thank you Santa for  
I am no longer a waif, no more a waif.  
And so now my Christmas is Oh so merry  
And my New Year marks a new beginning.

~Sandhya





## Message from NAO President

I am pleased and honored to write a few words in this regional publication as the president of the Nepali Association of Oregon. Indeed, we – I, president of Nepal Seattle Society and president of Nepal Cultural Society BC, Canada— had agreed in Portland last year to publish a regional newsmagazine annually on the occasion of the Northwest regional Nepali picnic. I would like to congratulate our friends in Vancouver BC for taking the lead in publishing the first edition of this historic publication.



I am really gratified to work with my extraordinary executive committee members in Oregon. Whether in pre-

serving our cultural heritage or helping the underprivileged children from Nepal, they have been very proactive and dedicated. Currently, NAO financially supports three students in Nepal; we plan to increase this number to nine within the next two years.

It would be a great opportunity if our three Pacific Northwest Nepali communities can work together towards some common projects in supporting the underprivileged children of Nepal.

I wish every success of this publication and the regional picnic 2014 in Vancouver, BC!

**Bharat Banskota**

President

Nepali Association of Oregon



## NAO Executives

### President

Bharat Banskota

### Vice President

Dhruba Munankarmi

### Secretary

Rupa Shrestha

### Treasurer

Sarju Rajbhandari

### Members:

Aruna Aryal  
Ekamananda Bajracharya  
Ganga Mali  
Prem Bhatta  
Trilochan Paudel

