

Nepali Association of Oregon

NAMASTE!

नमस्ते!

Volume 8 Number 16

Official Newsletter of the Nepali Association of Oregon (NAO)

Spring 2003

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Namaste! and Nava Varsha 2060-ko Shubha Kaamanaa !

Let me begin by expressing my sincere gratitude to all of you for giving me your vote of confidence to lead the Nepali Association of Oregon for the next two years. I am truly honored and will work hard to make all of us proud of this team you have elected. I am very confident that together we can accomplish our common goals and be successful.

On behalf of NAO, I would like to extend my appreciation to all those who participated in the New Year celebration on April 19th, 2003. This year, the one hundred and twenty two people, including children and guests from Eugene and Seattle, attended the celebration.

I was very pleased with the level of participation of our members during the New Years celebration. The group dance performed by the Eugene Nepali group and the Murtak by Madhu Dahal from Seattle was a special treat to the audience.

In addition, I would also like to thank all those who attended the New Year's extravaganza in Seattle, organized by the Nepal Seattle Society on Saturday, April 26th, 2003. About eighteen members from our community attended the program. The cultural program included the performances by well known Nepali artists such as Prem Raja Mahat, Sunil Uprety, Mamata Dipbim, Raj Kapoor, Sarangi Shrestha and also other local artists. The program was a huge success, over two hundred people gathered for the New Year celebration in Seattle. Muri Muri Dhanyabaad!

This a great start of a collaborative relationship between the Nepali communities in Seattle and Oregon. NAO will continue to strengthen the mutual relationship with future activities.

503-315-4251

Daya Shakya
President, NAO

Upcoming Events in 2003:

May 18th - Table Tennis Tournament in the Memory of late Sangita Shrestha Raghubansh

June 21st - NAO Summer Picnic at Oaks Park

August 30th - Northwest Nepali Picnic in Seattle

October 11th - Dashain Celebration in Portland

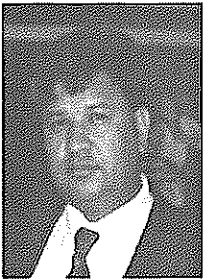
New Year Bikram Sambat 2060 Celebration:

On Saturday, April 19 2003 the Nepali Community in Oregon gathered for an evening of celebrating the Nepali New Year Bikram Sambat 2060 in Sherwood, Oregon. The fun packed evening was attended by 122 adults including 22 children under 12. The NAO secretary, Anupama Shrestha presented the report of annual activities. The annual report also included a summary of income and expenses for the calendar year 2001- 02.

Also that evening, Girish Ghimire and Raju Mali reported the list of nominations for the next two year term of the NAO executive committee (2003-2005). Seven members were elected to the new executive committee, which was unanimous by the consent of all present at the program and they are listed on page four. The artist group from Eugene, Sudip Shakya, Dipa Malakar, Rashmi Shrestha, and Soe oo Soe, presented a Nepali group folk dance. Madhu Dahal, a guest from Seattle, presented a series of *Muk-taks* (short poems) to the cheering audience. Urmila Mali, Tara Karki, Satish Shrestha and Ashim Rijal and others entertained the audience with Nepali songs through their *sumadhur* voice. The outgoing president, Raju Mali and his wife Minu Mali cut the cake and toasted the sparkling cider with all present to celebrate the peaceful and prosperous New Year 2060 BS.

Bidaai Bhashan

From the Outgoing NAO President:



For the past seven years, this association was an active vision of many Nepalis in Portland. We finally accomplished in forming the NAO two years ago. In order to continually build this association strong, we must set aside our differences and come together as one Nepali. For example, we must see each other as a Nepali rather than different ethnic groups that tend to separate us the Nepalese community.

It has been my privilege to serve you as president for the past two years. In that short time, we have accomplished number of goals and objectives, which we set for the association: such as the Himalayan Night, Momo Bhela, Dashain and the New Year celebration. I also want to let all of you know that our goals and objectives would not have been achieved without your involvement. Therefore, I would like to encourage all of you to continue to be involved with the association. If you have not taken an active role to be involved, I personally encourage each and every one of you to take part and become an active member.

