



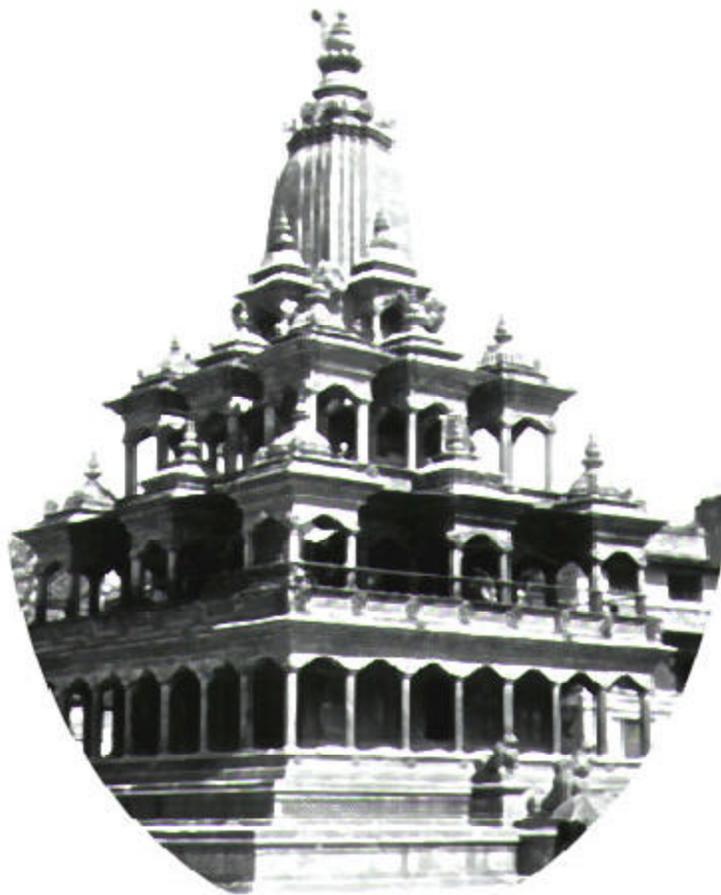
Yeti Views



13th Anniversary Issue

Bhadra 2061

September 2004



Nepalese Association in Southeast America

- NASeA -

Since 1991

Happy Vijaya Dashami
to
All Nepalese Friends and Families
and
Wish NAsEA
for a Successful 2004 Convention
from
Speedee Mart, Clinton SC 29325.

Subodh Gautam
Prem Kuwar
Pratima Gautam
Raju Kuwar

Yeti Views

A Publication of Nepalese Association in Southeast America

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Yeti Views is an annual publication of Nepalese Association in Southeast America.

We encourage you to send us your write-ups (news, article, literature, letter, essay, story and poems) that you wish to publish in Yeti Views. Please also encourage your children to write. This is a good opportunity for children to express their thoughts, views and ideas.

Writings should be submitted in electronic form using Microsoft Word. Times New Roman Font is recommended for Roman script and Kantipur for Devnagari script. If your writing script is different than the Roman and Devnagari, please provide us the font that you have used. The writings should not exceed more than four pages with a font size of twelve. Tables and figures, if any, should be attached at the end of the paper with captions.

You are also encouraged to send your ads to be published in the magazine. In the ads, you can express your wishes, congratulations, condolences, business advertisements, wedding and cultural announcements and so on. The cost for the ads will be US \$50 for a quarter page, \$150 for a half page, and \$300 for a full page.



13th

Anniversary

Issue

www.nepal-america.org

Cover Picture:

Krishna Mandir

The cover picture of Krishna Mandir (temple) was captured by Dr. Narayan Rajbhandari, Chief editor of Yeti Views, during his visit to his hometown, Patan, Nepal, on April 2004. The temple was built in the Shikhara style in 1673 on the west side of Patan Darbar Square. There are three stages; the first stage enshrines Lord Krishna, the second stage Lord Shiva, and the third stage Lord Lokeshwor. The temple is well known for the 21 golden pinnacles along the periphery and for the Ramayana narrated in Newari script along the interior of the temple. It is the only temple in Nepal that has 21 pinnacles and is completely made of stone.

Legend says that the temple was built after king Sidhi Narashing Malla saw God Krishna and Goddess Radha standing in front of his palace in his dream. The King built the temple in God Krishna and Goddess Radha's honor. The temple was built at the exact spot where the King dreamt them to be standing.

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Past Presidents of NAsEA

Treasurer's Report

As of July 31, 2004, NAsEA's
account is as follows:

| Type | US \$ |
|------------------------|----------------|
| ? General Fund | 360.00 |
| ? Education Fund | 2891.00 |
| ? Life Membership Fund | 2040.00 |
| ? Relief Fund | 339.00 |
| Total | 5630.00 |

Your contribution of one dollar can nourish NAsEA to achieve its objectives substantially. Please contact Ram Dangol (GA) for your kind donation. He can be reached at (404) 523-3074 or [E-mail:rdangol@dataradio.com](mailto:rdangol@dataradio.com)

Honorary Life Members

Mr. Madan Krishna Shrestha (Nepal)

Mr. Hari Bamsha Acharya (Nepal)

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- 48 Mrs. Renu Acharya (GA)
- 49 Mrs. Sharada Dhakal (TN)
- 50 Mrs. Usha Aryal (MS)
- 51 Dr. Sudha Amatya (TN)
- 52 Mrs. Sita Sharma (AZ)
- 53 Dr. Khushi Ram Tiwari (FL)
- 54 Mrs. Ambika Tiwari (FL)

Editorial Note

The Praiseworthy Fashion Show in the USA

Among many cultural programs hosted by Nepalese Association in Southeast America (NASEA), the fashion show of Nawah costumes that was magnificently performed by a group of student in Birmingham, AL, on August 31, 2003 is unforgettable and creditable. Like myself, many viewers left the audience with hungry eyes, hoping to watch the show again and again.

The fashion show represented the model and revealed that wearing of the haku patasi (Black saree) is a primary means of communicating and representing ethnicity, individuality, and cultural persuasion in Nepal. Presentation of haku patasi in different styles, such as wrapping skirt, pants and top, and Kurtha Suruwal, shows its renewal formation of the traditional patasi into the modern costume designed for adoption and marketing.

Weaving haku patasi is the oldest technology in Newah farm family at Kathmandu valley in Nepal. As I dismally remember, knowledge of weaving was a prerequisite for getting a husband for a farmwoman about forty years ago in Patan. Nowadays, such prerequisite is not apparent. Moreover, acceptance of haku patasi among the youngster even in the traditional Newah farm family in Patan is rare. If you are fortunate enough, you will see a young Newah women clad in Haku Patasi nowadays.

- Dr. Narayan B. Rajbhandari

President's Message



Dr. Prakash Malla, President, NAsEA

Dear Members and Friends

Namaste!

First of all, I would like to welcome you to the 2004 Annual Convention in the beautiful city of Atlanta during this Labor Day weekend. The annual convention is one of NAsEA's major events and provides all with the opportunity to mingle and network freely with friends and relatives living in Southeast America. This will also provide an excellent opportunity for our children and youth to have fun in a relaxed environment while developing friendships and learning about Nepalese culture and values. The executive committee and several other volunteers have worked hard to make this convention very informative, entertaining, and memorable for you all.

NAsEA is your organization and for you. We are eager to hear from you as to the types of activities and projects you wish the executive committee undertake. At the same time, I would like to appeal or even challenge you all to involve in the NAsEA activities and contribute in various ways to make this organization truly for the Nepalese communities in our area. As it is said in Nepal, "show with your deeds, not with words."

When I began my tenure as a president on September 2003, we laid out several plans and goals for the two years; some of them are new and some of them are just more of the existing activities:

☞ **Increase life membership.** We have a modest goal of reaching 100. I believe this would make NAsEA a unique Nepalese association in Americas. There are several benefits for becoming a life member and I strongly encourage you to be one. The fund from the life membership will be managed separately and used for undertaking something significant project in the future. I am glad to report that we have almost doubled the number of life members since September 2003 and currently stands at 54.

☞ **Help promote education in Nepal.** We currently have two projects (one provides scholarship to an orphan student and another pays an elementary teacher's salary in full) in Nepal. We wish to double or triple such projects. We would also like to help build a school in Nepal. This would require about \$5000. I need your help in fulfilling this important goal.

☞ **Reach out "Friends of Nepal."** We would like to reach out non-Nepalese American friends of Nepal and involve them more in NAsEA's activities. They could contribute to NAsEA's programs in a major way. One of the ways to reach out and attract them would be through special events combining cultural program, arts/handicraft show and authentic Nepalese foods. In February of this year, we had organized a get together with returned Peace Corps volunteers from Atlanta area. The meeting went very well and it involved a presentation on introduction to NAsEA, slides show on Nepal, and Nepalese foods.

☞ **Relief Fund.** We have established a NAsEA Relief Fund. This fund will be used to help a community or individual in the case of natural or man-made disasters and other tragedies.

☞ **Volunteerism and Community Service.** NAsEA has actively been involved in volunteer and community services. We have designated Labor Day (blood donation) and Christmas weeks (community services such as feeding the homeless, visiting orphanages, etc) as NAsEA Volunteer Service Weeks. We would like to do more of such volunteer services and I encourage for your active participation. It would also be a good educational experience for our children. As you know, we pride on our culture and values that preaches, "Selfless service is a greatest virtue" and "To serve others is to serve ourselves".

☞ **Mentoring and Career Development.** This program is being initiated to help high school or college bound students as well as those who are seeking jobs. There are many Nepalese professionals and entrepreneurs in our area. They will be available for providing valuable suggestions and guidance for our youths and adults alike.

☞ **Are you new in the area?** This program is designed to help the new comers in our area. The new comers may be students from Nepal or the families and individuals relocating in our areas from another state.

Again, I would need your help to fulfill these goals. Please feel free to share your ideas and suggestions. Your involvement and contribution are very important to make NAsEA an organization useful and relevant for our communities. Please visit our [website, www.Nepal-America.org](http://www.Nepal-America.org) for news and updates on NAsEA activities.

