Yeti Viewpoints

Nepali National Convention 2018
Unity for Nepalese Community
August 31 – September 2
Chicago, Illinois
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Message from Former Prime Minister of Nepal, Madhav K. Nepal

Greetings Message

August 14, 2018

On behalf of the Central Committee of Nepal Communist Party and on my own, I would like to extend my felicitations and cordial congratulations to the Association of Nepalese in Mid-West America (ANMA), Nepalese Association of South-East America (NASeA) and Association of Nepalese in America (ANA) for a grand success of Nepali National Convention 2018 which is going to be held on August 31st – September 2, 2018 in Chicago Illinois, USA.

The numbers of Nepalese people, seeking for opportunities, particularly in higher and better education, are increasing in various parts of the globe. In this regard, the United States of America has been one of the most potential destinations for the Nepalese Communities who want to use their talents, skills and inherent latent. Exchange of ideas, expertise and experiences amongst two peoples are always beneficial for all. Thus I believe, the Nepalese people who are living in different parts of America will certainly play important role in the development of respective country and significantly contribute to promote, strengthen and deepen bilateral relations between both the peoples of Nepal and United States of America.

I am highly delighted to know that the initiatives taken by your organizations have created a platform to bring all the Nepalese people together who are living in USA and Canada. Your endeavors will certainly come with flying color in regard to consolidate unity, enable to stretch the hands of cooperation and strengthen solidarity among the Nepalese dwelling in the region through this Diaspora.

Once again, I would like to extend my best wishes for the grand success of Nepali National Convention- 2018. I believe this Convention will definitely contribute to achieve expected goals and explore more new avenues.

With Solidarity,

Madhav Kumar Nepal
Message from the Mayor of Chicago, Rahm Emanuel

OFFICE OF THE MAYOR
CITY OF CHICAGO

RAHM EMANUEL
MAYOR

August 31, 2018

Dear Friends:

Namaskar! As Mayor and on behalf of the City of Chicago, I am honored to welcome the first ever Nepali National Convention to Chicago this Labor Day weekend.

Chicago greatly values its diverse and inclusive society and is proud to call itself home to over 7,000 Nepalis. Your rich traditions, experiences and expertise have had a significant impact on the cultural life of our city, and we look forward to welcoming Nepali dignitaries, diplomats, business and civic leaders from around the world to Chicago this weekend.

I again extend my best wishes and advance congratulations for a wonderful Nepali National Convention, and hope your stay in Chicago is full of excitement and meaningful memories for years to come.

Sincerely,

[Signature]
Mayor
Message from His Excellency the Nepalese Ambassador to the United States of America

EMBASSY OF NEPAL
2131 LEROY PLACE, N.W.
WASHINGTON, D.C. 20008

August 13, 2018

Message

It is my distinct honor, in my capacity as the Ambassador of Nepal to the USA, on behalf of the Government of Nepal, to extend my warmest congratulations to the Association of Nepalese in Mid-West America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalese in the Americas (ANA) for a successful Nepali National Convention 2018 on Aug 31-Sept 2, 2018 in Chicago, Illinois, USA.

Nepalese are a growing community in the United States of America. The Nepalese people are attracted to this great country because of the opportunities to make the best use of their talents and skills. I believe that as our community grows, it is essential to create platforms for our community members to network and exchange ideas and expertise that benefit each other as well as promote Nepal. In that regard, I am extremely pleased to hear about ANMA, NASeA and ANA’s initiative to bring together the Nepalese living in America as well as in Canada to meet and greet and engage among themselves to strengthen the unity among Nepalese organizations and empower each other. I am optimistic that this convention will further strengthen the bonds of ties between the Nepali diaspora.

I wish to extend my sincere greetings and hope this convention will facilitate towards achieving the mission, vision, and goals of ANMA, NASeA and ANA. I wish the convention a grand success.

Dr. Arjun Kumar Karki
नेपाली कांग्रेसका प्रबंधक श्री विश्वप्रकाश शर्मा को
शुभकामना संदेश

नेपाली कांग्रेस
केन्द्रीय कार्यालय
श्री पृ. मनुष्य भण्ड, ललितपुर, नेपाल

प्रिय साभीहर,

सल सबूत कार्य अमेरिकी मुखिया रहेछ एवं नेपाल देशको प्रगतिहार आफ्नो प्रत्ययानि एवं भाषा र संस्कृतिको आफ्नो आवश्यकताको अनुसार गर्ने यस्तो रचनाको जगह जगह मानचको हासुकाङाइ श्रेणीकरण गर्नुहोस्। सोही क्रममा हुन गर्ने "Nepali National Convention 2018" ऐतिहासिक तथा सक्रिय हुने विद्यमान लिएको हु।

"एक पटकको नेपाली सरकारको नेपाली" भाषाको सम्मान गर्न "नेपाली सल र नेपाली" पनि सदियो जीवनत राख्न सम्भूल भन्दै महत्त्वपूर्ण सम्मानिक गर्न सक्नेछ भन्ने विश्वास साथ तपाईहरूको साहित्य भक्तिश्रेष्ठीको शुभकामना स्वरुप गर्दैँ।

अन्तमाणाली

[मात्रा]

नेपाली कांग्रेस

नेपाल कांग्रेसका प्रबंधक श्री विश्वप्रकाश शर्मा को
शुभकामना संदेश

नेपाली कांग्रेसका प्रबंधक श्री विश्वप्रकाश शर्मा को
शुभकामना संदेश

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नेपाली कांग्रेसका प्रबंधक श्री विश्वप्रकाश शर्मा को
शुभकामना संदेश
Message from the Chairman of Nepali National Convention 2018

Dear friends and families
Namaskar!

On behalf of the executive committee of Association of Nepalese in Midwest America (ANMA) and the entire ANMA family of Midwest Region of the USA, I welcome you to the Nepali National Convention 2018 in the great city of Chicago during this Labor Day weekend (August 31st – Sept 2nd).

This is a special convention for all of us because one of the biggest Nepali organization in the USA, Association of Nepalis in the Americas (ANA) have joined hands with us for the National convention along with our longtime partner organization Nepalese Association in Southeast America (NASeA). Besides this, several other Nepali organizations in Chicago areas and across the nation are participating in this convention. The theme of this year’s convention “Unity for Nepalese Community” reflects our character and signifies the expectation of our community today. We hope that your attendance and the success of the convention will mark a history.

