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Message from the President



The last issue of **Shangri-La** was uniquely for Dashain and Deepawali. Again, NASEA is really excited to bring out the fourth issue of this newsletter. We got lots of positive and encouraging comments on the last issue by our audiences. Mainly, they commented on our classical blessings in Sanskrit language which are chanted during the Dashain festival perennially as follows:

आयु द्रोण सुते श्रीयं दशरथे सत्रुस्व याम...राघवे

ऐश्वर्य नहुशे गतिस्व पवाने मनंच दुर्योधने,

दानवा सुर्य सुते बलम हलधरे सत्यम्च कुन्ती सुते

बिज्ञाने बिदुरे भवति भवताम किर्तिस्व नारायणे

Young people in the USA appreciated the blessing from their seniors with the meanings such as immortal life, dignity, victories over evils, riches, families, prosperities, health, and so forth. Likewise, every piece of literature was highly appreciated. Though it was delayed in publication, many said Shangri-La shall never cease its publication no matter what. Now, we are publishing a new gift just in time for the New Year of 2015. Thus, NASEA wishes a Happy New Year to all our Nepalese communities.

Shangri-La is aiming to publish literature that will promote Nepalese languages, heritage, culture, and its preservation in North America, and beyond. Many have commented very positively to see its growth and expansion to the Nepalese world. Thus, we really appreciate all contributors for providing us their valuable literatures to publish in the first volume of **Shangri-La**. Also, we express our gratitude to the Publication Committee chaired by Dr. Dilip Panthee with his fellow members as they worked tirelessly to make this project successful. Let us thank the Publication Committee members as they deserve our appreciations.

Dr. Ram C. Baral
President, NASEA

**Wish You All a Very Happy and Prosperous
New Year 2015**

Executive Committee
Nepalese Association in Southeast America

Editorial

Shangri-La in Its Second Year

Shangri-La is the quarterly newsletter published by the Nepalese Association in Southeast America (NASEA). NASEA is committed to fulfill its mission statement by all means as far as possible. The role of a regular publication to address the objectives and carry out the mission of an organization cannot be over emphasized. In order to achieve this objective, NASEA initiated a publication following its commencement in 1991. The newsletter 'Yeti Views' was published in 1993 for the first time. In the beginning, it was published annually, at least for three years (1993-1995). Later, they started publishing it quarterly for two years (1996-1997). It then was published annually again from 1998 until 2003. It was discontinued after 2003. Although NASEA knew from the beginning that it needed some regular publication to provide the information and educational materials to the Nepalese community, its publication went from annual to quarterly back to annual.

On the other hand, the annual 'Yeti View Points' publication marked the beginning of a joint convention between the Association of Nepalese in Mid-West America (ANMA) and NASEA. Since then, it is being published regularly and all issues are available online. ANMA used to publish 'View Points' and NASEA published 'Yeti Views' as mentioned above. Since they started having a joint convention, they thought that it was logical to have a joint publication with a common name- 'Yeti View Points'. It was basically a merger between two organizations in terms of publication. The annual publication of 'Yeti View Points' is regular and most of the

issues are available online at www.naseaonline.org.

With that historical background, NASEA has long realized the necessity of finding an outlet to provide information to serve its members and overall community by providing a range of information including literary, scientific, regional events, cultural and others. The concept of a quarterly newsletter was proposed during the tenure of NASEA's President,

Dr. Sanjeeb Sapkota, and officially took the momentum during current President, Dr. Ram Chandra Baral, with the formation of a Publication Committee within the Executive Committee of NASEA (2013-2015), we realized that an additional publication is necessary as it has been realized by its members before. As a result, we decided to publish *Shangri-La*. With the enthusiastic support, love and best wishes from you members, the *Shangri-La* successfully completed its first year and it is entering into its second year. We hope that we will get similar support in the future for its continuation.

It should be clear to all that *Shangri-La* is not a substitute to the 'Yeti View Points'. This is a quarterly publication whereas the latter is an annual publication of joint NASEA/ANMA convention. The *Shangri-La* editorial board proudly shares the compliments received from its readers and is energized to provide more service to the wider Nepalese community in a quarterly basis. *Shangri-La* is NASEA's collective voice and as always, we welcome your feedback and comment towards improvement. and best serving our community.



*Dilip R. Panthee Ph.D.
Asheville, North Carolina*

Publication Committee (Editorial Board)

Dr. Dilip R. Panthee, Chair
Choodamani Khanal, Member
Bimal Nepal, Member
Dr. Shankar Parajuli, Member
Krishna Shreshtha, Member
Dr. Tilak Shreshtha, Member

Disclaimer:

Articles published in the Shangri-La are the personal thought of the Authors. The Publication committee is not responsible for its content.

NASEA Committee Activity Report

Nepal Center of North Carolina (NCNC) Activities: August - December 2014

Thakur Karkee
President, NCNC

The year 2014 has been a very productive year for Nepal Center of North Carolina (NCNC) community. NCNC's main mission has been to maintain and promote Nepali languages and cultures. We successfully completed the following activities in recent months:

Blood Drive

Blood Drive has been a part of the NCNC and BDA's regular program for years. This year we planned on August 16, 2014 in association with Trader-Joe and REX Hospital. Thirty-one donors donated their blood during the event.

Teej

Teej celebration with Ms. Sunita Dulal. On August 30th, NCNC celebrated Teej festival with Ms. Sunita Dulal. It was a grand show with over 600 participants from all over North Carolina.

International Festival

NCNC proudly participated in the International Festival from September 19-21, 2014. Over 30,000 visitors visited the festival. We had participated in stage dance, cultural booth, and café. It was a good venue to showcase our cultural heritages to thousands of people across North Carolina.

Dashain/Tihar 2014 Festival

NCNC celebrated Dashain/Tihar Festival on October 11, 2014 with great enthusiasm and pride. NCNC annual publication SANGALO was released during Dashain. Several performers including school children performed during the celebration.

Deausi/Bhailo 2014

-Deausi/Bhailo was celebrated on October 24-25, 2014 with the participation of school children. It was a great opportunity to raise funds for the Nepali School.

MAHA JATRA 2014

MAHA JATRA on October 30th: Over 600 participants enjoyed the show with Mr. Madan Krishna Shrestha, Mr. Hari Bansha Acharya, Mrs. Basundhara Bhusal, Mr. Kiran KC, Mr. Shiva Hari Paudel and others.

Adopt-A-Highway program

NCNC has participated in the Adopt-A-Highway program. This year's last clean-up was completed on December 13, 2014.

Triad Nepalese Community Center (TNCC): Accomplishments in 2014

Narayan Khadka
President, TNCC

Introduction:

The mission of the TNCC is to preserve the Nepalese cultural heritage by uniting the Nepalese community, delivering direct and supportive services for the community, creating opportunity for the community members, and enabling them for competence and well being in the Triad Area (Greensboro, High Point, Winston-Salem) of North Carolina. Organizing regular cultural programs and other social events every year is integral to the TNCC's mission for the community welfare by promoting community's participation in the greater Triad area. TNCC is a resourceful center to educate the society about Nepalese culture and heritage. The goal is to create a center where people of Nepalese origin can participate and work together towards a common goal of achieving TNCC's objectives. TNCC is an established and close-knit organization run by competent professionals, scholars and businessmen. TNCC has a proven record of organizing events in local level as well as national events like ANA convention.

TNCC's major project currently undergoing is to establish a Nepali community center to bring Nepalese and friends of Nepal together. For this TNCC has recently bought a property to establish Nepali community center. TNCC will be proudly hosting NASEA/ANMA Joint Convention of 2015 in Greensboro-High Point in labor day weekend of 2015.

TNCC accomplishments for the year:

1. Nepali Pathsala

July 13, 2013 TNCC had proudly launched Nepali Pathsala in High Point North Carolina with the collaboration with Human Relations Department of City of High Point. The City had offered a space for class in the initial phase and now the class is running at Piedmont Environmental Center in High Point. TNCC Board greatly appreciates and honors the Nepali Pathsala Committee for their exceptional contribution to the Nepalese community. These fellow community members have been tirelessly



working to make a difference in the community by passing our culture onto our next generation through the Pathsala program. They are working hard to achieve the goal of preserving our cultural heritage while living here in US and the Pathsala is becoming a milestone towards it.

Within a year of its commencement TNCC Pathsala has successfully made progress on its goal of teaching Nepali language and culture to the Nepali students. More than 30 students are currently enrolled in the class. Now students are achieving their proficiency in reading and writing basic vocabulary of Nepali language. On October 19th, 2014 Nepali Pathsala took its students to the field trip at Hanging Rock NC. Children had fun during the trip.

2. Sport Day

TNCC organized a Sport event on Saturday April 12, 2014 at Triad Park Kernersville NC. Volleyball, Soccer, Badminton and 7 stones and various games were played including people



of all ages. The teams were mixed representing the male, female and youth population. Community Foundation of Greater Greensboro generously supported the Sport Day.

3. New Year Celebration 2071

TNCC organized Nepali New Year 2071 celebration on April 13, 2014 at Bur-Mill Park Greensboro. Traditional Nepalese food was served and cultural performances were performed. Ecolab Greensboro generously supported the New Year Celebration.

4. Interaction program with Nepal's Election Commissioner

On August 3rd, 2014 TNCC held an interaction program with Nepal's Election Commissioner Mr. Dolakh Bahadur Gurung. Triad Nepalese Community Center (TNCC) presented an Interac-



tion Program in partnership with NEAJA. The program was held at Piedmont Environmental Center, 1220 Penny Road, High Point NC 27265. Election commissioner Mr. Gurung highlighted the importance of reforming election laws and regulations to meet the

changing need of the people of Nepal. How Non-Resident Nepalese can be a part of the democratic process that was also the topic of the discussion at the interaction program.

5. Prestige 5K Race for Children in Nepal

On August 24th 2014 TNCC members participated the Prestige 5K Race in Burlington NC. The best inheritance a child can get from their parents is an unconditional love and lot of time - but there are so many unfortunate ones that are not as lucky as we are or are as fortunate as our children, but we can always do our best to shape their future in a right direction. The 5k Race was



organized to support the orphans in Pokhara, Nepal. Everybody did a fabulous job of completing in the race. TNCC is always looking for ways to educate and encourage our community members on healthy lifestyle and its long-term benefits. Remember - Health is the Greatest Wealth.

6. Teej Celebration 2071

On August 24th, 2014 TNCC organized Teej celebration with an aim of bringing all Nepali women together to share food, music, dance and overall Nepali culture. The event was a grand success. The food, music and dance were performed fantastically. More than 200 people were in the attendance.



7.

Movie Show

TNCC presented two Nepali movies here in Greensboro. TNCC presented Krishna Dharabasi's 'Jhola' movie on Sunday May 4th, 2014. Similarly, TNCC presented Nepali Movie 'Sathi Ma Timro' to the Nepali community on Saturday, September 6th, 2014. TNCC raised \$ 880 dollars total from showing those two movies.

8. Dashain Celebration 2071

TNCC Dashain program was held in Greensboro on September 27, 2014, which was historical. TNCC had invited Nepali famous folk singer Suneeta Dulal for her performance. She made audience to stand up and dance and have a full of entertainment. Local artists also performed fantastically. Traditional Ne-

pali food including Khasiko Masu was served to the participants. About 200 people attended the program. TNCC made \$450 dollars profit from the Program.

9. Deushi Bhailo Program

TNCC organized Deushi Bhailo on October 23rd, 24th & 25th, 2014. TNCC Deushi-Bhailo team visited to almost all of our members' residence to celebrate the traditions of Deushi-Bhailo. Nepali Pathsala team also played Deushi-Bhailo in some selected households and at the Pathsala as well. Firstly, from this program we were able to retain our culture and traditions. At the same time, we were able to raise \$2,272 dollars for TNCC, which is unprece-



ded. Nepali Pathsala team was also able to raise \$ 432 dollars from Deushi Bhailo program. Huge Community participation was a tremendous achievement during the program.

10. MAHA Jatra America Program

On November 2nd, 2014 TNCC hosted MAHA Jatra America Program in Greensboro. We were lucky to be able to welcome MAHA Jodi and their associates here in Greensboro. Participants enjoyed the show. Program co-sponsors were University of North Carolina (UNCG) Office of Leadership and Service



Learning and the UNCG Higher Education Student Association (HESA). TNCC was able to raise **\$1,860.00**, which is historic.

11. Blood Drive A Huge Success

On December 13, 2014 TNCC hosted the Community Blood Drive in High Point NC. Blood Donors of America and American Red Cross were the cosponsors. A total of 38 units of blood were donated, which is great turn out. There were more than hundred people participated the Program. Some of our members tried to donate, who was courageous. This drive always



encourages members to give blood and save lives. It is a yearly event of TNCC.

