

# संगालो

**SALUTE TO THOSE WHO SERVE**

*NCNC honors Nepalese in US military*

## SANGALO

*NCNC nails a notch up...*



### Proclamation

#### Proclaiming the Third Saturday of April as "Nepal Day"

WHEREAS, the Nepali community residing in Wake County and the Town of Morrisville comprises a large portion of the Asian population; and

WHEREAS, Wake County and the surrounding area is home to nearly 4,000 Nepalese residents; and

WHEREAS, the Nepali community makes significant contributions to the social and economic well-being of the community; and

WHEREAS, more than 100 different languages are spoken within the Nepali community, which significantly increases the cultural diversity of Wake County; and

WHEREAS, the purpose of the Nepal Center of North Carolina is to build and foster relationships and cordial relations with the local community, protect Nepali culture and identity, extend a helping hand to Nepal and Nepalese around the world; and

WHEREAS, the Nepal Center of North Carolina welcomes and assists Nepalese immigrants, students and newcomers to North Carolina with information, moral support and networking opportunities; and

WHEREAS, The Nepal Center of North Carolina strives to promote Nepalese art, literature, music, dance and customs in North Carolina; and

WHEREAS, members of the Nepal Center of North Carolina have actively involved in our local community through participation in programs such as Adopt-a-Highway, blood donation and the International Festival.

NOW, THEREFORE, BE IT RESOLVED that the Wake County Board of Commissioners does hereby proclaim the third Saturday of April as "Nepal Day" in Wake County.

ADOPTED this the 21<sup>st</sup> day of May 2018.



*Justice N. Holmes*  
Justice N. Holmes, Chair  
Wake County Board of Commissioners



*Interview with Manita Deskota  
Miss Nepal Universe 2018*

*... Wake County Proclaims the Third Saturday of April as Nepal Day*





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# संगालो SANGALO

2018

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# Table of Contents

Title	Author	Page
Salute to those who serve	Sangalo Team	1
Interview: Manita Devkota Miss Universe Nepal 2018	Ayushma Sharma	13
Medical Mistakes: Solving Puzzle with incomplete...	Sagar Wagle	16
Kiran Against Domestic Violence	Kiran	19
Choices as simple as 0123	Dharma R Pantha	20
The best places to visit in Nepal	Ashreema Luitel	21
Finding my love for photography	Diza Pandey	22
Humanity	Shriyadita Dhakal	23
Bratabandha Experience	Amit Khanal	24
Immigrants of America	Pranisha Pantha	25
Magnetars	Ayug Poudel	26
Earthquake of 2015	Agrani Bhusal	27
Nepal	Pranish Pantha	27
The Flag of Nepal	Nirbiroddh Timalsina	28
Nepal Day Parade	Savanna Aryal	29
Why Rest in peace (RIP) After Death?	Dasharath Lohar	30
Rice Plantation in the lower ...	Dr. Narayan B. Rajbhandari	31
New Federal Structure of Nepal	Sangalo Team	33
An open letter	Phoebe Pradhan	34
US-Nepal Economic relationships ...	Kailash Raj Pokharel	35
Anthony Bourdain	Shreya Kunwar	38
Life in Nepal	Hishi Ulak	39
सम्पादकीय		40
कङ्गोमा नेपाली व्यापारी	नगेन्द्र न्यौपाने	41
हाम्रो नेपाल सेन्टर अफ नर्थ क्यारोलाइना	सुवास ढकाल	45
नेपाली पहिचान र नेपाली भाषा	नम्रता गुरागाईँ	48
सावधान !	शिखर दुलाल	53
ट्रायड क्षेत्रमा टि.एन.सि.सि. को परिचय	गीता कँडेल	55
गैर आवासीय नेपाली संघ र प्रवासिएका हामीहरु	बाबुराम पोखरेल	57
नर्थ क्यारोलाइनामा नेपाल दिवसको मेरो अनुभव	मायानाथ अधिकारी	60
अमेरिका यात्रा स्मरण	ठाकुर प्रसाद तिवारी	61
आमा	बासु भट्टराई	62
बदलिदेऊ	डा. अच्युत शर्मा	63
मृत्यु	गीता बस्नेत	63
सबैको सपनाको देश	मीना श्रेष्ठ	64
हाम्रो राम्रो देश	सविता विष्ट	65

# President's Message

Respected Community Members,

**HAPPY DASHAIN AND TIHAR 2075!**

First of all, on behalf of NCNC Board of Directors, my family and me, I would like to wish the happiest Bijaya Dashami and Tihar 2075 to all of you and your families. May Goddess Durga and Laxmi bestow you and your family and friends with her blessings! May these greatest festivals be the harbinger of good health, prosperity, success and happiness in every step of your life ahead.

One of the goals of NCNC is to preserve the cultural heritage, traditions and customs of Nepal and protect Nepalese culture and identity. Celebrating Dashain and Tihar together with all community members creates the exuberant feeling of togetherness and homely despite being thousands of miles away from home. It also helps us to protect and pass on the goodness of our rich traditions and cultures to the future generations and the broader community.

NCNC is an organization with proud history and very rich social and moral values. Our community has come a long way stretching from a family gathering of few households in 1999 to an estimated over 5000 people living in and around RTP area today. This thriving Nepalese community provides an outstanding opportunity for community service through this rapidly growing organization. It has been a wonderful opportunity for me to serve this community as the president of NCNC. Our team has been working round the clock to move the proud history of NCNC forward with several community activities. With all of yours wholehearted support, contribution and participation; we have successfully completed many programs like Saraswati Pooja with NCNC Nepalese School, Holi celebration, talk programs on pressing social issues, Nepal Day celebration, Adopt-A-Highway, Bhanu Jayanti celebration, Blood Drive, Membership appreciation picnic, Teej celebration, Dashain volleyball tournament etc. We are not only focusing on the quantity of the programs but we also want every program to be of high quality, inclusive and well managed. As a token of appreciation to all our NCNC members and community members alike, our team has been working hard to make most of these programs accessible to everyone in the community by making it FREE whenever possible. I would like to take this opportunity to thank all our big-hearted philanthropists in the community who contributed financially and emotionally to make these events more accessible and FREE to the community members.

Nepalese community is one of the fastest growing communities in North Carolina. NCNC facilitates all of us to be more organized and increase our visibility to the broader community and local governments. In



recognition of our significant contribution to the social and economic wellbeing of the Wakecounty, North Carolina and the United States of America as a whole, and signifying the importance of our rich cultural diversity; on May 21, 2018, WakeCounty joined town of Morrisville in honoring NCNC with a proclamation celebrating Nepal Day on third Saturday in April of every year throughout the WakeCounty. This is the most significant achievement and the moment of great pride and honor to all the Nepalese living in and around Wakecounty and North Carolina. This was possible because of our community's unity and tireless efforts and dedications towards the community service over the last 20 years under the umbrella of NCNC. I am sure these are just the beginnings and there will be many more to come over the coming years.

Our team continues with the vision of making NCNC more transparent, professional, accessible, welcoming, inclusive and well organized for future generations. We continue to seek your full cooperation and active participation. Collaboration, partnership, teamwork and participatory approach are our topmost priorities. We have successfully collaborated with several local organizations like HSNL, NASEA, NRNNC, NCNLS, EVC etc. on varieties of activities. Obviously, every organization's success relies on its membership strength. Our team has been working very diligently to boost the membership strength of our organization. Through our community outreach program, our team has been putting a tremendous effort to listen to every concerns of the community member, provide necessary help whenever needed and maintain a constant and cordial relationship with every member of the community. We want NCNC to be all of ours and I sincerely urge all our community members to get the NCNC membership and reach out to others and encourage them to gain membership as well.

Finally, I feel greatly honored and privileged to lead this BOD of highly accomplished personalities with varieties of knowledge and experience in community service. I truly honor each one of yours spirit, enthusiasm and dedication to the community service. I take this opportunity to congratulate all of you for all of your outstanding deeds under each of your committees. This is just the beginning and we have to go a long way. Please keep up the good work. 'Service to man is service to God' – I am very thankful for this great opportunity to continue my community service as the president of NCNC, and I will continue providing my best towards the benefit of the entire community.

Sincerely,  
Dr. Batuman Sharma  
President, Nepal Center of North Carolina, Inc

# Exchanges of Executive Committee 2018-2019



## **Rabindra Karki, Senior Vice President**

It is an honor to be able to serve as the Senior Vice President of NCNC. The Nepalese community in the triangle area has rapidly grown over the past decade, especially in these past few years. The families within our community have also evolved and often include our visiting parents that get a chance to celebrate Nepalese festivals with their grandchildren. NCNC has helped hundreds of Nepalese build connections and create friendships among both our parents and children. With programs like Nepal Day, everyone gets a chance to celebrate and exhibit our cultural pride together amongst our families and friends. We are grateful to have dedicated members and volunteers to promote and preserve Nepalese values to the future generation and need to continue to make this community stronger.

---



## **Ram Poudel "RP", Vice President**

In 2008, we had an opportunity to visit the NCNC community during our family trip to the US. We travelled to different states and attended a few social events. The time we spent in NC and the harmony we felt among the community members made our visit quite memorable. When we decided to migrate to the US, we were invited by our friends and family from many different states. Without thinking twice, we chose to reside in NC, a place I came to love. I've served as a BOD Member in the past and I am honored for the trust the community put in me to serve as the Vice President of NCNC for the years of 2018-19. I believe our culture defines our beliefs, values, traditions, rituals, etc. It sets us apart from the rest of the world and it is extremely important for us, as community members, to handle culture assimilation. I will always be there whenever and wherever I am needed for the betterment of the community. All in all, I would like to thank each and every one of you for believing me and for all the love and support you've given me.

---



## **Bikram Gautam, Executive Secretary**

Institutionalization of NCNC was the only thing I had in mind when I decided to join the social organization. I've observed over the past few years that NCNC has not been functioning optimally as an institution; there were, and still are shortcomings in how the organization handles record-keeping and communication with its members and the Nepalese community at large. Email communications have already been switched over to mass mailing system and social media was also utilized to address some of the shortcomings in communication. Likewise, efforts are underway to digitize member records and other important documents so they can be stored securely and retrieved easily. I hope to accomplish what I have promised before the end of my term. I need help from each one of you whether you are directly or indirectly involved with NCNC to take the organization to the next level. I am Bikram Gautam, currently living in Morrisville with my beautiful wife, Usha and two wonderful children, Bibhusha and Yug. We've been living in the area since 2011. Thank you!

---



## **Kamal Kafle, Joint Secretary**

We are completely dependent on the care of others when we are in the infant stage. We can do nothing for ourselves. That does not mean that we are stupid and useless. That only means that we "the entities" are inside the baby bodies. As we grow, we start doing things for ourselves and possibly for others. As time passes by, we start facing problems because of the body's change. That does not mean the person within the body is any less of a person. Everyone in this world is same and equal to any other person. It is just a matter of a stage when one can perform certain activities and one cannot. I believe in filling that gap serving across the stages of people. My family has been involved in serving community in this area since we started living here in 2012. We do not believe that one needs to be associated with an organization to serve a community. However, the efforts can be synergized working in an organized team. Therefore, we took the opportunity of serving the bigger community by joining the NCNC executive board. We are proud to be a part of this wonderful united community in the area.

---



## **Bhimsen Basnet, Treasurer**

I have been living in North Carolina since 2001 along with my family. As I saw my daughter Sadichhha and son Sakar Basnet grow from kids to responsible adults here in North Carolina, I have also witnessed the Triangle Nepalese family grow from a couple of hundred to thousands in number. I love to do voluntary work and always love to serve the greater Nepalese Community. No matter where we live, all Nepalese should live in peace and harmony, helping each other and preserving our proud Nepalese culture and its traditions.





### **Shova Pandey, BoD Member**

I have been living in this community for 17 years but it does not feel like that many years at all. My husband Ashok Khanal, our two boys Amit and Samit, and myself are always busy attending all the exciting programs this community has offered. I have lived in different cities in the past but I found this place is the best community to live and raise kids.

When I first came to NC there were only about 20 Nepalese families in the community now this number has grown up exponentially over the years, yet still united as before. I feel great to be in this area and called it a second home after Nepal. I am very proud to serve Nepal Center of North Carolina (NCNC) as a BOD member for 2018-19 term. Serving as a BOD member, every day I have learned so many new things and gathered wonderful experiences. I am very fortunate to be part of it and believe I will serve in highest level in coming day.

---



### **Shiva Bhattarai, BoD Member**

Namaste everyone, I am grateful to be part of NCNC council for the year 2018-2019 where we get to involve in cultural, religious and social activities. It is quite an honor to serve and watch the community grow. I want to express great gratitude to respected former BoDs and all senior community members who served our community. We all have worked very hard and achieved great goals. Also, I would like to thank my family members and all community people who always extended helping hands for the community despite their everyday struggle. As this community is growing, new challenges are inevitable. Yet, I look forward to NCNC's bright future with everyone's involvement in the community.

---



### **Sanjib Baral, BoD Member**

I have been living in this great community since 2006, with my lovely wife Susmita and two wonderful sons Saman and Sajal. I didn't know at that time, we had an organization that represented the Nepalese community in North Carolina. I soon discovered an organization that represents us called NCNC on the Dashain of 2006. Since then, I have been volunteering directly and indirectly in every event organized by NCNC.

I love engaging in community service, I love meeting people and sharing and hearing our stories. I believe that giving time and a helping hand can be more important than giving things and that's what I have been doing since 2006 and now as an elected BOD for 2018/ 2019. Participating in community service projects, I have learned so much about myself and the community around me. It makes me feel complete because I am doing something that is meaningful to my community where I live. I hope to continue engaging and enriching our community and to inspire others to do the same.

---



### **Ram Krishna Wagle, BoD Member**

I came to the USA in 2007 with my family. After completing Masters in Physics from San Jose State University, CA, I moved to NC in 2013. In Nepal, I taught graduate and undergraduate level Physics for 18 years. I was the founding Principal of the first private science college in Chitwan: Chitwan Science College.

I have been involved with various social organization back in Nepal and here in the US, including an advisor position for Nepalese Association in Southeast America (NASEA), and life member and BOD-member at NCNC. It has been an absolute pleasure and honor, and I can't thank you enough for providing me an opportunity to serve you. NCNC is platform where we share our values, ideas, joys and sometime sorrows- and ease the pain. I look forward to implementing your suggestions regarding how to make NCNC more effective in helping our community. With honesty and dedication, I will strive to make this an outstanding organization.

---



### **Padam Bhatta, BoD Member**

It has been seven years since I started living in North Carolina. I got chance to become member of NCNC from the beginning and take part in various programs. NCNC has been conducting several useful programs to promote Nepalese language, art and culture; Nepalese School, Teej, Dashain, and International Festival are some good examples. Proclamation of Nepal Day has been the greatest achievement so far, and past NCNC teams along with other active members deserve the credit for their tireless efforts to make it happen. New challenges will emerge in future as the Nepalese Community is growing fast day by day. The need for such a social organization will be urgent to address desires of the people in future. Also, the community members have a dream to have their own community center. We need a combined effort to make it a reality. As a community member, I am always ready to contribute to NCNC as much as I can in the days to come.

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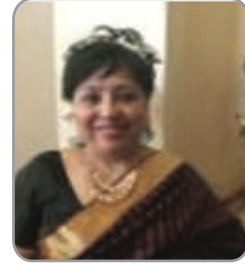
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During This Festive Season.*  
**Happy Vijaya Dashami  
and Dipawali 2018.**



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# Editorial

The 18<sup>th</sup> issue of **Sangalo** (collection), the official annual publication of Nepal Center of North Carolina, Inc. (NCNC) is in your hands. **Sangalo** covers the activities carried out by NCNC over the past year and conveys its plan for upcoming years to its members and well-wishers as well. The magazine also tells the success stories of Nepalese living in North Carolina (specially, the RTP area) so as to inspire others looking to take on the same career path. In that respect, **Sangalo** is also a repository of our achievements and a recollection of history written by the Nepalese community in North Carolina. **Sangalo** also paints a picture of 'mini Nepal', the feeling carried by each immigrant Nepalese and portrays the cultural mosaic that amplifies the very notion of 'unity in diversity'.

NCNC is a non-profit organization actively involved in socio-cultural activities in the vicinity of RTP region since past 19 years. Acknowledgement of Nepalese as 'visible minority' in North Carolina and beyond is the top most priority of the organization and NCNC has been working towards the goal through different activities to promote Nepalese art, language, culture, and tradition. NCNC has been carrying out its activities despite of limited resources; yet, active involvement of its members is the key behind its success. As the inflow of Nepalese to this area has increased substantially in past few years, so the number of NCNC members has also gone up significantly. NCNC has been very active in broadening its outreach to address the growing need of community members and bringing everyone under the same umbrella. Recognizing the significant contributions to the social and economic wellbeing

of the community made by the Nepalese community and the active role of NCNC in local community, the Wake County proclaimed the third Saturday of April as 'Nepal Day' in 2018. This marks the most significant achievement made by the Nepalese community in the USA. The town of Morrisville has also proclaimed the third Saturday of April as 'Nepal Day' in the previous year.

It's been just 20 years since the establishment of NCNC, but the history of Nepalese living in the RTP area dates as far back to early 1980. Nepalese people have made tremendous strides in social, cultural, economic, and professional areas in this span. We've been featuring these achievements of the community members in **Sangalo** not only to cheer the progress, but also to encourage the future generations. In this issue, we've featured Manita Devkota, winner of Miss Nepal Universe 2018 beauty pageant and six brave Nepalese heroes who served in the US military. We've also assembled the views of community members about NCNC and shared their experiences, informative writings, and literary creations. It took a village to bring this issue of **Sangalo** in its current shape and we express our gratitude to NCNC executive committee, writers and contributors, and all the individual and business advertisers who chose to patron **Sangalo**. Despite our due efforts, there could still be some errors and omissions. We apologize in advance for these shortcomings and expect your valuable suggestions to make **Sangalo** better in days to come. Finally, the board of editors would like to wish all the community members a very happy Vijaya Dashami & Shuva Dipawali 2018.

विजया दशमी र दीपावली २०७५ को उपलक्ष्यमा सम्पूर्ण नेपाली

दाजुभाइ तथा दिदीबहिनीहरुमा हार्दिक मंगलमय

शुभकामना व्यक्त गर्दछौं ।

प्रदीप, सुधा तथा प्रशान्त कार्की



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50. Ashok Khanal & Shova Khanal
51. Binod Dhakal & Nisha Dhakal
52. Arun Dhital & Pratima Dhital
53. Ashish Bhatta & Sashi Bhatta
54. Shailendra Devkota & Sapana Devkota
55. Rajesh Subedi & Nandita Subedi
56. Uttam Sedai
57. Basanta Khadka & Santwana Khadka
58. Kisan Upadhyaya & Pam Upadhyaya
59. Batu Sharma & Puja Sharma
60. Binaya Manandhar & Pinku Manandhar
61. Bala Krishna Lamdari & Buddhi Kumari Lamdari
62. Shreekant Adhikari & Shanti Adhikari
63. Kumud Devkota & Januka Devkota
64. Thakur Pant & Muna Pant
65. Madhav Bhattarai & Mira Bhattarai
66. Shishir Khanal & Rita Khanal
67. Moha Bhatta & Shova Bhatta
68. Ritesh Poudyal & Muna Poudyal
69. Thakur Karkee & Durga Karkee
70. Yugesh K. Shrestha & Raj Kumari Sen
71. Sachin Mudvari & Sradha Mudvari
72. Dipendra Aryal & Santowana Aryal
73. Bikram Gautam & Usha Gautam
74. Deepa Dawadi & Suresh Acharya
75. Chiranjivi Bhattarai & Sandhya Bhattarai
76. Shiva Bhattarai & Nirmala Bhattarai
77. Sunil Dhungel & Sujata Dhungel
78. Ashok Aryal & Pratima Aryal
79. Ashish Bhatatrai
80. Bharat Shrestha & Pratima Shrestha
81. Bharat Bhattarai & Anju Bhattarai
82. Baburam Dawadi & Bimala Dawadi
83. Pawan Pandey
84. Sanjib Baral & Susmita Baral
85. Rabindra Karki & Sumitra Karki
86. Prem Pradhan & Gita Pradhan
87. Hari Shrestha & Ranjana Shrestha
88. Tika Adhikari & Chandrakala Adhikari
89. Dil Bhattarai & Menuka Bhattarai
90. Sitaram Ghimire & Kalpana Ghimire
91. Harish Chandra Mahasheth & Yogita Mahasheth
92. Sharad Acharya & Namrata Acharya
93. Shiva Sharma & Sharada Sharma
94. Jeevan Khanal & Pushpa Khanal
95. Ram Poudel & Anita Poudel
96. Khadananda Regmi & Titu Regmi
97. Bidhya Sagar Basnet & Rima Basnet
98. Padam Bhatta & Indira Neupane
99. Dharma Pantha & Indira Pantha
100. Jagadish Parajuli & Anita Parajuli
101. Debendra Koirala & Neetu Koirala
102. Dipendra N. Lamichhane & Archana Pande Lamichhane
103. Adarsha Acharya & Bimala Acharya
104. Ramesh Khatri & Kabita Khatri
105. Bhakta Khanal & Uma Khanal
106. Achyut Prasad Sharma & Mina Sharma
107. Lalitya Devkota & Shraddha Devkota
108. Aaditya Devkota
109. Mohan Chandra Baral & Daxinkali Baral
110. Bhaskar Kunwar & Neelam Karki
111. Dasharath Lohar & Ramrati Lohar
112. Hari P. Kharel & Sabita Gaire
113. Bishnu P. Kharel & Bishnu Maya Bhusal
114. Nirmal Maharjan & Sangita Maharjan
115. Chet Bhattarai & Manju K. Bhattarai
116. Raj Ghimire & Rashmi Ghimire
117. Saroj Gautam & Mina Gautam
118. Tauleshwar Prasad Chaudhary & Bindu Chaudhary
119. Ghanashyam Shrestha & Shristhi Rajbhandari
120. Ram Krishna Wagle & Narottama Adhikari Wagle
121. Lokendra Chand & Shushma Chand
122. Aditya Upretee & Tripti Dahal
123. Arun Sapkota & Gita Paudel Sapkota
124. Rewoti Raj Adhikari & Sita Devi Baral Adhikari
125. Delande M. Hunt & Soni Ale
126. Ganesh Raj Bista & Raju Bhatta Bista



127. Chandra Giri & Tejaswi Giri
128. Bhim P. Timalisina & Parbati Timalisina Chaulagain
129. Unnati Ojha & Biva Shrestha
130. Amar Ale & Sunmaya Ale
131. Sanoj Shakya & Ramita Shakya
132. Arjun Kumar Shrestha & Sabu Shrestha
133. Avesh Dhakal & Aastha Neupane
134. Prasudhan Devkota & Bindu Devkota
135. Laxmi Nath Paudel & Sumitra Bhattarai
136. Birodh Timalisina & Arati Timalisina
137. Ram Thapa & Hima Thapa
138. Trilochan Dawadi & Benju Ghimire Dawadi
139. Sharada Malla & Shikha Malla
140. Basudev Bhatt & Basanti Bhatt
141. Rudra Bhurtel & Neetu Poudel Bhurtel
142. Bhoj Raj Gautam & Dipa Sharma Gautam
143. Sunil Sharma & Uma Sharma
144. Jitman Basnet & Sarita Basnet
145. Shandip KC & Ichaya Dhungel
146. Baburam Pokharel & Sharada Pokharel
147. Khem Raj Joshi & Shikshya Joshi
148. Surya K. Kuikel & Anisha Mainali
149. Abinash Bhattarai & Anisha Bhattarai
150. Suman Wosti & Ranjana Wosti
151. Bal Krishna Upadhyaya & Aakriti Bhattarai
152. Rajendra Maharjan & Sunita Barahi
153. Swotandra Kattel & Durga Timalisina
154. Narayan P. Luitel & Urmila Luitel
155. Krishna Poudel & Radha K. Poudel
156. Mohan K. Pahadi & Kanchan Mala Kafle
157. Binod Bhatta & Ila Bhatta
158. Vikas Pathak & Riva Jha
159. Uddhav Regmi & Smrittee Pokharel
160. Hom Pandey & Dhanu Pandey
161. Somnath Chalise & Ava Aryal
162. Ramesh Koirala & Shanti Sapkota
163. Babu Subedi & Nisha Sharma
164. Anup KC & Santoshi Khadka
165. Uttam Niraula & Sujata Khanal

166. Rupesh Uprety & Sonija Dhungel
167. Rajesh Gautam & Asmina Gautam
168. Avinash Upadhyaya & Rachel Upadhyaya
169. Rim Khadka & Mandira Khadka
170. Govinda Adhikari & Nirmala Adhikari
171. Jeevan Neupane & Sarita Kandel
172. Rajesh Devkota & Chunu Maya Bhandari
173. Madhab Dhakal & Apsara Nepal
174. Bal Kumar Chaulagain & Tila Kumari Dhamala
175. Moti KC & Ojaswi Shreshtha
176. Keshab Khanal & Isha Khanal
177. Ravi Reddy & Vidya Gaddam
178. Shankha P Lamichhane & Rama Gautam
179. Ashok Bhatta & Smeeta Bhatta
180. Manoj Karki & Pragya Thapa
181. Keshav Panthi & Bijaya Sharma
182. Santosh Khatiwada & Naveena Khatiwada
183. Sagar Gautam & Anju Karki
184. Sandeep Paudel & Bhawana Acharya
185. Padam Neupane & Bishnu Neupane
186. Keshav Nepal & Pooja Nepal
187. Shyam Kandel & Rupa Sharma Kandel
188. Pranab Shreshtha & Puja Shrestha
189. Kamal Kafle & Preeti Kafle
190. Sharad Pyakuryal & Kanti Adhikari
191. Deepak Bhandari & Manisha Bhandari
192. Rabindra Budhathoki & Sunita Budhathoki
193. Amrit Raj Acharya & Shobha Aryal Acharya
194. Khara Luitel & Mona Luitel
195. Pradip Karki & Sudha Karki
196. Suraj Dhakal & Saraswati Dhakal
197. Ghanendra Adhikari & Rama Adhikari
198. Upendra Thapaliya & Mona Lisa Thapaliya
199. John Poudel & Jyoti Marahatta
200. Nawa Raj Rimal
201. Kulananda Sharma & Hira Sharma
202. Kamal Thapa & Kokeela Thapa
203. Bhoj Raj Ghimire & Sharada S. Ghimire
204. Krishna Pokhrel & Rachana Subedi

## 5-Year Members as of August 2018

1. Kiran Ulak & Samjhana Ulak (2013)
2. Pramod Ghimire & Prabha Ghimire (2013)
3. Narayan Rai & Khusbu Rai (2013)
4. Ganga Khatri & Sabita khatri (2013)
5. Ekraj Luitel & Shaili Parajuli Luitel (2014)
6. Santosh Nepal & Srijun Gurung (2014)
7. Uddhab Bhandary & Prakriti Bhandary (2014)
8. Nirmal Adhikary & Prativa Subedi (2014)
9. Niranjana Acharya & Shanta Poudel Acharya (2014)
10. Ram Thapa & Niruja Thapa (2014)
11. Ramesh Basnyat & Sheetal Basnyat (2014)
12. Uddhar Sharma & Sunita Sharma (2015)
13. Chintamani Kandel & Prava Baral Kandel (2015)
14. Ghanashyam Poudel & Nanda Kala Poudel (2015)
15. Biplav Acharya & Shailaza Basnet Acharya (2017)
16. Ishwor Dhakal & Gyanu Bhattarai (2015)
17. Phadindra Neupane & Saraswati Adhikari (2015)
18. David N Kirkman & Debra Skinner (2015)
19. Ajaya Sharma & Richa Sharma (2015)
20. Ananta Poudel & Roshani Neupane Poudel (2015)
21. Udaya Kumar Bista & Indira Bista (2015)

22. Sushil Datta Tiwari & Shanta Dhital (2018)
23. Pratap Adhikari & Kusum Paudel (2018)
24. Subas Dhakal & Sija Gautam (2018)
25. Prakash Nepal & Neeti Dahal (2018)
26. Pratima Acharya & Samudra Acharya (2018)
27. Dilesh Mool & Rohini Rajbanshi Mool (2018)
28. Rishi Bastakoti & Kalpana Ghimire (2018)
29. Megha Basnet Sink & Michael Sink (2018)
30. Prakash Pokharel & Bindu Adhikari (2018)
31. Madhu Devkota & Menuka Devkota (2018)
32. Netra Prasad Sangroula & Punam Lamichhane (2018)
33. Shyam Pokharel & Anita Pokharel (2018)
34. Bhoopendra Adhikary & Januka Adhikary (2018)
35. Thakur Sapkota & Pratima Sharma (2018)
36. Bhanubhakta Acharya & Arminta Acharya (2018)
37. Sanjay Sapkota & Barsha Sapkota (2018)
38. Rajan Parajuli & Laxmi T. Parajuli (2018)
39. Hari Sapkota & Nira Poudel (2018)
40. Rajendra Aryal & Abala Aryal (2018)
41. Dadin Pandey & Amal Pandey (2018)
42. Manoj K. Kafle and Pabita Kafle (2018)

## Several Annual Members (as of September 2018)

Annual membership runs from January to December with the cutoff date of December 31 every year.

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2131 LEROY PLACE, N.W.  
WASHINGTON, D.C. 20008

August 22, 2018

Dear NCNC community members, friends, and families,

On behalf of the Government of Nepal, I would like to extend my warmest congratulations to the dedicated community members and volunteers of the Nepal Center of North Carolina Inc. (NCNC) on successfully publishing its 18th edition of SANGALO. Every year, SANGALO provides an update on the many accomplishments, experience and activities of the local Nepali community and I am happy to learn that NCNC has been involved in local communities through participating in social programs like International Festival, blood-donation, and Adopt-a-Highway.

Since its establishment in 1999, Nepal Center of North Carolina Inc. has worked on its mission to preserve and promote Nepali cultures and traditions, and to facilitate cooperation between the residents of Nepal and North Carolina. Nepalese community is one of the fastest growing communities in North Carolina. NCNC facilitates Nepalese community to be more organized and increase their visibility to the broader community and local governments.

I am pleased to hear that Wake County joined the town of Morrisville on May 21, 2018 to honor NCNC with a proclamation to celebrate Nepal Day on third Saturday in April of every year throughout the Wake County, in recognition of your significant contribution to the social and economic wellbeing of the Wake County, North Carolina and the United States of America as a whole, and signifying the importance of our rich cultural diversity. This is the most significant achievement and the moment of great pride and honor to all the Nepalese living in and around Wake county and North Carolina. This was possible because of the community's unity and tireless efforts and dedications towards the community service over the last 20 years under the umbrella of NCNC. I am sure these are just the beginnings and there will be many more to come over the coming years.

Your efforts to help and promote Nepal is highly admirable. I hope you will continue making Nepal proud.

Dr. Arjun Kumar Karki

PHONE: (202) 667-4350, FAX: (202) 667-3334, EMAIL: [info@nepalembassyusa.org](mailto:info@nepalembassyusa.org)



**We wish you all**  
**Happy Vijaya Dashami & Dipawali 2018**  
May this Festival Bring Peace, Prosperity,  
Happiness, Success & All good things to  
you and your family

***Birodh, Aarati & Timalisina Family***





**Jessica N. Holmes**  
**Board of County Commissioners**  
P.O. Box 550 Raleigh, NC 27602



August 15, 2018

Dear Nepalese Community and Members of the Nepal Center of North Carolina,

As chair of the Wake County Board of Commissioners, I would like to send you warm greetings as you celebrate Dashain and Tihar and thank you for your contributions to our community. It was my pleasure this year to honor our Nepalese population by officially proclaiming the third Saturday of April as "Nepal Day" for the first time in Wake County's history and by participating in your celebration in Morrisville.

Wake County is growing by an average of 63 people a day—12 of those people are moving here from other countries, including Nepal. Each individual who comes here brings different experiences, knowledge and perspectives. Diversity is one of our biggest strengths.

With your presence here in Wake County, you contribute to the cultural, academic and economic richness of our community. Your presence and contributions enhance our community and make Wake County among the best places to live, work, play and learn in the world.

Thank you to the Nepal Center for the important work that you do, and best wishes for the year ahead. Please always know that you have a friend in me.

Sincerely,

Jessica Holmes  
Chair, Wake County Board of Commissioners



**Saurav Pradhan**  
Photographer

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Dear Nepalese Community,

I am honored to have the opportunity to thank you for your friendship and contributions to help make North Carolina a great place to live and raise a family. In Morrisville we recognize that our strength is in our diversity, and we value each and every member of our community. We all come from different parts of the United States, and from different parts of the World, and we each bring our own unique perspective and traditions.

The greater Morrisville Region is very fortunate to have a large Nepalese community that chooses to devote their time and energy to helping others and building community. From blood drives, to litter sweeps to sharing the benefits of Yoga with your neighbors, you have inspired me and many others.

One of our community highlights this year was the NCNC NepalDay Parade 2018 in Morrisville. Many people, including numerous dignitaries, came out to celebrate the Nepalese community. I truly enjoyed all the friendly faces, colorful clothing, beautiful dance performances and other festivities. In addition to those who participated directly, many residents came out to enjoy the parade and join the celebration in the park.

It was my honor to recognize the contributions of the Nepalese community to Morrisville with a public proclamation in 2018. I want to thank you for choosing to make your home in North Carolina. Every time you share a smile or conversation with a neighbor, we are a stronger community. Thank you for your continued contributions to the rich tapestry of cultures which has helped Morrisville be a vibrant, inclusive community, and great place to raise a family.

All the best,  
TJ Cawley  
Mayor of Morrisville  
[www.TownofMorrisville.org](http://www.TownofMorrisville.org)

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**We wish you all**  
**Happy Vijaya Dashami & Dipawali 2018**  
May this Festival Bring Peace, Prosperity,  
Happiness, Success & All good things to  
you and your family  
***Sunil, Sujata & Dhungel Family***



**August 15, 2018**



My Dearest Nepalese brothers and sisters,

Komal, Sonia, Rayan and I are so very grateful to be the beneficiaries, as is the State of North Carolina to of the great heart and leadership of our Nepalese community. We wish each of you a very happy Dashain and all the best in the New Year.

In addition, we were honored to host and celebrate another festive Nepal Day in Morrisville. We look forward to celebrating another Nepal Day next year and once again, thank you for your service to the Triangle Community.

Thank you for your support, your friendship, and most importantly, for continuing your Remarkable American Journey in the Research Triangle and the State of North Carolina.

Like the planes that take off RDU Airport, I am confident that this community and the nation of Nepal will continue to soar to the greatest of heights, where there is no limit to your potential.

I will cherish and treasure my connections with each of you for the rest of my life.

Your friend always,



Steve S. Rao  
Council Member and Former Mayor Pro Tem, Town of Morrisville  
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**We wish you all**  
**Happy Vijaya Dashami & Dipawali 2018**

May this Festival Bring Peace, Prosperity, Happiness,  
Success & All good things to you and your family

***Dr. Debendra, Dr Neetu & Anna Koirala***





# Past Executive Committees

## Executive Committee 2000- 2001

Ishwar Devkota (President)  
Dr. Devendra M. Amatya ( Vice President)  
Annapurna Deo (Vice President)  
Dr. Bir Thapa ( Executive Secretary)  
Bibhor Rimal (Treasurer)  
Pramod Mishra (BoD)  
Madan Risal (BoD)  
Janak Marhatta (BoD)

## Executive Committee 2002- 2003

Annapurna Deo (President)  
Madhav Dhakal (Vice President)  
Dr. Dasharath Lohar (Exe.Secretary)  
Kisan Upadhaya (Treasurer)  
Danile Goetz (BoD)  
Shanti Rajlawat (BoD)  
Shree Kanta Gautam (BoD)  
Dr. Padam Poudel (BoD)

## Executive Committee 2004-2005

Ishwar Devkota (President)  
Nagendra Neupane (Vice President)  
Madhukar Devkota (Vice President)  
Dr. Roshan Shrestha (Exe. Secretary)  
Kisan Upadhaya (Treasurer)  
Madhav Dhakal (BoD)  
Bibhor Rimal (BoD)  
Yagya Acharya (BoD)  
Srijana Guiliford (BoD)

## Executive Committee 2006-2007

Ishwar Devkota(President)  
Nagendra Neupane (Vice President)  
Dr. Sushama Pradhan (Vice President)  
Madhukar Devkota (Exec. Secretary)  
Lekh Nath Dulal (Treasurer)  
Shanti Rajlawat (BoD)  
Basanta Khadka (BoD)  
Kisan Upadhaya (BoD)  
Ravi K.C (BoD)

## Executive Committee 2008- 2009

Nagendra Neupane (President)  
Yagya Acharya (Vice President)  
Pam Upadhaya (Vice President)  
Madhukar Devkota (Exec.Secretary)  
Udhav Karki (Treasurer)  
Shanti Rajlawat (BoD)  
Rabindra K.C (BoD)  
Shiva Prakash Mishra (BoD)  
Bhimsen Basnet (BoD)

## Executive Committee 2010- 2011

Arun Dhital (President)  
Udhav Karki (Vice President)  
Shree Kanta Gautam (Vice President)  
Shailendra Devkota (Exec. Secretary)  
Uttam Sedai (Treasurer)  
Dr. Rajesh Subedi (BoD)  
Basanta Khadka (BoD)  
Shashi Bhatta (BoD)  
Prabha Marhatta (BoD)

## Executive Committee 2012-2013

Shilendra Devkota (President)  
Udhav Karki (Vice President)  
Manoj Pradhan (Vice President)  
Shishir Khanal (Exe. Secretary)  
Bharat Shrestha (Treasurer)  
Madhab Raj Bhattarai (BoD)  
Deepa Dawadi (BoD)  
Dr. Chiranjivi Bhattarai (BoD)  
Rabindra Karki (BoD)

## Executive Committee 2014-2015

Dr. Thakur Karkee (President)  
Dr. Tika Adhikari (Vice President)  
Rabindra Karki (Vice President)  
Dr. Batu Sharma (Executive Secretary)  
Sujata Dhungel (Treasurer)  
Deepa Dawadi (BoD)  
Dr. Shreekanth Adhikari (BoD)  
Dil Bhattarai (BoD)  
Balkrishna Upadhya (BoD)

## Executive Committee 2016-2017

Dr. Sushama Pradhan (President)  
Dr. Batu Sharma (Sr. Vice President)  
Dr. Archana Lamichhane (Vice President)  
Yam Shrestha (Executive Secretary)  
Dr. Unnati Ojha (Joint Secretary)  
Bhimsen Basnet (Treasurer)  
Bhim Timalina (BoD)  
Amar Ale (BoD)  
Ram Poudel 'RP' (BoD)  
Arun Sapkota (BoD)  
Ghanendra Adhikari (BoD)

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शुभकामना व्यक्त गर्दछौ ।

रमेश, शान्ति तथा कोइराला परिवार, मोरिस्मल



विजया दशमी र दीपावली २०७५ को उपलक्ष्यमा सम्पूर्ण नेपाली

दाजुमाइ तथा दिदीबहिनीहरुमा हार्दिक मंगलमय

शुभकामना व्यक्त गर्दछौ ।

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# SALUTE TO THOSE WHO SERVE

*NCNC Honors Nepalese in the US Military*

**BIKRAM GAUTAM, MANOJ PRADHAN, DADIN PANDEY**

We can't put a timestamp on when exactly people of Nepalese origin started to join the United States military, but the history dates to few decades back. Likewise, we don't have official number on how many Nepalese are in the US military, but the estimates show a number north of 2,000; out of 65,000 immigrants (non-U.S. citizens and naturalized citizens) serving in the US military as of February 2018. The US military consists of five armed service branches: Air Force, Army, Coast Guard, Marine Corps, and Navy. The US military offers more than 150 different career paths. As an active duty soldier, one can choose from jobs in art, science, intelligence, combat, aviation, engineering, law and more. Generally, to join the U.S. military, non-citizens must be living permanently and legally in the United States. Non-citizens must also have permission to work in the United States, possess an I-551

(Permanent Residence Card), have obtained a high school diploma and speak English. However, not a military secret per se, MAVNI (Military Accessions Vital to the National Interest) is a small and very exclusive program that benefits immigrants. The MAVNI is a special recruiting program that has been available to certain immigrants interested in joining the U.S. military. The program allows certain non-citizens in the United States to join the military and thereby gain eligibility for U.S. citizenship without first having to go through the lengthy process of obtaining a green card. Generally, MAVNI program applicants must be in a legal immigration status. Legal status means that applicants must be asylees, refugees, recipients of Temporary Protected Status (TPS) or hold any of the following non-immigrant visas: E, F, H, I, J, K, L, M, O, P, Q, R, S, T, TC, TD, TN, U or V.