Exciting programs are planned for delegates and guests that will allow everyone to experience Nepalese uniqueness. The convention will feature insightful speakers from a diverse cross-section of the professions and media representing all aspects of the life of Nepali community.

Your participation in a gathering like this encourages us to work more for the community. We all feel proud to be working with you. Togetherness brings strengths and with the strength, we can serve the community better.

I personally thank you all very much for your immeasurable & impeccable support. I hope to receive such a help in future as well.

We look forward to meeting each and every one of you during these three days and thank you for helping us to make this convention a grand success.

Bala Ghimire
Chairman, Nepali National Convention 2018
ANMA President (2017-2019)
Unity for Nepalese Community!

On behalf of Nepalese Association in Southeast America and the entire team, I want to extend my warmest welcome to our “Nepali National Convention 2018” participants and well-wishers. We are looking forward to meeting everyone in the Windy City. As we promoted unity amongst the Nepalese community, the concept of a joint national convention was formed. With more organizations in place and participating today, we are able to unite more Nepalese people.

Without venturing into new concepts, we will remain stagnant. The old ways were effective in the past, but now we are ready to move into a new era.

I am confident that this convention will provide a solid foundation for our future generations.

We will be listening closely to your suggestions before we decide whether to move forward with similar conventions. Please reach out with concerns or suggestions. We know we can always do better- We invite you to help tell us how.

Regards,
Madhav Dhakal
President,
Nepalese Association in Southeast America
Seasonal Greetings to every one!

On behalf of the Greater ANA family, we would like to welcome all of you for National Convention, Chicago 2018.

Association of Nepalis in Americas (ANA) was established in 1983 in Corning, NY and later incorporated in Washington, DC. The ANA annual conventions were/are the de facto national festival for all the Nepalis during July 4th weekend. The trend is going on.

ANA has storied history of helping and managing community crises. We played vital roles in all democratic movement including 2036 BS, 2046 BS and 2063 BS. There are so many crises that we helped, it is hard to name them all here.

Nepal Education and Cultural Centre (NECC) is the brainchild and internal part of ANA. It is a huge and popular destination of our diaspora. We feel blessed and proud of the growth of NECE. It was established by and from ANA elders and ran as subsidy of ANA for a long time. Likewise, ANA runs Nepal Scholarship program chaired by Dr. Tulasi Joshi and more than 40 students from rural areas of Nepal came here and completed higher education. Similarly, we made contributions to countless micro projects in Nepal and locally here through various channels.

In respect of change of time and demographic, this leadership has decided to forge a working alliance with other leading organizations. The Chicago National Convention is the result of our combined efforts. We would like to explore and introduce all the available public resources in local level, state level and Federal level in order to empower our community. We are making a paradigm shift from leading mode to serving mode.

We would love to hear your ideas and cooperation by strengthening our unity and increasing our shared values.

With best wishes to all and Sincerely,

Medini Adhikari
President, Association of Nepalese in the Americas (ANA)
Ref. N-237/1719

19 August 2018

Mr. Bala Ghimire
Chairperson
ANMA / NASeA / ANA National Convention (Chicago)

Dear Mr. Ghimire,

Greetings from NRNA!

On behalf of NRNA family, we would like to congratulate you and entire team of ANMA, NASeA and ANA for jointly organizing the Nepali National Convention 2018 from Aug 31 - Sept 2, 2018 at Hilton Rosemont/Chicago O’Hare, IL, USA.

“Unity among Nepalese” is also one of the major objectives of NRNA and the interests of Nepalese Communities residing across the globe are supreme objectives of ours. We believe this convention will bring all the Nepalese of the Americas region together under one platform and brainstorm on different burning issues of Nepalese communities including promotion of Nepal and welfare of Nepalese in the particular region.

We hope this will be a remarkable event in highlighting the achievements, contribution of Nepalese in the respective region and the convention will also exhibit the unity of Nepalese communities to the outer world.

NRNA appreciates the joint effort of Nepali organizations of USA and wish for the grand success of the event.

Unity is our strength; let us utilize this strength for the betterment of Nepal and Nepalese.

With best regards,

Hhaban Bhatta
President
International Coordination Council
Non-Resident Nepali Association

Dr. Badri KC
General Secretary
International Coordination Council
Non-Resident Nepali Association
Message from Honorary Consulate of Nepal to San Diego, United States of America

Date: 07/18/2018

It is my great pleasure to know that three big Nepali organizations—Association of Nepalese in Mid-West America (ANMA), Nepalese Association in Southeast America (NASEA) and Association of Nepalese in the Americas (ANA) — are jointly organizing the Nepali National Convention in association with other local Nepalese organizations in Chicago, Illinois, on August 31 through September 2, 2018.

I feel happy to know that ANMA, NASEA, and ANA are doing a great community service and activism in the local Nepali diaspora communities. I believe this year’s Nepali National Convention will be instrumental in sharing ideas on prominent issues concerning the lives of Nepali diaspora besides providing networking opportunities for hundreds of our brothers and sisters. Likewise, the convention will be helpful in preserving and promoting Nepali culture and tourism in the United States of America.

Our diaspora organizations can support our society and motherland by using their expertise in their related field. I hope that all the deliberations during the Mega convention will facilitate toward achieving the goal of the people of Nepali origin.

I wish a grand success of ANMA/NASEA and ANA Convention 2018.