Finally, I would like to thank the executive committee members; Kush Shrestha, Anupama Shrestha, Daya Shakya, Darshan Rauniyar, Bal Joshi, Urmila Mali, Girish Ghimire and Purna Ranjit for their hard work and dedication to this association. I would also like to thank the whole Nepali community for their support and involvement during my tenure. I believe the new committee will continue to work and carry on the business according to the aims and objectives of the association.

Message from the New President:



On the auspicious occasion of *Bikram Sambat* New Year 2060, let me express my best wishes and compliments to all of you. I hope this *sunnaa saal* brings you lots of prosperity and keep you in good health throughout the year.

I would also like to express my sincere gratitude to all of you for trusting me to lead the Nepali Association of Oregon for the next two years. I am truly honored and will do my best to make all of us proud of the new team you have elected.

I can not forget the hard work and dedication of the outgoing president, Mr. Raju Mali and the committee members. They came forward to carry the responsibilities of organizing our community activities. For that, I salute him and the team. Without his dedication, we would not have made the progress that we have made thus far. Our sincere appreciation should also go to Mrs. Minu Mali for her support.

Cont. Page 3

NAO is a registered non-profit organization. We are working hard to get a tax-exemption status as well. This association will continue to do good things for our Nepali community and friends of Nepal. I hope this organization can generate the interest and enthusiasm among all our community members to volunteer their time and efforts and bring everyone together to work for the common goals. Our new executive body and I will continue to do just that. It is possible only with your *Sahayog* and *Sujhaawa* (cooperation and suggestions).

We have gathered to celebrate the *Bikram Sambat* New Year, as a symbol of unity among us. The summer picnic will be held in coming months. The Nepal Seattle Society is also organizing its summer picnic in Washington State. This will be the second Northwest joint picnic. Last year, Nepali group in Vancouver BC hosted the picnic. The Northwest Nepali Picnic in 2004 will be our turn to host it in Oregon. As usual, we will also organize a grand *Dashain* celebration in October.

Once again, I can proudly say that NAO will not stop working for the good cause of Nepali community in Oregon. I am grateful to have this opportunity to work with a group of committed members and the support of all of you. Let us work together to achieve our goals!

Dhanyabaad!

Annual Report: Summary of NAO Activities in 2001-2003

Regular Activities

Since being formally organized, NAO has continued the regular activities of observing and celebrating Nepali cultural festivals and significant events.

We organized following regular activities:

- * New Year celebration (BS 2058, BS 2059)
- * Vijaya Dashami celebration in 2001 and 2002
- * Summer Picnic 2001

We did not organize summer picnic in 2002 in lieu of organizing the Himalayan Night in the fall.

Activities to Reach Out the Local Communities:

* Asian Celebration in Eugene in February 2002-3, NAO was represented in the 17th & 18th Asian Celebration in Eugene. NAO community members presented an assortment of Nepali dances at the event.

* Asian Heritage Month Celebration in May 2001 and 02

The Nepali community presented a variety cultural program including folk dances, musical presentation and songs performed by talented local Nepali artists.

* Joint Picnic with Seattle Nepali Society and Vancouver Nepali Society in Vancouver Canada in 2002. NAO members participated in the joint picnic and friendly soccer match.

* Participated in a dance program at Nepali Seattle Society's New Year celebration in 2002. Roji Malakar represented NAO.

* Award for the Voluntary Contribution by the Asian Reporter Agency: In 2001, our active executive member of NAO Daya Shakya received "The Finest Volunteer Effort Award" by the local Asian Reporter Agency for his long and continuous voluntary contributions to the Nepali community in Oregon.

* Participated in the meetings and functions of the Eugene/Kathmandu Sister City committee in Eugene.

Fund Raising:

NAO, with the enthusiastic support active participation of large number of community members, organized two events to generate funds for the organization:

1) Momo Bhela

Our president Raju Mali and his wife Minu Mali hosted Momo Bhela at their residence as a part of the NAO fundraising activity in June 2002. About 40 people participated and we raised a net of \$337.