## **Sgt. Saral Shrestha, US Armies Soldier of the Year**

*Sgt. Saral Shrestha, left, accepts the 2012 U.S. Army Soldier of the Year Award from Vice Chief of Staff of the Army Gen. Lloyd J. Austin III in Washington, D.C.*

The US Armies Soldier of the Year in 2012, Sgt. Saral K Shrestha, who was born and raised in Kathmandu, traveled to the US on a student visa before becoming a US citizen through the MAVNI program. He came to the United States when he was 17, joined the Army at age 21. Shrestha, a power generation equipment repairer, was assigned to Group Service Support Co., Group Support Bn., 3rd Special Forces Group, U.S. Army Special Forces Command, Fort Bragg, N.C. He has served for three years in the Army and has completed a deployment

to Afghanistan. He has a Bachelor's Degree in computer information science and wants to earn a Master's Degree in computer engineering and become an Army officer. Though Shrestha wished to serve in the U.S. military, he initially had no avenue to join without U.S. citizenship or permanent residence. That changed in 2009 when the Department of Defense introduced the MAVNI program. "MAVNI was a blessing," Shrestha said. "When I graduated my basic training, I had one of the come onto the field with a United States flag and I took my oath." Shrestha considers it the most special day of his life. "I realized I was part of something way bigger," he said.



विजया दशमी र दीपावली २०७५ को उपलक्ष्यमा सम्पूर्ण नेपाली  
दाजुभाइ तथा दिदीबहिनीहरुमा हार्दिक मंगलमय

शुभकामना व्यक्त गर्दछौं ।

अम्बिका, सुमन, आयुष तथा सुरेश र टाइटर लम्साल





## Interview: Sakar Basnet



Please describe in brief about your time in US Armed Force? Which US Armed Force branch did you join – Army, Navy, Airforce, Marine Corps or Coast Guards? How old were you when you joined?

*I signed my contract with the U.S. Army when I was 17 years old. I went to basic*

*training after I graduated high school and spent the last 4 years in Georgia, California, and South Korea.*

Why did you decide to join the US Armed Force? *I decided to join the U.S. Army primarily for two reasons – I wanted to have my college education paid for using the GI bill and I needed time to develop and explore interests that I'd like to pursue in college.*

Why did you pick the particular wing (Army, Air Force etc...) of the US military over the others? *In my opinion, the Army provides the most opportunities and freedom for personal development. Unlike the other branches, I could choose the specific job I wanted to pursue based on my interests. Plus, I'm not the biggest fan of water or heights so my decision was quite simple.*

Did you consult with family/friends before deciding to join? What was their reaction?

*Yes, I sought advice from family and friends throughout my entire decision-making process. Luckily, I knew several veterans who candidly shared their experiences with me. I was also extremely lucky to have so much support from not just my family but the entire Nepalese community. My family has been extremely proud.*

What was the process of joining US Armed Force? What qualifications one needs to have? *The process of joining the Army is simpler than one might think. I talked to a recruiter who helped me through the entire process. I took an exam, the Armed Services Vocational Aptitude Battery (ASVAB), which helped determine the type of jobs available to me in the Army based on my score. I chose my MOS, Military Occupational Specialty, and signed my contract shortly after. There are no specific qualifications you need as long as you meet the Army's physical requirements.*

Where are you stationed, and what is your military occupational specialty (MOS)?

*I spent a year in Georgia for training. My first duty station was Camp Roberts, California where I spent two years. For my final year, I was stationed in Camp Red Cloud, South Korea. My MOS was 25N, Nodal Network Systems Operator-Maintainer. My primary responsibility was to ensure that those out in the field had secure internet and voice capabilities. Have you ever been deployed? If so, when and where? Please describe the experience in some details*

*I was never deployed to a combat-zone. What are job opportunities available within the US military?*

*As long as you score well on the ASVAB, there are thousands of job opportunities available to you. For example, you can be a nurse, a mechanic, an IT Specialist, a firefighter, and even a scuba diver. I was surprised to find so many options within the Army.*

In your opinion, what are the advantages of joining the US military? And what are the disadvantages? *There are many advantages of joining the military such as having the opportunity to travel, developing yourself, and meeting extraordinary people. I never thought I would have the chance to live in California or South Korea by myself. I gained valuable work experience right out of high school. Throughout the years, I made friendships that will last a lifetime and met inspiring leaders whose lessons will continue to influence me. I also want to mention the great benefits such as free medical care and having food/lodging paid for. In my opinion, the biggest disadvantage is your lack of control. I've been very fortunate to be stationed in great locations under great leadership but others are not always that lucky. You cannot choose when or where you will be stationed, who or how your unit/leadership will be. A bad station, unit, or leadership can be deflating to morale and drive soldiers to end their contracts early.*

How long did you serve, if you have already quit? And why?

*I served for 4 years. I left the Army because I knew it was time for me to pursue my college education. I may re-enlist after college, but who knows? Do you know where are you going next? Yes, I will be attending The University of North Carolina at Wilmington in the fall where I will be pursuing a degree in Computer Science. Do you wonder if you will fit in when you are back to civil life?*

*Honestly, it was never a big concern of mine. All my units were very relaxed so I never conformed to the strict army culture. I am certainly looking*

*forward to being able to sleep-in though! Do you think you have better life skills now after joining the military? Please describe those skills. Absolutely. Professionally, I had a chance to develop my leadership and communication skills. I was fortunate to have exemplary NCOs, Non-Commissioned Officers or Sergeants, who gave me the opportunity and confidence to lead teams, motivate peers, and drive results. On a personal level, I lived far away from my family therefore I learned how to manage a home, be financially independent, and most importantly, cook a great Nepalese meal.*

*What do you think is the best thing you have learned during your military life?*

*The best and the most important thing I learned in the military is that nothing lasts forever. You might be on the last 3 miles of a 12-mile march in the middle of summer with full uniform or you might be spending 4 marvelous days backpacking solo in Cambodia. Either way, things come to an end. Whether you're going through a challenging time or having the time of your life, it's important to be*

*able to identify moments where you need to focus on the end goal versus being more present. If you're going through a difficult time, know that it will end. If you're having a great time, be present and enjoy it because it, too, will end.*

*What suggestions do you have for Nepalese youngsters aspiring to join the military? I know a lot of times we Nepalese kids get pressured into doing what someone else's kid is doing. I suggest you do some soul-searching to determine if joining the army is what you truly want. It's a big commitment and you won't last if it's not what you wanted in the first place. Secondly, include your parents through the entire process. Joining the military not only affects your life but your family's as well and it will be extremely difficult to make it through if you don't have their support.*

*What are your suggestions to those who want to pursue military career entire life?*

*Like all things in life, you get what you put in. If after a few years, you enjoy the military life, then go for it. For me, I knew wanted to go back to school and explore other opportunities.*



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## Interview: Ananda Ghimire



Mr. Ananda Ghimire was born in Gorkha, Nepal in 1986. He stayed there till he turned 13 before moving to Nawalparasi to complete high school education. He came to the US in 2005 under the Diversity Visa lottery program. He received bachelor's degree from North Carolina Central University in 2015 and

currently works as research scientist at a biotech company in Durham, NC.

Please describe in brief about your time in US Armed Force? Which US Armed Force branch did you join – Army, Navy, Airforce, Marine Corps or Coast Guards? How old were you when you joined? I joined the United States Army on November 2008 at the age of 22. It was the greatest experience of my lifetime.

Why did you decide to join the US Armed Force? I was looking for a way to give back to the community and country, which took me in as one of its resident. Serving in the US armed force was a way to fulfill my wish. It was a great opportunity to learn about American culture and adjust to American lifestyle.

Why did you pick the particular wing (Army, Airforce etc...) of the US military over the others? Two recruiters from the US army approached me and explained the benefits of joining the Army reserve. They explained how I can serve the country I live in, make living, and get paid for the college education at the same time. I knew it then I made a right decision to join army reserve.

Did you consult with family/friends before deciding to join? What was their reaction?

I did talk to my family about my interest in joining the US army. At first, my family was not happy with my decision but after explaining the risk and benefits of serving, my family supported me.

What was the process of joining US Armed Force? What qualifications one needs to have? The process of joining US armed begins when you contact the recruiter showing the interest to join.

Candidate can also contact the recruiter through online. Candidate can decide which branch of armed force to join if he/she can pass the required qualification. When a candidate meets with recruiter, recruiter will explain the benefits of joining and qualifications required. The qualifications to join the services keep changing as the need of new service member in the force. When I joined the service, there was a great demand of volunteers to join the team, so the army was offering different sign on bonus programs of various amounts depending on the job. The recruiter will explain what jobs are available within the branch and requirements for the job; if the candidate likes the job, the sign in process begins with evaluation of physical fitness and education level.

Where are you stationed, and what is your military occupational specialty (MOS)?

My first duty station was in Cary NC. My MOS was 92A (Automated logistics specialist). The duty of 92A was to work in logistics and supply in the assigned unit. 92A orders, maintains and distributes all the items/equipment required to operate a military unit.

Have you ever been deployed? If so, when and where? Please describe the experience in some details

I served in operation enduring freedom, and was deployed to Afghanistan for a 10-month term in 2011-2012. Each deployment has its own challenges, even though it was a tough mission, I enjoyed the company of my Nepalese brothers who came to work in Afghanistan and worked in United nation military base.

What are job opportunities available within the US military?

There are many job opportunities available within the US military, each jobs comes with its own risk and benefits. Contacting recruiter is the best way to find out what jobs are available and where they are. Recruiters are available in most cities throughout the US.

In your opinion, what are the advantages of joining the US military? And what are the disadvantages? I believe joining military has more advantages than disadvantages. Advantages includes good paying

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डा. सुषमा, मनोज तथा प्रधान परिवार



job, upmost respect from community and government, fast path to citizenship (for non-citizen service members), great benefits, opportunity to travel the world in uncle Sam's expense, free education. You become veteran and are able to get veteran's benefit.

As any other jobs military, also have some challenges. You must be physically fit and ready to move around as soon as the orders comes , sometimes in couple days of notice.

How long did you serve, if you have already quit? And why?

I served during the period of my contract, which was 8 years in US Army Reserve. In that time, I had to report to the assigned unit one weekend a month for the first 6 years (excluding the time I was deployed). Last 2 year I was inactive (no need to report to the unit but be ready to go active if the order arrives). I got my honorable discharge at the end of 8-year contract. I did not sign another contract because I wanted to stay in North Carolina and change my field to Biotech industry. Do you know where are you going next? Since I am no longer in the force, I will not be going anywhere. However, for the people who are in service, they will get move around the world as needed.

Do you wonder if you will fit in when you are back to civil life?

Adjusting to civil life right after active duty is a challenge but there are plenty of help available to

help service member transition to civilian life. We should not hesitate to seek help if needed. Do you think you have better life skills now after joining the military? Please describe those skills. Service members learn great sets of hard skills and soft skills from military. Hard skills are based on the job he/she performs within military and are different per service members. Soft skills, applies to all, are army core values LDRSHIP (Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage).

What do you think is the best thing you have learned during your military life?

The army core values are the best things I have learned from my service and I do think those values has enhanced my live in positive way.

What suggestions do you have for Nepalese youngsters aspiring to join the military? My suggestion to Nepalese youngsters is that it is a pride to serve your country. I would suggest joining early so that you have your retirement/ pension very early, and have enough time to travel the world and enjoy the life.

What are your suggestions to those who want to pursue military career entire life?

Join early and fulfill all the minimum requirements to get promotions as soon as possible. As you climb up the rank, you will make more money and make more impact to the unit and world.

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## Interview: Sanoj Shakya



*Mr. SanojShakya was born in Kathmandu, Nepal in 1979. He moved to the US in 2004 and currently working as Med Tech in Durham VA medical center.*

*Please describe in brief about your time in US Armed Force? Which US Armed Force branch did you join – Army, Navy, Airforce, Marine*

*Corps or Coast Guards? How old were you when you joined?*

*During operation Iraqi freedom, United States Marine Corps 2004-2008, at age 24.*

*Why did you decide to join the US Armed Force? Always wanted to join the Nepalese Army; unfortunately, didn't get an opportunity, but didn't want to miss this one.*

*Why did you pick the particular wing (Army, Airforce etc...) of the US military over the others? Wanted to join, so thought why not join the best. Did you consult with family/friends before deciding to join? What was their reaction?*

*Didn't not consult with anyone, they were shocked when I told them.*

*What was the process of joining US Armed Force? What qualifications one needs to have? If you go see a recruiter they take care of all the processes, but you must pass the aptitude test (ASVAP). Based on the score you get they will provide you with various option of work field. At the time you had to be a Green card holder; anywhere between 17-32, and must have high school diploma. Where are you stationed, and what is your military occupational specialty (MOS)?*

*Camp Lejeune Jacksonville, NC. MOS0151/0121. Have you ever been deployed? If so, when and where? Please describe the experience in some details Yes, Iraq/Afghanistan 2006. As being in the expeditionary unit (22MEU) which deploys on a Hugh ship along with the Navy whose job is to escort*

*Marines to their deployment destination. Cruising on and stopping by the several country ports was a mixture of fun/excitement and overwhelming sea sickening experience as well.*

*What are job opportunities available within the US military?*

*Within the US military there are countless opportunities: Administration, Intelligence, Armory, Supply, Motor-T, just to name a few.*

*In your opinion, what are the advantages of joining the US military? And what are the disadvantages? Just like in any other field, there are pros/cons, but you are appreciated throughout the nation; many employers prefer you vs others. You get the numerous benefits based on the number of years you have served including GI BILL (Education benefit). Disadvantage, depending up on what you have been exposed to while in active duty one could come home with a broken mind and a health i.e. (PTSD, Anxiety Disorder, Depression, cancer etc.). However; life could happen to anyone anywhere, but the attitude of gratitude comes even with the disadvantages How long did you serve, if you have already quit? And why?*

*Four years, to start a new chapter of life. Do you know where are you going next? Honestly, I wish I had stayed. (Yes, I do.) Do you wonder if you will fit in when you are back to civil life?*

*It depends on the military experience one had. For me it was hard at the beginning, and still is at times. Do you think you have better life skills now after joining the military? Please describe those skills. Yes, it taught me to become stronger; independent, reliable, and accept to live in discomfort What do you think is the best thing you have learned during your military life?*

*To work in a team and leave no man behind. What suggestions do you have for Nepalese youngsters aspiring to join the military?*

*Do your research, find out what you like to do, and listen to wise advices.*

*What are your suggestions to those who want to pursue military career entire life?*

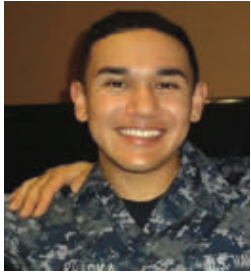


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**May this Festival Bring Peace, Prosperity, Happiness,**  
**Success & All good things to you and your family**

***Uttam Niraula & Family***



## Interview: Ritesh Khadka



**Please describe in brief about your time in US Armed Force? Which US Armed Force branch did you join – Army, Navy, Airforce, Marine Corps or Coast Guards? How old where you when you joined?**

*So far I have been in the military for going on 3 years. I joined the Navy when I was around my*

*mid 20s. Initially starting my DEP (Delayed Entry Program) when I was 19. My DEP process took about a year before I took further initiative to actually going to boot camp. I ended up being processed in early sept of 2015.*

*Why did you decide to join the US Armed Force? I initially went to college after high school with the intentions of pursuing a degree but I wasn't sure exactly what I wanted to do. Honestly, I didn't put a good foot forward going into it and realized the lack of effort and motivation I had towards my classes. Realizing how much times I was wasting I decided to pursue more information on different outlets towards gaining job experience while having an opportunity for schooling. The military showed ample promise for what I was looking for; although, I was hesitant so I decided to do more independent research on the matter. Ultimately I ended up joining because of the heavily boasted OJT aspect of the military. For me, I am a hands on learner so I thought this would cater heavily to me while assisting me advancing my career goals and potentially assisting me in choosing a path. Also being paid to work towards a career as someone just coming out of high school it definitely swayed my decision. As well as the Free incentives obviously different for each branch.*

*Why did you pick the particular wing (Army, Airforce etc...) of the US military over the others? I Don't care for infantry or the potential of being on the front lines. No disrespect for the many that man those positions but my intentions of joining the military were to get as much as I could out of it so ARMY and the MARINES were crossed off my list. Besides in my eyes those branches didn't seem very beneficial to what I was pursuing or what I was looking for (again no offense to those that serve). When I went to the recruiting offices the AIRFORCE recruiters seemed to always be absent so I reverted my attention to the NAVY recruiters. I've had conversations with prior members of the NAVY so you could say I was influenced a little bit. But regardless, I liked the freedom and ability to travel that is unrivaled by any other branch. Did you consult with family/friends before deciding to join? What was their reaction?*

*My parents were a little uneasy about it at first but I assume it was because of the potential of me being in dangerous situations as well as being so far away from home. But eventually they got around to the idea and I had their full support.*

*What was the process of joining US Armed Force? What qualifications one needs to have?*

*Someone as young as 17 can join the military. Qualifications vary but for the most part you can get waivers for anything. Joining is easy just visit a local recruiting office to get further details. But word of warning don't rush anything and research thoroughly before committing to a decision. This is a life changing step in your future. Understand that joining is normally a minimum of 4 years and that's under contract. Where are you stationed, and what is your military occupational specialty (MOS)?*

*I've been stationed in several places first beginning with Great Lakes, IL for boot camp. Afterwards, I was sent to school for my original rate/MOS of A-PACT (or Aviation Undesignated) in Pensacola, FL. Following aviation school I was given my first permanent duty station being in Whidbey Island, WA where I made my home for the next year along with the rest of my squadron VAQ 137. During the year I spent with VAQ 137 I had the opportunity to travel to many different places. But being that I was undesignated I didn't necessarily have a job. I fell under a general status but my main priority was being a plane captain and assisting in the daily maintenance and upkeep of 5 electronic attack Fighter jets. I launched jets several times a day till a year in I was up for picking a specified rate/mos. I opted out the first time because I didn't get what I wanted offered to me aside from one job which was HM, otherwise known as, Hospital Corpsman. I decided to take a chance at it and put in to get the rate/mos. I was accepted and I was on my way out of Washington to complete school for my new rate/mos, HM. School was held in San Antonio, TX. I settled there for about 2 and a half months till I got the opportunity to choose where I go next; where is where I am currently stationed. San Diego, CA is now my new home till about August 2020. I now work at a hospital assisting with emergency medical care in the ER (Emergency room) of BALBOA hospital or Naval Medical Center San Diego. Overseeing and assisting in the care of over 200+ patients a day. My specific job title allows me the freedom to learn various different procedures and apply my knowledge to get hands on training. I've been involved in many awesome experiences and I'm confident to say that I have more knowledge and experience than any nursing student right now.*

*Have you ever been deployed? If so, when and where? Please describe the experience in some details I have not had the opportunity to deploy. Although,*



during my time in aviation I had the chance to partake in plenty of dets (detachments). These detachments involved us going through simulated drills with other partner squadrons or branches allowing us to travel and work for a brief period of time. Some of the places I've gone include: Fairbanks, AL; Shreveport, LA; Key West, FL.

What are job opportunities available within the US military?

*There is a huge variety of job opportunities as I indicated before I went from working on 100 million dollar fighter jets to working in an Emergency Room on live patients. There's plenty of opportunities, for example, me being undesignated first gave me the chance to feel out what kind of job I wanted and where I would fit in at first I was skeptical about my recent pick up on the HM job but it turned out to be pretty dope.*

In your opinion, what are the advantages of joining the US military? And what are the disadvantages?

*Advantages: For me I got the opportunity to see places I wouldn't have otherwise seen myself. As well as that, I got to meet some amazing people. In a sense I had family away from home. Another thing is I would've been stuck trying to figure out what I wanted to do or just stuck in a hamster wheel. College is a great avenue for everyone and although I opted for the military instead of college I've studied way harder than I ever have for the military but the difference is I didn't have to waste thousands of dollars changing my major or anything I was put in a field tried it out and found a field I enjoy. Plus consistent pay, every 1<sup>st</sup> and 15<sup>th</sup>.*

*Disadvantages: You do have some of your freedom taken from you. There are restrictions, it's not like how it was as a "civilian" you have to be careful of how you behave and where you are. Consequences come so much easier than reward and you just have to practice caution considering it's the US military, members are held to a high standard. At home there's not a huge threat to getting in trouble more often than not it's a slap on the wrist. Same with work (civilian side) you might get fired at worst but with the military you are under contract to stay in so worst comes to worst there are ways that swift punishment is dealt as unfair as it seems the military has these regulations to keep members in check and prevent unfortunate situations from happening. You have to learn to roll*

*with the punches. But my biggest disadvantage I've seen being in the military is... Being so far away from home. I miss it every day. Being on the other side of the country is tough, hardly getting a month out of the year to see them is rough but you have to adjust. How long did you serve, if you have already quit? And why?*

*Continuing to serve now and I am on my 3<sup>rd</sup> year going till at least 2020.*

Do you know where are you going next?  
*Depends on if I reenlist. We pick orders a year out from our PRD (projected rotation date). Do you wonder if you will fit in when you are back to civil life?*

*Nope I'm confident I can adjust to it. Although it will take some getting used to.*

Do you think you have better life skills now after joining the military? Please describe those skills.

*Definitely! Being independent, for one, has given me a better sense of maturing and living on my own. I don't have to pay rent but I am more conscious of my bills and planning ahead to ensure they are paid. I'm more proactive overall and I have better understanding of finances.*

What do you think is the best thing you have learned during your military life?

*Think before you sign. And don't sweat the little stuff. Things are so easy in the military it's laughable. Always have a positive outlook.... Trust me things will be much easier if you do.*

What suggestions do you have for Nepalese youngsters aspiring to join the military?

*Make sure you understand what you are getting into! It's hard to say everything but, anyone with further questions on the matter or just want to know what it's like! My line is open. Ask me anything I'm more than willing to help as much as I can to help you make a decision.*

What are your suggestions to those who want to pursue military career entire life?

*The military isn't a way to avoid schooling... believe me. In fact, I study more than I ever thought I would. I promise you if there's anything that will help you advance, it's studying. And Evals but mostly study your job extensively. And plan like you'll get a degree while in.*

**We wish you all**



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**May this Festival Bring Peace, Prosperity, Happiness,**

**Success & All good things to you and your family**

***Padam Bhatta & Family***



## Interview: Dinesh Lama



*Mr. Dinesh Lama came to the US in 2007 under the Diversity Visa program. He earned bachelor's degree in environmental science in Nepal.*

*Namaskar Everyone, my name is Dinesh Lama. All of the answers I have provided below are just my personal opinion*

*about US military profession. Please do not take it as an official answer from any organization. Please describe in brief about your time in US Armed Force? Which US Armed Force branch did you join – Army, Navy, Airforce, Marine Corps or Coast Guards? How old were you when you joined? I served US Army June, 2008 to July 2015. I was 27 years old when I joined US Army.*

*Why did you decide to join the US Armed Force? Initially I was driven by our Gurkha culture and for Adventure. But later on I realized it is a very honorable profession, and also helps to build strong foundation for your career in any field.*

*Why did you pick the particular wing (Army, Airforce etc...) of the US military over the others? Like I said earlier, I was more driven by Gurkha culture, there is no navy and air force in Nepal, hence I was simply not attracted to them. However later on I realized that all branches are equally respectful with similar benefits.*

*Did you consult with family/friends before deciding to join? What was their reaction?*

*Yes, I did talk to Nepalese but most of them didn't know much about it. They had misperception that you must be strong like a horse, pay is very minimum, must be very young, job is very rough, you must move from places to places all the time, you won't get chance to live with your family. Basically they tried to portray that one joins US military when he or she is out of options in life.*

*I must say all of the above perceptions are myths. Pay is actually very good. Your military W-2 form will only show your basic salary which makes it look so little, however you get nontaxable big bucks every month as a house allowance, food allowance, and etc which makes your net income much better than average jobs. In addition to that Military pays for your education, gives best health insurance in free, pays for clothing, gives you pension (if you*

*serve long enough), and many more.*

*One must be physically fit to live happy life even when you are a civilian. Good Fitness is necessary in military but you do not have to be Olympian type of fit to join military. It is very organized professional field, you will have excellent resources and support system to do your job. Usually military people work in one station for 3 years inside the USA and for 6-12 months in risky overseas areas. If you are married, you move to those areas with your spouse and kids unless it is a very risky area. All my friends have lived in all over the Europe, Japan, Korea, with their spouse and family.*

*What was the process of joining US Armed Force? What qualifications one needs to have? You simply type US army/navy/air-force recruiter in google, it will give you recruiters location and website, and you call them, get appointment, and meet them. Recruiters are facilitators, they will help you to join. You do not need to know in detail about joining process, recruiter will walk you through the process. In order to join as an officer, you generally must have a bachelor degree. If you are planning to join as a medical doctor or any other professional, you must have a respective degree on that field. To join as an enlisted member, high school diploma is sufficient however having few college credits (15-30 credits) makes your application package stronger. Where are you stationed, and what is your military occupational specialty (MOS)?*

*I worked for 2290<sup>th</sup> US Army Hospital which was located in D.C. Metro area. My MOS was 68Q which is a pharmacy specialist. Army gave me extensive training to do this job.*

*Have you ever been deployed? If so, when and where? Please describe the experience in some details.*

*Unfortunately I was never deployed, perhaps being a pharmacy personnel, my hands were full of work here.*

*What are job opportunities available within the US military?*

*US Military has all the jobs available just like in civilian sectors. You can be a medical doctor, nurse, pilot, engineer, IT personnel, lawyer, chaplain, all kinds of medical technicians, cook, driver, infantry man, administrative clerks, environmentalist, chemist, mathematician, microbiologist, etc. In your opinion, what are the advantages of joining the US military? And what are the disadvantages? The positive side of joining US military is that it gives you sense of pride, disciplined lifestyle, and solid foundation for building your career further.*



Majority of Americans will see you very positively and will show gratitude towards you for serving the nation. Military always trains its member certain job skills which match to civilian sector, so usually you will not have issues finding job afterward. Prior Military service member often gets priority in hiring events by other government agencies and civilian sectors. It pays for your school. You can take classes while you are in the military and also when you are out of the military. Many soldiers get out of military, go for school while being paid, and either join back or start something new. I am a diehard fan of US Military, hence I do not see any disadvantages. I guess if you are a person who doesn't like to exercise, doesn't want to study, doesn't like to wake up early in the morning, and doesn't like to live organized disciplined life, Military lifestyle can be challenging.

How long did you serve, if you have already quit? And why?

I served for 7 years. I got out to watch my two very little kids and to finish up my bachelor in nursing program while my wife was working full time. US army paid for my school, and also paid me monthly allowance while I was in the school (even when I was out of military) under GI Bill. With all that amazing financial help, today I am a Registered Nurse with Bachelor degree in nursing. Do you know where are you going next? Currently I am working as a Registered Nurse in INOVA Alexandria Hospital, and am applying to join back military as a nurse officer. Hopefully by the grace of god, I will be working as a nurse officer in military soon, otherwise will continue to improve myself as a clinical nurse in civilian sector. Do you wonder if you will fit in when you are back to civil life?

Yes, I do believe that I fit very well in the civilian life. If you follow true military lifestyle such as waking up early, doing no procrastination in life, being on time everywhere, taking your job seriously,

listening and following instructions seriously, exercising and studying every day, taking care of others by heart, you will fit everywhere. Do you think you have better life skills now after joining the military? Please describe those skills. Like I mentioned in the last question, the true military lifestyle which is composed of punctuality, discipline, caring attitude, vigorous trainings, studying, vocational job trainings, and formal educational degrees definitely gives you better life skill. What do you think is the best thing you have learned during your military life?

“Taking care of people like your own family member” gives you the greatest satisfaction and also the best key to win the heart of others. US Military fosters that culture which is the best thing I learned from it.

What suggestions do you have for Nepalese youngsters aspiring to join the military? There are many good pathways to pursue your life and career. Military is definitely one of the best options. Majority of American people will always show love and gratitude to their military members. It is also compliance with our Gurkha Culture. If you have dream to be a soldier and also want to be a certain professional such as doctor, engineer, pilot, scientists, or anything else.....you can be both in military system because military requires all profession. Just try to practice disciplined lifestyle such as waking up early morning, studying and exercising every day, being on time, give up the habit of procrastination, and Keep positive appearance and attitude, you will be just fine. What are your suggestions to those who want to pursue military career entire life?

Go for it, it's full of adventure and honor. Career wise you will have opportunity to grow all your life, you will have opportunity to educate and be better person every day. Military will shine you every day; your family, and society will be proud of you.

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शुभकामना व्यक्त गर्दछौ ।

डा. ऋषि, कल्पना तथा बर-ताकोटी परिवार



## Interview: Sanjay Lohar



Please describe in brief about your time in US Armed Force? Which US Armed Force branch did you join – Army, Navy, Airforce, Marine Corps or Coast Guards? How old were you when you joined?

*I joined United States Marine Corps at age 23.*

Why did you decide to join the US Armed Force?

*I had wanted to join and serve for at least 4 years for some time. I decided to take a break from college and join.*

Why did you pick the particular wing (Army, Airforce etc...) of the US military over the others? *The Marines have a reputation for excellence; it made sense for me to join the branch that demands the most from an individual.*

Did you consult with family/friends before deciding to join? What was their reaction?

*I told my parents that I wanted to join. My mom was not very happy.*

What was the process of joining US Armed Force?

What qualifications one needs to have?

*The Marines have initial physical fitness requirements of 2 pull-ups, 35 sit-ups in 2 minutes, and 1.5 mile run in 13:30 minutes. Besides that, each branch has specific requirements for the ASVAB test. The results from that test determine which MOS a service member is qualified for. Certain jobs also require a security clearance.*

Where are you stationed, and what is your military occupational specialty (MOS)?

*I was stationed in Camp Lejeune, NC as part of the 2<sup>nd</sup> Marine Division. I was an infantry rifleman, 0311.*

Have you ever been deployed? If so, when and where? Please describe the experience in some details.

*I deployed with 2<sup>nd</sup> Battalion 9<sup>th</sup> Marines to Okinawa, Philippines, and South Korea. I deployed with 1<sup>st</sup> Battalion 8<sup>th</sup> Marines as a detachment in the Combined Arms Company to Bulgaria, Romania, and Norway.*

What are job opportunities available within the US military?

*As stated above, ASVAB test score and security clearance will restrict occupations. If you cannot pass the training course for the occupation you were assigned, then they will reassign you to something else. Opportunities range from administrative clerks, aircraft crew, artillery, cooks, drivers, infantrymen, mechanics, supply specialists, etc. Some jobs, which the Marines call 'B Billets' require the Marine to have reached a certain rank and have spent a certain amount of time in the branch. These jobs, such as drill instructor, recruiter, Marine Special Operator, etc. are in high demand but also have high demands on the individual. As such, these schools often have a high failure rate. Some jobs, such as pilots, are reserved for commissioned officers.*

In your opinion, what are the advantages of joining the US military? And what are the disadvantages?

*The military offers benefits such as free tuition as well as professional certifications in many jobs (such as aviation mechanic or paralegal). In addition to personality and physical development, the military also puts individuals in high stress leadership positions. This can be beneficial to people returning from the military and joining the workforce.*

How long did you serve, if you have already quit? And why?

*I served 4 years of active duty, which was the required portion of my contract. There is a lot of nonsense that happens in the military, which leads*

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भीमसेन, गीता तथा बस्नेत परिवार





to many people not re-enlisting. For me, the Marines had taught me what I wanted to learn, and the friends that I had made during my 4 years of service were leaving as well.

Do you know where are you going next?

I am on track to earn a baccalaureate in Management Information Systems, and will enter the professional field after graduation. Do you wonder if you will fit in when you are back to civil life?

No.

Do you think you have better life skills now after joining the military? Please describe those skills. As stated above, I have some leadership experience and have often interacted with people whose viewpoints are different from mine. This gives me a unique perspective on problems, and helps mediate issues in the workplace or community. Besides that, the usual things such as discipline, timeliness, etc. What do you think is the best thing you have learned during your military life?

The body is capable of much more than we give it credit for, similarly so is the brain. Hard work and perseverance makes many things possible. What suggestions do you have for Nepalese youngsters aspiring to join the military? The military will use you for whatever it needs. Before signing a contract, you need to have a plan.

What do you plan to do in life, what will your career path be after the military, and what does the military offer you that no other institution does? Only sign a contract for jobs you want. If you do not want to go to college after the military, then choose to enter the military in a technical job. They will give you all the training you need, you will get experience during your period of service, and you can start working right away after your required service is finished.

If you want to go to college after the military, then start taking some classes while you are still serving.

This will help you develop, and maintain, study habits as well as show colleges that you are serious about earning a degree when you apply for admission.

Save your money, don't get married in your first 4 years of service, and pick your friends wisely. What are your suggestions to those who want to pursue military career entire life?

Earn a college degree, and seek to join the military as a commissioned officer. Commissioned officers have more respect, better pay, and have better prospects after their career is finished. Some branches have ROTC programs on university campuses, research ROTC scholarships. They will pay for your college tuition, in return for obligated service after you graduate.

विजया दशमी र दीपावली २०७५ को उपलक्ष्यमा सम्पूर्ण नेपाली

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Success & All good things to you and your family

Arun, Pratima & Dhital Family



# INTERVIEW: MANITA DEVKOTA

## MISS UNIVERSE NEPAL 2018



AYUSHMA SHARMA

Our long time community member Manita Devkota, daughter of Kumud Devkota and Januka Devkota was crowned the 2018 Miss Universe Nepal during the Grand Finale ceremony of the competition held on April 11, 2018. After migrating to North Carolina in 2007, she became a very active member in our community, participating during the international festival and other holiday celebrations.

She later received her Bachelor's degree from East Carolina University in Public Health, with a concentration on Pre-Health Professions. After her reign as Miss Nepal Universe, she intends to pursue a Juris Doctor.



While traveling to Nepal for a vacation, Manita was encouraged by friends to apply for Miss Nepal. Taking their advice, she went to the auditions, and the rest is history! Below is an interview with Miss Universe Nepal, Manita Devkota, where she talks about the journey of her life, her experience of getting honored with one of the most esteemed crowns in Nepal, her ambitions, and more.

**1. As a child, had you ever thought that you would be participating in such a contest and win the title of Miss Nepal?**

No, as a child I didn't know about Miss Nepal or what a beauty pageant was. During my childhood, I remember huddling by the TV with my sisters watching Miss USA and Miss America, and being completely mesmerized by all the ladies. It wasn't until my teenage year I realized the concept of a beauty pageant.

As I got older, few of my friends started to encourage me to compete in Miss Nepal USA. Unfortunately, the pageant was discontinued. In 2014, I was approached to try for Miss Nepal so I started researching the pageant more. I was warming up to the idea of trying for Miss Nepal because I had always intended to go back to Nepal after establishing myself as a professional here in America. I realized that if I became a Miss Nepal, I would have a chance to develop respectable professional or social contacts. People would be willing to work and invest on projects affiliated with a Miss Nepal. By my late teens, I became more interested to compete, however, because of school it hadn't been possible. I thought

Miss Nepal was going to be a goal that I wouldn't be able to tick off, until this year.

**2. Tell us a little bit about yourself. Where did you complete your education? Did you have a modeling career before you began training for Miss Nepal? If so, how did this modelling career begin?**

I'm a down-to-earth individual who has a lot of goals and aspirations in life. I want to travel the world and try all the world's cuisines. I want to write a book and give a Ted Talk and so much more. Fun fact, I turned 23 on the day of the Miss Nepal 2018 finale and the Miss Nepal Universe crown

has been the best birthday gift I have ever received. I have a Bachelor's degree from East Carolina University in Public Health with a concentration on Pre-Health Professions. I chose this major because improving the lives of people, especially women and children, is something I care about. I hope to work with UNICEF one day and promote health and wellness in developing countries.

Something I'm proud of is my involvement with the organization Days for Girls (DfGs) and She's the First. Both of these are non-profit organizations with a mission to empower girls by promoting girls' education and health. During my three years involvement with She's the First, we fundraised money to sponsor four girls' education in Kopila Valley School in Birendranagar, Surkhet, Nepal. My involvement with Days for Girls, continues till today, I am affiliated with Nepal's chapter of DfGs. In many areas of Nepal, girls don't have access to sanitation facilities and menstrual items, and after they've reached puberty they end up skipping school or dropping out. We want to keep these susceptible girls in school and educate them on menstrual hygiene and reproductive health. DfGs don't just provide dignity and health education to Nepalese girls and women, it also provides employment opportunities.

I had no prior modeling experience when joining Miss Nepal. In fact, this year's all four Miss Nepals don't come from a modeling background. We were just ordinary girls. Since becoming a Miss Nepal, I've been learning and taking pointers on modeling.

**3. When did you decide you wanted to take part in Miss Nepal, and what made you decide?**

I'm always open to trying new things, especially if

it helps to improve me. For a few years, I was interested to compete but never could because I was living in US and Nepal was on the other side of the world. Luckily this year, I decided to go for a gap year to travel and explore India and Nepal. It was serendipity, this year I ended up in Nepal just at the right moment.

I met the requirements for a contestant and it was the perfect time because I wasn't in school and I wasn't working. I told myself "why not?" and went for it. With a little bit of Universe's blessing and some hard work I managed to win a title.

#### **4. What was the process to the title like?**

One of the toughest part of the competition was just getting situated and adjusted to living in a "foreign land". Obviously sweet North Carolina and KTM are two contrasting environments and having been brought up in NC made adjusting to KTM a bit difficult. I would also get sick often so I had to get used to the air and noise pollution. Another challenge was my weight. I was traveling in India beginning of this year, while in India I went on countless foodventures and had gained some unwanted weight. I had to lose weight for the competition. I manage to lose 14 lbs during the course of the 7 weeks training.

