

Yeti

VIEW POINTS 2011



anmausa.org
Association of Nepalese
in Midwest America



Mt. Everest Restaurant

Taste of Himalayas



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Phone: 847-491-1069
www.mteverestrestaurant.com

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Office of the President



Rastrapati Bhawan,
Shital Niwas, Maharajgunj,
Kathmandu, Nepal.

Ref. No.:

Message of the Right Honourable President of Nepal Dr. Ram Baran Yadav

The Rt. Hon'ble President is happy to learn that the 7th Annual Joint Convention of the Nepalese Association in Southwest America (NASEA) and Association of Nepalese in Midwest America (ANMA) is being held in Atlanta during 2-3 September 2011.

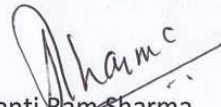
The Rt. Hon'ble President has expressed his happiness to see fellow Nepalese doing progress in the United States of America. He wishes that wherever Nepalese are they should not forget their identity as a Nepali and the Nepalese attending this Convention is a living proof of unity and harmony among themselves. He appeals to all Nepalese abroad to strive for creating goodwill, respect and understanding between people of Nepal and the USA and establish Nepal's good image in the global map. Further, he requests for the preservation and promotion of Nepalese culture, languages and values and transfer it to their younger generation. Likewise, from their place they also have to create awareness within themselves, the potentials of conservation of Nepal's natural endowments, heritage sites and culture. He has also appreciated the organizer for their interest in serving poor and backward Nepalese communities through their philanthropic works.

The Convention, that has been organized on the occasion of Labor Day, has not only brought Nepalese from far flung in that continent, but also acts as a platform for scattered Nepalese families throughout USA.

While appreciating and thanking the Associations for their good efforts as such to congregate Nepalese from the Mid-west and Southern part of USA under one roof, the Rt. Hon'ble President has extended his best wishes for the grand success of this Convention.

Kathmandu, NEPAL
August 19th, 2011

As per instruction,


Shanti Ram Sharma
Joint Secretary



STATE OF GEORGIA

OFFICE OF THE GOVERNOR

ATLANTA 30334-0900

Nathan Deal
GOVERNOR

September 4, 2011

To: Nepalese Association in Southeast America & the Association of Nepalese in Midwest America

GREETINGS:

I am pleased to congratulate and extend my warmest regards to Nepalese Association in Southeast America (NASEA) & the Association of Nepalese in Midwest America (ANMA) as you celebrate your annual convention in Atlanta.

Allow me to welcome your distinguished guests, honorees, and other attendees to the 20th anniversary of the NASEA and the 7th annual convention of Nepalese-Americans. Along with uniting Nepalese citizens from around the United States, this year's convention will focus on the progress of this vibrant culture and the issues surrounding the Nepalese community. On behalf of the State of Georgia, I thank the Nepalese community for its lasting contributions to our state and nation.

Thank you for hosting your event in Atlanta. I hope that you will find Georgia as beautiful, exciting, and hospitable as I do, and I hope that you will enjoy some of the attractions available in the Atlanta area. I commend NASEA and ANMA for organizing this event and send my best wishes for a successful and enjoyable convention.

Sincerely,

A handwritten signature in black ink that reads "Nathan Deal". The signature is written in a cursive, flowing style.

Nathan Deal

ND:ph

Dear Community members and friends,
Namaste

On behalf of Nepalese Association in Southeast America (NASEA) and the 'Organizing Committee' of the Convention 2011, I would like to welcome you all to the digital city of Atlanta. It is my great honor and privilege to greet you all to the 20th annual convention of NASEA and the 7th joint convention of NASEA and ANMA, hosted by Nepalese Association of Georgia (NAG) being held in Atlanta, USA during the labor Day weekend Sept. 2-5, 2011. This year's theme of the convention is "Celebrating Nepal in the USA" and appropriately for that the southern hospitality in the capital of South is waiting for you.



It makes me sentimental to realize that my tenure to serve NASEA is almost over. I am very fortunate to have very strong and professional executive members whom I always admired and loved to work with. I never felt bored and under pressure to handle any situation. This is what a strong team work is all about. I would like to take this opportunity to recognize and express my gratitude to the outstanding efforts, contributions and achievements of my Executive board in making our beloved organization faster growing and bigger in the USA.

According to the bylaws of NASEA, a president can serve one term of two years. However, I am only president in the history of NASEA who got the opportunity to serve the short term of one and half years only. Nonetheless, I do not hesitate to state that during my tenure we have accomplished our stated goals almost cent per cent. I am happy to note that we are able to make history because of the work we have done and goals we have achieved. The name of our organization may impress it being a regional, but we are one of the most leading organization in the nation based on what we have had done for the community and the humanity.

These are the major tasks and projects we have accomplished:

1. Helped and supported Chin Maya Mission.
2. Almost every month Executive meetings within and outside of Georgia.
3. Participated in APAC (Asian / Pacific American Council of Georgia) program.
4. Organized a Grand Picnic.
5. Participated in the first National Convention of OBCA (Organizations of Bhutanese Communities in America).
6. Participated in 3rd convention of ABA (Bhutanese Association in America).
7. Actively took part in NRN - 4th Regional Conference in Houston, TX,
8. Helped Sherchan family.
9. Sponsored Everest Soccer Club to participate in Asian Cup Tournament.
10. Vedanta and Satsang Program by Shree 1008 Swami Atmananda Giri Maharaj.
11. Monthly Talk Program via Teleconference.
12. Coordinated Nepali Cultural Program by renowned singers - Anju Panta, Jagdish Samal and the group.
13. Coordinated Nepalese School and dance classes.
14. Coordinated 'Art of Living' Session.
15. Satsang by Acharya Khemraj Keshavsharan Maharaj Ji
16. Raised \$ 1746 from Deushi to support Nepalese School.
17. Newsletter Publication.
18. Tika Bishwakarma Fund of the amount NRs. one lakh.
19. Celebrated New Year - 2011.
20. Published a joint Bikram Sambat, Gregorian and Lunar Calendar in collaboration with Bhutanese Community.
21. Screened docudrama "Journey to Justice."
22. Condolence Program to recognize the contributions of the late, Ex-Prime Minister, Honorable Krishna Prashad Bhattarai.
23. Program to help Tsunami and Earthquake victims in Japan.
24. Coordinated Nepalese New Year with Nepalese Association of Georgia.
25. Condolence program in the memory of late Meera Acharya, wife of Hari Bansa Acharya.
26. Participated in the 'International Heritage Festival', where more than 50 countries participated.
27. Hosted Blood Donation Program.
28. First Nepalese literary program in Georgia .
29. Nepalese Cultural Center: received total pledge of US \$ 150,000 (one hundred fifty thousand Dollars) so far.
30. The number of general and life members of NASEA have gone almost 50 % up.
31. Coordinated Teej Festival.
32. NASEA is proud to raise the most money and support for Mahabir Pun's wireless project in Nepal for many years.
33. NASEA ANMA Convention in Atlanta: The biggest gathering in USA and the best one ever.

Let me express my sincere and profound gratitude to almighty God, my family, friends, seniors, past Presidents, Advisers and Executive members for giving me guidance, help and support during my successful tenure.

Last but not least, I would like to recognize and thank President of ANMA, Mr. Rajendra Khatiwada, Convention Chair, Mr. Sanjeeb Sapkota, President of NAG, Mr. Pranaya Lama, great sponsors, volunteers and the core organizing committee in making it a successful convention.

Please join me in making the 20th Annual convention of NASEA and the 7th joint convention of NASEA / ANMA very successful, enjoyable and unforgettable. God bless Nepalese, Nepal and the USA.

With best wishes,
Raja Ghale
President, Nepalese Association in Southeast America (NASEA)
www.naseaonline.org

Message from ANMA President

Rajendra Khatiwada
ANMA President



Dear convention participants, members and friends,
NAMASKAR!

On behalf of the Association of Nepalese in Midwest America (ANMA) I would like to welcome you to the 7th NAsEA-ANMA joint convention in Atlanta GA, where the Nepali Diaspora is growing rapidly.

The convention theme “Celebrating Nepal in the United States” reflects the typical Nepali culture and its values, and also sheds lights on our may be small but significant accomplishments as Nepali. We are always eager to celebrate our culture, preserve our values and love our motherland Nepal. Every single Nepali residing in this great country, the United States of America, bears equal responsibility to educate the next generation about Nepal and Nepali, its core values and diverged culture. That is exactly what we are attempting to accomplish through this convention. Thank you for coming and bringing your family here to Atlanta and actively participating in this convention.

This year ANMA is celebrating 29th year of its existence. For the last twenty-nine years, our mission has remained the same which is, to promote and facilitate cooperation among Nepalese and friends of Nepal to preserve Nepali culture for generations to come, while assimilating with people of other culture. All these past years, ANMA has been working very closely with its regional chapters.

In September of 2010, following the 6th ANMA/ NAsEA convention, I and our new executive committee assumed the leadership of ANMA. Since then we are tirelessly trying to maintain the glorious history of ANMA. We are expanding our services by putting together Nepali American Center in Greater Chicago and establishing an E-library that will inspire, unite and connect Nepali from all parts of this country. We are continuously helping our grass root Nepali organizations, Nepali community and Nepal. We have started our life membership campaign and number of new ANMA members has been increasing faster than we had anticipated. Help ANMA to help you by being its member.

I am proud to announce that several of the ANMA senior members are still very active and have been playing a crucial role to help this organization to succeed for many years to come. They have set an example to all of us by showing “Community work is a lifelong commitment and does not end when someone’s term as a president or vice-president or secretary ends.” Thanks to our past members of executive committee for their vision and sacrifices they have made to improve Nepalese community.

On behalf of ANMA and all its members, I would like to thank this year’s convention committee for their outstanding job in organizing this convention in Atlanta, the city of Coca cola and CNN. This would not have been possible without time, efforts, dedications and leadership of convention chair Mr. Sanjeeb Sapkota and executive committee members of 7th NAsEA-ANMA convention. I would like to extend my special thanks to Mrs. Luna Rajbhandari (IL) and Sujana Shrestha (IN) for their significant contributions to the IT committee of this convention. Thank you all for your support.



Sanjeeb Sapkota and Family

Message from the Chairperson

The Many faces behind 'Celebrating Nepal in the United States'

Sanjeeb Sapkota

Chairperson , 7th NAsEa ANMA Convention hosted by NAG

It has been an incredible year of togetherness, planning, team building, communications, learning and sharing for the preparations of one of the largest gathering of the Nepalese in the United States – NAsEa ANMA Convention hosted by Nepalese Association of Georgia (NAG) – for the great cause of Celebrating Nepal in the United States, the theme of the convention coined by Gopendra Bhattarai, one of the co-chairs of the convention. From the very outset the preparations revolved around the principle of doing more with less, decreasing cost and providing quality convention where there will be something (and everything) for every age group so that the convention becomes truly productive, informative, entertaining as well as inclusive that reflects our mission of 'celebrating Nepal in the United States'. This mission has been met by rigorous business processes and high level of (voluntary) professionalism -- weekly conference calls, monthly in-person meetings, producing bite-size tasks, focusing on them until they are completed and utilizing all channels of communications etc.



Outside the convention hotel during the June 26 'mock convention'. From L to R, Srijana Sharma (Program committee), Lekh Sharma (Registration com), Dhana Timilsina (Cultural com) , Sanjeeb Sapkota, Tara Pun (Food com), Saunak Ranjitkar (co-chair) and Shailendra Bajracharya (Registration com)

The list of individuals I want to acknowledge is long but let me highlight some of them. Raja Ghale, NAsEa president is one such person. There has hardly been any day that we did not spoke over phone. He not only raised thousands of dollars for the convention but also become a networker who connected to hundreds of people who are contributing to the convention. Rajendra Khatiwada, ANMA president, is another remarkable person who I consulted on almost daily basis. His fresh experience as the chairperson of the last convention and the lessons learned he shared has been extremely beneficial in shaping the course of this convention. Saunak Ranjitkar, one of the co-chairs and general secretary of NAsEa has been my unique professional partner all along. He assisted many individual committees to come to the speed and motivated them for the entire course. Bishnu Phuyal from Chicago recruited some unique experts in the committee whose role became soon indispensable. Gopendra Bhattarai truly represented mid-west region in every meeting, planning and discussion and was the key in shaping the programs of the convention. Pranaya Lama, president of NAG as well as one of the co-chairs has been indispensable who led the large number of volunteers. Luna Rajbhandari's expertise and able leadership of the

IT Committee gave us the 'face' of the convention – the website that has been visited over 30 thousand times by the first week of August. Damu Dongol and Sagun Shrestha have been the pillars for maintenance and running the website. Lekh Sharma ably led the registration process and so did Angira Kharel for the sports activities. Dr. Tilak Shrestha and Dr. Lila Bdr Karki remarkably led the efforts of publication committee. Tara Pun is another fundraiser who secured several advertisement for us beside being the food committee chair. Srijana Sharma with her experience in several past conventions provided guidance to many activities related to children, youth as well as the Program. Dhana Timilsina not only served as the chair of Cultural Committee but also fulfilled several other major responsibilities. Sailesh Kasaju was a blessing to us whose experience and expertise helped us shape the cultural program. Dr. Bishwa Acharya, Dr. Prahlad Pant, Dr. Ram Chandra Baral, Mukesh Singh, Bimal Nepal, Tek Thapa, Suman Silwal, Dr. Archana Kattel, Dr. Sushma Pradhan, Santosh Ramdan, Deepak Gajmir, Shailendra Bajracharya, Dr. Prakash Malla, Saubhagya Shrestha, Tek Thapa are some names in the list of individuals who provided guidance and advices that contributed to the success of the convention.

Our finance manager AKA Ram Dongol is a giant figure in the backstage. Without him we could not have managed budget and finances efficiently. My special thanks goes to Sujan Shrestha who took the monumental responsibility of designing and laying out the magazine you are reading. He did a marvelous job! The purpose of this article is to show you that we have been working day and night to ensure that you have the most enjoyable and productive gathering of the Nepalese to celebrate Nepal in the United States! **My Hearty Welcome to you All!**



Saunak Ranjitkar, Co-chair, giving update on IT committee during planning meeting on July 31, 2011

Message from NAG President



Greetings!

On behalf of the Nepalese Association of Georgia (NAG), I am pleased to offer a warm welcome to all of you to the 7th NASEA/ANMA Joint convention, in our great city of Atlanta.

We appreciate the dedication and honor NASEA and ANMA represents, and we are proud to host this year's biggest gathering of Nepalese and friends of Nepal in the U.S.

NAG's goal is to provide quality hospitality, outstanding volunteer-ship, and the opportunity for a successful convention.

We are excited to showcase our city to all our visitors. While you are here, we hope you have an opportunity to visit many of our attractions Atlanta has to offer.

Short History of NAG.

Looking back, NAG (formerly known as NYAA) was born amongst the friends, at a small gathering nine years ago, 2000. Since then, NAG has been serving its friends and family here in U.S. as well as in back home. Each and every founder member then, felt a necessity to bind the growing population of Nepalese community in Georgia.

Establishing a name, not of an individual but of a whole community in a foreign land, is a tough task. It took lots of time, talent, energy, enthusiasm and above all, the pure willing of togetherness.

According to the demand of the members, and of the community itself, our association has made many changes throughout. The change of the name, from **Nepal Youth Association of Atlanta** to **Nepalese Association of Georgia** truly underlines the actions taken to serve our community better.

With Regards,

Pranaya Lama

President

Nepalese Association of Georgia.

www.nepalgeorgia.com

NASeA Executive Committee

President

Raja Ghale (GA)
rajaghale@aol.com

Vice President

Sanjeeb Sapkota (GA)
sapkota_869a@yahoo.com

General Secretary

Saunak Ranjitkar (GA)
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Joint Secretary

Srijana Sharma Ghimire (GA)
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Treasurer

Ram Dongol (GA)
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Executive Members

Shyam Aryal (NC)
Mohan Bista (GA)
Madhav Dhakal (NC)
Lila Karki, Ph.D. (AL)
Dipendra Lamichhane (SC)
Tara Punmagar (GA)
Lekh Sharma (GA)
Gobinda Shrestha (GA)
Sagun Shrestha (GA)
Dhana Timilsina (GA)

ANMA Executive Committee

President

Rajendra Khatiwada -Kentucky

Vice-President

Prabhat Pokharel -Michigan

Secretary

Sushil Sharma -Kentucky

Treasurer

Bishnu Phuyal -Illinois

Members

Anita Adhikary -Michigan
Sarala Pandey -Ohio
Dhurba Bhattarai -Michigan
Ankur Sharma -Illinois
Ramakanta Kharel -Illinois
Gopendra Bhattarai -Indiana
Dev Bastola -Iowa
Radesh Pandit -Iowa
Shekher Dhungel -Nebraska

Nepalese Association in

Southeast America

(NASeA)

and

Association of Nepalese in

Midwest America

(ANMA)

Welcomes you to Joint Convention

in

Atlanta, Georgia.