Cont. Page 4

II) Himalayan Night

Another major fundraising activity of NAO was the organization of Himalayan Night in August 2002 at the PSU campus. This was not only a major public fundraising activity for NAO, but was also a community function to introduce the Nepali community and its culture to the people of Oregon. Over 250 people attended the program and 60% were Americans.

The program was promoted through posters, flyers and advertisements in the local papers. The local papers also ran promotional articles featuring the Himalayan Night. Twenty-six artists from Portland, Salem, Eugene and Seattle took part in the program, sponsored by several local businesses. Artists spent almost every weekend, over a three month period for rehearsals. We raised a net of \$2235.

Support to Community Members and Activities

* NAO has supported the first and second International Taekwondo Championship in Nepal through the local US West Coast Taekwondo School in 2000 and 2002.

* We welcomed a noted bicyclist from Nepal, Mr. Puskar Shah in Portland. He was on a mission for world peace with a tour of the World on his bicycle. Members of our community raised over \$1500 in cash and kind contributions for his cause.

* NAO appreciates the effort of Diwakar Maharjan and friends in organizing the first ever soccer tournament for the Nepali community in Portland. It was a huge success.

* NAO has started its own official website: www.nepaloregon.org so that community members will have an easy and prompt access to information regarding NAO activities. We are also maintaining a group email: nepaloregon@yahoo.com.

* We are continuing the publication of our newsletter, "Namaste!" twice a year.

Condolences:

Finally, within these past two years, we have lost two young and good people from our community. Santosh Karki and Sangita Raghubansh. Our deepest sympathy to the grieving families. We will forever miss them.

NAO Income- Expense Summary (CY 2001-2003)

NAO Income	
2001 Dasain Celebration Total	\$1,452.00
2001 Summer Picnic Total	\$516.00
2001 New Year Celebration Total	\$228.00
2002 Dasain Celebration Total	\$1,309.84
2002 Momo Bhela Total	\$429.00
2002 New Year Celebration Total	\$817.92
Administrative Expenses Total	\$900.00
Community Activities Expenses Total	\$0.00
2002 Himalayan Night Total	\$4,496.00
Total NAO Income	\$10,148.76

NAO Expenditure

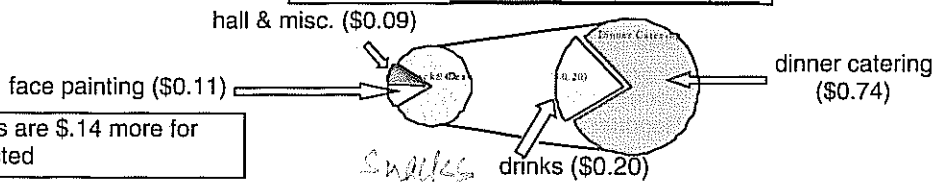
2001 Dasain Celebration Total	\$1,395.21
2001 Summer Picnic Total	\$296.39
2001 New Year Celebration Total	\$153.87
2002 Dasain Celebration Total	\$1,016.07
2002 Momo Bhela Total	\$91.54
2002 New Year Celebration Total	\$707.39
Administrative Expenses Total	\$1,208.69
Community Activities Expenses Total	\$460.00
2002 Himalayan Night Total	\$2,260.96
Total NAO Expenses	\$7,590.12

Total Balance (as of 03-31-03) \$2,558.64

Income	
CY 2001-03 Total Cash Transactions	\$1,210.00
CY 2001-03 Total Check Transactions	\$8,938.76
Total	\$10,148.76

Note: The NAO income-expenses include both cash and bank transactions.

Nepali New Year 2060 Program Income-Expense



Election of New Executive Committee

On the occasion of the New Year celebration and general meeting, Girish Ghimire and Raju Mali reported the list of nominations for the next two year term of the NAO executive committee (2003-2005). The following seven members were elected to the executive committee unanimously.