12. Grants for TNCC

The Community Foundation of Greater Greensboro (CFGG) has granted TNCC **\$1000.00** dollars grant to support the cultural capacity building of TNCC. TNCC has applied for couple of grants and waiting responses from the donors. Wells Fargo Bank also contributed **\$ 1000.00** dollars to support TNCC community services this year as well.

13. Fund Raise for TNCC

We are able to raise about **\$62,000** dollars since this Board of Directors took office. **\$ 47,000** was pledged for buying a property for the community Center from members and non-members. **\$15,000.00** thousands were raised from various programs and activities including Deushi-Bhailo, MAHA Jatra, Dashain celebration, corporate contributions and others.

14. Nepali Community Center

Establishment of a community center has been primary aim of TNCC since its inception. This is the history making that TNCC is buying a property for community center. Triad Nepali Community can all hold our head high and be proud to calling us members of TNCC. For a small community like us finding a suitable piece of land for establishment of Community Center was not only a very ambitious task but far reaching too. However members' encouragements and feedback has been a constant inspiration for TNCC. In all its board meetings, search for community center was always one of the primary agendas and TNCC had many heated discussions on this topic. Finally with a huge support from the community members, TNCC has a Nepali community center's property in the Triad North Carolina. Still long way to go to fully accomplish the ultimate goal of TNCC but it is a great starting point. TNCC has set up the Community Center Committee to run day-to-day affairs of the Community Center and planning and development of it. TNCC will set up a short term and long term plan for the community center with a consultation with its members and experts in the field soon.

15. NASeA/ANMA Joint Convention Host Opportunity

TNCC was chosen as a host organization for NASeA/ANMA Joint Convention 2015. It was a great pride for Triad Nepalese community for such an opportunity. Community is thrilled to take this responsibility as TNCC's greatest opportunity for building strong Nepalese community.

16. Upcoming Events

Holi and Nepali New year program are the scheduled upcoming events. Dates to be confirmed later. TNCC will organize Holi- a festival of colors in March 2015. One of the most exciting events that we look forward to every year in our community is celebration of the festival of colors "Holi". Actual Holi falls on Friday March 06, 2015. Similarly, TNCC will organize Nepali New Year 2072 celebration in April 2015. The events are expected to be held at TNCC's newly bought Community Center in High Point, North Carolina. The events will help bring people together from diverse groups and also invoke groups who may not necessary interested in coming to community events. It will create an opportunity for newcomers of the area to get to know fellow community members and networking along with other inherent benefits of putting families together. Details of the both events will be announced later.

An Interactive Program with Former Deputy PM and VP of Nepali Congress Mr. Ram Chandra Paudel

Theme: Constitution writing process in Nepal; are we on track?

Honorable Poudel Jee is a veteran politician and a very influential leader of our premier political party 'Nepali Congress.' He is the intellectual stalwart and statesman of the party. He has been active in politics for several decades and needs no introduction to Nepalese people living in Nepal and abroad.



An interaction program with honorable Poudel was held on November 24th, 2014 moderated by Dr. Nar Kaji Gurung, Chair, Public Relationships Committee, NASeA.

The program was attended by around 200 people from around the world via teleconference with great enthusiasm. Moderator Dr. Nar Kaji Gurung started the program and President of NASeA, Dr. Ram Chandra Baral welcomed the speaker and participants. People asked several questions mainly on the constitution drafting process. Mr. Paudel responded each and every questions in detail. Mr. Paudel gave a brief information on the process of constitutional drafting in Nepal. Below is the summary of the questions.

1. What is your analysis of failure of the 1st CA and the clouds on the 2nd CA?

It is due to NC and UML compromising with Maoists called the '12 point agreements.' Let it be clear that:

Any compromise can be within democracy, but cannot be between democracy and communism.

The Maoists aggression (1996) was against democratically elected government of NC to impose Communism. NC was sworn to defend democracy and had no mandate to compromise. Yet the 'Interim parliament' had 20% unelected Maoists. It is the direct violation of the very democratic norm.

Maoists are saying, then and today, that they are not bound by democratic norms, because their share of power comes from arms, not from ballots.

This core issue must be understood. The 2013 election and its mandate is and should be the only framework now. NC must stand up for and not compromise against democracy and people's mandate today. If NC cannot stand up for democracy and honor the mandate then it must resign. Let it be clear that appeasing terror is inviting more of, not solving it.

2. What is the rationale behind abandoning the 1990 Constitution?

After all, it is the democratic constitution, with the clear preamble that people, not the king, is the sovereign. It also has ample provision for amendments if need be. Let me also remind you that NC wrote it. NC MPs got elected and sworn under it. Just because a few terrorists shows up NC should not have abandoned it. If NC could not safe guard it, then NC should have resigned. If you do not abide by it then you had no basis to continue as MPs.

3. Where is mandate to declare Nepal a 'Secular' state away from our root Hindu rastra?

The issue was never discussed in public, nor came from. To impose such important national decision without mandate is the 'Treason.'

Let me also remind you that secularism applies against only Religions like – Christianity, Islam and Communism. It is irrelevant to Dharma like ours. Dharmas are not Religions. A Dharma is about truth 'Satya' and inner spiritual discipline 'Yoga.' A religion is about social control through brain washing. Religions are not spiritual systems. Thus, secularism means not letting any religion to interfere with politics - theology. However, Hindu rastra simply means recognition of our heritage, roots and values; not theology.

It is well known that the change in status from the only Hindu rastra is done with bribery and corruption to facilitate Christian conversion. Thus it is not constitutional and unacceptable. A status can be changes only through public debate and the referendum.

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Wagle, Achyut. 2011. "Christianity, Communism & Constitution" **Republica \ opinion, July 5, 2011.** Editor of the 'Arthik Abhiyan' http://www.myrepublica.com/portal/index.php?action=news_details&news_id=33108

Let me remind you that our shared heritage, roots and values are the very basis of our nationhood. Merely having bunch of people together does not make a nation. Otherwise, a prison will be a great nationalist institution.

Let me also add that we have many Dharmas in Nepal, like Shiva Dharma, Buddha Dharma, Vaishnav Dharma, Tantra Dharma etc. All these Dharmas are collectively known as the 'Hinduism' or Sanatana Dharma. Shiva Dharma is also known as Tibetan bon Po and Kirati Mundhum. Shiva's teachings are spread out far and wide including in Veda, Kirati Mundhum, Tibetan Bon Po, and South Indian Agama. The unity of the three principal sects of Hinduism in Nepal – Bauddha (Buddha), Shaiva (Nilkantha) and Vaishnav (Narayan) is beautifully given in the temple located in Kathmandu valley, which we lovingly call – 'Budha Nilkantha Narayan.'

4. NC leadership, especially in the government, must be of tougher caliber.

In general Nepalese subscribe to social democratic political values. That makes NC the natural choice. However, NC also must precipitate better leadership – spiritual, intellectual and physical. It must root out corruption within. Otherwise, NC will follow the footsteps of Indian Congress. Quality leadership is always the premium in any field at any time. However, at this cross road of

.....Continued to page 12 (RC Paudel)

NASeA's Annual General Meeting

Bimal Nepal
Executive Vice President, NASeA

*NASeA's Annual General Meeting (AGM) during 10th ANMA/
NASeA Joint Convention in Colorado on August 31st 2014*

Date: August 31, 2014 Sunday

Time: 17:30-18:30

Venue: Crested Butte Room (Namche)

Hotel: Crown Plaza: Denver International Airport

Present:

1. Advisor, Gyanendra Gadai
2. Advisor, Devi Acharya
3. Mr. Dhan Thapa Magar
4. Mr. Tika Poudyal
5. Mr. Keshav Poudyal
6. Mr. Ramakanta Kharel
7. Mrs. Kusum Baral, Life member
8. Former EC member, Dr. Lila Karki
9. Entrepreneurship/Business Committee Chair and NRN Senior VP Lok Tiwari
10. Finance Committee member/Former Treasurer Gobinda Shrestha
11. Treasurer, Bala Ghimire
12. General Secretary, Dr. Tilak Shrestha
13. Vice President, Shailendra Bajracharya
14. Executive Vice President, Bimal Nepal
15. President, Dr. Ram Chandra Baral

AGM Chair: Advisor, Gyanendra Gadai

Minute note: EVP, Bimal Nepal

The Annual General Meeting (AGM) of NASeA was held during the 10th ANMA/NASeA joint convention in Denver, Colorado on Sunday, August 31st, 2014 in Crested Butte Room (Namche) at 17:30-18:30. As officially approved by NASeA EC board this historical AGM was chaired by Advisor Gyanendra Gadai.

1. AGM Chair Gyanendra Gadai officially opened the meeting and welcomes all the general members to the NASeA AGM and extends his best wishes to the AGM and expresses his gratitude to the NASeA EC members for nominating him to Chair the historical NASeA AGM 2014.
2. NASeA President Dr. Ram Chandra Baral in his welcome remarks with the permission of Chair welcomed all General Members and briefly shared NASeA's ongoing activities and action plan ahead. Furthermore he appreciated all EC members, Former Presidents, Advisors, General members and well wishers of NASeA for their unconditional support towards NASeA's mission and proposed a motion that all distinguished individuals service will be recognized with a letter of appreciation by NASeA Secretariat. VP Bimal Nepal seconded this motion and was passed unanimously.
3. NASeA General Secretary Dr. Tilak Shrestha with the permis-

sion of Chair presented NASeA's Progress Report 2013-2014 to the General Members. Dr. Shrestha well illustrated the progress report via Power Point presentation.

During his presentation Dr. Shrestha briefly highlighted all the program/activities run by various committees of NASeA in best serving our community as guided by NASeA's By-Laws.

EVP Bimal Nepal proposed a motion to approve GS Dr. Shrestha's Annual Report and VP Shailendra Bajracharya approved the motion. As no one voted against AGM Chair Gyanendra Gadai announced the GS report as passed by AGM. Please find GS Dr. Tilak Shrestha's report attached with this mail.

4. NASeA's Treasurer Bala Ghimire with the permission of Chair presented NASeA's Annual Financial Report 2013-2014 to general members gathered at the AGM.

Treasurer Ghimire highlighted NASeA's strong financial status and thanked all the donors and well-wishers for their continued financial support. He extended his special thanks to all committees chair for financially sustaining all the activities.

NASeA's Financial Committee member and Former Treasurer Gobinda Shrestha congratulated Treasurer Bala Ghimire for giving continuity in building NASeA's strong financial status.

EVP Bimal Nepal appreciated Treasurer Ghimire's active role in raising the fund and illustrated an example of collecting pledge during the 10th convention to overcome the loss of the convention.

This is a perfect example of financial sustainability.

EVP Bimal Nepal proposed a motion to approve Treasurer Ghimire's Annual Financial Report and VP Shailendra Bajracharya approved the motion. As no one voted against AGM Chair Gyanendra Gadai announced the Treasurer report as passed by AGM.

5. NASeA's External Relations Committee Chair, Bimal Nepal highlighted his committees various activities and pointed out that External Relation Committee of NASeA has been very instrumental in best communicating their success story among International/National/Regional/State and community organizations of her region and beyond to serve the Nepali diaspora.

EVP Nepal further added that a Special Interaction Session among International/National/Regional/State and community organization organized by NASeA's External Relations Committee during 10th ANMA/NASeA joint convention is a perfect example of NASeA key role to best serve the community. This session was very successful.

6. NASeA VP Shailendra Bajracharya also highlighted IT committee's ongoing activities. Website, Facebook and Twitter being the effective tool of communication. IT Committee has played a vital role in communicating NASeA's various committees announcement, press release to the NASeA region and various media around the world. On behalf of IT Chair VP Bajracharya extended his full support and cooperation to the various committees of 10th ANMA/NASeA joint convention in Colorado.

7. NASeA Adviser Devi Acharaya appreciated NASeA for nominating him as the adviser and he assured that he will be always available to extend his service to NASeA. He further added that his organization Help for Desperate and Needy People (HDNP) would like to extend special thanks to the NASeA/ANMA and the Nepalese community for extending moral and financial support to

keep the HDNP activities running.

8. During the AGM Entrepreneurship/Business Committee Chair and NRN Senior VP Lok Tiwari generously contributed a check of \$2000.00 (In words Two Thousand Dollars) to NAsEA's President Dr. Ram Chandra Baral in recognition of NAsEA's leading role and wished his token of support will financially sustaining NAsEA's various community activities. Mr. Tiwari further informed that his committee will come up with interaction program involving Entrepreneurship/Business individuals to best communicate with Nepalese community take the opportunity and seek for entrepreneurship. President Dr. Baral and VP Nepal thanked Mr. Tiwari for his generous contribution.

9. Dr. Lila Karki, Mr. Tika Paudel, Keshav Paudel also participated in the discussion.

10. EVP Bimal Nepal proposed NAsEA and ANMA officers official meeting during the joint convention. This was officially agreed by ANMA counterpart but due to lack of time we could not meet for this time. A follow up NAsEA/ANMA meeting will be held in near future.