Convention Committee

Chairperson

Sanjeeb Sapkota

Co-Chairs

Bishnu Phuyal
Pranaya Lama
Gopendra Bhattarai
Saunak Ranjitkar

Program

Gopendra Bhattarai
Srijana Sharma
Krishna R Devkota

Registration

Lekh Sharma, Chair
Shailendra Bajracharya
Ram S Dongol
Sakina Shrestha
Gobinda Shrestha
Mohan Timilsina
Dipak Regmi

Publications

Tilak Shrestha
Lila Bdr. Karki
Sujan Shrestha
Nagendra Neupane

Finance

Ram Dongol
Bishnu Phuyal
Kumar Bhandari

Food

Tara Pun
Bhabindra Basnet
Keshav Sharma
Hari Bhandari

IT Committee

Luna Rajbhandari
Damu Dongol
Sagun Shrestha
Saunak Ranjitkar
Sujan Shrestha

Sports

Angira Kharel
Mohan Bista
Shyam Aryal
Khare Basnet
Prem Kunwar

Cultural

Dhana Timilsina
Sailesh Kasaju
Bijendra Gurung
Bimal Nepal
Deepak Gajmer
Divya Pradhan
Lekhnath Chalise
Madhav Dhakal
Sarala Pandey
Srijana Sharma
Suman Silwal

Volunteers

Pranaya lama
Raju Thapa
Mohan Timilsina

Marketing, PR & Fundraising

Raja Ghale
Rajendra Khatiwada
Dipu Lamichhane
Tek Thapa
Bala Pant

Multimedia

Deepak Gajmer
Santosh Ramdam

Children's Program

Sagun Shrestha
Poonam Kharel
Sabina Sapkota
Sangita Dongol
Sushma Shrestha
Dipti Shrestha

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Yeti View Points Editorial Board

Dr. Tilak Shrestha
 Dr. Lila Bdr Karki
 Choodamani Khanal
 Sujan Shrestha

Hotel Room Sponsors

Dr. Prahlad Pant (1 room night)
 Dr. Prakash Malla (2 room nights)
 Dr. Narayan Rajbhandari (1 room night)
 Anonymous (3 room nights)
 Anonymous (1 room night)
 Suman Silwal (1 room night)
 Bimal Nepal (1 room night)

The theme of the Convention ***“Celebrating Nepal in the United States”*** is coined by **Gopendra Bhattra**

The logo of the convention is designed by **Sagun Shrestha**.

Layout Design By **Sujan Shrestha**

7th NAsEA/ANMA Joint Convention 2011 Schedule

9/2/2011 – Friday				
Begin	End	Event	Room/Location	Responsible
12:00 PM	5:00 PM	Registration	Between Peachtree & Dogwood	Registration Committee
3:00 PM	5:00 PM	Convention Committee Meeting	Clairmont	Convention Committee
8:00 PM	10:00 PM	Dinner	Centennial	Nepalese Association of Georgia
9/3/2011 – Saturday				
Begin	End	Event	Room/Location	Responsible
7:00 AM	8:00 AM	Walk and Run	Gather at Lobby	Sabina Sapkota
8:00 AM	8:45 AM	Puja Archana	Decatur1	Guru Janak Baral
9:00 AM	7:00 PM	Registration	Main Lobby	Registration Committee
9:00 AM	5:00 PM	Sports	Lucky Shoal Park & Best Friends Park	Sports Committee
9:00 AM	10:30 AM	Welcome Ceremony	Centennial	Convention Committee
10:30 AM	12:00 AM	Opportunities and Barriers to Development in Nepal and NRN Forum	Centennial	Girija Gautam and Mukesh Singh
12:00 PM	02:00 PM	Lunch Break/ Social Time		
12:00 PM	02:00 PM	Nepali Movie Challenge	Peachtree	Rajan Devkota
2:00 PM	4:00 PM	Himalayas, Tourism and Environment: a balancing act and prospects for economic development of Nepal	Dogwood	Dr. Tara Niraula
2:00 PM	3:00 PM	Women Forum	Dunwoody	Bishnu K. Pariyar
2:00 PM	4:00 PM	Children Program (3-12 yr)	Decatur	Sagun Shrestha
3:00 PM	4:00 PM	Keys to Good Health	Dunwoody	Suman Silwal
3:00 PM	4:00 PM	Dharma Session- Raj Yog	Dogwood	Tilak Shrestha
4:00 PM	6:00 PM	INLS Literary Session	Century	Bimal Nepal
5:30 PM	6:00 PM	Social Hour	Lobby	
6:00 PM	7:30 AM	Dinner	Centennial	Food Committee
8:00 PM	11:00 PM	Live Concert	Century	Concert Committee
11:00 PM	1:00 AM	DJ	Century	DJ Gorkhali
9/4/2011 – Sunday				
Begin	End	Event	Room/Location	Responsible
7:00 AM	8:00 AM	Yoga Session by Lalit Shankar Yogi	Centennial	Bishnu Phuyal
9:00 AM	5:00 PM	Registration	Between Peachtree & Dogwood	Registration Committee
9:00 AM	5:00 PM	Sports	Lucky Shoal Park	Sports Committee
9:00 AM	11:00 AM	Opening Ceremony	Century	NAG/NAsEA/ANMA
11:00 AM	12:00 PM	Giving back to Motherland	Dogwood	Dr. Lila Bdr. Karki
11:00 AM	12:00 PM	Nepal Wireless Project	Century	Tek Thapa/ Tara Pun
12:00 PM	1:00 PM	Lunch Break	Century	Food Committee
1:00 PM	4:00 PM	NAsEA General Election	Clairmont	NAsEA Election Committee
1:00 PM	2:00 PM	Nepalese building Nation	Century	Darshan Rauniyar
1:00 PM	2:00 PM	Youth Program: and Growing up in Multicultural Environment	Decatur	Dr. Archana Katel
1:00 PM	3:00 PM	Children Program (3-12 yrs)	Dunwoody	Sagun Shrestha
2:00 PM	3:00 PM	Immigration Issues	Centennial	Attorney Pooja Regmi
2:00 PM	3:00 PM	Network of Nepali Language Schools in the US	Decatur	Dr. Shyam Karki
2:00 PM	3:00 PM	NRN Board of Directors Meeting	Peachtree	NRN Board of Directors
3:00 PM	4:00 PM	Issues of Indigenous People in Nepal – organized by FIPNA	Dogwood	Shiva K Rai
3:00 PM	4:00 PM	Interactions among Nepalese State Organizations	Peachtree	Raja Ghale/ Sanjeeb Sapkota
4:00 PM	5:00 PM	Earthquake Preparedness and Disaster Relief (ASNEng/ ANMF/ CAN-USA)	Century	Dr. Prakash Malla and Dr. Bishnu Phuyal
4:00 PM	5:00 PM	Empowerment of Nepalese in the Diaspora	Dunwoody	Dr. Tara Niraula/ DJ Khaling/ Deo Sharma
5:00 PM	6:00 PM	ANMA General Meeting	Dogwood	ANMA Executive Committee
5:00 PM	6:00 PM	NAsEA General Assembly	Peachtree	NAsEA Executive Committee
6:00 PM	7:30 PM	Dinner	Centennial	Food Committee
8:00 PM	11:00 PM	Cultural Program	Century	Cultural Committee
11:00 PM	1:00 AM	DJ	Century	DJ Gorkhali
9/5/2011 – Monday				
Begin	End	Event	Room/Location	Responsible
9:00 AM	10:00 AM	NAsEA/ANMA Joint Meeting	Dunwoody	NAsEA/ ANMA
10:00 AM	12:00 PM	Farewell	Main Lobby	NAsEA/ ANMA

Cultural Program

Participants	Home town	Category	Title of item
Binita Devkota	Winter Park, FL	Dance	Tikuli hai mero
Babisha Sivakoti Munsa Manandhar Shreya Pokhrel Barsha Sivakoti	Huntsville, AL	Dance	Folk dance,"Gairi khet ko.."
Gopal Gautam	High point, NC	Song	Maya meri sanjh bhani
Om Gurung	Des Moines, IA	Folk Song	Folk Song
Srijana, Sabina, Prativa, Rupa,Rapana, Sharma	Atlanta, GA	Dance	Yo ho mero pran bhanda pyaro
Sujan Ghimire, Sarah Ghimire	Jackson, MS	Dance	Nepali Salsa Dance
Sarala Pandey	Dublin, OH	Dance	Nepali folk dance
Bhuvan Khanal	Tempa, FL	Song	Self Composed Songs
Bijendra, Saunak, Pratap and many more	Atlanta, GA	Song	Nepali Pop Song
Nikki ghimire	Snellville, GA	Dance	Driver Dai Manparyo malai
Punam Ghimire Risal	Tempa, FL	Dance	Timro Telephone
Sangita Dongol	Atlanta, GA	Dance	Newari Dance
Basanta Khadka	High point, NC	Song	Chhal Jhain Kapal
Ozashwee Ghimire	Americus, GA	Dance	Tirkha lagyo pani khaye
Sakar Pokhrel, Bipul Mainali, Neelesh Manandhar	Huntsville, AL	Dance	Kalkate kaion
Roshan/Binod/Anita	Atlanta, GA	Dance	Ke purba k pashcam ghar
Monika Pradhan	Orlando, FL	Song	Ma Tukra Tukra
Abhiyan Bista, Rabins Khatri, Sujan Basnet, Suman Rijal	Atlanta, GA	Dance	Comedy Nepali Dance by Atlanta Boys
Ladies from Birmingham, Al	Birmingham, AL	Unique Costume Show	Unique Costume Show
Shankar, Saunak, Avi, Sagun, Sailesh	Smyrna, GA	Live band Vocal:	Nakkali Kaanchhi
Kailash Kayasta	Des Moines, IA	Song	Nepali Modern Song
Pratap(Gyan) Mangar	Atlanta, GA	Song	Nepali Pop Song
Ashtha Singh	Dublin, OH	Dance	Jaau Jaau Relai ma
Sauriyan Sapkota, Saurav Sharma, Shristy Acharya, Divya Acharya	Atlanta, GA	Dance	Ban ma phulyo phool
Bishal Bharati	High point, NC	Song	Sanaani timi lai
Abhiyan Jung Bista	Athens, GA	Song	Mix Nepali/English
Sohan R Dongol	Atlanta, GA	Vajan With Harmonium	Song/ Bhajan
Shreya Pokhrel, Munsa Manandhar	Huntsville, AL	Dance	Ganesh Stuti
Ilesh Singh	Dublin, OH	Vajan With Harmonium	Song/ Bhajan
Darshana, Neelav, Rujala, Ishan, Sauzaas, Ishan, Evana, Avinav and many more.	Atlanta, GA	Kids Show	The Future of Atlanta
Punam Ghimire Risal	Tempa, FL	MC	Cultural Show
Suman Silwal	Birmingham, Al	MC	Cultural Show
Monika Pradhan	Orlando, FL	MC	Cultural Show
Dhana Timilsina, Sailesh Kasaju, Bijendra Gurung, Bimal Nepal, Deepak Gajmer, Lekhnath Chalise, Madhab Ghimire, Sarala Pandey, Srijana Sharma, Suman Silwal	USA	Cultural Team Members	Cultural Show

** Some items might move to concert event and are subjected to change**

NASeA - Coming of Age

Shaubhagya L. Shrestha

suvaganga2000@yahoo.com

I was born in 1991, during the great Nepalese festival Vijaya Dashami (celebrated on victory of good over evil). After being blessed by our “Aama” who came from Nepal, my birth was witnessed by my well-wishers from GA, AL, TN, FL, NC, and SC. During the second meeting in Atlanta, GA I was given a name NASeA which stands for “Nepalese Association in Southeast America”. My physical territory covers the vast Southeastern part of the United States of America.



During my first twenty years, I had the pleasure to welcome and greet many outstanding Nepalese, including Mr. Yog Prasad Upadhyay, one of the first Nepalese Fulbright Scholars and the first Nepalese Ambassador to the US after the restoration of democracy in Nepal. This year, I am celebrating my 20th birthday and with that saying goodbye to my teenage years.

Social and voluntary work is my passion. During my annual conventions, people make new friends and rekindle the friendship with their old friends. I have also provided a stage for people to come together and establish deeper relationship, so don't be surprised if you hear the word “match-maker” next to my name. No matter what I do, my priority is to optimize greater benefits for all Nepalese and friends of Nepal.

I also act as a gateway for my patrons to establish connection with the outside communities. Furthermore, it contributes towards creating a global village of mankind. To achieve this objective I chart my mission as follows:

- To preserve and promote Nepali culture, tradition, and heritage,
- To advocate for human rights, freedom, peace and democracy'
- To serve fellow human beings.

Having said so, this task will require hard work, commitment, envisioning, and non-stop perseverance.

Formally, I was incorporated by the State of Georgia on May25, 1993. In the beginning, annual conventions were held during the Christmas holidays. In 1993, considering the weather, it was decided to move the event to the Labor Day weekend to allow for easier travel. Conventions had been held in Auburn and Birmingham in Alabama, Jacksonville in Florida, Atlanta in Georgia, Raleigh in North Carolina, Oxford in Mississippi, Nashville in Tennessee, Chicago in Illinois, Omaha in Nebraska and Louisville in Kentucky. This way, I am able to reach out and make many friends. Conventions had been held jointly with the local organizations as well as with my sibling Association of Nepalese in Midwest America (ANMA).

During the 1996 Olympic in Atlanta, it was my pleasure to welcome the late Crown Prince Dipendra Shah and the Nepalese Olympic delegates and athletes. My name is carved in a cinnamon color ceramic at the Centennial Olympic Park in Atlanta, located at park # 88, serial# 213094.

In 2000 (Y2K), after more than a year -long planning, a joint convention of Nepalese associations was held in Atlanta. The theme of the four-day “First International Convention of Nepalese Associations” was chosen unanimously as “Nepalese Unity 2000” to reflect the new millennium for Nepalese unity around the world. This convention was a part of my growing up as an able and visionary organization. More than 1,400 participants, including seven delegates from Nepal consisting of noted politicians, historians, and literary figures such as Sher Bahadur Deuba, Rishikesh Shah, Jhala Nath Khanal, Tana Sharma took part in this convention. Many Nepalese associations from the USA, Canada, Middle-east, Europe and South Asia participated in the panel discussions, poetry festival, and cultural programs. Delegations from various social organizations such as International Personality Research Council, Red-Cross, Lions Club, Peace Corps, and World Peace Organization spoke at the convention.



During the above convention, fifteen different technical sessions focused on different issues of Nepal. The primary focus was on the subjects of unity of Nepalese people, democracy, immigration issues, and optimization of natural resources in Nepal. During this session, two sub-sessions were augmented in order to establish a common ground and mission for the future enhancement of Nepalese culture and values. In order to achieve the above objectives, ten resolutions were ratified which are as follows:

1. Recognizing the concept of open expression as a basic human right; calling for the free and open expression of ideas by those in the international Nepalese community, regardless of actions by others to the contrary; opposing the suppression of free and open expression; and for other purposes.
2. Indicting violence as a debased form of expression; recognizing the negative consequences of such expression; identifying an appropriate alternative; and for other purposes.
3. Affirming equality on the basis of race, gender, age, economic achievement and political positions as god-given right; opposing limitations placed on this right by men against women, by the socially advantaged against the socially disadvantaged, and politically powerful against the politically weak; and for other purposes.
4. Condemning the caste system, bonded labor, sexual exploitation of women, and cruel and inhumane treatment of animals; and for other purposes.
5. Identifying the balance of the environment (five elements/PANCHA TATWA) as a core Nepalese belief; affirming the need to keep the environment in balance; identifying mankind as responsible for loss of biodiversity; calling upon Nepalese to lead other by example in restoring balance to the environment; and for other purposes.
6. Recognizing the interdependent relationship of mankind upon each other, describing forms of this interdependence; identifying the prevalence of volunteer opportunities; calling for a spirit of volunteerism in the Nepalese community in support of each other and others; and for other purposes.
7. Recognizing the role of developing technology; distinguishing between beneficial and detrimental uses of advanced technology; calling for broader sharing of beneficial technology; and for other purposes.
8. Recognizing the richness of Nepalese culture; identifying common examples of widely beneficial elements of our culture; calling for individual and group efforts to retain national identity and heritage in diverse settings; and for other purposes.
9. Calling for the creation of standing committee to direct and oversee subsequent international conventions; and for other purposes.
10. Call for the creation of "World Nepalese Congress" (currently NRNA) to promote democracy, preserve Nepalese heritage and facilitating economic improvement of the people of Nepal and Nepalese worldwide; and for other purposes.

The above resolutions were adopted by the general body of the convention.

President Jimmy Carter was invited as Guest of Honor. However, due to his travel out of country, he could not address the convention. However, he was represented by his son Mr. Chip Carter and other officers from the Carter Center. The Mayor of Atlanta had declared the July 3, 2000 as "Nepalese unity Day".

The first decade of my life had been very hectic, and I had to work overtime all the time. Finding committed people to run the organization was not an easy task. I had to encourage potential young artists to come forward constantly for the cultural programs. Financial instability resulted in overwhelming hardship to run the various activities. Food supplies were donated/prepared in the special events which then were used to raise funds to cover the expenses of many events. Convention registration fee was kept at the minimum, so that many people, especially students, could participate.

However the past ten years of my life have been very encouraging and rewarding. People seem to have built more faith in me and were willing to become my life members. Presently there are more than one hundred life-members and the number keeps growing. Everyone has been enthusiastic about what he/she can offer to me. Compared to my other siblings, I am more family oriented. I have always been in the forefront in helping out those in need, whether they are victims of Katrina in the US or Tsunami victims in Japan, Indonesia or flood victims in India and Nepal. I have been on front-line in providing education assistance for the schools in Nepal, where only 54% of the people are literate. I have been trying my best to reach out and provide the maximum support within my reach.

After the Royal Massacre in Nepal on June 1, 2001, a memorial service was organized, which had wide media coverage in the TV as well as in the various newspapers in Atlanta.

Just before the end of my first decade and at the end of millennium, I was able to host "Gajatra Festival" along with other performances led by Madan Krishna Shrestha and Hari Bamsha Acharya.

During the 2004 convention, I was honored to welcome Mr. Kul Chandra Gautam, Assistant Secretary General of the United Nation.

One of the attractions in celebrating my birthday during this upcoming Labor Day weekend is the memorable cultural/talent performance. This is quite an opportunity for the performers whether they are veterans or novices trying out for the first time. Unlike my first decade, now I generate enough interest to perform for the cultural event. Now, it requires a pre-selection process to get into the allotted time slot. This is clearly a sign of a maturing organization. I have a long list of tasks ahead to serving my children.

I would like to pause on my story by welcoming all of you to my 20th Birthday celebration. I will have more to tell you later.

I would like to thank Dr. Biswa Acharya for his inputs and Dr. Kamal Malla for reviewing this article.