Rishi P Dhakal
Honorary Consul General
Government of Nepal
प्रवासी नेपाली मंच, अमेिरिकाका
अध्यक्ष श्री प्रभु थापाको शुभकामना संदेश

Overseas Nepali Forum, America (ONF)
प्रवासी नेपाली मंच, अमेिरिका

�试: अगस्त १२, २०१८

हादिक शुभकामना

नेपाल र नेपालीहरूको सुख र समृद्धि क्रियाशील रहनु, देश विदेशमा रहेका नेपालीहरूलाई भावनात्मक रूपमा एकीकृत राखनु र नेपालीको कला संस्कृतिको जगन्नी र प्रत्येकला लाग्नु नेपाली सामुदायिक सेवाहरूको मूल लक्ष्य रहेको आएको छ। उल्लेखित लक्ष्यमा रहेका अमेिरिका नेपालीहरूका साहित्यको गर्नु हाम्रो सेहता प्रवासी नेपाली मंच अमेिरिकाको परिचय रहेको सर्वविध विद्वित नै छ।

यसी अनुसार अमेिरिकामा रहेका अगामी सेवाहरूले, नासिका र एनएको संस्कृत अभिवेशन इन लागनेको विषयमा हाम्रो सिमोमा समाधानलाई हर्षित बनाएको छ। यस संस्कृत अभिवेशन भवन्यता साथ सम्पन्न होस, ढांचले विवाहहरू र भावनात्मक रूपमा जोडिएको नेपाली समुदायको सपना पुरा गर्ने अभियानरूपमा कोशिने गर्ने अभियुक्तहरूले खेलन सको सल्लो शुभकामना।

प्रभु थापा
अध्यक्ष
प्रवासी नेपाली मंच, अमेिरिका

Address: 1522 E. Fort Ave, Baltimore, MD – 21230, USA
नेपाली जनसम्पर्क समिति, अमेरिकाका अध्यक्ष श्री आनन्द बिस्टको शुभकामना संदेश

शुभकामना

मिति आस्त २३,२०७८

अमेरिकाका विद्रोही नीन्द नेपाली मानसूनैक संस्थाहर एप्स, नासिया र एएएल समतुल्य राष्ट्रीय सम्बन्ध रान्तुर सहनपर गर्न लागेको धेरै भारी लागेको छ। अमेरिकाका नेपालीसंस्कृति आयोजनका शुभकान्य तिनका अनुभवको विनाशको र भएको यहाँ भएको छ। उलझीरे हरेक मेहनत र व्यायामको नेपाली सम्बन्ध महत्त्वपूर्ण भएको छ।

अमेरिकालाई कसमूँ बनाउनौ हामी संस्कृति आ-आफ्ना परिचय दुलनौ तर अब यसै मूल भाव भनेको हामी आफ्नो सम्बन्धवालिका विशेष बनाउन। नेपाली भाषा र सम्बन्धको जोडीमा गरेको नये र अमेरिकाले नै जनाउनौ गरेको हृदयको जोडीमा पुनरुत्थान र आफ्नो परिवर्तन, अध्ययन र सम्बन्धित निकालौ अमेरिकाका मूलधारामा आफ्नो परिवर्तन बनाउन अनिवार्य, भएको छ।

"नेपाली सम्बन्धको एकता लागि" भनेमा गृह नारका साथ सामान्य सम्बन्ध गर्ने हुनुपूर्वक! अमेरिकाका हामी नेपालको सार्वजनिक भावना विवादित र चिन्तित एकता र सीमिततात अधिक प्रमाण र तीर्थस्थली हुने जानाउनको छ भूमिका आफ्नो विवेक र विविधता हामीको विवरणमूँपैकी अभिव्यक्ति। यसै परिपर्यायको विशेष अध्ययनी नेपाली जनसम्पर्क एप्स र बुद्धिमत्ता विविधताका अवशेष गर्नुहोसँग मुलक सम्बन्ध निर्माण गर्ने एक समग्र स्वयंसेवक लागि निर्देश दिनको पार्श्रिंयक्रम, अमेरिकाले सम्बन्ध नदेखिरको कर्मचारी सम्बन्धित प्रबल सम्बन्धको प्रतिबिंबको सम्बन्धको आयोजक पदाधिकारी र सम्बन्धको सुस्पष्टता बनाउन खट्टु हुन सबै मानिसहरूलाई आफ्नो व्यक्ति गद्दु।

हामी संस्कृति आफ्नो प्रकाश अमेरिकाको नेपाली जातिको पहचानमा बुझ र मा भागभागिनी नेपालिको लागि संगठन गरेको छ। नेपालीको समूह सम्बन्धको अन्तर्गत हुन पुरूसः। अमेरिकाका विवाहवाद र सम्बन्धमा नै हामी शील आफ्नो हुनछ। अमेरिकाका रहेको नेपालीको सहयोग नक्से विवाहको अवधारणारहेको छ। सामुदायिक तहतका लागि सबै हामी हुँ। हामीले हामीले नेपालमा लोकत्न्त्र प्राप्तको लागि परिवार गरेको ख्यातिरु र देशको राजनीतिक विकासका लागि गरेको योगदानले न आफ्नो श्रद्धादी गरेको तथा प्रतीक हामी प्रक्षेपको लागि सबै नेपालीले पनि आफ्नो स्थानान्तरको अधिक तहतका लागि सबै हामीले योगदान गर्न आवश्यक छ। यस साहसका यो सम्बन्धमा सच्चा पहल गन्तु हुन सबै विवाह गरिएको छ। सम्मेलन अमेरिकाका रहेको नेपालीको विवाहको हामी आयोजना हामी जनसम्पर्क बनाउन र मा भागभागिनी नेपालिको लागि समूह उदाहरण दिन सफल बनाउन हामी शुभकामना व्यक्त गद्दु।

जय नेपाल।

(आक्षेप विष्ट)
अमेरिकाका कार्यकर्ता, नेपालीको कार्यकर्ता
एवं, अध्यक्ष, जनसम्पर्क समिति अमेरिका

[Signature]

Commemorative Magazine of ANMA, NASeA & ANA Nepali National Convention 2018
Message from the President of Nepali Public Relations International Coordination Committee (NPRICC)

Date: August 22, 2018

On behalf of the Nepali Public Relation International Cooperation Committee, I would like to thank the Association of Nepalese in Mid-West America (ANMA), Nepalese Association in Southeast America (NASoA) and Association of Nepalese in the Americas (ANA) for the invitation to partake in the Nepali National Convention 2018 held in Chicago IL.

The Nepali community is one of the fast growing communities in America. This National Convention hosted by these organizations and others is imperative in uniting all Nepali in the United States. I am very delighted to hear that important issues such as immigration, healthcare, jobs and investments are being discussed. I believe that it is essential for the future of Nepalese to expose our culture and traditions throughout the states. With more recognition of the Nepali community we will be able to provide the next generation of Nepalese more opportunities than before. Therefore, I wish the best for the Nepali National Convention 2018 and hope to make a lasting change for the Nepalese community in USA.