## Believe, Dream, Inspire

Believe -

I believe in studying hard

I believe in being a good citizen

I believe nothing is impossible

Dream –

I dream of being a paleontologist

I dream of being an archaeologist

I dream of discovering new things

Inspire –

My family inspires me

Reading books inspires me

I want to inspire people who need help

~~~~~ Arvin



This poem won “Reflection Program” award last year when Arvin was in 3rd grade at Crestwood Elementary School. He lives in Covington, WA with his par-

ents (Jeetendra and Ruby Shrestha) and his elder brother (Araj Shrestha).

Arvin does competitive swimming as a member of King Aquatic Club. He loves to play baseball and Minecraft on Xbox. When weather is pleasant in Seattle, Arvin likes to go hiking with his family and friends. He has a deep knowledge of dinosaurs and evolution and wants to be a paleontologist or an archaeologist when he grows up.



Arvin Shrestha





### NSS Executives

#### President

Mohan Gurung

#### Vice President

Ganesh Shiwakoti

#### Secretary

Mohan Karki

#### Joint Secretary

Hricha Thapa magar

#### Treasurer

Nisha Shrestha

#### Members:

Dasarath Budhathoki

Nitin Thapa

Prakash Dhamala

Rajdeep Khadka

Sanu Babu Khanal

Sujana Gurung

### Message from NSS President

Thank you for giving us this wonderful opportunity! On behalf of Nepal Seattle Society (NSS), I would like to congratulate Nepal Cultural Society of BC for orga-



nizing this year's Pacific Northwest Jamghat! We look forward to participating and being a part of this important event that brings all of us together as a unified community.

We were born locally and are now growing globally; it does not really matter how far we live but what matters is how close we feel despite the distance. To-

day's demand is Unity for Community and doing something today is tomorrow's necessity. I believe this type of event, leadership, creativity, and positive initiative can play a vital role in shaping a better future for our community.

Best Regards,

**Mohan Gurung**

President, NSS and Co-founder, NGTUSA

Commissioner, CAPAA

[www.capaa.wa.gov/about/king.shtml](http://www.capaa.wa.gov/about/king.shtml)



### Pacific Northwest Jamghat at OREGON, USA

A group of us from Vancouver had gone,  
To Pacific Northwest jamghat at USA – Oregon;  
It was 4th of September, 2010, Saturday,  
A nice sunny, a little windy, a picnic day.

Barton Park was the venue,  
Food varieties were at Nepali Menu;  
A volleyball match was played between participants- three,  
Oregon, Seattle & Vancouverites- the event was free.

Kush ji-as a host president started the program,  
Sita ji from Seattle joined with musical program;  
Young hearts were enjoying with dancing,  
Thereby this jamghat enhancing.

Vancouver, BC was set for the Next year's jamghat,  
There was no further short cut;  
The program was fine except a few exceptions,  
Exceptions are always there without any exceptions.

~ MK





## COUNCIL OF NEPALIS IN PACIFIC NORTHWEST: A CONCEPT PAPER

### INTRODUCTION

I was privileged to be the President of Nepal Cultural Society of BC (NCSBC) when NCSBC first hosted Pacific Northwest Nepali Jamghat and picnic in 2002 at Bear Creek Park in Surrey, BC. I could feel lots of excitement and enthusiasm among the participants at the event. It is now 2014 and we have completed four cycles of the event, hosted in rotation by NCSBC, Nepal Seattle Society (NSS) and Nepali Association of Oregon (NAO). This year marks a new milestone in this growing partnership; we are entering teenage years. As with a teenager eager to explore the world, is it time for the partnership to expand the horizons? I believe so. At the Jamghat hosted by NCSBC in 2011, an informal proposal was floated to advance the relationship among the Nepali organizations in the Pacific Northwest. More recently, this call for expanding the partnership was made by Daya Shakya of Oregon in his editorial for Namaste Newsletter, published by NAO in the Fall of 2013.

The purpose of this concept paper is to rekindle this discussion. I hope that this paper will provide a basis for initiating modalities and framing a mutually agreeable council structure that facilitates a higher level of cooperation and relationship among the participating Nepali communities.

### BACKGROUND

The three Nepali organizations in the Pacific Northwest viz., NAO, NSS, and NCSBC have been organizing joint Jamghat (Picnic) annually to foster mutual cooperation and understanding among the Nepali communities in Pacific Northwest since 2002. The Jamghat has provided a

forum for not only getting together but also for informal exchanges of views and ideas. Friendly soccer and volleyball games during the event have added to the lustre of the Jamghat. With twelve successful years of Jamghat experience in hand, I feel it is time to move one step forward and formalize cooperation and relationship among the Nepali communities in the region. I propose the formalization by establishing a coordinating body, which, for the sake of discussion, can be called Council of Nepal in Pacific Northwest (CNPN).

### RATIONALE FOR CNPN

It is but natural to be curious about the rationale behind the Council when a few national level or umbrella organizations are already in existence in North America specifically in the USA and Canada. Nevertheless, the following arguments stand as strong justification for the proposed regional council.

—Nepali community within the jurisdictions of NAO, NSS and NCSBC has grown significantly over the last decade. Consequently, participation in the Jamghat has also expanded. And the hosting of the Jamghat has become increasingly more complex. The proposed council can liaise and coordinate the event and make its execution much simpler.

—An entity representing the three societies will likely have stronger regional advocacy role as well as strength in undertaking larger projects of common interest.

—Both the USA and Canada are gigantic geographically. Even when one wishes to participate at functions and activities of the existing national-level bodies, it is



Parashar Malla

“... this concept paper will provide a basis for initiating modalities and framing a mutually agreeable council structure that facilitates higher level of cooperation and relationship among the participating Nepali communities.”

“People are just as happy as they make up their minds to be.” **Abraham Lincoln**





often too costly or time consuming to travel to the venues of the activities. For this reason, only those who are financially well off or living close to function venue are able to participate. It is from this perspective that Nepali communities in the Pacific Northwest could band together and organize themselves into a dynamic social organization. It will be relatively convenient for the Nepalis in this region to travel within the region to attend various events and functions.

### **Area of Jurisdiction**

While there is no need to rush to expand at this point in time, it might be logical to broaden the area of operation to other neighboring provinces/states of Canada/USA depending upon the interest of the Nepali communities residing there. The Nepali communities in the Province of Alberta in Canada and State of Idaho in the USA could be the next partners in this collaborative effort.

### **Activities**

The objective of this new organization will be to foster cooperation and to encourage interaction among the Nepalis in the region. It will also be the voice of the region in National level bodies, as necessary. CNPN will facilitate exchanges of information and coordinate the activities of mutual interest to the Nepali community. These activities may include but not limited to charitable functions, sports and games, cultural performances, and entertainment shows. In order to accomplish its objectives, CNPN will hold or sponsor gatherings, workshops, and conferences. The workshops and conferences will focus on the contemporary topics and areas related to Nepal and Nepali people. The emphasis will however be to get a member organization host specific event to the extent possible and CNPN play supporting and coordinating roles.

### **GOVERNANCE**

I propose a very simple governance model for CNPN as follows. The Council will have a Board of Governors (BOG) comprising two

representatives, from each member organization. One representative will be the President (Ex-Officio) of the member society and the second will be any one nominated by the member society for a term of two years. BOG representatives will have a Chairperson and a Treasurer. Both of these positions will be held by the representatives from the society holding the Jamghat in the coming year. Day to day activities will be the responsibility of the Convenor of the Council. The main responsibility of the Convenor is to liaise with the member organizations and execute the resolutions of the BOG in a timely and coordinated manner. The Convenor will be an Ex-Officio member of the BOG. The Convenor (preferably a current or past board member) will be nominated by the member societies for a one-year term on a rotational basis. The term of the convenor will coincide with the year the member organization is responsible to hold annual Jamghat. For example, since NSS will hold next Jamghat in 2015, the Convenor nominated by NSS will takeover the responsibility at the end of Jamghat in 2014.

### **Board of Governors**

1. Presidents- Ex-Officio
2. Nominee (1 from each member society) – 2 year Term
3. Convenor – 1 Yr Term

#### **Executives:**

1. Chair Person
2. Treasurer
3. Convenor