“तिम्रो सुन्दर चित्र”

By: Raja Ghale, Atlanta, Georgia

तिम्रो बोलि सुन्न पाउँदा, मनको पीर पर भागछ ।
तिम्रो मुहार हेर्न पाउँदा, हराएको रहर जागछ
भनिदेउन के छ प्रिये जादु तिम्रीभित्र
हेरूँ हेरूँ लाग्छ सधैं तिम्रो सुन्दर चित्र ।

मात लाग्ने हेराई तिम्रो नशालु ति आँखा
मनै हलचल पारिदिने, बदनका भाका
मेरो माया जुनी-जुनी राख मुटु भित्र
हेरूँ-हेरूँ लाग्छ सधैं तिम्रो सुन्दर चित्र ।

मेरो साथमा छैनौं ऐले टाडा भै गयौं
तर पनि लाग्छ सधैं तिमि मेरो नै हौं
यो जुनीमा ठाने तिम्लाई एउटा अशल मित्र
हेरूँ-हेरूँ लाग्छ सधैं तिम्रो सुन्दर चित्र ।



आउछु म यसैपाली

त्यो चुच्चे ढुङ्गोबाट अम्लिशोको कुम्लो
भारी घाँस पिठ्युँमा निधार चेप्ने नाम्लो !
भेलमा रुझी जुकाको टोकाई हिँडेको त्यो आली
बिस्र्या छैन मैले आमा आउछु म यसैपाली !!

त्यो बाख्राको खोर अनि बकाइनाको बोट
त्यो तिते करेला अनि लहरै बर बरेला !
त्यो बस्तुको ग्वाली अनि मास छर्ने त्यो डाली
बिस्र्या छैन मैले आमा आउछु म यसैपाली !!

खाजामा चाम्रे अनि गुन्द्रुकको अचार
काइलीको बिहेमा बटारेको कसार !
ओदानको कुँडे भरी ओलनको छाली
बिस्र्या छैन मैले आमा आउछु म यसैपाली !!

त्यो ईस्कुसको जरा अनि आँगनको बिस्कुन
टहटह जुन अनि झ्याँउकिरी को धुन !
त्यो एकले चुलीबाट आमाले डाकेको बाणी
बिस्र्या छैन मैले आमा आउछु म यसैपाली !!

खोजेर पाइन जुरिथुम्कोको शिवालय यहाँ
शरीर यहीँ मन त्यहाँ आमाको न्यानु माया जहाँ !
लाउनलाई फेरी दर्शको जमरा तिहारको मखमली
मरुस्थल छोडी भेट्न आमा आउछु म यसैपाली !!

चूडामणि खनाल
मायामी, फ्लोरिडा

Nepal Aama: Tribute to Mother land on the mothers' day

Bikram Sharma, Atlanta
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एकजना धनी आमाका तीन छोरा रहेछन । एउटा छोरा पुलिस इन्स्पेक्टर, एउटा वकील र अर्को छोरा डॉक्टर रहेछन । एकदिन आमा कतै घुम्न जादै थिइन । अचानक उनलाई एउटा गाडीले पछाडिबाट हिर्काउँछ । बूढी बेहोश हुन्छीन । इन्स्पेक्टर छोरा पुलिस भ्यान चढेर आउँछ र त्यो गाडी चालकलाई मरणासन्न हुने गरी पिटेर चौकी लैजान्छ । केहिबेरमा डॉक्टर छोरा आउँछ, आमालाई जाँच्छ अनि भाबुक मुद्रामा भन्छ ..आमाको तुरुन्त आपरेशन गर्नुपर्छ ...boys rush her to the emergency now!!!!!!!!!!!!

त्यतिकैमा वकील छोरा आइपुग्छ ..अनि भन्छ..परख!!!! अलिबेर परख!!! केस अझै जटील हुन देऊ । अनि हाम्रो आमालाई हान्ने मान्छेलाई टन्न पैसा तिरौउन पर्छ । डॉक्टर छोरा भन्छ ..होइन भाई, धेरै समय छैन हामी संग अहिले । आमा सिकिस्त छीन । तुरुन्त उपचार गरेन भने..... पख!! तिम्ले भनेर मात्र हुन्छ ? उनी मेरी पनि त आमा हून, मैले पनि त केहि गर्न पाउँछु उनकोलागि । मेरो पनि त तिम्रो जती अधिकार छ उनिमाथि । अनि उसले फोन थिच्च थाल्छ ... मेरो पहिलो केसमा कसरी लड्छु हेर्दै जाऊ ।

अचानक बूढीआमा येता ऊता पुलुकक हेरीन अनि आँखा बन्द गरिन; हात उठाउन खोजिन तर सकिनन; चलबलाउन थालीन, अनि चलिननअनि कहिल्ये चलिनन

सायद तिनी नै थिईन नेपाल आमा !!!!!

Thanks

CATERING



DELIVERY



PRIVATE PARTIES

LUNCH BUFFET



Your Commute for Nepalese food just got considerably shorter with the arrival of this South Loop Spot. If you're unfamiliar with Nepalese specialties, traditional stewed dishes like aloo tama bodi (spiced potatoes, bamboo shoots and black – eyed peas) are good place to start. Chicago Curry House is possibly the only place in loop where you can get momo (pictured), tasty little Nepalese Steamed Dumpling filled with Vegetables or Chicken and served with a curry dipping sauce.

CHICAGO

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www.curryhouseonline.com
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7 DAYS**

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847.432.2889

मेरो मन अलि हलुडो भयो

तिमी आज खुशी भइछौ,
मेरो मन अलि हलुडो भयो ।
बोझ त अझै बोकेकै छु,
एउटा लक्ष्यहीन यात्राको बोझ,
सपनाविहीन आँखाहरूको बोझ,
आशारहित धड्कनहरूको बोझ ।
तर तिमी आज खुशी भइछौ,
मेरो मन अलि हलुडो भयो ।

मलाई आफैं देखि शंका लाग्छ,
यो सव नियति हो कि मेरो नियत ?
म फूलहरूको वास्ना महसूस गर्ने सक्दिन,
म जूनको शितलता महसूस गर्ने सक्दिन,
म हृदयको कोमलता महसूस गर्ने सक्दिन,
मलाई आफैंदेखि अविश्वास लाग्छ ।
तर तिमीले नयाँ विश्वास पाइछौ
मेरो मन अलि हलुडो भयो ।

हाडमासुको यो थुप्रो भित्र कतै
मस्तिष्कका नशाहरु त मेरो पनि चल्दो हो ।
तर यस्तो लाग्छ म त केवल एउटा मसिन हुँ ।
धक धक धक धक.....,
नबन्ने गरि अचानक एकदिन यो मसिन बिग्रन्छ ।
हो म एक मसिन,
मलाई तिम्रो साथ हुनु र नहुनुमा केही फरकै छैन ।
तर तिमीले नछुट्ने साथ पाइछौ,
मेरो मन अलि हलुडो भयो ।

कि शायद म एकपछि अर्को गर्दै,
अनगिन्ती नाटकहरु गरिरहेछु ।
तिमीसँगको सामिप्यताको नाटक,
मायाप्रेमका अनगिन्ती नाटक,
अनि पछि भावहीनताको नाटक,
एउटा शून्यताको नाटक ।
अहो! म त केवल एउटा पात्र भएछु,
तिमीसँगका पलहरु सबै एउटा पात्रको अभिनय।
तर तिमीले साँचो माया पाइछौ
मेरो मन अलि हलुडो भयो ।

कि सधैं सधैं ढुङ्गाहरुसँगको दैनिकीले
म पनि सार्हो ढुङ्गा भएछु ।
सुखखा नदी छेउमा फ्याँकिएको एउटा बेकम्मी
डुंगा भएछु ।
अनि सोध्न मन लाग्छ आफैलाई, के म छु ?
अनि तिमी ? अहँ तिमी त्यो हुँदै होइन,
समय धेरै दौडिसक्यो,
मैले चाहेको तिमी अहिलेको तिमी होइन ।
तर तिमीले चाहना गर्ने पाइछौ,
मेरो मन अलि हलुडो भयो ।

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Wishing Nepalese Association in Southeast America
(NASeA)

and Association of Nepalese in Midwest America
(ANMA) a grand success for the Joint Convention in
Atlanta, Georgia, Sep 2-5, 2011

Raja Ghale and Bidhya Gurung

Wishing Nepalese Association in Southeast America
(NASeA)

and Association of Nepalese in Midwest America
(ANMA) a grand success for the Joint Convention in
Atlanta, Georgia, Sep 2-5, 2011

Madhav Dhakal and Sushma Dhakal

Wishing Nepalese Association in Southeast America
(NASeA)

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(ANMA) a grand success for the Joint Convention in
Atlanta, Georgia, Sep 2-5, 2011

Gobinda Shrestha

Wishing Nepalese Association in Southeast America
(NASeA)

and Association of Nepalese in Midwest America
(ANMA) a grand success for the Joint Convention in
Atlanta, Georgia, Sep 2-5, 2011

Ram Dongol and Sangeeta Dongol

Wishing Nepalese Association in Southeast America
(NASeA)

and Association of Nepalese in Midwest America
(ANMA) a grand success for the Joint Convention in
Atlanta, Georgia, Sep 2-5, 2011

Sanjeeb Sapkota and Sabina Sapkota

Wishing Nepalese Association in Southeast America
(NASeA)

and Association of Nepalese in Midwest America
(ANMA) a grand success for the Joint Convention in
Atlanta, Georgia, Sep 2-5, 2011

**Saunak Ranjitkar and
Leena Daibagya Ranjitkar**

Wishing Nepalese Association in Southeast America
(NASeA)

and Association of Nepalese in Midwest America
(ANMA) a grand success for the Joint Convention in
Atlanta, Georgia, Sep 2-5, 2011

Lekh Sharma and Srijana Sharma

Wishing Nepalese Association in Southeast America
(NASeA)

and Association of Nepalese in Midwest America
(ANMA) a grand success for the Joint Convention in
Atlanta, Georgia, Sep 2-5, 2011

Dr. Lila Bdr Karki and Dr. Uma Karki

Wishing Nepalese Association in Southeast America
(NASeA)

and Association of Nepalese in Midwest America
(ANMA) a grand success for the Joint Convention in
Atlanta, Georgia, Sep 2-5, 2011

Dhana Timilsina and Sunita Thapa

Wishing Nepalese Association in Southeast America
(NASeA)

and Association of Nepalese in Midwest America
(ANMA) a grand success for the Joint Convention in
Atlanta, Georgia, Sep 2-5, 2011

Mohan Bista and Kamal Bista

नेपालमा सडक निर्माणका चुनौतीहरू

नगेन्द्र न्यौपाने

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कुनै पनि देशको आर्थिक विकासको मुख्य आधार सडक हो । एक ठाउँबाट अर्को ठाउँमा मानिसहरू तथा मालसामान ओसारपसार मात्र नभई वातावरण सन्तुलन ल्याउन र प्राकृतिक सम्पदाको संरक्षका लागि सडकले मुख्य भूमिका खेलेको हुन्छ ।

नेपालमा सडक निर्माणको विकासक्रमलाई हेर्दा यसको इतिहास लामै छ । राणाकालीन प्रधानमन्त्री श्री ३ जुद्ध शमशेरको समयमा वि. सं. १९५८ अर्थात् इ. सं. १९०१ मा भरिया लगाएर मोटर काठमाडौँ भित्रिएको थियो र त्यो मोटरलाई बग्गी कुद्रे बाटोमा कुदाइएको थियो । त्यस्तै वि. सं. २०१३ सालमा अर्थात् इ. सं. १९५६ मा निर्माण समापन भएको त्रिभुवन राजपथले लामो दूरीको राजमार्गको सुरुवात गरेको हो । सडक विभागले दिएको तथ्याङ्कअनुसार अहिलेसम्म नेपालको कुल सडकको लम्बाइ १७ हजार २ सय ८२ किलोमिटर छ । यति लामो अन्तरालमा विश्वका अरु छिमेकी मुलुकहरूले सडकलाई बृहत् रूपमा लम्ब्याइरहेको बेला तुलनात्मक रूपमा नेपालको सडक निर्माण नगण्य नै हो ।



नेपालको सडक निर्माणमा धेरै नै चुनौतीहरू छन् । एकातिर नेपालको भौगोलिक अवस्था निकै कठिन छ भने व्यवस्थापनको कमजोरीले त्यसलाई थप ऊर्जा मिलेको छ । तिनीहरूको साथमा आउने अर्को समस्या हो, बजेटको उचित बाँडफाँट नहुनु र बजेट प्राप्त भइसकेपछि भ्रष्टाचारको दयाग लाग्नु ।

माथि उल्लेख गरिएको चुनौतीहरू हाम्रा सामु हुँदाहुँदै पनि उचित कार्यान्वयनबाट समाधान गर्न सकिन्छ । सर्वप्रथम सरकारले दिँदै आएको [आफ्नो गाउँ आफैं बनाऊ] अन्तर्गतको रकमलाई परिमार्जित गरी उचित ढङ्गले बाँडफाँट गर्नुपर्छ । पृथक-पृथक रूपमा प्रत्येक गाउँ विकास समितिलाई नबोडी सामुहिक रूपमा गाउँ समितिहरूको समुह बनाई बाँड्ने योजना तर्जुमा गर्नुपर्छ । यसरी एकमुष्ट रकमको ठूलो धनराशीले ठूलै योजना सम्पन्न गर्न सहज हुन्छ । हाल दिँदै आएको पाँच लाखको बजेटले कुनै पनि सडक वा योजना टुङ्गिन नसक्ने भएपछि बर्षेनी एउटै सडकलाई खन्ने र पुर्ने काम भएको देखिएको छ । यसरी एउटै सडकलाई बर्षेनी खन्ने र पुर्ने गरिने हुँदा भुक्तयको विकराल अवस्था स्वाभाविक छ भने सडक वरिपरिको वातावरण धुलाम्मे हाम्रै आँखासामु छन् । वातावरण धुलाम्मे बनाउनु र जमिन भत्काउनु देश र जनताका लागि अवश्य हानिकारक हो ।

कुनै पनि सडक निर्माण गरिँदा नाप-नक्सा, सर्भेदेखि कालोपत्रेसम्मको बजेट उपलब्ध हुन सक्दैन भने योजना सुरु गर्नु नै हुँदैन । सडक निर्माण गर्दागर्दै बजेट अभावले बीचैमा छोडिँदा एकातिर गत वर्ष बनेका सबै संरचनाहरू भत्किसकेका हुन्छन् भने अर्कोतिर योजनाको कूल लागत वृद्धि हुन जान्छ । योजनाशास्त्रीहरूको भनाइअनुसार [कुनै पनि मध्यम खालको योजना दुई वर्षभन्दा बढी लम्बिनु हुँदैन । जति योजनाको समयावधि लम्बिँदै जान्छ त्यति नै बढी टुट्ने र फुट्ने हुन्छ ।

उपयुक्त रकम प्राप्त भइसकेपछि सडक निर्माणका लागि सर्भे र डिजाइन गर्दा दक्ष प्राविधिकबाट मात्र लगाउनुपर्छ । राजनीतिक स्वार्थ लुकेको हुने हुँदैन । जिल्लास्तरको सडक (District Road) योजनाहरूमा सर्भे नै नगरी बुल्जोडजर लगाउने गरेको पाइन्छ । यातायात दुर्घटनाको विभिन्न कारणहरूमध्ये उचित तरिकाबाट सडक डिजाइन नहुनु एउटा कारण हो । जथाभावी रूपमा सडक घुमाउनु, नचाहिँदो ठाउँमा कल्भर्ट बनाउन लगाउनु, बाटो खन्दाखन्दै कडा चट्टान आयो भने सडकको रेखाङ्कन नै मोडिदिनु दुर्घटनाका कारण हुन् । यसको प्रत्यक्ष उदारहण चालु कर्णाली राजमार्गलाई लिन सकिन्छ । प्राविधिक हिसाबले कर्णाली राजमार्ग सफल राजमार्ग होइन ।

एकातिर नेपालको भौगोलिक संरचना सडक निर्माणका लागि त्यति सहज छैन भने अर्कोतिर अदक्ष व्यक्तिबाट अन्दाजको भरमा सडकको रेखाङ्कन गर्दा हामीले आफ्नो काल आफैँले बोलाएका हुन्छौँ । यसबाट प्राकृतिक सम्पदा र धनजन दुवैको क्षति हुन्छ ।

बाहिरबाट हेर्दा सडक जति साधारण देखिए पनि यसभित्र जटिल प्राविधिक तत्त्वहरू लुकेका हुन्छन् । जस्तै कति लम्बाइपछि घुम्ती निकाल्ने, कुन डिग्रीको कोणबाट सडक गएको छ र अगाडिको गाडीलाई पछाडिबाट आउने गाडीले कति दूरीबाट देख्न सकिन्छ देखि लिएर सडक किनारमा बटुवाहरूका लागि बनाउने बाटो र सडक वरिपरिको हरियालीलाई समेत ध्यान दिनुपर्छ । अझ राजमार्गको बीच-बीचमा आइपर्ने विशाल-विशाल नदी, खोला, खोल्सी, ताल र त्यस्ता सम्पूर्ण वस्तुहरूलाई समेट्नुपर्छ । यसरी गहिरिएर अध्ययन गर्दा सडक निर्माण बाहिर दुनियाँले सोचेजस्तो सहज छैन ।

स्थानीय जनतालाई सहभागी गराउनु अर्को सफल पक्ष हो । सडकबारे सही तरिकाबाट स्थानीय जनतालाई सूचना दिनु, सडकको महत्व, विकास र मर्मत-सम्भारसम्बन्धी तालिम र प्रशिक्षण दिनु अर्को सफलताको सूचक हो । सडक सर्भे गर्ने बेलादेखि नै स्थानीय जनतालाई सहभागी गराउनुपर्छ ।

मानव श्रमका लागि नेपाल धनी देश हो । वर्षेनी त्यो मानव श्रम विदेश पलायन भइरहेको छ । यदि त्यसलाई कुनै न कुनै रूपमा परिचालन गरियो भने कुनै पनि योजनाको आधा मूल्य स्वतः घट्न जान्छ । सडक निर्माणका लागि खन्ने पुर्ने, ढुवानी गर्ने तथा व्यवस्थापनमा समावेश गराउँदा स्थानीय जनतामा योजनाप्रति जिम्मेवारी र कर्तव्य दुवै वृद्धि हुन जान्छ ।

समग्र रूपमा हेर्दा नेपालमा सडक निर्माण कार्य निकै चुनौतीपूर्ण रूपमा हुँदाहुँदै पनि विकासका लागि अति जरुरी छ । कुनै पनि योजनालाई चाहिने मात्राको बजेट उपलब्ध नभई निर्माण सुरु नगर्ने र कालोपत्रेसम्मको निर्माण कार्य नगरेसम्म बीचैमा नरोक्ने हो भने दीर्घकालीन उपलब्धी हासिल गर्न सकिन्छ । योजना सफलताको अर्को पक्ष हो, दक्ष जनशक्तिबाट मात्र डिजाइन र रेखाङ्कन गर्ने ।

Like a Second Home

Ravi Dawadi
8th grade, 13 years old,
Tarpon Springs Middle School.
Palm Harbor, Florida

Big light flashing, cars driving by,
All the light glowing in the black sky,
I look to the left and then to the right, all these stores what do
I buy?
I look up at the sky and see the skyscrapers up very high,
Everyone is rushing around, I almost got knocked down,
Yellow blurs rushing to my sides, I want to hop in and take a
ride.
So many things to do, so many places for me to go to,
Go to a monument line so long, one by one it's pulling along,
Go on a boat to see lady liberty, she looks just like herself from
a movie I saw at AMC.
The subways are underground and rumbling,
Inside everyone on their own is mumbling.
I got a hot dog, it was the best.
I think it's the beat of the whole US.
It's the Big Apple or as you know it is New York, New York.