Thank You

Bishnu Subedi
President
NPRICC
Editorial

Namaskar!

It is our pleasure to bring you Yeti Viewpoints, the commemorative magazine of the Nepali National Convention 2018, jointly organized by the Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in Americas (ANA). Yeti Viewpoints is being published in every convention containing program information, literary submissions, personal greetings and advertisements. This issue is a continuation of the past tradition.

With the slogan of “Unity for Nepalese Community”, we are hopeful this Convention will bring a sense of unity in Nepali people residing around North American continent. This convention will also help to understand and transfer cultural aspect from one generation to other. This convention includes sports, blood donation, cultural program, essay competition, Film Fare Award and many more activities. This National Convention aims to develop many more talents for the society by the inclusion of these activities. This is also a platform to meet old friends and make new friends.

This magazine would not have been possible without the support of different individuals. We would like to thank all the contributors who took the time to write their submission. Our sincere thanks also goes to all the well-wishers who expressed support via individual greeting messages. We also thank all the Platinum, Gold and Silver sponsors along with the advertisers for their financial support. We are also grateful to Mr. Bala Ghimire and ANMA team, Mr. Madhav Dhakal and NASeA team, Mr. Medini Adhikari and ANA team for their advice, guidance and continuous support to finalize the content of this magazine. It is difficult to say how much we value you and your work Mrs. Ambika Lohani Sharma. Not only you have designed the beautiful coverpage for this magazine but also you have helped us throughout this publication process.

We hope you will find this issue of Yeti Viewpoints informative and beneficial. Please feel free to provide us your valuable feedback, comments and suggestions so that we can continue to improve in the future. Enjoy Reading!

Thank you,

Publication Committee, Nepali National Convention 2018
Dr. Om Dahal (Coordinator)
Dr. Gokarna Aryal
Dr. Deepak Basyal
Shailesh Panth

Disclaimer:
Articles published in this newsletter are the opinion of the author. ANMA, NASeA and ANA are not responsible for the content.
Convention Agenda

Nepali National Convention 2018

Jointly Organized by ANMA, NASeA & ANA
August 31st – September 2nd
Chicago , IL
“Unity for Nepalese Community”

Convention Location:
Hilton Rosemont/Chicago O’Hare
5550 N. River Road
Rosemount, IL 60018
Phone: 847-678-4488

Registration Days/Hours:
Friday, August 31: 5:00 PM - 8:00 PM
Saturday, September 1: 8:00 AM - 7:00 PM
Sunday, September 2: 8:00 AM - 7:00 PM

Registration:
The Nepali National Convention Registration Desk is located at the Hotel Lobby. Please contact Mr. Bharat Kandel at 314-303-2315 or bplk819@yahoo.com with any questions regarding registration and convention.

Program Times:
Each program will run within allocated times. Program coordinators are responsible for executing program from start to end.

Name Badges:
Name Badges for the registered participants are provided at the registration desk. Please wear your name badge at all the time when you are attending events and program.

Electronic Devices:
Please turn off or silence all electronic devices during sessions, workshop, and plenary addresses.

Concentration Registration Categories

Note: Grand Concert & Filmfare Award is not included with any package. The concert & Filmfare Award tickets will be sold separately.

Early Registration period ended on July 15th and the extended discounted package rate also ended on July 31st.

<table>
<thead>
<tr>
<th>Registration Category</th>
<th>Early Bird (Ends July 15th)</th>
<th>Online (Ends Aug. 30th)</th>
<th>Onsite After Aug. 30th</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANMA/NASeA/ANA Life Member Full Package</td>
<td>$115.00</td>
<td>$145.00</td>
<td>$150.00</td>
</tr>
<tr>
<td>General Member Full Package</td>
<td>$125.00</td>
<td>$155.00</td>
<td>$160.00</td>
</tr>
<tr>
<td>Student Full Package (Only Online)</td>
<td>$105.00</td>
<td>$135.00</td>
<td>Not Available Onsite</td>
</tr>
<tr>
<td>Saturday Only Package</td>
<td>$85.00</td>
<td>$90.00</td>
<td>$95.00</td>
</tr>
<tr>
<td>Sunday Only Package</td>
<td>$90.00</td>
<td>$95.00</td>
<td>$100.00</td>
</tr>
<tr>
<td>Children Food Package</td>
<td>$80.00</td>
<td>$80.00</td>
<td>$85.00</td>
</tr>
<tr>
<td>Grand Concert Ticket Only</td>
<td>$25.00</td>
<td>$25.00</td>
<td>$30.00 (Based on Availability)</td>
</tr>
<tr>
<td>NEMPA Filmfare Award Ceremony-VIP</td>
<td>$100.00</td>
<td>$100.00</td>
<td>$100.00</td>
</tr>
<tr>
<td>NEMPA Filmfare Award Ceremony-Regular</td>
<td>$25.00</td>
<td>$30.00 (Based on Availability)</td>
<td></td>
</tr>
</tbody>
</table>

The following items are included in the Registration Package:

- Saturday Lunch & Dinner
- Sunday Lunch & Dinner
- Saturday Opening Ceremony
- Sunday Cultural Program
- All the programs & forums
- Job Fair
- (Grand Concert & Filmfare Award ticket not included)
- Saturday Lunch & Dinner
- Saturday Opening Ceremony
- Saturday programs & forums
- Job Fair
- (Grand Concert & Filmfare Award ticket not included)
- Sunday Lunch & Dinner
- Sunday Cultural Program
- Sunday programs & forums
- (Grand Concert & Filmfare Award ticket not included)
## Program Schedule