Chair Gyanendra Gadai thanked all the general members present during NAsEA AGM and wish NAsEA a success in best serving Nepalese community in this region.

Membership Drive Committee Report

*Bidya Gurung
Chair
Membership Drive Committee*

When I took over this position, we had 177 life members.
Now we have 189 Life members.

My goal is to reach 200 life members by 2015.

Hopefully I can fulfill my target with the help and support of our E.C members by the end of our tenure.

At the same time I would like to congratulate all the Life Members.

Thank you,

Happy New Year 2015

State Organization Report: Alabama

Dr. Tilak B. Shrestha,
General Secretary, NAsEA

Completed events:

**A Brief 12 Points Introduction of Nepal:
An Ancient and Exotic Country
International Festival held on Sept. 27, 2014**



Flag



Nepal / World

**Nepal Stall: "You are most Welcome"
'NAMASTE' – Greeting - I honor your goddess!**



1. Nepal is an ancient country mentioned as early as in the late Vedic literature – Atharva Veda – circa 3,600 BCE.
2. Siddhartha Gautama Buddha was born (circa 560 BCE) in Lumbini, Nepal. *Tathagata* – I have awakened, you can too. *Appo dipo bhava* – Be lamp into yourself. *Om Mani padme hum* – Goodness begets goodness.



3. Nepal boasts 8 out of 10 highest mountain peaks in world, including the highest Sagarmatha, or Everest (29,029 Feet)!



Sagarmatha (Mount Everest)

Annapurna range

4. Nepal is the land of spiritual ascetics, mendicants and monks. Gorakha Nath, "In life - be happy, be playful and be meditative."



Shree Pashupatinath temple



Shree Janaki temple



Shree Muktinath



Shree Swayambhunath



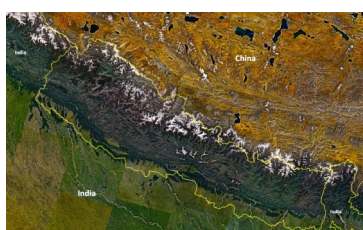
Lumbini – Birth place of Buddha



Kailashnath Mahadev, Sanga

5. Size: 56,827 Sq. Miles \ 147,181 Sq. Km. Population: 26.5 million strong. Capital Kathmandu: [27°42' N, 85°19' E](#). Climate: Monsoon \ six seasons. Nepal is roughly 500 miles (E – W), and 125 miles (N – S).

Satellite image of Nepal – North Tibetan plateau, South Indian plain



6. Nepalese princess 'Sita' married King Rama of Ramayana legend (circa 3,750 BCE). Sita is considered Avatar along with Rama by Hindus.

Another princess Bhrikuti, a Buddhist scholar, married Tibetan King Tsrong Chun Gampo (circa 630 AD). She introduced Buddhism to Tibet. Bhrikuti is considered 'Green star' by Mahayan Buddhists.



Rama and Sita



Wencheng, King Gampo, Bhrikuti

7. Southern part of Nepal has hot and humid tropical forest with rhinoceros, tiger, cobra, wild buffalo, peacock etc. In the north we have perpetual snow laden tundra with Yak and legendary Yeti. In between there are at least 4 ecological regimes, with its own flora, fauna, tribes and cultures. You can literally trek weaving the clouds up and down.



Rhinoceros



Yak



Danfe \ Lophophorus



Yeti – snow man

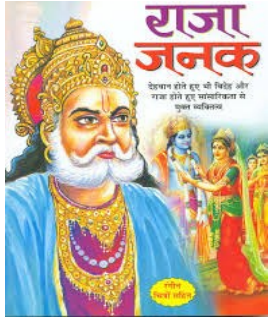
8. Janak, father of Sita, was a king, yet he was also a Rajarshi (Ascetic). His discourse on 'righteousness' with Astabakra, a philosopher, is quite inspiring.

Yalamber was the first Kirati king and the legendary participant in the Mahabharat war. Kirati dynasty ruled Southern Himalaya for many centuries.

Balabahu (1,245 – 1,306 AD) was sent by King Abhaya Malla at the invitation of Chinese emperor Kublai Khan. His work influenced Chinese arts with the trans-Himalayan traditions. Emperor gave him the title 'Araniko', great foreigner. The Pagoda style architecture originated in Nepal.

Sankhadhar Sakhwa paid every body's debt and made the people free of debt. To commemorate the event King Raghav Dev initiated-

ed 'Nepal Sambat' Era (Oct 20, 879 AD). It is an adjusted Lunar calendar, designed for festivals.



King Janak



Kirati King Yalamber



Balabahu \ Araniko – Beijing, China Sankhadhar Sakhwa



9. Nepal has over 100 tribal cultural groups and over 123 languages.



Nepalese royalty, 1920



Rana Tharu women – Terai



Women dancing in Teej festival



Kirati Rai girls dancing – Sakela



Sherpa women



Newar girl dancers

10. Nepal is the land of Buddha and peaceful people. But if attacked we do fight back ferociously. Thus, we always have been free and independent. Our soldiers are known as the brave 'Gurkhas.'

Queen Elizabeth presents 'Conspicuous Gallantry Cross' medal to Gurkha Dip Pun. He fought off alone over 30 Taliban in Afghanistan, 2011.

<http://www.dailymail.co.uk/news/article-1393355/Hero-Gurkha-handed-bravery-medal-Queen-said-I-thought-I-going-die-I-tried-kill-I-could.html>



Gurkha Bishnu Shrestha fought off alone with only a Khukri 40 train robbers and saved a girl from being raped in India. He was awarded 'Sourya Chakra' and 'Sarvottam Jevan Raksha' medals, 2011.

<http://floppingaces.net/2011/01/27/never-bring-a-kukri-to-a-gunfight/>



11. Ancient and modern Public technologies:



Lhon Hiti – Underground water tapped into perpetual water



Kathmandu city traffic lighted with Solar cell panels.

12. From Land of pagodas to the America. Nepalese women mountaineering team visits Washington DC and meets Honorable Secretary of state, John Kerry, July 16, 2014. The team is going around the world and climbing up the tallest peaks.



Honorable John Kerry (blue tie) and Nepalese women climbers!

Welcome to Nepal the land of legendary Shangri – La!

Much obliged! Thanks!

Continued from page 6 (RC Paudel).....

history, it is even more so in politics in Nepal. The sole criterion to join the executive branch must be the efficiency in governance and acumen to stand up against political intimidation.

5. The 'ethnic states' is the recipe for national disaster. Remember Yugoslavia.

We do appreciate it very much that NC is not giving into the terrors and threats and agreeing to the 'Ethnic states.' It will, in certain terms, bring unprecedented frictions between our diverse ethnic groups, which is hitherto living harmoniously. It is true that our society has many imbalances and we have many marginalized sub-groups. However, the solution is not the ethnic states. The real solution comes from promoting the well-known factor: a. education, b. job \ business diversity, and c. inclusive politics.

Why the demand for this self-destructive ethnic states? It comes from Maoists and Church propaganda. They are not interested in solving our problems, rather works to exaggerate and take advantage of our social cleavages. They would rather destroy than heal in their attempt at Maoists insurgency and Christian conversions. Their propaganda is especially directed to our Janajatis to use them as cannon fodder. "There are two classes – Bahun and Janajati. There are always class struggles. To be free we have to wage class struggle." "Only thing about Dharma is to abide by caste system. Thus, the only salvation is to convert to Christianity." This, malign propaganda must be understood in proper context and NC must take stand against.

6. The parliamentary democracy is the best for Nepal and it must not be abandoned.

The parliamentary democracy comes with separation of powers and balance between three – legislative, judiciary and executive branches. The President, without power, remains at the top as the connection of these three. It is also a safety valve to safeguard any excesses. It comes with centuries of British experience and decades of Indian and Nepalese experiences. Most Nepalese are tuned to this system. Then why we have proposals for different mixed systems? It comes from Maoists attempt at discrediting true and tried method to impose their system. Please do remember General Katuwal Kand. Maoist strategy is: a. power to President and Prime minister and b. make sure Judiciary is not independent. It is merely to create enough confusion in the constitution. It is to set stage for Maoists coup in opportune time. Please be clear about it. If there are any problems in the Parliamentary system, they can be discussed and amended innovatively.

7. Since SAARC countries are meeting in Kathmandu, let us ask our Muslim neighbors to treat Hindus in their countries justly. If not Nepal, who else will? If we do not speak for them, who will speak for us?

Afghanistan Taliban Muslims destroying Bamiyan Buddha Statues: <http://www.youtube.com/watch?v=xYYBIPWYb7Y>
Hindu bashing in Pakistani school books: <http://www.youtube.com/watch?v=7nXl5Hr2Aho&NR=1&feature=endscreen>
Pakistan: Hindu Girls forced to convert to Islam and marry Muslim men: <http://www.youtube.com/watch?v=4dEjxy63DXY&feature=related>

Atrocities against Pakistani Hindus: <http://www.youtube.com/watch?v=M8IEEnOXM2to>

Islamic persecution of Hindus in Bangladesh: <http://www.youtube.com/watch?v=4SBiZwkhYV8>

Hindu Genocide that the world forgot: http://www.indiatribune.com/index.php?option=com_content&view=article&id=2105&Itemid=524

May Buddha bless us all!

Most sincerely,

Dr. Tilak B. Shrestha

General Secretary, NASeA

"Family and Youth Counselling Service" program of United FNA-FANS

**Respected Nepali in Florida and Beyond,
Happy Holidays and Happy New Year 2015!**

On behalf of United FNA-FANS Social Services committee together with President Bikash Devkota and EC team members it is my pleasure to share with you all the ongoing "Family and Youth Counselling Service" program of United FNA-FANS and encourage you all to take advantage of this free service.

This announcement is a friendly reminder to you all about the service and to let you know that help is available to those in need.

The counselling service it provided free of cost by Mr. Niranjana Sharma, who is a retired professional counselor. Mr. Sharma has over forty-two years of experience in all areas of counseling including drug, chemical addiction, family communication, cultural issues, mental health and personality disorders including legal consequences of behavioral disorders in adolescence.

We want to reiterate that all communication with Mr. Sharma will be strictly confidential. Neither, members of United FNA-FANS Executive Board nor, anybody else will have access to the "client list".

You can contact Mr. Sharma through any of the following means:

**E-mail Address: sharma_nks_kks@yahoo.com ;
Skype: Niranjana.sharma421
Phone (Cell) 432 528 2669.**

We hope that our community will take advantage of this great service and benefit from it. Also, please help us spread the news to your friends and families.

Sincerely,

Niranjana Malla

Coordinator, Social Service Committee, United FNA- FANS

Special Interaction Session: Presidents of Organizations

*Bimal Nepal,
Co-Chair, ANMA/NASeA Joint Convention 2014
Executive Vice President, NASeA
Chairman, External Relations Committee NASeA*

On behalf of NASeA External Relations Committee, I would like to share with you all that during 10th ANMA/NASeA joint convention 2014 held in Denver, Colorado our committee successfully organized the Special Interaction Session between Presidents/Leaders of International/National/State/ Students/ Community organizations in NASeA/ANMA region and beyond. A large number participants from various region and

professional gathered during this talk session.

During this program, various organizations Presidents and their representatives did share their organizational experience/ expertise and working

together, we will build a common agenda to better serve the Nepalese community in our respective regions always placing Nepali identity First.

NRN-USA Senior VP Lok Tiwari presided as the chief guest and among the special guests were Convention Chair Sharad Acharya, INLS President Padam Bishwakarma, NASeA President Dr. Ram Chandra Baral, ANMA President Gopendra Bhattari, Nepali Ghar President Naryan Shrestha and Blood Donors America President Dr. Lila Karki.