*Wishing Nepalese Association in
Southeast America
(NASEA)
and Association of Nepalese in
Midwest America
(ANMA) a grand success in the
Joint Convention in
Atlanta, Georgia, Sep 2-5, 2011*

**Madhav Mainali, Sita,
Bigyan, and Bipul**

*Wishing Nepalese Association in Southeast America
(NASEA)
and Association of Nepalese in Midwest America
(ANMA) a grand success in the Joint Convention in
Atlanta, Georgia, Sep 2-5, 2011*

Sara Mini Mart

Dev Bastola
Sabitri Bastola
Quad City, Iowa

Pandit Investment LLC

Radhesh Pandit
Shila Pandit
Quad City, Iowa

Dharma

Tilak B. Shrestha, Ph.D.

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The understanding and practice of Dharma is fundamental to the inner strength. The inner strength is the prerequisite for the 'progress', in any sense of the word. It is a matter of open discussions, not belief.

One definition of '**Dharma**' (similar to, but not religion) is - a. the search for truth (**Satya**), and b. ways of spiritual growth (**Yoga**). Spiritual growth is transcending - a. first from individual ego, and then b. to the universal reality. Thus Dharma is mainly internal and personal issue. However, it also does express in external social level as - c. issues of social harmony, and d. cultures.

A. Search for truth (Satya): Truth can be realized in intellectual, experiential and existential levels. Let us take an example of water. You may study physical and chemical properties of water, drink it to satiate thirst, and realize that our body is the expression mostly of water. Intellectual understanding is one dimension of understanding. As a chemist we may consider ourselves much ahead of a mule. However, drinking, not understanding the properties of water, will satiate the thirst. As far as satiation is concerned there is no fundamental difference between Einstein and a mule. In another level, we are the product and part of the existence. Most of our body is made of water. Instead of 'I' realizing 'water', 'water' is expressing itself as 'I.' Even the consciousness, thoughts and feelings are the creations of the existence. When we (created) try to understand the creator (existence) we are actually going background. The framework of understanding needs changing from that of 'created' to 'creator.' The deeper answer to the question 'Who am I?' comes from the existence. Both the thinking process and the experience are subsets of existence. Thus existence cannot be conceptualized or experienced in the ego level. Any human concept of it is only a reflection. Thus it neither can be directly discussed nor taught. Any speculation is precisely that – speculation. However, one definition of spirituality is the "process" of realizing it. Thus, the inquiry about the truth comes from three centers of our being:

1. **Intellectual** – through thinking process,
2. **Experiential** – through direct experience, and
3. **Existential** – transcending to universal reality.

Truth can be sought in objective, subjective and revelatory levels. Objective understanding is independent of individuals. Subjective understanding depends upon individuals, thus differences of opinions can exist together. Both objective and subjective understandings may be clubbed together as empirical. Empirical understanding is within human faculty. There are issues beyond empirical or human faculty, which can be dealt only as beliefs or revelations. Usually such understandings are related with the concept of God and may be called 'theistic.' We may note that objective understanding is more rigorous and valid than subjective. However, subjective understanding covers larger areas of human faculty than objective. Similarly, empirical understanding is more rigorous and valid than theistic, but has lesser scope. Subjective issues can be discussed and understood. Revelation is valid only for the prophet. For others it is only a belief. Thus, the inquiry about the truth may be discussed within the framework of the following three paradigms:

1. **Scientific** - only objective methods,
2. **Empirical** - objective and subjective methods, within human faculty only, and
3. **Theistic** - methods include faith and revelations.

B. Ways of spiritual growth (Yoga\Tao\Zen\Discipline\Way): Spiritual growth is transcending - a. first from individual ego, and then b. to the universal reality. The way or practice of 'Yoga' begins with developing healthy body and mind, then ethics and internal values. The disciplines of yoga or spiritual journeys ultimately lead to the salvation or liberation. There are many ways of spiritual journey and are broadly grouped into four.

1. Way of love and devotion (**Bhakti**)
2. Way of selfless duty (**Karma**)
3. Way of meditation or self-realization (**Raj**)
4. Way of knowledge (**Gnan**)

C. Issues of social harmony: The insights, not social or legal rules, towards the social harmony. Justice is the first step toward harmony. The relationships are of two kinds - between individuals within a society, and between different societies. The secular issues like 'democracy', 'socialism', and 'human rights' are also part of it.

D. Cultural mosaic: The world mosaic of human spiritual heritages. It's evolution in different environmental, historical and philosophical backgrounds. The mutual appreciation between peoples of different spiritual backgrounds and their colorful festivals.

Dharma is not religion: Dharma is not religion, though usually translated as such. Religions are about a set of beliefs and a set of behavior patterns to be followed. Each religion claims only itself to be true, and all others wrong. It claims brotherhood of its adherents and looks at others essentially as adversaries. Religions normally try to convert others to its fold, instead of trying to learn from others.

Dharma & politics: Dharma requires inner reflection, recognizes different ways, and tries to erase existing distinctions. Dharma does not have any inherent political or social code; nor wants to impose any. However, it does affect indirectly by the internal disciplines. The **Gnan** yoga helps us to understand the consequences of our policies. The **Karma** yoga helps us to distinguish between universal and self-interests. The **Raj** yoga helps us to keep our views free of paranoia. The **Bhakti** yoga helps us to foster neighborly love. Thus our Dharma helps in defining the better framework on which the mechanics of politics operates.

Definitions:

Sanatana: To wonder about ultimate truth and to strive for spiritual progress is a universal phenomenon inherent in humanity. It is not limited by geography, history or culture. Sanatana is such universal principles and ways of spiritual growth, studied and practiced around the world.

Dharma: It is a set of beliefs and practices towards seeking truth and spirituality. Dharmas are subsets of the 'Sanatana.' A Dharma differs from another merely by emphases in different methods or by cultural backgrounds. Usually Dharmas have lot in common and their practices overlap. They are like different branches of science (Sanatana) pursuing different techniques and coming from different lineages. Dharmas are not hostile against others. Rather differences are recognized and appreciated - 'Sarva Dharma sambhava.' A Dharma may claim to be easy or more rigorous or explains more, but will not condemn others. It is like going to college where each student chooses different but overlapping sets of courses to study. Physicists do not condemn Mathematicians. Matter of fact, you cannot learn Physics without Mathematics. However, it is not about blind acceptance of any doctrines. Each doctrine has to pass the test of - a. the critical examination and b. the time. Dharmas are not rigid. Many masters come along redefine, interpret and innovate Dharmas to address new settings.

Dharma should not be confused with non-Dharmic issues like caste or rituals. Caste is the evolution in Hindu society as per human motivation and job specializations in the ancient times. Varieties of rituals are mostly cultural expressions.

Hinduism: It is the subset of Sanatana or collection of Dharmas evolved in Indian sub-continent, e.g. Vaishnav, Shaiva, Buddha, Sikh, Jain, Tantra, Charvak (Atheism) etc. It is a geographic definition. It can also be taken as a democratic platform where different Dharmas act. It is the collection of wisdoms from thinkers of all races, regions and times. Thus, it is inherently multi-cultural, tolerant & self-correcting.

Buddha Dharma: Dharma using methods within human faculty only and is independent of any beliefs. Thus it uses only scientific and empirical techniques. Jainism is another such Dharma. Buddhism is a major break through within the long traditions of Hinduism. That is Buddha achieved Nirvana without depending on supra-humanity or divinity. The central message of Buddha is that an individual can achieve salvation by working within the human faculty. All of Buddha's teachings and analyses are within rational self-examination of the world including one's mind. Buddhism is not political or social grouping. It is an inner discipline, similar to mathematics or music, practicable by any body regardless of their religious or other backgrounds.

Parampara: A Hindu family or a community follows own tradition or 'Parmapara', not a Dharma. A Parampara or tradition has elements from many Dharmas and also other cultural elements. These different Paramparas overlap and are not hostile against others. A Hindu learns from different schools and develops own tradition (Parampara). A Hindu is not bound by any single discipline. These individual or family traditions do evolve as new spiritual tools are added and useless ones are dropped. Thus we have growth, not conversion. Thus Paramparas coexist, do not compete, and evolve.

Practice of the Yoga:

Students of 'yoga' begin with the practice of the following first set of discipline. These are the basics of physical and mental well being to be practiced by every body. After these basics, the students of different 'yoga' will specialize in different, though not exclusive, practices.

1. Basic physical exercise (**Hatha yoga**) for good health.
2. Basic ethics:
 - A. Virtues (**Dharma**) to uphold are honesty, purity, goodwill, mercy, patience, forbearance, generosity and ascetism.
 - B. Self control (**Yama**) from violence (Ahimsa - non-violence) both physical and mental, falsehood, stealing, coveting, lust, anger, greed, infatuation and pride.
 - C. Proper conduct (**Niyama**) of cleanliness, contentment, continence, austerity, study and devotion.
 - D. Behavior\attitude (**Byabहार**) of respect for parents, teachers and others; cheerfulness, positive thinking and enthusiasm.
3. Breathing exercise (**Pranayam**) for better oxygen input, cool thinking and concentration.
4. Meditation (**Dhyan**):

Part A. Concentration: For longer attention span and critical thinking. Students are encouraged to develop discipline in thinking thoroughly, understand own biases, be objective and view an issue from different perspectives.

Part B. Non-attachment: It is not concentration. The discipline is for controlling ego related problems like passion, anger, greed, infatuation, pride etc. It leads to freer mind. It is done by isolating such human emotions and making objective analysis. For example, if a person gets a slap then it will invoke anger. The anger can be studied objectively as how the mind is designed or works, by dissociated 'anger' from the 'slap.' The slap remains a fact. The duration of anger depends upon the emotional fuel created by the ego. Then it will slowly fade away. Now the slap can be studied without encumbered by the anger.

Part C. Transcendental: It is to remain only a witness to the passing thoughts and stay unattached. The thought process is like waves on the sea of consciousness. Consciousness is not thoughts. Going beyond thinking is required to go beyond.

Four Yogas:

1. The 'way of love and devotion (**Bhakti**)' will stress on compassion, prayers, singing hymns, dances, rituals, pilgrimage etc. A simple rule of thumb to follow is 'be good' and 'do good.' The 'way of love' component does not require the belief in God. Mere love of all the humanity and the nature suffice. The 'way of devotion' component assumes the existence of the divine being. God created the universe including humanity and loves it. The divine being can be approached through love and devotion.

2. The 'way of selfless duty (**Karma**)' will look at the labor as the selfless prayer on to the lord. According to the theory of Karma, like the Newton's third law, whatever you do will come back to you. We human beings will be acting one act or the other, and consequently we are always bound by the resultant karma. According to the Karma Yoga, when an action is committed by an ego, the karmic reaction is attached to the same ego. However, if you do your duty as if you are merely a conduit of Lord then the karmic reaction will go to Lord, not to you. Thus even when you act, you are not bound by Karmic law and remain free.

3. The 'way of meditation or self-realization (**Raj**)' will practice meditation of the very nature of self. It is about the age-old question, 'Who am I?' The 'resume' answers deals only with the ego part of it. If we study the self in depth, then like layers of onion we will find body, mind, thoughts and emotions, awareness or consciousness. So far we are within our human faculties. Deeper meditation is required to go beyond human faculties and individual ego. It may merely be pointed out that it is possible to meditate beyond memory of personal ego. It will lead to the understanding of the underlying character of the awareness itself and erase the distinction between the meditator and the object. That will lead to the realization of our very essence or the soul (Atma) or the state of Nirvana.

4. The 'way of knowledge (**Gnan**)' is about critical thinking, following knowledge and sticking to truth. The human suffering is due to the ignorance of reality. One way to achieve liberation is through understanding of our own true nature. There are many 'Darshan' or metaphysical views to learn. A few paradigms are: scientific, empirical, dual, and non-dual. However, a yogi has to learn from all the sources and yet stay unattached. It is to think and question bravely. Let no body, no religion, no scripture, no tradition, no ideology imprison the intellect. In every statement there are inherent assumptions. Each of the assumptions, like 'God exist', are also to be examined. The yoga is about keeping the mind free and to progress, guided only by truth.

Buddhism:

Buddhism is a spiritual discipline comparable to mathematics or music. It is not a communal, religious or political grouping. Buddhism needs to be understood, not as a faith, but as the rational approach to the truth and according to the priority it assigns. Buddhist approach to truth is strictly empirical within individual, symbolized by 'Gnan Chachhu' or Eye of knowledge. The central message of Buddha is that salvation can be achieved within human faculty and effort, independent of revelation or divinity. He was merely showing the way worked for him. He is not denying others or claiming exclusivity. Buddha dharma is one of the ways among many within Hinduism. Since most other Dharmas are dependent upon revelations or divinity, Buddha dharma is more rigorous. Its root in Hinduism is symbolized by 'OM.' The 'Om' is the symbol of 'Brahman' in Adwaita, 'Godhead' in Dwaita and 'Bodhi' in Buddhism. The most repeated Buddhist mantra is 'Om mani padme hum' or the 'goodness comes out of goodness.'

The greatness of Buddha is that he is able to bring many of the truths, which were considered purely a matter of faith and revelation, within the realm of rational deduction. That is why initially many Brahman-Pundits opposed him, and once they understood the importance of the Buddhist approach they recognized him as an incarnation. It is their way of, especially from Dwaita perspective, honoring him. His way of knowledge was indeed the ignorance shattering.

The unity of the three principal sects Baudha (Buddha), Shaiva (Nilkantha) and Vaishnav (Narayan) is beautifully symbolized in the popular temple in Kathmandu valley. The deity we lovingly call - 'Budha Nilkantha Narayan.'

Satyam ewa jayate.	Truth always triumphs.
Vashundhaiva kutumbakam.	World is a family.
Sarve api sukhino santu.	Let all be happy.
Yeto Dharma stato jaya.	Victory is where virtue is.
Sarva Dharma sambhava	Many paths to the summit
Om mani padme hum.	Goodness comes out of goodness.
Om shantih, shantih, shantihi.	Divine peace, peace, and peace.

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Sumal Silwal and Marlene Silwal

mRuns.com/ silwal.com/ suman.silwal.com



Reflecting Back the last 15 Months -Transformation of NASEA!

Sanjeeb Sapkota,

Vice President, Nepalese Association in Southeast America

NASEA went through a transformation in the past 15 months. Community services, strengthening organization structure to serve better, promoting regionalization, holding monthly talk sessions over the phone, promoting projects in Nepal, promoting sports activities, representing at International and Asian cultural events, running and maintaining Nepali language school, organizing two mega conventions in 2010 and 2011 with ANMA, historical exploration of the organization, partnership among local, state and national organization as well as Asian-Pacific organization were some of the broad activities NASEA was engaged in the past 15 months. But more than anything, the most important accomplishment of NASEA has been its closeness to the city and state based organization in the Southeast region. Several organizations hosted executive meeting of NASEA including the Nashville Nepalese Association, Nepal Center of North Carolina (NCNC), North Alabama Nepalese Association (NANA), South Carolina Association of Nepalese (SCAN). It renewed relationship with Florida Nepalese Association (FNA) and worked in collaboration with the newly formed Florida Association of Nepalese Society (FANS). It assisted the Triad Nepalese Community Center (TNCC).



From L to R. CNN Hero Anuradha Koirala and HE Ambassador to Kuwait Madhuwan Paudel and NRN International Presindet Devman Hirachan were some of personalities who spoke at the NASEA Monthly Talk Session

The monthly talk session that NASEA held every month for the last 15 months has been highly successful. National and international subject matter experts who spoke over the phone in conference call were joined by people across the United States, Canada as well as other parts of the world including Nepal. Acclaimed personalities like CNN hero Anuradha Koirala spoke live from Nepal, so did His Excellency Nepalese Ambassador to Kuwait from Kuwait City on issues related to Nepalese workers. NRN International President Devman Hirachan spoke from Osaka Japan on the safety of the Nepalese following the March 11 Japan earthquake and Tsunami. The recordings of all the talk session are available in the NASEA archives. Teamwork and coordination within the executive committee is critical for successful delivery of services to the community that NASEA serves. Dividing 15 executive members into various committees including public relations, publications, youth promotion, cultural promotion, Bhutanese collaboration helped in focusing on issues of the community. Pairing up of executive member with the state based organization helped in strenghting NASEA's ties with that particular state. The networking capacity of NASEA president Raja Ghale was a huge asset for the success NASEA had in this period.



Interactions with Nepalese Association of North Alabama in Huntsville

Other major activities NASEA supported include blood donation, poetry recitation, picnic organization, recognition of acclaimed artists, spiritual leader and performer, musical night and many more. NASEA has emerged as the truly representing organization of the people of Nepali origin in the United States. This has created a new challenge for NASEA – maintain the level of service and representation of the organization moving forward. Long Live NASEA!