### **FINANCES**

Member Societies will make a predetermined and agreed upon contributions to CNPN to carry out its day to day functions. Any other activities will be carried out on a cost recovery basis from the attending individuals. It may also hold fund-raising activities by way of entertainment shows or other appropriate activities.

---

*“The objective of this new organization will be to foster cooperation and to encourage interaction among the Nepalis in the region.”*

---



“By naming and creating our coordinating body Cascadian Nepali Organization or Society, we may become the first formal social organization with the membership across the Cascadian region.”

## REGISTRATION

Registration of the council in both the US and/or Canadian jurisdictions should be considered depending upon viability and practicality. However a more formal constitution and by-laws for the council will need to be written if the registration process is to move ahead. For the time being, a Standard Operating Procedure for the Council will suffice.

## NEXT STEPS

In order to advance the proposal, a three member task force (a nominee each from the three societies) can be formed. The task force may finalize the Operating Procedure for the council and present its recommendation to the three member societies for approval. The task force is expected to take about six months to complete its mandate after which it will be dissolved. To better coordinate its activities, the task force may designate one of the members as its coordinator.

## SIDE NOTE

In naming the Council, use of Cascadia that refers to the region may be an alternative choice. Although different versions can be found with regards to the area covered by Cascadia, it is commonly used for Pacific Northwest region, comprising the Province of British Columbia and the States of Washington and Oregon. This region has estimated area of 855,762 sq km, population of 15.1 million (2011) and GDP of \$738 billion (2011). Coincidentally, but unrelated, there is also a so called grassroots Cascadia movement in the Pacific Northwest (see <http://cascadianow.org/>). By naming our coordinating body the Cascadian Nepali Organization or Society, we may become the first formal non-profit (or social) organization with the membership across the Cascadian Region.



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  - Review of Financial Statements
  - Audit of Financial Statements



## Challenges of Teaching Sanskrit

Sometime ago, the director of Bodhi Tree Language Institute Mr. Richard Robinson asked me if I am available to teach Sanskrit. I was taken aback and could not say either YES or NO right away. After a brief pause, however, I did say 'Yes' as I could not resist the offer due to my linguistic background and experience in teaching multiple languages. Both Newah and Nepali show some degree of resemblance with Sanskrit. This resemblance and my keen interest in teaching were other reasons behind my positive nod to Mr. Robinson's request. Then an advertisement went to websites and newspapers for marketing. When the teaching date approached, I started stumbling in finding suitable teaching materials. In the meantime, to my great relief, Richard gave me the book 'Introduction to Sanskrit' Part I and II, by Thomas Egenes, New Delhi, India. This was a gift from the god to me. Besides, I also ordered secondary level school textbooks used in Nepal through my Japanese friend Kazuyuki Kiryo from Kathmandu. The help I got from these two friends inspired me to teach Sanskrit. I thank them with respect.

Now, I am more interested to dive into the depth of Sanskrit because the experience of teaching has given me required tools to dig out its relationship with Latin and Greek. Latin and Greek are considered sibling languages of Sanskrit as manifested in the following example:

| <u>Latin</u>  | <u>English</u> | <u>Sanskrit</u> |
|---------------|----------------|-----------------|
| <i>Cornu</i>  | <i>Corner</i>  | <i>KoNa</i>     |
| <u>Nepali</u> | <u>Hindi</u>   | <u>Newah</u>    |
| <i>Kunaa</i>  | <i>Kone</i>    | <i>KuN</i>      |

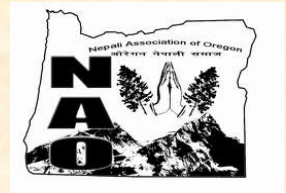
Although the Latin and English words spell with a /c/, the pronunciation starts with /k/. Have you ever thought of this rela-

tionship? Most probably not! This relationship is technically called 'cognates'. I became more fascinated in digging out the facts of all languages which I know fairly well and have confidence in teaching to foreigners. It would be interesting to start learning Sanskrit and know the complexity of the language spoken by Aryan ancestors some hundreds years ago. Sanskrit used to be the language of scholars and Pundits in ancient time. Even those with a fairly good knowledge of Sanskrit have vague understanding about these pundits, let alone our young generation who are more into modern gadgets such as computer, ipod, ipad, iphone, and tablet. Who cares to study Sanskrit in this modern age of video game right in your finger tips? The interest in learning a new language should come from your heart. Nevertheless, whatever the reason could be, I am very much drawn into learning the complexity of human language both from cultural and philosophical perspectives. Every word we use in our daily routine has a deep rooted meaning that demands further explanation. Without language or means of communication, no living being can exist in this world.



While studying Sanskrit, I was amazed to uncover some basic facts that are common to all languages. All languages consist of words for Noun, Pronoun, Verb, Adjective, Preposition, Adverb, Article, and Conjunction.

However, some languages do not show the noun words as we see in English; they are used as possession. And some verbs can hardly be separated from the sentence as they can be in English. In Sanskrit, the words that are used in chanting verses of text or Mantra are rarely a single word; they are usually suffixed with other words with grammatical meaning embedded within it. See for an example below:

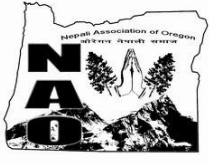


Daya Shakya,  
Portland, Oregon

---

"Every word we use in our daily routine has a deep rooted meaning that demands further explanation."

---



“The beauty of the Sanskrit language can be appreciated by analyzing the texts. Scholars believe that this is most accurately used natural human language.”

*Buddham Sharnam Gacchaami*

*I offer my refuge to Buddha*

*Aham Griham Gacchaami*

*I go home*

The first sentence is a kind of natural Sanskrit and the second one is creative one based on modern utilization. Perhaps, the second one is not even used in spoken Sanskrit. Another feature is the strength of showing who is doing what to whom with single person (Singular) more than one (Dual) and many (plural). Grammatically, this concept is labeled as the case of speech. Most important feature of Sanskrit is sensitivity in gender such as masculine, feminine, and neutral. From the basis of these complexities of noun words the verb also plays an important role agreeing with the subject of Singular, Dual and Plural. Subject has to agree with corresponding Objects, depending on whether it (they) is (are) singular, dual, or plural. A set of case sensitive words for /Nara/ 'Man', /Phala/ 'Fruit' and /Nadi/ 'River' are listed below to demonstrate how complex they can be.

**Masculine inflection:** Narah, Narau, Naraah, Naraam, Naraaya, Narena, Naraabhyam, Narayoh, Naranaam, Nara, Naraat narebbyah

**Neutral Inflection:** Phalam, Phalena, Phale, Phalani, Phalaaya, Phalaih, Phalebhyam, Phalebhyah, Phalaat, Phalashya, Phalayoh, Phalanam, Phalesu, Phala

**Feminine Inflection:** Nadi, Nadau, Nadyah, Nadim, Nadii, Nadyaa, Nadibhyaam, Nadiibhih, Nadyai, Nadibhyah, Nadyaah, Nadyoh, Nadinaam, Nadyaam, Nadishu

The above three examples are simply suffixed with case marks (vibhakti) showing singular, dual, and plural with sense of nominative (0), accusative (to), instrumental (with), dative (to), Ablative (from), Genitive (of), Locative (in, at, on) and vocative (addressing), equivalent to English language structure of 'prepositions'.

Besides all these grammatical features, Sanskrit is also very sensitive in sound assimilation that is known as the SANDHI Rule. This rule applies in compounding two or three words to simplify for a smooth flow of chanting the verses. Vowel Sandhi rule is applied in compounding the last sound of the first word and the first sound of the second word. The outcome of the third word is significant as it appears in different forms. A few examples are given here:

*Iswaraavataar, Atamaananda, Maharshi, Dineswara, Parameswara, Amritaananda*

The rules for consonant Sandhi triggered compounding the words from voiceless to voiced, and nasal consonants to nasalized vowels. Some consonants like /l/ /j/ are repeated, a dental nasal/n/ and fricative /s/ becomes retroflex nasal/N/ and retroflex /S/. The following sentence shows the change of consonant by Sandhi rules.

Actual Text: *Yasmadgraamaadaagachhaami Tasminraamo vasati*

Breaking Sandhi: *ysmaat-graamaat-aagachhaami tasmin raama vasati*

English Translation: *I come from the village where Ram lives.*

This is simply an example to show how the language works. There is a whole set of rules that bind the grammatical boundary. Every single grammatical rule triggers Sandhi rules and shows how result could be completely different from original forms. The beauty of Sanskrit can be appreciated by analyzing the texts. Scholars believe that this is most accurately used natural human language. We can also assume that many of Indo Aryan languages including Nepali and Tibeto-Burman languages such as Nepal Bhasa(Newar) are influenced by Sanskrit.