Thoughts of giving up and just going back to US did appear in my mind. However, I persevered and toughed it out, and I was rewarded. I won and now I have completely adjusted to Nepal and loving every moment of being here. This beauty pageant world is completely new to me so I had to start from the basics. Things like ramp walking, modeling, makeup, and styling aren't my forte, so I had to learn those. Fortunately, I am quick learner, I managed to improve and even win the "Miss Glam" subtitle. During the seven week training, we were given lectures on public speaking, etiquettes, tourism, federalism, and women empowerment. A week before the finale, we have our preliminary rounds where we have one-on-one with the judges. This is where top 14 is decided and the judges get to know you and interview you. The last three days leading to the finale, we go to closed camp at hotel Annapurna, where we rehearse and give our final performance.

#### **5. How long does it take to plan and prepare for the competition?**

I did no planning whatsoever. Some of the contestants had been planning for MN for years, i.e., working on their fitness, their walks, and make up skills. It was an impromptu decision because the timing suited my situation. I entered the competition with the mindset that all my life experiences, my skills and knowledge would help me and I will learn along the way. I guess it worked, you need to have faith in yourself and be brave enough to just jump at an opportunity.

#### **6. Can you share some of your wonderful experiences from the journey into Miss Nepal?**

My best experiences at Miss Nepal was hands down spending time with the ladies. We went on a three day trip to both Pokhara and Dhulikhel and ended up bonding so well. In Nepal that's called "gelling up." At Dhulikhel, we spent days getting to know every contestant's fears and dreams leading us we all become sisters from competitors.

In Pokhara, when we were taken for zipline, girls who claimed to have acrophobia ended up zip lining because of the support and encouragement from all the ladies. These are just some fond memories that I will forever cherish.

#### **7. How did it feel when you were being crowned? Can you recall that moment and those feelings?**

That night I was ready for anything. It was my birthday and I was feeling good. I knew that I was going to win or I was going to learn. I did not see failure. When they called my name, I was blank because I was slowly processing the announcements but I still managed to go to my crown. When I was crowned by my predecessor, I was grateful to the Universe and proud of myself; it felt so good to win that Miss Nepal Universe crown. During that moment, I knew this was just the beginning, I now have big responsibilities and expectations to fulfil. Right now, that is exactly what I am doing, preparing for Miss Universe (MU) 2018. I'm so lucky to have the opportunity to represent Nepal in an international stage. I hope to make Nepal proud.

#### **8. How is this transition from being the simple Manita Devkota to Miss Universe Nepal Manita Devkota? How difficult is it for you to get used to the limelight at all times?**

Transition from a simple ordinary student Manita to a Miss Nepal Manita takes effort. Since I was not from the modeling world, I lacked knowledge on styling and makeup. I had to work hard on these areas because as a Miss Nepal you have to always look presentable. I'm enjoying the transition, this is grooming me not just physically, but mentally and socially. I know this personal and professional development will be a great asset when I enter my profession field. I don't see the limelight as a negative thing. Right now I need as much help as possible to prepare for MU, and the limelight is helping me network with designers and stylist. I will fully utilize this limelight to help prepare for MU.

#### **9. After winning the title, how empowered have you felt? What sort of platform has it provided for you? And what new ambitions have you set for the days ahead?**

I was already an empowered woman, now I'm an empowered woman with refined soft skills. As a Miss Nepal, you prompt respect from the general masses. Whatever field you maybe interested in, Miss Nepal does provide a great platform for that.



My voice has always been important but now there is an audience and I have people and organizations that want to work with me.

Ellen Sirleaf, a woman I admire, states, “The size of your dreams must always exceed your current capacity to achieve them. If your dreams do not scare you, they are not big enough.” I am an ambitious individual and have set some new goals for myself for the coming decade.

The current ambition I’m working towards is MU crown. I want to bring home an international crown for Nepal; an objective that is unaccomplished in the 23 years of Miss Nepal history.

**10. How have you been preparing for the Miss Universe competition? Can you tell us a little bit more about that?**

Of course, that is my priority at the moment. MU is a prime example of a true beauty pageant, meaning it is superficial in all its glory. Physique is so important that it consists a great portion of my final score. That being said, I am hitting the gym everyday and enjoying it. I’m working on my speaking skills and researching MU, my fellow competitors, and Q&A topics.

I’m also working with designers and costume makers to help me with my evening gown, wardrobe, and national costume. I’m brainstorming a social project that will make me stand out in MU.

**11. What sort of sacrifices did you have to make to reach this title?**

The biggest sacrifice I am making is losing family time. My sisters and parents are all back in the States, and I miss them. Every other sacrifice is irrelevant. This is my year to learn and grow. I am grateful for this opportunity, I will stay optimistic and not dwell on the negatives.

**12. What role did your family play, and how supportive were they during your journey? Can you talk a little about the encouragement and motivation they provided for you?**

I didn’t tell them I was competing in Miss Nepal until I knew it was going somewhere. After two weeks in I told them, they were so excited. They had such strong faith in me and knew I could do it. My sisters give me words of encouragement and always asked how the process was going? I didn’t have friends in Nepal yet, so having them to speak to helped me a lot.

**13. Winning the Miss Nepal pageant, I am guessing, has almost changed the path of your life. Earlier, you were taking a path in one direction, and now, it is certainly going to be different. What profession do you see yourself as in the future?**

Winning Miss Nepal has revamped my life slightly but for me the real game-changer would be winning MU. As for now, I still have aspirations to go back to school after completing my reign.

**14. What are your hobbies? What do you enjoy doing in your free time?**

I enjoy reading novels, hiking, and catching up on my favorite TV shows during my free time. In Nepal, when I have free time, I go explore more of KTM city and visit family.

**15. What do you cherish most about the Nepalese Culture and our Nepalese Community?**

My favorite part about Nepal is the diversity. Thanks to our cultural diversity, we have hundreds of options when it comes to things like clothing, food, and languages. We have so many diverse facial features that there is no “one look” to represent Nepal. We are a melting pot of our own.

Another aspect of Nepal that is praiseworthy is the tolerance when it comes to religion. In Nepal, we don’t see people threatening each other on the basis of religion. Contrary to the world today, Nepalese don’t put much value on the faith of a person, rather they judge a person by their action and heart.

**16. What message do you want to share to all of the youth out there, for whom you are a great source of inspiration?**

We always tell the youths to be themselves. However, we forget to realize that youths don’t know who they are yet because they still have so much to learn about themselves and the world. I certainly didn’t know who I was during my teenage years. I was a lost puppy. So I want to tell the youths to figure out what type of person they want to be and work to be that person. My advice would be to spend time with themselves to help them to know and create themselves. Have core values you won’t compromise on but be open to changes as you learn more and gain more experiences. Remember that you are no less than others, and always strive to be better and to do better.

विजया दशमी र दीपावली २०७५ को उपलक्ष्यमा सम्पूर्ण नेपाली

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उद्धव, पविता तथा उपमा काकी



# MEDICAL MISTAKES: SOLVING A PUZZLE WITH INCOMPLETE PIECES

SAGAR WAGLE, MD



A 40-year-old female came to an emergency department with pain in her right upper part of her abdomen. The pain had started after she had a hamburger and fries at a local restaurant. It has been 7 hours after she ate, and the pain is getting worse. She now has a fever. When pressing on the right upper side of the stomach, she experiences a lot of pain. This is a classic presentation of cholecystitis. Cholecystitis is inflammation of gallbladder which is most commonly caused by stones in the gallbladder. If someone has cholecystitis, the treatment is to surgically take out the gallbladder. If cholecystitis is not treated, the chance of death is very high. Gallstones are present in about 30% of women in their 3rd and 4th decade of life. However, for most patients, gallstones just stay in the gallbladder and never lead to cholecystitis.

To confirm the diagnosis of cholecystitis in our patient, an ultrasound of her abdomen was done. Ultrasound showed that she had gallstones, but it did not show cholecystitis. Patient's history and exam tell us that she has cholecystitis, but ultrasound says she doesn't have cholecystitis. If the surgeon performs cholecystectomy (surgery to take a gallbladder out), but she turns out not having cholecystitis, the patient underwent an unnecessary surgery. However, if the surgeon decides not to do the surgery and the patient turns out to have cholecystitis, the chance that she would die is very high. In our case, a decision was made to do the surgery. When the surgeon cut open the woman's abdomen, he noticed that the patient did not have a gallbladder. What? How is this possible? If she did not have a gallbladder, how did the ultrasound

show stones inside a gallbladder?

No one had an answer. To find the answer to this mysterious case, a special imaging test called ERCP was performed. From ERCP, they found that the patient did not have a gallbladder. She was born without one. She was found to have a really big common bile duct filled with stones. It was this common bile duct which had looked similar to gallbladder on ultrasound. The common bile duct is a duct that passes bile from the liver to intestines. With help of ERCP, the doctors were finally able to take out the stones from the common bile duct. In the case, the patient underwent an unnecessary surgery. If MRI or CT of the abdomen would have been performed instead of an ultrasound, it may have been known that she did not have a gallbladder and the stones were in her common bile duct. The problem would have been accurately diagnosed and she would have gone straight to ERCP. It is often challenging to do the right thing in medicine. It is because no two human bodies are the same. What applies true for 99 patients may not be true for the 100th patient. Absent gallbladders are incredibly rare. Ironically, the patient underwent a surgery to get her gallbladder taken out because she was born without one.

In this article, I will try to explain why doing the right thing in medicine is often hard. Making mistakes is a part of our job.

## **Solving a puzzle with incomplete pieces**

Anyone coming to a clinic with a headache has a small chance that the headache is caused by a brain cancer. A doctor can use information from a patient's history to decide whether the patient has a brain

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***Dr. Vikas Pathak & Family***



cancer. For example, patients with brain cancer usually have vomiting, weight loss, blurry vision, personality changes, walking difficulty, to name a few findings. Compared to a patient's history, a MRI of the head is much better at telling whether someone has a brain cancer. For a patient with a headache, when a doctor chooses to rely on the patient's history instead of a MRI, there is a chance that the doctor will miss a diagnosis of brain cancer.

A very smart doctor whom I think as an excellent clinician has made this mistake. A 33-year-old female came to her clinic with a headache and vomiting for about 2 months. The patient had just undergone a divorce and was in significant emotional distress. The doctor thought that the headache and vomiting were from the stress in her life. She gave the patient some medications and sent her home. She did not order a brain MRI. Two months later, the patient fainted at her work and was taken to an emergency department (ED). In the ED, they performed a MRI of the brain which showed an aggressive form of brain cancer called Glioblastoma Multiforme. Patients with this cancer usually don't live more than 6 months after diagnosis. Had the patient been diagnosed with brain cancer at her clinic visit, she may have lived longer. Did I think of this doctor as being less smart because of this mistake? Absolutely not. If I was in her place, I would have done the same thing. I would not have ordered a brain MRI. Imagine you are given a puzzle to solve but you are not given all the pieces. You can ask for extra pieces, but you have to pay for them. Doctors are such puzzle solvers. The diseases we diagnose are the puzzle. Patient's history, physical exam findings, labs, imaging and other tests we order are the puzzle pieces. Every time we ask our patients to bring us an extra piece of a puzzle, the patient has to spend extra time, money, and resources. Therefore, doctors are often forced to solve the puzzle with limited pieces.

The case of brain cancer I described earlier is a great example of trying to solve a puzzle with

incomplete pieces. Ordering a brain MRI on everyone coming to a clinic with a headache and vomiting is not practical. First, it costs a lot of money. Second, there are simply not enough MRI machines in the world to scan everyone with a headache and vomiting. Third, there was a perfect reason for why the patient was having a headache and vomiting in this case. Emotional stress causes lots of health issues, headache and vomiting being common ones. Using incomplete puzzle pieces to solve a puzzle always makes us prone to error. In the prior example of absent gallbladder, the doctor could have chosen CT or MRI over ultrasound. However, CT exposes a patient to harmful radiation. MRI is much expensive compared to ultrasound and is not usually readily available. In such case, ordering an ultrasound was appropriate. Most patients have a gallbladder. So, it didn't cross the doctor's mind that this patient may not have a gallbladder.

#### **You can't buy any more puzzle pieces**

Let's talk about appendicitis. Appendicitis is considered to be a clinical diagnosis. Clinical diagnosis is when a doctor diagnoses a disease by asking patients questions about the illness and examining them. Someone with appendicitis usually presents with pain in their right lower side of the abdomen. This pain usually originates around the belly button and migrates to the final place over a few hours. Patients have stiff abdomen due to their pain and fever due to the inflamed appendix. Patients don't want to move their abdomen, therefore lie stiff and rigid in bed.

These days, it is usual practice in modern societies to order ultrasound or CT before diagnosing someone with appendicitis. Treatment for appendicitis is appendectomy - surgery to take the appendix out. If we go back 20 years ago, ultrasound and CT were not widely available. In that time, doctors used to diagnose appendicitis clinically, and proceed with an appendectomy. When imaging was not routinely used for diagnosis, about 20-25% of those patients who underwent appendectomy were found to not

विजया दशमी र दीपावली २०७५ को उपलक्ष्यमा सम्पूर्ण नेपाली

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लेखनाथ, राजेश्वरी तथा प्रशिल दुलाल





have appendicitis. They had a normal appendix. The doctors made a wrong diagnosis of appendicitis. This was considered an acceptable practice because if you leave appendicitis untreated, most patients end up dying.

After CT and ultrasound are routinely used for diagnosis of appendicitis, the wrong diagnosis of appendicitis went down to 10-15% from 20-25%. Currently, one in ten patients who undergo appendectomy has a normal appendix. What I want to highlight here is that the results are not still perfect.

Appendicitis is a relatively simple diagnosis to make. I can teach a 10th-grade student to diagnose one. However, many other diseases are harder to diagnose. In those complicated diseases, false diagnosis is very common. Patients are given one diagnosis, then another, and another, and the process can last for years. In some cases, we never know the diagnosis. Sometimes, no matter how many puzzle pieces we buy, we can't solve the puzzle. Maybe some puzzle pieces don't exist yet. We are still discovering new lab tests, new imaging exams, and new diseases. Our understanding of medicine is limited. The human body is incredibly hard to understand. Until we fully understand the human body, we will continue to make mistakes in diagnosing and treating patients.

## Conclusion

When I was a medical student, a doctor in the emergency department told me, "one sad part about being an emergency medicine physician is that we have to be ok with the fact that one day we will kill someone. Maybe we will think that a patient is healthy and discharge them home, and they will die because they were not healthy enough to leave the hospital. Or maybe we will think that they are sick and offer a treatment, and the treatment itself will kill them." I never forgot what she said. Not only in emergency medicine, I think it is possible to kill patients in many fields of medicine, despite having the best intention in our mind.

Just like a car mechanic sometimes makes a car worse while trying to fix it, we sometimes make patients worse by trying to "fix" them. A car mechanic can say that a car is too broken to be fixed. We usually don't say that a patient is too sick to be taken care of. We have to try our best on everyone, no matter how "broken" they are. When cars are broken, some of its parts may be replaced. Replacing parts of a human being requires an organ transplant, which is unavailable to most people in the world.

Medicine as a field is very broad. It is always changing and expanding. Doctors are the gatekeepers of this field. We make plenty of mistakes. Some of those mistakes are inevitable because our understanding of the field is limited.

विजया दशमी र दीपावली २०७५ को उपलक्ष्यमा सम्पूर्ण नेपाली

दाजुमाइ तथा दिदीबहिनीहरुमा हार्दिक मंगलमय

शुभकामना व्यक्त गर्दछौ ।

सुवास , सिजा, श्रियादिता एवं सियोना ढकाल



विजया दशमी र दीपावली २०७५ को उपलक्ष्यमा सम्पूर्ण नेपाली

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ईश्वर तथा कमला देवकोटा





## KIRAN AGAINST DOMESTIC VIOLENCE

Kiran, which means 'ray of light' in Hindi, is a non-profit organization that serves and empowers South Asian victims of domestic violence all across North Carolina. Kiran began in 1998 as a volunteer-run organization to address the growing needs of the South Asian community in the Triangle. At the time, Kiran ran a crisis hotline and provided confidential counseling, support groups, and case management services with referrals coming from community members and local centers that were ill-equipped either culturally or linguistically to deal with the diverse South Asian population of survivors. In 2008, Kiran became a federally funded non-profit organization, creating a path of hope to victims and survivors of domestic violence. Kiran currently provides culturally-sensitive services to victims from the following countries: Afghanistan, Bangladesh, Bhutan, India, Maldives, Myanmar (Burma), Nepal, Pakistan, & Sri Lanka. These services include crisis counseling, resource referrals, safety planning, client advocacy, secondary family services, secure housing, translation assistance and empowerment. We believe in a holistic approach to addressing gender violence in the South Asian community.

According to a 2010 report issued by the Pew Research Center, Asians comprised 2.65% of North Carolina's population (252,585 residents). Data from 2013 indicated that the Asian population in Wake County was 59,000, representing 6.1% of all residents. The second largest Asian population was in Mecklenburg (51,000), followed by Guilford (23,000), Durham (14,000), and Orange (11,000). There are approximately 90 domestic violence agencies and shelters located throughout the state of North Carolina. However, Kiran is the only domestic violence agency in the area that has the specific tools to assist the South Asian community.

Domestic violence is a public health issue that warrants concern. One out of three women will experience domestic violence/intimate partner violence in their lifetime. According to the World Health Organization (WHO), 37.7% percentage of intimate partner violence is prevalent in the Southeast Asia region. Due to the nature of abuse among South Asians, there are a number of elements and unique cultural factors that complicate identification of abuse and help-seeking. These elements include the stigma of divorce, collectivism, patriarchy, joint family households, and immigration/visa dependency. These challenges leave South Asian victims vulnerable to multi-pronged crises that set apart these clients from the average client at a mainstream program. This makes Kiran's work even more instrumental.

Kiran strives to increase opportunities for clients to build skills and access the resources necessary to

become fully self-sufficient. In 2017, we served 198 clients in North Carolina, many of whom contacted Kiran through our 24/7 Crisis Hotline (1-877-625-4726). Kiran's Crisis Hotline is a confidential, volunteer-run resource for South Asians in North Carolina. Along with active intensive client case management includes Kiran's Empowerment Program. This program provides mental and emotional counseling services by certified psychologists and psychiatrists, and a yoga support group, which emphasizes on mindfulness, actively practicing self-care, and healing techniques for our clients. A large part of Kiran's work is focused on providing services to clients, however, Kiran also creates awareness by doing outreach events. From January 2017 to June 2018, Kiran conducted 29 outreach events including presenting in various conferences, religious and cultural groups, creating dialogues with law enforcement and universities, and hosting Kiran events such as the Walkathon and Bazaar. One of the major outreach programs Kiran conducts are Teen Empowerment Workshops, which aim to provide South Asian youth with information and resources that are beneficial to leading healthy and safe lifestyles among family, friends, and relationships. The impact on discussing these topics allows teens to be better aware of their surroundings and empower them to assist other teens who are going through similar experiences. Kiran also created two social media campaigns called Humans of Kiran and #MenSupportKiran as means of spreading awareness and outreach among the South Asian Community through an online platform.

In order to successfully execute our community impact goals, Kiran heavily relies on the support and commitment of our highly skilled volunteers. All volunteers attend a basic Kiran volunteer training and an additional training for those interested in participating in the crisis hotline. In this regard, our hotline volunteers serve as the crucial conduit between providing immediate assistance and then connecting the callers to office staff who follow up with intensive casemanagement and resource referrals. Kiran volunteers have assisted in various outreach and tabling events throughout the year. They also provide valuable assistance with transportation for client, translation services and serving as advocates for Kiran in the community. Volunteers are re-trained once a year so they can stay informed about new initiatives at Kiran, revisit volunteer procedures and protocols as well as provide Kiran staff with valuable feedback on what they see in the community. If you are interested in being a Kiran volunteer and learning more about our services, visit our website at [www.kiraninc.org](http://www.kiraninc.org). **If you or another victim of domestic violence is in need of help, our crisis hotline number is 1-877-625-4726 and email is [kiran@kiraninc.org](mailto:kiran@kiraninc.org)!**

# CHOICES AS SIMPLE AS 0123



**DHARMA R. PANTHA**

Alcohol and drug addiction has been categorized as a progressive disease by American Society of Addiction Medicine (ASAM) recently as it meets the qualifiers (etiology, progressive nature and treatable conditions) to be considered as a disease. High risk alcohol and drug use has been one of the major factors for vehicular accidents in American roads, resulting premature death. Alcohol and drug use affects negatively to any people (young, older, male, female, blacks, Latinos or Asians) who makes high risk alcohol and drug use. It is not kind of people who develop alcoholism and drug addiction; it is rather the kind of choices people make. Like heart disease; alcohol and drug addiction is also life style related health problems. Therefore, it is imperative to understand and be educated for all of us to know how much alcohol use is considered a low risk for overall health. Prevention Research Institute (PRI) explains '**Low risk guideline 0123**' as a low risk guideline in a situation when alcohol use is unavoidable in order to educate people who likes to drink but has not yet developed full blown alcoholism/addiction. This formula only applies when there is no genetic predisposition of alcohol and drug addiction and no prescription medication is in use.

According to PRI, the following amount of alcohol use is considered as low risk for people with no family history of alcoholism and no prescription medication is being used: consuming 1 standard drink per hour, per day or 2 standard drinks in two hours each drink spacing an hour or consuming no

more than 3 drinks while spacing each drink in three hours duration. At any day consuming more than 3 drinks is considered high risk alcohol use. A standard drinks means a 12oz beer or a 5oz of table wine or 1.5oz of distilled spirit/liquor. 0 number of drink is recommended if you have family history of alcoholism/addiction (genetic predisposition) and you are taking prescription medications. Low risk alcohol/drug use is different to each person since genetic makeup of each individual is unique or different. Therefore, low risk guideline is determined by family history; trigger point and tolerance levels that are preset by your biology.

Since we have no control over our biology, we have some control over our choices. Whether to make low risk choices or not is entirely upto us, however, social and psychological factors are present which consistently influences our choices. Understanding these external factors and recognizing your psychological influences helps not only prevent future problems but also protects what you value for life. Once you start making high risk alcohol and drug use we start losing the things we value the most. It only takes one time of high risk alcohol and drugs use or one last drink to get into devastating accident that can steal your pride or joy for the rest of your life. The results can be unthinkable and losses can be forever. It can change our life from promising future to irreparable life situation. Making low risk choices consistently is very important not only to protect the things we value the most but also live healthy, stress free and productive life.

**We wish you all  
Happy Vijaya Dashami  
& Dipawali 2018**

**May this Festival Bring Peace,  
Prosperity, Happiness, Success & All  
good things to you and  
your family**



***Saroj, Mina and Prince Gautam,  
Cary***

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& Dipawali 2018**

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***Bhanubhakta and Armintia Acharya,  
Morrisville***



# THE BEST PLACES TO VISIT IN NEPAL



ASHREEMA LUITEL

Nepal is a beautiful place with many places to visit. From east to west, from north to south, there are numerous adventures waiting. It may feel like too much but there are few that should take priority. For example, Chitwan National Park, Lumbini, Pokhara's lakes, and definitely Mt. Everest.

First, Chitwan National Park is the first national park in Nepal and it houses many animals. The park is more than 900 sq.km. of land and forests. In these lands, there are elephants, rhinos, many types of snakes, etc. One of the main features of the national park is the elephant ride. The elephant ride takes you through the jungle to see the other animals. This experience is so unique that it can't be duplicated. Likewise, Lumbini is another distinctive place unlike any others. Lumbini is the birthplace of Buddha. Lumbini is also only a few hours from Chitwan National Park. Lumbini has many beautiful temples, some that are still being built right this moment. With everything Lumbini has to offer, there is no wonder of its popularity.

Furthermore, Pokhara's lakes (taals) and sights situated around them maybe the most dazzling and fascinating in all of the world. The names of the three lakes are Fewa taal, Rupa taal, and Begnas taal. The most famous of them is probably the Fewa taal. Fewa taal is known for its boats or dungas, in which people ride to get to different destinations or to get a better view of everything around them.

Last but not certainly not the least is Mount Everest, the tallest mountain in the world. Now, there is a place with a history that most people already know. There are many who have gone to climb Mount Everest but climbing Mount Everest isn't the only spectacle there. The cities and villages around Mount Everest are also very pretty and very worth it to see. In conclusion, Nepal is a place where every second of every minute, of every day is occupied. When you come to Nepal, make sure to make time for everything you want to see because there will be a lot. There is so much to see that you actually need to limit yourself to only a few.

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Prosperity, Happiness, Success &  
All good things to you  
and your family**



***Babu Subedi and Family,  
Morrisville, NC***

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All good things to you  
and your family**



***Binod, Ila, Nitika and Nitisha Bhatta,  
Morrisville, NC***

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***Madan and Dr. Dharma Rajbhandari***

**We wish you all  
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and your family**



***Dr. Narayan, Nirmala and  
Shakuntala Rajbhandari***

# FINDING MY LOVE FOR PHOTOGRAPHY

DIZA PANDEY

There it was, the day my life flashed before my eyes. Like literally, it flashed before my very own little eyes. The only thing I could hear was “Smile Diza” cheered both of my parents. That's when I found the love of my LIFE.

First of all, I thought to myself, *What is that? What is that object with light coming out of it? Why are they making me pose? I don't know what this is, and I don't want to do whatever this is!* “Wait” my dad explained. Then he gave me this bizarre looking object, I turned to it, there was a huge button. Well, if you didn't know, I am a really weird kid and I take risks. So I clicked button then a sudden burst of light flashed! When it happened, I tried to register it into my brain. I can actually count it as a memory. Ever since then, I need something weird to happen to me for me to remember.

When my eyes flashed in glory it felt like lightning going through my eyeballs but also seeing my future at the same time ahead of me. I finally found my love for photography. It took me so many years, (okay more like 4 years), just to discover my passion.

Just in that little moment I thought my life had changed forever. I immediately fell in love by observing the camera itself. After that experience,



every camera or picture I see, I tend to observe it very closely. Then I asked my dad what a camera was he explained. It's not a toy that's for sure, but this a camera it takes pictures, see.” Then he showed me how to take a picture. Today I know more about photography than my dad, and I can give back the knowledge and a little more to him since, he gave it to me. The experience I got from that moment gave me, the love for cameras and different kinds of photography. It was amazing. I never believed people when they said they're really obsessed with something. I now think everyone can find their own interest in something, and if they cannot, they just have to look harder. Just then I remember asking my parent's if I could get a new camera when I was older. Their answer was: “Maybe.” So What: I will never forget the day that photography changed my life, and you should never forget a moment that changed your life. NEVER FORGET IT. Every moment or memory is really important, even if it seems minor. This moment helped my passion, at just 4 years old. How this moment changed me is making me think about the things around me more. Thinking logically about how things work or how natural eye catching moments are.

विजया दशमी र दीपावली २०७५ को

उपलक्ष्यमा सम्पूर्ण नेपाली दाजुभाइ

तथा दिदीबहिनीहरुमा हार्दिक

मंगलमय शुभकामना

व्यक्त गर्दछौ ।



सुरज, रमिला तथा सम्पूर्ण खड्का  
परिवार

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& Dipawali 2018**

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Prosperity, Happiness, Success &  
All good things to you  
and your family



Rim, Mandira, Manish and Shraddha Khadka,  
Fuquay Varina

# HUMANITY

SHRIYADITA DHAKAL



We live in a world consisting of different people with different mind set. Humanity is one of the serious factor that is lacking in people nowadays. Humanity is about understanding human race. It also includes caring for people and helping people in need, it is also about forgetting our selfishness and engaging in activities that will bring happiness to many people. Serving people in need is one of the greatest examples of humanity, and it is the only thing one can offer in his/her life time to fulfill his/her purpose on earth. Humanity is not just an individual trying to maintain peace in the society, it involves performing honorable deeds like feeding homeless people, treating our enemy with respect and love so that we can exclude the hatred between both of us and having faith on god who created these lives.

One of the most outstanding examples of extraordinary humanity in a human being has been beautifully portrayed by Mother Teresa. Mother Teresa gave countless contributions to the society, that pure soul served the poor people and the people that had been ignored by the society due to certain reasons. She established help for orphans, HIV/AIDS victims and leprosy. She created many organizations and help for those people who are in need. She established: Missionaries of Charity, Home for the dying, Leprosy Disease treatment, Orphanage, HIV/Aids treatment. Mother Teresa's included groups of people who would need help from the missionaries of charity. Those were "the hungry, the naked, the homeless, the crippled, the blind, the lepers all those people that have become a burden to the society and are shunned by everyone. Mother Teresa saved lives of 37 children that were stuck in

a front-line hospital from Israeli army and Palestinian guerillas. Mother Teresa went to places that were not safe such as places where wars were occurring just to take young children out of demolished hospitals. Mother Teresa was one of the most loved women of the world. Many people loved her for what she had done all over the world. What kept her happy was helping people in need.

Serving the poor and the disabled is one of the greatest humanitarian help an individual can provide in his or her lifetime. We should never perform humanitarian activities to achieve fame or to gain popularity in the society, we automatically gain respect and achieve fame in society by the excellent work we have done. Lifting the heavy bag of an old woman is humanity, helping a blind person to cross the road is humanity, helping mom for doing work is humanity, in fact helping anyone who is in need is also humanity. When we realize that humanity should be the part of our lives, then we realize the purpose for which we are on earth. There are few people who complain saying that they don't get any money for helping people and they also say that it's the waste of time. It is important for those people to understand that their life can be successful just by showing humanity. If we are nice person, if our soul is pure and filled with love and if we help people in need then god will automatically give us all those happiness that we deserve in life. God have made us humans to fulfill his purpose in life. We don't need heavy amount of money to help people. Lastly, Humanity is not about showing off to achieve fame in the society, it is about showing empathy and kindness to one another.



**We wish you all**  
**Happy Vijaya Dashami & Dipawali 2018**  
**May this Festival Bring Peace, Prosperity, Happiness,**  
**Success & All good things to you and your family**



***Avin, Niva, Anju & Dr. Nirmal Poudel***



# BRATABANDHA EXPERIENCE

AMIT KHANAL



My experience of doing the bratabandha was very eye-opening. While doing the bratabandha I realized how important the ritual is itself. This ritual is the first most important step in a man's life. After doing this ritual a boy is now considered a man. There were many steps that I had to do in the bratabandha. This ritual is a two-day process. On the first day, I met with my guru. During the evening we had to do

a puja called Purnnaga. This is a pre-Bratabandha event. After this was finished we had to tie a yellow piece of cloth around our head which had three gods on it and a porcupine needle. The next day was where I did all the bratabandha rituals.

Since my brother and I did the bratabandha together we had a tarp to cover each other's rituals. Most of the bratabandha I did is puja so I will tell you the main parts I had to do. The first part which I consider the most important is shaving all your hair off. I had a hard time doing this because I love my hair. After doing that I had to do puja for about two hours. The next step in this ritual is dressing up as a beggar and begging for rice. We had to split this event into

two parts, one part where I begged for rice and in the next part where my brother begged for rice. This part was really fun because I got to meet everybody that was at my bratabandha. The next part that I had to do was accept gifts. This part took a long time because there were a lot of people. Next is the most important event considered by many people in this ritual. This was the part where I had to learn the Gayatri mantra

from my guru and where I got given my Janai. This part took a long time to do because it was very important. The mantra I learned was very powerful. I am supposed to say this mantra 10 times each morning. Finally the last part and my least favorite part was to fill eight cups with water, honey, and cows ghee. After I did this I thought I was done but my guru poured all of those eight cups on me. In conclusion, I have learned that the bratabandha is a very important ritual for boys. One piece of advice for young boys doing the bratabandha, you shouldn't be scared of it embrace the fact you have to do it because it is part of your religion.



विजया दशमी र दीपावली २०७५ को

उपलक्ष्यमा सम्पूर्ण नेपाली दाजुभाइ

तथा दिदीबहिनीहरुमा हार्दिक

मंगलमय शुभकामना

व्यक्त गर्दछौ ।



बाबुराम, शारदा तथा पोखरेल परिवार  
मोरिसिमल

विजया दशमी र दीपावली २०७५ को

उपलक्ष्यमा सम्पूर्ण नेपाली दाजुभाइ

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मंगलमय शुभकामना

व्यक्त गर्दछौ ।



कृष्ण, राधा तथा पौडेल परिवार  
मोरिसिमल

# IMMIGRANTS OF AMERICA

PRANISHA PANTHA



In today's political climate, it's easy for immigrants to feel rattled. Stories about travel bans and family separations seem standard when turning on the news. It's unsettling to be an American right now, especially for immigrants. And while it's true that the Trump administration doesn't equally represent the rest of America, it is very clear that for the past two years, America has been more divisive than ever.

Under the Trump administration, immigrants have been a clear target of the White House. The United States Citizen and Immigration Services took the words "nation of immigrants" out of its which began to construe as the symbol of the government's rejection of outsiders. President Trump has made it clear that his agenda embraces the idea of limiting immigrants in America. He has already proposed the end of the Diversity Visa Program (DV), claiming that countries send 'people they don't want', from their home countries to the US. (CNN Politics) In reality, the DV program aims to diversify the immigrant population in the United States. Senate Democrats originally created the Diversity Visa Lottery in 1990 and the top receiving country under the program is Nepal.

Furthermore, a new policy change at the United States Citizens and Immigration Services is the next step toward what looks like a nationwide purge of non-citizens. On June 28 2018, the that non-citizens (such as permanent residents and students with visas) who apply for a "benefit", such as an extension or change of status, a green card, or citizenship, would be placed in deportation proceedings if that benefit is denied. Before this ruling, a criminal conviction would have been required for deportation to be an option. Now, merely losing your petition for visa extension will fast track you to deportation. Once in the process for deportation, the non-citizen must prove he or she is eligible to stay in the United States. A lawyer will not provided for those who

are being detained. The non-citizen will no longer have a right to a speedy trial, nor trial by jury. Many immigrants from places like Southeast Asia may not feel threatened by Trump's anti-immigrant rhetoric. Immigrants from Latin America and Muslim nations are the ones under fire right now but other immigrants shouldn't just stand idly by. Trump's anti-immigrant bias affects every immigrant. According to the FBI recent report, hate crimes have surged since the 2016 election. White Supremacist groups and Neo-Nazis feel empowered by Trump and have gotten more active since 2016. According to the New York Times, the Supreme Court ruled that immigrants held in detention are . The Court also to take up a case that deals with the DACA program, sending it back to the Ninth Circuit instead. Since the 2016 election, Trump is encouraging a crackdown on legal immigrants as well. Since Trump was elected, I have seen a blatant ignorance in my own community. When hearing about certain injustices, people will pause for a second and murmur 'that's terrible' and move on with their lives. They are dormant, and they are not going to wake up until they are directly affected. I want to remind everyone that their opinion matters. If you are a citizen, vote for your state and local elections. There is no level of government that is more directly responsible for serving your community than your local elected officials. They affect every aspect of your daily life including school quality, rent costs, and public safety. If federal representatives aren't making progress in area that you care about, it is the responsibility of local government to take action. And don't ignore Americans who are being persecuted because you wouldn't want to feel ignored if the tables were turned. I urge young people and permanent residents to become activists in their local communities. Policies affect everyone so make sure you are being represented.

# MAGNETARS

AYUG POUDEL



Before we start, I should explain what a neutron star is. A neutron star is a star that had a mass anywhere from 3M (three times the mass of our sun) to 19M (19 times the mass of our sun). Stars that are smaller than 3M turn into something called white dwarfs. Stars that are bigger than 19M turn into something called black holes. Usually, stars with Bigger Masses turn into more powerful neutron stars. Neutron stars are an interesting type of dead stars because the different types each have different things they can do. Radio pulsars release extremely powerful radio waves that bend space while traveling, Millisecond pulsars spin so fast that they can spin thousands of times in one second, and last but not least, Magnetars are the most powerful out of all neutron stars.

Well, what exactly are magnetars? Magnetars are a type of neutron stars with extremely powerful magnetic attraction (like the name implies). Their magnetic attraction is from 1000 trillion times more powerful than Earth's magnetic field to 1 million quintillion times more powerful than earth's magnetic field. They're so powerful that they can swipe away your credit cards from over 100 million miles away, and tear off your earrings from 50 million miles away. If you got just a few million miles of it, the magnetism would be so intense that it would strip the iron from your blood and stop heart function.

In 2004, scientists were struck by a massive blast from an object 50,000 light years away in the Milky Way Galaxy. This blast was caused by a Megaflare, and it was bigger than anything that has been observed before. In fact, it was the largest burst of power ever recorded in our galaxy. Megaflares on neutron stars only happen when so called "star quakes" occur. In this specific incident, the outer layer of the neutron star slipped half a centimeter but since neutron stars hold the mass of stars in 20 km balls, they are super dense making the ½ centimeter slip powerful. It sent out a shockwave that we observed halfway across the galaxy. Scientists are now thinking about ways to harness the power of these Magnetars. If this is done right, we might get over billions and billions of times more energy from Magnetars than we do from coal and other man made fossil fuels. The possibilities of this new found energy source are looking like they are unlimited right now.

In conclusion, Magnetars are a recently discovered type of neutron star and hold a lot to learn. There's still so much to learn about these interesting stars. We're not exactly sure what makes Magnetars so frighteningly magnetic, but they "Retire" after about 10,000 years or so. They're still extremely magnetic in that period and just as dense but they aren't as bad.

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मंगलमय शुभकामना

व्यक्त गर्दछौं ।



रामकृष्ण, नरोत्तमा तथा वाग्ले परिवार,  
मोरिसिमल

We wish you all

**Happy Vijaya Dashami  
& Dipawali 2018**

May this Festival Bring Peace,

Prosperity, Happiness, Success &

All good things to you  
and your family



*Dr. Sunil, Uma, Swaroop & Samip Sharma*



# EARTHQUAKE OF 2015

AGRANI BHUSAL



Buildings destroyed, cars crushed  
Streets are split, people aren't chuffed.  
April 25, 2015, 11:56 disaster stroke.  
The sudden movement of the plates,  
ground lurching and cracking  
Trails of destruction and hurting loved ones.  
A 7.9 earthquake took place, many died  
A lot were apprehensive, very dissatisfied.  
The terrifying screams will always be haunting  
But the tragic moment will never be forgotten.  
It's a place where light can't show  
You're trapped, you can't breathe,  
and it won't let you go!  
The news is heard around the world  
Broken hearts and tears will spread throughout the globe.  
Its almost been 4 years, I still remember the chilling calls  
I received from loved ones.  
It was a catastrophe!!  
People's houses came crumbling down  
The overwhelming disaster brought so many frowns!  
We shall never forget about this tragic moment  
When the whole world was very heart broken.

# NEPAL



PRANISH PANTHA

A  
country with  
an interesting  
past, Where nature  
and wildlife will last,  
Where the Himalayas lie,  
Reaching out Towards the sky,  
Where else would I want to be,  
Nepal is the place for me, There is so  
much to see,  
So many things  
are a part of me,  
I feel connected to  
the people there, No-  
thing will say how much  
I care, I feel a sense of  
spiritual peace in mind,  
Knowing of all the mysteries  
will find, This place is my origin,  
I can feel it from Within, A fine  
place to visit and live, Nepal has so  
much to give.