Message from Governor Perdue



STATE OF GEORGIA
OFFICE OF THE GOVERNOR
ATLANTA 30334-0900

Sonny Perdue
GOVERNOR

September 4-6, 2004

GREETINGS:

It is a pleasure to extend best wishes and warmest regards on the occasion of the 2004 Annual Convention of the **Nepalese Association of Southeast America**.

I am pleased to welcome the attendees from around the Southeast and Georgia to our capital. Atlanta is a beautiful city providing many attractions, including fine dining, historic sites and various recreational facilities. I hope you have an opportunity to enjoy some of them while you are here and experience the hospitality that is so much a part of our everyday life.

Nepalese Americans are a viable part of our citizenry and have contributed much to our cultural and economic life. I commend the Association for its contributions to strengthening and promoting your rich heritage, and I extend my best wishes to all for an exciting and memorable event.

Sincerely,

A handwritten signature in cursive script that reads "Sonny Perdue".

Sonny Perdue

SP/pan



SEBS – North America

SEBSNA@SEBSONLINE.ORG

4512 South 31st Street # 202
Arlington VA 22208

To:

Nepalese Association in Southeast America
2814 Winter Rose Ct
Atlanta, GA 30360

Date: June 24, 2004

Dear Nepalese Association in Southeast America,

We have received your kind contribution of \$3200 (Three Thousand and Two Hundred Dollars) for Samrita Lohani Health Fund.

Please retain this copy as a proof of your contribution for the Samrita Lohani Health Fund which is currently being administered by SEBS –North America, a not for profit organization. You can deduct this amount as charitable contribution (as provided in section 170 of IRC) while filing tax returns for 2004 if you decide to itemize your deductions. Federal Tax ID for SEBS-North America is 54-1998889. We wish to acknowledge that this contribution does not entitle you to any special/ or favorable benefit status in return for this contribution.

Details of donors list are being posted in the <http://www.samritahealthfund.org> . We will be periodically updating her situation in the same website. Currently representatives from Social Services organizations and other volunteers are actively seeking support from pharmaceutical industries and other hospitals to assist her with her post transplant medical coverage.

Please continue to spread the request for this appeal to your friends, corporations and charity organizations. Now everyone can make online contribution by visiting the above website.

Enclosed please find a thank you card signed by Samrita Lohani. If you have questions regarding your contribution please do not hesitate to e-mail us at info@samritahealthfund.org or sebsna@sebsonline.org .

Kind Regards,

Kiran Sitoula, President
SEBS – North America

SUMMARY OF 2003 NAsEa CONVENTION BIRMINGHAM, AL

Jay Shrestha, Birmingham, AL

Five months of preparation came down to two days of Showtime.

August 30, Saturday

The 12th NAsEa Convention kicked off as **On Site Registration** began 11am on August 30 at Comfort Inn @ Birmingham, AL. The registration processed through the leadership of Manisha Shrestha with the help of Jeevan Prasain, Mukesh Bastola, Rachana Shrestha, Archana Sherchan, Namita Bohra, Kabita Budiyaal, Sushila Shrestha, Bikash Awale, Amit Lala, Rakesh Lala and Kailash Bohra. Simultaneously, Ashish Rajbhandari and Bishal Shrestha traded attractive t-shirts affiliated with the event.

The **Basketball Contest** between Guests (Atlanta & Nashville) and Host (Birmingham) started off at 2 pm at Vestavia Civic Center. Guest team performance was lead by Shravan Thapa (Nashville) and Pravin Shrestha (Atlanta) and the host top performances were by Megendra Shrestha & Ashish Rajbhandari. Hari Munikar refereed the game that was co-ordinated by Rupesh Gautam, Rashik Shrestha, Ujjwol Bogati, Ashish Rajbhandari and Bishal Shrestha.

Lead by Rose Shrestha, Sushila Dahal, Renu Acharya and Ganga Shrestha, ladies dressed in Red Saris and Green "Pothes" took turns dancing and singing at center stage among a circle of about 25. As **Teej Celebrations** continued, Thai **Dinner** from the Local "Golden Village" Restaurant was served. The food was co-ordinated by Pravin Joshi as a lead with outstanding help from Rajesh Kunwar, Prajwal Joshi, Bijendra Subedi, Pardeep Singh, Raman Baral, Ajay Mahato, Subin Bhandari, Sunil Singh, Bijay Awale, Bikash Awale, Dipesh Parajuli, Sidhartha Joshi and Karma Maharjan.

Dr. Kedar and Rose Shrestha, popularly known as Mama and Maiju locally, addressed and thanked the attendees for making it to the Convention and sup-

porting the hosts. Suman Silwal, Ishwori Meera and Mukesh Bastola carried the **Bingo** game with an excitement never experienced during past conventions. Bingo was followed by **live song previews** performed by two local bands including Rajesh Kunwar (Vocal), Manish Shahi (Vocal & Rhythm Guitar), Pragat Sikrikar (Bass Guitar), Sugat Sikrikar (Lead Guitar), Rashik Shrestha (Drums & Lead Guitar), Abhishek Sainju (Vocal & Rhythm Guitar), Prasanna Shah (Vocal), Ashish Pradhan (Drums) and Pratik Shrestha (Bass Guitar).

As the Live-Show drew closure, the **Dance Floor** was arranged until midnight. DJs and equipment managers, Avi Malla and Jamal Meera got the walls shaking. Meanwhile, the movie **Darpan Chhaya** brought in some audience as well.

August 31, Sunday

Soccer match was arranged at UAB West Campus Soccer Field between Birmingham Seniors Vs Juniors, also co-ordinated by Rupesh Gautam, Rashik Shrestha, Ujjwol Bogati, Ashish Rajbhandari and Bishal Shrestha. The "Seniors" was captained by Ashish Rajbhandari whereas the Juniors by Bikash Awale. Bishal Shrestha scored the second again giving the Seniors the lead. **Kids and Social Games** took place during the half time. The final score 6-3 Birmingham Seniors. Bishal Shrestha rightfully claimed the man of the match after scoring three goals.

Coordinated by Suman Silwal and Rose Shrestha, ladies from Atlanta, Nashville, Texas, Mississippi, Florida and Birmingham prepared lunch packages to be delivered for **Homeless Feeding** program. Mr. Mukesh Bastola delivered the packages to the Homeless center.

As lunch came to an end, the **Opening Ceremony** commenced as the Mr. Shaubhagya Lal Shrestha (President), Dr. Prakash Malla (General Secretary), Dr. Narayan Rajbhandari (VP – Membership),

Mr. Sagun Shrestha (Youth Member) took to the podium along with the representatives from various sister organizations (Ms. Annapuran Deo: Nepal Center for North Carolina and Nepali Women's Network-North America; Dr. Narayan Rajbhandari: Nepa Pasa Puchah Amerikaye; Dr. Khusi Ram Tiwari: Florida Nepal Association; Mr. Mukesh Singh: Nepalese Association in Midwest America and Nepal Americas Council). The opening ceremony focused on re-introducing the values, aspirations, and current activities of NAsEA. Mr. Shaubhagya Shrestha gave a general state of NAsEA. He informed that NAsEA joined Asia Pacific American Council (APAC) of Georgia in 2003. Dr. Narayan Rajbhandari gave a current status of NAsEA membership including life membership and updated on NAsEA's Newsletter, *Yeti Views*. He mentioned that members are roots or pillars of NAsEA and appealed everyone to support and nurture NAsEA's missions, pride, and growth.

Dr. Prakash Malla updated on NAsEA's Education Assistance Program and Volunteer Activities. On the Volunteerism front, NAsEA is also actively involved in volunteer services and has designated Labor Day and Christmas Week as NAsEA Volunteer Service Weeks.

As the opening ceremony drew closure, Shraddha Thapa and Rachita Acharya started the *Youth Forum* discussion focusing on the communication problem faced among people originating from Nepal and those who were raised in America. Shailee Shrestha coordinated the Kid's Program.

The youth forum was followed by two parallel sessions on *Nepali Women's Network of North America (Nepali Women's Day)* and *Immigration Issues*. Ms. Annapurna Deo coordinated the women's session. This session included the celebration of Nepali Women's Day and presentations by Annapurna Deo and Nirmala Rajbhandari, both from North Carolina. Many old traditions perhaps were established to suit the time and available resources then. Nirmala gave a presentation on "Women in Science." NWN-NA appointed Nirmala Rajbhandari as a lead person to research on the data of successful Nepali Women ("Who is Who"), which would certainly be a valuable resource for Nepali Women as well as others. While some were discussing women's plight in villages of Nepal, Mr. Mukesh Singh, an attorney from

Ohio, was educating others on Immigration Issues. After the Women's and Immigration Issues session came to a halt, a discussion on *Non-Resident Nepalese* began. Bala Pant and Prakash Malla coordinated this session.

South Asian Dinner was served at Vestavia Civic Center – Log Home. The *Election Announcement* took place after Dinner. The following persons were elected:

- **President:** Prakash Malla, GA
- **Vice President for Membership:** Jay Shrestha, AL
- **Vice President for Information Technology and Web Master:** Hari Munikar, AL
- **Vice President for Student Affairs:** Barma Shrestha, AL
- **Vice President for Cultural Affairs:** Shraddha Thapa, TN
- **General Secretary:** Sanjeev Baral, GA
- **Treasurer:** Ram Dongol, GA
- **Executive Members:** Jyotika Acharya, GA, Rachita Acharya, GA, Ishwori Meera, AL, Upendra Sainju, GA, Abha Sakya, GA, Rose Shrestha, AL, Suman Silwal, AL, Khusi Ram Tiwari, FL.

Then came the "Ghew" of all the preparations. Sarita Shrestha directed the *Cultural Program* with coordination from Rajani Rajbhandari and Rose Shrestha. Jamal and Ishwori Meera, Avi Malla, Kapil Pradhan, Binod Basnet and Sharmila Malakar set up the stage, sound and decorations. Artifacts from Nepal covered the hall walls giving a more ethnic Nepali touch. You get the picture. As people anxiously sat in orderly aligned seats and cameras focused towards the closed curtains.