For more, to know about the languages of Nepal contact the writer at [drasha@aol.com](mailto:drasha@aol.com)







## In and Around Pacific Northwest

### 7th NRN Canada Convention Concluded in Vancouver

NRN Canada successfully completed its 7th Annual General Meeting (AGM) and Convention on August 9, 2014. Nepal Cultural Society of BC (NCSBC) hosted the event at Mirage Banquet Hall, Cloverdale (Surrey), BC. To accomplish this task, NRN Canada, in coordination with NCSBC, formed an adhoc committee comprising Anil Pradhan, Khem Dahal, Prasanna Man Shrestha, Hemi Shrestha, Anil Thapa, Binod KC, Kalyan Thapa, Nabin Dhakal, Drona Rasali, Balkrishna Sharma, and Naresh Koirala. Anil Pradhan coordinated the committee.

“The speakers highlighted the role the Nepali Diaspora can play in bringing the people of Nepal and Canada, particularly non-resident Nepalis from Canada, closer together.”



Shesh Ghale: delivering the keynote speech

In addition to NRN Canada executives, over 150 Nepali community members from BC and 40 from outside BC (including Toronto, Calgary, Nepal, UK, Australia, Japan, and the US) attended the meeting. The chief guest was Shesh Ghale, the current NRNA ICC President. Apart from NRN members, advisors and members of Nepali community, several prominent political leaders from Canada, and senior representatives of Athabasca University attended the meeting as guests for the opening ceremony.

The convention was officially declared open by Nepal's Honorary Consul for Western Canada Christopher Considine. NCSBC President Khem Dahal and Acting Mayor of Surrey Linda Hepner welcomed



the international, national, and local delegates. NRN-ICC President Shesh Ghale delivered the keynote speech. Other speakers included MLA from Surrey Sue Hammell, NRN Patron Dr. Ambika Adhikari, and NRN US President Khagendra GC, among others. The speakers highlighted the role the Nepali Diaspora can play in bringing the people of Nepal and Canada, particularly non-resident Nepalis from Canada, closer together. Ashaya Sharma and Aakriti Dahal—two youths from NCSBC—emceed during the opening ceremony.

The opening ceremony was followed by presentations on several important issues of interest to NRNs in general and NRN Canada in particular by various speakers. Some of the major topics included were: People of Nepali Origin (PNO) Card, Open University of Nepal, Elderly Care in Nepal, Collective Investments in Nepal, Women and Children Welfare, and Nepal Library Foundation. Another prominent speaker was Susmita Maskey, a three-time Mt. Everest summiteer, who delivered a fiery motivational speech on the occasion. The convention concluded at around 6 PM.





After the conclusion of the convention and AGM, the evening was rocked by local Nepali artists and Nepal's popular pop cum folk singer Yam Baral for over 4 hours until 11.30 PM. Yam (Aim) Baral flew to Vancouver from New York specifically for the event. And, what a fantastic performance that was! Attended by over 200 party goers, the Yam Baral Nite at Mirage Hall was a total blast. This part of the program was emceed by Jenus



Aim Baral: rocking the Vancouver crowd

Joshi—a local youth from the NCSBC community.

As soon as the light turned dim, the dance floor was engulfed with the revelers in the tune of Nepali pop and folk songs by Yam Baral. Not to mention, local Nepali artists Prem KC, Ipsul Magar, Susma Pradhan, and many others added heat to the moment. One could hear people quipping: "never before had we had so much of fun."



One could hear people quipping: "never before had we had so much of fun."



### Thirteenth Pacific Northwest Nepali Jamghat:

It is Nepal Cultural Society of BC's turn to host the Pacific Northwest annual Jamghat in 2014. Started in 2002 as a labor-day weekend joint picnic, this event has become a symbol of unity among the Nepali communities in Pacific Northwest from British Columbia to Washington and Oregon. The event is slated for Saturday, August 30, 2014. The venue of the event

is: Deas Island Regional Park, Delta, BC.

The organizing committee expects over 100 participants from BC and an equal number from Washington and Oregon. The event will feature friendly volley ball and soccer matches among the three participating communities. The possibility of a friendly golf match is also being considered.

The next event will be organized by Nepal Seattle Society in 2015.

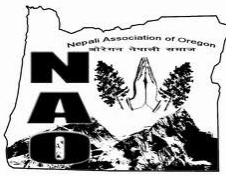


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(604)-428-4422



Yak and Yeti Chef: Shiva Marhatta  
<http://www.yakyeti.ca>






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“NAO has allocated \$4,200 for scholarship and excellence awards to underprivileged students from Nepal and high school students from the Nepali community in Oregon and SW Washington.”

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## Nepali Association of Oregon in Action

### Summer Picnic

NAO organized its annual Summer Picnic 2014 at Roodbridge Park in Hillsboro. About 230 community members, including kids, attended the potluck picnic. NAO Secretary Rupa Shrestha and Executive Committee Member Ganga Sharma jointly coordinated the event. Community members Bikram Vaidya and Umesh Phuyal arranged the sound system.



### NAO Education Fund

NAO has collected total donations of \$19,900 from its several fundraising drives. This fund includes contributions from individuals and matching funds from corporations. NAO has allocated \$4,200 for scholarship and excellence awards to underprivileged students from Nepal and high school students from the Nepali community in Oregon and SW Washington.

NAO annually awards \$500 to the best high school graduate from the Nepali community in Oregon and southwest Washington, and provides \$750 annual scholarship to three rural high school students from Nepal to pursue their education from grade 8<sup>th</sup> to 10<sup>th</sup>. NAO plans to increase the scholarship recipients' number from three to nine within the next two years. NAO Education Fund Promotion and Management Committee Coordinator Kush Shrestha played an instrumental role in raising the fund.



### Fundraising

NAO organized “Momo Bhela” — a Momo fundraising party— in February 22, 2014. The party helped raise a total of \$1,110; the proceeds were allocated to NAO Education fund and NAO disaster relief fund.

### Seminar and Workshops

NAO Literature Committee organized a workshop on “Nepalese Heritage” on December 28, 2014. Jointly coordinated by the committee members Daya Shakya and Umesh Phuyal, the workshop provided knowledge about Nepal and Nepal-US relations to high school students.



President Bharat Banskota presenting the winning shield.



## 2014 Summer School in Vancouver



Students eager to learn Nepali

Nepal Cultural Society of BC, in collaboration with Nepal Heritage Foundation (NHCF), continued its annual Summer School this year as well. Altogether 4 Nepali Language and Mathematics classes were organized, each for 3 hours in July and August of 2014. As in the past, the classes were coordinated by our community members: Ratna K. Shrestha and Binod Shrestha. Oak Neighborhood Hub Society (OANHS) provided financial support. The first session was held on July 05, followed by three more sessions at Surrey Central Library.

In all these four classes, the turnout was impressive, with over 25 students in each of them. Unlike in the past, the Math class students were very consistent; over 6 students from grades 10 and 11 didn't miss even a single class. The Nepali language sessions also went pretty well with over 7

students from outside Nepali community eager to learn Nepali. Two of these students plan to go to Nepal for volunteering in the near future.

Thanks to Dr. Ratna K. Shrestha for the fantastic job preparing the math curriculum and teaching the students, which was much appreciated by them. The hard work and the dedication of our volunteers: Laxman Sunuwar, Binod Shrestha, Khem Dahal, Alice Paudel, and Rajan Adhikari were no less praiseworthy. Laxman Sunuwar, in particular, took a very keen interest in teaching Nepali to our kids, while Binod Shrestha taught Nepali to the students from outside our community. Similarly, Shiwangi Hamal, Srijana Sunuwar, Ayush Shrestha, Nischal Pant, and Shasin Hamal contributed in teaching Mathematics to Grade 6-8 students.



Math Wizards?

"The hard work and dedication of our volunteers: Laxman Sunuwar, Binod Shrestha, Khem Dahal, Alice Paudel, and Rajan Adhikari were no less praiseworthy."



Sunita Dulal in Vancouver

Sunita Dulal, Nepal's one of the most popular folk singers, stopped by in Vancouver on her way to Calgary and

rocked the Nepali ladies in the tunes of "Teej Ko Geets."

NCSBC organized the pre-Teej program on August 20, 2014 at Spice of Nepal, a local Nepali restaurant. Although at a short notice, over 40 community members attended the fun-filled event.

### Nepalese ITI Service

*Instruction, Translation, Interpretation for Nepalese Languages*

Contact: [drasha@aol.com](mailto:drasha@aol.com)



### Annual Surrey Fusion Festival 2014:

Organized by Surrey City, the Annual Surrey Fusion Festival was held on July 19th and 20th, 2014 at Holland Park, Surrey, BC. NCSBC, as in the past, took part in the event that showcases the cultural mosaic of Metro Vancouver. The two-day event brought together 38 distinct communities, representing almost all the nooks and corners of the world. NCSBC, representing the Nepali community from BC, also took the opportunity to showcase its unique and rich cultural heritage to the rest of the communities from BC. Nepali Pavilion, Ethnic Nepali Food Stall, and Nepali cultural show were the highlights of NCSBC's contribution to the event.