- President:** Daya Shakya **Vice President:** Kush Shrestha **Secretary:** Anupama Shrestha **Treasurer:** Hari Ranabhat **Member:** Sagar Onta **Member:** Dillu Thapa **Member:** Suddhodan Ranjit



A Tribute to Sangita Shrestha Raghubansh

Beauty and Grace

By Joyce Wells

An enduring smile on her face

Charming and caring

And always sharing

She lived her life so fully

Very talented and gifted

Her efforts and kind touch wa
left our spirits lifted.

Always positive, she had so much to give,

She fought her battle with determination and much
more than the will to live.

Even though her body was weak

Her spirit, will power, smile and love could not be
touched

And were as high as the mountains at their peak.

When in her darkest hour she thought of others
special to her

Even before the battles she was fighting and of her
own needs

Even when weakened she managed to continue
doing good deeds.

She did not want us to worry about her, nor to fuss

But to enjoy each other, reminisce and plan more
fun

To do things together just as we had always done.

I can still see that smile and hear her laughter.

The cherished memories we have of her will be
held tight in our hands, near to our hearts today
and forever after.

Thank You

Written with much love and many fond memo-
ries of my friend, my sister Sangi.



On Feb 2nd a beautiful memorial service was organized from the Raghubansh and Shrestha family to pay tribute to a very active, cheerful and lovely person Mrs. Sangita Shrestha Raghubansh, dearly known as 'Sangi'. She left this mortal world leaving unforgettable memory, full of tears and speechless sadness to her husband Bikas, two children Aakash and Ajay, and rest of the family members, on the evening of Jan 16, 2003. She died of breast cancer after for two and a half years trying every possible way to survive. Unfortunately, she could not live further until Jan 16, at the young age of thirty-seven. It is a great loss for both families and for the Nepalese community in Portland. On this occasion, Rojita Raghubansh (Relative), Anupama Shrestha (Maiti Relative), Joyce Wells (best friend), Daya Shakya (community member), Helen Ward (community member), Sally Manilla (a neighbor), Wayne (a friend fighting a similar battle) and Bikram Raghubansh (relative) expressed their deepest condolences and memories of the time spent with Sangi. Her brother Dave Shrestha remembered her through her photo slide presentation. NAO also extended deep condolence by setting up a forum of compassion on the NAO website and prayed for peace to the departed soul. NAO expresses its deepest sympathies to the families of Basu Dev Raghubansh (father-in-law) and Durga Bahadur Shrestha (father). She will be remembered for all times and stay in the hearts of members of the Nepalese community.

In Memory of Sangita

By Helen Ward



when the gentle wind
blows

i will remember you
sangita

i will remember your
soft and warm hugs

when the flowers bloom

i will remember you sangita

i will see your gleaming smile and

your gentle laughter in every bloom

when the rain comes down

i will remember your sangita

i will see your courage and

your strength in every raindrop i feel

when the snow falls

i will remember your sangita

every snowflake will remind me of
you

your ability to comfort others

your ability to care for others

your ability to give to others

wherever you are sangita

i know you will always shine like a
star

you will glow like a full moon

you will bloom like a flower

my dearest friend sangita

you will be in my daily thoughts and
my prayers

may you rest in peace

Thank You Note from Sangita's Family

To the friends, neighbors, fellowman and any individuals that touched Sangita's life one way or another we cannot thank you enough. The love and support showered will always be remembered.

Sangita was determined and aimed at donating at least \$5000 on behalf of the Nepali community to the Hindu temple. She called people and was going to match what she collected. Her wish was fulfilled with \$5300 being donated to the Temple on April 2003.

Sangita also participated in Making a Stride and Susan Komen "Race for the Cure" Cancer Walks. Even on wheel chair bought by her neighbors she finished her last Komen Cancer Walk.

Thank you for helping her reach these goals. Thank you for making a difference in her life. Thanks you for helping in countless ways. Thank you or your presence, love and support both to her and us. We will always be are grateful.