As the curtains wrinkled towards the bouquet of flowers arranged at each stage corner, the audience focused towards the flags of America and Nepal, centering the Art work of Amit Lala, Sharmila Malakar and Sarita Shrestha. The M/C's; Suman Silwal, Sylvia Shrestha and Mukesh Bastola took to stage taking turns introducing. The audience listened with eagerness. The M/C's announced Dr. Shakti Aryal from Oxford, MS would begin the show with a Bhajan. Dr. Aryal's "su-madhur swor" carved a perfect beginning.

One stunning performance after another, the *fashion show* glued the audience attention to the stage. We want to thank Santosh and Meena Pokhrel from Huntsville, AL (www.callnepal.net) for their kind contributions to the fashion show.

It began with “*Kurta Suruwal*” show elegantly portrayed in couples by Archana Sherchan & Ashish Rajbhandari, Sami Shrestha & Kapil Pradhan, Rachana Shrestha & Bijendra Subedi, Sushila Shrestha & Prajwal Joshi, Sylvia Shrestha & Ashish Pradhan, Namita Bohra & Prabin Shrestha, and Kabita Budiyaal & Amit Lala.

The Painting Auction followed the “Kurta Suruwal” show. Mr. Shaubhagya Lal Shrestha processed the bidding starting from \$101. The bidding became quite intense as bidders, Mr. Mukesh Singgh (Ohio), Rajan Malakar (Host), Barma Shrestha (Host Coordinator), Bala Pant (Atlanta), Ratna Welding (Texas) and Hari Munikar (Host Coordinator) revealed their fondness to the painting. The last bidders were Hari Munikar and Mr. Mukesh Singh who competed to contribute \$325-350. Even though Hari Munikar won the bidding at \$350, it was mutually settled that the bid go to Mr. Mukesh Singh.

As the Auction excitement settled, the fashion show continued with a *Sari Demonstration* by Sharmila Malakar, Ishwori Meera, Sarita Shrestha, Rajani Rajbhandari, Manisha Shrestha, Sami Shrestha, Barbara Rogers, Sushma Shrestha, Namita Bohra and Kabita Biduyal.

Sari demonstration was followed by the exhibition of *Modern Newari Dress* tailored and designed by Rajani Rajbhandari, Sharmila Malakar and the following prospective models; Namita Bohra, Kabita Budiyaal, Sushila Shrestha, Sami Shrestha, Rachana Shrestha and Archana Sherchan.

As the future models left the stage, the young men and ladies of Birmingham, Kevin Shrestha, Sakar Prasain, Sadiksha Prasain, Sujata Dahal, Kabya Bastola and Shraddha Adhikari sang the *American National Anthem*.

This event was followed by the exhibition of *Ethnic Nepali Dresses*. It trailed in the this order; Ishwori, Sharmila and Kapil dressed for *Newari* culture; Rajani, Sarita and Prabin dress portrayed the *Tamang* culture; Rachana, Archana and Ashish

Next on schedule was a group dance by Birmingham, which glued the audience. The song Tala Tala Tala Tala was the source of rhythm. The ladies performing the show were Sarita Shrestha, Sharmila Malakar, Ishwori Meera, Manisha Shrestha, Rajani Rajbhandari, Sushila Shrestha, Namita Bohra, Sami Shrestha, Rachana Shrestha and Archana Sherchan.

The group dance was followed by an individual dance by Ms. Nikki Ghimire from Atlanta. Wow, this young lady can definitely perform.

The excitement was on the air as the contribution floor collected more funds than expected. As the allocated time for contribution gave way, *Barbara Rogers* from Birmingham awed the crowd by her ability sing a nepali number “Maya Meri Maya”. She claims a spot on our history book for the first American to sing a nepali song.

Talk about talents, *Kabita Budiyaal* has one with her voice. She mesmerized the audience by singing “Timro Tyo Hasilo Muharko”.

One talent after another, *Bidur Bhandari* took stage in a dramatic fashion as M/C Mukesh Bastola announced that he was on the phone with some politicians in Nepal and his presence would be delayed. Armed with a “Dhaka Topi, Dahura Suruwal, Easta Coat and exceptionally creative mind”, his *witty and humorous parody* revolved around the current political and economic issues in Nepal through his personation of Krishna Prasad Bhattarai. Almost immediately, Sami Shrestha, Archana Sherchan and Namita Bohra drew attention with a dance performance. Dressed in jeans and tank tops, the young ladies proved that Kollywood was not behind.

Group members Manish Shahi (Vocal & Rhythm), Rajesh Kunwar (Vocal), Pragat Sikrikar (Bass Guitar), Sugat Sikrikar (Lead Guitar) and Rashik Shrestha (Drums) performed “Biteka Kura”, “Dhungay Saoko Melama” and “Om Mane Pemay”. Sangeet Tuladhar from Duluth, GA joined the group by singing “Jati Maya Laye Pani”. Their performance gave authority to Convention Co-ordinators that we don’t need high-paid Artists to bring excitement.

Suited with Dhakako Dahura Suruwal, Suman and Marlene Silwal took to stage. It’s amazing to see someone from Guatemala dance perfectly in a nepali dhoon and Marlene is a living example.

Greetings!

We wish
a successful 2004
NAsEa Convention
and
Happy Vijay Dashami

Hari and Rebecca Dhungana
Atlanta, GA

Greetings!

We wish
a successful 2004
NAsEa Convention
and
Happy Vijay Dashami

Khusi Ram, Ambika, Vivek,
and Banita Tiwari
Atlanta, GA

Greetings!

We wish
a successful 2004
NAsEa Convention
and
Happy Vijay Dashami

Shaubhagya and Ganga Shrestha
Atlanta, GA

Greetings!

We wish
a successful 2004
NAsEa Convention
and
Happy Vijay Dashami

Lekh Nath and Srijana Sharma
Decatur, GA

walked wrapped in *Tibetan-Nepali* clothing; Namita, Kabita and Amit guarded the traditional *Pahirun* culture; Sylvia and Ashish in *Kurta Suruwal*; Sami, Manisha, Sushma, Barbara, Bijendra and Prajwal in traditional *Sari and Dahura Suruwal*. All the participants for the Ethnic Nepali collectively sang *Nepali National Anthem* to close the Fashion Show.

The *Award Distribution* followed the Fashion show for athletes participating in Basketball, Soccer, Social and Kids Games. Team Trophies and individual certificates were awarded. *Basketball*; Winner Birmingham, Runner Up Atlanta & Nashville; *Soccer*; Winner Birmingham Senior, Runner Up Birmingham Junior; *Social Games*; Pragat Sikrikar & Jen; *Kids Games*, S. Sainju and Prerana Malla.

The program took a refreshing turn while another local Birmingham Music Band took stage. The band members are in this order; Abhishek Sainju (Vocal & Rhythm Guitar), Prasanna Shah (Vocal), Ashish Pradhan (Drums) and Pratik Shrestha (Bass Guitar). They captivated the audience as they performed “Chiso Chiso Hawama”, “Jati Maya Layeh Pani”, “Mamamtama Aljhi Raheko” and a number from Phish.

Their performance was followed by Atlanta Group with a nepali sangeet and couple of solo songs from Sushila Dahal.

The songs were followed by *nrithya* by Manisha Shrestha and Rajani Rajbhandari performing along “Kopilama Ranga Chadyo (Movie Kanya Daan)”. The cultural program came to closure in a high note as Sarita Shrestha and Archana Sherchan performed a nrithya making “Natraja” envious.

Social dance party was arranged after the cultural program where everyone took it to floor until 12:30am.

The Convention web site (<http://www.newweb.net/~jay/NASeA2003/>) was designed and maintained by Rajan Malakar and Pravin Joshi.

- ✍ Dr. Kedar Shrestha (Convention Chairperson)
- ✍ Dr. Prakash Malla (Secretary, 2003)
- ✍ Dr. Bhaskar Dawadi (Treasurer, 2003)
- ✍ Mr. Barma Shrestha (Host Coordinator)
- ✍ Mrs. Ishwori Meera (Host Coordinator)
- ✍ Mr. Suman Silwal (Host Coordinator)
- ✍ Mr. Hari Munikar (Host Coordinator)
- ✍ Mr. Jay Shrestha (Host Coordinator)

Congratulations Graduate!

Alok Shrestha,
son of Mr. Dan Bahadur

and

Mrs. Sudha Shrestha
graduated from High School,
Atlanta, GA in 2004.

Congratulations Graduate!

Arati Shrestha,
daughter of Dr. Suraj

and

Mrs. Hem Lata Shrestha
graduated from High School,
Auburn, AL in 2004.

Greetings!

We wish
a successful 2004
NASeA Convention
and
Happy Vijay Dashami

Sanjeev, Sushmita, Dikshya
and Sashya Baral
Alpharetta, GA

Greetings!

We wish
a successful 2004
NASeA Convention
and
Happy Vijay Dashami

Prem and Raju Kuwar

Greetings!

We wish
a successful 2004
NASeA Convention
and
Happy Vijay Dashami

Ramesh and Eva Poudel

Greetings!

We wish
a successful 2004
NASeA Convention
and
Happy Vijay Dashami

Ram and Sangita Dongol
Atlanta, GA

Rescue and Restore Campaign Provides an Opportunity to Identify and Assist Victims of Human Trafficking

Shrinkhala Kari Rai, Capital City Partners

The Nepalese Association of Southeast America (NASeA) has joined forces with the U.S. Department of Health and Human Services (HHS) to become part of a coalition to help identify and assist victims of human trafficking. The coalition is a part of a larger public awareness campaign to *Rescue & Restore Victims of Human Trafficking*. The campaign's primary focus is reaching health care providers, social service organizations and law enforcement officers to raise awareness about the issue of human trafficking as well as to gain their help to identify and assist victims of human trafficking in the United States. The campaign has been initiated in three cities so far and is expanding to cities across the country.

NASeA has always been committed to reaching out and providing assistance to various members of the Nepalese Community. This coalition provides a great opportunity to help trafficking victims in our community and reinforces our commitment as advocates for victims of trafficking.

"We are extremely proud to serve such a critical role in reaching and assisting victims of trafficking," said Mr. Prakash Malla, President of NASeA. "The *Rescue & Restore* campaign will equip us with the tools and knowledge necessary to serve our community in this important capacity."