The pavilion was manned by our volunteers in rotation; they provided information on Nepal and its culture to the curious visitors. Nepal Embassy in Ottawa generously provided promotional materials for the pavilion that included posters and very informative brochures about Nepal. For managing the food stall, NCSBC partnered with Spice of Nepal, a local Nepali restaurant. Momo, cell roti, and Nepali style chowmein were some of the highlights, out of which momo became an instant hit among many casual food tasters and connoisseurs alike. Our food became the fourth most popular after



Dianne Watts: testing the magic of the Bowl

Columbia. Thanks to Shanta Adhikari and Bhawana Pradhan for preparing such unique cell rotis which were truly beyond comparison.

Apart from Nepali ethnic food and pavilion, NCSBC also showcased a cultural program. While Nitika Thapa, Sabrina KC, Sheela Sainju, Srijana Sunuwar, Sadisha Baniya, and Niyanta Bania performed excellent dances in the tunes of Nepali folk songs, Ipsul Magar mesmerized the audience with her captivating voice: "mathi mathi sailunge ma chauri dulan-dai ..."

NCSBC pavilion attracted many visitors, including Surrey Mayor Dianne Watts; she spent more than an hour in the pavilion, learning about Buddhist Meditation Bowl and Nepal. Clearly she was so fascinated by the bowl that she bought one at the end. In recognition of her visit to the Nepali Pavilion, NCSBC President Khem Dahal presented her a Nepali Khukuri. 🇨🇦



'Nepaa Chhen' Group of Portland Wishes Grand Success of the Nepalese Jamghat 2014 in Vancouver, BC.

Nepaa Chhen is a non-profit organization dedicated to build **NEPAL HOUSE** in Portland, Oregon.



Ipsul Magar mesmerized the audience with her captivating voice: "mathi mathi sailunge ma chauri dulan-dai ..."





## Nepali Summer School in Seattle

Nepal Seattle Society (NSS) recently conducted 7 week-long Nepali school in Seattle, WA for the 4th consecutive year. The classes were offered every Sunday for two hours (11 am to 1 pm) from March 2 - April 13, 2014.



"The goal of the School was to promote Nepali culture and heritage among the Nepali community living in Seattle area."

The goal of the School was to promote Nepali culture and heritage among the Nepali community living in Seattle area. The curriculum included: Nepali alphabets, numbers, and verbal communication in Nepali, short stories, songs and dance, as well as some fun games. A total of 29 students participated in the program; they were guided by 7 dedicated and tireless volunteer teachers. The graduating students were conferred the certificates of completion during Nepali New Year 2071 Celebration.

The classes were always full of smiling faces eager to learn Nepali. They learnt to read and write 'ka -kachuwa', 'kha -kharayo', 'Ga - Gamala', 'Gha - Ghar' and so on. By the end of the sessions, they were able to sing 'Sayau thunga ful ka

hami' and another popular song 'Ful ko akha ma fulai sansar.' The students entertained the Nepali New Year 2071 audience by singing these two songs (picture)—a solid testimony of their successful completion of the program.

### Summer Picnic

NSS organized its annual summer picnic on August 02, 2014 at Carkeek Park Road. Some of the highlights of the program were: volleyball game, Jute sack run match, BBQ and many other fun activities for the children and adults alike.

### Nepali New Year 2071 Celebration

Nepali New Year 2071 BS was celebrated on April 19, 2014 at Shoreline Conference Center. The evening was rocked by Diwas Gurung and many other local talents.



### Congratulations to Ashin Dahal !!

Congratulations for graduating with honours from Tamanawis Secondary School. He plans to pursue a Civil Engineering degree at the University of Alberta! Mom, Dad and sister Aakriti are very proud of you. We wish you a very best for your further studies Ashin!

**Mom, Dad, and Sister Aakriti**







## Nepali Heritage Charity Foundation of BC (NHCF) Initiates Charitable Programs in Nepal

Since its inception in 2009, NHCF has been exploring the possibility of partnering with social organizations to expand its charitable activities to Nepal. This objective came to fruition when Pushpa Basnet—CNN Hero of the Year 2012—visited Vancouver in 2013. With the signing of the partnership with Early Childhood Development Center (ECDC) run by Ms. Basnet in Kath-



Brunch at Kiwasa

mandu, NHCF started supporting the children of incarcerated parents under ECDC's care. To raise funds for this project, NHCF collaborated with Nepal Cultural Society of BC (NCSBC) as well as Nepali Women's Association of BC (NWABC). The raised fund was used to provide school uniforms and supplies to the children under ECDC's care. NHCF also plans to aid the orphans and senior citizens in the care of Purwanchal Anatha Ashram in Biratnagar, Nepal, in the near future.

Monthly brunch at Kiwassa Neighborhood House in Vancouver is a regular program carried out by NHCF since May 2010. Each

month, low income people are served meals with the assistance of volunteers and the financial support of generous sponsors. NHCF expects to serve 3,000<sup>th</sup> meal at the October 2014 brunch program.

Raising funds for the victims of the natural disasters is another activity that NHCF has been involved on a regular basis. In the past, NHCF raised funds from the community to assist the victims of flood in Pakistan and the victims of drought in the Horn of Africa. The funds were channeled through OXFAM, Canada. More recently, NHCF collected donations to aid the victims of Typhoon in the Philippines. The donations were forwarded to the victims through Canadian Red Cross.

NHCF seeks community support in funding charitable activities in Nepal, and invites you to get involved in its monthly brunch program. NHCF can be reached at [nhcfexec@gmail.com](mailto:nhcfexec@gmail.com). For more information on NHCF, please visit [www.nhcfbc.org](http://www.nhcfbc.org).



ECDC children supported by NHCF



### - FRIENDSHIP -

"The greatest gift of life is friendship, and I have received it." **Hubert H. Humprey**

"Friends show their love in times of trouble, not in happiness." **Euripides**

"My best friend is the one who brings out the best in me." **Henry Ford**

"Friendship... is not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything." **Muhammad Ali**

"With the signing of the partnership with Early Childhood Development Center (ECDC) run by Ms. Basnet in Kathmandu, NHCF started supporting the children of incarcerated parents under ECDC's care."



## Journey to My Goal

Sandhya Khadka

“‘Mom’ and ‘Dad’. These now are not just mere words, it’s a bond, a relationship. I am slowly becoming aware of my responsibility of keeping that relationship alive, meaningful and everlasting.”

Goal in life keeps on changing, from the moment we were born till the moment we die. Probably, the very first goal in my life was learning how to speak and then uttering a few words like ‘Mom’ and ‘Dad’. As soon as I began learning the alphabets, knowing those alphabets became my goal. Thus in this way my goals changed with time. Goals may not be limited to academic achievement but may include a part of personal growth as well. As an individual, I am realizing what my responsibility is and who I am. Most importantly now, I have started to understand the in-depth meaning of the words like ‘Mom’ and ‘Dad’. These now are not just mere words, they are a bond, a relationship. I am slowly becoming aware of my responsibility of keeping that relationship alive, meaningful, and everlasting.

Time has flown by, I am a teenager now. I wouldn’t lie at this point in my life. I have been exposed to millions of opportunities, millions of pathways, but the tricky part is not all of these paths lead to my goal. I have to be the one who should be careful about choosing the right path for me and looking for those opportunities that lead to my destination. I know it’s like searching for a diamond in the rough, but who knows when it might show up? While still hunting for that piece of diamond (a good university) my academic goal for the moment is to complete my Associate Degree, with flying colors. After that I still have a lot of other goals ranging from getting an undergraduate degree to giving a CPA test and, of course, passing it.

All these goals are linked to one another and probably I am just starting to crawl

towards my dream. I am just taking my baby steps, but I am not complaining. I know if I learn all the basics and give myself enough time to figure out the right route, the path ahead might become easier. This is basically on an academic level; on a career front, I want to try out different types of work. I don’t know why but I can’t see myself spending my life doing the same type of work repeatedly (or maybe it’s just a teenager in me speaking). But it feels great to be at this spot of



life knowing I can decide my own career, knowing about the endless opportunity, and that we are the future generation who can change the face of the world. But it also seems a bit scary because now I am solely responsible for my

success or my downfall! Hope I can always maintain my focus on my goals and keep my head on the ground without forgetting my roots and my humble beginning.