Dharma Counseling Services (DCS), LLC is NCDHHS licensed facility committed to assist individuals who struggle with drug/ alcohol addiction and mental health issues and DCS is conveniently located at Durham, NC. Services offered at DCS include:

- ✓ DWI/Substance Abuse evaluation and treatment recommendation;
- ✓ Mental Health Assessment and treatment recommendation;
- ✓ ADETS/Prime for Life education;
- ✓ Individual/Couple Counseling;
- ✓ Urine Drug Screen testing;
- ✓ Out of State reviews;
- ✓ Short and long term treatment;
- ✓ EAP services

Payments accepted include out of pocket cash and select private insurances. Sliding fee scale is offered based on specific needs of individuals. If you or your loved ones need services and want to schedule a consultation, please call at **919-688-9077** or email at [info@darmacounselingservice.com](mailto:info@darmacounselingservice.com). A staff at DCS will make every effort to contact you within 24 hours.

Please visit our website [www.darmacounselingservice.com](http://www.darmacounselingservice.com) for further information.



We wish you all

**Happy Vijaya Dashami & Dipawali 2018**

May this Festival Bring Peace, Prosperity, Happiness,  
Success & All good things to you and your family

***Balkrishna Upadhaya, Aakriti Bhattarai***



# THE FLAG OF NEPAL



## NIRBIRODH TIMALSINA

A flag is a sign that represents their country. Every country has got a specific flag as their national symbol. The flags are mostly chosen by the government but sometimes it is chosen by the citizens.

The Nepalese flag is the world's unique flag because no other countries have a triangular shape that Nepal has. The flag was officially adopted, with the formation of new constitutional government, on December 16, 1962. The flag was adopted after Prithivi Narayan Shah unified all small principalities of Nepal which is in our history. Until 1962 the moon and sun had human faces but they were removed to modernize the flag.

The Nepalese flag is made out of multi combination of colors and they have different meanings and symbols. Every color has a meaning; the border is blue that represents peace, cooperation and friendship which is taught by Gautama Buddha. The background is crimson red that represents the brave spirits of Nepalese people, courage and our national flower rhododendron (Lali Gurans). The white color is on the moon and sun which that color represents purity, honesty, perfection and sympathy. The moon

represented the Royal house and the sun represented the Rana family, also it represented Hinduism and Buddhism which are most of the population living in Nepal but now a day's the meaning has been changed and modernized that the hope of the moon and sun is Nepal will remain until that time the sun and moon remain in the sky. Also, the moon symbolizes the shades and cool weather of the Himalayas which is on the upper part of Nepal. While, the sun symbolizes the heat and high temperature at the lower part of Tarai Nepal. Which is created on the flag same as our real geography. Another interpretation: The shape of the flag represents our Himalayas from the right angles. Most of our temples are made out of pagoda style which also indicates in our flag shape.

In my opinion, the Nepalese flag has been introducing Nepal and the Nepalese people all over the world. It is representing our culture, entity, history, religion and geography etc. Also, the Nepal flag is a dynamic document of Nepal and the Nepalese people because it has been showing how the Nepalese people are and how is Nepal in symbolic reflection.

**We wish you all  
Happy Vijaya Dashami  
& Dipawali 2018**

**May this Festival Bring Peace,  
Prosperity, Happiness, Success &  
All good things to you  
and your family**



***Dr. Ramesh, Dr. Manisha &  
Raisa Mishra***

**We wish you all  
Happy Vijaya Dashami  
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and your family**



***Suresh Sapkota & Mira Sapkota***



**We wish you all  
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Success & All good things to you and your family**

***Nawa Raj Rimal***



# NEPAL DAY PARADE

## SAVANNA ARYAL



I am Savanna Aryal from North Carolina. In Raleigh and surrounding parts of North Carolina there is a Nepalese association called NCNC. It stands for the Nepalese Center of North Carolina. In this community, people come together as a family to show that we are Nepalese people, help each other in need and that we are proud to be Nepalese. The main purpose of NCNC is to keep the Nepalese tradition going on and to teach younger children where we come. NCNC organizes lots of programs. There is one in particular that was very appealing to me. It is called Nepal Day. The Nepalese people discussed about celebrating Nepal day for few years.

Once it was finalized by the community, this was brought into discussion with the mayor of Morrisville in 2016. In 2017 the Morrisville Mayor, Mark Stohlman, proclaimed the third Saturday on April as Nepal day. This year in 2018, Wake County has also declared Nepal Day.

So far NCNC held two Nepal Day parades. A week before the parade, we the volunteers, gathered at a place to make posters and the Nepalese and American flag for Nepal day. We spent at least two to three hours to make posters. A day before the parade, the volunteers gathered again to decorate the truck that was used by other volunteers to carry the Hindu gods and goddesses during the parade.

This year at the parade, we gathered at Cedar Fork Elementary in Morrisville, NC. We started distributing posters that we made last week along with the American and Nepalese flag stickers to participants. The Panchakanyas (five young girls) welcomed the chief guests (the Nepalese ambassador) by giving him a flower necklace made by real flowers. We also welcomed the Mayor of Morrisville, Mr. T.J Crawley, and a few Wake County representatives. After welcoming the chief guests and, we marched two miles to Church Street Park. During the parade the gods and goddesses i.e Buddha, Mahadev and Parvathi along with the Panchakanyas were carried on the decorated truck. Buddha was in Nepal day

because he was born in Nepal and is now considered a mentor. Mahadev and Parvathi were also there because both of them meditated up in the Himalayas where it was peace and quiet. These Hindu gods and goddesses are Nepalese people dressed up like real gods and goddesses. Music from Nepal was played during the parade such as Nepalese drums and chimes. After two miles of marching, the parade turned into a cultural program. We started the cultural program with the national anthem from both countries. After the national anthem the chief guests gave speeches highlighting the importance of Nepal Day and Nepal. After the speeches, the gods and goddesses danced in traditional Nepalese followed by a dance from different Nepalese people dressed up like different tribes in Nepal. There was also a dance called the Lakhe dance where there is a monster called a Lakhe and the Lakhe is supposed to scare all the children that go near him. The Lakhe has red hair and is human but has a mask on. The Lakhe dances to a certain song that is made with drums and chimes and the music is made by people. At the park there were a few stalls that were selling items from Nepal such as a Khukuri (a big knife) and god and goddesses made of metal. They were also selling typical Nepalese foods and we the volunteers gave away water for free to the participants. Nepal is very unique in its own ways. It is a landlocked country between India and China. They have a great diversity of different ethnic groups in Nepal and have very beautiful landmarks such as Mount Everest or the Swambhu. The capital of Nepal is Katmandu, where there are lots of temples such as the Pashupati Nath, Bhaktapur Durbar Square, Patan square. Nepal Day is about acknowledging Nepal and telling people in Morrisville and also second generation Nepalese people like me where Nepal is and teaches us the culture of Nepal Without the help of our community members and their hard work nothing is possible. (Third prize winner in Nepalese National Convention Middle School writing contest, 2018)



**We wish you all**  
**Happy Vijaya Dashami & Dipawali 2018**  
**May this Festival Bring Peace, Prosperity, Happiness,**  
**Success & All good things to you and your family**  
***Suman Wosti & Family***





# WHY REST IN PEACE (RIP) AFTER DEATH?



DASHARATH LOHAR

“SARVE BHAVANTU SUKHINAH,  
SARVE SANTU NIRAMAYAH  
SARVE BHADRANI PASHYANTU, MA  
KASHCHIT DUKKHA BHAGBHAVET  
OM SHANTIH SHANTIHSHANTIH”

“May all be happy, may all be free from illness  
May all see goodness, may no one suffer  
OM peace peacepeace”

The above shloka, commonly known as SHANTI mantra, is from ancient Upanishads. It is chanted usually at the end of Hindu rituals to wish peace for everyone. Peace has been recognized as the fundamental requirement for living healthy, happy and purposeful life since ancient times. In yet another Vedic shloka, peace is wished not just for humans but also for plants, water, sky, and so on. Without peace, we cannot enjoy anything in life. If there is no peace, we cannot enjoy our meal, music, sleep, or anything else. Therefore, peace is needed right here when we are still alive. No wonder ancient Hindu texts wish peace for everyone and everything since we really need peace when we are alive. Why then it is popular to wish ‘Rest in Peace (RIP)’ after death? To know the answer, let’s know the historical context for the usage of RIP, and then analyze whether it makes sense to wish RIP for the dead.

Use of RIP for the dead is common in Christianity and Judaism. One of the earliest uses of a phrase similar to RIP was found on gravestones dating 2100 years ago in the graveyard of Bet Shearim (in present day Israel). The phrase in Hebrew, “Requiesce cat in pace” means ‘come and rest in peace’ probably because the person did not have peace in his life time. A similar expression was found in the catacombs of the early Christians. The phrase, ‘dormit in pace’ (‘he sleeps in peace’) indicated that ‘they died in the peace of the Church’ since there was violence everywhere at the time. Thus, it appears that peace was an unfulfilled dream for the people living in that part of the world at that time. Therefore, the wish was that they would be in peace at or after death. The phrase RIP is now commonly found in tombs of Christians and is a popular expression in social media all over the world. Most likely the use of RIP has its origin in the Bible. Bible refers to those dead in Christ as “those who are asleep” (for example, 1 Corinthians 15:20, Acts 13:36, and in other places). According to Daniel 12:3, an angel speaks of Daniel’s death, saying, “you will rest”. Again, Isaiah 57:2, “those who walk uprightly enter into peace, they find rest as they lie in death”. In Abrahamic faiths (Christianity, Islam and Judaism),

bodily death is only temporary. On the day of the last judgement, the dead will come alive in their physical body (the resurrection). Until then, the dead body is just resting. Thus, RIP is a common wish for the dead in Abrahamic faiths.

In Dharmikacultures (Hinduism, Buddhism, Jainism, Sikhism, etc.), the traditional wish for the *JEEVATMA* (not soul) of the dead body is to attain *MOKSHA*, *MUKTI*, *NIRVANA* or *SAD GATI*. *MOKSHA/MUKTI/NIRVANA* means freedom from the cycle of birth and death (and union with the *PARAMATMA*, *BRAHMANA* or nothingness). *SAD GATI* means to obtain the higher status than the immediate past life. The use of RIP for the dead in Dharmika cultures is a recent phenomenon, likely started by English speaking people during British rule of the Indian sub-continent. The usage has now crept into many other non-English languages of the sub-continent. *JEEVATMA* is a reflection of *ATMA* (which is eternal same as *Brahma* or *Paramatma*) as influenced by subtle body, mind and intellect of a particular individual. *JEEVATMA* or *ATMA* as known by followers of Dharmika traditions is not the same as *SOUL* in Abrahamic religions even though people literally use soul for *ATMA*. The key distinction is that soul does not re-incarnate, whereas *JEEVATMA* does. (Please note that *ATMA* is neither born nor dies.) In Abrahamic faiths, the fate of the body and soul is sealed at the time of death, hell or heaven. For Dharmika *JEEVATMA*, the cycle of birth and death continues until *KARMA* is exhausted and *MOKSHA/MUKTI/NIRVANA* is achieved. There is no eternal hell or heaven for *JEEVATMA*. The physical body is very earthly, which does not have any further use for the *JEEVATMA* after death. There is no resurrection in Dharmika traditions. *JEEVATMA* does not have any sense organs and mind after the death of the body. But peace can only be experienced through senses and mind. Therefore, wishing RIP for the dead does not make sense.

Expressions are very much a reflection of the culture and living conditions of the people in that culture. In Abrahamic faiths (originating in the Middle East), it appears that peace is the highest goal probably due to constant violence and war in that part of the world. In Dharmika traditions, peace is not the highest but the basic requirement to achieve other higher goals. Peace cannot be the ultimate goal and definitely not for the dead. Therefore, be mindful of what you want to wish for a departed *JEEVATMA* next time.

# RICE PLANTATION IN THE LOWER CAPE FEAR, NORTH CAROLINA

DR. NARAYAN B. RAJBHANDARI



Every time I drive through the Lower Cape Fear River (LCFR) watershed in North Carolina (NC), my eyes always catch the sign “Plantations.” Often, I wonder if this sign is referring to pulpwood production of paper industry or corn and soybean production for hog farm industries. However, I never delved into understanding its significance until this year, 2018, when my wife Nirmala’s eyes caught the sign again. My curiosity drove me to google and was surprised to find information that has symbiotic relationship with my daily eating grain, rice. It is rice plantation that is being practiced since more than 300 years ago in the watershed. The “Plantations” sign literally stands for the estates of Orton, Kendall, Lilliput, Pleasant Oaks, and Belvedere. Rice was a major economic drive for these plantations for roughly 100 years (1731 – 1830). Only Orton Plantation still stands in the watershed for promoting rice. In the memory of its historic revolution, NC Rice Festival is celebrated every year in September with food, fun, art, crafts, educational activities, and live music at the Brunswick Riverwalk Park in Belville.

## Evolution of Rice in North Carolina

The practice of harvesting rice in NC started after Roger Moore, son of and grandson of , and his family moved from the to southeastern in 1724, and started taking a notable interest in development of the LCFR area. He joined with his brothers, Colonel and Nathaniel, to seek land grants in the area. By 1727 Roger accumulated more than seven thousand acres and built a fine plantation house called “Kendall.” Four years later he expanded his plantation house to nearly twenty-five thousand acres. Approximately twenty years later he built a one-story plantation house called at a magnificent site overlooking the river near Brunswick town.



Beside plantations, Roger was also active politically in the Lower Cape Fear regions. He held several

provincial and local offices. He was assistant justice of the General Court in 1732, a justice of the peace for in 1734, a commissioner for the in 1735, and a member of the royal Council from 1734 until his death in 1751. Because of his grand manner and his reputation as a generous host, Roger was often referred to as "King Roger." He was survived by his wife and five children.

Roger determined that his Kendall and Orton estates would be ideal for rice production based on the fact LCFR is a low-lying marshland bordered by fresh tidal water. The soils were rich, reasonably flat and highly fertile. However, developing a rice field proved to be a herculean task. To begin with, the marshland was inhibited by many old and tall trees; of which had to be cleared.

Additionally, levees and dams had to be built before the rice was planted. This was done to flood the area. During growing season, the rice field was needed to dam up the river to allow the crops to continue to flourish. Consequently, he brought in nearly 250 slaves from South Carolina to do laborious work. Majority of these slaves were brought from West Africa where the natives had been raising rice for several hundred years. By the 1690s, planters who had settled in South Carolina had purchased these enslaved persons directly from West Africa for planting rice. They knew how to prepare fields and how to grow, harvest and use rice.

After Roger, several planters practiced planting rice at the adjoining lands of the LCFR in Brunswick County and Hanover County. The plantation north of Kendall is Lilliput, which was granted in 1725 to Eleazer Allen, an educated gentleman and native of Massachusetts. Next above Lilliput is the plantation called Pleasant Oaks, granted to the widow of John Moore, (another brother of Maurice and Roger) in 1728. Then came Belvidere, owned by Col. Wm. Dry, and later by Governor Ben Smith. This place is nearly opposite the City of Wilmington. During the colonial periods, rice was established as a major crop for the colonists in North Carolina. The planters shipped more than 300 tons of American rice, popularly known as “Carolina Gold Rice,” to England. They were producing more rice than there were ships to carry it.

## Downturn of Rice in North Carolina

It appears that the following four circumstances affected the historical market of rice in NC. First, the end of civil war in 1865 brought almost total chaos to the planters due to sudden regulation of slaves. The planters then faced two major problems. They were securing adequate resources to finance the crop and arriving at a suitable work arrangement with the emancipated slaves. Borrowing was the planters' only financial recourse; however, the excessive interest rate—sometimes as high as 2½ to 3 percent per month—



virtually deprived them of rice planting interest among the major owners of Orton, Kendall, Lilliput, Belvedere, and Pleasant Oaks. Consequently, the rice plantations on the LCFR went largely unplanted. The only rice reported was that in small patches here and there, cultivated by slaves for themselves. Second, during the colonial period, a new industry, Naval stores such as tar, pitch, and turpentine, began to emerge as a potential economic growth and immediate returns on the planters' investment. Rice, however, seems to have occupied a strong secondary position in the economy in the LCFR from the beginning.

Third, downsizing of commercial rice production came in the late 1800s, when a series of large hurricanes damaged the old rice fields beyond repair in the LCFR.

Fourth, competition from established rice growers in Arkansas, California, Louisiana, Texas, Missouri and Mississippi and other states in the Deep South caused growing rice in the Cape Fear River to fail. Farmers in these states produce more than 20 billion pounds of rice each year, according to USA Rice Federation. While the NC planters do not contribute much to the commercial rice industry, it is however important to remember their revolutionary efforts of planting rice in the river basin. Given the difficulties, the Orton plantation owner has not given up planting rice in the LCFR. Five years ago, workers planted about 200 acres of rice along the river. The rice plants, however, could not be established well due to insects, cutworms, and salty and acidic soil. Since then, Dillon Epp, who manages the property, has overseen an effort to improve the soil, reduce the threat of disease and

find strains of rice that will thrive in the river basin. Last year, he planted nearly 40 acres on the most promising soil.

Bacon, a Raleigh native and a direct descendent of "King" Roger Moore, now hopes to restore the rice fields. He says that his effort to restoring the fields is for honoring the African slaves who built it and made it economically viable in the Cape Fear.

## Rice Festivals in North Carolina

Every year in the month of September, Rice Festival is observed at Brunswick Riverwalk in Belville, celebrating historical evolution of rice plantations in the LCFR. The month of September was selected to mark the end of rice harvesting. In contrast, Nepal celebrated rice planting on June/July to mark the start of planting.

This year marks the fifth annual North Carolina Rice Festival. There will be more fun with foods, arts and crafts, educational activities, and live music to celebrate the rich history of rice cultivation in the LCFR. Mouthwatering dishes such as shrimp gumbo, red beans and rice, creole dirty rice, and rice pudding will be served at the festival. The competitive 'Rice Cook-off' is one of the highlights of the festival with awards given out for seafood, meat, and vegetable rice combinations, along with dessert recipes.

Nevertheless, there will not be any vendors or volunteers to serve beer or liquor during the celebration. Interested participants may have to step over to nearby beer garden. In Nepal, during the festival, participants are usually feasted with dahi-chiura (Yogurt and beaten rice) with locally brewed alcohol. They also sing and dance to the local cultural tunes and partake in competition in sowing of rice saplings. Many of them also play with mud with friends and families.

## Conclusion

Miles of rice fields along the bank of the Cape Fear River was a major economic driver for plantations such as Orton, Kendall, Lilliput, Pleasant Oaks, and Belvedere for roughly 100 years (approx. 1731 – 1830). Only Orton Plantation still stands. Due to the fact that rice cultivation during this period was very labor intensive, hundreds of slaves were brought in to work the fields. In honor of their sacrifices, the Orton Plantation owner are still trying to restore the historic rice field in the LCFR.

The information stated above comes from my curiosity to understand and was acquired through limited resources. Interested readers may have more information. They are most welcome to share, comment, and/or suggest in this matter.



# NEW FEDERAL STRUCTURE OF NEPAL

New constitution of Nepal was promulgated in 2015 September 20. According to the new constitution, following administrative divisions are to be established.

## New States/ Provinces

Seven federal states are formed in Nepal removing old 14 zones and 5 development regions. Old 75 districts are kept as it is (but with much less role). However, two districts among them (Nawalparasi & Rukum) are divided and assigned to two different provinces, which effectively made total 77 districts in Nepal. Name and permanent capital city of the provinces will be given by 2/3 majority of the province's legislative.



The new 7 states are as follows:

**State 1:** Population - 4,534,943; Area - 25,905 sq km; Possible name: Sagarmatha; Temporary Capital: Biratnagar

Districts - 14 (Taplejung, Panchthar, Ilam, Sankhuwasabha, Terhathum, Dhankuta, Bhojpur, Khotang, Solukhumbu, Okhaldhunga, Udayapur, Jhapa, Morang, Sunsari)

**State 2:** Population - 5,404,145; Area - 9,661 sq km; Possible name: Madhesh/Mithila/ Central Madhesh; Temporary Capital: Janakpur

Districts - 8 (Saptari, Siraha, Dhanusha, Mahottari, Sarlahi, Rautahat, Bara, Parsa)

**State 3:** Population - 5,529,452; Area - 20,300 sq km; Possible name: Central/ Kathmandu; Temporary Capital: Hetauda

Districts - 13 (Dolakha, Ramechhap, Sindhuli, Kavrepalanchok, Sindhupalchok, Rasuwa, Nuwakot, Dhading, Chitwan, Makawanpur, Bhaktapur, Lalitpur, Kathmandu)

**State 4:** Population - 2,413,907; Area 21,504 sq km; Proposed name: Gandaki; Proposed Capital: Pokhara  
Districts - 10 and ½ (Gorkha, Lamjung, Tanahun, Kaski, Manang, Mustang, Parbat, Syangja, Myagdi, Baglung, Nawalparasi - east of BardaghatSusta)

**State 5:** Population - 4,891,025; Area - 22,288 sq km; Possible name: Lumbini; Temporary Capital: Rupendehi

Districts - 10 and two ½ (Nawalparasi - west of BardaghatSusta, Rupandehi, Kapilvastu, Palpa, Arghakhanchi, Gulmi, Rukum- eastern part, Rolpa, Pyuthan, Dang, Banke, Bardiya)

**State 6:** Population - 1,168,515; Area - 27,984 sq km; Name: Karnali (State legislature approved Name & Capital on Feb 24, 2018; Capital: Birendranagar

Districts - 9 and ½ (Rukum - western part, Salyan, Dolpa, Jumla, Mugu, Humla, Kalikot, Jajarkot, Dailekh, Surkhet)

**State 7:** Population - 2,552,517; Area 19,539 sq km; Possible name: Far West/Mahakali; Temporary Capital: Dhangadhi

Districts - 9 (Bajura, Bajhang, Doti, Achham, Darchula, Baitadi, Dadeldhura, Kanchanpur, Kailali)

# AN OPEN LETTER

PHOEBE PRADHAN



“Every life is in many days, day after day. We walk through ourselves, meeting robbers, ghosts, giants, old men, young men, wives, widows, brothers-in-love, but always meeting ourselves.”

By facilitating the potential for straight-forward dialogue and powerful prose, open letters have become an increasingly popular narrative style in recent years. What follows is an open letter to a street child I encountered during my upbringing in Kathmandu, Nepal. Unbeknownst to me at the time, these transient encounters would fundamentally mold my perception of the world and our collective role within it.

As a heatwave rippled through Kathmandu, I languished against the window of my grandmother's home, torpidly watching people drift through the dilapidated street below. I first spotted you amidst the crowd. You were abjectly poor with your clothes tattered and dirtied, but you nonetheless boasted a scathingly radiant smile. As I observed you more closely, I realized how frail and gaunt you really were. Concerned, I somehow evaded the watchful eye of my grandmother and slipped outside to offer you some water. Before I made it past the main entrance, a perceptive neighbor seized me and exhorted “Stop! He's a vagrant, he's wretched. His suffering is his own.” Startled by this exchange, you dolefully staggered away.

As Fate willed it, that was not the last time that I saw or thought about you. You gradually cemented yourself in my consciousness through an idiosyncratic ritual of riding a dilapidated bicycle, your most prized possession, across the city each morning. Shrouded in the soft grey shadow of dawn,

I would prop myself against the window of my grandmother's bedroom and curiously watch your silhouette emerge through the shadows. More often than not, I was lulled back to sleep by the soothing rhythm of your pedaling; Rubber wheels churning upon the earth like droplets of rain falling softly from the sky.

Through the passage of time and keen observation, I eventually learned that your early-morning sojourns were borne out of desperation; This was only time of day you could forage through the streets for scraps of food or clothes without enduring a barrage of abuse from onlookers. One day, you abruptly disappeared, and a reverberating, paralyzing silence replaced the comforting sound of your bicycle approaching in the distance. Soon after, I moved to America but never forgot about you. To this day, I try to imagine that you miraculously found a loving family and no longer had to roam the streets to survive. Unfortunately, I am painfully aware that the circumstances of your absence are most likely far more sinister than that.

Throughout your life you were forced to wear your social status like a scarlet letter while most people had the luxury of taking a fleeting glance in your direction and swiftly turning away. Those fleeting moments have immeasurably shaped who I am today. As a timid child, I did not have the power or courage to help alleviate your suffering. As an adult with more autonomy, I am determined to, metaphorically-speaking, provide the proverbial water to anyone in need. Your presence in my life taught me that we have an opportunity every single day to decide the kind of world we want to live in.

**We wish you all**

**Happy Vijaya Dashami & Dipawali 2018**

**May this Festival Bring Peace, Prosperity, Happiness,  
Success & All good things to you and your family**



***Shaivi, Kavya, Dipendra & Dr. Archana Lamichhane***

# US-NEPAL ECONOMIC RELATIONSHIPS & TRADE INVESTMENT OPPORTUNITIES IN NEPAL



KAILASH RAJ POKHAREL

## 1. US Nepal Diplomatic and Economic Relations

Nepal enjoys smooth bilateral relations with USA based on friendship, mutual respect and cooperation between two countries. Exchange of visits and interactions at various levels helped promote and strengthen bilateral relations. Nepal – USA diplomatic relations was established on April 25, 1947. Nepal established its Embassy in Washington DC on February 3, 1958. American Embassy in Kathmandu was opened on August 6, 1959. USA continuously provided development assistance to Nepal ever since the establishment of diplomatic relations. In recent years, annual bilateral US economic assistance through the USAID ranges between US \$75 to \$80 million. In addition, US government pledged US \$ 130 million during the “International Conference on Nepal’s Reconstruction” held in Kathmandu in June 2015 for the reconstruction and rehabilitation works of Nepal after the devastating earthquake of April 2015. Recently, USA has provided USD 500 million Millennium Challenge Corporations (MCC) grant assistance for the development of energy and transportation sector.

Trade and Investment Framework Agreement (TIFA) was signed on April 15, 2011 with the objectives of expanding of trade, investment and technical cooperation and strengthening economic relations between the two countries. Both countries are having bilateral dialogue every year under this mechanism. In 2017, Nepal exported USD 87 million worth of Nepalese products to USA and imported USD 82 million worth of products from USA. Nepal’s major export items are carpets, garments, handicrafts, pashmina and major import items are soybeans, mechanical parts, medical and surgical equipments, laboratory regents, dry foods.

The FDI from USA to Nepal up to FY 2015-16 reached USD 72 million with 334 businesses registered during the period for organic vegetables, solar energy, garments, data outsourcing, pet food, cement, coffee, consultancy services, restaurants, hotels.

In 2017, 80,000 tourists travel Nepal from USA which is 8.2% of total tourist arrivals of Nepal. Major tourism activities for US tourist in Nepal are trekking/hiking, expeditions, biking, bungee jumping, rock climbing, para -gliding, water rafting,

mountain flights, historical sites visits. Similarly, over 11,000 Nepalese students are studying in USA in 2017.

This shows that Nepal- USA bilateral relation covers multi faceted dimensions which need to be further strengthened in the days to come.

## 2. Trade and Investment Opportunities in Nepal

Nepal is strategically located between two large and rapidly growing economies – China and India – with easy access to markets of more than 2.6 billion people. Nepal has duty free and open border access to India and duty free access to China, quota free duty free access to EU under Everything but Arms (EBA) arrangements which provided significant market access to Nepalese products abroad. Nepal has provided various incentive packages to attract domestic and foreign investors including Nepalese Diaspora. Duty and tax free arrangements in the region as a Member of South Asian Free Trade Area (SAFTA) and the Bay of Bengal Initiative for Multi Sectoral Technical and Economic Cooperation (BIMSTEC) Free Trade Agreement have been made to attract FDI. The government of Nepal is committed to continuously improve investment environment in the country and open to discuss with investors for this matter.

Nepal is the land of fresh and flowing water. The topography and abundant water resources give rise to vast untapped hydropower potential. To tap the Himalayas, as this is the highest mountain range on Earth, and 8 of the world’s 10 highest peaks, combined with unique cultural heritage, creating potential for tourism. In addition, incredibly rich biodiversity creates potential in agriculture and medicinal and aromatic plant research. In terms of trade relations with USA, US has recently provided Nepal a duty free facilities for 77 Nepalese products into the US market by a separate Act called “Trade Facilitation and Trade Enforcement Act of 2015” through December, 2025.

Investment Promotion and Protection Agreement (BIPPA) has been signed with 6 countries - Finland, India, Germany, Mauritius, United Kingdom, and France and double Taxation Avoidance Agreement signed with Austria, China, India, Korea, Mauritius, Norway, Pakistan, Qatar, Sri Lanka and Thailand to help attracting investment and ease the taxation matter. Nepal is also a member of Multilateral



Investment Guarantee Agency (MIGA) of the World Bank Group and the Member of World Trade Organization (WTO).

### **3. Brief Scenario of FDI in Nepal**

Nepal has received USD 2 billion FDI in 2016 for 3,870 businesses. The top five countries for FDI are China (1110), India (658), USA (341), South Korea (311) and Japan (229). Out of which, remarkable portion of FDI is seen in Infrastructure (energy, telecommunication) and also in manufacturing sector.

Approximately 58% of commitment for FDI is found in hydro-power sector. The next is service sector (banking, insurance, hotels/restaurants and education) considered most attractive business for FDI. Almost all banking, financing and insurance companies operating in Nepal under FDI are running in profit. Approximately 50% out of 10 major tax payer companies are under FDI. Nepalese Diaspora is much potential source of investment in Nepal. Nepal hosted a Nepal Investment Summit in 2017 in its Capital Kathmandu where 775 total delegates including 285 foreign delegates participated. Twenty six companies of 8 countries from China, India, Bangladesh, Japan, UK, Sri Lanka, and Nepal signed Letter of Intent (LOI). Pledged amount was USD 13.7 billion for 48 pledges in 10 sectors. LOI covers sectors such as hydropower, wind and solar plant, hospital, Metro, Airports, Tunnel Roads, Tourism and Agriculture infrastructure, pulp and paper, food processing, manufacturing, mining and minerals. This shows that Nepal is the next destination for investment.

### **4. Doing Business in Nepal**

Foreign entities can own 100% of a business almost in all sectors in Nepal. The minimum amount required for FDI is USD 50,000. Any FDI require approval either from Department of Industry (DOI) or from the Investment Board of Nepal (IBN). Any project exceeding USD 20 million is handled by IBN, while smaller sized projects need approval from DOI. Any Company can be registered as private limited company or public limited company in Company Registrar Office. Similarly, any enterprises need to register for tax in Inland Revenue Department and get Permanent Account Number (PAN). Enterprises over USD 50,000 turnover need VAT registration as well. All businesses should get licenses from respective agencies, which are: for Bank and financial institutions- Nepal Rastra Bank ( central Bank of Nepal), for Hotels/restaurants- Tourism Ministry, for Food- Department of Food Technology and Quality Control, for Pharmaceuticals- Department of Drug Management, for Hydropower-

Department of Electricity Development, for Education- Ministry of Education and for Health-

Ministry of Health. An investor is free to manage land under a registered company. They can open bank account in foreign currency. Visa is provided for longer period of time for investors.

### **5. US – Nepal Trade Scenario**

Nepal's Trade with the world totaled \$660 million in 2015, with leading exports of spices, carpets, yarns, apparel, clothing accessories, and fruit juices. As the export trade with the United States nearly \$87 million in 2017, the export items are limited as carpets, apparel, and clothing accessories. The country has significantly lower tariffs on imports and offers investors and those looking for new sources of supply affordable labor, high profitability margins, lower land cost. a Nepal also enjoys preferential duty free treatment in a number of developed-country markets. The newest is the U.S.-Nepal Trade Preferences for 77 products for a period of 10 years through December 31, 2025. This does not need annual renewal like in GSP scheme. Various 77 products of Nepal is now eligible duty free in US borders which importers can save duty ranges from 3.3% to 20%. The 77 products include carpets, hats and gloves, handbags, pocket good, luggage and attaché cases, travel bags, headbands and needle crafts kits, shawls, scarf's and travel blankets.

### **6. Challenges and further Potentials in Trade relations**

Current Nepal's export to USA is very small. The number of exports items are very limited and diversification to new items, based on our strength (niche products, packaging, branding) have not been explored. Example: Nepal's tea dust goes to Sri Lanka, packed nicely, branded as Sri Lankan Tea and comes to the US market. Nepalese tea dust directly comes to US in a very minimum quantity. The possibilities of export of bulky items carrying through ships are limited due to high transportation cost and far destination. Air cargo is expensive. The low scale of export items decreases the competitiveness in the market. Recently provided 77 duty free items are not explored much for possible exports items (travel bags, suitcase) based on product specific study of competitiveness. Perceived sense of weak investment environment, weak governance, corruption, many documents requirements also hampers the trader's mindset.

However, in a changing political context of Nepal, there are hopes rebounded in Nepal. Businesses are excited to increase their investment. Government has come up with increasing production strategies with a commitment to facilitate businesses through recently announced budget. Nepal is likable country in USA. Market is available for any products that are competitive. In USA, Nepal is identified as a

typical country with natural beauty, high mountains including Everest, over 100 ethnic cultures, organic potentials, traditional handicrafts, low weight high priced items. Nepal's exporters should be aware of vast US market which demands large scale quantity, continuous supply chain and quality. Therefore, product-wise deep study is needed to know exactly the situation of competitiveness and possibility of export potentials of each product. Nepal's exporters may think of diversify their products a bit and explore the possibility of large scale exports under 77 items, for example Travel good items such as bags, suitcase, blankets can be made in Nepal with USA technology and investment and be exported to USA. Other countries in our region like china, India should pay duty up to 17% for these items. Nepal Embassy in USA can disseminate information to US companies and traders and Ministry of Commerce can do the same in Nepal. Nepal Embassy in USA can do more with increased resources reaching out to US cities. E-commerce is potential for Nepal to sale items online- Amazon, Ali Baba type of companies can operate in Nepal. For this, Nepal Rastra bank should make e-payment system easier. Ministry of Commerce should prepare a situation paper so that Embassies can play role to reach out companies to attract.

## **7. Challenges and further Potentials in Investment relations**

Globally, Nepal is still facing challenge for investment due to various reasons, political, bureaucratic, governance and corruption. Global indicators such as Doing Business Indicators, Corruption Index are still not supportive. USA is a far destination for Nepal. The possibility of US investment in bulky products for US domestic market is limited due to distance and high transportation cost. Therefore, product selection for US investment is very important. Nepalese Diaspora in USA has interest in investment in Nepal but they are still in wait and see mode. Larger scale regional cross border type of projects has not yet fully realized for larger scale investment that connects neighboring

countries for hydropower, tunnels, railways and cross border highways. Government of Nepal is initiating such projects with possible collaboration with private sectors. US Small and medium type investors are not much aware and confident of investing in Nepal due to distance, transportation hurdles, lack of trusted business partner, and limited information about the country.

However, there are immense opportunities moving forward. US – Nepal bilateral Trade and Investment mechanism (TIFA) is in place and is regular in meeting recent years. This mechanism encourages dialogue at government and private sector level, particularly for the understanding of the investment related issues such as labor, tax, land, intellectual property rights, customs, quality control, settlement of disputes. Large scale regional projects connecting Nepal, India, and Bangladesh in energy and transportation sector are possible and these may be of interest for larger American companies to invest in Nepal. Companies operating in China and India could be the target for Nepal which Nepal Embassies in Beijing, New Delhi and Washington DC can have joint information system network for tapping such companies. Tourism, health and education sectors are the potential sectors for US investment in Nepal. The Investment Summit in 2017 in Kathmandu enhanced the confidence of investors to look at Nepal. Nepalese Diaspora may come forward to contribute in knowledge and technology transfer provided Nepal create a right platform such as Think Tank institutions and access to policy dialogue for Nepal's brain abroad to discuss various policy and technological related issues. Small and medium size investors in USA may be attracted in niche products, Himalayan branded items, agro- forestry products (tea, coffee, herbs, ginger). Outreach to US companies is a must to let them know about Nepal's recent positive development in political, business environment, opportunities in Nepal where Embassy can play role to disseminate information, reach out investment and traders in vast US market across the 50 states.



**We wish you all**  
**Happy Vijaya Dashami & Dipawali 2018**  
**May this Festival Bring Peace, Prosperity, Happiness,**  
**Success & All good things to you and your family**

***John Paudel & Family***



# ANTHONY BOURDAIN

SHREYA KUNWAR



On June 8th, 2018, Anthony Bourdain was found dead in his hotel room after committing suicide by hanging. So Today I'm going to tell you about the biography of this amazing celebrity chef.

Anthony Michael Bourdain was born on July 25th, 1956, in New York City. He had a younger brother named Christopher Bourdain and they were the son of Pierre Bourdain (an executive for Columbia Records) and Gladys Bourdain (a staff editor for The New York Times). Bourdain spent most of his childhood in Leonia, New Jersey. Thanks to his parents Bourdain developed a devotion to literature and rock music. Bourdain attended Vassar College for two years and then graduated from the world-renowned Culinary Institute of America in 1978.

From there he began running kitchens of New York restaurants such as the Supper Club, One-Fifth Avenue and Sullivan's. In 1989 he became the executive chef at Brasserie Les Halles. Bourdain remained the head chef for many years until Les Halles closed after filing for bankruptcy in 2017. While working at these restaurants, Bourdain published his book Kitchen Confidential: Adventures in the Culinary Underbelly (2000), a New York Times bestseller, which was an expansion of his 1999 New Yorker article "Don't Eat Before Reading This." A sequel to the book, Medium Raw: A Bloody Valentine to the World of Food and the People Who Cook, was published in 2010.

Bourdain wrote two more bestselling nonfiction books- A Cook's Tour (2001) which was a book talking about his food and travel experiences around

the world, and The Nasty Bits (2006) another book centering his food. Because of Bourdain's book Kitchen Confidential, the food network offered him a chance to host his own food and world-travel show, called A Cook' Tour which premiered in January 2002 and ran for 35 episodes, through 2003. After that Bourdain premiered other television series such as No Reservations (2005–2012), The Layover (2011–2013), and Parts Unknown (2013–2018).

Bourdain married Nancy Putkoski his high school girlfriend in 1985. They stayed together for two decades, divorcing in 2005. Later he married Ottavia Busia in 2007. In that same year, the couple's daughter, Ariane, was born. In 2018 he was found dead in his hotel room. He died of suicide by hanging. Bourdain was working on an episode of Parts Unknown in nearby Strasbourg. Bourdain's mother, Gladys Bourdain, told The New York Times: "He is absolutely the last person in the world I would have ever dreamed would do something like this." CNN issued a statement, saying that Bourdain's "talents never ceased to amaze us and we will miss him very much." Former U.S. President Barack Obama, who dined with Bourdain in Vietnam on an episode of Parts Unknown, wrote on Twitter, "He taught us about food—but more importantly, about its ability to bring us together. To make us a little less afraid of the unknown."

After a few days from His death fans paid tribute to him outside his now-closed former place of employment, Brasserie Les Halles. And this is the story of how a loved celebrity chef took his own life.