Immigrant Parent

Sunam Dhakal

A pale and dingy sunlight wake my eyes and with a growling stomach I rush to the breakfast table, but dad's seat is already empty. I get ready for school hastily. Breakfast is the same, Nepali-made bread and milk tea or something cheap enough that would fill my belly. Cereal is a treat, and waffles are a completely different story. Then it's time to get ready. Afterward I set off for the bus stop, carrying a beaten down book bag, while my older sister and I do what we could to pass time; Tag, or just slapping each other for fun. After school I play with the same toy I have been playing with since my last birthday, I only receive a new one once a year. "Things are getting better by the day", our Mom would say. "We're martyrs." Dinner is rice and soup given sparingly so that everyone is satisfied, and mom's extras given to my sister or me, so we could sleep better at night. When my uncles visit, it is a new light awakening me each morning. Like my dad, they work 18 hours a day, complaining it hurt to simply stand and go to the bathroom simultaneously. My dad simply said, "We came to this country for our kids, and if we must suffer, so be it." And at that point it was better than what it had been. This is the epitome of my life from birth to eighth grade.

Upon their arrival at PTI airport, on May 17, 1992, my parents knew nobody, and started from scratch. They left family and friends behind in Nepal, so that their children could have a better life and better education in the Land of Opportunity, America. At first, the Dhakal family had no more than a bowl of oranges and a mattress to their name. Anything other than bread was a delicacy. A five mile walk to my dad's first job and an eighteen hour workday separated us as a family, but brought us together at the same time.

These experiences have physically and mentally shaped and formed the young man that I am today. Wasting food is not an option, because I know that empty feeling inside of my stomach, and I won't have that feeling again. That is why I am referred to as "Big Man" or "Big Su". If someone throws food away at lunch, I find it disrespectful that someone hands them food and they just toss it away, not thinking twice about it. Managing money is second nature to me, though my dad loves to indulge me and to make me happy. "Material things matter to those who haven't experienced having them." He says. To me, the most important aspect in life is family. When you are struggling, or in need, a family member will always be there.

When my little sister, who has not experienced what I have, complains about anything at all, I become angry. I am glad that she did not have to go through what I had to, but more or less I am jealous that she has things I couldn't dream of: a Nintendo DSi for Christmas, or a skateboard for her birthday or a toy whenever she wanted it. I hate that she is spoiled, but I love that she is.

As a kid I never understood why my dad would spank me when I did not do well in school, and until recently I still didn't. To be able to go from a hungry stomach, to an overfilled one, was something I never expected. To be able to go from one toy a year, to driving nice car, one that we couldn't even dream early on, and the 4 cars currently parked in our driveway seems to me like a figment of the imagination. Being able to attend a prestigious college preparatory school such as Westchester is a gift from heaven to my family and me. My dad's single dream from the start was for one of his kids to be able to go to such a school, and succeed in college and life, so that he may say proudly "That's my kid."

My motivation is my parents. As long as I am walking this earth, I don't want to see them suffer again the way they have. My dad never stopped working, and my mom never stopped loving. As a result we will never be poor again, and I have learned why it happened. My dad's ultimate goal is for his kids to say "I'm more educated than my dad" that's when he knows he's succeeded. And that is when I know I have succeeded.

N is for Nepal

By: Nikki Ghimire.

A 17 years old senior at Brookwood High School in Atlanta, Georgia.

'A' is for Anita Adhikary. If you don't know who she is, perhaps you should get familiar with this talented Children's book author who has recently published her book "N is for Nepal." This well crafted book gives a taste of Nepali culture through the use of the English alphabet for children of all ages. As an educator for nearly three decades, Mrs. Adhikary has truly presented her passion for the young and the Nepali culture. As a High School Student drowning in the stress of summer reading assignments, it was much to my surprise and excitement when I came across this wonderful book at Barnes & Nobles this past summer. Picking up a piece of my culture in the midst of a society with a growing generation gap was most definitely a breath of fresh air! Flipping through the fun facts and vivid illustrations of Shree Pashupati Nath Temple and the breathtaking Mount Everest 'Sagarmatha' brought back memories of my motherland and reminded me of my purpose of my everlasting hard work – to live up to and exceed the expectations of my beautiful roots. I recently had the privilege and honor to interview Mrs. Anita Adhikary herself in a brief Q & A session. I highly encourage all Nepalese – uncles, aunts, mothers, fathers – to purchase this book for it is a keepsake and embracement of our beautiful culture.



*Author of N is for Nepal
Anita Adhikari*

Q: When did you first realize that you wanted to be a writer?

A: I think each one of us, sometime or the other think about writing. Being a mother and a teacher, especially working with the very young and reading to them, made me want to write.

Q: How have your personal experiences affected your writing?

A: Again, as a teacher, a mother and now a grandma, living in the US, and not finding many children's literature options about Nepal, made me want to write this book, so children would have an informative book that they would enjoy. There is a surplus of children's books for other countries, but hardly any for Nepal.



Q: Who was your main inspiration in writing "N is for Nepal?"

A: My pre-school students were my inspiration in writing "N is for Nepal." As I mentioned earlier, there are no children's book with illustrations about Nepal in the US. I strongly felt that this book would educate the children and the readers about the country and culture.

Q: What was the most difficult part in writing this book?

A: I would say finding the right publisher was the most difficult part. I wrote the book about three years ago. I did a lot of research, until I found "Mascot Books."

Q: How were the illustrations chosen for each letter?

A: I had a certain vision about the kind of picture/illustration for each letter, which would appeal to the children. To make it easy for the illustrator, I sent out many photos to her, and asked her to make similar illustrations, with bold colors. She would then send me the draft and I would make certain corrections. Ms. Mundy has done a marvelous job. I am extremely delighted with her work!

Q: From start to finish, how long did writing/publishing "N is for Nepal" take?

A: I wrote the book three years ago. After I reached out to Mascot Books in January 2011, editing and discussion of publication moved quickly. In fact, I was able to hold a hard copy or rather my book came out on June 10th, 2011. Not counting the writing, I would say the approximate time was about 4 months, which is not bad at all.

Q: Did you learn anything from writing your book, and if so, what?

A: Indeed! It has made me more aware of my roots, appreciate life. How lucky am I to be born in Nepal, living in America and being able to publish my book "N is for Nepal" in the USA? A country where we are experiencing to live in peace and learning about the "Human Race!" on a daily basis; life is beautiful.

Q: In your biography in the book, you mention how your niche has always been working for the incredibly young. How does this age group capture your attention?

A: Well, I have taught students of various ages- elementary, middle and high school levels in Nepal. However, it was only after I came to the US, that I was exposed to the very young. I love teaching 3 to 7 years of age, simply because they have such a joy in learning! They are eager to listen and learn and ask mind boggling questions. Actually we are learning from them to become better as a person. They are like sponges, and are hungry for knowledge. We have to have patience and give them a lot of "positive reinforcement." I love children. They are my inspiration!

Q: Why do you think it is important for children to indulge in their culture from young age?

A: When we educate our children about their culture and geography, from the young age they will have a better understanding of their roots, who they are, where they have come from, what hardships their parents and grand parents have gone through. Therefore, they will respect their culture and other cultures as well. They will become respectful, compassionate, peaceful, creative and good citizens and better human beings!

Q: What message do you have for readers of your book that inspire to be a writer?

A: Do not give up, keep on trying and dream BIG. If you do not succeed the first time, "Try, try again." Do research in publishing and you could also contact "Mascot Books" and become a self published author!

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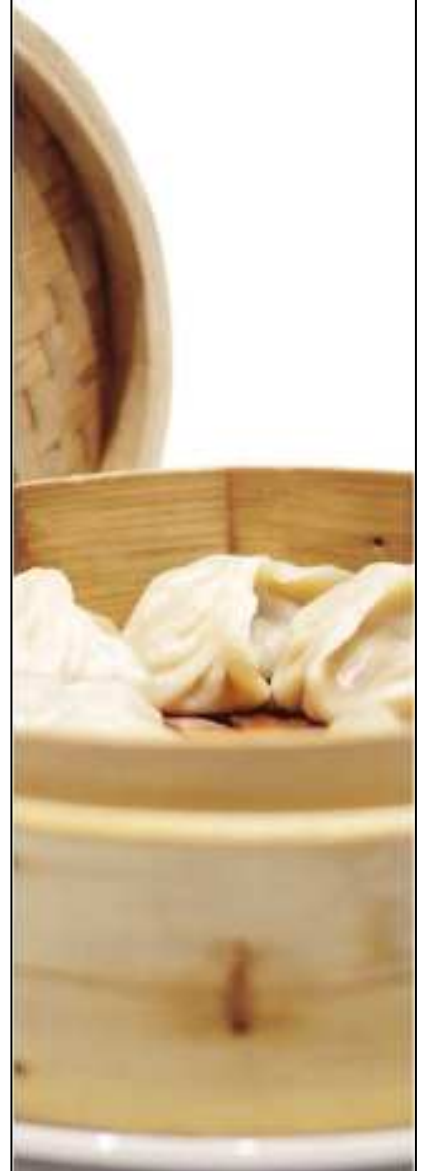

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From Non Runner to International marathoner within 4 years

• *Story of Suman Silwal*

When growing up in Nepal and living 20+years in USA, I was not an athlete of any kind. I have tried a few things in life, but I could not consider myself an athletic individual. Throughout years, I have quit as many times as I started to like running, yoga, body building, racquet ball, swimming, etc.

In 2007, during a full medical checkup to get life insurance coverage, I found out that I started to break down internally. With a family history of high-blood pressure, heart problems, diabetes, and also with two little kids and lovely wife; I knew that I had to change my life style.

In Oct of 2007, I started to run. I have NOT looked back ever since. Like anything in life, starting was hard. At the beginning, every mile was new to me. I had a support group, but I had to learn many things on my own. My persistence and motivation to live a healthy life kept me going. Miles after miles-days after days, I started to get stronger and be a better runner.

In Feb 2008, I ran my first half-marathon (13.1 miles, 21 km) at Birmingham, Alabama. In summer of 2008, I started to train for my first marathon (26.2 miles, 42 km). Training was not easy; I did manage to finish my first marathon in Atlanta, GA in Nov 2008 in 3 hrs. 51 minutes – a respectable time for any first time marathoner. Since then, I have ran 13 full marathons at cities like Chicago, Tokyo, New York, Toronto, Cincinnati, a few in Atlanta, and Birmingham with personal best of 3 hrs. 30 minutes. In 2009-2010 during marathon seasons, I ran 6 marathons in 6 months as a class project. I also participated in many local 5ks, 10ks, 15ks and a triathlon. I am the top finisher for many local 5k and 10k races.

During these years of run/races, I have been able to connect with friends and families around the world, to visit places as well as to promote, my country, Nepal. I also have been an active part of my local community as well as to support several local charities. I raised \$2500 for the polio plus project when I ran the NYC marathon.

Running has changed my life for good. It has brought a perspective in life. I have learned to lead groups. It has made me a strong person inside/outside. I am not a professional athlete, which means I have to live my life outside running – which does not stop just because I have to train. Also, training does not stop just because I have to live my life. I have to learn to balance my time and manage it properly. During these years of running, I actually managed to get a masters degree, raise two little kids with my wife, travel, and more. Yes, sometimes that means I have to get up at 4:30 in the morning to run before life can catch up with me, or run till 10 PM. It also teaches me valuable lessons of sacrifices, and its outcome.

The life is so much better outside of your comfortable sofa, living room, and big TV. The joy and health that it can bring is worth trying. It can also help your family dynamics. I have a running family. If my wife and kids are not running, they are on side line cheering for me. It helps to motivate and connect with your family.

If you ever think you want to run; please come and talk to me. Or, visit my 'blog' site <http://www.mRuns.com> for many tips, inspirational videos, event high lights, and more. I am training for the 2011 Marine Corp Marathon now. I hope you all can follow me. See you all out on the road.



Roller Coaster Ride

Sauriyan Sapkota

Grade 4, Age 9

sauriyan@yahoo.com

Last week was the best week of my life! Do you know why? Because I went to Six Flags and I rode three of the best rides in the park.

My first ride was the 'Daholegena Mine Train.' We've rode it a few times before, and this was my sixth time. My brother didn't get to ride because of his height. First, he sat on the coaster and was happy, but then the coaster people looked at him and said, "Wait that's a baby, let me check his height." But then his height wasn't enough so they took him out of the coaster. His emotions were really cute. He almost cried but took hold of himself not to be embarrassed before all the people. This time the ride wasn't that scary. My mom thought it was scary, because I bumped my head back on the car. There were simple turns and twists, but at



Photos: a. Dad and I. b. The Scorcher.

the end there was a drop that would be scary for little kids.



Next ride was the Scorcher. This was my first big roller coaster. It was really scary. My dad also rode along with me and I got some courage. But when I and my dad hit the lift I thought, "What was I thinking?" The loops were even scarier. It turns you upside down for 1-2 seconds. THAT'S SCARY!!!!

Finally the last ride was the Goliath. It was the scariest ride in the park. I thought "if I can ride the Scorcher I could easily ride the Goliath." Okay here's the story, I sat down on the seat, it was comfortable, but when the coaster moved and I was moving like I

had bees flying towards me. Then the lift came I was almost vertical. When we reached the top I was so scared that I fainted for 100th of a second. I didn't even look forward. Up and down and up and down and turrnnnnnnnnnn and up and down. Finally the end came and I was relieved. But when Six Flags started to close and all of us went to the car I had motion sickness. I told my mom to slow down, why are going fast? I wasn't even hungry. Then everything was better when I woke up the next morning.

I had really fun at Six Flags over Georgia and I look forward to going next time.



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Dr. Narayan Rajbhandari

Atlanta Vedic Temple's Summer Fun Camp

Saurav Ghimire Sharma,
9 years old, Johns Creek, GA

My name is Saurav Ghimire Sharma and this summer I had a chance to go to Summer Fun Camp at Atlanta Vedic Temple in the first weekend of June. I was there with my friend Saurian Sapkota. It was 2 nights and 3 days camp. We had to pack our stuff such as sleeping bag, personal toiletries and some books. In the first evening we introduced ourselves and told the group something interesting about our self. I told everyone that I love to learn different things about world, love to read and travel.

Photo: Summer camp participants.



In the camp, lots of people with different expertise came and conducted several workshops. Some of the sessions I enjoyed most are dances, dental hygiene and Tai Kwan Do. There were various activities lined up for us. First thing in the morning we did Yoga and Pooja. After that we had a healthy breakfast. During the day we played various sports such as volleyball, water balloons, water slides etc. During the evening we had a campfire and a talent show. Siblings and parents are welcome during the day. My sister and my parents were there during the day. Between each session we got breaks to rest, relax and listen to music. We could also play soccer, Frisbee and football during the break. Sunday morning was the last day of camp where we all students performed Yagna in our own "Havan Kunda". It was the fun part. I thank my parents for signing me for this summer camp. I look forward to join this fun filled camp next year too.

Shores of the Present

I stand in shallow water
Up to my knees
In my murky, indigo past
Uncertain about striding in deep

I take a baby step
Toward the mysterious
Forgotten bits and pieces
Of my life

I wonder at the secrets
Hidden in the shady, muddy corners
Swept away by the rapid currents
Lurking behind the lotus flowers

Blades of rice seedlings
Slap at my face
As I venture out further,
Than I have ever dared to go

Suddenly
The water begins to consume me
And I go under
The rough tides of my years

I drink in a large gulp of oxygen
And dive deep
My vigilant eyes stinging
My hair floating around me like a dark brown veil

I spot a dull glimmer
A sparkle, a flash
And dart toward it
Propelling myself through the shadowy depths

An enigma slowly unfurls
I swim to it
Eager to see
The blunt truth

Instead
I sense
Pain, in great quantities
And it's unlike anything in the world

There's no picture
It's not like peering
In to a crystal ball
Or a magical mirror

Midnight black ink
Is all I glimpse
Blanketing me
In its slithering, captivating arms

The pain is not visual
I don't see it
My eyes aren't even,
Open

I feel it
Crawling into my skin
Seeping into my bones
Twisting into my soul

Luckily
I don't bruise easily
For if I did
I would be a bundle of black and blue

I have been here before
Choking in solitude
This is my past
The most hidden, stowed away, forgotten parts

I endeavor to escape, and achieve nothing
But a mouthful of water
A scraped body
Another source of pain

Eager to flee
I propel myself
Over to the edge of the water
Kicking out of the creature's grasp

I heave myself
On to the warm
Embracing reality
Of the present

I shake off the acidic droplets of pain
Remind myself to live for today
And not to dwell on the past
After all
Another day, another dawn

*Wishing Nepalese Association in Southeast America
(NAScA)*

and

*Association of Nepalese in Midwest America
(ANMA)*

*a grand success in the Joint Convention in
Atlanta, Georgia, Sep 2-5, 2011*

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Giving back to the motherland: A case of NASEA supported sanitation \ latrine project.

By: Lila Bahadur Karki, Ph.D.

It is worth mentioning here that 'Room to Read', 'American Himalayan Foundation', and numerous other INGOs and bilateral/multilateral institutions have been working for the welfare of Nepalese in Nepal. We need help from many more institutions and individuals for socio-economic transformations to occur. It seems obvious that a lot more needs to be done in order to help people from insufficiency to self reliance. One of the crucial factors in this regard is the education sector, because it is understood as the main transforming agent in the traditional communities for today's modern and high-tech era. It is not possible to make a miraculous change overnight. Resource constraints and remoteness of many villages remains hindrances. To make real changes in these areas, all of us living abroad can also contribute in one way or the other. That is to make **a difference where a difference is much needed.**

Need of a sanitation project:

We, at least by now, can imagine the degree to which the school environment is affected by simply not having latrines on school premises. It is high time to implement a model project rather than arguing with all 'W' and 'H' questions: Why has it not been constructed? What is the problem? Who was not initiative enough? Is it the government, the school management committee, parents, local leaders or all these actors? How come it did not happen, and so on?