Sangita Raghubansh Cancer Foundation has been established to bring more awareness of cancer and help those in need. Currently in Collaboration with the OM Hospital and Research Center funds are set to fulfill this goal by providing free medicine, bed and medical fees to the needy patient. Next year there are nurses that have volunteered to go to Nepal to help out further. Sangita's doctor Dr. Tirumali will also be helping with this foundation.

Asian Celebration in Eugene

The 18th annual Asian Celebration, highlighting Asian heritage and culture was held on February 15-16 in Eugene, Oregon. It is one of the biggest celebrations emphasizing Asian culture in the northwest. Many Asian countries' cultural artifacts were on display and were also sold at the festival. Nepali community presented a taste of Nepal through the cultural program at the celebration. Dipa Malakar, Rashmi Shrestha, Roji Malakar, and Devi Mears preformed a variety of folk and modern dances. The Nepali program was anchored by Bhima Shakya.



Roji performing a folk dance

Congratulations!

The Nepali Association of Oregon would like to congratulate Shreekar Bhattarai and Lisa Burnett on their recent wedding, on March 08, 2003.

NAO would also like to congratulate Biraj and Bidhya Upadhyay for their wedding in Nepal

NAO wishes them all the best for the future years!

New Babies

Rajesh and Bijaya Maharjan welcomed home a baby boy born on April 24, 2003.

Puskar and Saili Pradhan is blessed with a baby girl, named Presha Pradhan, born on November 21, 2002.

Nepal in Grants Pass

May 3rd 2003 - The Bright Future Foundation (BFF) presented a Nepali Arts Show in the Grants Pass City Hall, which was organized by Aparna Bhatta. BFF, a non-profit organization, which has made education possible for Nepali children for three years. There was a display of art work done by Nepali children. Momos, Pakoras and Cheeya was served to all visitors. Dipa Malakar, Devi Meyers, Rashmi Shrestha, Sandep Poudel and Sudip Shakya performed various types of Nepali dances to entertain the crowd.

International Night @ Oregon Colleges Represents Nepali Culture

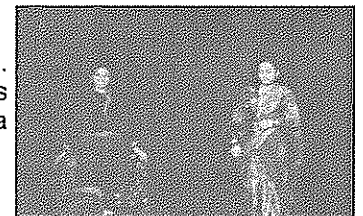
In April 2003, the diversity of the world's culture was celebrated through a night called International Night at the University of Oregon, Western Oregon University and at Portland State University. It was a night for the students to share the variety of cultures with other students and also the general public.



Dipa, Soe, Sudip, & Reva @ U of O

University of Oregon held it's annual International Night on April 13, 2003 in Eugene. Sudip Shakya, Dipa Malakar, Soe oo Soe, Reva Shrestha, Yuri Akahira and Kartik Narayan preformed a group dance to a Nepali folk song and also represented Nepal through a wonderfully choreographed fashion show.

April 25, 2003 was Portland State University's turn. Sachina Shrestha and Bhima Shakya showed off Nepal's culture through fashion. Sagar Onta and Bhima Shakya displayed Nepali artifacts at the Nepal country booth.



Sachina & Bhima @ PSU

On April 26, 2003, Bikky Shrestha represented Nepal in the International Night at WOU. Nepali desert "Kheer" (rice pudding) was a hit among the visitors. Bikky was also one of the MCs for the evening.

New Faces in Oregon

Dipin Malla - Concordia University

Helina Joshi - Reed College

Anjan Parajuli - PSU

Binaya Shrestha

Rajesh & Bijaya Maharjan

Birendra & Laxmi Thapa and their son Bibhor

Kailash Ghimire and Rama Dhungel, children OJashwi & Manashwi - OSU

New Business in Salem

Shiva Bhattarai of Salem has opened a Nepali craft and garment store called Katmandu in downtown Salem. NAO wishes her a successful business.

Graduation

Rashmi Shrestha of the U of O graduates in Spring 2003. Rashmi is majoring in Environmental Studies. She will continue her studies at Pullman University in Eastern Washington.