**We wish you all**

**Happy Vijaya Dashami & Dipawali 2018**

**May this Festival Bring Peace, Prosperity, Happiness,  
Success & All good things to you and your family**



***Lokendra Chanda & Family***



# LIFE IN NEPAL



HISHI ULAK

The himalayan mountains enclose the scattered abodes,  
While the radiant sun wakes from its long sleep  
Tempos and motorcycles start to roam  
on the never ending roads  
As birds hum with the harmony of barks and beeps

The motion of lives begins without delay  
And the temples slowly become covered in the morning light  
As everybody goes his or her own ways,  
Pigeons land for food but soon take flight

Groups of friends wander the streets  
laughing as they go,  
Wearing masks to filter out the dust the drivers cast  
Tourists pose in front of the hills for a photo  
As the sun sets along the fiery horizon at last

Lights ignite underneath the pitch-black sky  
As cars call it a day on the never ending roads  
Stray dogs lay and watch the people pass by  
And the himalayan mountains  
protect the scattered abodes.

## हार्दिक बधाई



यस संस्थाकी आजीवन सदस्य आख्यानकार नीलम कार्की 'निहारिका' ले योगमाया पुस्तकका लागि २०७५ सालको मदन पुरस्कार प्राप्त गर्नुभएकोमा सम्पूर्ण एनसीएनसी परिवारको तर्फबाट हार्दिक बधाई ज्ञापन गर्दछौं।

नेपाल सेन्टर अफ नर्थ क्यारोलाइना

## सम्पादकीय

सँगालोको अठारौँ अंक यहाँहरूको हातमा आइपुगेको छ । सँगालो नेपाल सेन्टर अफ नर्थ क्यारोलाइना (एनसीएनसी) को वार्षिक मुखपत्र हो । सँगालो एनसीएनसीले वर्षभरी गरेका गतिविधिहरू र भावी योजनाहरू आफ्ना सदस्य र शुभचिन्तकहरूलाई आधिकारीक रूपमा एकमुष्ट जानकारी गराउने माध्यम हो । सँगालो, नर्थ क्यारोलाइना अफ खास गरी ट्रयाङ्गल क्षेत्र र वरपर बसोबास गर्ने नेपाली समुदायका उपलब्धीहरूलाई प्रकाश पार्ने र ती उपलब्धी र सफलताका कथाहरूबाट समुदायका अन्य सदस्यहरूलाई उत्प्रेरित गर्ने थलो पनि हो । सँगालो हाम्रो उपलब्धी र सिकाइहरूको अभिलेखीकरण हो, नर्थ क्यारोलाइनामा नेपाली समुदायका सदस्यहरूका अनुभव, अनुभूति र साहित्यिक सिर्जनाहरू समेटिएका छन् । सँगालो भावनामा देश बोकी हिँड्ने प्रवासी नेपालहरूले बनाएको “मिनी नेपाल” देखाउने कल्चर मोजाइक हो जहाँ विविधतामा एकताको सन्देश प्रतिबिम्बित र घनिभूत छ ।

नेपाल सेन्टर अफ नर्थ क्यारोलाइना विगत १९ वर्षदेखि नर्थ क्यारोलाइनाको ट्रयाङ्गल क्षेत्र र वरपर बसोबास गर्ने नेपालीहरू बीच क्रियाशील गैर नाफामूलक सामुदायिक संस्था हो । नेपाली मूलका स्थानीय समुदायलाई एकत्रित पारी आपसी सम्बन्धलाई सुमधुर गर्ने, प्रवासमा नेपाली कला संस्कृति, भाषा र पहिचानलाई प्रवर्धन गर्ने, परेको बेला देशभित्र या बाहिर रहेका नेपालीहरूलाई सहयोग गर्ने र अमेरिकामा नेपाली समुदायलाई “भिजिवल माइनोरिटी” को रूपमा स्थापित गर्न पहल गर्ने नै संस्थाका मुख्य उद्देश्य हुन् । एनसीएनसी एक स्वयंसेवी सामाजिक संस्था भएकोले सीमित साधन, स्रोत र समुदायको सहभागिता नै यो संस्थाको सफलताको मूलमन्त्र हो । नेपाली समुदायको घनत्व यस क्षेत्रमा बढेसँगै एनसीएनसीको सदस्यहरूको संख्यामा पनि उल्लेख्य वृद्धि भएको छ । विगतमा भैं यस वर्ष पनि एनसीएनसीले समुदायमा भाइचारा बढाउने, नेपाली भाषा संस्कृतिको प्रवर्द्धन गर्ने, नेपालीको सामाजिक-सांस्कृतिक पहिचानलाई फराकिलो पार्ने र अन्य लोककल्याणकारी कामहरू सम्पन्न गरेको छ । दोस्रो पुस्तालाई नेपाली भाषा र संस्कृति सिकाउन एनसीएनसीले आफ्नो प्राथमिकताको कार्यक्रमको रूपमा नेपाली पाठशाला संचालन गर्दै आएको छ । अघिल्लो वर्षदेखि टाउन अफ मोरिस्भिलले अप्रिलको तेस्रो शनिवारलाई नेपाल डेको रूपमा मनाउन थालेकोमा यस वर्ष वेक काउन्टीले समेत सोही दिनलाई नेपाल डे को रूपमा मनाउने आधिकारिक घोषणा गरेको छ । यो एनसीएनसी र यस भेकमा बसोबास गर्ने नेपाली समुदायको लागि एउटा निकै ठूलो ऐतिहासिक उपलब्धी हो ।

स्थापनाको हिसाबले एनसीएनसीको उमेर करिब बीस वर्ष हुँदैछ, तर नर्थ क्यारोलाइनाको ट्रयाङ्गल क्षेत्रमा नेपाली समुदायको बसोबासको इतिहास त्यो भन्दा धेरै लामो छ । यो अवधिमा हाम्रो समुदायका सदस्यहरूले सामाजिक, सांस्कृतिक, पेशागत र आर्थिक रूपमा राम्रै फड्को मारेका छन्, आफूलाई स्थापित गर्ने र समुदायको इज्जत राख्ने थुप्रै काम हाम्रा सदस्यहरूबाट भएका छन् । यी अनुभव र उपलब्धीहरूलाई पनि हामीले सँगालोमा नियमित रूपमा प्रस्तुत गर्दै आएका छौं । यस्ता अनुभव र उपलब्धीले समुदायलाई गौरवान्वित त बनाउँछ नै, त्यो भन्दा पनि बढी भावी पुस्तालाई उत्प्रेरित बनाउँछ । यस अंकमा हामीले मिस नेपाल युनिभर्सकी विजेता समुदायकै चेली मनिता देवकोटा र युएस मिलिटरीमा सेवा गर्ने ६ भाइ साहसी छोराहरूलाई प्रस्तुत गरेका छौं ।

सँगालोलाई हामी हाम्रै समुदायको आवाजको सँगालो पनि बनाउन चाहन्छौं । यस अंकमा हामीले समुदायका सदस्यहरूले एनसीएनसीलाई सबैको र सबल एनसीएनसी कसरी बनाउन सकिएला भनेर राय संलग्नताको आधारमा यी प्रतिनिधीमूलक आवाजहरूले एनसीएनसीको प्रतिबिम्ब प्रस्तुत गरेको छ र दिशानिर्देश समेत गरेको छ । सँगालोको नियमित प्रस्तुतिको रूपमा यस अंकमा पनि समुदायकै सदस्यहरूका सिर्जनाहरू प्रस्तुत गरेका छौं । यी कथा, कविता, अनुभूतिजन्य र जानकारीमूलक लेखरचनाहरू समुदायको सदस्यहरूका लागि ज्ञानवर्द्धक र मनोरञ्जनयुक्त हुनेछन् भन्ने अपेक्षा गरिएको छ ।

सँगालोको यो अठारौँ अंक तयार पारेर यहाँहरूको हातसम्म ल्याइपुऱ्याउने क्रममा हामीलाई धेरै पक्षबाट धेरै सहयोग प्राप्त भएको छ । एनसीएनसी कार्य समितिको मार्गदर्शन, लेखक-स्रष्टाहरूको लेख रचना, विशिष्ट व्यक्तित्वहरूको शुभकामना, विज्ञापनदाताहरूको माया यी सबै सबै कारणले गर्दा हाम्रो सामुहिक प्रयासमा सँगालो यो रूपमा आएको छ । प्रकाशनको उद्देश्य अनुसार समाचार, विचार, साहित्य, प्राविधिक लेख आदि विविध सामाग्री समेटेर यो सँगालोलाई सकेसम्म त्रुटिरहित र रुचिपूर्ण बनाउने प्रयास गरिएको छ । यद्यपि यसमा केही कमीकमजोरीहरू रहेका होलान् । त्यसमा हामी सम्पादक मण्डलका तर्फबाट क्षमा चाहन्छौं । आगामी अंकमा सुधार्ने प्रतिबद्धता सहित पाठकवर्गबाट सुझावको अपेक्षा गर्दछौं । अन्त्यमा नेपालीहरूको सांस्कृतिक पर्व विजया दशमी र शुभ दिपावली २०१८ को अवसरमा हार्दिक शुभकामना व्यक्त गर्दछौं ।



नगेन्द्र न्यौपाने

कङ्गोको किन्सासा पुगेको केही दिनपछि एक जना कङ्गोली महिलासँग मेरो राम्रै मित्रता हुन पुग्यो । उमेरमा मभन्दा केही कच्चा थिइन् उनी । हिस्सी परेको कालो अनुहार, पातलो जिउडाल, घुमेको कालो कपाल अनि दुवै कानमा चाँदी रडका टप । शारीरिक संरचना र रुपमा कुनै कमजोरी थिएन । हरेकपल्टको भेटमा देखिएको उनको निर्दोष र अबोध भावनाबाट म निकै प्रभावित भएँ । वास्तवमा मबाट उनले के अपेक्षा गरेकी थिइन्, मैले धेरै समयसम्म ख्याल गर्न सकिनँ तर उनीबाट मैले धेरै सहयोग पाइरहेको थिएँ । कङ्गोको भित्री व्याख्या, महिलामाथिको दुर्यवहार, कङ्गोली संस्कृति, भेषभुषा र भाषाको बारेमा निकै रोचक जानकारी लिइरहेको थिएँ मैले ।

“सर, यदि समाजमा अन्धविश्वास छ भने त्यसको पहिलो मार महिलाले नै भोग्न बाध्य हुन्छन् । त्यही अन्धविश्वासबाट कति कङ्गोली महिलाहरू बलात्कार र जबर्जस्तीको शिकार भएका छन् । बाध्यता खपेर बाँचेका छन् ।” केही दिनअगाडि कङ्गोमा घटेको बलात्कारको घटनालाई लिएर उनले मलाई यो कुरा सुनाएकी थिइन् । त्यो घटनाले उनलाई निकै मर्माहत बनाएको थियो । त्यतिमात्र होइन उनका विषय-प्रसङ्ग निकै गहिरो-गहिरो हुन्थे । उनको पारिवारिक पृष्ठभूमि र विगतको दिनचर्याबारे मैले केही जान्न नखोजे पनि उनको मनोभावनाले व्यक्त गरिरहेको हुन्थ्यो । उनलाई सभ्यताको पूर्ण ज्ञान थियो । कङ्गोको दैनिक समाचार अध्यावधि राख्ने उनको आदत थियो ।

केही दिनका लागि उनी हराएकी थिइन् । सधैंजसो भेट हुने व्यक्ति एकाएक हराएपछि न्यास्रोको अनुभव हुनु स्वाभाविक हो । उनीसँग काम नै नपरे पनि उनको अनुपस्थितिले मलाई खल्लो बनायो । उनका बारेमा अनेक कुराहरू मनमा खेलिरहे । ती काली महिला स्वाभाविक र सामान्य थिइन् तर प्राकृतिक नियमले दिएको आकर्षण शक्तिले मलाई नराम्रोसँग खिच्यो । मैले आफ्नो आन्तरिक इच्छालाई धोका दिन चाहिनँ । म पनि यही पृथ्वीको हावापानीमा हुर्केको सामान्य व्यक्ति हुँ । म असामान्य हुन सकिनँ । प्रकृतिको विपरीत दिशातिर बग्न सकिनँ । आफ्नो निर्बलता देखेर निकै पछुतो पनि लाग्यो ।

उनी एकाएक देखा परिन् । भेट हुनेवित्तिकै हँसिलो पारामा मलाई सुनाइन्-“तपाईं त नेपाली पो हुनुहुँदो रहेछ । नेपालबाट आउनुभएको हो ?”

उनको सोधाइमा स्नेहका भावहरू आइरहेका थिए । यथार्थ लुकाउनुपर्ने आवश्यकता थिएन मलाई । तर उनको सोधाइप्रति थुप्रै जिज्ञासा देखा परे । तैपनि मैले स्वाभाविक रुपमा उत्तर दिएँ-“अनौठो लाग्यो ? कसरी थाहा पायो ? हो म नेपालबाट आएको हुँ ।”

“ठूलो मान्छे कहाँ त्यतिकै लुक्न सकिन्छ र ? मैले थाहा पाइहालेँ नि !” उनी जिस्कदै बोलिन् ।

“म ठूलो मान्छे !” हामीलाई गौरवको अनुभूति भयो । म ठूलो मान्छे नभए पनि केही बेरका लागि अझ उनका लागि ठूलै मान्छे बनिदिएँ । “तपाईं किन कङ्गो आउनुभएको हो ?” उनले फेरि प्रश्न गरिन् ।

“एउटा साथीको विवाह थियो, त्यही निम्तो मान्न ।”

“विवाहको निम्तो मान्न ! त्यति टाढाबाट ?” उनलाई पत्याउन गाह्रो भयो ।

“किन होला त ?” मैले प्रश्न गरें ।

“खै, मलाई के थाहा ? तपाईं नै भन्नुहोस् न तपाईंको कुरा ।” उनी भावुक भएर बोलिन् ।

मैले धेरैबेर नै उनको उत्तर दिन सकिनँ । आफ्नो तरङ्गमा हराइरहेँ । मेरो कङ्गोको यात्राको वास्तविकता अर्कै थियो । तर जहाँ वास्तविकता खुलाउँदा मान्छेहरू अनौठो मान्छे । त्यसैले मैले वास्तविकता खुलाउने गरेको थिइनँ ।

“कङ्गोको संयुक्त राष्ट्र संघ (UNO) को अफिसमा थुप्रै नेपालीहरू काम गर्दछन् । तिनीहरूको काम कस्तो भइरहेको छ, कङ्गोलीहरू नेपालीहरूको कामबाट कतिको सन्तुष्ट छन्, त्यही बुझ्न आएको हुँ ।” मैले आफूलाई आफैँले उल्लु बनाएँ ।

“यो कुरो भने सत्य लाग्यो । कङ्गोमा थुप्रै नेपालीहरू काम गर्छन् ।” उनले मतिर आँखा लगाउँदै फेरि बोलिन्-“नेपालीहरूको काम-कारवाही, गराई बुझ्नुभयो त ? कस्तो लाग्यो ? कङ्गोलीहरू सन्तुष्ट छन् त नेपालीहरूबाट ?”

“जुन कुरा म झुठो बोलिरहेको छु, त्यही कुरो तिमीलाई सत्य लाग्यो ? म कहाँ युएनओको कर्मचारी हुनु ! केको नेपालीहरूको बारेमा बुझ्न आउनु ?”

“किन आउनुभएको हो त ?” उनी खिस्स हाँस्दै फेरि सोधिन् । हावा कुरा गरेर भए पनि ती महिलालाई थमाउनु थियो । आखिर मेरो सबै अध्योपान्त उनलाई सुनाउनु जरुरी पनि थिएन ।



“म यहाँ व्यापार गर्न आएको हुँ । कङ्गोमा व्यापार निकै राम्रो हुन्छ भन्ने सुनेको थिएँ । के यहाँ व्यापार राम्रो हुन्छ ?”

“व्यापार !” उनको अनुहार उज्यालो भयो- “तपाईं व्यापार गर्न पो आउनुभएको ? साँच्ची ?”

उनी आफू बसेको ठाउँबाट जुरुक्क उठिन् ।

हामीबीच व्यापारसम्बन्धी राम्रा-राम्रा बहस भए । हामीहरूले निकै छलफल गर्‍यौँ । एकैछिनमा उनले मेरो कम्पनीमा जागिर खाइसकेकी थिइन् भने म कम्पनीको मालिक भइसकेको थिएँ । ती महिलाले व्यापारको नाफाबाट स्वर्णिम आनन्द लिइसकेकी थिइन् । उनको जाँगर र उत्साह निकै जुरमुराइसकेको थियो । तर मलाई मेरो आफ्नै हावादारी कुराले पोलिरहेको थियो । भिन्नभिन्न डामिरहेको थियो ।

त्यसको भोलिपल्ट अघिल्लो दिनभन्दा अझ फूर्तिलो हुँदै देखा परिन् ती महिला । उनी मेरो नजिकै आइन् र एउटा कागजको टुक्रो हातमा थमाउँदै बोलिन्-“सर, किन्सासामा अरु नेपाली व्यापारी पनि छन् । त्यो नम्बरमा फोन गरेर पत्ता लगाउनुहोस् त ! तपाईंले चिनेका व्यक्ति पनि हुन सक्छन् । तपाईंलाई व्यापार गर्न सजिलो हुन्छ ।”

मलाई फोन गर्ने आँट आएन । के हिसाबले फोन गर्नु । के हिसाबले सम्पर्क बढाउनु । म त्यो क्षेत्रको व्यक्ति नै थिइनँ । म व्यापारको लागि आएको थिइनँ । तर मैले ती महिलाले दिएको कागजको टुकामा आँखा लगाएँ । कागजमा लेखिएको थियो- विजय अनि उसको फोन नम्बर ।

तत्काल फेरि ती महिलातिर हेरेँ । उनको अनुहार उल्लासले धपक्क बलेको थियो । उनी फोनको प्रतीक्षामा थिइन् । तर मैले कागजको टुक्रा बटारें र गोजीतिर राख्दै उनीतिर हेरेर बोलेँ-“पछि सम्पर्क गरौंला । अहिले हतार गर्दा भन्नु काम बिग्रन सक्छ ।” मेरो कुरा सुनेपछि उनको अनुहार खिन्न देखियो । हाम्रो भेट हुने क्रम बढ्दै गयो । उनी जालो बनाउँदै गफलाई लम्बाइरहेकी थिइन् । आफूलाई सौभाग्यशाली ठानिरहेकी थिइन् । तर मैले भने हावादारी गफमा झुलाइरहेको थिएँ । कामै नपरी महिला-पुरुष बीचको गफ लम्बिनु भनेको समाजको विश्वास गुमाउनु हो । त्योबारेमा उनलाई पनि थाहा थियो । म भन्नु सचेत थिएँ । तर उनलाई जागिरको

आशाले विवश बनाएको थियो भने त्यो विवशतामा म पनि थपिएको थिएँ ।

रेष्टुरामा पस्ने हरेक व्यक्तिको पहिलो दृष्टि हामीहरूले नै सामना गरिरहेका हुन्थ्यौँ । प्रत्येक व्यक्तिले गर्ने आशाहरू आफ्नै तहका हुन्छन् । महिलाले पुरुषबाट गर्ने आशा, गरिबले धनीबाट, जनताले राष्ट्रबाट गर्ने आशा । तर ती महिलाको आशा पृथक थियो । त्यो आशाका लागि उनले समाजका तिखा वचन सहेकी थिइन् । कडा नजर बेहोरिकी थिइन् । उनको एउटै आशा थियो- मलाई पसलको मालिक बनाउने अनि मेरो पसलमा जागिर खाने । वास्तवमा मान्छे आशाकै भरमा बाँचिरहेको हुँदो रहेछ । आशाकै भरमा जिइरहेको हुँदो रहेछ ।

श्रम गर्नु, पसिना बगउनु, आफ्नै पाखुरामा उभिन खोज्नु, कुनै गल्ती होइन । तर मैले उनलाई धेरै समय अन्धकारमा राख्नु उचित ठानिँनँ । अन्धकारले विमोदन पैदा गर्छ, विमोदनबाट भ्रान्ती पैदा हुन्छ । त्यसैले मैले उनलाई खुलस्त पारिदिएँ-“हेर, म व्यापार गर्न आएको होइन । व्यापारसम्बन्धी कुनै ज्ञान छैन मलाई । म विजयलाई चिन्दा पनि चिन्दिनँ । यी सबै कुरा आजबाट बिसिदेऊ ।”


“तपाईं व्यापार गर्न नआएको भए पनि के भयो त ! नेपालीको पसल रहेछ । मलाई त्यहाँ जागिर लगाइदिनुहोस् न !” उनले निकै आशाका साथ मलाई आग्रह गरिन् ।

मलाई भन्नु ठूलो सड्कट पर्थ्यो । के निहुँले विजयलाई फोन गर्नु ! केसरी सम्बन्ध गाँस्नु ! तर पनि गह्रङ्गो हुँदै उनले दिएको नम्बरमा फोन गरें । उताबाट महिलाको स्वर गुन्जियो, त्यसमा पनि फ्रेन्च भाषामा-“कसलाई खोज्नुभएको ?”

मैले अङ्ग्रेजी उत्तर दिएँ-“म नेपालबाट आएको, विजयजीसँग कुरा गर्न सकिन्छ होला ।”

उत्तिखेरै विजय बोले- “को बोल्नुभएको, कसलाई खोज्नुभएको ? के काम छ ?”

अहो ! कस्तो हतार ! कस्तो व्यस्तता । कस्तो नमीठो लवज । बलै मैले आफ्नो परिचय दिएँ । तर परिचय दिँदादिँदै उनले बीचैमा मलाई रोके-“म अहिले हतारमा छु । पछि सम्पर्क गरौंला ।”




**We wish you all**

**Happy Vijaya Dashami & Dipawali 2018**

**May this Festival Bring Peace, Prosperity, Happiness,**

**Success & All good things to you and your family**

***Khem Joshi, Shikshya Panta***



फोन काटियो । मलाई खल्लो लाग्यो । म भोक्रिएर बसेँ । तर ती महिलाले मेरो खल्लोपनलाई सहजै लिइन् । उनलाई जानकारी पाउन हतार थियो । हडबडाउँदै सोधिन्-“के भयो ? भेट हुने भयो ?” “उनलाई अहिले फुर्सद छैन रे, केही समयपछि आफैँले फोन गर्छु भनेका छन् ।”

“ती व्यापारी नेपाली त रहेछन् हगि ? म कहाँ नचाहिँदो कुरा गर्छु ।” उनलाई रमाइलो भइरहेको थियो । उनको अनुहार खुशीले धपकै बलेको थियो । ठूलो सफलता प्राप्त भएजसरी उनी उत्साहित भइरहेकी थिइन् । केही बेरपछि विजयको फोन आयो । यसपल्ट उनी निकै खुलेर बोले । छोटो समयमै आफ्नो जिन्दगीको तीतो-मीठो सुनाइहाले । धमिलो-धमिलो भए पनि मैले उनको आकृति थाहा पाइसकेको थिएँ । उनी तराईतिरका हुन् भन्नेमा मलाई पूर्ण विश्वास भइसकेको थियो ।

भोलिपल्ट दिउँसो हामी विजयको पसलमा जान तयार भयौँ । तर त्यसबेलासम्म मेरो मानसिकता पूर्ण रुपमा परिपक्व भइसकेको थिएन । मैले आफूले आफैँलाई प्रश्न गरें- “म केका लागि जाँदै छु ? र, के बोल्छु । यदि उनले नकारात्मक उत्तर दिए भने मैले त्यसको सामना कसरी गर्ने ?”

मेरो मनमा अनगिन्ती प्रश्नहरूले पिछ्छा गरिरहेका थिए । ढोकाबाट निस्कनुभन्दा पहिला ती महिलालाई सोधें-“तिमीले पसल त चिनेकी छौ नि, होइन ?”

“तपाईंले यसबारेमा चिन्तै गर्नुपर्दैन । मैले हिजै पत्ता लगाएर आइसकेको छु । यहाँबाट नजिकै पर्छ ।” उनले अनुहारलाई उज्यालो बनाउँदै भनिन्-“यहाँबाट ठूलो सडक काटनासाथ एउटा आइसक्रिमको दोकान आउँछ, त्यो दोकानबाट अलिपरको पसल विजयको मोबाइलको पसल त हो नि !”

केही बेरपछि हामी सजिलैसँग विजयको पसलमा पुग्यौँ । लामो आकारको पसल, पसलै ढाकिने गरी लम्बिएको सोकेस । होचो दराज, अनि दराजमा रङ्गी-विरङ्गी मोबाइल । तर पसल देखासाथ मेरो अन्दाज उल्टो दिशातिर बटारिन थाल्यो । मैले सोचेको थिएँ- विजय नै पसलमा भेटिन्छन्, उनीसँग पसलमा कुरा गर्न पाइन्छ । तर पसलमा विजय देखिएनन् । मोबाइल बिक्री गर्नका लागि हसिला-रसिला अश्वेत

युवतीहरू नै ठिङ्ग उभिएका थिए । हामीलाई देखासाथ एउटीले हतारिएर सोधी- “कस्तो किसिमको मोबाइल देखाऊँ ?”

“हामी मोबाइल खरीदका लागि आएका होइनौँ । विजयजीलाई भेट्न आएका हौँ । उहाँलाई भेट्न सकिएला ?” मैले भनौँ ।

तर नचिनेको बाहिरी व्यक्तिलाई विजयसँग भेट गराउने अनुमति त्यो केटीलाई थिएन । उसले आफ्नो म्यानेजरलाई खबर गरी । केही बेरपछि म्यानेजर आई । म्यानेजर पनि महिला रहिछे । तर म्यानेजरलाई पनि भित्रबाट उचित अनुमति नआएसम्म भेट गराउने अनुमति रहेनछ । त्यसैले हामीहरू उभिएर नै पर्खन थाल्यौँ । केही बेरपछि भित्रबाट खबर आयो । भित्रबाट खबर आएपछि म्यानेजरसहित हामीहरू भित्री कोठामा पुग्यौँ । हामीहरू त्यहाँ पुग्दा विजय लेखापढीमा व्यस्त थिए । उनको टेबुलभन्दा केही पर चार-पाँच जना प्राविधिकहरू मोबाइल मर्मत गरिरहेका थिए । मलाई देखासाथ विजयले आफ्नो काम छाडे । र, हामीहरूलाई एउटा-एउटा कुर्सीमा बसाए ।

गफको सिलसिला शुरु गर्दै मैले उनलाई सोधें-“पसलमा काली केटीहरू मात्र देख्दा तपाईंको पसल हो भनेर पत्याउन नै गाह्रो भयो । विक्रेता त सबै काली केटीहरू राख्नुभएको रहेछ ।”

“हामी बसेर के गर्ने ?” “किन ?”

“उनीहरूलाई आफ्नो देशमा साहुजी बन्नुमा नै मजा हुन्छ भने उनीहरू नै साहुजी बन्नु । विदेशीले पैसा कमाएको देख्न चाहँदैनन् कङ्गोलीहरू । देखाउनका लागि मात्र भए पनि अगाडि पसलमा काली केटीहरू नै राख्नुपर्छ । हामीहरू त भित्र बसेर बाहिरको चहल-पहल हेर्ने मात्र हो ।”

उनको अभिव्यक्तिमा साँच्चै निरीहता थियो । करुणामय पनि । उनी कठोर सङ्घर्षमा लागिरहेका थिए । उनले आफ्नो व्यथा लुकाउन खोज्दाखोज्दै पनि मैले थाहा पाइहालें- उनी निकै अप्ठ्यारोमा छन् । तर मलाई उनको विवशतामा अरु ध्यु थप्नु मनासिव लागेन । बरु केही राहत दिने कोसिस गर्दै बोलेँ-“एउटै देशमा त क्षेत्रीयता र जातीयताको कुरो चलिरहेको छ । यो त देश नै फरक । केही अप्ठ्यारो त सहजै पच्यो नि !” हाम्रो गफ चलिरहेको थियो । एक्कासि पसलका सटरहरू



**We wish you all**  
**Happy Vijaya Dashami & Dipawali 2018**  
**May this Festival Bring Peace, Prosperity, Happiness,**  
**Success & All good things to you and your family**  
**Madhav Bhattarai & Family**



स्याटसुदु बन्द भए । बत्ती भ्याप-भुप निभे । विक्रीकक्षका सबै कर्मचारीहरू त्वाउँ अफिस कोठाभित्र पसे । अफिसको ढोका पनि ढ्यामढुम लाग्यो । बाहिर ड्याडुडु, खैलाबैलाको आवाज आयो । चिच्याहट पनि सुनियो । लगातार सिट्टी बजिरह्यो । हामीहरू सबै भित्रै कोठामा थुनिएका थियौं । मैले विजयतिर पुलुकक हेरेँ र बिस्तारै सोधेँ-“के भएको हो यो ?”

विजयको अनुहारमा त्रास थिएन । न उनलाई फिक्री नै थियो । उनले निर्धक्कसँग मलाई जवाफ दिए-“गुण्डाहरू आइरहन्छन् । यस्तो भइरहन्छ । केही बेरपछि साम्य हुन्छ ।”

“गुण्डाहरू ?”

“प्रत्येक पसलबाट गुण्डाहरूका लागि केही रकम छुट्याइएको हुन्छ । तर, कहिलेकाहीँ कुरो मिलेन भने तिनै गुण्डाहरू उपद्रो मचाइहाल्छन् ।”

“गाह्रो छ हगि विदेशमा व्यापार गर्न ?” मैले सहानुभूतिपूर्वक प्रश्न गरें ।

“हामीलाई मात्र होइन, यो खेर गएको देशमा कसलाई पो सजिलो छ र ? यहाँका लोकल व्यापारी पनि हैरान छन् । यिनै उदण्डहरूले गर्दा त देश विग्रेको हो । नियम-कानूनले समात्न सके पो ! सबैलाई लुटनु नै छ । सरकार नै लुटाहा भएपछि कसको के लाग्छ र ! खेती-किसान गर्ने कोही होइन । बन्द-व्यापार सधैं यस्तै हाहाकार हो । कसरी देश अगाडि बढ्छ ।” उनी बोल्दै गए-“शुरुमा त “टारगेट” विदेशी नै हुन्छन् तर के गर्नु ! निर्वाह गर्नैपर्थ्यो । तपाईंले याद गर्नुभयो होला-पसलको बाहिर कुर्सीमा बसेको एउटा धमरधुस कालेलाई । त्यो मैले तलब दिएर राखेको “दादा” हो । कुर्सीमा बसेको भरमा नै पैसा तिर्नुपर्छ । देख्दैमा डरलाग्दो छ । केही परिहाल्यो भने जुरुक्क उठ्छ । भारेभुरे गुण्डा त तह लगाउँछ । तर ठुलो समूहको आक्रमण हुन लाग्यो भने ऊ पनि डराउँछ । भाग्छ । जिउको माया त कसलाई हुँदैन र ! अझ कहिलेकाहीँ त ऊ पनि गुण्डासँगै मिल्न जान्छ र पो !”

केही बेरपछि उनले मलाई सोधे- “अनि के कामले मलाई भेट्न आउनुभयो त्यति टाढाबाट ?”

जुन कुरो लिएर म त्यहाँ गएको थिएँ, खुलाउन धक मान्ने कुरै थिएन । म आफूसँग गएको महिलातिर

औँल्याउँदै बोलेँ-“यिनले जागिर खान हत्ते गरेकी छिन् । मिल्छ भने तपाईंको पसलमा काम लगाइदिनुहोस् । म यही निवेदन लिएर आएको हुँ । यहीँकी लोकल हुन् । इमानदार छिन् ।”

“जागिर !” उनले लामो सास ताने र मतिर पुलुकक हेर्दै बोलेँ-“गाह्रो छ ।”

“गाह्रो !”

“दैनिक यस्ता केटीहरू आइरहन्छन् । कतिलाई दिन सकिन्छ । कसले आफूलाई बेइमान छु भन्छ र ! बाहिरबाट हेर्दा त सबै इमानदार देखिन्छन् ।”


अधिसम्म हराभरा देखिएको त्यहाँको वातावरण कालो देखियो । मैले चारैतिर अन्धकार-अन्धकार देख्न थालें । साह्रो पुछ्छुतो लाग्यो । किन कुरा राखेँ हुँला, किन मुख खोल्या हुँला जस्तो लाग्यो ।

विजयले आफ्नो कुरा प्रकाश पाउँ फेरि बोले- “तपाईंले ल्याइहाल्नुभयो । अरु तीन जनाको सिफारिस पनि ल्याउनुहोला । के गर्नु, चोरेर हैरान पार्छन् । कसलाई समात्न जानु ? तपाईं नेपाल फर्किहाल्नुहुन्छ ।”

त्यो दिन हामीहरूबीच लामो गफ भयो । त्यो भेटपछि फोनमा पनि कुराकानी भइरह्यो । उनले नेपालको आफ्नो घर-ठेगाना त्यति खुलाउन चाहेनन् । मैले धेरै सोधखोज गरिनँ । हामीहरू गुपचुपमा नै आत्मीयता बढाइरहेका थियौं ।

मलाई निकै खुसी लाग्यो । कङ्गोबाट फर्कनुभन्दा ठीक अघिल्लो दिन ती महिलाले मलाई फोन गरेकी थिइन् । उनको स्वरमा उल्लास र फूर्ति दुवै थियो- “सर, मैले विजयको पसलमा जागिर पाएँ नि ! त्यही पसलबाट फोन गरेको ।”

“ए, राम्रो भएछ ! इमानदारपूर्वक काम गर्नु । अर्को पटक आउँदा फेरि भेटौंला ।” “अर्कोपल्ट कहिले आउनुहुन्छ सर ?” खै, किन हो त्यति कुरा गर्ने इच्छा जागेन । मेरो मानसिकता बोभिलो भयो । मलाई नरमाइलो लाग्यो । त्यो नरमाइलो विछोड र विस्मात्को मात्र नभई आत्मीय द्वन्द्वको थियो । मैले छोटो उत्तर दिएँ- “थाहा छैन, कहिले आउँछु ।” उनी केही कुरो भन्न खोज्दै थिइन्, मैले फोन राखिदिएँ ।




**We wish you all**

**Happy Vijaya Dashami & Dipawali 2018**

**May this Festival Bring Peace, Prosperity, Happiness,**

**Success & All good things to you and your family**

***Dr. Som Nath Chalise & Family***





# हाम्रो नेपाल सेन्टर अफ नर्थ क्यारोलाइना (NCNC)



सुवास ठकाल

हाम्रो नेपाल सेन्टर अफ नर्थ क्यारोलाइना (NCNC) नेपाल सेन्टर अफ नर्थ क्यारोलाइना (NCNC) आफ्नो स्थापनाकाल सन् १९९९ देखि नै नर्थ क्यारोलाइना राज्यमा बसोबास गर्ने नेपालीहरूका लागि साभ्ना मञ्चको रूपमा प्रस्तुत हुँदै आएको छ, समाजमा छरिएर बसेका नेपाली समुदायलाई यो संस्थाले मित्रता, आत्मियता, सद्भाव, संस्कृति, पहिचान, मनोरञ्जन, खेलकुद आदि इत्यादी नाताहरूले जोडेर राखेको छ, हुन पनि हो साता समुन्द्रपारको यो मुलुकमा हामी नै एक अर्काका दुःख सुखमा साथ दिने आफन्त हौं, यो मन्च प्रदान गर्न भरपुर कोसिस गरेको अनि कटिबद्ध हुँदै आएको संस्था हो नेपाल सेन्टर अफ नर्थ क्यारोलाइना (NCNC) ।

नेपाल दिवस (Nepal Day) यो ठाउँमा मनाइने लोकप्रिय कार्यक्रम हो, विगत २ वर्षदेखि मोरिस्भिल सहरमा मनाइदै आएको यो दिवस अब बेक काउन्टीमा नै मनायिने भएको छ, आफ्नो मातृभूमीबाट ८ हजार माइल पार रहेको यो विरानो मुलुकमा नेपाली भेषभूषा एवं संस्कृतिमा सजिएर बाजागाजा नाचगान गर्दै लामबद्ध भएर यो नेपाली शिर उचाली संसारमा लम्कन्छ भन्ने गीत घन्काएर हिँड्दा सबैको छाती गर्वले फुलेको थियो, सबैले महसुस गरेकै हुनुपर्छ (हामी विदेशिएका होइन रैछौं, हामी त विश्वव्यापी भएका रछौं) ।

नेपाल स्कूल यो संस्थाको अभिभावकत्वमा संचालित अर्को महत्वपूर्ण उपलब्धी हो । अमेरिकामा हुर्किरहेका नयाँ पुस्ताहरूलाई हाम्रो संस्कृति र पहिचान चिनाउन कटिबद्ध भएर लागेको नेपाली स्कूलले विभिन्न कार्यक्रमहरू गर्दै आएको छ, यो पश्चिमेली जगतमा हुर्किएका हाम्रा सन्ततिहरूलाई हाम्रो पूर्वीय संस्कार, संस्कृति एवं ज्ञान बाट्न उल्लेखनीय योगदान दिएका छ नेपाली स्कूलले ।

यस साथै विभिन्न चाडबाड, साँस्कृतिक एवं अवसरहरूमा यो संस्थाले अन्य कार्यक्रमहरू पनि गर्दै आएको छ, बुद्ध जयन्ती, भानु जयन्ती, होली, दशैं, तीज, देउसी भैलो, नयाँवर्ष आदि अवसरहरू पारेर यो संस्थाले कार्यक्रमहरू संचालन गर्दै आएको छ, Run for Nepal, Adopt a Highway, रक्तदान, सदस्य पिकनिक, International Festival मा सहभागी आदि कार्यक्रमहरू पनि यो संस्था अन्तर्गत संचालन भई आएका छन् । यसै सेरोफेरोमा यहाँ वरपर बसोबास गर्नुहुने विभिन्न व्यक्तित्वहरूसँग हामीले NCNC का बारेमा आफ्ना विचारहरू राख्न अनुरोध गरेका थियौं, हामीले

कुराकानीको क्रममा विभिन्न महानुभावहरू (संस्थाका वर्तमान एवं पूर्व पदाधिकारी, नेपाली स्कूलका विद्यार्थी एवं यो क्षेत्रमा बसोबास गर्ने अन्य नेपालीहरूसँग कुराकानी गरेका थियौं र सबैसँग स्वतन्त्र (पदमा रहनेले पनि पदको दायित्वलाई पन्छाएर) विचारहरू राखिदिन अनुरोध गरेका थियौं, सकेसम्म धेरैजनाको मन्तव्य समेट्ने हाम्रो उद्देश्य भएतापनि सबैलाई समेट्न भने सकिएको छैन, त्यसका लागि हामी क्षमा प्रार्थी छौं, कार्य व्यस्तता एवं समयले मिलेसम्म धेरैलाई समेट्ने भने हामीले प्रयास गरेका छौं, नयाँपुराना पुस्ताहरू एवं साना साना भाइबहिनीहरू सबै समूहलाई समेट्ने हामीले प्रयास गरेका छौं, हामीले अनुरोध गरेका थियौं NCNC का बारेमा आफ्ना मन्तव्य राखिदिनुस्, कसैले NCNC को उपयोगिताका बारेमा भन्नु भएको छ भने कसैले आफ्ना सुभावहरू दिनुभएको छ, प्रस्तुत छ उहाँहरूको भनाई उहाँहरूकै शब्दहरूमा,

**सुमित्रा एवं रविन्द्र कार्की:** NCNC लाई यो क्षेत्र वरपर बस्ने सबै नेपालीहरूको साभ्ना संस्था बनाउनु पर्छ, सबैको हितमा पारदर्शी ढंगले एक ठिक्का भएर यो संस्था अधि बढ्नु पर्छ, राजनीति, गुटबन्दी, विवाद जस्ता नकारात्मक कुराहरूले प्रश्रय नै पाउनु हुँदैन, हामी सबै सकारात्मक एवं इमान्दार भएर यो संस्थाको गरिमा कायम गरेर अगाडी बढ्नुपर्छ ।  
**तेजस्वी एवं चन्द्र प्रसाद गिरी:** NCNC ले मलाई पारिवारिक वातावरण दिएको छ नेपालीपन दिएको छ अनि नेपाली संस्कृतिमा रमाउने मंच पनि दिएको छ, नेपालमै बसेजस्तो भएको छ ।

**अमल एवं ददिन पाण्डे:** NCNC ले छरिएर रहेको नेपाली समाजलाई एकतामा गास्ने कोशिश गर्दै आएको छ र अझ धेरै गर्नु जरुरी छ ।

**आरती एवं विरोध तिमल्सिना:** NCNC ले निरन्तर गर्दै आएका कामहरू प्रशंसनीय छन् तर पनि यति धेरै नेपालीहरूको बसोबास बिचमा रहेको एकमात्र संस्थाले अभैपनि NCNC को सदस्य बनिदिनुहोस् भनेर अनुरोध गर्ने अवस्थामा परिवर्तन भएर म NCNC को सदस्य बन्न आतुर छु, कसरी बन्न सक्छु होला भनेर एउटा नेपाली NCNC खोज्दै आउने वातावरण बनाउन सके धेरै राम्रो हुने थियो । जसको लागि एउटा NCNC हेल्पडेस्कको अति जरुरी मैले देखेको छु, जसबाट पहिलो पटक अमेरिका बसोबासका लागि आउनुहुने जो कोहिलाई शुन्य अनुभवबाट कसरी सुरु गर्ने भनेर सल्लाह, सुभाव, जानकारी र सहयोग मिलोस जस्तै मेडिकेड,

स्वास्थ्य विमा, ड्राइभर लाइसेन्स, बच्चाहरुको स्कूल र कलेज र काम आदि कसरी प्राप्त गर्न सकिन्छ । अर्को कुरा आ-आफ्ना कामकाज र दैनिकीले व्यस्त हुनाले हामीमा नैरास्यता बढ्दै गएको आफ्नोपन हराउँदै गएको र मानिसमा भावनात्मक एकता हराउँदै गएको परिप्रेक्ष्यमा मनोरञ्जन भन्ने कुरा विद्युतीय उपकरणमा सिमित हुन लागेकोले समय समयमा हिमालदेखि तराई सम्मका जाति, भाषा र संस्कृति समेटेर प्रत्यक्ष मनोरञ्जनात्मक कार्यक्रम गर्न सके व्यक्तिको प्रतिभा प्रस्फुटन, मनोरञ्जन, सामाजिक एकता साथै NCNC लाई पनि केही आर्थिक लाभ हुने थियो । यी काम NCNC ले गर्नसके हुन्थ्यो भन्ने मेरो धारणा हो ।

**मीना एवं अच्युत शर्मा:** NCNC लाई मैले विगत ३ वर्ष देखि नियाल्दा भन् भन् राम्रो एवं सफल भएको पाएको छु र अझ राम्रो हुने कुरामा विश्वस्त छु,

**प्रतिमा एवं अरुण धिताल:** NCNC ले नेपाली समाजलाई एक सुत्र पर्ने कोसिस गरेको छ ।

**स्मृती एवं उद्धव रेग्मी:** NCNC ले नयाँ पुस्तालाई नेपाली संस्कृति चिनाउने कोशिस गरेको छ ।

**अमृता एवं मोहन अधिकारी:** मैले विगत देखि नै NCNC लाई नियाल्दा खेरी विगतमा चैं यो संस्था विशुद्ध सामाजिक हितका लागि सबैको साझा संस्थाको रूपमा पाएको थिए, हाल आएर चैं यो संस्थामा राजनीतिकरण हावी भएको हो कि अथवा व्यक्तिगत नाम प्रयोजनका लागि उपभोग बढेको हो जस्तो आभाष हुन थालेको छ, यो संस्था विगत कै जस्तो सामाजिक हितका लागि अनि सबैको साझा होस भन्ने कामना राखेको छु ।

**परिता एवं सुजन न्यौपाने:** NCNC ले हामी यहाँ बसेका प्रवासी नेपालीलाई नेपालको आभाष दिलाएको छ, राम्रो गर्दै आएको छ र गर्नुपर्ने कुराहरु अझ धेरै बाँकी छन् ।

**Steve Rao:** Peace, Love, Humility, Strength, and Character, I Think of a community which represents all of these traits!