People need action that speaks louder than words:

I and many of the readers may recapitulate our history during elementary, middle and high school, where we had to find suitable open-air areas to use as latrines. The afternoon recess time (1-2 pm) was basically spent for this purpose instead of doing sports or other creative activities. The situation was and still is more exacerbating for girls. Imagine the degree of discomfort a diseased student with diarrhoea and dysentery would have in such a situation! How hard the teaching and learning process could be in such a situation! These are some critical questions for parents, teachers, development activists, and social workers. It is of course a very deplorable condition not to have latrine in a school. Even one is good, **"something is better than nothing."**

To address the need and importance of latrine in some of the rural schools, our novice charity organization "Padma Dal Smriti Pratisthan (PSP) - Nepal" along with its people-empowering and income generating activities, strived to search for small donor(s) to construct a few latrines in these schools. The innovative idea behind this project is to motivate local people to participate in community development and donate labour, and the PSP will donate materials. It is assumed that the local people will be interested in and adopt the project which will directly benefit their school going children. You do not have to be a wealthy person to contribute in humanitarian activities. There are many ways of giving to the community: money, expertise, time, goods, labour, positive thoughts and encouragement.

Modality of the Project:

The project was implemented through a participatory approach. The parents, teachers and students (PTS) of the respective schools participated in the project. To plan this project, the PSP worked in close cooperation with the school management committees (SMC) plus the PTS. Consequently, the PSP envisioned constructing two-in-one latrines (one for boys and one for girls) in each selected school with the tri-parties approach (TPA).

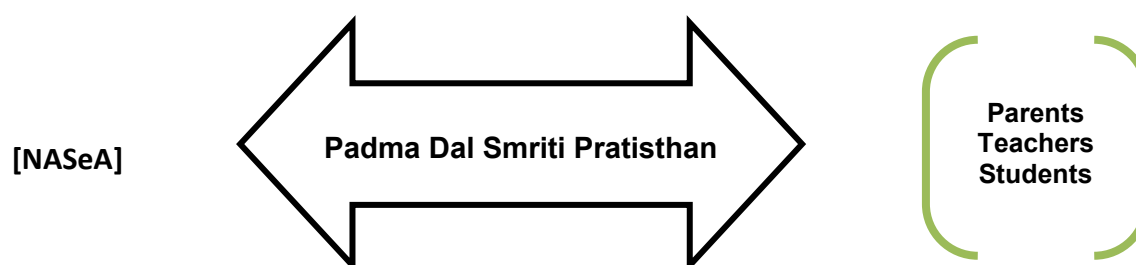


Figure 1: Working partnership

The modality of the project was to provide financial support to procure construction materials not available locally and wages for the carpenters. The funds were used to procure and transport materials (roofing, sheet/stone, iron nails, cement, sand, making pans, windows, doors, locks, carpenters' wages, and signboard). PTS would be accountable for land, labour, local materials, and management. Budget (Table 1) was calculated in consultation with PTS and SMC.

Table 1: Budget Summary and project locations

S. No	Name of the VDC & locations	Name of the School	No. of latrine (two-in-one model)	Total budget (\$)			
				Total budget	NASeA	PSP	PTS
1	Phediguth ward no – 6,	Balkanya Elementary School	1	3000	2000	437	563
	Phediguth ward no – 9,	Sitaljaldevi Elementary School	1				
	Phediguth ward no – 1,	Janajagritee Elementary School	1				
2	Sisneri Ward no -3, Devitar	Jalpa Elementary School	1				
3	Chyanam ward no -1, Rayale	Champadevi Elementary School	1				
	Contribution (%)		5		66.66	14.58	18.76

In the process, sixteen schools without latrines were consulted, five of them promised to implement the latrine project according to the given modality. Thus, each latrine, two-in-one model was constructed with an average price of \$ 600.00. The three party contributions are presented in Figure 2. NASeA's third instalment is to be released soon.

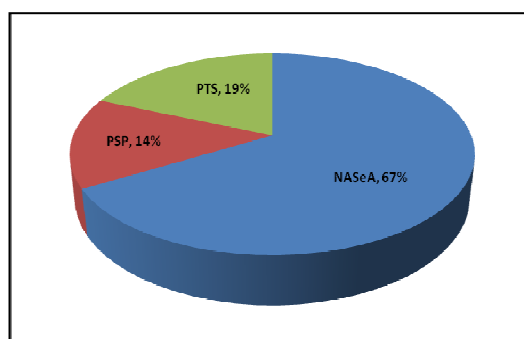


Figure 2: Tri-parties contribution to the Latrine/Sanitation project.

Table 2: Project period and planned activities (2009-2010)

1 st 6 months	2 nd six months
Planning, Site visits, Orientation meeting, Role identification, Tasks assignment, Construction	Construction begins, Procuring and transporting construction materials, Making necessary windows and doors, Monitoring, Completion of the project and Reporting

Partnership with NASeA:Based on pre-conceived TPA, I consulted and submitted a concept project to NASeA requesting financial support of two thousand dollars (Table 1) to implement the project. The project was endorsed by the executive committee led by President, Tek Thapa and General Secretary, Dr. Tilak B. Shrestha in 2009. Implementing actors i.e. PTS were overwhelmed to hear the endorsement news. I strongly persuaded the local members of the PSP and mobilized them considerably to accomplish the task in a timely manner with the best possible quality. The PSP, in cooperation with PTS, prepared operational plan with great enthusiasm and determined to inaugurate in summer of 2010. NASeA agreed to release its pledged funds in three

instalments and the first instalment was released in 2009. The PSP provided its financial, technical and managerial contribution wholeheartedly to accomplish the project in a timely manner. However, PSP had to borrow a loan equivalent of NASEA's second and third instalments, i.e. one hundred thousand rupees @ 25% interest in order to provide PTS with working money according to the working agreement. This borrowing prevented PTS in leaving the task half-way done after investing money, time and enthusiasm. Anyhow, the project was completed and five latrines (two-in-one model) were inaugurated with signposts "दक्षिण-पुर्वी अमेरिकाको नेपालीज एसोसिएसन (NASEA) को आर्थिक सहयोगमा निर्मित सौचालय" in summer 2010, as per the schedule (refer to pictures below). NASEA released the second instalment in winter 2011, and the third instalment is yet to be released. PSP still pays an amount of interest that is equivalent to NASEA's one instalment i.e., fifty thousand rupees, because of its accountability to PTS and SMC.

Impact of the project:

A detailed impact study is yet to be carried out. However, PTS, SMC and local people have acclaimed the support provided by NASEA and PSP.

Not only the PTS but the local communities also have perceived this sanitation project as a model to learn from the importance of the latrine project in health, hygiene, and to maintain a clean environment not only in these schools but also in the communities.

Local FM Radio aired NASEA's and PSP's contribution to the latrine project in five schools of three VDCs, which was acclaimed by the general public in the district.

NASEA deserves the credit for its steadfast determination to participate in community development back in the motherland. People have highly praised NASEA's generous contribution to improve the teaching, learning, and sanitary conditions of the resource deprived schools in remote villages of the Okhaldhunga district. All five schools and VDCs appreciate the help and request the release of the third instalment.

NASEA should be accountable in overseeing the impact of all the projects it has supported so far and it should prepare and publish a compendium in its 25th year of establishment or in the future.

At least five hundred school children have enormously benefited from the latrines daily.

Project relevance to community development:

Once the construction was completed, the PTS and SMC have taken the ownership and remain accountable for repair and maintenance. A repair and maintenance policy in coordination and cooperation with the teachers, parents, and students will be followed. Accordingly, they will be encouraged to create a participatory fund and action plan for its sustainable management.

This project will not only make teaching and learning process conducive, and create a clean and hygienic environment, but it will also disseminate an educative model about health and hygiene, awareness, participation in the developmental process, local resource mobilization and positive impact in the project VDCs - Phediguth, Chyanam and Sisneri, as well as in the neighbourhood.

Appeal to the generous individuals and institutions:

On behalf of PSP, Nepal, I appeal NASEA to continue supporting such noble work to make a difference, especially where even a small support makes considerable impact to many people. ***It is never too late or too little to make a change for a good cause.*** I urge all generous individuals and institutions to sponsor at least one of the projects that could go as a passing gift: latrine (\$500), sewing machine (\$200), scholarship for one high school student from minority group (\$300), a goat or a few chicken (\$200), and a village tea shop or entrepreneur (\$300). Sponsorship in any one of these projects will be acknowledged publicly and will be followed by an appreciation certificate.



Latrine constructed at Gope School, Phediguth VDC



Latrine constructed at Gartigaon School, Phediguth VDC



Latrine constructed at Sisneri School, Sisneri VDC, Okhaldhunga



Latrine constructed at Chilaune School, Phediguth VDC

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तराईको ठाउँ सधैं तराई तराई (डर) भन्ने उखान बुढापाका बाट निक्कै सुनिन्छ । तराईले विभिन्न जटिल समस्याहरु खेप्दै र सहँदै आएको छ । राज्यले ठुला ठुला कुरा गर्छ तराईको समस्याका बारेमा तर समस्याहरु ज्यूका त्यू रहेको छ अझ भन्दा दिन प्रतिदिन समस्या थपिदो छ जुन जोगी आए पनि कान चिरिएको उखान भने झै सरकार बदलिन्छ, ठुला ठुला योजना परियोजना हरू बन्छन् खोई कांहा सम्पन्न हुन्छन के गरिन्छ के गरिदछ केहि अतोपतो हुँदैन तराईका बासिन्दालाई। तराईको मुख्य समस्याको कुरा गर्दा स्वास्थ्य समस्या पहिलो हुन आउँछ। अझ मलेरियाको उन्मुलन भयो नभएत अपराधिलाई सजाय दिनको लागि यांहा पठाईन्थ्योरे भन्ने कुराहरु इतिहासमा पढ्न पाइन्छ। यस्तै समस्या नै समस्याले घेरिएको ठाउँम सर्लाहि जिल्लाको जब्दि गा.वि.स नि एक हो । स्वास्थ्य समस्याको कुरा गर्दा इन्सेफलाईटिस, आउँम, हैजा, सर्पको टोकाई, सुत्केरीको समस्या जस्ता कारणहरु तछाड मछाड गर्दै पहिला हुन खोज्छन्। आर्थिक गतिविधिमा यति पछि रोग र अकालमा ज्यान गुमाउन यति अग्रस्थानमा किन होला कूनै पनि अनुसन्धानकर्तालाई अनुसन्धान गर्न उर्भर भुमि प्रदान गर्छ यस ठाउँले । २ बर्ष पहिले कपलीनी दिदि लाई गोमन सर्पले टोकेर ठहरै पायो, अस्पताल पुर्याउन नै पाईएन, उनका टुहुरा छोरा छोरी घटना सम्झदै आंखा भरी आशु बनाउँछन् । थपिनि दिदि रगतको तालिमा परेर मृत्युको मुखमा पुगेर बल्ल बल्ल बाँचिन १ घण्टा ढिला गरेको भए बचाउन नसकिने रहेछ, खेमराज दाइ लाई ३ दिन अस्पताल राखेर मोहन सिंह भन्ने डाक्टरले बचायो । बिचरा छोरा छोरीको भाग्य बलियो रहेछरे। जानुका भाउजूलाई परालको टालिबाट सर्पले टोक्दा लक्ष्मण दाइ र किशोर ले साइकलमा लगेर बचाएछन. १५ मिनेट मात्र ढिलो भएको भए बचाउन नसकिने कुरा भन्दै थिए रे डाक्टरले, नयां टोलका चौधरीदाइ लाई इन्सेफलाईटिस हुंदा गाडि मगाएर धरान पुर्याए तर ढिलो भएकोले चौधरीदाईको मृत्यु भयो । गाडि रिजर्भ गरेको भाडा छोरा ले गोल्छा मिलमा काम गरेर तिर्दै छब्रे, देबकोटा बाजे रुखबाट लड्दा समयमा अस्पताल पुर्याउन नसक्दा उनलाई बचाउन सकिएन, यि यस्ता कुराहरु हरिभवन जब्दिको रमेश बाजेको पशलमा जम्मा भएका गाउँलेहरुको मुखबाट दिनहुजसो निस्कने तितो स्मरणहरु हुन् र सधैं उनिहरुको मुहारमा गर्मि लाग्ने बित्तिकै आफ्नो सन्तानलाई यो बर्ष कसरी जोगाउने सर्पको टोकाई बाट झाडापखाला बाट अनि अस्पतालमा पनि सर्पको औषधि छैन अरे विरगन्ज लैजान साधन छैन भन्दै भगवान भरोसामा बाँचेका छन् । यस्तो ठाउँमा पाहाड बाट चामलको भात खान बसै आइयो खै के गर्ने हो बराल बा छक्क छन् । यी समस्याको समाधान गर्न न सरकार न राजनिति दलका नेताले नै सोच्छन अझ भन्नु पर्दा यि नेताहरुको काममा पर्दैन पनि विभिन्न बिषयमा लोभ र लालच देखाएर चुनावमा भोट कुम्लयाउन पुग्छन विभिन्न जात पाटि अनि पाहाडी र मधेशी भन्दै छिमेकि छिमेकि मा खिचातानि र असहयोगको वातावरण सृजना गर्न पुग्ने ति नेता भनाउदाहरु तिनै जनताले उपचार नपाएर मर्दा उनिहरु विभिन्न दातृ निकायको भोज मा मोज गर्दै हिडेको पाइन्छ,, मानबका आधारभुत आवश्यकता गास बास कपास र स्वास्थ्य भन्ने सुनिन्छ तर सबै जसो स्वास्थ्यकेन्द्रहरु जिल्ला सदरमुकाममा नै केन्द्रित देखिन्छ भने दातृ निकायले पनि सुगम र पहुच सहजै पुग्ने अनि नेता हरूले सिफारिस गरेको ठाउँलाई मात्र प्राथमिकतामा पारेको देख्दा समस्यामा परेको हिसाबले सारै दुःख लाग्छ भन्न त भन्नुो गरिन्छ पछाडि परेको स्थानलाई प्राथमिकतमा राख्ने तर खोई दिन चौगुना रात आठगुनाको हिसाबले मान्छेले अकालमा ज्यान गुमाए कै छन । सुत्केरी हुन नसकेर मर्ने, घरेलु हिंसाको सिकार हुने हरूको ज्यान जोगाउन सकिएको छैन । शहर का मात्र मानव त होइन नि गाउँको पनि त आखिर मानव नै हुन उनिहरुको ज्यानको पनि त त्यतिकै महत्त्व छ, के पाहाडिया के मधेशी सर्पले सबैलाई टोक्छ, सबैलाई एकै खालको सुत्केरी व्यथा लाग्छ,। यसरी जब्दि जस्तै गाउँको स्वास्थ्य समस्यालाई हेर्दा धेरै भन्दा धेरै घटनाहरुका राम्रो अस्पतालमा बेलामा पुर्याउन नसकेर सामान्य भन्दा सामान्य कारणबाट बिरामीको मृत्यु भएको देखिन्छ । जब्दि बाट जिल्लाको अस्पताल मलंगवा पुग्नको लागि बसमा करीब २ घण्टा लाग्छ, भने बिरगजं तथा जनकपुर पुग्नको लागि ३ देखि ४ घण्टाको समय लाग्छ तर गोमन सर्पले टोक्दा १ घण्टा भित्र अस्पताल पुर्याउनु पर्छ। यस्तो अवस्थामा साइकललाई मुख्य साधन मान्दा सर्पले टोक्नु भनेको मर्नु हो भन्छन् गाउँलेहरु। आफ्नो सोझो गर्ने र मिहेनतमा भर पर्ने राम्रो भए भाग्य र नराम्रो भए पुर्पुरोलाई दोष दिने याहाका बासिन्दाहरुले आफ्नो पहलमा देउसी भैलो बाट केहि पैसा जम्मा गरी स्थानिय युवाहरुको सकृयतामा एम्बुलेन्स खरिद गर्ने योजना बनाएका छन् तर खोई भ्यागुताको धार्नि कहिले पुग्ने यहि चिन्तामा पिरोलिएको बताउँछन पञ्चकुमारी युवा कल्बका अध्यक्ष भरत प्रसाद न्यौपाने, कुनै ब्यक्ति तथा संघ संस्थाले सानो सहयोग गरिदिए एम्बुलेन्स खरिद गरेर यो कल्बले सञ्चालन गर्ने र अकालमा मृत्यु बाट आफ्नो गाउँलाई जोगाउने सपना पालेका छन्। भनिन्छ जहां अध्यारो छ त्याहा बति बाल्नु पर्छ हो जहां समस्या छ त्यहि सहयोग पूर्याउने होइनर । तसर्थ सम्पूर्ण ब्यक्ति नेपाली, बिदेशमा बसेका प्रवासि नेपाली, संघ संस्था, दातृ निकाय र सरकारलाई आ आफ्नो स्तरबाट सहयोग पूर्याउन आग्रह गर्न चाहन्छौं हाम्रो प्रयासमा थप सहयोग प्र्याईदिन अपिल गर्दछौं । आउँ मिलाऊ हाम्रा हातहरु गरौं निर्माण स्वस्थ समाजको । थालनि गरौं आजै बाट नयां युगको नयां नेपाल अनि कामना गरौं अकालमा हुने मृत्यु बाट जोगिन र जोगाउन, स्वस्थ समाज र स्वस्थ राज्यको लागि । सम्पर्कको लागि इमेल ठेगाना उबलअजबथयगतजअगिदरथबजयय।अयमपञ्चकुमारी युवा कल्ब जब्दि ५ सर्लाही (फोन न ०४६६९००२० रमेश बाजेको पसल)

LIVING IN AMERICA

Chet Nath Ghimire

Living in America is a challenge and opportunity for every body coming from other country. Before coming to this country, immigrants have different high level expectations of easy and luxurious life for themselves and their future generations. After a few months of their entry to the U.S.A., they find things quite different from their previous hopes and expectations. Most of them even feel frustrations and home sick. They also begin to miss their home and may begin to consider their life in back home better than here. Why it happens to most of the immigrants? What can be the appropriate course of action to move forward and make our life happy and of quality? Such issues arise mostly due to wrong expectations and lack of knowledge of the realities of this country. Based on experience of living here for a few years, following brief suggestions may be made.