<table>
<thead>
<tr>
<th>S. No</th>
<th>From</th>
<th>To</th>
<th>Location</th>
<th>Program Description/Date</th>
<th>Coordinator/Contact Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>5:00 PM</td>
<td>7:00 PM</td>
<td>Hotel Lobby</td>
<td>Registration and Social Hour</td>
<td>Mr. Bharat Kandel</td>
</tr>
<tr>
<td>2</td>
<td>7:00 PM</td>
<td>10:00 PM</td>
<td>Main Ball Room</td>
<td>Nepal Promotion VIP Dinner - Opportunity to interact/meet and greet with VIP guests, and informal Nepal tourism/investment talk, NCC</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>8:00 AM</td>
<td>10:00 AM</td>
<td>Medium Room 1</td>
<td>Job Search and Employment Session</td>
<td>Mr. Satya Choudhary</td>
</tr>
<tr>
<td>4</td>
<td>11:00 AM</td>
<td>1:00 PM</td>
<td>Medium Room 2</td>
<td>Blood Donation Forum/Pulmonary Hypertension - A Different Kind of Hypertension</td>
<td>Dr. Lila Raj Dahal/Dr. Chooda Mani Khanal</td>
</tr>
<tr>
<td>5</td>
<td>1:00 PM</td>
<td>3:00 PM</td>
<td>Main Ball Room</td>
<td>Opening Ceremony</td>
<td>Mr. Medini Adhikary (President, ANA)</td>
</tr>
<tr>
<td>6</td>
<td>3:00 PM</td>
<td>5:00 PM</td>
<td>Main Ball Room</td>
<td>Opening Ceremony</td>
<td>NCC</td>
</tr>
<tr>
<td>7</td>
<td>5:00 PM</td>
<td>7:00 PM</td>
<td>Hotel Lobby</td>
<td>Registration</td>
<td>Mr. Bharat Kandel</td>
</tr>
<tr>
<td>8</td>
<td>8:00 AM</td>
<td>10:00 AM</td>
<td>Parking Lot</td>
<td>Blood Donation</td>
<td>Mr. Bishnu Phuyal</td>
</tr>
<tr>
<td>9</td>
<td>8:00 AM</td>
<td>5:00 PM</td>
<td>Sports Field</td>
<td>Sports</td>
<td>Mr. Indrakant Choudhary</td>
</tr>
<tr>
<td>10</td>
<td>8:00 AM</td>
<td>5:00 PM</td>
<td>Lobby</td>
<td>Job Fair</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>5:00 AM</td>
<td>7:00 PM</td>
<td>Main Ball Room</td>
<td>Nepal Forum - Prosperous Nepal</td>
<td>Mr. Medini Adhikary (President, ANA)</td>
</tr>
<tr>
<td>12</td>
<td>1:00 PM</td>
<td>3:00 PM</td>
<td>Main Ball Room</td>
<td>Opening Ceremony</td>
<td>NCC</td>
</tr>
<tr>
<td>13</td>
<td>3:00 PM</td>
<td>5:00 PM</td>
<td>Main Ball Room</td>
<td>Opening Ceremony</td>
<td>NCC</td>
</tr>
<tr>
<td>14</td>
<td>5:00 PM</td>
<td>7:00 PM</td>
<td>Hotel Lobby</td>
<td>Registration</td>
<td>Mr. Bharat Kandel</td>
</tr>
<tr>
<td>15</td>
<td>5:00 AM</td>
<td>7:00 PM</td>
<td>Dinner Hall</td>
<td>DINNER</td>
<td>NCC</td>
</tr>
<tr>
<td>16</td>
<td>7:00 PM</td>
<td>9:00 PM</td>
<td>Main Ball Room</td>
<td>Concert</td>
<td>Mr. Raj Acharya</td>
</tr>
<tr>
<td>17</td>
<td>9:00 PM</td>
<td>11:00 PM</td>
<td>Main Ball Room</td>
<td>Concert</td>
<td>Mr. Raj Acharya</td>
</tr>
<tr>
<td>18</td>
<td>11:00 PM</td>
<td>1:00 AM</td>
<td>Main Ball Room</td>
<td>Live band Unwritten karma with Nima Rumba</td>
<td>Mr. Anjan Shrestha</td>
</tr>
<tr>
<td>19</td>
<td>1:00 AM</td>
<td>3:00 AM</td>
<td>Main Ball Room</td>
<td>Live band Unwritten karma with Nima Rumba</td>
<td>Mr. Anjan Shrestha</td>
</tr>
<tr>
<td>20</td>
<td>3:00 AM</td>
<td>5:00 AM</td>
<td>Main Ball Room</td>
<td>Live band Unwritten karma with Nima Rumba</td>
<td>Mr. Sallenddra KC</td>
</tr>
<tr>
<td>21</td>
<td>5:00 AM</td>
<td>7:00 PM</td>
<td>Hotel Lobby</td>
<td>Registration</td>
<td>Mr. Bharat Kandel</td>
</tr>
<tr>
<td>22</td>
<td>8:00 AM</td>
<td>10:00 AM</td>
<td>Parking Lot</td>
<td>Blood Donation</td>
<td>Mr. Bishnu Phuyal</td>
</tr>
<tr>
<td>23</td>
<td>8:00 AM</td>
<td>5:00 PM</td>
<td>Sports Field</td>
<td>Sports</td>
<td>Mr. Indrakant Choudhary</td>
</tr>
<tr>
<td>24</td>
<td>8:00 AM</td>
<td>10:00 AM</td>
<td>Medium Room 2</td>
<td>ANMA Election</td>
<td>Mr. Rajendra Khatiwoda</td>
</tr>
<tr>
<td>25</td>
<td>9:00 AM</td>
<td>11:00 AM</td>
<td>Main Ball Room</td>
<td>Immigration and Business Law Forum</td>
<td>Mr. Rashu Dhulara</td>
</tr>
<tr>
<td>26</td>
<td>9:00 AM</td>
<td>11:00 AM</td>
<td>Medium Room 1</td>
<td>Interactive Session on Nirogi Nepal/Health at Home</td>
<td>Dr. Chandra Chataut, Mr. Ankur Sharma and Yagina Pant</td>
</tr>
<tr>
<td>27</td>
<td>10:00 AM</td>
<td>12:00 PM</td>
<td>Main Ball Room</td>
<td>Civic Participation of People of Nepali Origin in America, A Panel Discussion</td>
<td>Dr. Arjun Banjade</td>
</tr>
<tr>
<td>28</td>
<td>10:00 AM</td>
<td>12:00 PM</td>
<td>Medium Room 1</td>
<td>Health Forum</td>
<td>Mr. Ramakanta Kharel</td>
</tr>
<tr>
<td>29</td>
<td>11:00 AM</td>
<td>1:00 PM</td>
<td>Medium Room 1</td>
<td>Giving Back to Motherland</td>
<td>Mr. Hem Pathak</td>
</tr>
<tr>
<td>30</td>
<td>11:00 AM</td>
<td>1:00 PM</td>
<td>Main Ball Room</td>
<td>A panel discussion pertaining to the prevailed Health and Education (HE) system of Nepal with an abstract analysis</td>
<td>Dr. Tulsi Dahel, Dr. Durga Dahel &amp; Associates</td>
</tr>
<tr>
<td>31</td>
<td>12:00 PM</td>
<td>1:00 PM</td>
<td>Lunch</td>
<td>Lunch</td>
<td>NCC</td>
</tr>
<tr>
<td>32</td>
<td>1:00 PM</td>
<td>2:00 PM</td>
<td>Medium Room 1</td>
<td>ANA-ANMA-NASEA Commission report on National Convention and interaction program</td>
<td>Mr. Rajendra Khatiwoda</td>
</tr>
<tr>
<td>33</td>
<td>2:00 PM</td>
<td>3:30 PM</td>
<td>Medium Room 1</td>
<td>Science, Technology, Innovation and Knowledge Transfer Committee, NRNA NCC of USA</td>
<td>Mr. Pashupati Pandey</td>
</tr>
<tr>
<td>34</td>
<td>3:30 PM</td>
<td>4:30 PM</td>
<td>Medium Room 2</td>
<td>Literary Session</td>
<td>INLS</td>
</tr>
<tr>
<td>35</td>
<td>4:30 PM</td>
<td>5:00 PM</td>
<td>Medium Room 1</td>
<td>Women's Empowerment and Domestic Violence</td>
<td>Ms. Urmila Pantli</td>
</tr>
<tr>
<td>36</td>
<td>5:00 PM</td>
<td>6:00 PM</td>
<td>Main Ball Room</td>
<td>Cultural Program</td>
<td>Mr. Beni Madhab Kandel</td>
</tr>
<tr>
<td>37</td>
<td>6:00 PM</td>
<td>7:00 PM</td>
<td>Main Ball Room</td>
<td>Cultural Program</td>
<td>Mr. Beni Madhab Kandel</td>
</tr>
<tr>
<td>38</td>
<td>7:00 PM</td>
<td>8:00 PM</td>
<td>Main Ball Room</td>
<td>Cultural Program</td>
<td>NCC</td>
</tr>
<tr>
<td>39</td>
<td>8:00 PM</td>
<td>9:00 PM</td>
<td>Main Ball Room</td>
<td>Film Fare Award</td>
<td>NCC</td>
</tr>
<tr>
<td>40</td>
<td>9:00 PM</td>
<td>10:00 PM</td>
<td>Main Ball Room</td>
<td>Film Fare Award</td>
<td>NCC</td>
</tr>
<tr>
<td>41</td>
<td>10:00 PM</td>
<td>11:00 PM</td>
<td>Main Ball Room</td>
<td>Film Fare Award</td>
<td>NCC</td>
</tr>
<tr>
<td>42</td>
<td>11:00 PM</td>
<td>12:00 PM</td>
<td>Main Ball Room</td>
<td>DJ</td>
<td>Mr. Sallenddra KC</td>
</tr>
</tbody>
</table>
## Nepali National Convention 2018 Co-Chairs & Coordinators