**नितु एवं देवेन्द्र कोइराला:** NCNC ले हामी यहाँ बसेका प्रवासी नेपालीलाई नेपालीपनको आभाष दिएको छ अनि नेपाली भन्ने परिचय दिएको छ ।

**सविता एवं भीम नेपाल:** मेरो विचारमा NCNC अमेरिकाको नर्थ क्यारोलाइनामा रहेका नेपालीहरुको सुखदुःखमा साथ दिने संगठन हो । एनसीएनसीले विदेशी भूमिमा हामी नेपालीहरुको रितिरिवाज, भाषासंस्कृति, चाडपर्व सबैको जगेर्ना गर्दै आफ्नै छुट्टै पहिचान सफल भएको छ ।

**निशा एवं पक्कु खत्री:** NCNC ले राम्रै गरिरहेको छ तर सबैलाई समेट्न सकेको छैन, सबैलाई समेट्न सकोस भन्ने हाम्रो चाहना छ, यो संस्था सबैको साझा अनि राजनीतिमुक्त हुनुपर्छ ।

**नीलम जोशी एवं विशाल भारती:** नर्थ क्यारोलाइनामा नेपालीहरुको सबैभन्दा पुरानो संस्था जसले नेपालीहरुको हकहित, कला संस्कृति सम्बर्द्धन र प्रबर्द्धन गर्नको निम्ति सधैं अग्रणी भूमिका खेल्दै आएको छ ।

**सान्त्वना एवं दिपेन्द्र अर्याल:** NCNC द्वारा अहिलेसम्म गरि आएका सामाजिक क्रियाकलाप एवं नेपालमुखी कार्यक्रमहरु उत्साहवर्धक नै छन् र भविष्यमा अझ अधि सरेर सबै नेपालीलाई समावेश गर्दा अझ राम्रो हुन्छ ।

NCNC द्वारा संचालित नेपाली स्कूलका विद्यार्थीहरु, विभु पोखेल, समृद्धि संग्रौला, सेजल घिमिरे, सुहानी ढुंगेल, स्मृती थापा, समी घिमिरे, प्रिन्स गौतम, निर्विरोध तिमिल्सिना, अन्वेषण अधिकारी, प्रोग्रेस प्रधान, स्कन्द आचार्य, नेरिका प्रधान, शुभम ढुंगेल, रवि नेपाल, स्मरण थापा, सुप्रिम तिमिल्सिना, साइन लामिछाने, हिमांगी नेपाल, ग्रिशमा श्रेष्ठ, विभुषा गौतम, स्तुती आचार्य ।

- हामीले नेपाली भाषा सिक्न पायौं, अंग्रेजी बाहेक अर्को भाषामा पनि हामी लेख्न पढ्न सक्ने भयौं,
- हामीले नेपाली संस्कृतिको बारेमा जानकारी पायौं,
- हाम्रो हजुरबुबा, हजुरआमा अनि नेपालको मान्छेहरुसँग नेपालीमा कुरा गर्न सक्ने भयौं,
- नयाँ नयाँ साथीहरु बनाउन पायौं,
- नेपाली गीतहरुमा गाउन, नाच्न सक्ने भयौं,
- हामीले उतातिरको राम्रो कुराहरु पनि थाहा पायौं अनि यतातिरको राम्रो राम्रो कुरा पनि थाहा पायौं,
- नेपाल डे र अरु विभिन्न कार्यक्रममा भाग लिन पायौं,

**कमला एवं ईश्वर देवकोटा:** विगतदेखिका नियाल्ने हो भने NCNC आफ्नो उद्देश्यमा सफल भएको पाएका छौं, यो संस्थाले गर्नुपर्ने धेरै कुराहरु अझ पनि बाँकी नै छन्, धेरै एवं नयाँ नयाँ मान्छेहरुलाई समेट्नु जरुरी छ, नयाँ पुस्तालाई मञ्च दिनुपर्दछ, जुन मञ्चमा टेकेर उनीहरुले अमेरिकन मन्चमा प्रतिस्पर्धा गर्न सक्नुन अनि विजयी बनेर नेपाल चिनाउनु, अबको यो आवश्यकतालाई प्राथमिकतामा राख्नु एकदम जरुरी छ ।

**गीता एवं प्रेम प्रधान:** NCNC ले नेपालीलाई भेटघाट गर्ने अवसर प्रदान गरेको छ, नयाँ पुस्तालाई नेपाली संस्कृति सिकाएको छ, आगामी दिनमा भने यो संस्थाले नवआगन्तुक नेपालहरुलाई सहयोग गर्ने कार्यक्रमहरु लिएर आउनु जरुरी छ ।

**अस्मिता एवं राजेश गौतम:** NCNC एउटा सोच हुनुपर्छ), यो क्षेत्रका नेपालीहरुलाई अमेरिका चिनाउने, नेपाल महसुस गराउने अनि आफन्तको आभाष दिलाउने, यो संस्था विवादमुक्त, राजनीतिमुक्त, गुटबन्दीमुक्त, पारदर्शी एवं व्यक्ति विशेषको प्रभावबाट मुक्त हुनुपर्छ, NCNC का पदाधिकारीहरुलाई भिनामसिना नअल्केर, खुट्टा तानातान नगरेर, एक ढिक्का भएर सबैको बृहत्तर हितका लागि अधि

बढ्न अनुरोध गर्दछु ।

**सुषमा एवं मनोज प्रधान:** NCNC स्थापनाकालदेखि नै नेपालीहरुको हकहितका लागि मेरिमेटी लागेको संस्था हो, यो संस्थाले धेरै गर्दै आएको छ, अझ यो अझ यो भन्दापनि अधि बढेर गर्नु जरुरी छ, आगामी दिनहरुमा अझ धेरै गर्ने छु भन्ने कुरामा विश्वस्त छौं ।

**शान्ति सापकोटा एवं रमेश कोइराला:** प्रवासमा रहेका नेपाली मनहरुको अभिभावकहरुको रुपमा स्थापित संस्था लम्बिलो ले अझै गरिमामय कार्यहरु गर्दै स्थानीय स्तरमा रहेका सम्पूर्ण नेपालीहरुलाई समेट्दै, हातेमालो गर्दै अधि बढोस् । हाम्रो शुभकामना ।

**गीता एवं भिमसेन बस्नेत:** NCNC हाम्रै हकहितका लागि खुलेको संस्था हो, यो संस्थाले सबैका लागि गरिआएको छ, हाल यो क्षेत्रमा नेपालीहरुको जनसंख्या बढेको एवं सबैका गुनासाहरु नसमेटिन सकिएको परिप्रेक्ष्यमा गुनासाहरु मात्र गर्ने होइन कि व्यक्तिगत स्वार्थहरु त्यागेर आफूले गर्न सकेको गरेर यो संस्थालाई मजबुत बनाउनु जरुरी छ ।

**सुजाता एवं सुनिल हुंगेल:** NCNC ले नेपाली भाषा र संस्कृतिको जगेर्ना तथा विकास गर्दै अमेरिकी समुदाय बीच नेपालीको पहिचान गराउँदै हातेमालोका साथ अधि बढी रहेको छ, साथै नेपाल र नेपालीलाई आपतविपद्मा सक्दो सहयोग गरेको पनि देखिन्छ, ।

**उषा एवं विक्रम गौतम:** NCNC नेपालीहरुको साझा पहिचानलाई कायम राख्न कटिबद्ध संस्था हो । संघे शक्ति कलौयुगे (कलियुगमा संगठनमा शक्ति हुन्छ) भन्ने मूलमन्त्रलाई सबैले मनन गरि यस संस्था प्रति सबैजना एकजुट भएर लाग्न जरुरी छ ।

**सुनिता बाराही एवं राजेन्द्र महर्जन:** NCNC ले गर्दा आज यो नेपाली समाज एकजुट भएर बसेको छ, NCNC लाई धेरै धन्यवाद ।

**पुजा एवं बटु शर्मा:** हामी प्रवासी नेपालीहरुका लागि NCNC प्रवासमा अर्को घर हो अनि सुखदुखमा साथ दिने संस्था हो, यो संस्थाको छातामुनि ओत लागेर हामी एक भएर सुख दुःख बाँडेर, खुसीयाली र आत्मियता साटेर, संस्कृति र चाडपर्व मनाएर काँधमा काँध मिलाएर अधि बढ्नु छ, यो संस्था संस्थालाई विवादमुक्त, पारदर्शी एवं सिंगो छानो बनाएर एवं सबैको भलो गर्दै अगाडी बढ्नु जरुरी छ, नभुलौं एकतामा शक्ति हुन्छ, हाम्रो एकता सदैव कायम रहोस् अनि हाम्रा उपलब्धीहरु दिन दुना रात चौगुना भै बढ्नु । समग्रमा सबैका विचारहरु समेट्दा NCNC ले गरिएका कार्यक्रमहरु उत्साहवर्धक छन्, सन्तोषप्रद नै अनि पहिचानमुलक नै छन्, बदलिदो समय एवं फैलिदो समुदायलाई मध्यनजर गर्दै अझ सशक्त रुपमा अधि बढ्नु जरुरी छ, सबैलाई समेट्दै बाधाहरु पन्छाउँदै, मतभेद भलै होलान् तर मतभेद नगरीकन, सबैको विचारहरुको आदर सम्मान गर्दै यो संस्था अधि बढ्नु पर्छ, व्यक्तिगत गुनासाहरुलाई पोको पारेर पन्छाउँदै, सामुहिक हक हितका लागि सबैले आफूले सकेको योगदान गर्नु जरुरी छ, भनिन्छ सबैभन्दा शक्तिशाली शब्दहरु हुन्छन्, शब्दले बिगार्छ अनि शब्दले नै सपार्छ, एकअर्का प्रति प्रयाग गर्ने शब्दहरुमा पनि मर्यादा कायम राख्नु जरुरी छ, नभुलौं आफूले जस्तो व्यवहारको अपेक्षा गरिन्छ, आफूले पनि अरुसँग त्यस्तै व्यवहार गर्नुपर्छ, यो संस्था हाम्रा लागि त छँदै छ, हामी पनि यो नै समाधान निस्कन्छ, समाधान हुन नसक्ने कुनै समस्या नै हुँदैन, सकारात्मक दृष्टिकोण, सार्थक छलफल अनि आदर सम्मानका साथ अधि बढेर सबैजना मिलनविन्दुमा पुग्नपर्छ, मिलनविन्दुमै सबैको हित छ, भलाई छ अनि उपलब्धी छ, एकलै दौडेर कहिँ पुगिन्न, आउनुहोस् सबैजना हातेमालो गरि NCNC को छातामुनि ओत लागेर अधि बढौं ।

**We wish you all**

**Happy Vijaya Dashami & Dipawali 2018**

**May this Festival Bring Peace, Prosperity, Happiness,**

**Success & All good things to you and your family**

**Dr. Chiranjibi Bhattarai & Sandhya Bhattarai**



**We wish you all**

**Happy Vijaya Dashami & Dipawali 2018**

**May this Festival Bring Peace, Prosperity, Happiness,**

**Success & All good things to you and your family**

**Deepak & Manisha Bhandari**





# नेपाली पहिचान र नेपाली भाषा



नम्रता गुरागाईं

मैले नेपाली सिकिन भने मेलो हजुलआमा नेपालबाट आउंदा म नेपालीमा कुला गर्न सकिदैन, मेलो हजुलआमालाई अंग्रेजी आउदैन, अनि म नेपाली स्कूल आ को नि ! तोते बोलीमा सुप्रिमले भन्यो । मेरो आमा नेपालमा हुनुहुन्छ । नेपाल जांदा मैले नेपालीमा कुरा गर्न सकिन भने आमाले मलाई माया गर्नुहुन्न, त्यही भएर नेपाली पढ्न आकी ! दुइ चार वर्षदेखि नेपाली स्कूलमा निरन्तर पढिरहेकी सेजलले भनी ।

साना नानीहरूले भानु जयन्तीको अवसरमा आयोजना गरेको वक्तृत्वकलामा सकिनसकी यसरी नेपाली शब्द फुटाएको देख्दा हिड्यो भने ढिलो भएपनि गन्तव्यमा पुगिने रहेछ जस्तो लाग्यो । आँट गरेरै त मान्छे चन्द्रमामा पुगेको होलान नि होइन र ? केटाकेटीको खेल्ने समयको थोरै अंश केही उर्जासिल काममा लगाउंदा कति फरक पर्ने रहेछ भन्ने नमुना हुन यि नानीहरू । त्यसो त उनिहरूको थोरै होस्टेमा हैस गरीदिने अबिभावकहरू र विद्यालयका शिक्षक शिक्षिकाहरू नभए अमेरिकामा जन्मेर हुर्केका बच्चाहरूलाई यसरी पढ्न लेख्न कहाँ सम्भव हुन्छ होला र ! वास्तवमा सगरमाथा चढेनेले नै चुचुरोलाई छुन्छ भनेकोपनि यही हो नि हगी ? गन्तव्य सबैको एउटै हो मात्र हिडने बाटाहरू फरक । भाषा र संस्कृतिको भोक लागेपछि घर छोडेर पर गएका मान्छेहरूले भोक मार्ने विभिन्न उपायहरू खोज्दा रहेछन र भोकाएका बेला मान्छेले जोसंग जे छ त्यही पस्किन्छ नै । कोही नाचेर भोक मार्छन त कोही गाएर, कोही लेखेर भोक मार्छन त कोही चुटकिला सुनाएर । मैलेपनि लेखेर भोक मार्न कोशिस गरेँ तर मनका कुराहरू विद्युतिय कापीमा पोख्दामात्र मेरो तलतल मेटिएन । उपायहरू खोज्ने क्रममा आफ्नै भाषा र संस्कृति आँखा अगाडि आयो । सिकाउने मान्छेपनि आफैसंग भएकाले सानी छोरीलाई प्रविधिले दिएको लेख्दै मेट्दै गर्ने सेतो पाटी किनिदिएँ र उसका कलिला औंलाहरू त्यसमा खेलाउन थालें । मैले थाहै नपाइ अंग्रेजीका अक्षर लेख्न जानिसकिन्छ उसले । उसले लेखेको देखेर अचम्म लाग्यो । छोरीले जानेका तिनै मिल्ने मिल्ने अंग्रेजी अक्षरहरूमा नेपाली अक्षरका फुर्का लाउन सिकाउन थालें । उसले लेख्न जानेको वानलाई नेपालीमा धर्को हो भनेर सिकाएँ । अंग्रेजी टु र वानलाई जोडेर डल्लो

जोडदा “v” हुन्छ भनेर सिकाएँ । सत्तेहोला “s” सिकाउनुअघि उसलाई मैले “v” लेख्न सिकाएँ । कलिला औंलाहरू सेतोपाटी भरी कुदेर अंग्रेजी “h” लेखेका बेला वान थप्दा “u” हुन्छ नि भनेर “u” लेख्न सिकाएँ ।

आमालाई किन हो आफुले जानेजति सबै छोरीका दिमागमा हालिदिन मन थियो तर छोरीको उमेर सिकेको कुरा संझ्न सक्ने भइसकेको थिएन । मात्र दुइचारवटा अक्षर सिकाएँ । उत्रिएको समयमा बरु उसैसंग खेल थालें । समय चिप्तिरहयो मबाट । घरमा अर्को सदस्य थपियो अर्थात् उसको भाइ जन्मियो । आफ्नो भाषा सिकाउने कामलाई थाति राखेर म उनिहरूका बालसुलभ भाषा सिक्न थालें । दुइजनासंग व्यस्त हुंदा म मात्र घाम भुल्किएको र अस्ताएको थाहा पाउथें । बाँकी अरु समय सधैं मबाट चिप्तिरहन्थ्यो । मलाई अलिअलि फुर्सद निस्कंदा समय मबाट भागेर धेरै पर पुगिसकेछ । विगतलाई फर्किएर हेर्दा मैले अचेतनै नसक्ने परिवर्तन आइसकेछ तर आफुभने जहाँको त्यहीँ । चिप्किएको समयले छोराछोरीपनि ठुला पार्राँदिएँ गएछ । एकदिन भन्दा दुइदिन भन्दा भाइपनि दिदीसंग खेलन सक्ने भयो । फेरी समयको फेर समात्न कोशिस गर्न थालें म । नयाँ कुरा पढ्ने व्यक्तिगत चाहनालाई थाति राखेर सन्तानका चाहानाहरू पढ्न थालें । उनिहरूले हेर्ने गरेका कार्टुन उनिहरूसंगै बसेर हेर्दा सम्झनाको आफ्नो बाल्यकाल जुरुक्क उठेर आउथ्यो । मैले जे पायो त्यही खेलेका खेलहरू नियमबद्ध र सबैले पालेपालो खेल्ने चलनमा देख्दा आफूमात्र जान्ने पल्टेर अरुलाई खेल्न नदिने मेरा साथिहरू आँखाभरी आउथें । धेरै भयो उनिहरूसंग भेट नभाको । साँची उनिहरू अहिले कस्ता भए होला हगी ? कोही मजस्तै आमा भएका छन रे । कोही हजुरआमा नै भैसके अरे । कोही बाउ भएर जिम्मेवारीको भारी बोकेर तलमाथि गर्दैछन रे, भेटनेहरू भन्छन । घर जांदा पक्कैपनि तिनीहरूलाई भेटने छु र मैले हेरेको कार्टुनको बारेमा भन्ने छु भन्दै म संझनाको मेरो सानो उमेरको धेरै पर पुगेर फर्किन थालें सधैं । ति कार्टुनका धेरै खेलहरूबाट धेरै कुरा सिक्दै गएँ । कहिलेकाहिँ सानासाना कुराले मस्तिष्क साह्रै हुडल्यो । सबैभन्दा धेरै अंग्रेजी भावेल र कन्सोनेन्ट

सिकाउने कार्टुन, वर्ड वल्ड हेरेर म भित्रैदेखि विथोलिएं । मैले त्यो कार्टुनमा देखिएका पात्रहरूलाई आंखा नभिम्याइ हेरें । श्वर वर्णको पात्र “कमिलो” अर्थात “एन्ट” र व्यन्जन वर्णको पात्र “सुंगुर” अर्थात “पिग” एक आपसमा झगडा गर्दा शब्द बन्न नसेकेको कथाले मलाई हल्लाउनसम्म हल्लायो । साधा कागजजस्तो दिमाग भएको बाल हृदयमा लेख्ने र पढ्ने कुराको त्यो तहमा पुगेर सिकाएको देख्दा म पग्लेर पानीपानी भएँ । आजसम्म मैले जानेका सबैकुरा कमजोर रहेछन् जस्तो लाग्यो । कार्टुन हेरीसकेपछि मैले आफु उभिएको धरातललाई नै छोएँजस्तो भयो । त्यो कथाको मन्चन गर्ने पिबिएस किङ्सलाइ साह्रै धेरै धन्यवाद दिदै कार्टुनबाट सिकेको कुरा मैले मेरा छोराछोरीलाई नेपालीमा सिकाउन थालें ।

सिडनी, नेब्रास्कामा नेपाली भाषा बोल्ने सिंगो आफ्नो एकलो परिवार धेरै वर्षसम्म कुहिराको कागजस्तै हराइरह्यो । तैपनि मैले मेरा नानीहरूलाई नेपाली अक्षर लेख्न र पढ्न सिकाउन छोडिन । आफ्नो भाषामा बोल्ने मान्छे भेट्न कि त ३ घण्टा खर्चेर डेनभर पुग्नुपर्ने कि त ६ घण्टा खर्चेर ओमाहा पुग्नुपर्ने हाम्रो त्यतिबेलाको यथार्थलाई घटाएर कहिले १०, १५ मिनेटमा भार्न सकिएला, हामी दिन गनिरहेथ्यौं । त्यही बेला समयले हामीलाई नर्थ क्यारोलाइना सार्न सघायो । यहाँ आउंदा चिनेको एउटै परिवारपनि धेरै लाग्यो । क्रमशः हाम्रो चिनजान बढ्दै गयो । पसलमा होस या पार्कमा जहाँ गएपनि नेपाली भेटिने हुंदा हामीलाई धेरै समय लागेन मान्छे चिन्नलाई । तिनै चिनजानका मान्छेहरूबाट नेपाली स्कूल खुलेको र आफ्ना नानीहरूलाई त्यहाँ पढाउन लगेकोसम्म सुनेपछि मलाई त्यो स्कूलमा पुगेर नेपाली पढाएको हेर्ने चाहाना तिब्र रुपमै जागेर आयो । साँच्चै भन्दा कानुले आंखा भेटेजस्तै खुशी लाग्यो । एक सनिवार हामी नानीहरू लिएर गयौं । अरु उस्तै र उनिहरूजत्रै केटाकेटी एउटा सिसैसिसा भएको ठुलो कोठामा बसेर पढिराखेको बाहिरबाटै देखेपछि हाम्रा केटाकेटी बाहिर बसिरहन सकेनन् । भित्र पसेर अरुसंगै उनिहरूपनि

बसेर पढ्न थाले । पढिसकेपछि हातमा साना साना खाजाका प्याकेट बोकेर खुशी हुँदै बाहिर आएर “मामु अर्को सनिवारपनि आउने है, छोराछोरीले दुबैले एकैचोटी भने । उनिहरू नेपाली सिक्न खुशी भएर आउनु नै मेरो जीत भएकोले मैलेपनि हरेक सनिवार लिएर आउन थालें । उनिहरू भित्र बसेर नेपाली लेखपढ गर्ने म बाहिर । भित्र गुरुआमाहरूलाई भ्याइ नभ्याइ भएको धेरै दिन बाहिर बसेर हेर्न सकिन मैले । भित्र गएर उनिहरूलाई अलिअलि सहयोग गर्न थालें । त्यसपछि हरेक सनिवार हामी आमा छोराछोरी विद्यार्थी र गुरुआमा भएर नेपाली स्कूल जान थाल्यौं । मसिना नानीहरूका कलिला औलाहरूमा पेन्सिल राखिदिएर हामीले नेपालीमा घुमाउन थाल्यौं । अंग्रेजीका मिल्ने मिल्ने अक्षरलाई टपक्क टिपेर नेपालीमा अक्षरका फुर्का जोड्न सिकायौं । सकिने बेलामा दिएको खाजा पढे वापतको पुरस्कार जस्तो भएछ उनिहरूलाई । उनिहरू त हरेक हप्ता खुशी भएर आउन थाले । आएपछि केही सिकेर जान थाले । नभन्दै केही महिनापछि बोल्न नसक्नेहरू, बोल्न सक्ने भए, अलिअलि अक्षर फुटाउन सक्नेहरू मजाले पढ्न सक्ने भए र थोरै बोल्न, थोरै पढ्न सक्नेहरू मजाले लेख्न सक्ने पो भए । हामीले शुरू गरेको नेपाली पाठशालाको उद्देश्य नानीहरूलाई पाँच कक्षासम्मको नेपाली पाठ्यपुस्तक पढ्न र लेख्न सक्ने बनाउनु भएकोले २०१५ मा एकजना आयुशमा शर्मा र २०१७ मा दुइजना सम्पदा आचार्य र सगुन आचार्य दिक्षित अर्थात ग्रयाजुएटपनि भएका छन । अहिले स्कूलमा ५० जना विद्यार्थीहरू हरेक हप्ता आउँछन् । नयाँ आउने विद्यार्थीहरूको चापाचापले कतिलाइ अर्को वर्ष पखुस है भनेको छ । अनौपचारिक रुपमा अबिभावकहरूबाटै चलेको नेपाली पाठशालामा अहिले ६ जना नयाँ र पुराना शिक्षक शिक्षिकाहरूले हप्ताको एक घण्टा ति पचासै जना विद्यार्थी भाइबैनीहरूलाई पढाएको कुरा लेख्न पाउंदा असाध्य खुशी लागेको छ । गतवर्षसम्म स्वयंसेवक भएर संगै पढाइरहेका मध्यबाटै केही शिक्षिकाहरूसंग आज भलाकुसारी गर्ने विचार गरेकी छु मैले र वहाँहरूलाई



**We wish you all**  
**Happy Vijaya Dashami & Dipawali 2018**  
**May this Festival Bring Peace, Prosperity, Happiness,**  
**Success & All good things to you and your family**

**Dr. Batu, Puja, Ayushma & Arnav Sharma**



सोधेका प्रश्नको उत्तर जस्ताको तस्तै यहांहरूमा राखेकी छु । खबर पाउं है तपाइहरूलाई कस्तो लाग्यो ।



लामो समयदेखि नेपाली भाषा र संस्कृति सिकाइरहनु भएकी शिक्षिका सुजाता ढुंगेलले मैले सोधेका प्रश्नहरूलाई यसरी उत्तर दिनुभएको छ :

**१. मातृभाषा भनेको के हो ? यसको महत्व के छ ?**

एउटा शिशु यो धर्तीमा जन्मने बित्तिकै उसकी आमाले उसँग आत्मिय भाव मिसाउँदै बातचित गर्न थाल्छन् चाहे त्यो बालकले आमाका कुरा बुझोस् या नबुझोस् । त्यसै भाषा, त्यसै बोलीबाट आफ्नो चालचलन, संस्कृतिले सिंचित गर्दै उक्त बालकलाई वास्तविक जीवन प्रदान गर्छिन ।

उक्त बालक हुर्कदै जाँदा सोही भाषाका व्यक्तीहरूसँगको उठबस र सेरोफेरोमा हुर्कन्छ । जसबाट उसले आफु को हुँ भनेर औल्याउन सक्ने हुन्छ । त्यसैले, वास्तवमा भन्नु पर्दा आफुलाई जन्म दिने आमा र त्यही सेरोफेरोबाट प्रस्फुटित भाषा नै मातृभाषा हो जस्तो मलाई लाग्दछ ।


**२. तपाईं किन अमेरिकामा जन्मेर हुर्कदै गरेका भाइबहिनीहरूलाई नेपाली भाषा सिकाउनु हुन्छ ?** हामी विभिन्न कारणवश नेपालबाट अमेरिका आयौं, बस्यौं । थाहा छैन, कहिले सम्म बसिन्छ । हामी विदेशिएका कारणले हाम्रा सन्तती आज विदेशमा जन्मिरहेका, हुर्किरहेका छन । उनिहरू नेपालीका सन्तान हुन । उनिहरूको नैसर्गिक अधिकार छ नेपाली भाषा सिक्न पाउनु जस्तो मलाई लाग्दछ । कसले र कसरी नेपाली भाषा सिकाइदेलो मेरा सन्तानलाई भनेर मैले कुरेर बस्दा ढिलो भइसकेको हुन्छ भन्ने त्रासले मैले आफै नेपाली सिकाउन सन् २००७ देखि निरन्तर लागि रहेको छु । भविष्यमा यदि यि सन्तानले नै “मलाई नेपाली किन नसिकाएको बालकाकालमा” भनेर प्रश्न गर्दा हामीलाई ग्लानी नहोस्, आफ्नो देश नेपाल जाँदा हाम्रा

सन्तती पराया जस्ता नबनुन भन्नाका लागि नेपाली सिकाएको । मान्छेलाई जे कुराको अभाव हुन्छ नि त्यसैको महत्व ज्यादा हुन्छ । नढाँटी भन्नु पर्दा हामी सब भौतिक सुखसुविधा खोज्दै अमेरिका आयौं र ति सबै सुविधा र सम्पन्नतामा हाम्रा सन्तानहरू हुर्कदै छन तर उनिहरूलाई यो सम्पन्नताको कुनै महत्व हुँदैन किनकी उनिहरूले विपन्नता देखेकै छैनन् । भोली कुरा बुझ्ने भएर नेपाल जाँदा त्यहाँ नेपाली भाषा नजानेको खड्को नपरोस् हाम्रा सन्ततीलाई भन्नाका लागि नेपाली सिकाएको हो ।


आफ्ना आमा बाबु, इष्टमित्र सारासँग हाम्रा सन्तानले सधैं सहजै आत्मसाथ गर्न सक्नु भन्नको लागि र विदेशमा बसेतापनि नेपाली भाषाको सेवा गरेर नेपाल आमा प्रती आफ्नो कर्तव्य पालना र उनी माथि न्याय गर्दै आत्मसन्तुष्टी लिनको लागि म अमेरिकामा जन्मिएर हुर्किएका भाइबहिनीहरूलाई नेपाली भाषा सिकाउँछु ।

**३. नेपाली भाषा सिकाउन कत्तिको सजिलो छ त ?**

एकदमै कठिन छ । त्यसमा पनि विदेशमा (अमेरिकामा) जन्मे हुर्केका केटाकेटिलाई नेपाली भाषा सिकाउनु ज्यादै जटिल कार्य हो । न स्कुलमा देख्छन कसैले नेपाली बोलेको, न रेडियो टिभीमानै आउँछ नेपाली कार्यक्रम, न बाहिर पसल तिर नै कतै कसैले बोलेका हुन्छन् । अझ त्यस माथि कती जनाको त घर भित्र पनि बाबुआमाले अङ्ग्रेजी भाषामा नै कुराकानी गरिदिदा ति कलीला केटाकेटिको मनस्थितिमा नेपाली भाषाले एउटा त्यान्द्रो जतीपनि ठाउँ पाएको हुँदैन । उनिहरूमा नेपाली भाषा प्रती वितृष्णा जागेको हुन्छ । उनीहरूलाई सकभर नेपाली बोल्न नपरे हुन्थ्यो जस्तो हुन्छ, पढ्न नपरे हुन्थ्यो जस्तो हुन्छ अझ त्यस माथि लेख्न त भनै नपरे हुन्थ्यो जस्तो हुन्छ । यस्तो स्थितिका केटाकेटिलाई नेपाली कक्षा हप्ताको एक दिन, एक घण्टा पढाएर बोल्न, लेख्न र पढ्न सिकाउने कुरा कुनै पनि हालतमा चानचुने कुरा होइन जस्तो मलाई लाग्दछ । हाम्रो नेपालका विकट जिल्लाहरू जस्तै हुम्ला, मुगु, डोटी जस्ता जिल्लाका विद्यार्थीहरूलाई अङ्ग्रेजी भाषा सिकाउन र विदेशमा जन्मे



**We wish you all**  
**Happy Vijaya Dashami & Dipawali 2018**  
 May this Festival Bring Peace, Prosperity, Happiness,  
 Success & All good things to you and your family  
**Hom, Dhanu, Aagat & Aalekh Pandey**





हुर्केका बालबालिकालाई नेपाली भाषा सिकाउन उत्तिकै चुनौतीपूर्ण कार्य हो भैं मलाई लाग्दछ। मेरो बिचारमा, सिकाउन गाह्रो हुन्छ भनेर, अथवा यसरी सिकाएर कतिन्जेल साध्य लाग्छ र भनेर सिकाउन नै कोशीश नगर्नु भनेको युद्ध भूमिमा शत्रु सँग सामना नै नगरि डराएर घुंडा टेक्नु जस्तो हो। म योद्धा हुँ म आफु जन्मेको थलो छोडेर आएको एक जवान ब्यक्ती हुँ। मैले नेपाली भाषालाई माया गर्छु त्यसैले यो युद्ध रुपी वातावरणमापनि म सब चुनौतिको सामना गर्दै मैले सके जती, मेरो जिउ ज्यानले धाने सम्म म लडिरहन्छु, सिकाइरहन्छु, कर्म गर्दै जाँदा फल अवश्य मिल्छ ढिलो चाँडो भन्ने कुरामा विश्वास गर्छु।

**४. निरन्तर रुपमा नेपाली भाषा सिकाउन कसरी सम्भव भएको छ ? कसैले सहयोग गरिराखेको छ कि ?** प्रश्नमा यहाँले सहयोग मात्र भन्नु भयो यदि आर्थिक सहयोगको कुरा गर्नु भएको हो भने चाँही त्यसको उत्तर “शून्य” .....हा हा हा!