Highlights of the event:

1. *Hemsarita foundation: On behalf of Hemsarita foundation NASeA Treasurer Bala Ghimire highlighted various activities of this organization and encouraged all to be the part of the foundation. For details please tour: https://www.youtube.com/watch?v=abdDKRPIIm_0&feature=share*
2. *Nepali Ghar State organization of Colorado Key Speaker President Naryan Shrestha highlighted various activities of his organization and proudly announced that in near future a community center "Nepali Ghar" will be established. For details please tour: <http://www.nepalighar.org/>*
3. *Help for Desperate and Needy People (HDNP) Key Speaker Founder Devi (David) Acharya briefly highlighted regarding his organization and various activities. For details please visit: <http://app.emaze.com/255213/hdnp-lyons-club-report#slidenum=>*
4. *INLS in Nepali Diaspora Its global network! President Padam Bishwakarma highlighted various activities of his organization around the globe. For details please tour: <http://www.inls.org/index.php>*
5. *Global Bhutanese Community Colorado (GBCC) Program*

Director Sher Mizer highlighted various activities of his organization and expressed gratitude for being invited to the interaction program. For details please tour: www.mygbcc.com

6. *Tamu Dhee Colorado Inc. President Ramesh Gurung introduced his organization and briefly highlighted its various activities.*

7. *INLS Florida Pathshala: On behalf of INLS FL President Choodamani Khanal, Former INLS FL President/Advisor Bimal Nepal highlighted the success story of INLS 5-Region Pathshala (Jacksonville, Tampa, Orlando, West Palm Beach and Miami). West Palm Beach Pathshala Balika, Smarika Nepal, recited Saraswati Bandana and spell bound the crowd, a perfect example of transforming our Nepali language, rich culture, tradition and religious values to the young generation.*

8. *Rocky Mountain Friends of Nepal (RMFN) State organization of Colorado President/Convention Chair Sharad Acharya highlighted his organization and activities. For details please tour: <http://rmfn.org/>*



9. *Blood Donors America President Dr. Lila Karki highlighted various activities of his organization and encouraged everyone to be apart in donating blood and saving life. He saluted all social Heroes!*

10. *Nepali-American Medical Association Former President Dr. Gauri Adhikari took the opportunity and thank the organizers and all the Presidents for their active involvements towards social services.*

11. *ANMA Advisor Sarada Jung Thapa on behalf of Atlanta, Georgia State District 95 Candidate Amreeta Regmi request all to support her candidacy and moving forward he encouraged Nepali community to get the exposure in main stream American politics and keep the Nepali American identity alive.*

12. *American Nepali Chamber of Commerce VP Sanu Babu Silwal also highlighted the current status of Nepali business and entrepreneurship and encouraged all the community members to slowly work towards earning the ownership of the business.*

Chief Guest summarizing the special interaction session NRN-USA Senior VP Lok Tiwari highlighted NRN-USA ongoing activities and extended special thanks to the External relation committee of NASeA for organizing very effective interaction program between various organizations.

This event was successfully moderated by NASeA EVP/External Relations Committee Chair, Bimal Nepal; NASeA VP, Shailendra Bajracharya provided the IT expertise and Former Treasurer NASeA Gobinda Shrestha provided other logistic support.

Towards the end moderate Nepal extended vote of thanks and assured all participants that this session has been very productive in sharing our organizational best practices and together we will continue building the cooperation/collaboration between our partners of this region.

फ्लोरिडामा १०५ औं महाकवि लक्ष्मीप्रसाद देवकोटा जयन्ती

-चूडामणि खनाल, मायामी, फ्लोरिडा

यही डिसेम्बर ६, २०१४ शनिवारका दिन फ्लोरिडा राज्यको वेष्ट पाल्म बिचमा अन्तर्राष्ट्रिय नेपाली साहित्य समाज फ्लोरिडा च्याप्टरले १०५ औं महाकवि लक्ष्मीप्रसाद देवकोटा जन्मजयन्तीका साथै हयाप्पी होलीडेज २०१४ को भव्य कार्यक्रम आयोजना गरेको थियो । कार्यक्रम च्याप्टरका अध्यक्ष चूडामणि खनालको अध्यक्षतामा सम्पन्न भएको थियो ।



कार्यक्रमका प्रमुख अतिथि अनेसास बोर्ड अफ ट्रस्टी तथा निर्वतमान केन्द्रीय अध्यक्ष श्रीमती गीता खत्री हुनुहुन्थ्यो । अनेसास केन्द्रीय उपाध्यक्ष श्री राम खत्री, फ्लोरिडा च्याप्टरका पूर्व अध्यक्षहरू डा. विद्याराज सुवेदी, श्री विमल नेपाल, श्री कृष्ण श्रेष्ठ, सल्लाहकार श्री विकास देवकोटाको उपस्थिति थियो ।



फ्लोरिडा राज्यको विभिन्न ठाउँमा बसोबास गर्ने नेपाली साहित्यकार तथा नेपाली भाषासाहित्यलाई माया गर्ने ठुलो नेपाली जनसमुदायको उपस्थिति



थियो ।

अनेसास केन्द्रीय उपाध्यक्षले महाकवि लक्ष्मीप्रसाद देवकोटाको तस्बिरमा

माल्यार्पण गर्दै कार्यक्रमको आरम्भ भएको थियो । अनेसास फ्लोरिडा च्याप्टरले सञ्चालन गरेको नेपाली पाठशालाका साना भाइबहिनीहरूले नेपाल र अमेरिकाको राष्ट्रिय गीतहरू गाएका थिए । फ्लोरिडा च्याप्टरका अध्यक्ष चूडामणि खनालले स्वागत मन्तव्यका क्रममा विभिन्न माध्यमबाट अनेसास फ्लोरिडा च्याप्टरलाई आर्थिक सहयोग तथा विभिन्न पुरस्कारहरूको प्रायोजन गर्नु हुने सबै प्रायोजक महानुभावहरूलाई धन्यवाद टक्र्याउनु भएको थियो । नयाँ वर्ष २०१४ कविता प्रतियोगिताका प्रायोजकहरू धर्म खनाल, ब्लड डोन्र्स अफ अमेरिका र डा. हरि पाण्डे हुनुहुन्थ्यो भने पद्मादल मेमोरियल फाउन्डेसन, लीना बस्नेत (कुमन अफ मिरामर), डा. राजेन्द्र शाक्य, चूडामणि खनाल, बिकाश देवकोटा, गिता खत्री लगायतका महानुभावहरूले बुद्ध जयन्ति २०१४ को अवसरमा आयोजित निबन्ध प्रतियोगिताको पुरस्कार प्रयोजन गर्नुभएको थियो ।

महाकवि लक्ष्मीप्रसाद देवकोटाको संक्षिप्त परिचय दिँदै केन्द्रीय उपाध्यक्ष श्री राम खत्रीले काठमाण्डौको डिल्लीबजारमा जन्मेका महाकवि देवकोटा र उहाँको परिवार गरिब थिएनन् । उहाँलाई गरिबीले सताएको थियो भन्न नहुने कुरा व्यक्त गर्दै अनेसास केन्द्रीय अध्यक्ष श्री पदम विश्वकर्माको शुभकामना सन्देश पढेर सुनाउनु भएको थियो । समारोहमा सल्लाहकार तथा युनाइटेड एफएनए फ्रान्सका अध्यक्ष श्री विकास देवकोटा, अनेसास केन्द्रीय सल्लाहकार तथा NASeA का वरिष्ठ उपाध्यक्ष श्री विमल नेपाल, अभि कट्टेल मेमोरियल फाउन्डेसनका अध्यक्ष डा. विजय कट्टेल, नेवा सङ्घ अमेरिका, फ्लोरिडा च्याप्टरका अध्यक्ष श्री राजु तामाकारले आ-आफ्नो मन्तव्य प्रस्तुत गर्नु भएको थियो भने एसोसिएसन अफ नेपाली तराइयन इन अमेरिकाका अध्यक्ष डा. जय प्रकाश साहले कार्यक्रम सफलताको शुभकामना संदेश पठाउनु भएको थियो ।

महाकवि लक्ष्मी प्रसाद देवकोटाको स्मृतिमा फ्लोरिडा राज्यका विभिन्न साहित्यकारहरू विकास देवकोटा, डा. विद्याराज सुवेदी, सिर्जना अर्याल नेपाल, धर्म खनाल, तथा चूडामणि खनाल लगायतका कवि-कवियत्रीहरूले आ-आफ्नो कविता वाचन गर्नु भएको थियो ।

सोही अवसरमा अनेसासलाई हरतरहले सहयोग गर्ने तथा नेपाली भाषासाहित्यको विकास र विस्तार कार्यमा सदा संलग्न हुने पूर्व केन्द्रीय उपाध्यक्ष तथा पूर्व फ्लोरिडा च्याप्टर अध्यक्ष डा. विद्याराज सुवेदी, अनेसास प्रमुख निर्वाचन आयुक्त तथा पूर्व फ्लोरिडा च्याप्टर अध्यक्ष श्री विमल नेपाल, NASeA-ANMA-अनेसास साहित्यिक सम्योजक तथा पूर्व फ्लोरिडा च्याप्टर अध्यक्ष श्री कृष्ण श्रेष्ठ, अनेसास केन्द्रीय निर्वाचन सूचना



प्रविधि संयोजक श्री अशोक श्रेष्ठलाई प्रमुख अतिथिले सम्मान पत्रहरु हस्तान्तरण गर्नु भएको थियो । साथै सन् २०१३ को अनेसास उत्कृष्ट च्याप्टर ल्फोरिडालाई पांचवटा उत्कृष्ट पाठशाला सञ्चालन गरे बापत सम्मानपत्र तथा ताम्रपत्र प्रमुख अतिथिबाट ल्फोरिडा च्याप्टरका अध्यक्षलाई प्रदान गरिएको थियो ।



यसका साथै ल्फोरिडा च्याप्टरले बुद्ध जयन्ती २०१४ का अवसर आयोजना गरेको निबन्ध प्रतियोगितामा पुरस्कार प्राप्त गर्ने विजेता भाइबहिनीहरु रोजेश शाक्य, स्वच्छन्द श्रेष्ठ, जेनी खनाल, दिपाली सिंह, सुबोध शाक्य र कुसुम अर्याललाई पनि प्रमुख अतिथिले पुरस्कार र प्रमाणपत्र प्रदान गर्नु भएको थियो । आफ्नो मन्तव्यका क्रममा प्रमुख अतिथिले नेपाली भाषालाई विदेशमा जीवन्त बनाउन नेपाली भाषा नयाँ पुस्तामा हस्तान्तरण गर्न सक्थौं भने मात्रै हामीले केही गर्न सकेछौं भन्ने हुन्छ । होइन भने बिस्तारै हाम्रो भाषा विदेशमा मौलाउन सक्दैन बरु विलय हुन सक्छ । यस कार्यका लागि ल्फोरिडा च्याप्टरले पांचवटा नेपाली पाठशाला खोलेर उदाहरणीय कार्य गरिरहेका स्मरण गराउँदै ल्फोरिडा च्याप्टर र यसका सम्पूर्ण पदाधिकारीहरु तथा ल्फोरिडाबासी नेपालीहरुलाई सलाम गर्न चाहन्छु भन्नु भयो । प्रमुख अतिथिले आफ्नो गीतहरुको संगालो अमुल्यको बिक्रीबाट संकलन भएको सम्पूर्ण रकम च्याप्टरलाई दान गर्नु भयो ।

कार्यक्रममा अनेसास फ्लोरिडा च्याप्टरको वार्षिक मुखपत्र सागर- वर्ष ९ अंक १० को पुनर्लोकार्पण गरिएको थियो । सल्लाहकार बिकाश देवकोटाको प्रवाशको आँगनको पनि पुनर्लोकार्पण गरिएको थियो भने वहाँले सो पुस्तक बिक्रीको केहि रकम फ्लोरिडा च्याप्टरलाई प्रदान गर्नु भएको थियो ।



कार्यक्रममा च्याप्टर अध्यक्षले नेपाली भाषा साहित्यको जगेर्ना गर्न मुख्य भूमिका निभाउनु हुने प्रमुख अतिथि गीता खत्रीज्यू तथा सङ्गीतको माध्यमबाट नेपाली भाषाको उत्थान गर्न टेवा पुर्‍याउनु हुने गायिका नलीना चित्रकारलाई सम्मान गर्नु भएको थियो ।

बिदाको खुसीयाली मनाउने सिलसिलामा ल्फोरिडा च्याप्टरका पूर्व अध्यक्ष तथा केन्द्रीय सल्लाहकार श्री बिमल नेपालले साण्टा ल्कजको रूप धारणगरी बालबालिकालाई मन्त्रमुग्ध पार्दै उपहार प्रदान गर्नु भएको थियो । कार्यक्रममा प्रसिद्ध नेपाली पप गायिका नलीना चित्रकार तथा अन्य स्थानीय कलाकारहरुले हललाई संगीतमय बनाएर घन्काउनु भएको थियो भने सम्पूर्ण सहभागीहरु झम-झम नाचेका थिए ।

रजिस्ट्रेसन डेस्कमा सहयोग गर्ने प्रजिव शाक्य धन्यवादको पात्र हुनुहुन्छ, आर्थिक रूपमा कार्यक्रम समतल रह्यो । पूर्व अध्यक्ष बिमल नेपालको सकृयतामामा समारोह स्थल व्यवस्थापन लगायत रात्रिभोजको लागि स्वस्फुर्त सहयोग गरी पकवान ल्याई अमुल्य सहयोग गर्नु हुने बिशिष्ट महानुभावहरु प्रति अनेसास फ्लोरिडा च्याप्टर हार्दिक आभार प्रकट गर्दछ ।



क्षेत्रीय उपाध्यक्ष (ओल्यम्पिडो) श्री नगेन्द्र ढकालले सञ्चालन गर्नु भएको सो कार्यक्रमको अन्त्यमा क्षेत्रीय उपाध्यक्ष (वेस्ट पाल्म बीच) अभिज्ञा न्यौपानेले सहभागीहरुलाई धन्यवाद ज्ञापन गर्नु भएको थियो भने फोटोपत्रकार श्री धन थापाले नेप्युबाट तस्वीरहरु खिचिरहनु भएको थियो । कार्यक्रमको झलककोलागि dhanphotos.com वा निम्न सांगलोमा क्लिक गर्नु होला ।

<http://dhanphotos.com/phpAlbum/index.php/LAXMI-P-DEVKOTA-JAYANTI-2014> *****

Membership opens for NRN NCC of USA

Respected State/Student organizations Presidents/
Community Leaders and the Nepalese community of
NASeA Region and Beyond,
Respected Editors Online/TV/Print Media around the Globe,
Happy Holidays and Happy New Year 2015!