1. **SET SPECIFIC OBJECTIVES:** We need to set our long term objectives and perform activities to achieve them. While setting the objectives, we should analyze our strengths, weaknesses, and interests. Our age and financial situation in back home are also other important factors to be considered. Based on these factors specific to us, we should chart a realistic course of actions. Basically, there can be three options: (1) learn a marketable skill for a professional job, (2) work in a small business for a few years and be an entrepreneur in similar business, and (3) go back to your country after your children are grown up and can take care of themselves. It would be wise to consider these options as per the situation.
2. **BE FIRM AND COMMITTED:** We must be firm and disciplined about what we are going to do. We must be committed to our objectives. We should not be of fickle minded in pursuing our objectives and required actions.
3. **SAFETY AND SECURITY:** Where ever we live in the world safety and security should be a matter of concern. Even if it is little expensive, we should live in a nice neighborhood. It would be wise to work in a safe and secure place. It is true that there is no place which is 100% safe; however, we can minimize the risk.
4. **MAKE NEXT GENERATION BETTER:** The primary objective of many people coming to America is for the prospect and prosperity of their next generation. It can be achieved by providing them with quality education, health care and living in a safe and secure community. For better education, choosing a highly rated school is very important. We can find it from the 'greatschools.org' web site.
5. **QUALITY OF LIFE:** Quality of life can be achieved by getting better education, timely and good health care, being conscious to healthy habits in food and others, maintaining harmonious relationship with the members of the community where we live and out side.
6. **ESTABLISH IDENTITY:** We can establish our identity by performing good actions that are well recognized by the community. We can also give exposure to the beauty of our mountains and Himalayan range by presenting their pictures and articles written by different writers. There are so many ways we can identify ourselves as who we are and from where we came from. Let others recognize us as a nice people with ancient culture.

KEEPING OUR CULTURE: Where ever we go we should keep our culture. We have to get our children involved in different ritual and cultural activities so that they can learn lot about our way of life. If we can not pass our culture to our next generation they will loose their identity in this melting pot of American culture. Going to temple, participating in different Satsangs, ritual activities, listening to speeches of great saints and sages are all different ways to keep our children familiar to our root and culture.

I am sure there are other important issues also to consider in living here in America. We should try to be happy and make our next generation better than us. Then only our hopes and dreams of living in America can come true.

Student Writing Contest 2011

Dr. Sushama Pradhan

Writing Contest Committee Chair

Nepalese Association in Southeast America (NASEA) and Association of Nepalese in Midwest America (ANMA) have been doing the commendable job by organizing student essay contest since 2007. It started with high school contest and now comprises all school going children – High, Middle and Elementary. This year's student writing contest has just concluded.

The primary aim of this contest is to make our children aware of their Nepali heritage and identity; and impart and improve knowledge about Nepal and Nepali culture. Though the children will be rewarded with prize money and knowledge, the actual benefit will be for Nepali community in North America, which will see positive impact in the long run than at the present.

No community can survive in the long run if they do not plant seeds of culture and traditions to grow within their youngsters now. What NASEA and ANMA are doing is planting the seeds of Nepali culture, traditions, values and identity in the minds of our young children. In due course of time with timely fertilizing of Nepalese knowledge, awareness and with continuous watering of Nepalese traditions and values under the sunlight of parent and community it will blossom into beautiful plant that will bring the joy of harvest to the community. For this reason, I would like to commend NASEA and ANMA for having this vision.

I know there are many students who wait for announcement of essay competition to take part. The prize money helps in the motivating writings and energizing the competition. Thus, we are thankful to the sponsors. Without the sponsorships, it would have been difficult to conduct the essay competition well. It will be nice to have sponsors or fund ready on time. This will give us time to plan and announce early and give more time for children to do research and to write. Besides, with longer time frame we can reach more children and participations.

Many times there has been difficulty with funding. But with excellent and persistent efforts by NASEA executive member and members we have been able to conduct the contest so far every year. If anybody would like to sponsor any part of the contest or donate any, let us know. We need your support and patronage.

I would like to thank all the sponsors of year 2011 contest – Dr. Devi Gurung (High School), Dr. Sanjeev Sapkota (Middle School) and Mrs. Nita Khatiwada (Elementary School). And foremost, I would like to thank all the children who took out their precious summer time to participate in this year's essay contest to think and write about Nepal, and learn something about their heritage and identity.

For this year the topic of the essay for the high school was "Celebrating Nepal in your life: Maintaining Nepali Identity." A committee comprising of Dr. Sushama Pradhan - Chair (NC), Dr. Archana Kattel – Co-Chair (FL), Mr. Dhruba Tripathi (AL) and Dr. Divya Pradhan (AL) was formed. The winners in order are Adarsha Malla (Georgia), Phoebe Pradhan (North Carolina) and Prashant Gautam (Florida). The first, second and third place winners will be awarded cash prizes of \$ 300.00, \$ 100.00 and \$ 50.00 and award certificates.

The middle school students were asked to write an essay about "Life in North America: Things that remind me of Nepal." Under the chairmanship of Dr. Sushama Pradhan, a contest committee was formed. The committee members were Mr. Jyoti Vaidya - Co-Chair (ON), Mr. Shailendra Devkota (NC) and Mr. Manoj Pradhan (NC). The first prize winner is Swochhanda Shrestha (Florida). The second and the third prize winners are Aditya Dhakal (North Carolina) and Deepali Singh (Florida) respectively. The first, second and third place winners will be awarded cash prizes of \$ 100, \$ 75 and \$ 50 and award certificates.

Elementary school children were asked to write a 'Show and Tell' on topic "Nepal for Vacation." A committee was formed comprising of Dr. Sushama Pradhan - chair (NC), Mrs. Sarala Pandey – Co-Chair (OH), Mr. Basanta Khadka (NC) and Mr. Jhalendra Shrestha (AL). The first prize winner is Ayushma Sharma (NC). The second and the third prize winners are Anusha Kayastha (GA), and Anupriyam Ranjit (Ontario). The first, second and third place winner will be awarded cash prizes of \$ 40, \$ 35 and \$ 25 and award certificates.

I am thankful to Mr. Raja Ghale, President of NASEA, and Mr. Rajendra Khatiwada, President of ANMA for continuous support and dedication, and also to Dr. Sanjeev Sapkota for not only being a patron to the middle school contest, but also for his commitment towards the whole contest; and NASEA and ANMA for understanding the immense value of this contest. And at last but not least, I would like to congratulate all the winners and thank all the participants.

Nepal for Vacation

**Elementary
School First Place**

Ayushma Sharma

Grade 4, Cedar Fork Elementary School
Morrisville, NC

Nepal is a beautiful country. This country has a lot of stunning places to visit and enjoy. Its culture, traditions and natural heritage are all unique and very vivid. Nepal is full of mountains including the highest one in the world 'Sagarmatha' or Mount Everest. Nepal is also full of lakes, rivers and beautiful forests.

Nepal is a glamorous country that lots of people dream to visit. It has many national parks all over. One of the most popular ones is called the 'Chitwon National Park.' At this wonderful park you can go white water rafting, kayaking, see endangered animals like one horned rhinos, take a jungle safari, where you can see lots of endangered birds, and even take a tour on an elephant's back. Besides the rhinos, we can usually see wild boars, samburs, spotted deer, sloth bear and four-horned antelopes. If you are lucky, you may end up seeing a roaring Bengal tiger from a very close distance.

Other fun things you can do in Nepal are trekking and hot air ballooning. The fascinating way to explore Nepal's natural beauty is walking through it and flying over it. When you go trekking, you will be able to explore the forests of rhododendron, small mountain villages, animals, birds, monasteries, temples, traditional houses and breathtaking landscapes. You will also meet friendly people with diverse cultures showing you a glimpse of their life. Also when you go hot air ballooning, you can see a bird's eye view of Kathmandu along with the mountains and the surroundings of the capital. These activities are fun, fun, and real fun!

Taking a mountain flight or going rafting definitely dose not sound like a bad idea. When you take mountain flights you can see the closest possible views of Mount Everest, Kanchenjunga, other beautiful mountains and the Tibetan plateau. Rafting is another great way to explore the cross section of the country. Both of these are chance of a life time fun activities.

Other appealing activities in Nepal are rock climbing, bungy jumping, and paragliding. These activities could make your day the best one ever. When you go rock climbing, you can climb natural mountains. When you go bungy jumping, you can jump over the one and only Bhote Koshi river. And when you go paragliding, the trip will take you around very beautiful scenery.

Nepal has great national parks, beautiful mountains and country sides, really fun activities like trekking, hot air ballooning, rafting, canyoning, rock climbing, bungy jumping, paragliding, and mountain flights. It would be wonderful to go to Nepal for a vacation. Nepal is a place where lots of tourists visit, and lots of them end up writing great reviews. If they visit once, they'll visit again and lot more times. So even though Nepal may be a tiny Himalayan country, its beauty and the hospitality is definitely the number one in the world. I would recommend everyone to take a vacation to Nepal.



Nepal for Vacation

Anusha Kayastha, Grade 5th,
anusha.kayastha@gmail.com

Elementary School
 Second Place

I was only 2 years old when I went to Nepal the first time. My aunts and uncles tell me that Nepal is a beautiful place. I researched more about Nepal and found out a lot of interesting things to do and beautiful places to see. This is the perfect year to visit because Nepal is celebrating 2011 as the Tourism Year.

Adults need vacations because they need a break from work. You choose vacations based on your interests. If you like skiing you should go to Denver. If you want to travel outside the country to see popular mountains, you should consider going to Nepal.

There is a person called John Wood who worked for Microsoft. He visited Nepal when he needed a break from work. He saw Nepalese kids that didn't have resources for education. He created the 'RoomToRead.org' which has helped 1442 schools and 11246 libraries in Nepal and other countries. Another famous person, Mark Zuckerberg of Facebook, also had vacationed in Nepal.

Nepal is a landlocked country bordered by India and Tibet/China. Nepal is very popular for trekking and mountaineering. Here are a few other great things to do and places to see in Nepal.

Sagarmatha or Mount Everest: Mount Everest attracts many climbers from all over the world. It is the tallest mountain in the world with the altitude of 29,028 feet. Eight out of the top ten mountains of the world are in Nepal, like Makalu, Lhotse and Kanchenjunga.

Kathmandu and Pokhara: Kathmandu is the Capitol of Nepal. Pokhara is another city where most people visit when they go to Nepal because it offers beautiful views of mountains and lakes.

Lumbini: This is where Siddhartha Gautam was born who became Buddha and founded Buddhism.

Rivers and Rafting: River rafting is a great sport. Nepal has the most gorgeous rivers in the world like - Seti, Karnali, Sunkoshi, and Trishuli.

Temples: The City of Kathmandu is also called the city of temples. Some of the famous temples in and around Kathmandu are Pashupatinath, Krishna Mandir, Swayambhunath, Jaleshwar Mahadev.

Nepal is a developing country. Your visit to Nepal will also help her as you will spend money there. HELP NEPAL by visiting Nepal. I hope you understand Nepal is a great destination to go for vacation. Next year I am going to Nepal for my uncle's marriage. I can't wait to do the things and see the places I told you about in this essay.

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Nepal for Vacation

Elementary School
Third Place

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Nepal for Vacation? Nepal, the landlocked country in Asia between India and China, with eight of the ten highest peaks in the world? That sounds AWESOME! Nepal is a naturally beautiful mountainous country with snowcapped Himalayas to plains of tropical Terai. Though it is a small country, it has more than twenty languages and even more dialects. It has colorful cultures with many temples and festivals.

World's highest peak Sagarmatha or Mt. Everest is in Nepal. It is 29,029 feet high from sea level. It is one of the famous tourist attractions. Trekking to Mount Everest base camp is very famous among tourists. For thrill seekers, some of the other exciting adventurous activities to do in mountain areas are trekking, white water rafting and paragliding.

One of the most beautiful places in Nepal is Pokhara valley, almost 200 Km west of Kathmandu. It has many beautiful lakes, caves, waterfalls and view of Fish Tail peak. Nepal is rich in bio-diversity. It has many rare animals, birds and plants. Tigers, leopards, musk deer, red panda, pigmy hog, Gharial or crocodile are some of them. River dolphin in Karnali river is also a interesting rare species to explore. Arun valley, Koshi Tappu, and many national parks are famous with different rare species and migratory birds. A good place to visit when in Nepal is Chitwan National Park. In this national park, you can see the famous one horned rhino and can also ride on the elephants.



Kathmandu is the capital of Nepal and is a city in Kathmandu valley. Kathmandu valley has many cities and villages. It is a culturally and historically rich valley with numerous temples and festivals. Pashupati temple, Swayambhu stupa, Darbar square, Krishna mandir. Palanchok Bhagbati are some of the famous temples and cultural heritages of Kathmandu valley. Machendranath chariot festival, Bisket jatra, Gai jatra are some of the colorful festivals celebrated in Kathmandu. Diverse types of handicrafts from wood, stones, metals, bamboo, textiles are also very popular in Kathmandu. Another famous place to visit in Nepal is Lumbini. This is the birthplace of Siddhartha Gautam, who realized enlightenment, taught the way or the Buddhism.

Nepal is celebrating Nepal tourism year 2011. Tourism is the livelihood for many Nepalese. Nepal is a great destination to visit. It is fascinating place to spend your vacations and you will definitely enjoy your stay!

*Wishing Nepalese Association in Southeast America
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and

*Association of Nepalese in Midwest America
(ANMA)*

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Atlanta, Georgia, Sep 2-5, 2011*

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Pic & Pay Market

Sonoma, CA and Glen Ellen, CA

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Choodamani, Sarita, Hrit, Hriman

The Khanal Family

Miami, Florida

Musical Escape

Slisha Shrestha

slishashrestha@gmail.com

Grade 8, Trickum middle School, Gwinnett County, GA

I can play all her emotions on me.
As she draws my majestic bow across my delicate silver strings,
She plays her heart out.

After a long hard day,
She chooses a song filled with long meaningful whole notes,
Not letting her cramped fingers,
Get in the way of achieving her musical goals.



Some days she comes to me,
Agitated with too much on her mind,
And chooses a song filled with chords...her enemy.
She plays until she tames them,
Or at least until tires and chooses another song.

She often just opens my case,
Cautiously picks me up in her right hand,
And polishes me with a soft baby blue cloth with the other,
She doesn't stop until I shine like melted caramel.

But the days I like the best
Are when she places me on her shoulder and her chin
on my chin rests,
And I can feel her heart pounding,
Right on beat.

She first pulls a long whole note out of
me, unsure,
But soon she gets into the music,
She dances as she plays,
Ignoring everything around her.

She stands on her toes for the high notes,
And bends down for the low notes,
I can feel her passion surround me as,
She enters the world of music.

There she smiles and sways to the music,
Never missing a beat.

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**Dr. Shraddha, Dr. Binod
Bista and family.**

Actions in USA, Memories of Nepal



Winner: Middle school essay competition.

Swochchhanda Shrestha

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Roosevelt Middle School, West Palm Beach, FL

There are some traditions that are popular throughout multiple cultures across the globe. When living outside of your native land; you can find many of these traditions in another culture. While living in the USA, I have found many traditions that have reminded me of my native land, Nepal. For example, my brother likes to go trick-or-treating on Halloween, which is very popular in America. After seeing various costumes in Halloween, I was reminded of 'Gathe Mangal' in Nepal because people pay tribute to ghosts to keep them away.

Last year, when I was attending a Thanksgiving party, I saw families getting together to eat a big meal. They were also wishing each other good luck with blessings. This party reminded me of our "Dashain" in Nepal, where we also get together with family and give blessings. When I see decorated lighting in most of the houses during Christmas, I immediately remember the celebration of Tihar in Nepal.

People go to church every Sunday to pray to God through songs and reading Bible. It reminded me of going to Mandirs every Saturday in Nepal. When I saw pastors, they reminded me of the Gurus that orchestrate Pujas at Nepali Mandirs. Also, the singing reminded me of singing bhajans and the reading of the Bible reminded me of reading the Shostani Bratakatha with my family.

For most people, father is very important. When my family and I celebrated Gokarna Aunsi (Bua Ko Mukh Herne Din), it felt like celebrating Father's Day. In both cases, fathers are celebrated for all they do for their families and kids. The gift-giving of Americans to their fathers on Father's Day is very similar to the way Nepalese people give their fathers gifts on Father's Day.

Mothers are also essential in your life. They give birth to you and, in many cases; they also nurture you during childhood. Mothers are glorified in both Nepal and the U.S.A. Worshiping of one's mother and giving her gifts are parts of the American and Nepalese tradition of Mother's Day. In Nepal, their heroics and hard work are magnified on Mata Tirtha Aunshi.

No matter what path your life follows, having a good education always helps. The people who help you the most in getting an education are teachers. My teachers have helped me very much. In the U.S. teachers are gifted with presents and honored during Teacher's Day. Nepalese people also honor the Gurus on Guru Purnima, which instantly made me think of Teacher's Day. The Shanskrit saying "Guru Devo Bhava" (translated as "Teacher is God") is associated with Guru Purnima because teachers are treated like God. They are offered gifts and asked for blessings.

These similar traditions have helped me realize that, even though America and Nepal are thousands of miles apart, there are similarities. They helped me fit into and understand America while also reminding me that I am from Nepal and I should be proud of that.

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Mukesh Singh and Sharal Singh Pandey

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Mr. Gopendra Bhattarai and Anju Bhattarai

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Bhoj and Beema Rawal

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Ram Hari Neupane

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**Dr. Prakash Malla, Dr. Anju Malla,
Dr. Ananta Shrestha and Sita Shrestha.**

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Tilak B. Shrestha, Ph.D

Life in North America: Things That Remind Me My Motherland Nepal



Second place: Middle school essay competition.