मैले कहिल्यै पनि शुल्क लिएर नेपाली भाषा पढाउने वा सिकाउने गरेको छैन आजका दिन सम्म, भोली के हुन्छ थाहा छैन। अन्य कुरामा पक्कै सहयोग छ नत्र कसरी यती लामो १२ वर्ष सम्म निरन्तर लागि रहन सक्थेँ र ? सबै भन्दा ठूलो सहयोग मेरो श्रीमान सुनिल ढुंगेलको छ जसले शनिबार आइतबारको समयमा स्वयंसेवक भएर नेपाली भाषा पढाउन जाँदा आजसम्म एक पटक नजाउ भन्नु भएको छैन। सधैं मलाई उत्साह र जांगर भरिदिने मेरा श्रीमानलाई यसै अन्तर्वाताको माध्यमबाट धन्यवाद दिन चाहन्छु। उहाँको साथै मेरा तिनै जना छोरा छोरी सुकृति, सुहानी र सुभमहरूको पनि सहयोग छ मलाई। कुरा बुझिदिन्छन आमा ब्यस्त छे सधैं भनेर। उनिहरूलाई सरसफाइ गरिदिने बेला, पार्कमा खेलाउन लाने बेला, बजार घुमाउन लाने बेलामा मैले नेपाली कक्षा जानु पर्छ भन्दा जान्न भन्दैनन्। कती पटक त नेपाली कक्षा भएकै बेलामा उनिहरूका साथीहरूको जन्मदिनको पार्टी परेको हुन्छ तर उनिहरूलाई थाहा छ नेपाली कक्षा पछि मात्र वा अघी मात्र पार्टी जान पाइन्छ भनेर। त्यसमा उनिहरूले कहिल्यै झगडा गर्दैनन्। मलाई अहिले एउटा कुराको याद आयो, मैले नेपाली भाषा पढाउन शुरु गर्दा सानी छोरी ३ वर्षकी थिई। छोरा सुभमलाई त मैले २ महिनाको हुँदा देखी कारसिटमा बोकेर नेपाली भाषा पढाउन जान्थेँ। पारिवारिक सहयोग यसरी प्राप्त भएको छ मलाई। यसको अलावा २००७ देखी २०११ सम्म नेब्रास्का नेपाली सोसाइटी र २०१२ देखी हालसम्म नेपाल सेन्टर अफ नर्थ क्यारोलिनाले नेपाली भाषा सिकाउने, पढाउने

एउटा नेपाली पाठशाला रुपी चौतारीको बन्दोबस्त गरिदिएको छ जुन चौतारीमा मलाई विभिन्न गुरु तथा गुरुआमाहरूले सधैं मद्दत गर्नु हुन्छ पढाउनका लागि। तिनै गुरुआमाहरू मध्य कि एक तपाईं पनि हुनुहुन्छ। सधैं साकारात्मक सोचले निरन्तरता दिने केही अभिभावकहरू हुनुहुन्छ उहाँहरूको शुभकामनाले पनि मलाई अघी बढ्न अप्रत्यक्ष रुपमा सहयोग भइरहेको छ।

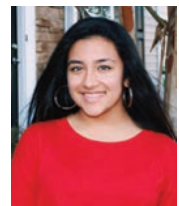
**५. अमेरिकी ब्यस्त जीवनमा भाषा सिकाउन कसरी समय निकाल्नु हुन्छ ?**

अरुको जस्तै ब्यस्त छ मेरो जीवन पनि। सोमबार देखी शुक्रबार सम्म बिहान ८ बजेदेखी सांझ ५ बजेसम्म कार्यालयमै हुन्छु। सांझ ६ बजे देखी ९ बजे सम्मको समयमा छोरा छोरीलाई विभिन्न अतिरिक्त कृयाकलापका कक्षामा ल्याउदा लाँदा, उनिहरूलाई खुवाइ पिलाई, गृहकार्य गराउदा गराउदै निन्द्राले छोपिसकेको हुन्छ। बाँकी रह्यो शनिबार र आइतबार त्यही २ दिनमा बाँकी सम्पूर्ण सामाजिक कार्य लगायत आफ्नो घरको काम सिध्याउनु पर्छ। सोही दिन अलिकती समय परिवारसँग सुटुक्क चोरेर नेपाली पढाउन जान्छु। भनिन्छ नि जहाँ इच्छा त्यहाँ उपाय भनेर।

**६. तपाईंले पढाएका विद्यार्थीहरूसँग तपाईं के आशा राख्नु हुन्छ ?**

कक्षामा निरन्तर रुपमा आऊन। कहिले आउने कहिले नआउने नगरुन्। यती दुख्ख गरेर पढाएको बालुवामा पानी हाले भैं खेर नजाओस्। नेपाली कक्षामा आएर मात्र पनि हुँदैन कमसेकम घरमा पनि हप्तामा एकपटक आमा बाबा सँग बसेर पढुन, गृहकार्य गरेर ल्याउनु जस्तो लाग्छ। नेपाली भाषा र संस्कृतिलाई पनि एउटा अभिन्न अंगको रुपमा लिउन, लेखुन, पढुन, एउटा असल नागरिक बनुन, आफु बसेको समाज र नेपाली समाजलाई सधैं गरिमामय बनाउनु। नेपाली भाषालाई पनि आफ्नो उन्नतीको शिखर सम्म पुर्याउनु। अनी उनिहरूले त्यस्मा गर्ब गरुन र हामीलाई पनि गौरवान्वित तुल्याउनु। त्यती गर्दा गर्दै पुनः नेपाली भाषा अर्को पिढिमा सार्ने बेला भईसकछ। अहिले मैले सिकाए भैं मेरा विद्यार्थिले पनि भोली नयाँ आउने पिढिलाई नेपाली भाषा सिकाउदै जाउन्। नेपाली भाषालाई बिदेशमै (अमेरिकामै) बसे पनि अजम्बरी बनाइरहनु।

मेरी विद्यार्थी आयुशमा शर्मा जो अहिले शिक्षिका भएर अरुसंगै साना भाइबैनीहरूलाई नेपाली पढाइरहेकी छन्। मैले सोधेका प्रश्नहरूलाई उनले यसरी उत्तर दिएकी छनः



### 1. Why do you like Nepalese language?

I do not just like the Nepalese language, I love it. A very wise man named Edmund de Wall once said "With languages, you are at home anywhere." Growing up thousands of miles away from my motherland, our Nepalese language was the most important way that I preserved the cultures and values of home. It was the first language that I learned to speak while growing up, and I cherish everything that I have gained from the language. Growing up in America, we are bound to learn English. However, I have learned that while one language may set us in a corridor for life, a second language will open every door along the way. Our Nepalese language has done that for me, and that is why I love it the most.

### 2. Do you have any interesting things to remember when you were learning Nepalese language at the very beginning?


My family and I migrated to the U.S. when I was three years old, so I was already able to speak Nepalese. I remember beginning to learn English, and being very confused on which language to use at which setting. In order to assure that I would never forget our language, my family and I made a rule that once we are inside of the house, we can never speak in English. Because of that rule I can still speak Nepalese very fluently. The hard part came when I began learning how to read and write Nepalese. I first began going to Nepalese school in Omaha, Nebraska. While attending there, Sujata aunty was my teacher, and I learned a lot of my writing from there. I remember at the beginning, having a lot of trouble remembering all of the alphabet. I would learn the first few lines, master them, and move on to the last few lines, and by the time I had learned the last few lines, the first few would once again become confusing. While writing, I also remember frequently writing letters backwards. Especially 'Ba' and 'Wuh'. I learned that it's a process, and only a lot of practice can help you get better. Reading Nepalese was the same way. At first, I was very -very slow, but with practice, I gradually got better.

### 3. There are plenty of areas to do volunteering, but how did you motivate to teach Nepalese language?


While it is true that there are many different areas where I can volunteer, not everyone has the opportunity to volunteer at a Nepalese school, teaching a language that I am so proud to speak. I grew up going to Nepalese school, and I remember always looking up to the 'uncles' and 'auntys', 'dais' and 'didis' wishing I could teach the same way that they taught me. So after I graduated Nepalese school in 2015, I was ecstatic to finally have the opportunity to pass on the knowledge that I have learned to others. Nepalese school has not only given me that opportunity, but it is also a great way for me to refresh my memory, and ensure that I never forget how to read and write as well. As I always say, practice makes perfect! On top of that, I love being around little kids, and teaching at Nepalese school means I get to be around them all the time. Not only am I able to teach little kids how to read and write Nepalese, but I also have the opportunity to teach dance there. As many people know, I am a huge dance enthusiast, so I really enjoy being able to teach the kids. I am motivated to teach Nepalese language at Nepalese school because it is the perfect platform for me to do all the things I love. I consider myself very lucky to have that opportunity.

### 4. You are a high school student, isn't it hard to balance both Nepalese and English language?

Because I have been speaking both languages for so long, I think I have found a good balance between the two, but I remember it being very difficult when I was a kid. I remember going to the park and talking to kids in Nepalese, and then later crying because they could not understand what I was saying. The same used to occasionally happen at school. At home, although I tried my very best to not speak English, I remember occasionally having to speak it to get my point across. It's hard when you are a little kid trying to balance both languages at once. But after a while, it became a lot easier. The same happens with balancing the Nepalese and American culture. We are expected to follow both cultural norms, but for people of any age, that can be difficult to adjust to. Now, as a high school student, I think I have found a balance between the two. By no means is the balance perfect, but it has been working well for me.



विजया दशमी र दीपावली २०७५ को उपलक्ष्यमा सम्पूर्ण नेपाली  
दाजुभाइ तथा दिदीबहिनीहरुमा हार्दिक मंगलमय  
शुभकामना व्यक्त गर्दछौं ।  
जीतमान, सरिता तथा सजित बस्नेत



## सावधान !

शिखर दुलाल



धेरैजसोको लागि सबैले भन्ने गरेको “सपनाको देश अर्थात् स्वर्गको देश” अमेरिका एकपटक घुम्न जान वा बस्नलाई मन लाग्छ नै । जीवनमा आँखाले हेर्ने भ्याएसम्म र खुट्टाले हिँड्न पाएसम्म हेर्न र घुम्न मिल्ने जति ठाउँहरू सकसम्म हेर्न पाए सहजै प्राण जाने र यो संसारमा जन्मे हर्केको पनि सार्थक हुन्थ्यो भन्नेहरू धेरै छन् । अमेरिकामा धेरै वर्ष जीवन बिताइसक्नु भएकाहरूलाई त धेरै कुराको अनुभव भैसकेको । भर्खर भर्खर यू. एस. ए. भित्रिनु भएका नव परिवारहरूका लागि मेरो भोगाईको अनुभव सुनाउँदै छु । मैले लेखेका घटनाहरू तपाईंको जीवनमा पनि घटेको हुन सक्छ त्यसलाई कागताली मात्र सम्झनु होला । केही हानी पुऱ्यायो भने क्षमा चाहन्छु नि, नरिसाउनु होला । स्वर्ग भन्दा पनि “जान्नेलाई श्रीखण्ड नजान्नेलाई खुर्पाको बिड” भन्ने नेपाली उखान यो देशमा पनि लागू हुने रहेछ । भाग्य र आफ्नो चरितार्थले निकै माथि आकासिएका नेपालीहरू पनि यहाँ हुनुहुन्छ । मै हूँ भनेर अरुका कुरा कोट्याएर हिँड्ने साथीभाइहरू पनि जहाँको त्यहि हुनुहुन्छ । जान्ने खोज्नेहरूलाई यहाँ मनग्य अवसरहरू पनि छन् । नजान्नेहरूका लागि हाडे ओखर पनि हो अमेरिका । तर यहाँको मुख्य विशेषता भनेकै खान र लाउनका लागि गच्छे अनुसारको किनमेल गर्ने बजार भएकोले थोरै कमाउनेहरूले पनि आनन्दको जीवन व्यति तर्गन सकिन्छ । काम जेसुकै गरे पनि ठूलो र सानो भन्ने छैन । तँ त सानो काम गर्ने मुले भन्ने यहाँ हुँदै हुँदैनन् । गरि खाने जो कोहिले पनि होचिएर बस्नुपर्ने भन्ने यहाँ हुँदैन । आफ्नो गरिखान सबै स्वतन्त्र छन् । त्यसैले त स्वतन्त्रको देश भनेर भन्ने गरिन्छ नि अमेरिकालाई । धेरै गन्थन भन्दा पनि म मूल चुरो तिर बाटो लाग्छु । अमेरिकामा थाहा पाउँदा पाउँदै पनि थोरै तिनो गल्लि कमजोरीले गर्दा कतिले निकै टाउको दुखाउनुपर्ने भन्फटहरू आइपर्ने गर्दछन् । एक मेरो मित्रको भएको छोटो कहानी यहाँ भन्न मन लाग्यो । आमा बालाई अमेरिका आउने भिसा भैसके पछि सस्तो प्लेन टिकट खोज्ने क्रममा यहाँबाट भन्दा नेपालबाटै खरिद गर्ने सल्लाह एक अमेरिकी मित्रबाट पाएछन् । नभन्दै टिकट पनि भनेकै दिनमा पाइयो रे । आफ्नै काकाको छोरा नेपालको कुनै टाभल एजेन्सीमा काम गर्दो रहेछ । उसैले मिलाइदिएको टिकट भनेजस्तो नै पाइएछ । ट्रान्जिट पनि धेरै नभएको ट्विल चियरमा गजल भै हाल्यो भनेर सबै हुक्क । आउनुपर्ने थियो मेरिलेण्ड । थाई एयरको बोइङ राम्रो पनि । आइपुग्ने दिन

धन्न बिहान आइपुग्ने समय रहेछ । वासिङ्टन डिसीको दलास एयरपोर्टमा कर्दा कर्दा बिहान हराईसक्यो अतोपत्तो नभएपछि सोधिखोजी गर्दा पो छाँगाबाट खसेछन् मित्र । बा आमाको प्लेन त टेक्सस् डलास एयरपोर्टमा अवतरण भएको खबर मिल्थ्यो । अलि राम्ररी टिकट सिकट पनि नहेरि डिसीको डलास एयरपोर्ट भनेर मित्रको काकाको छोराले टेक्सस् को डलास एयरपोर्टको टिकट काटिदिएछ । बुबा आमा उडेको बेलुका नै टिकट काटिदिने मुखले यो कुरो टिकट रंग एयरपोर्टको परेको खबर त पाएछ तर पनि कसले हो डलास र डलास नजिक नजिकैका एयरपोर्ट हुन् भनेर चुपचाप बसेछ ।

अन्तमा के कसो गरेर धन्न टेक्ससमा एकजना चिनेको मित्रलाई फोन गरेर एयरपोर्ट पुग्दा भण्डै उहाँहरूलाई पुनः नेपाल रवाना गर्ने व्यवस्था हुँदाहुँदै गर्दा फेला पारेर भनसुन फोन गराएर इमिग्रेसनबाट फुत्काएर पर्सीपल्ट उनका मित्र आफैले प्लेनमा लिएर आएको कथा मेरो मित्रले सुनाए । यसरी सानो एउटा गल्लीले नचाहिँदो भन्फट भमेलामा हामी अब नपर्ने भन्ने मेरो चाहना है ।

यस्तै खालको अर्को एउटा घटना मसँग अझ ताजै छ । भर्खर आएका इष्टमित्रहरूलाई अपार्टमेन्ट लिन र गाडी खरिद गर्ने कोसाइनर बस्दा पाइएको दुःख सम्बन्धी घटना हो यो । एकजना मित्र डि.भी. परेर आउनुभयो मेरोमा साथी भनेर । उहाँको परिवारमा चारजना हुनुहुन्थ्यो । छोरा मिडल स्कूल जाने र छोरी किण्डर गार्डेन जानु पर्ने । क्रेडिट कार्ड हालेर ग्रीन कार्डको लागि अप्लाई गरियो तर मित्रले सितै आउँछ भन्थानेका रहेछन् । यहाँ आइपुगेको दुई हप्ता मित्रमा क्रेडिट कार्ड वा डेबिट कार्ड हालेर अप्लाई गर्नुपर्ने । साथीलाई कसले हो यो सितै आउँछ पैसा तिर्नु पर्दैन भनेका रहेछन् । आफै आउँछ भनेर जित्न खोज्छन् बा । जसोतसो सम्झाएर पैसो तिरियो ग्रीन कार्ड पनि सबैजनाको आयो राम्रो भयो । काम खोज्ने सवालमा पनि ग्याँस स्टेशनतिरको काम आफू सुहाउँदो नभएको भन्छन् गर्ने मान्दैनन् । नेपालमा मन्त्रालयमा अफिसर भै खाँदा भएका मित्र त्यही खाले जागिरको आश गर्छन वा । सम्झाई बुझाई गरेर बल्ल तल्ल वाल्मार्टको रातिको लागि माल सामान स्टक गर्ने जागिर खान राजी भए । श्रीमती पनि सब वे मा समय मिलाएर काम सुरु गरिन । हामी दुई बूढाबूढीको काम फरक दिन परेकोले उनीहरूलाई काममा लगिदिन र ल्याउन म्याराथन सुरु भयो । बेलुका भेला भएर फेरी उही अफिसियल जागिरकै कुरा हुन्थ्यो । राम्रो




जागिर भएपछि चै अपार्टमेन्ट लिनुपर्ला जस्तो कुरा गर्न थाले मित्र त । अर्को हप्ता भित्रको घैँटामा घाम लागेछ । ल अपार्टमेन्ट खोज्नु परो गाडी पनि किन्नु परो भन्ने कुरामा आए । आफूलाई पनि ठूलो परिवार अलि धेरै भैसकेकोले भोली नै कोठा खोज्ने कुरो भयो । अपार्टमेन्टमा उनीहरुको केही क्रेडिट नभएकोले महिनाको २०० डलर बढी ( ७००+२००) नौ सय मासिक तिर्ने शर्त राख्यो लिसिंग मेनेजरले । म आफू जान्ने भएर कोसाइन बसेर त्यो २०० डलर हटाइदिँदो भए । भर्खर आएका छोराले छुन भन्ने हिसाबले आफू सहयोगी बन्दो भए एकवर्षको लिज गरियो । धरौटी २००० डलर मैले नै पछि तिर्ने गरि राखिदिए । उनीहरु सरे पनि । आफूसँग भएका केही सामग्रीहरु सहयोग पनि गरियो । दुई हप्ता भएपछि एउटा सेकेन्ड हेन्ड होन्डा गाडी पनि ठिकै दाममा पाइयो । बैंकबाट ८००० लोनमा मासिक १०५ डलर तिर्ने गरी त्यो पनि कोसाइन बसेर किनियो । गाडी सिके । लाइसेन्स पनि लिए । जिविको चल्दै थियो । तेस्रो महिनाको दिन हामीलाई खाना खान बोलाए मित्रले । खाना खान बस्दा बस्दै मित्रले आफू त अर्को स्टेटमा बसाई जाने कुरो पो गरे बा । मैले सम्झाएँ जहाँ गएपछि हामी सुरुमा यहाँ आउनेहरुले पाउने जब त्यस्तै हो सबकुरा बिस्तारै मिल्दै जान्छ । मित्रको मित्रले उता कनभेनिएन्ट स्टोरको म्यानेजर भएर काम गर्न आउनु भनेका रहेछन् । पछि थाहा भो तिनलाई पनि स्टोर चलाउने अलि भरपर्दो नेपाली परिवार चाहिएको रहेछ । मित्र त जाने नै भए तर अपार्टमेन्टले बाँकी तीन महिनाको मासिक लिज र धरौटी भ्रवाम पार्ने भो । म आफू कोसाइनर भएकाले मेरो काँधमा त्यो भार पर्ने भो । गाडीको पनि त्यही पारा हुने भो । गाडी त बेचे केही घाटा भए पनि फरक पर्दैन भन्नेमा म थिए तर अपार्टमेन्टको मेरो ऋण चै उनी मेनेजर भएर कमाएपछि तिर्ने कुरो गरे, नगई नछोड्ने भए आखिर मलाई ऋण लगाएर गए । गएपछि सुरुका केही दिन त गफ भयो तर पछि पछि फोन पनि गरेनन् । त्यो अपार्टमेन्टमा मैले एकजना मित्रलाई राखेर सापोनापो मिलाए, यो आफ्नै घटना । यसरी सानोतिनो कुराले ल्याउने भन्कटमा अरु कोही नफसोस् भन्ने मेरो चाहना नि । त्यस्तै थुप्रै घटनाहरु घट्न सक्छन् नजानेर वा ख्याल नपुग्दा । यस्तै अर्को घटना: एक मित्रले घरको बेसमेन्ट

भाडामा लगाउनु पथ्यो, खाली खाली नै भो, किचने पनि छ एउटा फेमिली मज्जाले बस्न सक्छन् भन्ने हेतुले इन्टरनेटको सहारा लिएछन् भाडामा बस्ने मान्छे खोज्ने । नभन्दै तेस्रो दिनमै एक डाक्टर हुँ भन्नेले सम्पर्क गरेछ । डाक्टरको भनाई अनुसार ऊ कोरियाबाट यू.एस.ए. आउन लागको अब यू.एस.ए. मै बस्ने गरि । घर भाडा महिनाको ५०० डलर दिने गरी समझदारी पनि भएछ । हामीसँगै काम गथ्र्यौं मित्रले घर भाडामा लाग्ने भो टेनेन्टले तीन महिनाको १५०० डलर पनि मेरो बैंक खातामा जम्मा गरिसक्यो भनेर खुसी व्यक्त गरे । त्यस्को तेस्रो दिनमा साथी न्याउरो मुख लगाएर कुरा गर्न थाले । त्यो फ्रड रहेछ । मेरो बैंकबाट सम्पूर्ण रकम लग्यो । बैंकले पनि दिएछ । बैंकमा फ्रड प्रोटेक्सन लि भन्दा पनि लिएको थिएन मैले मेरो ९००० डलर त्यसले लग्यो । रिपोर्ट त गरेको छु तर पाउने आश रहेन । उनको पैसा सबै भ्रवाम पारेछ कोरियन डाक्टरले ।

यी त भए मैले मात्र जानेका भैसकेका घटना । यस्तै प्राकृतिक सयौं घटनाहरु गर्छन् अमेरिकामा । कहिले तपाईंलाई यू.एस. गभर्मेन्टका लागि सेलेक्ट गरेको छ लाखौं डलर क्लेम गर्न कल गर अर्थात् प्रोसेसका लागि फलानो ठाउँमा यति पैसा मनिग्राम मार्फत पठाऊ । अफ्रिकाको धनी परिवारको त्यति लाख डलर उसका सन्तान नभएकोले तिमी सच्चा इमान्दार सिटिजन भएको नाताले सेलेक्ट भएका छौ । तिम्रो पैसा क्लेम गरिहाल, तिमीले गरेको ट्याक्स फाइलिङ सहि छैन त्यस वापत तिमीलाई केही दिनमै पुलिसले समाउँदै छ त्यसबाट बच्ने हो भने यो नम्बरमा सम्पर्क गर भन्ने जस्ता कयौं फोनहरु आउने गर्दछन् । ति फोनका मिठा र तिता कुरा मात्रै हुन् । तपाईंको गल्लि भए यू.एस.आर ले फोन कहिले पनि गर्दैन उसले तपाईंलाई बकाइदा चिठी पठाउँछ, समाधानको उपाय सहित । कोहि पनि त्यस्ता फ्रडहरुको कारण भन्कटमा नपर्नुहोला भन्ने पनि मेरो चाहना ।

आफू सेक्योर रहन आफ्नो नाम, थर, जन्ममिति सार्वजनिक मिडियाहरुमा नराख्नुहोला । सोसियल सेक्युरिटी नम्बर र हितैषी मित्रलाई पनि नदिनुहोला । ड्राइभिङ लाइसेन्स, क्रेडिट कार्ड वा हरेक आइडीहरु सुरक्षित राख्नुहोला । विभिन्न बहानामा लुट्ने, धमक्याउने, लोभ्याउने र ठग्नेहरुबाट सावधान रहनुहोला है, सिध्याउलान् । ईति ॥




**We wish you all**

**Happy Vijaya Dashami & Dipawali 2018**

**May this Festival Bring Peace, Prosperity, Happiness,**

**Success & All good things to you and your family**

***Shiva Bhattarai & Family***



## ट्रायड क्षेत्रमा टि. एन. सि. सि. (TNCC) को परिचय

गीता कंडेल

प्रवासमा रहेका नेपालीहरूको सुख दुःखको साथी बन्दै नेपाली कला संस्कृति र नेपालीपनलाई जीवन्त राख्ने उद्देश्यका साथ सन् २०१० सालमा स्थापना भएको हो ट्रायड नेप्लिज कम्युनिटी सेन्टर (टि. एन. सि. सि.) विभिन्न समस्याहरूसँग जुध्दै संघर्ष गर्दै आज टि.एन. सि. सि. आफ्नो खुट्टामा उभिन सफल भएको छ । सुरुवातका दिनहरू सम्झदै असम्भव जस्तै लाग्छ आजको यो दिन । १५/२० जना सदस्यहरूको साथ लिएर बसन्त खड्काको अध्यक्षतामा स्थापना भएको थियो । विस्तारै सहयोगी हातहरू खोज्दै संघर्षका दिनहरूलाई आत्मसाथ गर्दै सदस्यता बढाउँदै हामीले टि एन सि सि के हो भनेर चिनाउन सफल भएका छौं जस्तो लाग्छ । पहिलो कार्यकाल बसन्त खड्काको अध्यक्षतामा भएको

थियो । यस कार्यकाल सुरुवात थियो । नेपालीहरूको जमघट थोरै त्यहि थोरै संख्यालाई एउटा नाम दिने हेतुले संगठनको रूप लियो । बसन्त खड्काकै अध्यक्षतामा संस्थाको फन्ड राइजको पनि स्थापना भयो । जसबाट संस्थालाई निकै सहयोग पुग्यो, यसले संस्थाको आर्थिक पक्षलाई निकै सहयोग मिल्यो र आज सम्म पनि यो कार्य अगाडि बढिरहेको छ । विस्तारै लाइफ मेम्बरहरू पनि बढाउँदै गइयो, सदस्यहरूको संख्या पनि बढ्दै गइरहेको छ, यो कुरा टि एन सि सि आभारी छ । दोस्रो कार्यकाल डा. नारायण खड्काको अध्यक्षतामा भयो । यस कार्यकालमा पनि निकै महत्वपूर्ण कामहरू भए । महत्वपूर्ण कार्यमा टि एन सि सि को नाउँमा जग्गा किनियो । जुन कार्य थाल्दा टि एन सि सि का हातमा आर्थिक रकम निकै कम थियो, तैपनि नेपाली जनसमुदाय माथिको भरोसालाई आत्मसाथ गरेर कार्य अगाडि बढाइयो र सफल पनि भइयो । त्यहि कार्यकालमा ग्रिन्सब्रोरोको केही संस्थाबाट पनि आर्थिक सहयोग भयो साथै ट्रायड नेप्लिज कम्युनिटी सेन्टरकै सदस्यहरूका कार्यस्थलबाट पनि आर्थिक सहयोग प्राप्त भएको

थियो । त्यस्तै नेपाली ट्रायड बासीहरूकै सहयोगमा नेपाली पाठशालाको स्थापना भयो । आफ्ना छोराछोरीहरूलाई आफ्नो मातृभाषाप्रतिको मायामोह कायम राखिरहनको लागि यो कदम पनि अगाडि बढाइयो र आजसम्म पनि पाठशालाले निरन्तरता लिइरहेको छ । त्यस्तै नेपाली कला साहित्यलाई जगेर्ना गर्ने र टि एन सि सि भित्रका समाचारहरूलाई सम्पूर्ण ट्रायडबासीहरूको अगाडि ल्याउने हेतुले त्रिवेणी त्रैमासिक पत्रिकाको प्रकाशन कार्य पनि सुरु गरियो । आज पनि त्रिवेणी न्यूज लेटर प्रकाशन कार्य सूचारु रूपमा अगाडि बढिरहेको छ । विभिन्न महत्वपूर्ण कार्यमा टि एन सि सि कै हाताभित्र नेप्लिज हेरिटेज सेन्टर अफ क्यारोलिनाज् एन् एच् सी सी भवन बनाउने भनेर पहलहरू भए । आर्थिक अभावका कारण विभिन्न समस्याहरूसँग लड्दै, बाधाहरूलाई पार लगाउँदै भवन निर्माणको कार्यलाई सूचारु गरियो । आर्थिक संकलन तथा भवन निर्माणको लागि औपचारिक कार्यहरू अघि बढिरहेका छन् ।

हाल चलिरहेको कार्यकाल सान्त्वना खड्काको अध्यक्षतामा अगाडि बढिरहेको छ । यस कार्यकालमा पनि विभिन्न कार्यहरू भइरहेका छन् । धार्मिक आस्था तथा आर्थिक संकलनको उद्देश्यले सात दिने श्रीमद्भागवत महापुराण यहि कार्यकालमा सम्पन्न भयो । जसले टि एन सि सि लाई चिनाउन सफल भएको छ । जसबाट भवन निर्माणमा निकै ठूलो मद्दत मिलेको छ । यही कार्यकालमा भवन निर्माण कार्यका लागि कार्यसमिति गठन भयो, जसको अध्यक्षतामा प्रशिम पौड्यालले गरिरहनु भएको छ । इन्जिनियरहरूसँग सहकार्य गर्दै औपचारिक कार्य सुरु भएको र इन्जिनियरहरूका अनुसार नाप नक्सा तथा डिजाइन आउन बाँकी रहेको कुरा अवगत गराउन चाहन्छौं ।

त्यस्तै हालैमात्र युवाहरूलाई आत्मसाथ गरी “नयाँ पुस्ता” समर क्याम्पको पनि आयोजना गरिएको छ ।



**We wish you all**  
**Happy Vijaya Dashami & Dipawali 2018**  
**May this Festival Bring Peace, Prosperity, Happiness,**  
**Success & All good things to you and your family**

***Dr. Shraddha Devkota & Family***



जसले गर्दा अमेरिकामै जन्मिएका नेपाली छोराछोरीहरूलाई नेपालीपन, गीताको अध्ययन, लिडरसीप, सोसल जस्टिस तथा अन्य थुप्रै विषयहरूमा ज्ञान गराइएको थियो । नेपाली हिन्दु धर्म र संस्कृतिको जगेर्ना गर्ने हेतुले टि एन सि सि ले मासिक भजन सत्सङ्ग तथा नेपाली कला र संगीतलाई उत्प्रेरित गरि



कलाकारहरू अगाडी सार्न र कलाको सम्मान गर्ने हेतुले नृत्य, गीत, संगीत कार्यक्रम शरगमको नाममा अधि बढिरहेको छ । ट्रायड क्षेत्रमा बसोबास गर्ने आमाहरूले धार्मिक कार्यलाई अगाडि बढाउँदै भजन मण्डलीको पनि स्थापना भएको छ । यस कार्यमा टि एन सि सि आभारी पनि छ ।

गतका वर्षहरूमा भन्दा यस वर्ष ट्रायड नेप्लिज कम्युनिटी सेन्टरको निगरानीमा निकै महत्वपूर्ण कार्यहरू सम्पन्न भए जसले ट्रायड क्षेत्रमा टि एन सि सिलाई चिनाउन महत्वपूर्ण भूमिका खेलेको छ । यस्तै यस्तै धेरै कार्यहरू

भए र भइरहने छन् । मात्र खाँचो र नेपाली एकता र आफ्नोपनको । जबसम्म नेपालीहरू एकताबद्ध हुन्छन्, तबसम्म नेपाली बिचको भाइचारा बलियो भइरहन्छ । अन्त्यमा यो आग्रह गर्न चाहन्छु, टि एन सि सि मा भिजिट गर्न आउनुहोला, हेर्नुहोस् अनि कृपया सल्लाह सुझावहरू दिनुहोला । हामी सदैव हजुरहरूकै मार्ग दर्शनमा कदम

अगाडी बढाइरहने छौं र यस संस्थालाई नेपालीहरूकै नमूना संस्थाको रुपमा सफल बनाउन कटिबद्ध छौं । यदि तपाईंहरूलाई टि एन सि सि प्रति केही जिज्ञासाहरू छन् भने तथा टि एन सि सि भित्र रहेर ट्रायड कम्युनिटी सेन्टरलाई केहि सहयोग गर्न चाहनुहुन्छ भने ट्रायड कम्युनिटी सेन्टरले नेपालीहरू तथा नेपाली कला र संस्कृतिको लागि केही उदाहरण बन्न सक्छ जस्तो लाग्छ र हामीले सहयोग गर्नुपर्छ जस्तो लाग्छ भने, कृपया हाम्रो वेबसाइटमा भिजिट गर्न सक्नुहुन्छ । धन्यवाद ।



**We wish you all**

**Happy Vijaya Dashami & Dipawali 2018**

May this Festival Bring Peace, Prosperity, Happiness,  
Success & All good things to you and your family

***Rabindra Karki & Family***



**We wish you all**

**Happy Vijaya Dashami & Dipawali 2018**

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***Kamal Kafle, Preeti Sharma, Utsav Kafle, Dev Kafle***



**We wish you all**

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***Pranab Shrestha & Puja Shrestha, Apex, NC***







बाबुराम पोखरेल

पछिल्लो समय विश्वव्यापीकरणसँगै नेपालीहरू पनि संसारका विभिन्न देशहरूमा पुगेका छन् । रोजगारी, अध्ययन र अन्य सिलसिलामा भन्दा ५० लाख भन्दा बढी संख्यामा नेपाली नेपाल बाहिर रहेको अनुमान गरिन्छ । अमेरिका, क्यानडा, अष्ट्रेलिया, बेलायत आदि देशहरूमा त नेपालीहरूले स्थायी बसोबास समेत थालेको पाइन्छ । भूगोलको जुन कुनामा पुगे पनि हामी नेपालीहरू भावनामा नेपाली नै भएर रमन चाहन्छौं । यसैले हामी जहाँ जहाँ रहेपनि औपचारिक या अनौपचारिक रूपमा संगठित भएर रहने गरेका छौं । हामी बस्ने सहरहरूमा नेपाली मूलका सामुदायिक संस्थाहरू खुलेका छन्, तिनले नेपाली विभिन्न सामाजिक, सांस्कृतिक कार्यक्रमहरू गर्दै आएका छन् । यसका अतिरिक्त विभिन्न पेशा र चाहनाका आधारमा पनि प्रवासमा थुप्रै संघसंस्थाहरू खुलेका छन् । यी सबै खाले संघसंस्था भन्दा फरक र बृहत उद्देश्यका साथ नेपाल बाहिर बस्ने सबै नेपालीको साभार र छाता संगठनको रूपमा काम गर्ने संस्थाको खाँचो महसुस गरी सन् २००३ मा गैर आवासीय नेपाली संघ (एन.आर.एन.ए) को स्थापना गरिएको छ । १६ भन्दा बढी देशबाट १ सय ६० जनाभन्दा बढी नेपालीहरूको उपस्थितिमा ११ अक्टोबर २००३ मा काठमाडौँमा पहिलो पटक विश्व सम्मेलनको आयोजना गरी विधिवत रूपमा यो संगठनको स्थापना गरिएको हो । कुनै पार्टी निरपेक्ष, कुनै धर्म, क्षेत्र र जाति निरपेक्ष होस्, जहाँ विदेशिएका सबै नेपाली अटाउन सक्नु भनेर स्थापित यो संस्थाले आफ्नो स्थापनाकाल देखि नै विदेशमा बसेका नेपालीहरूबीच भाइचाराको वृद्धि गर्ने, विदेशमा नेपाली भाषा र संस्कृतिको जगेर्ना गर्ने र विदेशमा कमाएको धन र ज्ञानबाट नेपालको समृद्धिमा टेवा पुऱ्याउने उद्देश्य राखेको छ । गैर आवासीय नेपाली संघ (एन.आर.एन.ए) अहिले विश्वको ७८ मुलुकमा स्थापना भएको छ । गत वर्ष काठमाडौँमा सम्पन्न आठौँ विश्व सम्मेलनसम्म आइपुग्दासम्म करिब ७० हजारभन्दा बढी पञ्जिकृत सदस्य छन् ।

नेपाल सरकारको परिभाषा अनुसार २ वर्षभन्दा बढी बाहिर बस्ने नेपालीहरू गैर आवासीय नेपाली हुन् । पञ्जिकृत सदस्य संख्याको आधारमा संयुक्त राज्य अमेरिकाको गैर आवासीय नेपाली संघ राष्ट्रिय समन्वय समिति सबैभन्दा ठूलो मानिन्छ । हालसम्म एन.आर.एन.ए अमेरिकामा सत्र हजार भन्दा बढी पञ्जिकृत सदस्य छन्

भने चौबिस राज्यहरूमा च्याप्टरहरू खुलेका छन् । यी मध्ये नर्थ क्यारोलाइना च्याप्टर पनि एक सक्रिय च्याप्टरको रूपमा क्रियाशिल छ । पहिलो पटक सन् २०१५ मा स्थापित नर्थ क्यारोलाइना च्याप्टरको हाल दोस्रो कार्यकाल हो । हाल नर्थ क्यारोलाइनाबाट करिब चार सय जना पञ्जिकृत सदस्य छन् भने विभिन्न शहरको प्रतिनिधित्व गर्दै ११ सदस्यीय कार्यसमिति छ । नर्थ क्यारोलाइना च्याप्टरले आफ्नो स्थापना कालदेखि नै स्थानीय संघ संस्थाहरूसँगको सहकार्यमा नेपाली समुदायको हितका लागि कार्यक्रमहरू गर्दै आएको छ । गैर आवासीय नेपाली संघले गर्ने कार्यक्रमहरूमा स्थानीय च्याप्टर, राष्ट्रिय समन्वय समिति र अन्तर्राष्ट्रिय समन्वय समितिको आ-आफ्नै दायरा छन् । यद्यपि यी कार्यक्रमहरूलाई मुख्य रूपमा तीन भागमा वर्गीकरण गर्न सकिन्छ ।

१. गैर आवासीय नेपालीको हक हित

गैर आवासीय नेपाली संघ मूलतः गैर आवासीय नेपालीहरूद्वारा स्थापित संस्था हुनाले यस संस्थाले गर्ने कार्यक्रमहरू देशभित्र या बाहिर गैर आवासीय नेपालीहरूकै हक हित संरक्षण र प्रबर्द्धन गर्नमै केन्द्रित छन् । देशभित्र गैरआवासीय नेपालीहरूकै हक हित संरक्षण गर्नको लागि एनआरएनले “एकपटकको नेपाली सदाको नेपाली” भन्ने नारालाई आफ्नो स्थापनाकाल देखि नै जोडतोडका साथ उठाएको छ । फलस्वरूप संघिय नेपालको नयाँ संविधानको धारा १४ मा “विदेशी मुलुकको नागरिकता प्राप्त गरेको दक्षिण एसियाली सहयोग संगठनका सदस्य राष्ट्र बाहेकका देशमा बसोबास गरेको साविकमा वंशजको जन्मको आधारमा निज वा निजको बुबा वा आमा, बाजे वा बजै, नेपालको नागरिक रही पछि विदेशी मुलुकको नागरिकता प्राप्त गरेको व्यक्तिलाई नागरिकता प्रदान गर्न सकिनेछ” भन्ने व्यवस्था गरेर दोहोरो नागरिकताको सिद्धान्तलाई स्वीकार गरेको छ । यो संवैधानिक व्यवस्था अनुसार विदेशमा रहेर विदेशी नागरिकता प्राप्त गरेकाहरूले राजनीतिक बाहेक अरु अधिकारहरू प्रयोग गर्न पाउने गरी गैर आवासीय नेपाली नागरिकता प्राप्त गर्न सक्नेछन् । यद्यपि यसलाई रुपान्तरण गर्नका लागि नीतिनियम बन्न बाँकी छन् । यसमा एन.आर.एन.को भूमिका अभै बाँकी छ ।

एन.आर.एन.ए को पहलमा नेपाल सरकारले नेपाली मुलुकका विदेशी नागरिक वा विदेशमा बस्ने नेपालीका

लागि छुट्टै गैर आवासीय नेपाली परिचय पत्रको व्यवस्था गरेको छ । गैर आवासीय नेपाली सम्बन्धी ऐन २०६४ र नियमावली, २०६६ मा व्यवस्था भए अनुसार कागजात सहित निवेदन दिएर विदेश स्थित नेपाली दुतावासबाट वा नेपालको परराष्ट्र मन्त्रालयबाट उक्त परिचयपत्र लिन सकिने व्यवस्था छ ।

विदेशमा रहेका नेपालीहरूलाई सम्बन्धित देशहरूमा “भिजिवल माइनोरिटी” को रूपमा स्थापित गर्न पहल गर्नु, विदेशमा रहेका नेपालीहरूको सुख दुःखमा साथ दिनु, उनीहरूको वृद्धिविकासमा सघाउनु एन आर एनको अर्को महत्वपूर्ण कार्य हो । नेपालीहरूलाई “भिजिवल माइनोरिटी” को रूपमा स्थापित गर्नु एक रणनीतिक सवाल हो । यसका लागि एन आर एनले विभिन्न संघसंस्थाहरूसँग मिलेर नेपाली पहिचान देखाउने काम गर्दै आएको छ ।

विदेशमा रहेका नेपालीहरूलाई पर्ने गरेका र पर्न सक्ने आपतकालिन र अन्य समस्याहरूसँग जुध्नको लागि एन आर एनले “हेल्प डेस्क” को अवधारणा सुरु गरेको छ । स्थानीय च्याप्टरहरू र अन्य सामुदायिक संस्थाहरूसँगको सहकार्यमा शुरु गरिएको हेल्प डेस्क कार्यक्रम एन.आर.एन अमेरिकाको महत्वपूर्ण कार्यक्रम हो । विगतदेखि नै गर्दै आएको आपतकालिन सहयोगलाई यो कार्यक्रमले अझ संस्थागत गराउने विश्वास गरिएको छ । यो कार्यक्रमबाट भविष्यमा अमेरिका निवासी नेपाली समुदायले राम्रै “सेफ्टी नेट” को महसुस गर्ने अपेक्षा गरिएको छ ।