On behalf of NASeA's External Relations Committee I take this pleasure to share with you all the announcement forwarded by Non-Resident Nepali National Coordination Council of USA (NRN NCC of USA) regarding the renewal of membership together with other important announcements.

Please click the link below and be the NRN NCC of USA member today:

<http://nrnccusa.org/membership-form/>

For detail information please find the attachments forwarded by NRN NCC of USA General Secretary Krishna Pokhrel / visit website <http://nrnccusa.org>.

If you have any further questions please reach Mr. Pokhrel @917 574-0809

With this note, I kindly request you all to spread the news and together let us all be the part of NRN NCC of USA and keep our identity as Nepalese American here in US and extend helping hand to Nepal and give consistency to the NRN global mission.

Always for the community,

With Respect,
Bimal Nepal
Chair, External Relations Committee, NASeA

राम्रो बानी: बालगीति कविता



गीता सापकोटा
लरेंसविल, जर्जिया, अमेरिका

राम्रो बानी लिउ नानी
साना साना नानी
नत्र भने हुनु पर्ला पछि पानि-पानि
चाडै सुती, चाडै उठ्ने
हुन्छ राम्रो बानी
अबेरसम्म सुतीरहने
दुर्गुणको खानी
जागने मान्छे पाउछन् धेरै
सुते गर्छ हानी
जानी जानी कुबाटोमा नलाग है नानी
कुबाटोमा लाग्नेलाई भन्दैनन है जानी
राम, कृष्ण, बुद्ध, इश भए बुद्धिमानि
आज पनि सम्झिन्छन्, गुण राम्रो जानी
अफ्नो बाटो आफै कोर
वीर जाती हामि,
खुकुरिको भरमा जीत्यौं धेरै रणभूमि
विश्वभरमा चीनीदै राख्यो ठुलो मान
सगरमाथा, बुद्ध हाम्रा दुवै सान
गर्नुहुन्न कहिलेपनि आफै हानाहान
हानाहान गरदा जान्छ आफ्नै पनि ज्यान
कति भनु नानि राम्रो लीऊ बानि
सुर्य चन्द्र तारा आफ्नै वरीपरि हेरी
नीयममा बस्नु पर्ने जान ठुलो भरी
असल संगत गरे भने हुन्छ राम्रो जान
खराब काम गरेमा जान्छ नाक कान

नयां थालनी लेखौं



नम्रता गुरागाई
नर्थ क्यारोलाइन, अमेरिका

अरुका भाबहरु लेख्दैजांदा
आफना भाबहरु लेख्नै बिसिन्छ
अरुका खुट्टा उभ्याउँदैजांदा
आफना खुट्टाले उभिनै बिसिन्छ ।

मलाइ धेरै धेरै लेख्न मन छ
समुद्र मन्थन गरेर सुमेरु पर्वत उठेझैं
योजना मन्थन गरेर परियोजना ल्याएको
कथा लेख्न मन छ
हातका चलायमान औंलाहरु
काम खोजेर हिडेका बेला
अतिकति बाटोको जोडजाम गरेको
कथा लेख्न मन छ ।

यात्रामा कहाँ सजिलैमात्र हुन्छ र
त्यसैले कुड्नेटा र घुम्तीहरु स्वीकार छन्
थोरै खाल्डाखुल्डीपनि स्वीकार छन् ।
अबेर भैसक्यो, समय गैसक्यो
आउ साथी
मनका भूतप्रेतलाइ डांडो कटाउदै
यसपाली वर्ष फेरिंदा
थोरै भएपनि
नयां कामको थालनी लेखौं ।

नसिकेको पाठ



सृजना अर्याल नेपाल
वेस्ट पाम बिच, फ्लोरिडा

आयो चारै दिशा बाट घेरिएर
डढेलो जस्तै दन्किएर
आंधी जस्तै मडाँरिएर
बाढी जस्तै उर्लिएर

किन भयो थाहा भएन
जे भयो राम्रो मानिएन
हार जीत जानिएन
ठिक बेठिक खुट्टिएन

भोलिको सौचिएन
न्याय अन्याय जोखिएन
बुझ्न सकिएन
बुझाउन सकिएन

एक अर्कालाई ओँल्याईयो
दोषारोपण गरियो
मध्यस्थता गराउन सकिएन
देश देशान्तरको प्रवाह रोक्न सकिएन

आँखा खोलियो
आँखा खुलाइयो
सीमा तोकियो
सीमा नाघियो

आएर अन्तमा मिलिजुली बस्ने बाचा गरियो
आपसमा सम्मान गर्ने बचन दिईयो
पाठ पढाइयो - पाठ सिकाईयो
फेरि एकपटक कहिल्यै नसिकेको पाठ सिकियो
फेरि एकपटक कहिल्यै नसिकेको पाठ सिकियो

रक्त दान जीवन दान !!



जानुका ढुंगेल खनाल
ट्याम्पा, फ्लोरिडा

रंगी बिरंगी पुष्पहरू चरा चुरंगी संगै भुर्र फक्रन्छन प्रभातमा ,
बिज्ञान प्रबिधि र जुनतारा चुम्ने चाहना फुर्र हुर्कन्छ यो जगतमा ,
मानवका निमित्त सब कोहिले गर्ने यौटे छ उपकार भनि ,
गर्दैछु कुनै बेला जब जब अवसर आउँछन् दिन गनी ,
रक्त दान जीवन दान !

खोज्दै छु सेती नदीको गहिराई भित्र मोति कतै भेटिन्छ कि ?
खोज्दै छु दरिद्र जनको दुइ छाक टार्ने रोटि कतै भेटिन्छ कि ?
सत्यम शिवम सुन्दरम बिचारको पाइलामा रंग भरौं भनि,
गर्दैछु घाम पानी संगै इन्द्रेणी अवतरित शब्दहरू भरौं भनि,
रक्त दान जीवन दान !!

उर लाग्छ प्रवल विचार बोकेको उद्देश्य कतै हराउछकी भनि,
बिशुद्ध गंगाको जलमा यसले प्रदुष्णन पो गराउछकी भनि,
बाटो खोज्दा पबित्र पथमा जाँउला स्वर्ग जो भनि,
हुन्छ त्यो ज्ञान विज्ञानको शान, रक्त दान जीवन दान !!!
रक्त दान जीवन दान !!!

गीत



ज्ञानेन्द्र गदाल, कोलोराडो

१. आफै बन्नु पर्छ

विपत्तिमा काँधै हाल्ने, आउदैन् कोही पनि
बलेकै आगो मात्र, ताप्छन् जो पनि ।

सुख बाँड्नु अरुसंगै, दुःख आफैमा
उमंगको भागि अरु, पीडा साथैमा
सोझै आना आफ्नो हुन्न, पराइको मन
अर्काको खलितको, काम लाग्दैन धन ।

घाम जून धर्ती आकाश, आफै बन्नुपर्छ
आफ्नो लागि जिउने बाटो, आफै खन्नुपर्छ
स्वर्ग नर्क देखिदैन्, आफै नमरी
आफै भाग्य लेखिदैन्, कर्म नगरी ।

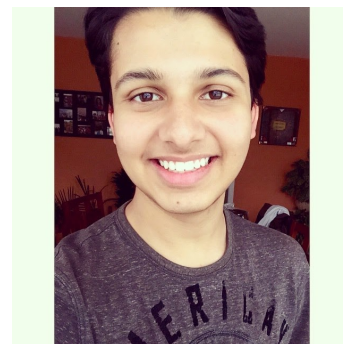
२. बैगुनीलाई

भन्छन् हजुर बैगुनीलाई, गुनैले मार्नु
विपत्तिमा पनि कैले, हिम्मत नहार्नु
यति गर्न सकेदेखि, स्वच्छ हुन्छ मन
जोगाइराखे बचाइराखे, सधैं आफ्नोपन ।

विश्वास पनि सस्तो हुन्छ, कुरा काट्नेको
भूटो कुरा गरी-गरी, माया साट्नेको
भन्छन् हजुर पराइको, कुरा नकाट्नु
सत्य सधैं अटल हुन्छ, कहिल्यै नहाट्नु ।
यति गर्न सकेदेखि..... ।

आकाश पनि रुनु पर्छ, धर्ती भिजाउन
कोमल मुटु हुनुपर्छ, दुनियाँ रिकामाउन
भन्छन् हजुर परोपकार नै, साँचो धर्म हो
परोपकार नै मानवताको, सही मर्म हो ।
यति गर्न सके देखि..... ।

If I Should Have a Son

Jwalanta Panthee
Asheville, North Carolina

If I should have a son,
I would want him to call me Dr. Phil
because I would want him to feel as if he could talk to me
about anything.
I'd not only hear, but I would listen.

It is a heinous world out there and I will teach him to be
fearless,
to do something every day that scares him.
I will teach him not to wait a single second
before socking someone in the face that had previously
punched him.

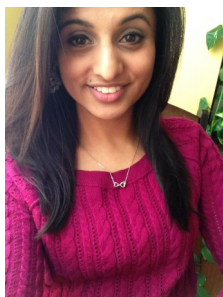
If I should have a son, I will tell him that it's okay to get his
clothes covered in grass and mud because the best clothes
are the ones worn in with new experiences.
The Universe is the limit! (Why limit yourself to just the
sky?)

I will always want him to be respectful to me and others.
He will treat their opinions with the admiration and rever-
ence they deserve.
I'll tell him to keep his feet on the ground and his eyes in the
skies.

I will tell him every day to fight for what he believes in
and fight for others and those who don't have as much as he
does.
I'll tell him to fight for justice, because the truth is,
you can't stand up for yourself if you don't stand for others.

Most importantly, if I should have a son,
I will teach him that I am not only his father,
but a friend of his who will always be there for him.
I am his warrior and I will protect him no matter what the
circumstances are.
And if anyone is bothering him, he'll surely tell them to
face, his father.

Chiya Khaani?



Jyotsna Panthee
Asheville, North Carolina

A cup of tea is what I crave when I yearn for comfort. Not just any tea, chiya tea; more specifically, masala chiya. It constructs a bridge to my culture while providing me with a sense of well-being.

A country where chiya is served throughout the day at almost every social event; from capacious, formal meetings to small casual chats. During the summer of 2011, my family and I took a trip to Nepal as a way for me to stay in touch with my heritage and culture. While in Nepal, I visited many of my relatives who were spread throughout the regions. Some lived in impressive three-story houses in the cities, while others resided in small huts in the villages. Wherever their home was located, all of our relatives greeted us with the same sweet welcome and a question, “*Chiya khani?*— would you like some tea?”

I gladly accepted the delectable offer in every home we visited, sometimes even wanting seconds. The preparation for this traditional gesture initially begins with a pot of hot water on the stove. As the water starts to heat up, tea powder is sprinkled over it. Once it reaches its boiling point, milk is poured in, cooling the brewed tea. At this point, sugar or any types of spices can be added, allowing for it to boil again. Using a strainer, the tea powder and other spices are separated from chai before serving it with some crisp biscuits. Although the preparations for chai are all similar, I recall each house having its own distinct flavor. Some spicy, some sweet, but all filled with warmth, kindness, and a drop of tranquility.

This chiya tradition did not stop once we departed Nepal. When returned to the United States, I realized just how much chiya was consumed in my own family. Every morning, my mom makes the family some tea before starting our day. Upon coming home, we drink chai as a remedy to wind down after a long day of academia. Whenever a guest is over, we say, “*Ek cup chiya kham-* let’s have a cup of tea.” During times of stress, sorrow, or joy, I find myself preparing chiya several times a day. Boil half a cup of water. Add tea powder. Let it boil. Add half a cup of milk, sugar, and any other desired spice. Let it boil once more. Strain and enjoy. It was like a mantra that I lived by. The delicate balance of perfectly brewed tea, water, milk, and sugar relaxes me and brings me the same sense of warmth and happiness that my relatives showed me.