<table>
<thead>
<tr>
<th>Name</th>
<th>Position and Committee Coordinator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ambika Lohani Sharma</td>
<td>Co-Chair &amp; IT Committee Coordinator</td>
</tr>
<tr>
<td>Jyoti Adhikary</td>
<td>Co-Chair, Nepali American Center (NAC)</td>
</tr>
<tr>
<td>Dr. Tulsi Dharel</td>
<td>Co-Chair &amp; Academic Diaspora Committee Coordinator</td>
</tr>
<tr>
<td>Dr. Diwakar Dahal</td>
<td>NNC 2018 Secretary/Media Coordinator and ANMA Acting General Secretary</td>
</tr>
<tr>
<td>Bharat Kandel</td>
<td>Co-Chair and Registration Committee Coordinator, NNC 2018</td>
</tr>
<tr>
<td>Balram Panthi</td>
<td>Co-Chair and Fundraising &amp; Advertising Committee Coordinator, NNC 2018</td>
</tr>
<tr>
<td>Benimadhav Kandel</td>
<td>Co-Chair and Cultural Program Committee Coordinator, NNC 2018</td>
</tr>
<tr>
<td>Prashim Poudyal</td>
<td>Co-Chair, NNC 2018</td>
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<td>Dr. Anup Srivastav</td>
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<td>Dr. Suman Silwal</td>
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<td>Dr. Ram Krishna Shah</td>
<td>Co-Chair and Volunteer Committee Coordinator, NNC 2018</td>
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<tr>
<td>Anjan Shrestha</td>
<td>Co-Chair, NNC 2018</td>
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<tr>
<td>Sanjay Shrestha</td>
<td>Finance Committee Coordinator, NNC 2018 &amp; ANMA Treasurer</td>
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<tr>
<td>Dr. Nirmal Paudel</td>
<td>NASeA Treasurer</td>
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<tr>
<td>Bijay Raj Bhattarai</td>
<td>ANA General Secretary</td>
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<td>Krishna Shrestha</td>
<td>NASeA General Secretary</td>
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<tr>
<td>Urmila Panthi</td>
<td>Women Committee Coordinator, NNC 2018</td>
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<td>Keshav Khanal</td>
<td>Food Committee, NNC 2018</td>
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<td>Gopendra Bhattarai</td>
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<td>Dr. Om Dahal</td>
<td>Publication Committee Coordinator, NNC 2018</td>
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<td>Satya Choudhary</td>
<td>Co-Chair &amp; Nepal Tourism and US Investment/Employment Committee Coordinator, NNC 2018</td>
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<td>Bishna Devi Yadav</td>
<td>Literary Committee Coordinator, NNC 2018</td>
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<tr>
<td>Raj Acharya</td>
<td>Co-Chair, NNC 2018 and President of Nebraska Nepalese Society (NNS)</td>
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<tr>
<td>Dr. Sushama Pradhan</td>
<td>Student Writing Contest Committee Coordinator, NNC 2018</td>
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<td>Indrakant Choudhary</td>
<td>Sports Coordinator</td>
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**Mr. Rajendra Khatiwada**

- Former President of Association of Nepalese in Midwest America (ANMA)

*Best wishes to ANMA, NASeA & ANA for the grand success of the Nepali National Convention 2018*

Chicago, Illinois

*Aug. 31 – Sept. 2, 2018*
Association of Nepalese in Midwest America (ANMA)
Executive Committee
2016-2018

Visit us:
http://www.anmausa.org/
Face book:
https://www.facebook.com/AnmaUsa/

Nepalese Association In Southeast America (NASeA)
Executive Committee
2017-2019

Visit us:
http://naseaonline.org
Facebook:
Greetings to every one!