On a personal level, I feel that I have to know how to navigate through the hurdles of life to reach my goals. Life might not be perfect and sometimes even hard work might not pay off as much as I had expected. Sometimes my work may go unnoticed, but I’ll have to be persistent and keep on working hard. It’s just like the game of football; just because you might be a good quarterback or the one that practices the hardest doesn’t always mean you are the one scoring touch down all the time. This is something that I have learned, but to keep working hard and never giving up is the way to reach the goal. I can’t assume how hard other people are going to work. I also can’t pre-





dict my future; but I have learned that the best way to predict my future is to create one, and yes I am in that process.

In this process, my biggest competitor is myself. I always want to strive to reach my goals and be better than I was before by continuously outshining myself with each passing year. But yes, there are some more qualities that I'd like to instill in myself. No matter how difficult they might sound, I need to come out of my comfort zone and try new things. Besides, to reach my goals, I'll have to travel other places because I can't expect opportunity to find me. Instead, I'll have to be the one to find the opportunities. So now or later, I'll have to move out from my comfort zone. I have to learn to be more independent and yes, also to develop more confidence in myself and never hesitate to take the route that I know will lead to my dreams. And most importantly, keep my personal and professional side apart.

Hopefully sometime in the future I will be pinching and telling myself: is my dream turning into reality? And well! those who try never fail. I may not reach the moon but I am sure to land among the stars. But the fear of failing should not keep me from trying. And it didn't! Even to get into this class, I tried my best. Though I was on the waiting list, I finally got in. Hadn't I tried persistently, I wouldn't have been here. In the same way while writing this essay, I frankly thought: well, where do I start

from and how will it be three pages long? But I started typing it and here I am almost at the end of a three-page long essay. So the important thing in life is to try. Some years from now I don't want to sit in a corner and say what if I had tried this? What if I had done that? I don't want 'ifs' in my life. I would rather have funny and awkward memories of things I tried than wonder how life would have been different had I done what I didn't.

On a personal note yes, I do want to reach my goal but I also want to cherish the journey with my friends, with some good memories, some bad ones and some funny, weird moments in between. I don't want to miss out on any one of it! And Joe, under your supervision I believe I'll learn a lot. Thanks for your guidance. My goal doesn't stop at CPA; there is more to that. I want to inspire people around me and may be the next generation. I want to be the one to look up to. Besides all that I want to make my mom proud and prove to her that her girl has now learned how to overcome her fears and conquer her dreams.

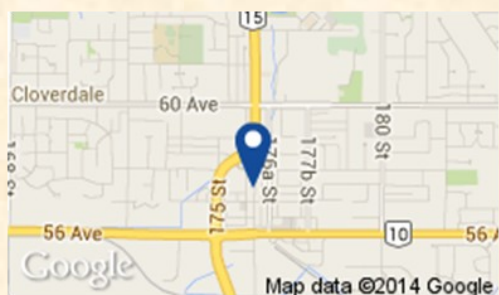
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(Sandhya Khadka, Age 17 was hit by a truck and died on April 14, 2014 while crossing the street to catch the Number 41 bus in the Pinehurst neighborhood, Seattle WA on her way to school.)

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"I always want to strive to reach my goals and be better than I was before ..... I may not reach the moon but I am sure to land among the stars."

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Spice of Nepal

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## पूर्वाञ्चल अनाथ आश्रम



मधुसूदन आचार्य

नेपालका सबै मुख्य पत्रिकाहरु वा संचार माध्यममा प्रायजसो राजधानी वरपर वा काठमाण्डौ उपत्यका र छेउछाउका ठाउँहरुका खबरहरु मात्र शिर्ष स्थान पाउँछन्। काठमाण्डौ उपत्यका बाहिरका खबरहरु प्राय ओभरलेमा पर्दछन्। त्यस्ता खबरहरु त स्थानीय संचार माध्यममा मात्र सिमित हुन्छन्। यदा कदा मात्र यस्ता उपत्यका बाहिरका घटनाहरु, खबरहरुले देशका मुख्य संचार माध्यममा समेटिन्छन्।

यहां चर्चा गर्न खोजिएको हो पूर्वाञ्चल अनाथ आश्रमको हो। यो आश्रम नेपालको दोश्रो ठूलो शहर विराटनगरमा आज भन्दा ३० वर्ष अघि केहि अनाथहरु लाई भाडाको कोठामा राखि मुठि चामलबाट अनाथहरुको सेवा गर्न शुरु गरेको संस्था हो। यो संस्थाको संस्थापना श्रीमती सिता पोखरेल र उहांका श्रीमान वालमुकुन्द पोखरेलले शुरु गर्नु भएको थियो। संस्था चलाउन आर्थिक सहयोग चाहिन्छ, नगद दिन सबैलाई गाह्रो नै हुन्छ, त्यसमा पनि अनाथका लागि भनेर कसले दिई रहन्थ्यो र। त्यसैले उहांहरुले आफ्ना चिनेजानेका साथी भाई इष्ट मित्रलाई तपाईंहरुले विहान वेलुकि भात पकाउन चामल नापि सकेपछि चामल भिजाउनु अघि हरेक दिन एक मुठि चामल त्यहांबाट भिकेर एउटा भांडोमा जम्मा गरिदिनुहोस, त्यसले गर्दा तपाईंहरुलाई दिएजस्तो पनि हुदैन, यता त्यो मुठि चामल भएमा हामी अनाथहरुलाई खाउन सक्छौं भनी यो मुठि चामलबाट संस्था चलाउन थाल्नु भयो।

केहि समय पछि मुठि चामलबाट मात्र संस्था चलाउन गाह्रो भएको हुनाले उहांले प्रति व्यक्ति मासिक दुई रुपैया चन्दा दिनुहोस भनी सबैलाई अनुरोध गर्नु भयो जसबाट अनाथहरुका लागि अन्य खर्चगर्न सकियो र त्यस्तै पुराना लुगाहरुपनि संकलन गरी अनाथहरु लाई हुर्काउन थाल्नु भयो। आश्रममा अनाथहरुको संख्या पनि बढ्यो। पछि यो संस्था मिति विक्रम सम्वत् २०४४ साल जेष्ठ १८ गतेका दिन मोराङ, जिल्ला प्रशासन कार्यलयमा दर्ता भई विधिवत संचालन भएको संस्था हो। यस संस्थाले त्यति बेला देखि अहिले सम्म पनि निरन्तर अनाथहरुको सेवामा गरिराएको छ।

अनाथ वाल वालिकाहरुका अतिरिक्त परिवार बाट तिरस्कृत भएका, कतै जाने ठाउँ नभएका असहाय, निर्वल बृद्धाहरुपनि आश्रममा आए। अहिले आश्रममा ६० जना अनाथ वालवालिकाहरु छन् र १६ जना बृद्धाहरु छन्। १४० अनाथहरु त्यहांबाट हुर्किएर आश्रम बाहिर गै सकेकाछन्। कतिले कक्षा दश पास गरे, कतिले कलेज सम्म पढी आआफ्नो नोकरी, पेशा, व्यवसाय गरी बसेका छन्। कोहि कोहि नेपाल बाहिर पनि काम गर्न गएका छन्। बेला वखत ति हुर्किएर गएका वच्चाहरुले पनि आश्रमलाई सहयोग गरिरहेका छन्।

आश्रम चलाउँदै जाँदा सच्चा हृदयदेखि मानव कल्याणको लागि गरिएको कामको स्थानीय स्तरमा धेरैको सहयोग पुग्यो। केहि विदेशी दातृले पनि डोनेसन दिएका हुनाले अहिले आश्रमको राम्रो भवन छ। सबै अनाथहरु स्कूल जान्छन्। अलि ठूला भएकाहरुलाई सिपमूलक सिलाई बुनाई वा कम्प्यूटर को तालिम पनि दिइन्छ। वच्चाहरुलाई स्कूल लग्न ल्याउन भ्यान पनि छ। तर, अब पनि ति अनाथहरुको र बृद्धाहरुको खाना, लुगा कपडा लगायत आश्रमको खर्च केवल दानबाट चल्छ। कसैले धान, कसैले चामल र कसैले नगद नै दिई सहयोग गरी रहेका छन्। आश्रमको नियमित आय केहि पनि छैन।

आफुहरु वाचुन्जेल त हामीहरु कसैगरी चिनेजाने का साथी भाई इष्ट मित्रको सहयोग बाट आश्रम चलाउंला, तर पछि के हुने हो भन्ने चिन्ता आश्रमक आमा सिता पोखरेल र वालमुकुन्द पोखरेललाई लागेको छ। पछि आफ्नो शेखपछि पनि संस्था निरन्तर रुपमा चलि रहोस भन्ने हेतुले पोखरेल दम्पति अहिले आश्रमको अक्षय कोष खडा गर्ने तर्फ लागि रहनु भएको छ र सबैलाई कम्तिमा दिनको एक रुपैया वा महिनाको ३० रुपैया अक्षय कोषका लागि सहयोग गरिदिनुस भनि आह्वान गरी रहनु भएको छ।

काठमाण्डौ वरपरका अनाथ वा दिन दुःखीहरुको सेवागर्ने स्वयंसेवीहरु अनुराधा कोइराला, पुष्पा बस्नेत, दिलशोभाश्रेष्ठ आदिले विगतका वर्षहरुमा निकै चर्चा पाए। उहांहरुको निस्वाथ त्याग र समाज सेवाको जति प्रशंसा गरे पनि कमै होला। भन उहांहरुले गरेका सेवाकाबारेमा कुनै प्रश्न उठाउने ठाउँ छैन, (हुनत दिलशोभाका बारे मा केहिमहिना अघि मिश्रित कुराहरु प्रकाशित भए, यहां यसबारे चर्चा गर्न खोजिएको हैन), यि समाज सेवीहरुले गरेका कामको सर्व साधारणलाई जानकारी पुर्याउने मद्दत गर्‍यो राजधानीका मुख्य संचार माध्यमले। कुनै पूर्वाग्रही नराखी सोच्ने अधिकांश सर्वसाधारणले यस्ता समाजसेवीहरुका सेवाको भनै प्रशंसा गरे। त्यसमा पनि अहिलेको लो कप्रिय फेसबुक, ट्विटर जस्ता सामाजिक संजाल र इन्टरनेटको सुविधाले देश विदेशमा भएका ने पालीहरु एकजुट भएकोले सि.एन.एन हिरो, समाजसेवी अवार्ड पाउन अनुराधा कोइराला र पुष्पा बस्नेत सफल हुनुभयो।

यदि नेपालका प्रमुख संचार माध्यममा पूर्वाञ्चल अनाथ आश्रम र यस आश्रमक आमा सिता पोखरेलको पनि प्रचार भएमा र सबैको सहयोग भएमा उहांपनि सि. एन. एन. हिरोको उपाधि हासिल गर्न धेरै दिन लाग्ने छैन।

“अहिले आश्रममा ६० जना अनाथ वालवालिकाहरु छन् र १६ जना बृद्धाहरु छन्। १४० अनाथहरु त्यहांबाट हुर्किएर आश्रम बाहिर गै सकेकाछन्।”





वि.सि.मा स्थापना भएको नेपाल हेरिटेज च्यारिटी फाउण्डेशन अफ वि.सि. (एन. एच. सि. एफ) संस्थाले यस आश्रमका लागि केहि डोनेसन संकलन गरि सहयोग गर्ने भन्ने खबर यस संस्थाका पदाधिकारीबाट सुन्दा वडो खुशि लागेको छ । एन.एच.सि.एफ.ले केहि दिनमा नै आश्रमलाई सहयोग गर्न डोनेसन संकलनको आवाहन गर्नेकुरा थाहा भएको छ । यो एकदमै सकारात्मक कुरा हो । हामी विदेशमा बसे काहरु आफै गएर केहि गर्न समय नभएको हुंदा आफ्नो मातृभूमिका असहाय लाई सहयोग गर्ने यो एक ठूलो पुन्यको अवसर हो । त्यसमा पनि यसरी एन.एच.सि.एफ.का मार्फत दिएको रकम कतै पनि प्रसाशनिक खर्च नभई शत प्रतिशत अनाथ आश्रममा जाने र ति अनाथहरुका मुखमा पर्ने साथै यता डोनेसनको

ट्याक्स रिसिप्ट पनि पाइने यो वडो राम्रो कार्य हो, हामी सबै मिली यसलाई सक्दो सहयोग गर्नुपर्दछ ।

आश्रमकि संचालिका सिता पोखरेल वा वालमुकुन्द पोखरेल संग सिधा सम्पर्क गर्न फोन: ९७७ २१ ५२३ ७०१ वा इमेल: [pashram@gmail.com](mailto:pashram@gmail.com) मा सकिने छ । यस आश्रमका वारेमा अझ जिज्ञासा भएमा निम्न भिडियो हेर्नु होला, धन्यवाद ।

[https://www.youtube.com/watch?v=eZ\\_8BYOdCGk](https://www.youtube.com/watch?v=eZ_8BYOdCGk)

<https://www.youtube.com/watch?v=xOWHjzfemMo>



### प्रेमको मन्त्र : केहि प्रश्न, केहि उत्तर

#### प्रश्न :

मंगलको मन्त्र, शुक्रको तन्त्र  
घाटीको जन्त्र, अनि अलपत्र  
के यस्तै हो प्रेम?  
कालीदासको काव्य, कृष्णजीको रास  
अनी ! सेक्सपियरको “रोमान्स”  
यो हो कि प्रेम ?

शीशाकलम सुत्र पहिलो प्रेम पत्र  
जवानी, कहानी खरानी  
के यस्तै हो प्रेम ?  
कल्पनामा भुल्ने, सोची सोची निदाउने  
निदाउंदा निदाउदै सोच्ने  
यो पो हो कि प्रेम ?

#### उत्तर :

अरबौ प्रश्नको, खरबौ जवाफ:  
प्रेम व्यापक छ, व्यापक छ प्रेम  
घडीको टिकटिक देखि  
दिलको ढुकढुकीसम्म छ प्रेम  
शान्त सुगन्ध देखि  
प्रलय भकम्प भित्र छ प्रेम !

प्रेम परिभाषा होइन, अनुभव गर्ने हो  
नवोलिकन सुनाउने, नसुनिकन बुझ्ने  
स्वर्गको नियती, धर्तीको नियम हो  
भक्त भगवानको संगम र  
निस्वार्थ गरीने व्यापार हो  
शितल प्यास; केही “टाइम पास” हो