Thanksgiving Festival

Tilak B. Shrestha, Ph.D
Huntsville, Alabama

We all Nepalese living in USA celebrate the great American ‘Thanksgiving’ festival with much joy. We are jovial people, love festivals and celebrate both our own Nepalese and American festivals. The Thanksgiving is celebrated on the fourth Thursday of the November month. Offices and schools are closed, and families gather to enjoy the main dish – Turkey. It is the first authentic American festival created by the new settlers. It is a non-religious festival, made in America with the theme of the Native Americans and the new settlers coming together and celebrating the bounty of the country. It does resonate deeply with our own experience.

Some of the early settlers in the America from Europe were called ‘Pilgrims.’ They came in 1620 and tried to establish a colony in Plymouth, Massachusetts, New England. But the winter was already setting in and they did not have enough provision to survive. Luckily there were good hearted Native Americans, who helped them. Next year they had bounty of harvest and survival was assured. To commemorate the good fortune the Pilgrims invited the Native American friends and had a big feast in 1621 – ‘Thanksgiving.’ The feast lasted for 3 days attended by 90 Native Americans and 53 Pilgrims. Poor us, we celebrate only one day. The day was made an official public federal holiday by Honorable President Abraham Lincoln in 1863.

One interesting tradition of the Thanksgiving is the Presidential Pardon of the Turkey. The turkey is the main dish enjoyed as per the tradition. The Turkey Federation annually donates two turkeys to the White House since 1947. In 1989 President George H.W. Bush made the tradition of pardoning the Turkey and let the turkeys live their natural life in a farm. Some accounts credit President John F. Kennedy and President Ronald Reagan for the tradition. It is not to be misunderstood as the Ambassador of Republic of Turkey getting Presidential Pardon. But today pardoned Turkeys are happy and thanks President Barack Obama.

Another interesting aspect of the Thanksgiving is the Black Friday. On the Friday following the Thanksgiving many businesses give special discounts in their prices to boost their sales. People line up the stores to buy bargain items. This also signals the coming Christmas season, another great festival.

Many people take the following Friday off to make it a long 4 days weekend. Many travel to see their families and friends. It is one of the busy traveling weekends.

The Thanksgiving feast comes with traditional menu. Of course, we Nepalese add a few of our own dishes. Besides tur-

key, the traditional Thanksgiving feasts usually have cranberry sauce, stuffing or dressing; and gravy. Other commonly served dishes include winter squash, sweet potatoes, mashed potatoes, dumplings, corn, deviled eggs, green beans, peas and carrots, bread rolls, cornbread, biscuits, rutabagas, turnips etc. For dessert, various pies are often served, particularly apple pie, sweet potato pie, pumpkin pie, chocolate cream pie and pecan pie.

It may be interesting to note the menu of the first Thanksgiving feast in 1621 between the Pilgrims and the Wampanoag Native Americans at Plymouth Colony. It contained turkey, waterfowl, venison, fish, lobster, clams, berries, fruit, pumpkin and squash.

The festival is about the basic human instinct of helping others in distress and being grateful. If our society runs with these two sentiments, we will achieve heaven here in this earth.

The main theme of the 'Thanksgiving festival' is the people from different parts of world, with different backgrounds and cultures coming together; helping each other and enjoying the bounty of the nature. It may be summed up with the ancient Sanskrit mantra: **'Basundhaiwa Kutumbakam' – 'World is one family.'**

Reference:

President Barack Obama pardons the Turkeys:

<https://www.youtube.com/watch?v=K4k5SDI21uM>

Thanksgiving History:

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Wikipedia: Thanksgiving USA:

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Thanksgiving dinner:

http://en.wikipedia.org/wiki/Thanksgiving_dinner



Christmas Festival

Christmas is such a colorful festival. People are in good and giving mood. Homes, communities and businesses are decorated with lights and ornaments. Christmas trees, reindeers, sleighs, real or fake snow are the staples. Of course, there cannot be Christmas without - Ho, Ho jovial Santa Claus carrying the bag of toys for children. He is the happy old guy clad in red, white and green suit, white flowing beard, riding sleighs, making toys for children in his castle in the North Pole assisted by his elves. Businesses have special sales to assist the festivity. And children, aged 5 to 55, do believe in both Santa Claus and Toys. People are nice with greetings, 'Merry Christmas, Happy Holidays.' Families and friends have big parties, invite even strangers and exchange gifts, a piece of heaven in the earth, indeed.

The Christmas is mainly celebrated in Christian countries and communities. But its appeal to the basic human goodness has transcended it to other countries and communities as well. Though it is given as a Christian festival and the day as the birth day of Jesus, it is much older. Its origin is tied to the Winter solstice and human optimism symbolized by the beginning of the day getting longer. The pre-Christian, Pagan European celebrated it as the day of the Sun. The decorated tree is the symbol of the fertility and the rejuvenation in the nature. It is similar to the pole 'Yashin' in our 'Indra Jatra' festival in Nepal. Nobody knows which year Jesus was born, let alone the day. However, later Church got rid of the Pagans, took over the festival, declared it as the Christian festival and the day as the Jesus' birth day. By the way, the Church also took over Pagan title 'Pope' and temple 'Vatican' as their own. Thus, there are Christian sects which do not consider it as Christian and do not celebrate.

The origin of happy Santa Claus bringing toys to children, also known as Saint Nicholas, Father Christmas or Kris Kringle, comes from ancient European folklores and legends. There are many myths associated with it: Odin - Norse God, Sinterklaas - Dutch folklore, Tomte - Scandinavian folklore, Saint Nicholas - Greek folklore etc. Today's fabled and jovial Santa Claus is the modern American interpretation. Either way, we all children love him.

We are the jovial Nepalese. We promote our culture, respect others, and if good celebrate as well. As usual we add our own color to it. We have a few Nepalese dishes, invite friends and have fun. Let us celebrate the **Essence** of the Christmas: **'Sarve Bhavantu Sukhinah' – let All be Happy, 'Om Shanti, Shanti, Shantihi' – let Peace Prevail in the Earth.**

Reference:

<http://en.wikipedia.org/wiki/Christmas>

http://en.wikipedia.org/wiki/Santa_claus

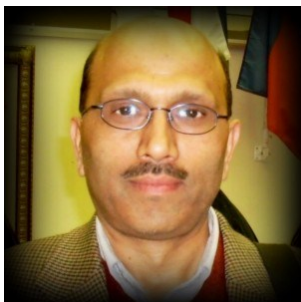


Colorful Christmas decoration!



Science Section

Who is That and Where is That?



*Dr. Bishnu Phuyal
Mount Prospect, IL*

Take a long span of time of your life and begin to ponder over all the things that you have in memory from your past to the present, as much as you can, one by one.

Start with the first incident in your memory that you still can remember well. Try to discern any other possible visual impression you have in your memory, of all living or non-living objects related to this first incident. Now, reflect upon what you physically looked like back then, what you wore, etc.? Next, try to know all the content or state of your mind or feeling at that time for that incident, any feeling you may have in your consciousness as much as possible.

Similarly, bring the next incident to your consciousness from your memory. Begin visualizing the matter of the incident, content of the scene, physical appearance of objects, etc. including any material and non-materials things, the state of your mind and also your impression on the state of the mind of the other related to this incident.

In this way, fetch the content of your memory of your past into your consciousness one by one, and in the order of time as much as possible. In each of these incidents in your memory, keep on knowing your own physical form, your own mental state and any other material and non-material objects of things related to these events. In each of these incidents, may you reflect what influenced most to your mental state most at that time?

Now assume you have some super natural ability to put all those things of each of the incidents; the physical characteristics, the mental state, things that influenced your mental state and the one that influenced most in some forms and states in front of you lined in sequence of time and space, from the very first to the most current.

What you see? What you realize? And what could you conclude

observing these material and non-materials things? Is it not extremely baffling that you can see yourself from that time how much you have changed in shape, size and forms over time? You can see your physical form changing continuously. Your physical appearance changed from a young baby to adulthood and then to your current age or old age. And it changed vividly.

Next begin analyzing how much changes occurred in your mental state from the outcome of how you react with things then and now that surrounds you. How much consistency you have in things of similar matter and how much inconsistency you have become reacting differently to same kind of things, things that are similar in nature, at different times.

You can see those non-material things, things of mental nature, different at different time and hence they are also changing. You have changed in your form and your characteristics. What remained constant may be absent, not even scanty. Furthermore what you also have seen constantly changing in both physical and non-physical forms of things for other person or things.

Therefore it is our experience of things that are materials of physical types, seem to change over time. If we can understand each and every subtlety, it can be concluded that change is happening to all the things constantly. Nature brings the changes constantly. However, things that are non-materials, that are of mental characteristics, which lie within us, also change with time, beginning from our young age to the adulthood and to the old age continuously. Our interest or taste and hence our mind react differently with the change in space and time. So our physical and mental state and hence all other physical and mental states or all non-material things are completely influenced in space time and have the characteristics of impermanence, some sort of dynamism.

Due to their changing nature, things must not have any supremacy to know and capability to record all these changes, because it would have changed already. But all those changes that we are able to perceive in this way, seems to be somewhere within us, that awareness or that consciousness is always there; and interestingly it seems it is there just inside ourselves, completely within our own body. Surprisingly profound is to understand the fact that nothing has influenced this consciousness to change; it was there as far as we can remember, it is there now and hence it has not changed anything at all. So, as it was there ever since we know, should be there ever too, before we know or even after? It has remained as a witness all along our life span. If we are so sure that it has not changed at all, can we not say then that its state be remain unchanged beyond the time span? That is the way it seems to be, because nothing seems to influence it to change.

Therefore in order to know these characteristics of changes in physical and non-physical things, there is this something present within each of us as a witness which is conscious and constantly know all the changes, recording those changes and keeping them intact. And this one certainly appears to have no changes; otherwise all those records would not be remaining. Therefore there is this thing that is never changing and that it must be the one which knows and sees all the changes all the time and remain unchanged. Who is that and where is that?

How Healthy is Your Urinary Bladder

*Dr. Shankar P. Parajuli
Columbia, SC*

Normal function of urinary bladder

Urinary bladder is a hollow, balloon-shaped organ, which has two major functions: storage and emptying of urine. A healthy bladder stores urine at relatively low pressure and expels them periodically at a socially accepted time. Regular function of bladder is to contract and relax in a coordinated manner which is controlled by an interaction between the central nervous system (brain and spinal cord) and organs of the lower urinary tract (bladder, urethra, pelvic floor muscles). Any disturbances in these process result in bladder control problems including overactive bladder and urinary incontinence including frequency and urgency of urination and difficulties emptying the bladder. Difficulty emptying the bladder involves conditions such as a weak flow of urine, frequent urination and not emptying to completion. These bladder symptoms are often called as overactive bladder. The most common symptom of overactive bladder is a sudden urge to urinate that makes you fear you will leak urine if you don't get to a bathroom right away. People with overactive bladder condition have to go to bathrooms several times during the day and night, for example more than 8 times a day. The increasing scientific study shows that occurrence of bladder control problem increases with aging in both man and woman.

Causes of bladder control problem

Any disturbances in the regular functions of bladder causes bladder control problems. For example, patients with diseases that involve the central nervous system, such as neurogenic **UrologyHealth.org Glossaryneurogenic**: Causing or relating to the disorder of nerves. problems in children, spinal cord injuries, Parkinson's disease, cerebrovascular accidents (strokes) and multiple sclerosis, could have bladder control problems. In addition, trauma, irradiation and other injuries to the lower urinary tract and pelvic organs could potentially cause bladder control problems. Overall, dysfunctions of the urinary bladder function have an enormous impact on the health and health care of tens of millions of U.S. citizens. Thus, bladder control problems are a major financial burden on the health care system in the U.S. and beyond. The scientific communities are focused to explore the underlying mechanism of overactive bladder and to provide a reliable therapeutic control of unstable bladder with a minimum side effects.

Major risks for overactive bladder

Aging people of both men and women are at a higher risk for overactive bladder and urinary incontinence. However, all the aging people will not have overactive bladder symptoms. Women who have gone through menopause have a higher risk of urinary incontinence. Men who have had prostate problems also seem to have a higher risk for overactive bladder. The prostate gland commonly becomes enlarged as a man ages. As the prostate enlarges, it may squeeze the urethra and affect the flow of the urinary stream. Obesity and diabetes are also risk factors for developing overactive bladder symptoms. The people with overactive bladder symptoms

are enhanced by a certain food and drinks such as caffeine, artificial sweeteners, alcohol and very spicy foods.