Human trafficking is a form of modern-day slavery. Victims of human trafficking are subjected to force (rape, beatings, confinement), fraud (false offers of employment, marriage, better life), or coercion (threats, debt-bondage, psychological abuse) for the purpose of sexual exploitation or forced labor. In addition to forced prostitution, victims of human trafficking may be in forced labor situations as domestic servants (nannies and maids), sweatshop workers, janitors, restaurant workers, migrant farm workers, fishery workers, or hotel or tourist industry workers. According to the U.S. Department of State, between 18,000 and 20,000 victims are trafficked into the U.S. annually, a significant percentage of which are from

South and Central Asia. It is also estimated that worldwide, there are 700,000-900,000 new victims annually.

"The U.S. Department of Health and Human Services is pleased that NASeA has enthusiastically embraced the vital issue of human trafficking," said Dr. Wade Horn, assistant secretary of the HHS office of Children and Families. "Together, we can reach out to trafficking victims and make a real difference in their lives."

Victims of human trafficking in the U.S. are entitled to benefits and services that they are not accessing. NASeA serves a crucial role in the *Rescue & Restore* campaign because as a frontline Community Organization, you can assist with identifying and helping victims of trafficking by serving as a local resource to victims as well as those who may come into contact with victims. NASeA must work closely with victims to connect them to resources that will assist them in gaining vital services such as housing, immigration assistance, health care, legal assistance and employment, which will help them rebuild their lives safely in the U.S.

Victims of trafficking may look like many people you see everyday. They could be young children, teenagers, men and women. Start by asking yourself these simple questions like: is the person accompanied by someone who seems controlling (possibly a trafficker?), are there any signs of physical or psychological abuse? and is the person fearful?. When you get an opportunity of talk to the victim, you can ask them questions such as: can you leave your job or situation if you want?, have you been threatened if you try to leave?, what are your living & working conditions like?, where do you sleep and eat? and do you have the freedom to eat, sleep and go to the bathroom as you please?. The answers to these questions can help you determine whether you could be dealing with a trafficking victim.

A critical component of the *Rescue & Restore* campaign is the Trafficking Information and Referral Hotline, 1.888.3737.888, which will help connect victims of trafficking to benefits and services in their local area. The hotline will serve as a primary resource for assistance with determining whether someone is victim of human trafficking, identifying local resources to help victim and coordination with other local social service

organizations to protect and serve the victims. The hotline will operate 24 hours a day, seven days a week and have multiple language capabilities, including some Asian languages. In addition, tools and resources will be made available through the campaign to provide background information about the issues of human trafficking.

Some of the additional ways an organization can support the *Rescue & Restore* Campaign includes:

- ✍ Publishing articles about human trafficking in newsletters like this
- ✍ Placing information and resource materials on your Web site
- ✍ Providing training programs about human trafficking to your members and staff
- ✍ Scheduling speakers to discuss human trafficking at your annual conferences and other meetings
- ✍ Providing a table/exhibit at your annual conferences and other meetings

To learn more about the *Rescue & Restore* campaign, visit www.acf.hhs.gov/trafficking or call the Trafficking Information and Referral Hotline at **1.888.3737.888** if you think you may have come in contact with a victim.

Greetings!

We wish
a successful 2004
NASeA Convention
and
Happy Vijay Dashami

Madan and Anjana Yonzon
Atlanta, GA

Congratulations Graduate!

Nimish Gautam,
son of
Dr. Shiva and Bharati Gautam,
graduated from
Georgia Institute of
Technology in Computer science
(BS) with Summa Cum Laude in
December, 2003.

*He is now working at
Vanderbilt University.*

Congratulations Graduate!

Sylvia Shrestha,
daughter of Dr. Kedar and
Mrs. Rose Shrestha,
graduated from High School,
Birmingham, AL.

*She is very active in NASeA activities,
especially in cultural program.*

Greetings!

We wish
a successful 2004
NASeA Convention
and
Happy Vijay Dashami

Ramesh and Sudha Amatya
Brentwood, TN

Greetings!

We wish
a successful 2004
NASeA Convention
and
Happy Vijay Dashami

Shakti and Usha Aryal
Oxford, MS

Greetings!

We wish
a successful 2004
NASeA Convention
and
Happy Vijay Dashami

Jay and Rajani Shrestha
Birmingham, AL

Greetings!

We wish
a successful 2004
NASeA Convention
and
Happy Vijay Dashami

Suman and Marlene Silwal
Pelham, AL

The Religious Philosophy of Kiratis and the Three Principal Sects of Nepal

Tilak Shrestha, Ph.D.

It is a short note presented in the Kirati festival 'Sakewa' held in Boulder, Colorado on May 8, 2004. It notes the contribution of Kirati philosophers in religion-philosophy and the harmonious co-existence of three principal sects in Nepal.

Kiratis are one of the ancient people in south Asia. The Mahabharat epic, which supposed to have occurred almost 6,000 years ago, mentions Arjuna seeking political alliance with Kiratis. Once Kiratis populated most of Himalaya region and the part of the Indian plain. The Kirati philosophers were the pioneers in the 'Adwaita' or the non-dual view. It was later elaborated by the Aryan seers like Shankaracharya, Vivekananda and others. The non-dual view emphasizes the unity of the divinity and the nature, or oneness of the creator and the creation. It sees the ultimate truth 'Brahma' having two orthogonal dimensions – (a) the consciousness and (b) the material\energy base of the universe. The concept is symbolized by the deity 'Shiva' or 'Mahadev' in person. And the unity is depicted abstractly by the 'lingam\yoni'. It is believed that the Kirateswor Mahadev lives among and guides Kirati people.

The 'Adwaita' along with the 'Dwaita' or dual and the Buddhist philosophies make the core, but not exclusive, of the 'Sanatana Dharma' or the 'Way of Universal & Eternal Principles.' The 'universal & eternal' principles are not limited by any history, geography, culture, people or philosophical ideas. We believe there are virtues and good ideas in all places, times and peoples; which we may not even be aware of. Thus we recognize the various human needs and resultant different spiritual practices of different individuals and peoples. The popular 'Hinduism' is the subset of such 'Sanatana Dharma' recognized and practiced in the Indian sub-continent. This vision of multi-approach in religion has and necessarily created different schools of thought and sects.

It must be made clear that the different sects are not about separations but merely about emphases. It is like students studying different branches of

science. In Nepal, we go to all the temples and monasteries; and listen to all monks, pundits and gurus. We celebrate all the festivals – Dasain, Tihar, Buddha Jayanti, Krishna Astami, Shiva Ratri etc. The shamans and jhakris along with monks and ascetics are the staple of the Nepalese religious landscape. When we speak of a particular sect, it merely means that the particular individual is more influenced by the teachings of the sect. However, it does not mean that the individual does not respect or does not learn philosophies and practices of others. Matter of fact, many teachings and practices have also come to Nepal from both India and Tibet\China. In turn many teachings and practices from Nepal have inspired people of both regions. If you observe ritual practices of any Nepalese family, you will see the smooth blending of different practices coming from different sources.

In Nepal, all these sects or schools of spirituality may be broadly grouped to following three: (1) Adwaita, (2) Dwaita, and (3) Buddhism.

The 'Adwaita' sects emphasize the need of self inspection, meditation and going within in search of truth and divinity. A person has to shed his or her 'ego' to realize the truth. The ego and resultant ignorance is what shackles us in our spiritual journey. The sects emphasize the 'way of knowledge - gnan' and the 'way of self realization - raj.' 'Shaiva' and 'Shakta' are some of the sects within its fold. The popular deity Mahadev also known as 'Nilkantha' bestows the knowledge to us.

The 'Dwaita' sects emphasize on duality of the 'Divinity' and the 'Nature.' The divine being creates and loves the creation. Human being can approach the divinity through the medium of 'love.' The sects emphasize the 'way of love and devotion - bhakti' and the 'way of selfless duty - karma.' There are many

sects within the fold like 'Vaisnav' and 'Hare Krishnas.' The teachings are symbolized by the principal deity 'Narayan'. The school of thought is elaborated by seers like Tulsi Das, Ramanuja and others.

The 'Buddhist' sects emphasize on critical thinking and the empirical methods in search of truth and causes/solutions of human suffering. Since the empirical methods use concepts verifiable within the human intellect, they do not use the concept of the 'divinity.' However, they use the concepts of 'Enlightenment', 'Avalokiteshwor' and others. The methods are scientific in nature and uses discernible psychological techniques. The sects emphasize the 'way of knowledge' and the 'way of self realization.' The 'Theravada' and 'Mahayan' are the principal sects within the fold. The Siddhartha Gautam, the 'Buddha' or the enlightened one, was born in Nepal about 2550 years ago. Later the philosophy was elaborated by countless monks around the world like Bhikcu Ashwogosh, Dalai Lama and others. Buddhism is comparatively a new arrival; where as other two philosophies were in existence a number of millennia earlier. However, Buddha's genius has brought many so called 'revelations' within the purview of the empirical research or human understanding. This is the major breakthrough emphasizing the importance of Buddhist approach.

The unity of these three sects symbolized by Buddha, Nilkantha and Narayan in our lives can be seen in a popular temple set at the northeast corner of Kathmandu valley. The deity we lovingly call - 'Budha Nilkantha Narayan.'

News

Bratabandha Ceremony

Bratabandha of Paras Ghimire was performed on June 19, 2004. Paras is a Georgia Tech Junior. According to Hindu Religion and Culture, Bratabanda is one of the most important ritual ceremonies of life that used to be performed at early age to start the formal education in Guru Kul. According to the concept of the religion, one does have birth twice with the Guru Mantra and education. Since the beginning, education has got top priority in Hindu Society.

Congratulations Graduate!

Sraddha Thapa,
daughter of Dr. Samanta and
Mrs. Rashmi Thapa from Nashville,
completed her Doctor of
Pharmacy program from
University of Sciences
in Philadelphia.

Sraddha is the NAsEA Vice President for Cultural Affairs. She is currently doing residency in New York.

Congratulations Graduate!

Sravan Thapa,
son of Dr. Samanta and
Mrs. Rashmi Thapa from Nashville,
graduated recently
from
Vanderbilt University
in computer science.