Aditya Dhakal, adityadhakal@yahoo.com

Reedy Creek Middle School, Cary, NC

There are several cultural events, feasts and festivals, natural scenes and scenarios in North America which remind my early days of Nepal; my place of birth, also the birth place of Buddha. Some of the events and things in USA always refresh my memories of my motherland Nepal: the nation of Mount Everest. Many aspects of American life styles bring back to my early days of Nepal: one of the richest countries in cultural heritage and diversity in the world. Though, Nepal and USA are located in different continent, far in physical distance, with people of different color and races, but there are a number of things, cultural events and natural beauty which make each other close and remind me my place of origin.

The Christmas and Thanks Giving the major festivals of USA, cannot let slip from my memory of Dashain and Tihar of Nepal. While I get gift in Christmas in America, I reach Nepal remembering Dakshina in Dashain. I see the same light in the light of Christmas and the light of Deepawali. The whole turkey of Thanks Giving doesn't let me forget the meat of whole goat of Dashain. What a coincidence! Thanks giving and Dashain occur in the same seasons of the year; October and November. The moving Santa in red costume in Christmas reminds me 'The Living Goddess: Kumari'. I had never thought, I could have fun of Gai Jatra in America until I participated in Halloween last year. I don't know why these festivals are observed in the same way in the same season in different parts of the world. The state fair and field trips refresh memories of my homeland. The recent field trip to Asheboro zoo organized by NCNC has brought to my mind the visit to the zoo of Jawalakhel, in Nepal and all the lovely birds and animals of my homeland like Danphe, the spotted deer and the black bear.

There are many things, scenes of North America and mainly North Carolina (being a resident of the state) which don't let me fail to remember the beautiful scenes and scenarios of Nepal. Jordan and Falls Lake of my town bring back to my memories of boating of Fewa Lake. While I cross the Mississippi river in travel with my parents, I feel I am crossing the Narayani in my birth-town Chitwan. When I see Grand Father Mountain of North Carolina with own eyes, I discover America has also many mountains like in Nepal. While I reach on the top of Mount Mitchell one of the highest peak in USA, I imagine that I am on the top of Mount Everest.

The love and hospitality of my neighborhood in USA remind me my grandparents' love for me at home and hospitality for me in my Mamaghar in Nepal.

Thus, no matter where I live in the world, my feelings and thoughts will be influenced by Nepali culture and traditions, and I will miss the beautiful senses and scenarios of Nepal.

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Life In North America: Things That Remind Me Of Nepal

Deepali Singh

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Middle School
Third Place

There are lots of things that reminds me of Nepal while living in North America. Things that reminds me of Nepal are not only American or Canadian cultures but also the way we live. There are lots of things like American holidays such as 4th of July, Christmas, Thanks Giving etc. that reminds me of Nepal.

First of all, American holidays reminds me of certain Nepali holidays. American Holiday like Thanks Giving reminds me of Dashain, because in Thanks Giving every family gathers and eats delicious foods and everyone enjoys with their family, cousins and relatives, just like we do in Dashain. We go to our friends place and our relatives, and we enjoy ourselves and we eat delicious foods. Also Christmas reminds me of Tihar, because in Christmas everyone has their house decorated with lights, just like we do in Tihar. Even 4th of July reminds me of Tihar because of fireworks. In Halloween we go trick or treating in others house and they gives us candies just like in Tihar, where we go to others houses, we dance, they gives us money and delicious foods. All cultures celebrate their own New Years. Though we celebrate at different times, still it reminds me the time I used to celebrate New Year in Nepal. Also there are many holidays that we all celebrate like Mother's Day, Father's Day, and Earth Day. There are some American cultural events, though done differently and in different days, reminds me of Nepal and our festivals.

American cultures and their holidays are not only the things that reminds me of Nepal, but also the way we live. Here everybody goes around mostly in their own cars, so we often don't see people walking around like we do in Nepal. But when we go to Downtown, see people walking, talking, and little kids running around reminds me of Nepal. When we smell food being cooked in restaurants, even if different kind of food, brings my memories in Nepal walking around the roads and smelling all those sweet smells of food and buying those foods, eating it with my friends and family. Also when I go to school and talk with my friends, it brings me back my memories in Nepal when I used to sneak around in class and talk with my friends.

These are scenes and events here bringing my memories of my friends and family in Nepal. And lastly there are many things which I always remember of Nepal even when living far away.

Best Wishes for a Successful

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तिम्रो याद यसरी आउछ

Mrs. Tara Kunwar, Atlanta , USA

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जब यो मनले तिम्रीलाई खोदछ शितल शान्त रात पनि दिनको धुप बनिदिन्छ
अनि यो एकान्त पनमा तिम्रो तस्बिरहरु हृदय भरि छाईदिन्छ
तिमि म देखि टाढा छौ तर तिम्रो यादले मेरो मनमा राहत ल्याई दिन्छ
मेरो यो उजाड जिन्दगीमा तिम्रो हरेक कदमले गहिरो पिरती गासि दिन्छ

तिमि कहिले सप्त रंगी रंगहरुमा इन्द्रेणी बनेर आइ दिन्छौ
तिमि कहिले निस्पट मध्य रात्रिलाइ चिर्दै जुन बनेर आइ दिन्छौ
तिमि कहिले जीवनको उकाली ओराली संगै संघर्ष बनेर आइदिन्छौ
तिमि कहिले त्यो टाढा देखिने शितिज को आचलमा लुकिदिन्छौ

कहिले तिम्रो याद शान्त समुन्द्रमा ज्वारभाटा बनेर आइदिन्छ
कहिले तिम्रो याद हजारौ मान्छे हरुको भिडमा एकान्त बनेर आइदिन्छ
युगौ देखि उजाड बनेका मरुभूमि मा तिम्रो याद प्यास बनेर आइदिन्छ
वर पिपल को शितल छहारीमा पनि तिम्रो याद ले मनै जलाई दिन्छ

कहिले हावाको शुसेलिमा तिम्रो याद संगीत बनेर आइदिन्छ
कहिले तिम्रो याद अनन्त यात्रामा साथ दिने प्रिय संगी बनेर आइदिन्छ
कहिले तिम्रो याद मनको भावनामा आशुको खहरे बनेर झरिदिन्छ

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CELEBRATING NEPAL IN YOUR LIFE: MAINTAINING NEPALI IDENTITY



Adarsha Malla, 11th Grade

adarsha.malla@bellsouth.net

There are many days when I wake up in the morning, lie in my bed and think about my life. I think about a lot of things, such as school, sports, college admissions, and my family. Recently, however, I have been spending more time thinking about my family and what makes my family so unique. No matter how deep I analyze or how far I think, I have realized that what makes my family so unique and great seems to always lead right back to one conclusion or phenomenon: Nepal and the culture of its people. When I think about the food my family eats, the way we dress for certain occasions, the way we observe our religion, the language we speak, the customs we follow, the tolerance and honesty we show, it all leads back to Nepal and Nepali heritage. Even though it was only recently that I have come to appreciate more. I now truly realize how Nepali culture and traditions have shaped me and my family into what we are today, and also how important it is to keep these culture and traditions alive by passing on to future generations.

Hello, my name is Adarsha Malla. I am in the eleventh grade and a citizen of the United States. Although I am heavily influenced by American culture and its traditions, I have realized that I have been influenced just as heavily by Nepali culture and its traditions. Not only has Nepali culture influenced me, but through me, others have gotten a taste of Nepal and its customs. Many of my friends are fascinated with Nepal and its diverse and unique culture. In school, I am always asked in the hallways by friends and even strangers, "Hello Adarsha, where are you from? What ethnicity are you?" I am always very enthusiastic to reply and share with them the many interesting and great facts about Nepal and its people. Sometimes, people do not know where Nepal is or its general location on a global map. I always ask, "Do you know where Mt. Everest is? That is where Nepal is, because Mt. Everest is in Nepal!" That is my favorite description to represent the location of Nepal because my friends are always amazed that I am from the great country that is the origin of the tallest mountain in the world. I also share with them the landscape, customs, and traditions of Nepal. People sometimes ask the types of food we eat or how we dress. I give them as many details as I can because I know by sharing this information with as many people as I do every day and, I am prolonging the life of the Nepali culture and heritage in the United States. This is why I always try my hardest to thoroughly explain to whoever I meet about the most interesting facts about Nepal.

In addition to sharing and preserving Nepali culture in my outside life, I also cherish and celebrate Nepali culture in my own personal life. Whether it is from asking my friends to take their shoes off as they enter my house, or eating *dal bhaat* and *tarkaari* with *achaar* for dinner, I continue to follow and preserve my Nepali traditions. We celebrate many Nepali festivals at home including *Dashain* (*Vijaya Dashami*) and *Tihar* (*Deepawali*). *Dashain* and *Tihar* are my favorite festivals since they are very educational and teach great moral values. I admire *Durga Bhawani* and pray for her blessings since she is the symbol of strength and justice. I was very impressed when I learned that we celebrate *Dashain* to signify the victory of good over evil. *Deepawali* is also my favorite festival when we put a lot of lights around the house and conduct *Laxmi Pooja*. Personally, *Bhai Teeka* is of great significance to me since I love my sister and I need all the blessings I can get from her. Bhai Teeka will always remind me of keeping a strong relationship between my sister and me.

I have attended many (8 or 9) annual conventions of Nepalese Association in Southeast America (NASEA) as well as other local Nepali programs which have been very educational for me. I will continue to attend and support these programs in the future not only to grow stronger as a Nepali myself, but to support others and future generations to do the same. Thanks to my parents who have made every effort to expose me and my sister to Nepali culture and values. They have taken us over half a dozen of times to Nepal where we have gotten opportunities to witness firsthand the Nepali culture and customs as well as its natural beauties. My parents have also taught us about compassion, hard work, tolerance to other cultures and religions, and the value of preserving our heritage.

As you can see, I truly cherish the Nepali traditions that have molded my life and me into who I am today. I know that I owe it all to my parents, Nepal, and Nepali heritage. Not only do I plan to maintain Nepali traditions and customs in my life, I plan to promote them by educating other people including my children and future generations through Nepalese organizations as well as my various personal efforts. After all, who would we be without our great Nepali heritage? I am proud of it.

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Maintaining the Nepalese Identity- in America

Phoebe Pradhan, Rising 12th Grader,

disco_ducky@hotmail.com

Mohandas Gandhi, the universally-celebrated political leader, spiritual revolutionary and forefather of non-violent civil disobedience as political protest, had once professed, "A nation's culture resides in the hearts and in the souls of its people." In translation, the preservation of an individual's cultural identity is not dependent on geographic relativity to the respective country, but rather on the intrinsic ideologies of its people. Therefore, despite being immigrants to the United States and having left our country of origin *physically*, we have not necessarily left it *emotionally*. Personally, I have had my fair share of struggles with conserving a vast majority of Nepalese sentiments in a society that looks down upon social deviation – a dilemma which I am certain many other adolescents can relate to. However, there are some beliefs that I still uphold and will encourage other Nepalese youth to uphold in order to secure the stability of our culture.

Although I am not the paradigm of a distinctively Nepalese teenager, there are still uniquely Nepalese values, such as the importance of education and filial piety, which I hold onto. According to the online database Country Studies, there's a direct correlation between education and social prestige in Nepal, indicating that education is highly valued in Nepalese society. Despite no longer residing in my country of origin, I still understand the significance of a sound education. For instance, a Nepalese elder of mine whom I had met at a joint-convention back in the fall of my sophomore year once professed to me that "the world cannot move forward if you keep standing still" - an axiom which I closely associate with the enlightening but enduring path of edification. *Speaking* of elders, I still maintain a great deal of respect for mine, despite not always submitting to the strict code of filial piety, which is defined as "a love and respect for one's parents and ancestors" (Dictionary.com). I must admit that I am a typical teenager and that I do not always maintain an affable, cordial relationship with my parents. Of course we argue at times and of course I disobey them at times. However, at the end of the day, I still maintain a certain degree of respect for not just my parents but also my grandparents, all of whom have put in much effort to give me a better life than the ones that they had. Furthermore, I believe that respect – respect for our peers, our elders and our young - is one of the most cherished and heavily fortified Nepalese values. With that said, in order for our Nepalese heritage to be preserved in the face of immigration, we must continue to respect ourselves and anyone who we share (or have shared) a national connection with enough to have the sense to hold onto our rich, unique culture.

Aside from intrinsic values, there are Nepalese traditions that I have not lost touch with, in particular autumn's *Dashain* and *Tihar*. There has *always* been something exceedingly alluring to me about the spirit- the atmosphere- during these two celebrations, but it was not until a few years ago that I fully understood their significance. For example, I had always naively - in my Americanized cognizance- presumed that Dashain fixated on gifts and treats. However, I now understand that the deeper, truer denotation of the multiple days of festivities is about reinforcing family ties, rejuvenating community alliance, and ultimately reaffirming our dedication to our heritage. As for Tihar, which is endearingly referred to as the Celebration of Lights, I have come to realize that there's more to it than a legend about a king, a mishap and a god (Karki). According to the website Kathmandu Metro, Tihar pivots around the notion that not only humankind, but also animal-kind deserves benevolence and goodwill, thus the trademark lights have come to symbolize a sort of universal peace. Furthermore, due to my enlightenment about the true meaning behind Nepalese customs, I find myself more and more motivated to pass down our culture to future generations. How so? Because without understanding the significance of an event, one cannot hope to preserve it. Therefore, we cannot hope to preserve the Nepalese culture if adolescents of the present and future generations cannot grasp the deeper meaning behind the tikas, behind the prasad, and behind the pujas.

Perhaps Mohandas Gandhi sums up the relationship between one's self and one's culture the best – a culture cannot thrive if its people are remiss in supporting it. In my opinion, in order to preserve the Nepalese culture, our people must continue to *believe* in their heritage despite facing the need to assimilate into a new society. Having faith in the Nepalese culture can be shown physically, such as upholding traditional celebrations, or spiritually, as in latching onto nationally idiosyncratic beliefs. By using either method of support, we are, as Gandhi had professed, letting our culture reside in our hearts and in our souls. So in the tradition of Tihar, let us illuminate our windows, porches and doors with lights, but let us also illuminate our souls with the conviction that we are Nepalese no matter our distance from home. In doing so, we are immortalizing our culture, enabling it to transcend the barrier of distance, the pressure of adversity, and the immensity of Time itself.

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Maintaining Nepali Identity in the US



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Rich in ethnic, religious, cultural and regional diversity yet a unique unity of people under the umbrella of brotherhood makes up my country Nepal. “Unity in diversity” is what Nepal is all about. Being a citizen of a country that has been endorsed as the “Zone of Peace” by more than 110 nations makes me immensely proud. No matter where I go or where I live I always celebrate Nepal in my life and cherish my identity as a Nepali.

Born in Nepal, raised and schooled in Nepal, I feel Nepal in my everyday life. Although my father’s pursuit of higher education and my own career prospects made my family move to the US, I have still been able to instill my Nepalese identity and culture within me. I understand very well my norms and values and have been strong to take my own decisions colored by the great cultural tradition of Nepal. I raise my head high when I remember the great souls such as Mahatma Buddha, the light of Asia and Janaki, the ideal of Hindu womanhood produced by my country. When I turn on my TV and watch a Nepali channel, I get immensely nostalgic and remember my childhood that I spent in the Himalayan country. Yes, very often I feel nostalgic about some intimate friends back home who shared happiness and who divided sorrows.

I am just pleased by the fact that I was born in a most beautiful place of the world. Nepal with its exquisite flora and fauna, its beautiful hills and dales, wide plains, winding rivers and high mountains can steal any body’s heart. Rarest of the rare plants, animals, birds, flowers, beautiful rivers and mountains and wide green fields are just a few broad items in the list that makes Nepal a rich storehouse of Natural resources crowning its glory with Mt. Everest, the highest peak in the world. I get a thrill when I remember how wandering around the woods and hills and the river beds of my motherland felt as though I was in a paradise.

Nepal is not only rich in natural resources and beauty; it is also a conglomeration of diverse and distinct cultures and traditions. Along with a common idea of nationality, the rich tradition of festivals binds all the people of Nepal from the eastern border of Mechi to the western Mahakali. Raising themselves above all sorts of divisions, Nepalese people celebrate a number of festivals, such as *Bada Dashain* when people belonging to all castes, creeds, languages and ethnicities come together and rejoice celebrating the cause of righteousness, while younger people get blessings from the elders. Similarly, Nepalese celebrate *Tihar* lighting homes and surroundings to welcome Lakshmi maata, the goddess of wealth and expressing a binding tie of love among brothers and sisters. During *holy*, the entire country gets colorful with joy and happiness. Despite living far from my country, every year, I celebrate these festivals. These together with some routine activities like listening to Nepali folk songs give me a strong sense of satisfaction and the feel of my original root. The observance of Nepalese religious rituals and cultural norms separates me from the western crowd and gives me a distinct identity. Being a Nepali and following my customs and traditions is like my very life breath. I can’t stop them until I die.

Living or trying to live a purely Nepalese style of life in a country like the U.S. is not only undesirable but also impractical. Even to observe certain cultural ways of the orient are sometimes fraught with challenges as many Nepalese might have faced for the simple reason that living on the other side of the globe with an entirely different set of values and priorities is obviously much different than living in Nepal. Besides, the highly technological life style with the busy schedules for school, work and other activities really have cause many Nepalese to stray away from their heritage. However, it is completely dependent on how much one loves Nepal and what Nepal is to him/her. Since America celebrates a multiethnic, multi religious and multicultural society, it never comes on my way of maintaining my Nepalese identity. Therefore, despite the busy schedules and a different life style, I always manage to be who I am and where I am from. Instead of trying to follow the westerners blindly in everything, I manage to go to temples and sing spiritual songs and chant hymns that not only build my character morally and spiritually but also make me a stronger Nepali and help check my steps moving towards a dry materialistic life.

Since, sticking to a few norms of my motherland and observing a few rituals strengthen my identity as a Nepali and my love for my beautiful country and its rich culture, I would suggest my Diaspora friends to do the same. We can remain Americans despite maintaining our age old Nepali identity in this country of diversity and immense possibilities. We from the Himalayan land can come together on a common platform, celebrate Nepal and what it stands for all of us and work in a democratic spirit by sharing ideas and respecting the differences but never trying to disturb or discourage our fellow compatriots.



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