Some treatment options for overactive bladders

Behavioral therapy: Behavioral therapy or lifestyle changes are often used as a primary treatment option to control overactive bladder. Behavioral therapy includes some changes in the way you live day-to-day. This may include changing your diet, or practicing methods that may help control your symptoms. Although most patients don't get rid of all their bladder dysfunction with lifestyle changes, they feel a significant relief on frequency and urgency of urine voiding. It is highly recommended to eat less bladder irritating foods. These food include coffee, tea, artificial sweeteners, caffeine, alcohol, soda, other fizzy drinks, citrus fruit, food made with tomatoes, chocolate (but not white chocolate) and spicy foods. Some people have trouble with emptying their bladders completely. This phenomenon is also known as urine retention. Such a bladder problem can be minimized by double voiding or emptying bladder twice. Another important behavioral therapy is delayed voiding in which you teach yourself to put off going to the bathroom even when feel an urgency. At first, you wait just a few minutes and gradually you will be able to wait two to three hours between bathroom visits. If you try to wait too long to go to the bathroom you may have problem of urine leakage.

Antimuscarinic therapy: Presently, the mainstay of therapeutic treatment of overactive bladder relies upon antimuscarinic drugs. However, these antimuscarinic drugs may have many adverse side effects such as constipation, blurred vision, and dry mouth.

Estrogen therapy: Women are at lower risk of overactive bladder during premenopausal period than that of postmenopausal period. Menopause is the time in a woman's life when her ovaries stop releasing eggs and menstruation ends. During menopause, female sex hormone estrogen level drop dramatically causing development of overactive bladder symptoms. Despite having some side effects, estrogen therapy has been shown to be effective in controlling overactive bladder symptoms and urinary incontinence.

Enlarged prostate therapy: Prostate glands, which are located near the bladder, can start to enlarge while age of men increases. This will not happen to all men, but as many as 50 percent of men will experience this problem which is also known as benign prostrate hyperplasia symptoms. This can cause irritation or even obstruction of urethra causing symptoms of overactive bladder and urinary incontinence. Medication, bladder training exercises, and surgery (in severe condition) can help get overactive bladder symptoms under control.

Dr. Parajuli has been collaborated with Drs. Georgi V. Petkov, an internationally recognized scientist, and Eric S. Rovner, an internationally recognized urologist, to study the urinary bladder smooth muscle function and dysfunctions.

Delivery of Special Education Services in Nepal: A Need Assessment

*Dr. Ram Chandra Baral
Columbia, South Carolina*

Since the establishment of a democratically elected multi-party government in 1990, the need for advancing a national educational program has been evident if Nepal is to rise above its present poverty status. This study provides a description of the existing status, the needs, and future proposals concerning special education for exceptional students in Nepal.

The purpose of this study was to conduct a needs assessment for the delivery of special education services in Nepal. Specifically, this study provides: a) a national overview of the status of special education services in Nepal; b) a description of the specific issues with which school administrators are faced in trying to serve exceptional children and youth, and c) recommendations for the future.

The review of the literature addresses the limited Nepalese data and information on: a) prevalence of exceptional school-age population; b) the legal status of special education; and c) exceptional students being served. The major components of comprehensive special education programs were discussed including: a) the purposes of special education; b) the alternative kinds of special education services; and c) the organization of special education services.

The methodology for this study included a description of a conceptual model; unit of analysis; subjects selection; instrumentation, data collection methods; and data analysis procedures.

The results described the current status and needs of special education services in all seventy five school districts of Nepal. Interviews and questionnaires were used to collect data from district education officers. These data presented the responses of the district education officers regarding the: types and numbers of children with exceptionalities identified, served, and not served; the kinds of personnel and programs provided; operating procedures; barriers; and administrators, suggestions for improving services. The recommendations from this study included: information about strong and weak areas in existing services and needs to improve the special education services; a new model for the delivery of services; and suggestions for effecting further action. This study concluded with comments on the feasibility of implementing a national plan, with particular attention to the establishment of a nationwide delivery procedure for Nepalese children with special education needs

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Miscellaneous Section

Past, Present, and Future of NASEA



Dr. Ram C. Baral
Professor of Psychology
South Carolina

Among the many illustrious Nepalese associations in Americas, the Nepalese Association in Southeast America (NASEA) stands tallest. NASEA has done many commendable works in promoting Nepalese socio-cultural heritages, languages, and general helps to Nepalese and American communities. This report provides a bird's eye view on the past and present activities, and future aspiration and programs. I encourage all our Former Presidents their respective EC team members, advisers, Life members and well-wishers to look at this NASEA's historical article and provide your valuable feedback and comment to Shangri-La editorial board so that final version of this article will be published during NASEA/ANMA joint convention 2015 publication Yeti Viewpoints.

Past Memoirs

I still cherish the many discussions with Nepalese friends on the need of creating a Nepalese association, working towards and finally establishing in 1991. Among many active friends I still remember lots of work being done by so many friends especially by Dr. Dharmendra Dhakal, Shakti Aryal and Dr. Bishwa Acharya the founding President of NASEA. At that time, I was teaching in the Mississippi University. In those days, we didn't have modern technology like today but we communicated by telephones mainly.

NASEA Conventions in past and scheduled

1991 - NASEA was founded.
1992 - 1st NASEA Convention, Hotel Holiday Inn, Atlanta. ANMA friends joined.
1992 - NASEA hosted Convention for Association of Nepalese in Midwest America (ANMA)
1993- 2nd NASEA Convention. Atlanta, Georgia, ANMA friends joined.
1994- 3rd NASEA Convention Auburn, Alabama.
1995- 4th NASEA Convention,

1996 Olympic Time in Atlanta and Late Crown Prince Dipendra Shaha's visit. I brought a vanful of people from Mississippi

to have this special gathering. At that time, Dr. Samanta Thapa was our NASeA president.

1996- 5th NASeA Convention, Atlanta, Georgia, I brought a group of people from Mississippi and cooperated to succeed. At that time, we had an American Dr. David Roger but we named him Dr. Devi Ram in Nepalese way of naming for his popularity.

1997- 6th NASeA Convention, Oxford, Mississippi, I worked as an active leader to succeed it., specially, in Managerial and Cultural Committees.

1998 - 7th NASeA Convention, Jacksonville, Florida

1999 - 8th NASeA Convention, Nashville, Tennessee.

2000- 9th NASeA Convetion and 1st Nepali International Convention

2001- 10th NASeA Convention, Raleigh, North Carolina

2002 - 11th NASeA Convention, Atlanta,

2003- 12th NASeA Convention, Birmingham, Alabama

2004- 13th NASeA Convention, Atlanta, Georgia

2005 - 1st NASeA ANMA Joint Convenion, Atlanta, 14th NASeA Convention,

2006 - 2nd ANMA NASeA Joint Convention, Chicago, Illinois 15th NASeA Convention

2007 - 3rd NASeA ANMA Joint Convention, Atlanta, Georgia 16th NASeA Convention

2008 - 4th ANMA NASeA Joint Convention, Nebraska, 17th NASeA Convention

2009 - 5th NASeA ANMA Joint Convention, Raleigh, North Carolina, 18th NASeA Convention

2010- 6th ANMA NASeA Joint Convention, Lexington, Kentucky; 19th NASeA Convention

2011 - 7th NASeA ANMA Joint Convention; 20th NASeA Convention, Atlanta, Georgia

2012 - 8th ANMA NASeA Joint Convention; 21th NASeA Convention, Indianapolis, Indiana

2013 - 9th NASeA ANMA Joint Convention; 22th NASeA Convention, Greenville, South Carolina

2014-10th ANMA/NASeA Joint Convention, 23rd NASeA Convention, Denver Colorado

(Upcoming) 2015-11th NASeA/ANMA Joint Convention, 24th NASeA Convention, High Point, North Carolina

Present and Past Presidents

Years of Service

1. Dr. Bishwa Acharya (GA)	1991 - 1993
2. Dr. Dharmendra Dhakal (TN)	1993 - 1995
3. Dr. Samanta Thapa (TN)	1995 - 1997
4. Hari Dhungana (GA)	1997 - 1999
5. Dr. Ramesh N. Amatya (TN)	1999 - 2001
6. Shaubhagya Lal Shrestha (GA)	2001 - 2003
7. Dr. Prakash B. Malla (GA)	2003 - 2005
8. Dr. Narayan Rajbhandari (NC)	2005 - 2007
9. Tek Thapa (GA)	2007 - 2009
10. Raja Ghale (GA)	2009 - 2011
11. Dr. Sanjeev Sapkota (GA)	2011 - 2013
12. Dr. Ram C. Baral (SC)	2013- 2015 (Current)

Present

At present, NASeA has grown up to be a strong organization. It is still growing with good leadership and engaged in many projects for the best of Nepalese in the Americas and also in Nepal. Some of the projects we are engaged in are:

1. Nepal Promotion
2. Public Relations
3. Cultural Promotion
4. Membership
5. Publications
6. Bhutanese Collaboration
7. Youth and Sports
8. Information and Technology (IT)
9. Immigration and Conflict Resolutions
10. Community Relations, etc.
11. External Relations
12. Nepali School
13. Academic and Professional
14. Medical
15. Entrepreneurship
16. Religious/Culture

Other projects can be taken up according to the needs and interests of our Nepalese communities. These projects are headed by project 'Committees.' Each committee has specified action plan but is open to creative ideas, suggestions and help. NASeA committees' chairs have full authorities to launch various programs and engage our community members to fulfill our goals abiding the rules and regulations of NASeA By-Laws!

Upcoming activities of NASeA

NASeA organized a mega convention during the labor-day weekend September 1-2, 2012 in collaboration with Association of Midwest America (ANMA) and Nepalese Association of Georgia (NAG) in the great city of Indianapolis, IN. For detail visit the convention website www.jointconvention.org

During 2011-2013, monthly talk program was chaired by Dr. Ram Baral on the trends and issues that concerns Nepalese. This is one of the popular programs of NASeA being conducted for almost two years now. Numerous dignitaries and experts have spoken at the talk session, including Anuradha Koirala, the recipient of CNN Hero Award; His Holiness Maharaj Khemraj Keshav Saran Maharaj; Devman Hirachan and Jiba Lamichhane, Presidents, International Non-Resident Nepalese Association (INRNA); Dr. Dina Bangdel, Nepalese Arts; Dr. Nita Thapa, community medical health; Dr. Samrat Upadhyay, English literature, SSP Ramesh Kharel, and several others. We look forward to more such programs and bring in leaders and experts in many fields.

Nepal Festival is another major activity that NASeA is bringing forth. Enhancement of Nepali School is another major undertaking. The classes are being expanded and other educational activities are being included. NASeA is supporting the development of the Nepal Cultural Center. Other regular events and projects will continue including homeless feeding, blood donation under the leadership of Dr. Lila B. Karki, celebrating Dasain, New Year etc. NASeA requests you to participate by joining its mailing list and being current in the activities. Please visit the site: www.naseaonline.org

Partners of NASeA

NASeA works with many partners including Asia Pacific American Council (APAC), NRN, ANA, ANMA. Besides, NASeA has its own network of state level as well as city level organizations. NASeA also operates through various committees.

Future

The 10th NAsEA/ANMA joint convention 2014 in Colorado completes our decade long ties of celebrating the joint convention together best serving our community in large. The NAsEA and ANMA current leadership lead by Dr. Ram Chandra Baral and Mr. Sushil Sharma and their EC team of excellence respectively has agreed upon opening an official dialogue between two the two organizations.

NAsEA President Dr. Ram Chandra Baral has officially authorized EVP Bimal Nepal to exercise all the possible option and to evaluate a decade long ties of celebration NAsEA/ANMA joint convention together. Keeping this in mind, NAsEA EVP Bimal Nepal with consultation with President Dr. Baral and General Secretary Dr. Tilak Shrestha proposed one Agenda "Evaluation of Decade long NAsEA/ANMA joint convention" on Sunday December 21st, 2014.

This was NAsEA's historical meeting moist of NAsEA's Former Presidents specially Mr. Shaubhagya Lal Shrestha, Dr. Prakash Malla, Mr. Tek Thapa, Mr. Raja Ghale and Dr. Sanjeeb Sapkota for participating during NAsEA's 19th EC meeting.

During this special meeting it was great honor to have all our Former Presidents presence who had served with dignity and played a key role in all joint convention during their tenure. Thanks for sharing your experience and expertise regarding the decade long NAsEA/ANMA joint convention and providing us your valuable feedback which will definitely help us shape up and plan better for our future joint convention.

Both NAsEA and ANMA current executives have given a high priority in evaluating its a decade long joint convention and work together to further enhance the incoming joint convention in all aspect to make this more productive towards best serving our community always placing our identity as Nepalese American First! A great process has begun....

Moving forward, we look forward having our 1st official conferencing/physical meeting with our ANMA counterpart during the month of January 2015. Details of which will be worked out together by NAsEA and ANMA secretariat and will be updated to us accordingly. Stay tuned we will reach all our Former Presidents, Advisers and Well wishers of NAsEA for your valuable advises and guidelines and together we will give consistency to our decade long NAsEA/ANMA joint convention to a different height.