He has moved to Fair Fax Virginia. He was offered a job by IBM as IT analyst.

Take Charge of Your Health: Part II.

Hypertension and Diabetes

Anju Malla, M.D., Dublin, GA

In the context of being in charge of your health, I discussed the overall benefits of having a full physical examination and what it involves in the last issue of Yeti Views (2003). In this issue, I would like to discuss about hypertension and diabetes, the hidden diseases, and how these are diagnosed, their complications, and how each of us could prevent them.

Hypertension

Literally, hypertension means high blood pressure. The older we are, the greater the incidence of hypertension. In fact, 50-60% adults over age sixty-five are hypertensive and may not know it. In its early course hypertension has no symptoms or physical signs. For this reason it may not be detected until complications develop.

Majority of the hypertensive individuals has no underlying cause for high blood pressure and in a minority (5%) workup will show an underlying treatable cause. Initial diagnosis of hypertension is made by blood pressure measurement on more than two visits. If it is persistently higher than 140 systolic and 90 diastolic you got it. After a diagnosis is made, your physician will work diligently with blood test, urine analysis, thyroid test, electrocardiogram, chest x-ray, eye examination to help determine the underlying cause of the disease, and the extent of damage to the body organs that may already exist.

You might ask why should I care if my blood pressure is elevated. Hypertension if untreated can lead to heart disease, heart failure, irregular heart rhythm, kidney failure, stroke, and vision loss. Some of the early symptoms of high blood pressure are headache, dizziness, and fatigue.

The treatment for hypertension may be as simple as avoiding table salt and shedding a few pounds or may have to be more aggressive and be on medications. The aggressiveness is determined by the duration of hypertension, severity, underlying diseases, and also overall risk of developing complications from hypertension.

Diabetes

Now, let us talk about diabetes. It is a disease when our body ceases to make adequate or effective insulin. Insulin is a hormone that regulates blood sugar. When the fasting blood sugar is higher than 126 mg / dl, diabetes is diagnosed.

Like hypertension, diabetes is silent for many years in the early phase. When diabetes has been around for 8-10 years symptoms begin to surface. The symptoms of diabetes include increased appetite, increased thirst, weight loss, excess urination, fatigue, and blurred vision. Well, who should be concerned and be screened for diabetes and how is this done?

- ⌘ All of us over age 45
- ⌘ Anyone who has a sibling or parents with diabetes
- ⌘ All of us who are overweight
- ⌘ Mothers who had baby weighing nine pounds or more
- ⌘ All hypertensive individual
- ⌘ If your HDL (good cholesterol) is less than 35mg/dl
- ⌘ If your triglyceride (another cholesterol) is greater than 250mg/dl

Diabetes, if untreated for long periods, can lead to multiple organs damage which includes loss of vision, stroke, kidney failure, heart failure, heart attack, loss of sensation in the upper or lower limbs, diminished blood supply to small blood vessels, and limb loss.

Once you are a diabetic, you have to control it rest of your life. There are different modalities of treatment. Diet and exercise play a huge role. Diet modification with restriction on carbohydrates and fats is necessary. Daily exercise in moderation is necessary to increase the effectiveness of the insulin. When the diet and exercise fail, there are many oral medications and insulin that are effective in controlling the

blood sugar. Your doctor will also check you carefully for complications of diabetes during each clinic visit.

The scoop on diabetes is not complete without a word on metabolic syndrome. This consists of any three out of the following:

- ✎ Abdominal girth >40 inches in male and >35 inches in female
- ✎ Triglycerides >150 mg/dl
- ✎ Low HDL (good cholesterol) of <40 in male and <50 in female
- ✎ Fasting blood sugar >110 mg/dl

Five to ten percent of the people who have metabolic syndrome develop diabetes every year. Half of the individuals who are prediabetic will develop diabetes in 10 years. By definition, an individual with overnight fasting blood sugar of greater than 110 mg/dl but less than 126 mg/dl is a prediabetic.

Doctors are scrambling to identify the prediabetic among us early enough so that measures may be taken to prevent the development of diabetes. Treatment involves a lifestyle and diet changes and often medications.

Let us be in charge of our health and make sure that these silent diseases are not dwelling among us!

Some links, If you like.....

To renew passport

<http://www.nepalembassyusa.org/>

For visa information

<http://www.south-asia.com/USA/>

To find telephone number of somebody in Nepal

<http://www.nepalhomepage.com/whitepages/>

To translate English word into Nepali

<http://www.nepalhomepage.com/dictionary/>

To download Nepali songs

<http://www.nepalisongs.com/>

To listen to Nepali songs

<http://www.gorkhali.com/playmusic.cgi/index.php>

Congratulations Graduate!

Shailee Shrestha,
daughter of Shaubhagya
and Ganga Shrestha,
graduated from
McEachern High School,
Powder Springs, GA.

She has 3.917 GPA with 13 honors classes. She is very active in NAsEA activities since she landed in her second home here in the U.S., a decade ago. Her activities included, but not limited to, participating in the cultural programs, serving on the youth committee, helping during the convention registration, feeding the homeless project, mailing of the brochure. She is attending the University of Georgia, Athens, in the fall of 2004.

Congratulations!

Ram
and
Sangita Dongol
for
the new arrival
of
Sudev Dongol
on
December 29, 2003.

Nepalese Americas Council: An Introduction

Prahlad Pant. Ph.D.

NASeA has been a strong supporter of the Nepalese Americas Council (NAC) from its inception. A quick overview of NAC will help us to better understand its significance among the Nepalese community in North America. Here are a few pertinent facts about NAC:

1 NAC was established in 1991 by a resolution passed by 5 Nepalese associations in North America.

2 NAC was incorporated as a nonprofit organization in 1995.

3 The first bylaws of NAC was approved and signed by 12 Nepalese associations in 1996.

4 Currently, NAC consists of 20+ member organizations in North America.

5 Recently NAC welcomed Association of Nepalese in North Americas (ANA), one of the largest member driven organization, to the fraternity of Nepalese community of North America.

A quick look at the characteristics of the member organizations reveals that they

1 Are located all over North America from north to south and from east to west.

2 Are registered as non-profit organizations.

3 Hold annual meetings and elect officers.

4 Arrange social gatherings during Nepali festivals or holidays.

5 Strive to foster and maintain Nepalese culture and heritage.

6 Contribute money for charitable purposes in North America and Nepal.

These member organizations share many common goals such as maintaining and fostering Nepalese identity and cultural heritage, helping fellow Nepalese living in North America, and contributing to the overall development of Nepal. These goals can be fulfilled by avoiding duplication of efforts, mobilizing limited resources and know-how, and developing a strong sense of bonding, unity and camaraderie among the organizations and its individual members.

No single organization can possibly fulfill the above goals in a vast continent such as North America. NAC provides its services as a national coordinating body of all Nepalese associations in North America so the associations can understand one another's problems, share experiences, pool resources, provide assistance to one another as necessary, and fulfill their common goals.

To be successful, NAC must act as the champion of the entire Nepalese community in North America. It must respect each member association as an

independent organization and not interfere in its internal activities. It must treat all persons of Nepalese origin or interest with respect and dignity.

To be successful, NAC must be able to develop a sense of ownership among its member organizations. It must be perceived as a transparent and vibrant organization by the Nepalese community in North America.

NAC has come a long way since its inception in 1991. During the past 13 years, it has successfully received recognition from all mainstream Nepalese organizations as the only national coordinating body in North America. However, the way ahead is more difficult and would require dedication and hard work from the member organizations to make NAC successful.

A half-day workshop is scheduled during the NAsEa convention in September 2004. Several papers will be presented and several committees will deliberate on the future activities of NAC. We invite you to attend the session and be a part of the NAC in the 21st century.

(Please contact NAC President, Dr. Gaury Adhikary for further information. He can be contacted by phone at 734-663-7225 or by e-mail at adhikary@med.umich.edu.)

Congratulations !



Prashanti Aryal (Left),
daughter of Shakti
and
Usha Aryal,
got married with
Ashok Cattamanchi (Right)
on May 22, 2004
in Oxford, Mississippi.

Many family members and friends graced the occasion.

GLIMPSE OF AGRICULTURE IN NEPAL

Ananta B. Shrestha, Ph. D, Pulchowk, Nepal

Nepal lies in the Himalaya, the highest chain of mountains in the world. It is roughly rectangular in shape with a length of 550 miles east to west and width of 125 miles from north to south. It covers an area of 56,136 square miles (147181 sq. km); out of this only 17 percent is agricultural land. About half the agricultural land falls in Tarai. Agriculture remains Nepal's principal economic activity, employing 81% of the population. Although it is a small country, all types of climate are found here due to its changing topography. In fact, the altitude changes from 650 feet to 29,028 feet within a distance of 125 miles. Accordingly, there is a great diversity of flora and fauna. If we take a vertical section of Nepal one will find the following physical zones: (1) the Tarai (2) the Inner Tarai, (3) the Mahabharat lekh, (4) the Midland hills, (5) the Himalaya and (6) the Inner Himalaya.

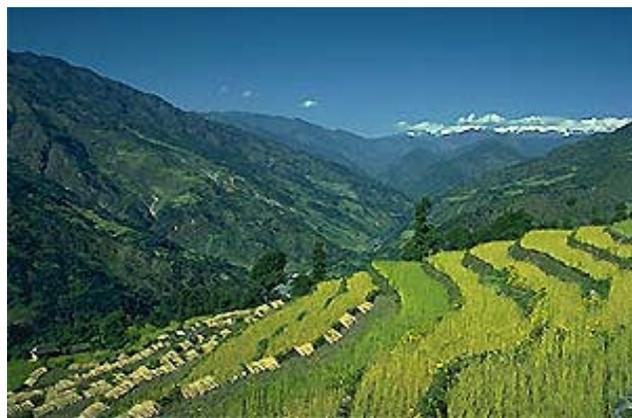
The Tarai: It is the flat land with rich alluvial soil suitable for cereal grain cultivation. It is the breadbasket of the country. Its tropical climate allows harvesting of two crops of rice per year. Other crops grown in Tarai are wheat, maize, lentils and industrial crops such as jute and sugarcane. Vegetables and fruits like banana, mango and papaya are also cultivated. Cotton was recently introduced successfully in western Tarai.