On behalf of the Nepali Janasamparka Samiti USA, IL Chapter, I would like to welcome all our guests to the Nepali National Convention 2018 in Chicago, the famous “Windy City.”

With a slogan of “Unity for Nepalese Community”, three Nepalese organizations, Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) are organizing this historic Convention at our home city of Chicago, IL. This is definitely going to be a great initiative to unite all Nepalese not only in the United States of America but all over the world. This is a great opportunity for North American Nepali diaspora to share heritage, language, and culture. I believe this convention also provides platform for different individuals to share their inner talents.


Regards,

Bhoj Raj Ghimire
President, Nepali Janasamparka Samiti USA, IL, Chapter
I am Right

by Jyoti Adhikary

“I am right” this is what we think all the time. One only realizes he or she is wrong after days, months or even years. Often times, it is too late to go back and admit that you were wrong. I guess it is our ego that holds us back or it is lack of confidence that forces us to act a certain way even though we know we are doing the wrong thing. It takes courage to admit your own faults or wrong doings to others. It also requires the ability to understand others’ perspectives while keeping one’s own perspectives in mind. We know that we all see things differently but do we rarely take the time to see things from someone else’s eyes?

Most of us are on the same level when we talk about looking at things from another person’s point of view. This refers to how we sometimes forget to be good listeners. Many of us have no patience when it comes to listening to what the person on the other side of the table has to say. This is probably because we are best at talking about ourselves, a subject we know really well. We are proud and confident to talk about our family and our thoughts. When this happens, we can be completely unaware of how others are hurt by our wrong doings and sayings.

Unfortunately, everyone thinks that they are right. The prime minister thinks he is right, politicians think they are right, business men think they are right, fathers think they are right, mothers think they are right and the list goes on and on. The situation is getting out of control because we are failing to see when someone else might be right for a change.

Are we becoming less caring and less loving? Thinking about this topic, I have become nervous as we do not receive love and attention from others, we become unpleasant. Likewise, to receive care and love we must love and care others too.

Are we becoming selfish people? Unfortunately, I would say that the answer is yes. During my visit to Nepal, I noticed a lot of misunderstandings within families. No one is coming up with solutions to their problems; the only thing they are sure about is that their opinion is the right one. After noticing the same problem in several families, I realized that they would find a solution in listening to each other.

Once we learn to understand others and see through their eyes, we will be able to understand and like the things that we had never liked before. Consequently, one of the best ways for love to grow is through a strong relationship and a strong relationship stems from understanding.
Mr. Gopendra R Bhattrai

Board Member, NRNA NCC of USA, 2017-2019
Program committee coordinator ANMA / NASea / ANA NCC2018
Past President, Association of Nepalese in Midwest America (ANMA) 2012-2014
ANMA / NASea Joint convention chair 2012
Founding President, Nepalese Association of Indiana (NAI)

Best wishes to ANMA, NASea & ANA for the grand success of the
Nepali National Convention 2018
Chicago, Illinois
Aug. 31 – Sept. 2, 2018
Some Tips in Parenting: How can we help develop our children in becoming confident and happy healthy individuals? And, our good friends?

by Anita Adhikary

I would like to share my experiences in raising children here in the USA. I am a mom, a grandmother, an early childhood educator and an author. I also am a faculty teaching Peace Education at a Montessori Teachers Training Institute in Michigan. These days I am enjoying my time as an author. Visiting schools, reading my books, doing Yoga with children and facilitating workshops in schools for parents. The topic? Parent Education Mornings or Evenings (depending on what is suitable for parents. Schools are organizing these sessions - Parenting Tips)

Therefore, I wanted to take this opportunity and share my experiences within our Nepali community.

Raising a child in two different cultures is quite a challenging task. It is not easy for us parents to change. Since we come from an entirely different culture. We are fixated in some of our old habits and norms, however, we can change. Change is a good healthy sign. All of us need to move forward, and enjoy what life has to offer.

If we listen to our children, respect them as you would like to be treated, it is rather fun. We come from a culture, where parents speak for their children. Never even realizing that we are answering the questions that people are addressing our children. Is this right? For an example: Your child is with you, by your side, someone asks your child a simple question “what is your name”? Instead of your child answering, we tend to answer for them. This kind of pattern makes our children very meek and docile. If they are being addressed to let them answer. It’s a joy to watch their interaction. We always tend to treat our children as kids, and not really respecting them as individuals. That these small children too have a mind of their own. We can learn so much from our children. They need to fit in this society, American culture. The moment they walk out through the doors, they have to adapt to the American way of living. Trust me, it’s a daunting task for our children, too. We have to give them space and respect. In doing so we are helping them become confident learners, happy individuals and our good friends. Isn’t this what we all desire? That children share their day with us?

1. Respect and Trust them: Let them move forward. They will become passionate in what they do, and will do well.

2. Prepare such an environment that children are left to explore on their own. Do not be after them all the time. Do not help them unnecessarily. Let them discover, explore, and meet up with challenges. These methods help children become happy confident individuals. With a good self esteem.

3. Language is powerful, try not using baby talk, use good language.

4. Bilingual: try and maintain speaking Nepali, at home. If one parent speaks in English and the other in Nepali, this will work wonders.

5. While children are playing or learning to walk, if they fall, do not make a big scene. Unless of course if they are badly hurt. Otherwise, just say, “are you ok”? And let them move forward. This is a beautiful way in helping them become confident young adults, otherwise, they will start seeing for negative attention.

6. Help children in becoming independent and self reliant. Let them choose their own clothing. Its ok if it doesn’t match. As long as its clean, its ok to wear mismatched outfits, too. They feel good about themselves and will grow into strong individuals.