Congratulations!

M u k t a k

By: Madhu Dahal

ओठसित ओठ

ओठ सित ओठ साट्न सकूं

या बाहूमा तान्न सकूं ...

तिमीलाइ आंत्न सकूं

या होस हराइ मान्न सकूं

एउटा धारिलो हतियार देउ मलाइ

यो विरानोपन काट्न सकूं

तिमीलाइ आंत्न सकूं

आफैलाइ ढांत्न सकूं

ओठ सित ओठ साट्न सकूं

या बाहूमा तान्न सकूं ॥

साभार: लालीगुरांस

Nepal Sports Club Of Oregon (NESCO)

In view of growing interest and necessity a dedicated member and supporter of NAO Mr. Diwakar "Dan" Maharjan took special initiative steps to carry on sports activities within the Nepalese community and organized a friendship soccer (football) game in Fall 2002. This enthusiastic participation of Nepali sportsmen gave birth to The Nepal Sports Club of Oregon (NESCO). NAO will help support and facilitate its activities with its own capable resources. We request your active participation in sports activities to build up your healthy life.

NAO honors Diwakar 'Dan' Maharjan

NAO thanks Diwakar Maharjan for his active participation in all the Nepali community activities. In honor of his dedication and outstanding support, NAO past president, Raju Mali presented him with a plaque at the 2002 Dashain celebration.

Friendship Taekwondo Championship in Portland

The 3rd International Taekwondo Championship will be held in Portland in the year 2004. The Organizing committee is seeking volunteers from the Nepalese community for this big event. More information will be posted on the web site, www.portlandtaekwondo.com

Recognition Of NAO from the Asian Reporter

On April 26th 2003 Nepali Association of Oregon (NAO) was recognized by the Asian Reporter newspaper and highlighted its activities and promotion of Nepali culture in Oregon. A plaque of recognition was received by the past president Raju Mali during the banquet hosted by the Asian Reporter in Portland.

T a b l e T e n n i s T o u r n a m e n t

In the Memory of late Mrs. Sangita Raghubansh a table tennis championship tournament has been scheduled to be held on May 18th 2003, at the USWC Taekwondo School, Hollywood-Portland. The last day to register is May 16th, the tournament will start at 1 PM. The award ceremony will take place at 5 PM. For more information please visit www.portlandtaekwondo.com.

Come Support Your Favorite Player!**Pledge Form**

NAO is a non-profit organization. Our **Mission Statement:**

The growth of Nepali people in Oregon has presented (prompted) a need for establishing in order to foster Nepali cultural heritage and social bonding, among the members of the community, through strengthening fellowship and creating a network of support for the good of our community in Oregon, as well as for the people in Nepal.

However, without your financial support this organization would not be possible. Therefore, please help NAO with your kind donations. Please fill out the form on the right and send it with your check to the following address : **NAO** 5232 NE Irving

Portland, OR 97232

Pledge Form:

Name: _____

Mailing Address: _____

Phone: _____

Email: _____

Pledge to NAO:

\$ _____

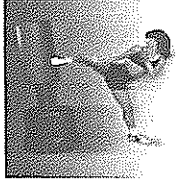
C o n d o l e n c e s**NAO expresses deep condolences to:**

Girish Ghimire and Kailash Ghimire's Mother, Laxmi Ghimire

Birendra Shakya and Buddha Laxmi Shakya's brother Tara Bahadur Shakya

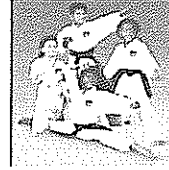
Happy New Year, BS 2060! from:

US WEST COAST TAEKWONDO ASSOC.
Family Martial Arts & Fitness Center



Master Instructor Diwakar 'Dan' Maharjan

- ✓ National Instructor Of the year - 1998
- ✓ Formal National Coach - Nepal
- ✓ International Referee (WTF - Korea)



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Anupama Shrestha
Daya Shakya
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May

**is the
Asian
Heritage
Month**

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Nepali Association of Oregon