The Inner Tarai: It lies on the foothills of Mahabharat lekh. The Chitwan valley, Surkhet, Dang and Deukhuri are the well known Inner Tarai areas. As the climate here is tropical; rice, wheat and maize are the main crops grown. Vegetables and fruits are also cultivated and supplied to the major cities. There

has been heavy migration of population from midland hills to this area due to its productive land and abundance of food.

The Mahabharat Lekh: It is mountainous with some peaks over 9000 feet high. It runs from east to west. There is sparse population in this zone and is mainly covered with forest with little agriculture.



Rice terraces in Midland Hills, backdropped by Kangchenjunga Himal.

The Midland Hills: It lies at an altitude of 2000 to 6000 feet. This is the most densely populated area with lots of agricultural activities and favorable subtropical climate. Farming is in the fragile slopes of the hills, which are prone to landslides and soil erosion. The main crop is maize, which is also the staple diet of the hill people. Rice is grown in the terraces and the valleys. Agriculture is primarily for subsistence living and heavily dependent on the monsoon rain.

Modern agriculture inputs are not available in most places due to lack of road transport. Farmers apply compost manure to fertilize the fields. But the heavy monsoon rain takes it away along with the top soil. If the monsoon rain fails or delayed there is crop failure. There is a long dry period from October to May during which the farms remain fallow. There is no irrigation or storage of water. This makes the population vulnerable to sudden shortage of food. Frequent famine and landslides occur and we do not have adequate measures to help irrigation and prevent landslides. As the productivity is low and the population pressure is high, people are clearing forest for crop cultivation. De-

forestation leads more soil erosion and landslides.

The Himalaya: There is no agricultural activity in the Himalaya. However, on the southern slopes, human settlements are found as high as 7000 feet. Above this altitude there are dense forest of rhododendrons and Himalayan cedars. Beyond the tree line there is alpine grassland, which extends from 12000 feet . There is sheep and yak farming at this altitude for milk, meat and wool. During winter the area is covered with snow. The permanent snow line is at 16,000 feet.

The Inner Himalaya: Behind the Himalaya there are high altitude valleys such as Thak khola, Manang, Mugu, Humla and Kerung in the west and the khumbu in the Mt.Everest region in eastern Nepal. They are usually located above 8000 feet. They fall in rain shadow areas of the Himalayas with sparse vegetation. So crops are grown only where irrigation is available. In winter the entire area remains under snow. The cultivable area is extremely limited. The principal crops grown here are buckwheat, barley, naked barley and potatoes. Since the last 35 years fruits and vegetables are also cultivated in this area. Apples have been grown very successfully. Now good quality apples are grown in Jomsom and Jumla. These apples do not reach the bigger cities due to lack of transportation. The Construction of roads to connect these areas to the major cities has not materialized although the necessity was realized thirty years ago.

CONCLUSION

Nepal used to export cereal grains to other countries in mid sixties but now the trend is reversed. This is due to rapid population growth and inadequate development of needed infrastructure. In 1950, the population was 8 million, which has currently risen to 25 million. It is therefore, necessary to increase agricultural production. This can be possible by increasing cultivable land, improving farming technologies and controlling the population growth. Our Midland hills are saturated. So more agriculture activities should be carried out in Tarai. Heavy investment should be made to improve the technology and infrastructure. Over half of the population of Nepal does not have adequate food. The government and aid agencies should give priority to "Food First Policy" and also help family planning awareness by educating the people.

Greetings!

Happy

Vijaya

Dashami 2061!

Bhaskar, Ina, Shuva and

Ravi Dawadi

and

Gyanu R. and Sushila Sapkota

Atlanta, GA

Greetings!

We wish

a very successful

NASeA

convention 2004

Dharmendra and

Sharada Dhakal

Nashville, TN

Skullcap- A Plant of Great Medicinal Potential

Nirmal Joshee and Anand K Yadav

Fort Valley State University, Fort Valley, GA 31030

INTRODUCTION

Man has relied on the plant kingdom for physical healing and alleviating discomforts since prehistoric times. Alternative health care and other applications such as food flavoring and cosmetics, using natural plant products has stimulated interest in the growing, processing, and marketing of herbs and spices.

Plant based medicines account for 80% of the primary health care prescriptions used by the world population and resulting in tremendous economic impact worldwide. The annual growth of the medicinal herb industry in the United States expanded 20% during the early 1990s and exceeded \$4 billion in 1998. The health industry alone is estimated at \$ 1- 10 billion in North America and annually growing at a rate of 12% in North America and 8% in Europe. Generally, spice crops that have seeds as their harvested product, can be grown commercially using traditional farm equipment. By contrast, production of herbs where harvested products include leaf, shoot, root, or flowers requires specialized equipment and considerable manual labor.

Scutellaria species have been extensively used in the traditional medical systems of China, Korea, India, Nepal, Japan, many countries in Europe, and North America. The most extensively used and documented species is *Scutellaria baicalensis* Georgi (known as “Huang-qin” in Chinese and “wogon” in Japanese) or Baical skullcap. The major components in all species are baicalin, baicalein, and wogonin.

The Skullcaps, belonging to the genus *Scutellaria* (Mint Family), are herbaceous, slender, rarely shrubby plants, scattered over temperate regions and tropical mountains in different parts of the world. This genus is well adapted to the North American climate being represented by about 90 documented species. The genus *Scutellaria* worldwide is large (about 300 species) and widespread with a distribu-

tion from Siberia to Sri Lanka. We are just beginning to appreciate the full range of plants adapted to our conditions.

The Skullcap (also spelled *Scullcap*) is a North American perennial plant that grows in wet places in Canada and the northern and eastern U.S. Generic name is from the Latin *scutella* (little dish), from the lid of the calyx. The fibrous, yellow root system supports a branching stem up to 1 to 3 feet tall, with opposite, ovate, and serrate leaves. The blue to lavender flowers are in racemes and grow from the leaf axils of the upper plant. They are hooded, tube shaped, and two lipped the upper lip being the hood and the lower lip having two shallow lobes. Flowers bloom from May to August. Above ground parts are gathered in summer as flowers bloom and they are dried and stored for later use as herb.

COMMON NAMES

The English name “skullcap” describes the shape of the calyx at the base of the flowers, which resemble miniature medieval helmets. During the 19th century, the common name used in America was “Mad Dog”. Other names include Scullcap, Hoodwort, Quaker Bonnet, Helmet Flower, European Skullcap, Greater Skullcap, American skullcap, blue skullcap, blue pimpernel, hoodwart, hooded willow herb, side-flowering skullcap, mad dogweed, mad weed, helmet flower.

FOLKLORE AND USES IN ALTERNATIVE MEDICINE SYSTEM

Skullcap is a powerful medicinal herb and it is used in alternative medicine as an anti-inflammatory, abortifacient, antispasmodic, slightly astringent, emmenagogue, febrifuge, nervine, sedative and strong tonic. Skullcap is used in the treatment of a wide range of nervous conditions including epilepsy, insomnia, hysteria, anxiety, withdrawal from barbiturates and tran-

quilizers. A medicinal infusion of the plant is used to promote menstruation. It should not be given to a pregnant woman since it can induce a miscarriage. The infusion is also used in the treatment of headaches and headache arising from incessant coughing, neuralgia, without any unpleasant side effects following. It is normally used with some caution since an overdose of this herb can cause giddiness, stupor, confusion and twitching.

Skullcap is well known among the Cherokee and other Native American tribes, as a strong emmenagogue and female medicinal herb. It is used in some tribes as a ceremonial plant to introduce young girls into womanhood. Native Americans used Skullcap to promote menstruation, and it was reputed to be effective against rabies, hence some of its common names. Cherokee women use skullcap herb to maintain healthy menstrual cycles, and a decoction of the root is taken after the birth of a child to stimulate the reproductive system. Skullcap is also used in purification ceremonies if menstrual taboos are broken. The Iroquois use an infusion of the root to keep the throat clear. Other Native American tribes use closely related species as bitter tonics for the kidneys.

Wogon, *Scutellariae Radix*, is the dry root of *S. baicalensis*, which is collected in spring and fall, and is a very old and well-known drug in traditional Chinese medicine. It is officially listed in the Japanese Pharmacopeia JPXIII and Chinese Pharmacopeia, and is one of the most widely used crude drugs for the treatment of bronchitis, hepatitis, diarrhea and tumors. It is also used frequently as an important medicine in Chinese clinical practice. **Leaves of *S. discolor* are used as a folk remedy for cold, cut and insect stings in Nepal.**

It is a traditional European treatment for epilepsy. Homeopaths have reported some success in the use of this plant to treat chronic fatigue syndrome. Chinese physicians use the root of *Scutellaria baicalensis* Georgi, or huang qin, as an antibacterial, diuretic, antispasmodic and promoter of bile flow. It is helpful for skin and urinary tract infections. The herb is used to induce visions and as a ceremonial plant to be smoked as tobacco by some Native Indians.

It may best be considered a minor neural sedative. Its use as a tonic is derived from its bitter principles, although its calmative property is probably due

to the presence of a volatile oil, scutellarin. Where teething has impaired the health of children, an infusion may be given with advantage. The warm infusion has a tendency to keep the skin moist; the cold has a tonic influence. It has been extolled as a remedy in hydrophobia, but this is still a matter of uncertainty. In the 1770's, skullcap was thought to be a cure for rabies, and thus acquired the nickname, mad-dogweed. Although it was discredited as a cure for rabies at that time, today scientists believe that the claim by a Dr. Van Derveer in 1773 may not have been completely without basis, since skullcap does have sedative and antispasmodic properties. Half an ounce of the recently dried leaves or herb, to 1/2 pint of boiling water makes a very strong infusion.

BIOACTIVE COMPOUNDS

S. baicalensis is the most extensively studied species of Skullcap and its root is known to contain a number of flavone derivatives. Wogonin was the first flavone isolated from the roots of *S. baicalensis*. Baicalin was also extracted from roots and its acid hydrolysis yielded glucuronic acid and a flavone aglycone named baicalein. Other related bioactive compounds isolated from *S. baicalensis* are some 50 kinds of flavonoids. A variety of chemical compounds extracted from *Scutellaria* spp. are flavones, flavonoids, chrysin, baicalin, Iridoids, neo-clerodane derivatives, scutapins, isoscutellarein, wogonin etc.