During this we can initiate the dialogue towards our joint commitment and even *form a NAsEA/ANMA joint task force* to work out the details where short and long term procedures/goals of the joint convention is well addressed.

Furthermore this will lead us to sign Joint Convention MOU between NAsEA and ANMA which will be our legal binding to best serve our community of our region. Here I would like to recall a proposed draft MOU of joint convention prior to 9th joint convention by then Chair Dr. Baral (our current president) was proposed during NAsEA Presidents Dr. Sanjeeb Sapkota tenure but never got finalized.

One thing is very clear to us all that both [partner organizations NAsEA/ANMA will continue to be the part of this joint convention and together we will make our 11th NAsEA/ANMA joint convention 2015 in NC a grand success!

Given the level of interests and activities we hope NAsEA will grow stronger and soar higher. The main reason of our success is our focus only on promoting Nepalese socio-cultural heritages, festivities, languages, literature, arts, and music. We do sadly recognize that our nation is in a chaotic situation of disparity, political and ethnic discord. We are sure this is only a temporary phenomenon and our traditional peace and harmony will prevail. In this backdrop our promotion of the 'Unity in diversity' does touch many sympathetic hearts. Our motto always remains 'Nepalese unity and harmony.'

Further suggestions:

- To expand its horizon in the Americas and around the globe;
- To enhance community contacts and joint programs with Bhutanese, since we are Nepalese in all aspects;
- To include Nepalese from other countries such as India, Burma, and others. Because, Nepalese identity and ties are very strong with them;
- To include American friends of Nepalese community and interested in Nepal ;
- To work for the dual citizenship with Nepal, it remains an unresolved issue of NRN;
- To revise Bylaws of NAsEA and make it current, e.g. membership deadline issues;
- To change the acronym of the organization as 'NASA.' The earlier acronym of the organization was 'NASA', which changed to 'NAsEA' to remove confusion with the American rocket program. However, we need to expand our scope to international level not limiting within Southeast America only, though head quartered in Atlanta, GA;
- To keep NAsEA an independent organization, without recognizing supra umbrella organization.

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 Alabama Nepalese Association <http://www.alnepal.com/>
 Nepalese Student Association Mississippi State University, <http://nsa.org.msstate.edu/>
 Nepalese Student Association, South Alabama, <http://www.usouthal.edu/nepal/>
 Nepali Embassy United States, <http://www.nepalembassyusa.org/>

A Letter to the His Excellency Honorable British Ambassador

December 15, 2014

Honorable Andy Sparkes Jee
British Ambassador
Kathmandu, Nepal

Sadar Namaste!
Merry Christmas!

Your preaching of 'secularism' to be included in the Nepalese constitution is noted. It may be interesting to note the difference between the preaching and the practice. Britain is a declared Christian 'Church of England', not a Secular, nation. Doesn't that make you a hypocrite?

I am sure an educated person like you knows the difference between religions like Christianity and Dharmas like ours. Religions always interfere in politics and are violent. Thus it requires secularism. Hindu Rastra merely means respect of our heritage, roots and values; not theocracy. Therefore, secularism is irrelevant. You may also note that our constitution has been very clear on 'non-discrimination' as per any social factors including creeds.

Yes, a few of us are your mercenaries, but none of us are your subjects. You get bigger bang for smaller buck with us; with no charge for honor, courage, loyalty and friendship.

www.dailymail.co.uk/news/article-1393355/Hero-Gurkha-handed-bravery-medal-Queen-said-I-thought-I-going-die-I-tried-kill-I-could.html

You may not have to worry about Huns and Samurais, but how about within Britain?

1. Islamic Extremists in London: www.youtube.com/watch?v=UC2VQjSgpso
2. When Islam Takes Over Britain: www.youtube.com/watch?v=kczkDnMgboU
3. BBC - Muslim first British second: www.youtube.com/watch?v=uzjWaiOQfQw

In formulating our nationhood, we are merely looking back at our heritage coming from Shiva, Buddha, Janak, Sita, Manju Shree, Veda Vyas, Yalambar, Bhrikuti, Machhendranath, Gorakh Nath, Arniko, Shakhwal and others. That is, Hindu Rastra is not a theocracy. Our world view comes from the time honored philosophies.

- | | |
|--|-----------------------------------|
| 1. Truth always triumphs | Satyam eva jayate |
| 2. Goodness comes out of goodness | Om mani padme hum |
| 3. The whole world is a family | Vasundhaiva kutumbakam |
| 4. May all be happy | Sarve api sukhino santu |
| 5. Truth is one, sages call it differently | Ekam sat, vipraha bahudha vadanti |
| 6. Divinity in every heart | Ishwor sarba hridaya tisthati |
| 7. Divine peace, peace, and peace | Om shantih, shantih, shantih |

In comparison, the Church of England (16th century) is rooted on the polygamy of the King Henry VIII, and the crazy doctrines:

1. Acts 4:12 There is no salvation in any other religions.
2. John 3:16-18 Who does not believe in Jesus stands condemned already.
3. John 14:6 Jesus said to him, "I am the way, the truth, and the life. No one comes to the father except through me.

This is not a mere cheap idea, but laced with violence. Britain was Christianized around 7th century. What happened to your pre-Christian ancestors, the famous Druids? Which were your ancestors? The Druids or the Christian converts who killed them off? Interestingly, you, as a Christian, no matter what sins you may committed, are assured of heaven. But you also agree that all your non-Christian ancestors are in hell. However, after all, you may still meet your ancestors. The great honorable Pope has already ex-communicated you (1534). Just to make it extra sure, the great honorable Patriarch also has ex-communicated you and the Pope (1053). Please let me assure you that your pre-Christian ancestors were virtuous and are in heaven.

May Buddha bless us all with wisdom!

Most sincerely,
Dr. Tilak B. Shrestha

PS:

1. कमल थापाको प्रश्न : केही डलर दिँदैमा हस्तक्षेप गर्न पाइन्छ ?
www.onlinekhabar.com/2014/12/217352/
2. सरकारले बेलायती राजदूतलाई प्रस्टीकरण सोध्ने
<http://annapurnapost.com/News.aspx/story/4112>

(THIS IS NOT THE VIEW OF SHANGRI-LA OR NASEA AS A WHOLE, THIS IS JUST THE PERSONAL VIEWPOINT OF THE AUTHOR)

Income Tax 2014 Webinar Held

Nepalese Association in Southeast America (NASeA) together with Nepali American Certified Public Accountants Association (ANACPA) jointly organized a conference call webinar "Income Taxes update 2014" on Saturday, December, 20th, 2014 at 2 PM EST. Various expertise highlighted the importance of the Yearly Tax Filing personal/business and find a smart way to benefit from tax returns. As Nepalese American it is our duty to pay yearly tax and abide by all the rules and regulations of this great country.

Following is brief summary of the event.

Attendance record by NASeA EVP Bimal Nepal and CPA Bijju Bajracharya followed by opening remarks by NASeA President Dr. Ram Chandra Baral, NASeA EVP Bimal Nepal and CPA Aek Kshatry.

CPA Prajesh Acharya from California discussed on Income Tax Updates. CPA Bhim Karki from Texas discussed about Obama Care updates. CPA Biraj Raj Rijal from New York narrated about Self-Employment Tax. CPA Bilas Upadhaya from Texas explained about the Business Retirement Plan. CPA Hari Sharma from Verginia informed about the Not for Profit Taxable Risk and CPA Aek Kshatry from Wisconsin briefed about ANACPA and Record Retention.

The program was followed by questions and answers from participants from various backgrounds.

NASeA EVP Bimal Nepal gave a closing remarks with thanks to the speakers and the participants!

For more information please visit the following website.

<http://www.us.nrnaccountants.org/the-announcement/>

or

<http://www.us.nrnaccountants.org/> (ANACPA)

<http://naseaonline.org/> (NASeA)

11th Joint Convention of NASeA/ ANMA Being Held in Highpoint, NC

Preparation is underway for the 11th Joint convention of NASeA/ in Highpoint, NC hosted by TNCC under the chairmanship of Mr. Madhav Dhakal from September 4 to 6, 2015. So far there are Mr. Bimal Nepal, Shailendra Bajracharya, Ambika Sharma, Narayan Khadka and Prasim Poudel nominated as co-chair from NASeA side and more co-chairs are expected to be nominated from ANMA sides very soon.

Progress is being made on identification of a suitable convention hotel whereas other preparations are going on. All NASeA and ANMA members are working hard to make the convention a great success.

Nimish Memorial Soccer

In memory of Nimish Nath Khanal (Dec 16, 1988 - Dec. 21, 2007), his father Dr. Bhogendra Khanal established Nimish Nath Khanal Memorial Foundation. in 2007.



The foundation's vision is to help needy for education, promote youth sports and make friends with other organizations to help & collaborate, which resembles Nimish's life. Nimish was well known for his athletic and energetic nature. He was always surrounded by friends and was always willing to help them.



NNK memorial foundation will keep Nimish's core values in life to balance between education and athletics. We have been running programs like providing scholarship since 2008.

His passion and love with Soccer is appreciated by his families and friends in Florida. Nimish Nath Khanal Memorial Soccer Cup was established in 2011 and the tournament is organized during his birth anniversary every year.

Forth Nimish Nath Khanal Memorial Soccer was held on December 20, 2014 at Foresthill High School ground. Florida Chautari, local south Floridian Nepalese Soccer players and local teams participated the tournament. After distributing trophy and medals for the winners and players, Dr. Bhogendra Khanal and family hosted lunch for all the players and all participants.

We are on the web
naseaonline.org/
facebook.com/nasea.america

NASeA Executive Board (2013-2015)

President -	Dr. Ram C. Baral
Executive V. P.-	Bimal Nepal
Vice President-	Shailendra Bajracharya
General Secretary -	Dr. Tilak Shrestha
Joint Secretary-	Ambika L. Sharma
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Dr. Sushil Adhikari	AL

Mailing Address for President

Dr. Ram C. Baral
PO Box 7593
Columbia, SC 29204

Mailing Address for Treasurer

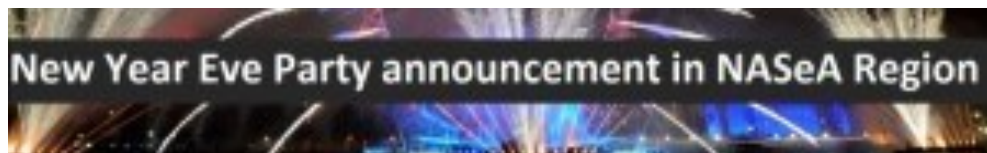
Bala Ghimire
5909 N California Ave
Chicago, IL 60659

The Shangri-La Editor

अन्तिम पातो

SHANGRI-LA

Let us all welcome New Year 2015!
Celebration of Happy New Year 2015 in NASeA Region!



In Georgia: New Year Eve Party announcement in NASeA Region

Hosted by Himalayan Spice in association with NAG and NASeA

Wednesday, December 31, 2014

Delicious Food/ DJ/ Music/ Dance/ Open Cash Bar

Door Opens 8:00 pm

Tickets (Door Sale): \$15.00 (Includes Food)

Open Cash Bar

Appetizer : Start @ 8:00 -9:00 pm

Dinner : Starts @ 9:00 – 10:00 pm

DJ/Music/Dance : Starts @ 10:00 pm on-wards to welcome New Year 2015

From NASeA's External Relations committee pen.....

Respected Nepalese in NASeA region and beyond,
Happy Holidays and Happy New Year 2015!

On behalf of NASeA's External Relations Committee together with President Dr. Ram Chandra Baral and EC team I wish you, your beloved family members, friends and well-wishers a good health, happiness, peace and prosperity this holiday season and Happy New Year 2015!

NASeA appreciates and always would like to be the part of all State/Student/Community and local leaders and community members organizing/celebrating special event to welcome this holiday with joy and happiness and together let us all welcome the New Year 2015 with great pride which will be more prosperous to us all and our loved ones around the world.

Please join me here in Atlanta, Georgia to celebrate New Year's Eve hosted by Himalayan Spice in association with NAG and NASeA (Please find the detail announcement above) Celebrating together we will give consistency to our great work and keep our identity as Nepalese American here in the US and best represent/serve placing our community first in this great nation.

With this note, I kindly request you all State/Student/Community leaders to communicate your news and event as it happens in your State so that we can announce/publish in our website/quarterly newsletter Shangri-La.

Please click the link and get the detail New Year 2015 celebration activities within NASeA region: <http://naseaonline.org/?p=2681>

Happy Holidays and Happy New Year 2015 !

Request to the readers

This is our attempt to bring **Shangri-La** to you. Please give us your feedback to improve the quality of this quarterly publication as far as possible. Please help us by sending your articles regularly at drpanthee@yahoo.com.