~~~~~

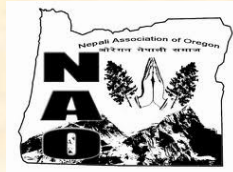


Sheela Sainju

Vancouver, Canada  
Feb 14, 2014  
Valentine's Day

“प्रेम परिभाषा होइन,  
अनुभव गर्ने हो  
नवोलिकन सुनाउने,  
नसुनिकन बुझ्ने  
स्वर्गको नियती,  
धर्तीको नियम हो”

### An introduction to IOFTC A Championship Event in Taekwondo Martial Arts



IOFTC (International Open Friendship Taekwondo Championship) is a common acronym among the Nepalese Taekwondo players around the world. Many Nepali players have been practicing this sports very seriously for a long time while others have just started learning about it.



IOFTC, based in Portland, launched its maiden program in 2000 in Kathmandu Nepal. Then after IOFTC have been organizing its annual event regularly. In collaboration with Sagarmatha Taekwondo Dojang, Zen Martial Arts Academy, and NRN UK, IOFTC recently organized its 10<sup>th</sup> championship in London, UK. This art utilizes the Korean martial arts technique to promote healthy living. The organizers from Portland Oregon are very proud to initiate this sports, particularly for Nepalese players from the USA.

This is the only field that Nepalese can demonstrate a quality sportsmanship in international competitions. The credit for bringing Nepalese people to limelight in this field goes to Grand Master Jae K. Shin (Writer of

the Book 'East and West Taekwondo Journey' 2010). His dedication to bring the Taekwondo martial arts to Nepalese society is highly commendable. IOFTC had another good start recently. Started from Nepal, its championship programs now span from India to Hong Kong and England. The door is open to all age groups, from youths to seniors. This art is most suitable for those children who are active and sporty. It teaches not only how to stay fit and healthy but also moral values that is so important in our life. For that reason, it is certainly worth the investment of your precious time and money.



More information can be obtained from the IOFTC official website.

[www.ioftc.com](http://www.ioftc.com). If you happen to be in Portland Oregon US, World Class Family Martial Arts center is located at the heart of Hollywood District in the North East Region.

Visit: [www.portlandtaekwondo.com](http://www.portlandtaekwondo.com)

"It teaches not only how to stay fit and healthy but also moral values that is so important in our life. For that reason, it is certainly worth the investment of your precious time and money."

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## रहेछ यस्तै मानिस जाति

दुःख सुःखको अनुभूति गर्ने  
सबैसंग तनमन मिलाउन सक्ने  
अवसर पाएपछि नहटने  
शाहसिलो अनि धैर्यशाली  
रहेछ यस्तै मानिस जाति ।



अञ्जली बज्राचार्य,  
ओरिगन, पोर्टल्याण्ड,  
यू. एस. ए.  
जुलाई २९, २०१४

नैतिक शिक्षामै भजन गाउने  
आफू त्यसको बेवास्त गर्ने  
सधैं सधैं आफू जित्ने पर्ने  
मिठो बोलेर सबलाई भूलाउने  
रहेछ यस्तै मानिस जाति ।

अरुको उन्नतिमा खुट्टा तान्ने  
डाहा अनि रिसले आँखै मार्ने  
पाए अरुलाई लडाउन खोज्ने  
पाप धर्मको ख्यालै नराख्ने  
रहेछ यस्तै मानिस जाति ।

आफूलाई जुम्राले टोक्दा रुने  
अरुलाई सर्पको औषधि सिकाउने  
हंसिलो रसिलो अनि फरासिलो  
चन्द्र सूर्य भैं अटल रहने  
रहेछ यस्तै मानिस जाति ।



वाहिरी शरिर सुन्दर देख्ने  
भित्री दुर्गन्ध सुध्दै नसक्ने  
विचित्र अनि अनौठो चोला  
भर्न चाहने सधैं आफ्नै भोला  
रहेछ यस्तै मानिस जाति ।



## Children are Cute



Bina Shrestha

Children are very cute and innocent. That's why I like working in a daycare. One day Jack was in potty training and all the teachers were working very hard. Jack said to me "Bina I want to go Poo." I took him to the washroom. To my delight, he did poo in toilet. I told him, "you did a very good job; I am proud of you." I also told, "I am going to tell to everyone and your mom and dad that you did poo in the toilet." They will be very proud of you. As soon as he came out from toilet, I gave him a high five. Jack was so happy.