RECENT MEDICAL STUDIES

Crude extract prepared from *Scutellaria barbata* D. Don has been recently reported to have antibacterial properties. Apigenin and luteolin isolated from plants as active constituents were found to be selectively toxic to *Staphylococcus aureus*, including both methicillin-resistant and sensitive strains. Flavonoids from the roots of *S. baicalensis* have been reported to have inhibitory effect on human immunodeficiency virus (HIV-1), human T cell leukemia virus type I (HTLV-I), and mouse skin tumor promotion. Extract of *S. rivularis* has shown anti-inflammatory and hepatoprotective activity in test animal. There is already a patent for a flavone

as sialidase inhibitor of influenza virus for therapeutic use from the leaves of *S. baicalensis*. It has been suggested that baicalin may be significant in the lipid metabolism, lipogenic and lipolytic pathways of adipose cells. One of the isolated diterpenoids, scutalpin C, has been shown to possess strong insect antifeedant activity against the larvae of *Spodoptera littoralis*. Anti-inflammatory activity of formulations having skullcap has been associated with its capability to inhibit enzyme cyclooxygenase-2 (COX-2).

In vitro studies revealed that baicalein; a major flavone component of *Scutellaria baicalensis* extract can directly scavenge superoxide, hydrogen peroxide, and hydroxyl radicals protecting cells from lethal oxidant damage.

FUTURE PROSPECTS AND CONCLUSION

It is evident that skullcap has been used as a potent medicinal herb in many traditional healing systems all over the world. In recent years *Scutellaria* based formulations have been used to establish its medical/scientific role using *in vitro* cell culture systems. In most of the formulations *S. baicalensis* and *S. lateriflora* have been used. There are about 300 sp. distributed all over the world and it is about time other species are evaluated for bioactive compounds and as substitute for *S. baicalensis* and *S. lateriflora*. Our research at FVSU focuses on the *Scutellaria* spp. found in and around Georgia given. Some of these species are becoming rare or threatened because of population pressure, environmental pollution, and destruction of their natural habitat. Our future studies include growing these species at Fort Valley State University, developing *in vitro* systems (for rapid multiplication and secondary metabolite biosynthesis), and conservation of vulnerable candidates. Many of the skullcaps have showy, beautiful blooms and there is a great potential for these species in landscaping as ornamental plants.

Greetings!

We wish
a very successful
NASeA
convention 2004

and

Happy Vijay Dashami

Bishwa and Renyu Acharya
Atlanta, GA

Greetings!

We wish
the most successful
NASeA
convention 2004

and

Happy Dashami

to all

NASeA families and Families

Anju, Prakash, Prerana and
Adarsha Malla
Dublin, GA

2004 NAsEA CONVENTION PROGRAM

Holiday Inn Hotel & Suites, Atlanta-Marietta

2265 Kingston Court

Marietta, GA 30101

Visit: <http://www.nepal-america.org>

Date/Time

Program Title

September 4 (Saturday)

| | |
|-----------------|---|
| 12:00 – 7:00 PM | Registration |
| 1:00 – 5:00 PM | Soccer Tournament/Basketball |
| 3:00 – 5:00 PM | Nepal Americas Council (NAC) Meeting |
| 4:00 – 6:30 PM | Nepali Movie |
| 4:00 – 5:00 PM | XMA Meeting |
| 6:00 – 7:30 PM | Dinner |
| 8:00 – 10:30 PM | Welcome and Local Entertainment Bingo/Antyakshari |
| 10:30 – 1:00 AM | DJ Dance Party |

September 5 (Sunday)

| | |
|-------------------|---|
| 7:30 - 9:30 AM | Continental/Light Breakfast |
| 8:00 – 9:00 AM | Bhajan/Prayers |
| 8:00 – 8:00 PM | Registration |
| 9:30 – 12:00 Noon | Opening Ceremony |
| 9:30 – 12:00 Noon | Children's Program |
| 12:00 – 1:00 PM | Homeless Feeding |
| 12:00 – 1:00 PM | Lunch |
| 1:00 – 3:00 PM | Nepal Forum: How to Bring Peace, Security, and Prosperity |
| 1:00 – 4:30 PM | Children's Program |
| 2:30 – 3:30 PM | Youth Forum |
| 3:30 – 4:40 PM | Writing a Resume: Do's and Don'ts |
| 3:00 – 5:00 PM | Non-Resident Nepalese (NRN) Forum |
| 5:00 – 5:30 PM | Nepal Americas Council Resolutions |
| 4:30 – 6:00 PM | Social Hour/Snacks/Cash Bar |
| 6:00 – 7:30 PM | Dinner |
| 8:00 – 11:00 PM | Cultural Program/Talent Show |
| 11:00 – 1:00 AM | DJ Dance Party |

September 6 (Monday)

| | |
|--------------------|------------------------|
| 9:00 – 10:00 AM | Closing Ceremony |
| 10:00 – 12:00 Noon | NAsEA Business Meeting |

Do You Know Everything?

Banita Tiwari, Tallahassee, FL

Are you one of those people that think you know everything? Well, even if you aren't, take a look at this list of true, amazing facts I've compiled for you and see if maybe- just maybe- you might be surprised at what you read...

✍ There are no words in the dictionary that rhyme with orange, purple, silver and month.

✍ John Adams and Thomas Jefferson died on the same day, July 4, 1826. That was exactly 50 years after the Declaration of Independence, which they both worked on.

✍ Every time you lick a stamp you're consuming 1/10th of a calorie!

✍ Astronauts can't cry in space, the lack of gravity keeps tears from flowing

✍ The average person eats about 35 thousand cookies in a lifetime (no wonder dentists do so well!)

✍ The SIBERIAN TIGER is the largest cat in the world. It weighs up to 300kg (660 lbs) and can eat 27,2 kg (60 lb) of meat at one mealtime

✍ If you yelled for 8 years, 7 months and 6 days, you would have produced enough sound energy to heat one cup of coffee.

✍ On average people fear spiders more than they do death.

✍ The strongest muscle in the body is the TONGUE.

✍ Americans on the average eat 18 acres of pizza every day.

✍ Did you know that you are more likely to be killed by a champagne cork than by a poisonous spider?

✍ Right-handed people live, on average, nine years longer than left-handed people do.

✍ No piece of square dry paper can be folded more than 7 times in half.

✍ A light year is 5,865,696,000,000 miles or about 9,460,800,000,000 kilometers. A light nanosecond is the distance light can travel in a billionth of a second and is 1 foot or about 30 cm.

✍ A mile on the ocean and a mile on land aren't the same distance. On the ocean, a nautical mile mea-

sures 6,080 feet. A land or statute mile is 5,280 feet.

✍ Hippopotomonstrosesquippedaliophobia is the fear of long words.

✍ Sanskrit is the mother of all higher languages. Sanskrit is the most precise and therefore suitable language for the computer software.

✍ Twenty-Four-Karat Gold is not pure gold; there is a small amount of copper in it. Absolutely pure gold is so soft that it can be molded with the hands.

✍ About 3 thousand years ago, most Egyptians died by the time they were thirty.

✍ Only one person in 2 billion will live to be 116 or older

✍ During your lifespan, the average person will eat 60 thousands pounds of food. That's equivalent to the weight of 6 elephants!

Greetings!

We wish a great

NASeA

Convention 2004

Bala and Tracy Pant
Atlanta, GA

THE NRN MOVEMENT

Sharda Thapa, Chicago, IL

Nepali Diaspora Worldwide

The term Nepali Diaspora or Non-resident Nepali (NRN) has a distinct cultural connotation and refers to all Nepalis who are permanently or temporarily living in a foreign country, except for India and Bhutan. The Nepali Diaspora first emerged in countries where some of our brave ancestors fought for foreign armies and won laurels for their courage, sincerely and honestly. Many returned but some made distant lands their new home. More recently, Nepalis have ventured out to the developed world for higher education or in search of new economic opportunities. In addition, skilled, semi-skilled and unskilled workers are recently being sent to Asian, Middle Eastern, North American and some European countries. Excluding India and Bhutan, over 1.2 million Nepalis are living in more than 40 countries in the world.

As we expand globally and grow in strength both in numbers and quality, we have a greater responsibility to consider our roots. While we continue to seek our identity abroad we seek recognition in the motherland to become a partner in its socio-economic and cultural development. The North American Diaspora has been pro-active for many years in this direction.

Issues Facing the Diaspora

Before the Diaspora can be an effective force in helping Nepal there are certain problems they have faced ever since emigration from Nepal started. These can be summarized into three main areas:

- ✍ Entry/exit into Nepal and residency
- ✍ Investment and financial transactions
- ✍ Property and inheritance rights

Depending on which nationality the Diaspora member chooses to maintain, one or more of these come into play and can cause considerable difficulty. Thus for example, those who assumed citizenship of the country of residence were faced with entry and residency barriers as well as prohibitions on property and inheritances. Those with Nepali citizenship were, on the other hand, faced with the illegality under standing law of many of their financial transactions. It was apparent that if Nepal were to avail herself of the skills and resources of the larger Diaspora these would have to be addressed as a first step.

First Non-Resident Nepali Conference

The first Non-resident Nepali Conference was jointly organized by NRNs, HMG and FNCCI in October 2003 in Kathmandu. Over 200 overseas Nepali from 32 countries participated in the conference, which created an overwhelming public and media interest in Nepal. The conference turned out to be a high-profile event as His Majesty King Gyanendra inaugurated it. It was recognized as a “Mahamela” of many prominent Nepalis living inside and abroad.

The first conference brought us together with the government and Nepali elite. Both played very important roles in the success of the conference. It is, however, just a beginning.

Non-Resident Nepali Ordinance

HMG has drafted an NRN ordinance, in consultation with Nepali Diaspora, to provide a legal framework and to address the concerns of NRNs. This draft ordinance is being currently reviewed by the Ministry of Law and Parliamentary Affairs prior to its submission to the Royal Palace for its planned issue as a Proclamation. This is now expected around December 2004.