एन आर एनले बेला बेलामा युवा र महिला केन्द्रित कार्यक्रमहरू पनि गर्दै आएको छ । यी कार्यक्रमहरूले समुदायको जनचेतना अभिवृद्धि गरे र क्षमता विकासमा समेत टेवा पुगेको छ । अन्तर्राष्ट्रिय महिला दिवसको सन्दर्भमा आयोजना गर्ने गरेको कार्यक्रमहरूले फरक सांस्कृतिक सन्दर्भमा महिला अधिकार, महिला हिंसा र सशक्तिकरणलाई बुझ्न टेवा पुऱ्याएको छ । युवा छात्रवृत्ति कार्यक्रमले युवा पुस्ताको समुदायप्रति लगाव र नेतृत्व विकासमा टेवा पुगेको छ । एन आर एनले गरेका कार्यहरू गैर आवासीय नेपालीहरूको हक हित संरक्षणका लागि सहानीय भए पनि उनीहरूको वृद्धि विकासको लागि गर्नुपर्ने र गर्न सक्ने थुप्रै काम बाँकी नै छन् ।

## २. विदेशमा नेपाली संस्कृतिको प्रवर्द्धन

प्रवासमा रहेर नेपाली संस्कृतिको संरक्षण र प्रवर्द्धन गर्नु एन आर एनको अर्को महत्वपूर्ण कार्य हो । यसबाट एक त दोस्रो पुस्ताका गैर आवासीय नेपालीहरूलाई आफ्नो भाषा संस्कृतिको ज्ञान हुने आशा गर्न सकिन्छ । दोस्रो पुस्ताका सन्तानहरूमा नेपाली हौं भन्ने भावनाको विकास

गर्न यसले मद्दत पुऱ्याउँ । अर्को कुरा विदेशीहरूलाई नेपाली संस्कृति र सांस्कृतिक सम्पदाको जानकारी दिएर नेपालको पर्यटनमा टेवा पुऱ्याउन सकिन्छ । एन आर एनले भाषा, साहित्य र सांस्कृतिक सम्पदाको जानकारी दिएर नेपालको पर्यटनमा टेवा पुऱ्याउन सकिन्छ । एन आर एनले भाषा, साहित्य र सांस्कृतिक सम्बन्धी काम गर्ने संघसंस्थासँग सहकार्यमा भाषा, साहित्य र संस्कृति सम्बर्द्धन गर्दै आएको छ । यसका अतिरिक्त बेलाबेलामा आयोजना हुने बहुसांस्कृतिक मेलाहरूमा नेपाली समुदायको सहभागिता सुनिश्चित गरी आफ्नो उपस्थिति जनाएको छ । यस्ता कार्यहरूमा नेपाली दुतावाससँग समेत सहकार्य गर्दै आएको छ । यस हिसाबले एन आर एनले प्रवासमा एक प्रकारको सद्भावना दूतको काम समेत गरेको छ ।

## ३. नेपालको समृद्धिका सहयोग

विदेशमा आर्जित ज्ञान, सीप र धन मातृभूमिको विकास र समृद्धिमा लगाउनु एन आर एनको अर्को महत्वपूर्ण उद्देश्य हो । यसका लागि एन आर एनले नेपाल सरकारसँग नीतिगत तहमा सहकार्य गर्दै आएको छ । यसबाट नेपालमा लगानी र सहयोगको वातावरण बन्दै आएको छ । एन आर एनले सरकार र सरकारबीच मात्र नभई सरकार र जनताबीच पुल बनेर विदेशी लगानी सीप भित्राउन सकिने सम्भावना देखेको छ । व्यापार प्रवर्द्धन, आयोजनाहरूमा लगानी, नेपालमा विपदको बेला सहयोग, खुल्ला विश्वविद्यालय स्थापना आदि एन आर एनले नेपालको विकास र समृद्धिको लागि गर्दै आएका केही महत्वपूर्ण कार्यहरू हुन् । नेपालमा भूकम्पले तहसनहस पार्दा होस् या बाढी पहिरो र आगलागीले विपत्ति आइलाग्दा एन आर एनले स्वतस्फूर्त रूपमा तत्कालिन राहत र पुनर्निर्माणमा सहयोग गरेको छ । भूकम्प पछि पुनर्निर्माण हुँदै गरेको लाप्राक नमुना बस्ती एन आर एनको उदाहरणीय कार्य हो । काठमाडौंमा निर्माणाधीन शंखमूल बगैँचा एन आर एनको अर्को सहानीय कार्य हो । काठमाडौंको त्रिभुवन विमानस्थल सरसफाई कार्यक्रम एन आर एनको पहलमा भएको सानो तर प्रभावकारी कार्यक्रम हो । भर्खरै अमेरिकाको सानफ्रान्सिस्कोमा एन आर एनले पहिलोपटक करिब ३ सय जति विभिन्न विषयका विशेषज्ञ सहितको विज्ञ सम्मेलन सम्पन्न गरेको छ । यसले नेपालको समृद्धि र विकासमा नेपाली डायस्पोराको भूमिकालाई अझ बृहत बनाएको छ । एन आर एनले विदेशीएका नेपालीहरू विदेशका गगन चुम्बकीय भवन बनाउने मात्रै हैन आफ्नै देश बनाउने पनि बलियो सहकार्य गर्न सक्छन् उनीहरू संसारभरीबाट विकासका साभेदार बन्न सक्छन् भन्ने सन्देश दिएको छ ।

स्थापनाको पन्ध्रौ वर्षसम्म आइपुग्दा एन आर एनले आफ्नो संगठन विस्तार, विदेशिएका नेपालीको नेपाल र विदेशमा पहिचान र अधिकार स्थापना र नेपालको समृद्धिमा केही उल्लेखनीय कार्य गरेको छ । यद्यपि विदेशिएका सम्पूर्ण नेपालीले यो हाम्रो संस्था हो भन्ने महसुस भने अझै पाउन सकेका छैनन् । एन आर एनका पञ्जिकृत सदस्य भए पनि नभए पनि मातृभूमि छाडेर मनभरि देशको माया बोकेर विदेशिएका सबै नेपाली एन आर एन हुन् । अति विशिष्ट शैक्षिक योग्यता हासिल गरेका देखि सामान्य लेखपढ गर्नेसम्म र कहलिएका धनीमानी देखि विदेशमा सामान्य रोजीरोटी गर्नेसम्म सबैले एन आर एनलाई आफ्नो संस्था हो भन्ने बनाउन एन आर एनको सबै तहको संरचनामा कार्यरत पदाधिकारीहरूले अझै निस्वार्थ किसिमले अझै मिहिनेत गर्नुपर्ने देखिन्छ । संस्थाभित्र पारदर्शिता र स्थानीय संघ संस्थाहरूसँग सहकार्य बढाउँदै लान सकियो भने संस्थाको विश्वसनीय बढ्दै जान्छ । घर देश छोडेर परदेश हिँडेपछि हामी सबैले धेरै कुरा गुमाएका छौं, एकिलएका छौं । तर हामी नितान्त एकला छैनौं, हामीसँग स्थानीय संघसंस्था छन् । छाता संगठनको रूपमा एन आर एन छ । यसैले दुःख पर्दा मात्रै होइन सुखमा पनि यस्ता संस्थालाई हामी सबैले “हाम्रो” भन्न सकियो भने संस्थाहरू “हाम्रो” पनि बन्छन्, “राम्रो” पनि बन्छन् । आफ्नो दुःखमा पनि काम लाग्छन्, समुदायको गौरव बढाउन पनि काम लाग्छन् ।

“नेपाली मूलकका विदेशी नागरिक” को अर्थ कुनै व्यक्ति आफै वा उसको आमा, बुबा, हजुरबा वा हजुरआमा कुनै बेला नेपाली नागरिक थिए र अहिले दक्षिण एसियाली सहयोग संगठनको सदस्य राष्ट्रभन्दा बाहेकका देशको नागरिकता लिइसकेका व्यक्ति हुन् । “विदेशमा बस्ने नेपालीको” परिभाषा नेपाली नागरिक जो कम्तिमा दुई वर्षको लागि कुनै व्यवसाय वा अन्य कुनै पेशामा संलग्न भै एसियाली सहयोग संगठनको सदस्य राष्ट्र बाहेकका राष्ट्रमा बसोबास गर्ने नेपाली रहेको छ । नेपाल सरकारको कुनै पनि विदेशी नियोगमा कार्यरत कर्मचारी र एसियाली सहयोग संगठनको सदस्य राष्ट्रमा बसोबास गर्ने नेपालीलाई भने “विदेशमा बस्ने नेपालीको” परिभाषाले समाहित गर्दैन ।

यसै विषयलाई मध्यनजर गर्दै २०६४ सालमा संसद्द्वारा पारित एन आर एन सम्बन्धी कानून र २०६६ मा पारित नियमावलीको प्रयोग गर्दै नेपाल सरकारले एन आर एन परिचयपत्र वितरण गर्दै आइरहेको छ । नेपालमा परराष्ट्र मन्त्रालय र विदेशमा पनि सम्बन्धीत देशमा रहेका नेपाली दुतावासले कानून अनुसार निम्न उल्लेखित एन आर एन परिचयपत्र जारी गर्दै आइरहेको छः नेपाली नागरिकहरूको लागि प्रदान गरिने एन आर एन कार्डको फाइदा मध्ये केहि फाइदा निम्न छन्ः क) सम्भौता अधिकारको साथ व्यवसायमा संलग्न हुन अनुमति दिन्छ ।

ख) नेपालमा कर भुक्तानी गर्नुपर्ने नपर्ने गरी आफू बसेको देशबाट पैसा पठाउन सक्दछ ।

नेपाली मुलुकका विदेशी नागरिकलाई प्रदान गरिने एन आर एन कार्डका फाइदा मध्ये केहि फाइदा निम्न छन्ः क) नेपाली नागरिक रहँदासम्म आफ्नो नाममा रहेको सम्पत्ति नेपाली मुलुकका विदेशी नागरिक भइसके पछि पनि आफ्नै नाममा राख्न अधिकार दिन्छ ।

ख) नेपाल आगमनको समयमा भिसा शुल्क मिनाहा हुन्छ ।


ग) परिचयपत्र बाहकले आफूले चाहेको जुनसुकै बेला आउने नेपाल सक्ने छ र चाहे जति समय बस्न सक्ने छ ।

घ) नेपाली बैंकमा खाता खोल्न र व्यवसायमा संलग्न हुन अधिकार प्रदान गर्नेछ ।


नेपाली मुलुकका विदेशी नागरिकलाई प्रदान गरी एन आर एन कार्ड पाउन लागि बुझाउनु पर्ने आवश्यक कागजातहरूः

१. नेपाली राहदानी र नागरिकताको प्रमाणपत्र
२. विदेशी निवासको प्रमाण
३. आफू संलग्न पेशाको प्रमाण
४. विधिवत रूपमा भरिएको आवेदन पत्र
५. आवेदन शुल्क (आवेदन शुल्क देश अनुसार फरक पर्दछ)

८. विस्तृत जानकारी सम्बन्धित देशमा रहेको नेपाली राजदुतावासमा सम्पर्क गरि दिन सकिने छ । (लेखक एन आर एन अमेरिका नर्थ क्यारोलाइना च्याप्टर परिवारसँग आवद्ध हुनुहुन्छ)



**We wish you all**  
**Happy Vijaya Dashami & Dipawali 2018**  
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 Success & All good things to you and your family  
**Krishna Sedai & Family**





# नर्थ क्यारोलाइनामा नेपाल दिवसको मेरो अनुभव



मायानाथ अधिकारी

सर्वप्रथम त नेपाल दिवसका संयोजक टिमलाई मिठो अभिवादन । म र मेरो परिवार यहि गत मार्च ९ तारिख अमेरिकाको पुन्य भुमी मोरिसभिल, नर्थ क्यारोलाइनाको पवित्र स्थलका पाईला टेक्न आई पुग्यौं । नियमित मनाउने गरिएको २०१८ अप्रिल २९ को नेपाल दिवस समारोहमा सरिक हुने सुअवसर जुन्यो । हामी दम्पती, छोरा-बुहारी र बालीका सरिक भयौं । विविध सामाग्रीले



सजाइएको मञ्चमा चन्द्र-सूर्य अंकित नेपालको राष्ट्रिय झण्डाका साथै अमेरिकाको राष्ट्रिय झण्डा फहराउँदा मञ्च अति नै शोभनिय देखिएको थियो साथै समारोहमा सरिक पुरुष मित्रहरु दौरासुरुवाल र महिला मित्रहरु सारी, बुलौज र चौवन्दी चौलीमा सजिएका पहिरनले साँच्चै नै नेपाली मौलिकता झल्कन्थ्यो । त्यस दिनको

नेपाली पहिरनले नेपाल आमाको माया र ममता सबैमा उत्तिकै रहेछ भन्न सकिन्छ । प्रवासी नेपाली मित्रहरुमा मुरी-मुरी धन्यवाद । मञ्चबाट विषय प्रस्तुत हुँदै गर्दा, अमेरिका स्थित नेपाली राजदुत महाशयको उपस्थितिले अरु शोभा बढाईदिएको महशुस हुन्थ्यो ।

हाम्रा आगामी कार्यक्रमहरुमा अमेरिकी सरकार र सो सँग सम्बन्धित स्थानीय निकाएलाई हामिलाई दिइएको स्वतन्त्रता र रंगमञ्चको लागी उपलब्ध भूमीको बारेमा धन्यवाद तथा बधाईको संवोधन टक्क्याएर हाम्रा विषयहरु सबै नेपाली भाषामा प्रस्तुत हुँदा सान्दर्भिक हुने महशुस गरि सांस्कृतिक कार्यक्रम स्तरिय मात्र प्रस्तुत गर्न सकौं भन्ने शुभकामना व्यक्त गर्दछु ।

यस वर्षको कार्यक्रम १/२ कमि कमजोरी भए पनि समग्रमा भव्य नै भएको मैले महशुस गरेँ । संयोजक टिमलाई धेरै-धेरै धन्यवाद ।

शुरवीर गोर्खाली नेपाल आमाका सन्तति हामीहरुलाई कतै शिर निहुराउनु छैन ।

पैदा भयौं नेपालमै हुन्क्यौं बढ्यौं तिम्रै काखमा, नेपाल आमा तिमिलाई कोटी कोटी नमन । साथै यि हरफहरु संभन चाहें :

हे आमा नेपाल तिमिलाई, सन्सारकै राम्री बनाउँला, तीनकोटी जन मिलेर सुसार गर्दै लगौंला, आजको दुःख सहेर, भोलोको सुख हेरौंला, एक मुठी मानी पिएर तिम्रै लागी बाचौंला, हे आमा नेपाल तिमिलाई, संसारकै राम्री बनाउँला ।

**We wish you all**

**Happy Vijaya Dashami & Dipawali 2018**

**May this Festival Bring Peace, Prosperity, Happiness,**

**Success & All good things to you and your family**

**Jeevan Khanal, Pushpa Paudel Khanal, Apurwa Khanal**



**We wish you all**

**Happy Vijaya Dashami & Dipawali 2018**

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**Success & All good things to you and your family**

**Dil Bhattarai, Menuka Bhattarai, Aakankshya Bhattarai, Kamakshya Bhattarai**



## अमेरिका यात्रा स्मरण



ठाकुर प्रसाद तिवारी

आईयो घुमियो अमेरिका, धेरै राम्रो लाग्यो  
कस्तो नै होला जस्तो लाग्थ्यो, सबै जिज्ञासा भाग्यो ।  
घुम्ने फिर्ने धेरै ठाउँ, राम्रै छ सुविधा पनि  
बाटो चौडा सरसफाई सुख सुविधा, अभै आनन्द पनि ॥

उस्तै रहेछ हावापानी, त्यस्तै रहेछ बन  
दिनरात फरक हुने, रातमा यहाँ दिन ।  
माटो अनि बोट बिरुवा, केही फरक छैनन्  
सूर्य चन्द्रका उदय पनि, नयाँ नौला छैनन् ॥

विकास छ यहाँ धेरै, कानुन व्यवस्था कडा  
सुविधा छ जनतालाई, कोही छैनन् छाडा ।  
ट्याक्स छ आम्दानी हेरी, सुविधा बराबर  
चहिने सेवा पुगेकै छ, सबका घरै घर ॥

सबको पहिला सपना हुने, अमेरिका छिर्ने  
आएपछि मात्र थाहा हुने, अब के के गर्ने ।  
ओर्क परमिट निजी गाडी, बस्ने घर चाहियो  
कतिले त दुःख पोख्छन्, पाउँनु दुःख पाईयो ॥

बिवाह गर्यो घरवार जोड्यो, बच्चा बच्ची हुने  
त्यस पछि त भनै गारो, बच्चा कहाँ छोड्ने ।  
गाडी लियो घर लियो, अनि किस्ता तिर्नु पर्ने  
परिवार सँग भेट हुन, छुट्टी नै कुर्नु पर्ने ॥

धेरै खुशी लाग्यो मलाई, नेपाली भेट्दा माहाँ  
चाडपर्वमा जम्मा हुने, रमाईलो सँग यहाँ ।  
पूर्व पश्चिम उत्तर दक्षिण, जहाँका भए पनि  
अखिर हामी नेपाली नै हौ, उदार मनका धनि ॥

दुःख धेरै गरेका रहेछन्, नेपाली यहाँ  
पठाउन पनि पर्ने होला, पैसा नेपालमा ।  
सदुपयोग होस्सबैजनको, परिश्रमको फल  
ऐले दुःख भए पनि, भविष्य होस् उज्ज्वल ॥

दिन रात खट्यो काममा, छैन फुर्सद यहाँ  
सबै सँग मित्रता बढोस्, भेट हुदामाहाँ ।  
आफ्नो सान, देशको मान, बढाउन नेपालीले  
सबैको कल्याण गरुन, पशुपति नाथले ॥

**We wish you all**

**Happy Vijaya Dashami & Dipawali 2018**

**May this Festival Bring Peace, Prosperity, Happiness,  
Success & All good things to you and your family**

**Dr. Ritesh Poudel & Family**



**विजया दशमी र दीपावली २०७५ को उपलक्ष्यमा सम्पूर्ण नेपाली**

**दाजुमाइ तथा दिदीबहिनीहरुमा हार्दिक मंगलमय**

**शुभकामना व्यक्त गर्दछौ ।**

**प्रेम, पार्वती तथा वाग्ले परिवार, मोरिस्मिल**



**आमा**

**बासु भट्टराई**

जब मसँग भएका पखेटा  
भुर्र उड्न सक्ने थिएनन,

एउटा गुडमा सिमित थिए  
तिमीले आफू नखाई नखाई  
मेरो लागि बचत गरी  
ल्याएको खाना खान  
आँ... गरेर बसेको हुन्थे ।

म उड्ने भए

आफ्नो आहारा आफै खोज्ने भए  
आफ्नो गुँड आफै बनाउन लागेँ,  
आफ्ना बच्चा स्याहारने भएँ,

टाढा भए,

समय, परिस्थिति, बाध्यता या वैज्ञानिक नियम  
तर हर दिन अनि हर रात  
वर्षायामका भेल सरी  
उर्लिरहेछन् परेली,

अँ..... मलाई थाहा छ

मेरोजस्तै तिम्रा पनि

आँखा ओभानो कहिल्यै छैनन्

र मैले तिम्रो सामु आएर ति शीतरूपी

आँसुहरू पुछ्न सकेको छैन ।

म जस्तै लाखौं यूवा छन्

चाहेर पनि आफ्नो आमाको

आँसु पुछ्न सकेको छैन ।

चित्त बुझाउन आमा

अँध्यारो पछि पक्कै उज्यालो दिन आउला

र फेरी एक अर्काको आँसु पुछौला ।



We wish you all  
**Happy Vijaya Dashami &  
Dipawali 2018**

**May this Festival Bring Peace,  
Prosperity, Happiness, Success &**



**All good things to  
you and  
your family**



**Ayug, Avas, Anita & RP Poudel  
Morrisville**

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**All good things to  
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your family**



**Dr. Achyut Sharma, Mina Sharma  
and Family**

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Prosperity, Happiness, Success &**



**All good things to  
you and  
your family**



**Dr. Shreekant Adhikari, Shanti Adhikari  
and Family**



## बदलिदेऊ

डा. अच्युत शर्मा



बदलिदेऊ तिमी, रात बदलिन्छ  
रात मात्र हैन, जून बदलिन्छ  
अनि मुटु बदलिन्छ  
मुटु मात्र होइन, ऋतु नै बदलिन्छ

बोल्न खोज्दा ओठ थर्थराई दिन्छ  
छुन खोज्दा पैताला लर्बराईदिन्छ  
म हुरी हुँदा तिमीले नै छेकिदियौ  
चुपचाप बसीरहँदा, तिमीले नै झस्काई दियौ

हुन्न अब भन्दा हात यो लम्किदिन्छ  
हेर्दिन भन्दा आँखा टोलाई आँखामै बसिदिन्छ  
भन्दछु केहि भन्दा जिउँदो शालिक बनाईदियौ  
लम्की हिँड्ने यात्रुलाई एक चिहान बनाईदियौ

एउटै तिमी मन्द मुस्कानले महाकाव्य बनिदिन्छ  
एउटै खुसीले सारा दुःखै भगाईदिन्छ  
सुकेको यो ओठमा लाली भरिदिन्छ  
साहारा खोज्ने लड्गडोले एक साथी पाइदिन्छ ।

## मृत्यु

गीता बस्नेत



एउटा जीवनको अन्त्य  
एउटा जिन्दगीको अवसान  
एकछिन अगाडी सम्म  
हाँस्ने र बोल्नेलाई  
छोडेर आउनु पर्ने श्मसान  
आँखा खोलुन्जेल आँखा मै संसार  
मुटु धड्कुन्जेल मुटु मै बास ।  
रगत बगुन्जेल रगतको नाता  
सास चलुन्जेल सास कै आश  
जीवन देखि मृत्यु  
यहि रहेछ जीवनचक्र शायद  
एउटा फूल भरेपछि  
अर्को फूल फक्रन्छ शायद ।  
(स्व. कृष्ण मानन्धर दाइको सम्झनामा)

We wish you all  
**Happy Vijaya Dashami &  
Dipawali 2018**

May this Festival Bring Peace,  
Prosperity, Happiness, Success &  
All good things to  
you and your family



*Sanjib, Susmita, Saman & Sajal Baral  
Fuquay Varina, NC*

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Prosperity, Happiness, Success &  
All good things to  
you and your family



*Dadin Pandey & Family, Holly Springs, NC*



We wish you all  
**Happy Vijaya Dashami & Dipawali 2018**  
May this Festival Bring Peace, Prosperity, Happiness,  
Success & All good things to you and your family  
**Dr. Haris Chandra Mahaseth & Family**



## सबैको सपनाको देश

मीना श्रेष्ठ



यो सबैको सपनाको देश अरे  
यथार्थ त आफै पुगेपछि थाहा हुन्छ ।  
जहाँ, देखे जति सपना मिराज भैं  
नजिक पुगेसी विलिन हुन्छ ।

यो त संसारकै सुन्दर देश अरे  
जहाँ न फोहोर, न कुनै धुलो मैलो छ  
तर, हावाको एक एक लहर विषाक्त छ ।  
यो त ठूलूला गगनचुम्बी महलहरुको देश अरे

जुन महलमा तुच्छ मानसिकता  
भएको मानिस बस्छन् ।  
अनि मात्र प्रतिष्ठाको खोक्रो  
आडम्बर ओडेर हिँड्छन् ।

यो त विद्वानहरुको देश अरे  
जहाँ अनेक आविष्कारहरु हुन्छन्,  
तर पटका पड्किए सरि निर्दोष माथि  
गोली प्रहार हुन्छन् ।

यो त साह्रै सभ्यहरुको देश अरे  
जहाँ टन्न खाएर ढ्याउ गर्दा पनि लाज हुन्छ ।  
तर आफ्नै छोरीमाथि दुर्व्यवहार गर्दा,  
त्यो लाज कहाँ जान्छ ?

यो त सबैभन्दा सुविधा सम्पन्न देश अरे  
जहाँ खान लाउन रमाइलो गर्न केही कमी छैन ।  
त्यही भएर होला, निन्द्रा पनि  
औषधी बिना आउन मान्दैन ।

यो त नैतिकवानहरुको देश अरे  
जहाँ लवाई खवाई, बोलीचाली  
जेमा पनि सभ्यता देखाउनु पर्ने तर के गर्नु ?  
मर्न लागेका बुबा आमा आफ्नै छोराछोरी आउँछन्

भन्ने आशमा, नर्सिङहोमको ढोकामा कुर्नुपर्ने ।  
म त भन्छु यो त निर्दयीहरुको देश हो ।  
जहाँ दया माया पनि नाटकीय ढंगमा पोखिन्छ ।  
जहाँ मानवतालाई पैसासँग तौलिन्छ ।

अनि भावनालाई नाफा नोक्सानको  
तराजुमा जोखिन्छ ।  
म त भन्छु, यो त पागलहरुको देश हो ।  
जहाँ मान्छेको छातिमा मुटु हुन्छ,  
केवल दिमाग हुन्छ ।

त्यही दिमाग पनि अनेकौ औषधीको भरमा चल्छ ।  
जुन दिन औषधीले काम गर्छ,  
त्यो दिन सबैभन्दा असल मान्छे बन्छ ।  
नगरेको बेला त्यही मानिस दानव हुन्छ, अनि यो  
अस्तित्वमा प्रलय ल्याउँछ ।

**We wish you all  
Happy Vijaya Dashami &  
Dipawali 2018**

**May this Festival Bring Peace,  
Prosperity, Happiness, Success  
& All good things to you and  
your family**



**Dr. Bal K Sharma &  
Radha Sharma**

## हाम्रो राम्रो देश



सविता विष्ट

डाँडा-पाखा हिमालतिर डाँफे चरी डुल्दाखेरी  
कति राम्रो देखिन्छ बरै लालीगुराँस फुल्दाखेरी

साँच्चै राम्रो हाम्रो देश तराई पहाड हिमाल आह  
भनै सुगन्ध थपिन्छ त्यहाँ अन्नबाली भुल्दाखेरी

प्रकृतिको हराभरासँगै छडछड बग्ने भरना राम्रो  
मनै लोभ्याउने सेतो हिमाल दन्ते लहर खुल्दाखेरी

चार जात छत्तिस वर्ण साझा फूलबारी हाम्रो देश  
कति रमाइला संस्कृति हेर एकताको रङ घुल्दा खेरी

सबै मिली हाम्रो देशलाई, स्वर्गभै सुन्दर बनाउनु छ  
खबर्दारी गरौं राष्ट्र निर्माणमा, प्रगतिपथ भुल्दा खेरी

**We wish you all  
Happy Vijaya  
Dashami & Dipawali  
2018**

**May this Festival Bring Peace,  
Prosperity, Happiness, Success  
&**

**All good things to  
you and your family**



***Ajaya & Richa Sharma***

**We wish you all**

**Happy Vijaya Dashami & Dipawali 2018**

**May this Festival Bring Peace, Prosperity, Happiness,  
Success & All good things to you and your family**

***Yam, Roshani & Shrestha Family***



**We wish you all**

**Happy Vijaya Dashami & Dipawali 2018**

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Success & All good things to you and your family**

***Bhim, Parbati & Timalsina Family***





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**NCNC Executive Committee (2018-19)  
taking oath of office**



**Past President Dr. Sushama Pradhan handing over  
to President Dr. Batu Sharma**



**Past Exec. Secretary Yam Shreshtha handing over to  
Exec. Secretary Bikram Gautam**



**NCNC volunteers during Adopt-A-Highway program**



**Women cladded in Newari dress during Nepal Day festival**



**People having fun during the Holi festival**



**NCNC volunteers at the Blood Drive program**



**NCNC volunteers at Spring Daze Arts and Crafts Festival**





**Wake County honoring NCNC with proclamation of Nepal Day**



**Glimpse of second Nepal Day celebration**



**Display of 100 traditional Nepalese items at Nepal Day**



**Participants at the Nepal Day parade**



**Nepalese school students on a field trip to Raleigh museum**



**NCNC members enjoying member appreciation picnic**



**NCNC members enjoying member appreciation picnic**



**President Dr. Sharma handing membership certificates to new members**





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# NCNC Financial Statement

NCNC Financial Statement Ending July 31st 2018				
		Total amount - carry over from July 31st 2017		Balance On July 31st 2018
		\$ 30,456.22	Checking Account 1886	\$ 37,693.41
		\$ 1,679.14	Earthquake 4500	\$ 379.14
		\$ 9,241.93	Checking / School 2082	\$ 10,747.16
		\$ 2,586.11	CD 4477	\$ 2,599.07
		\$ 14,454.70	PashupatiCenter: 1166	\$ 14,266.73
		\$ 58,409.12		\$ 65,676.53
Date	Checking Account : 1886	DR //	CR //	
<b>1-Aug-17</b>	Check # 2413/ International Festival	\$ 2,169.00		\$ 30,456.22
	Check # 2414/ Town of Cary / Dashain 2017	\$ 1,415.00		
	Teej 2017 Collection		\$ 1,653.00	
	Check # 2451 / Tees 2017/ 2nd Prize	\$ 200.00		\$ 38,325.22
<b>1-Sep-17</b>	Check # 2453 / Tees 2017 / DJ	\$ 150.00		
	check # 2455 / Tees 2017 and Lazy days	\$ 229.71		
	Check# 2466 / Dashain 2017 / Beer wine Permit	\$ 50.00		
	Member fee		\$ 40.00	
	Tees 2017 Dobation / Madhab Dhakal		\$ 100.00	
	Ran 4 Nepal 2017 / Kidcare		\$ 500.00	
	Check # 2460 / Dashain 2017 / Food	\$ 3,400.00		
	Check # 2459 / CD sale / Yam Baral	\$ 300.00		
	Dashain 2017 / Beer wine Sale		\$ 508.00	
	Dashain 2017 / Misc income		\$ 983.00	
	Total cash collected \$2180.00			
	(Paid to singer \$1000.00 +\$197 register seed money)			
	Dashain 2017 / ticket sale		\$ 1,046.00	
	Check#2457 / Refund Mukti and Refund	\$ 100.00		\$ 27,272.51
<b>1-Oct-17</b>	Check# 2461 / Dashain 2017 food delivery	\$ 50.00		
	Check # 2454 / Tees and Nepal Day 2017	\$ 147.90		
	Check # 2462 / Dashain 2017 / Singer air fare	\$ 201.40		
	Check # 2488 / Dashain 2017	\$ 31.97		
	Check # 2491 / IF equipment rent	\$ 173.68		
	Check # 2487 / Dashain 2017	\$ 45.75		
	Check # 2494 / IF 2017 volunteers passes	\$ 135.00		
	International festival CC sale		\$ 16.33	
	International festival CC sale		\$ 104.04	
	Check # 2450 / Tees 2017 1st Prize	\$ 300.00		
	Check # 2490 / Dashain 2017 - Ticket Print	\$ 138.65		
	Check # 2489 / Dashain 2017	\$ 133.23		\$ 26,035.50
<b>1-Nov-17</b>	Check # 2493 / IF 2017	\$ 702.62		
	Check # 2495 / IF 2017	\$ 1,401.63		
	Check # 2496 / Volleyball + Sangalo 2017	\$ 271.79		
	Check # 2497 / Volleyball 2017	\$ 24.28		
	Check # 2501 / IF 2017	\$ 486.01		
	Check # 2502 / Volleyball 2017	\$ 20.32		
	Tees 2017 Dobation / Narayan Rajbhandari		\$ 100.00	

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	Member fee		\$	140.00	
	Sangalo 2017 / AOPS Academy		\$	200.00	
	Town of Cary / Deposit return		\$	354.00	
	Dashain 2017		\$	3,063.00	
	IF Festival 2017		\$	4,388.00	
	Check # 2503 / Dashain 2017	\$	267.84		\$ 31,106.01
<b>1-Dec-17</b>	Check # 2500 / IF 2017	\$	278.91		
	Check # 2499 / IF	\$	300.00		
	Check # 2498 / Volleyball 2017	\$	323.89		
	Check # 2505 / IF 2017	\$	415.68		
	Check # 2507 / Sangalo 2017 - Printing	\$	1,784.95		
	Check # 2506 / BOD handover rent	\$	140.00		
	Check # 2452 / Tees 2017 - 3rd Prize	\$	100.00		
	Check # 2504 / IF 2017	\$	25.40		
	Check # 2503 / Nepal day 2017	\$	11.72		
	Check # 2508 / Run 4 Nepal 2017	\$	362.58		
	Sangalo 2017		\$	200.00	
	Transfer from Earthquake Account		\$	1,300.00	
	Run 4 Nepal / 2017 - Beach race		\$	5,339.88	
	EQ Fund transfer to Sangsangi Nepal	\$	9,082.56		
	EQ Fund transfer to Educate the Children	\$	5,341.00		
	Deusi Bhailo 2017		\$	101.00	
	IF group sale		\$	145.00	
	Life member		\$	200.00	
	Sangalo 2016 / 2017 - Sujun Neupane		\$	250.00	
	Deusi Bhailo 2017		\$	252.00	
	Volleyball 2017		\$	315.00	
	Dashain 2017		\$	584.00	
	Sangalo 2016		\$	600.00	
	sangalo 2017		\$	800.00	
	Sangalo 2017		\$	1,000.00	
	Sangalo 2017		\$	200.00	
	Dashain 2017 / Yam Bural CD Sale		\$	200.00	
	IF 2017		\$	1,200.00	\$ 25,626.20
<b>1-Jan-18</b>	Bank Fee ( Wire Transfer )	\$	138.00		\$ 25,488.20
<b>1-Feb-18</b>	Check # 2468 / TOM Deposit / Nepal Day 2018	\$	650.00		
	Members Fee		\$	4,665.00	
	Amazon Smile Donation		\$	7.41	
	Check # 2470 / Nepal Day 2018 Permit	\$	100.00		
	Bank Fee	\$	125.00		
	Members Fee		\$	550.00	
	Check # 2472 / BOD handover - Groceries	\$	62.65		\$ 29,772.96
<b>1-Mar-18</b>	Holi 2018 Donation / Rabintra Karki		\$	200.00	
	Sangalo 2017		\$	900.00	
	Members Fee		\$	2,200.00	
	Check # 2474 / Holi 2018	\$	24.64		

Continue...



	Check # 2469 / Rupesh Upreti Funeral	\$ 191.00		
	Check # 2473 / NCNC laptop bag	\$ 28.95		
	Sargalo 2017 / Basha Ilc and AOPS Academy		\$ 300.00	
	Check# 2475 / Holi 2018	\$ 216.79		\$ 33,001.88
<b>1-Apr-18</b>	Members fee		\$ 1,075.00	
	Check # 2476 / Holi 20187	\$ 41.03		
	Check # 2471 / Rupesh Upreti Funeral - Pandit	\$ 51.00		
	Check # 2478 / Nepal Day 2018 - Police	\$ 140.00		
	Check # 2479 / Nepal Day 2018 - Police	\$ 140.00		
	Check # 2480 / Nepal Day 2018 - Police	\$ 140.00		
	Check # 2477 / Nepal Day 2018 - Police	\$ 140.00		\$ 33,424.88
<b>1-May-18</b>	NCNC Insurance	\$ 562.00		
	Sargalo 2017		\$ 50.00	
	Nepal Day 2018 / Ice -Cream sale		\$ 82.00	
	Nepal day 2018 Committee donation		\$ 450.00	
	Check # 2483 / Nepal Day 2018	\$ 61.24		
	Check # 2481 / NCNC Stationary	\$ 41.94		
	Amazon Smile Contribution		\$ 5.00	
	Check # 2482 / Nepal Day 2018	\$ 22.00		
	Check # 2485 / Nepal Day 2018	\$ 127.60		
	TOM Nepal day deposits / Refund		\$ 300.00	
	Nepal Day 2018 / Donation - Gauri Joshi		\$ 500.00	
	Members Fee		\$ 1,215.00	\$ 35,211.77
<b>1-Jun-18</b>	Check # 2486 / Nepal Day 2018	\$ 24.75		
	Sargalo 2017 / Spices Hut		\$ 250.00	
	Sargalo 2017 / Advance care		\$ 450.00	
	Members Fee		\$ 875.00	\$ 36,763.02
<b>1-Jul-18</b>	Grant from All State Insurance		\$ 1,000.00	
	Members fee		\$ 220.00	
	Sargalo 2018 / Shree RTP LLC		\$ 250.00	
	Sargalo 2017 / Real Triangle properties		\$ 1,000.00	
	Transfer to School Account	\$ 1,538.61		\$ 37,693.41
	<b>Community Center Account : 1166</b>			\$ 14,454.70
	Bank Service Charge ( Aug 2017 - May 2018 )	\$ 210.00	\$ 0.98	
	Service Charge Refund		\$ 21.07	\$ 14,366.75
	<b>Earthquake account : 4800</b>			\$ 1,670.14
<b>1-Dec-17</b>	Transferred to Main Checking account	\$ 1,300.00		\$ 370.14

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	<b>Nepali School Account : 2082</b>			<b>\$ 9,241.95</b>
<b>1-Aug-17</b>	Check # 1022 / School Picnic 2017	\$ 159.53		<b>\$ 9,082.42</b>
<b>1-Sep-17</b>	Check # 1023 / Rent Sep - Dec 2017	\$ 487.50		
	Check # 1024 / School Picnic 2017	\$ 21.59		
	Check # 1026 / School Picnic 2017	\$ 92.64		
	Check # 1029 / Teacher Appreciation	\$ 250.00		
	Check # 1032 / Teacher Appreciation	\$ 250.00		
	Check # 1031 / Teacher Appreciation	\$ 250.00		
	Check # 1033 / Teacher Appreciation	\$ 250.00		<b>\$ 7,480.69</b>
<b>1-Oct-17</b>	Check # 1028 / School Picnic 2017	\$ 29.35		
	Check # 1025 / School Picnic 2017	\$ 47.48		
	Check # 1027 / School Picnic 2017	\$ 129.70		
	Check # 1034 / Student Chocolate Pack	\$ 126.56		
	Check # 1030 / Teacher Appreciation	\$ 250.00		<b>\$ 6,897.60</b>
<b>1-Nov-17</b>	Deusi Bhaalo 2017		\$ 5,901.80	
	Check # 1035 / School Picnic 2017	\$ 194.60		<b>\$ 12,604.80</b>
<b>1-Jan-18</b>	Deusi Bhaalo 2017		\$ 101.00	<b>\$ 12,705.80</b>
<b>1-Feb-18</b>	Check # 1036 / School rent Deposite HSNBC	\$ 600.00		
	Check # 1037 / School Rent ( Jan - March 2018 )	\$ 600.00		<b>\$ 11,505.80</b>
<b>1-Apr-18</b>	Check # 1038 / School Supplies 2018	\$ 158.64		<b>\$ 11,347.16</b>
<b>1-May-18</b>	Check # 1039 / School Rent ( April - Jan 2018)	\$ 600.00		
	Check # 1043 / Nepal day 2018	\$ 166.76		
	Check # 1042 / Dashain 2018 Booking	\$ 425.00		<b>\$ 10,155.40</b>
<b>1-Jun-18</b>	Check # 1041 / Nepal day 2018	\$ 21.30		
	Check # 1043 / Nepal day - Sound System	\$ 300.00		<b>\$ 9,834.10</b>
<b>1-Jul-18</b>	Check # 1044 / Nepal Day 2018 - Stage rent	\$ 625.55		
	Transferred from Main account		\$ 1,538.61	<b>\$ 10,747.16</b>
	<b>CD account : 4477</b>			<b>\$ 2,584.82</b>
	Year to Date Interest		\$ 14.25	
				<b>\$ 2,599.07</b>