After that I told him, "You know you have to do one more thing please. He replied "What?" I said, "You have to flush the toilet now." Jack smiled and said, "You know what Bina, I don't want to flush the toilet." Then I asked him, "Tell me why you don't want to flush the toilet?" He said, "You know what Bina I want to show my poo to my mom and dad; they will be happy." I could not stop laughing.

~~ Bina



ME  
Sandhya Khadka

Who am I? I often stare at the mirror and ask myself this. This question is so simple and yet too complex to answer. Maybe that's why, I am made to write a three-page long essay about it. Before starting to write, I decided to flip through the pages of my memo book to find out about the life I had lived so far. While flipping through the pages, I ended up getting a bit nostalgic.

On the very first page was a picture of a newly born dated 12<sup>th</sup> of February 1997, and yes, that picture was of me. Some nearly 17 years ago, I was born in Kathmandu, Nepal. Time goes by too quickly. Today, when I look back, I realize that my school days have passed by. And here I am, starting a totally new life in a different place at North Seattle Community College. I am working on my associate degree in business; then after I plan to transfer to a four year University. I recall how I always told my friends that I had interest in business, but actually deciding to major in the field of business was way different. It wasn't easy as it's a decision about my career, a path that I choose to stick with for the remaining years of my life. On top of that my parents always wanted me to go to medical school. Their desire for me was obvious, as I am their only child. They wanted me to have a secure future (considering medical a secure field).

But I was a rebel; I was in love with business, stocks, market since the 9<sup>th</sup> grade! I still remember creating a whole proposal of how my housing project would look like, how I would get investors to invest, and how I would introduce new innovations through it! Back then the idea was limited just on a piece of paper and my desire to major in business was completely in its initial stage. But now all of that seem possible. I do miss my home,

but here everyday I feel like I am much closer to my dreams. Yes, going against my parents' wishes was difficult, but now they see that I am serious about achieving my dreams. Consequently, now I have their full support.

Through my years in Nepal, I was always inspired by my mom. I wouldn't say I wanted to be her, but yes, I always wanted to have her characters in me. She is an independent woman. Well, to be honest I was raised entirely by her. I appreciate the fact that my mom in all these years has been fiercely independent. She raised me, handled her job, yet never said no when I needed her. I admire her for all that she is—an independent, self-made woman. I hope to have those characters in me. But up until my high school days, I was always too protected and dependent on her. But from college onwards, I know I am on my own; I wish to see that independent spirit of my mom in me too.

I don't know if I can be as independent as her and live up to all of my dreams, but one thing is for sure I have evolved with time and will continue to evolve. A series of metamorphosis in my life has bought a lasting change in me. Through childhood to adolescence, I have learnt a lot about valuing relationship and taking charge of my life. Here at North, I am trying to do the same. Every day, I learn new things, and sometimes I feel like giving all up, but then I realize this was what I wanted; I wanted to learn to be fiercely independent, struggle, fall and then learn to get back on track!

Hopefully, I am on the right track for my career and will one day achieve what I want because, honestly, there



Sandhya Khadka

---

"But I was a rebel.  
.....Through childhood to adolescence, I have learnt a lot about valuing relationship and taking charge of my life."

---





are lots to achieve. There are a whole new world of opportunity opening it's door for me. I don't want to miss out on any of them. But for now I want to focus on my Associate Degree and then, hopefully, get accepted to the University of Pennsylvania. I know I am aiming for something very big, but life is all about taking chances.

Chances have brought me this far, a thousand miles across from the country where I was born. Let's see how far my taking chances and ambitions take me. Although I don't know what plans life has ahead for me, I want to work on my undergraduate degree first and pass the CPA test next, and then perhaps open my own business someday.

Apart from advancing my career, I want to do something as a feminist, be active in all social activities, and do something for women. I feel lucky that I can relate to both my native country (Nepal) and the US as home and call myself a citizen of both. So as a citizen, I try to keep myself abreast with the social activities of both the countries. Thus I want

to raise awareness among women regarding their health, help them to rise against domestic violence, and then inspire every woman to achieve her dream. I also want to support children in foster care, help them through their education and make every individual believe that anything is possible in life. All you have to do is dare to take risk, and believe in yourself. So, this is who I am, what 'ME' (the essay) is all about: a girl trying to learn the basic of business and trying to figure out about her life, a girl willing to take chances hoping that each passing day will bring new surprises, a girl who is willing to fall hard, only to bounce back and

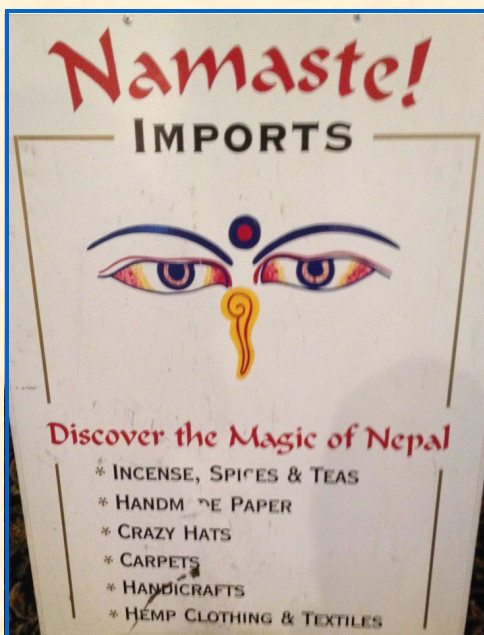
reach even higher, a girl who wants to explore the world believing that one day this caterpillar, which is in the

process of turning into a butterfly, will spread her wings and then fly to achieve all her dreams and yet not forget the ground (i.e. humanity) she belongs to.

## Who Am I?

Discovering me, on my journey

"I am, what 'ME' .., a girl who is willing to fall hard, only to bounce back ....., a girl who wants to explore the world believing that one day this caterpillar, which is in the process of turning into a butterfly, will fly..."



**We Wish Success of 13th NW Gathering of Nepalese People In Vancouver, BC !**

**Everest M Market**

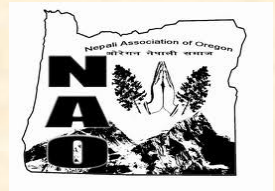
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"Its better to have tried and failed and to not have tried at all"  
- Hakuin



"Not knowing  
how near the  
truth is we seek  
it far away."  
~~Hakuin

  
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## तब तब इतिहास दोहोरिन्छ.....

दया शाक्य, ओरेगन

जब जब देश शान्ति र लोकप्रियताको 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 पूग्छ,  
तब तब इतिहास दोहोरिन्छ.....

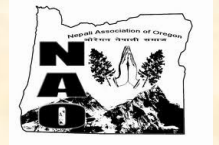
जब जब देशको प्रमुख धारा प्रवाहको कूलोले फर्का मार्छ,  
तब तब इतिहास दोहोरिन्छ.....

जब जब देशका जनता बहुजन हितायलाई बिर्सी अल्प जन हिताय तर्फ लाग्छ,  
तब तब इतिहास दोहोरिन्छ.....

जब जब देशमा गुम्सिएको विचार प्रस्फुटन गर्ने बाटोको निमार्ण हुँदैन  
तब तब इतिहास दोहोरिन्छ.....

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

यसरी नै हाम्रो इतिहास दोहोरिन्छ अनन्त कालसम्म



### Editors

Kesha Pradhan  
Parashar Malla  
Ratna K. Shrestha

### Guest Editors

Daya Shakya  
Prakash Dhamala

“There is nothing more dreadful than the habit of doubt. Doubt separates people. It is a poison that disintegrates friendships and breaks up pleasant relations. It is a thorn that irritates and hurts; it is a sword that kills”

**Gautam Buddha**