International Coordination Council (ICC) and National Coordination Council (NCC) of the NRN

The Conference decided to establish a NRN Association, which was to be a global forum for the promotion and enhancement of NRN interests worldwide. An International Coordination Council (ICC), the executive body of NRNA, was formed by electing a member from each participating country to manage the NRN affairs. As per the Constitution adopted by the organization, the National Coordination Council (NCC) can be formed in any country where the population of Nepalis is greater than 10. A NCC is the backbone of the NRN movement. So far, NCCs have been formed in Russia, Myanmar, Austria, Germany, Japan and Qatar. Efforts are being made to form a NCC in several other countries, including USA and Canada.

Our Challenges

This is a relatively new phenomenon when compared to other Diaspora. Many challenges lie ahead of us but we can resolve them by coming together and combining our limited resources. Our immediate challenges are:

- ✍ Continue and increase networking world-wide
- ✍ Data collection of Nepali Diaspora talent pool (by country, region, continent)
- ✍ Encouragement of business in Nepal and promotion of Nepal
- ✍ Continuing plight of Nepal, both from the Maoist insurgency and poverty
- ✍ Preservation of Nepali heritage in our countries
- ✍ Establishment of NCC in all the countries.

Conclusion

NRNs are committed to a vision of making Nepal a peaceful and prosperous nation. The challenge is to create an efficient global network of Nepali Associations in many countries and to coordinate their resources and energy so as to make the Diaspora a significant catalyst for the economic and social transformation of our motherland.

[Sharda J. Thapa, NRN-ICC Member from the USA. Adapted from a presentation by Bhim Udas, NRN-ICC International Coordinator]

Greetings!

We wish you
a happy and joyous
Vijaya Dashami 2061.

May Durga Mata
bless peace
and
prosperity to all.

Upendra, Sarbani, Utsav, Nirap &
Saurab Saiju
Sidney, MT

Greetings!

We wish
a successful 2004
NASeA Convention
and
Happy Vijay Dashami

Samanta and Rashmi Thapa
Goodlettsville, TN

APAC Celebrates Heritage With Gala Banquet

Viren Mayani

(Governor Perdue Declares May Asian/Pacific Heritage Month)

The Asian / Pacific American Council (APAC) of Georgia, under the leadership of its current president, Bala Pant, hosted the Heritage (May) Month celebrations on May 2, at the Hilton Atlanta Northeast. The banquet preceded Governor Perdue's official proclamation declaring the month of May as the Asian/Pacific Heritage Month, in a brief ceremony at the State Capitol on May 3.

Established in 1985, APAC is a non-profit, non-partisan social organization which is strongly supported by participating member organizations such as Bangladesh Association, Center for Pan Asia community services Inc., Filipino American Association of Greater Atlanta, India American Cultural Association, Korean American Association of Greater Atlanta, Organization of Chinese Americans, Nepalese Association in Southeast America and Taiwanese Association of America. There are four affiliate members: Japanese American Citizens League, Pakistan American Society of Atlanta, Thai Association of Georgia and Vietnamese American Association.

Filipino pop-star and screen actress Toni Daya-Luetgers, was the emcee for the evening. Daya-Luetgers recently opened for the NBA Asian American Night hosted by Atlanta Hawks at the Philips Arena. Dressed in an elegant green evening gown she sang the two National Anthems- Filipino and the American, followed by a brief address by R. C. Wu, director general of the Taipei Economic and Cultural Office in Atlanta.

Bala Pant, in his welcome address spoke of the early official migration of the Japanese to the United States in 1843, of the Chinese Americans who have been recognized as instrumental in building the first transcontinental railroad in 1869, of the Korean communities including that of Atlanta, which observed its 100 year anniversary of the first Korean immigration

into the US as well as of the recent contributions made by Asian Americans in areas such as information technology, space, and other areas of significance. According to the 2000 census there are 156,000 Asian & Pacific Islanders residing in Metro Atlanta; an increase of 202 percent from the 1990 census.

Pant spoke of the challenges that are faced by the ever-growing number of immigrants coming from the Asia/Pacific region to Georgia or anywhere in the US; difficulties like maintaining their roots and cultural values in this society as they begin settling down in this promised land. APAC is committed, he stated, in promoting the integration of Asian / Pacific Americans in the American society, and at the same time encouraging the member organizations to maintain our cultural heritage. One of the ways APAC helps to continue preserving diversity and roots within our community is by celebrating the Heritage Month every year? this year is no different. He requested a minute's silence in memory of and to honor all the fallen soldiers in Iraq and all the military brothers and sisters stationed all over the world to protect us and our country, our freedom and our way of life. The chief guest for the evening was Judge Alvin T. Wong. Judge Wong won the elected office to the State Court of Dekalb county (Atlanta's 2nd biggest county) in 1988. In his address Judge Wong spoke of the merits and contributions that individuals of the Asian/Pacific heritage have made and how they have impacted the life in the United States. One of every six doctors in the US is southeast Asian he cheered.

The evening also included a well-presented cultural program that began with a stunning Fan dance by Lisa Chyn. Staged next was a dance medley by the Filipino Dance Troupe led by Linda Daster that began with a slow candle dance, native Filipino dances and a bamboo dance.

The third item was the presentation of the Korean Drums and a traditional dance by the South-east Korea Dance Association. Chen of the Taiwanese American Association showed his versatility when he performed two karaoke songs.

The Nepalese Association concluded the cultural show with two dances, performed one after another by two sisters. Shailee Shrestha presented a folk dance followed by Sita Shrestha who danced to a more traditional track.

The evening banquet concluded with the awards ceremony. The awards were given out by APAC president Bala Pant. The recipient of the community service awards were Judge Alvin Wong, Willee Bonus, APAC president 2003 and Toni Daya-Luetgers. The Outstanding Student Awards were handed out by Yoon Chul Kim and the recipients of that award are: Ms. Joan Moon (Korea), Ms. Shailee Shrestha (Nepal), Mr. Marc Buenaventura (Filipino) and Ms. Grace Liang (Taiwan).

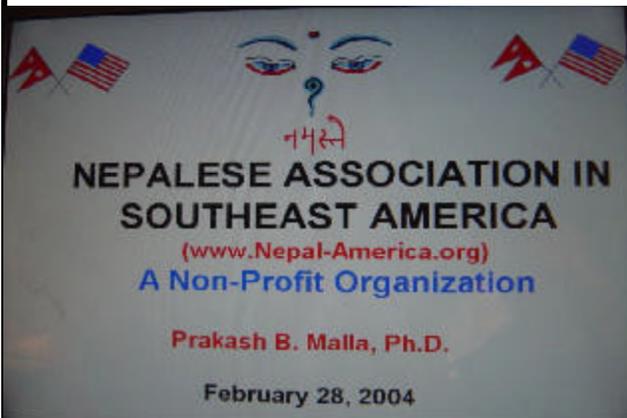
Pant and his dedicated team that included Upendra Bhatt of the India American Cultural Association (IACA) were responsible for making the banquet a success.

At the official proclamation ceremony the next day, Governor Perdue said he was grateful of the landmark achievements the people of Asian/Pacific heritage and the impact their work has created in our daily lives. He then invited those present to break bread with him.

He was earlier introduced by Dr. Josephine K. Tan, founder of the Asian American Chamber of Commerce and the chair of the Asian American Commission for a New Georgia.

[NASEA is a member of APAC. Mr. Bala Pant and Dr. Bhaskar Dawadi are current representatives of NASEA to APAC. This article was originally published in "Khabar" magazine on June 2004].

NASEA meets Atlanta Association of Returned Peace Corps Volunteers (AARP)



NASEA members in Atlanta area had an evening full of fellowships, funs, and foods with members of AARP at Emory University, Atlanta on February 28, 2004. This meeting was organized as our effort to reach out communities beyond our own. The meeting began with a brief introduction of NASEA by president Dr. Prakash Malla followed by slides show on Nepal (by Mr. Bala Pant), Nepalese foods and folk music, and networking. Thanks to AARP for inviting NASEA members. Also, thanks to Nepalese friends for preparing delicious Nepalese foods.



Volunteering Opportunity to NAsEA Members!

Bhaskar Dawadi, Ph.D.

“Selfless service is a greatest virtue” and “To serve others is to serve ourselves”. These are our culture and values, which we are very proud of.

Many of our members have been expending their personal resources and time to engage in various volunteering activities in order to serve their communities despite their hectic schedules at home and work. NAsEA salutes these exceptional members.

In order to encourage our members to perform volunteer activity services, NAsEA plans to celebrate two weeks of the year, “Christmas Week” and “Labor Day Week”, as “NAsEA Volunteer Service Weeks”. The Christmas week is designated for the community service works such as feeding homeless people, visiting orphan home, and senior citizen homes etc. and the Labor Day week is designated for the blood donation activities.

For several years, NAsEA members in and around Atlanta area have been helping to serve Thanksgiving and Christmas meals to homeless people at the Atlanta Union Mission. Serving homeless and less fortunate people especially during the holiday season is a vital community service. If there is a strong interest among our members to continue this volunteering tradition, we can be a part of the Union Mission and do it again! At least five volunteers are needed if we would like to represent as a NAsEA group. In Atlanta area, contact Dr. Bhaskar Dawadi at brdawadi@hotmail.com by September 30, 2004 if you are interested in participating during the Thanksgiving services. Please write “NAsEA Volunteering” in the subject line of your e-mail. If you cannot be a part of the volunteering team in Atlanta, look for some other volunteering organizations in your area and serve

the community by being a part of that organization. If nothing works, start your own volunteering team in your local area and do something. A team does not have to be a big one; it can just be your family. Pay back to the community where you belong!

Let us imagine the joy that comes if we can save someone’s life by donating blood.

Let us imagine the joy that comes if we can make a difference in someone’s life by helping him.

Let us imagine the joy that comes if we can make someone happy.

Is it not worth? Tell us.

YES! YES! YES!

THEN JUST DO IT.

Basic Mission of NAsEA

- ✍ Promote Nepalese culture and values.
- ✍ Advocate for human rights, freedom and peace.
- ✍ Serve fellow human beings.

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