7. When going elsewhere, let them decide their own clothing. Do not make a war over what they can wear and not wear. You then become unhappy and the children miserable. No one is going to make fun of your children. If someone says something. You answer them saying” We are very happy that our children can dress themselves up”. And move away…
8. Allow children to play with mud, sand, water, leaves. Let them jump in a puddle, so what? If they get dirty or wet. The joy they get from these activities is priceless. Infusing with Nature is a great tool for children to embrace.

9. Go for walks with them. Study leaves, roots, branches, fruits, flowers. Discuss and explore learning together. Let them hug a tree...there are so many lessons involved in these activities....developing language, science, math...large and fine motor skills.

10. Let them appreciate nature. Lie down together in the grass and study clouds, birds, sky color. Talk about them. Make a project.

11. Allow them to go bare feet on the grass on the sand. Children are not doing this anymore. This is great for their development. Research has proven it.

12. Do not rush, take time, do not yell, respect them, compliment them, and acknowledge them.

13. Make them take ownership. Make them feel good. Refrain from saying “ GOOD JOB”! Give them high fives and say, “YOU DID IT!”

14. When it's time to clean up no matter what you do or where you are or where you go, give them a warning. “In five minutes we need to be leaving, or in five minutes, its dinner time, or in five minutes its bed time”. Stick to these religiously. (If your parents need to get ready for something, can you leave what you are doing at the drop of a hat and go?) I don’t think so, therefore, please try and use this technique.

15. Speak softly, use inside voices. Give them eye contact, bend down and go on their level. If you scream from across the room, voice escalates, and it gets too loud. In our culture, we all want to be heard, therefore we are all speaking at the same time. Not really listening to anyone. Well, this kind of behaviour does not work, so we need to change.

16. If your children are struggling to eat, do not go on talking about food all the time. Do not make a big deal. They know that you are not happy with this behaviour, they will learn to twist your button by seeking negative attention. Therefore, let them eat, they will not starve. Do not feed them, otherwise your children will go hungry at school. Make a well balanced diet for school. With small portions: few carrots, few broccoli, few cheese, few crackers, small sandwiches, few meat. When they eat these, even if its few, Compliment them by saying” WOW! Today you ate this. I am so proud of you. Keep on doing this until they learn to eat everything. “ (It's not easy parents, but what can we do?) Prepare food together. Let your children help in any way they can. In the kitchen, folding laundry, sorting whites, folding socks, watering plants. They feel happy to do this. Because, children want to please their parents all of the time, and be with them, especially the smaller ones. And guess what parents? There are numerous life learning skills involved.

17. When they accomplish something. Give them a treat. A treat does not have to be candy or chocolates. You can do other more meaningful stuff. Spending quality time. By saying“ Today you and I will go to the library, or we will go play or go to the movie.” Something that they will cherish for always. Make this a pattern. They will do well and look forward to one in one time with you.

18. Talk about their friends, invite them, get to know them. Not just talk about their grades and academics. While doing so you are developing a strong bond. They want to hang out with you, they look forward to. And become your good friends. They have great respect and trust towards you. This makes them want to share everything with you. Isn’t this what we want from our kids? Otherwise, they will have a fear over you and cannot share anything with you. Which in time might lead to depression. Which is not healthy.

19. Have meals together, whether it be breakfast or dinner. Talk about your day. It’s crucial that we focus on this pattern. We are learning so much about our children and vice versa.

20. If someone is having a bad day, talk about your feelings. Talk about emotions and what they do. Practice mindfulness and deep breathing. This is healing. When you are going through a difficult time. Talk share with one another. It’s important that we do not keep things bottled up. This leads to unnecessary stress. Share with your friends and families. Everyone goes through this sometime or the other. You are not the only ones.

21. Children thrive on routine. Make reading a big part of your children’s day. Talk about the book/story. Ask questions and hear their answers. This helps them towards comprehension skills and develop their attention span. Tell them Nepali folk tales.
22. Do not overindulge in buying them toys and expensive things. Do not feel pressured in buying them expensive things on demand. Let them know that you are working hard and that you do not have enough money to spend on frivolous things. Instead invest on board games, blocks, puzzles. These activities lasts long and helps with their focus and attention span. Furthermore, they become creative. Make something special on a rainy day. Keep this tradition live. They look forward to. Show them how to write letters. Let them be creative. Its ok to be messy, it's no big deal. You can clean up together. Do not be obsessive in cleaning. They are watching you all the time. They might become obsessive, as well. This is not good. We need to become good role models, they are observing us all the time.

23. Let them follow their passion. Do not be too rigid on their grades. Focus on their strengths first and weaknesses last.

24. A home needs to be a happy peaceful one. We do not want our children to be walking on eggshells. If you are not happy with one another. Do not yell and scream and shout at one another in front of your children. This behavior makes them emotionally very weak. If you need to go someplace for work, do not tell your children months or days ahead. They will become anxious. Also, if you are planning in taking them someplace, say maybe Disney or... Keep this from them. Children do not understand the broader picture, they will think its tomorrow. And get overly anxious and cannot focus in the present moment.

25. Choices and consequences: Sometimes, if your child is not listening to you, and this is becoming a pattern. You get upset and ask the child to go “ up-stairs” or give him/ her “ time out.” Well, this does not work. Therefore, give them warning in a soft voice and say “ I am really not happy with your behaviour. You need to stop doing this.” If they listen to you, say, “ Thank You for listening” and walk away. Do not LECTURE them. They will tune you out. If it doesn’t work, then warn them by saying “ Ok, you are really not listening, therefore, your play computer time will be taken away.” Or whatever they might enjoy doing. Be consistent with this method. If you get angry with them, you can say, “ I love you but, I am not happy with your behaviour”. This will make them feel secured. If you are not happy with your behaviour”, “ I love you but, I am not happy with your behaviour”. This will make them feel secured.

26. Mornings should be calm and peaceful. If you are late for work, you try and put that stress on your little one. That is not right. Kids do not like to be rushed out. They will learn to dilly dally. So get up early, do what you need to and wake them up. Let them choose their outfits the night before. Ask them to pick only two. So the next morning, they need to wear one. If there is temper tantrum, then say, “ sorry you chose those.” And make them go in their pajama’s. They will be teased and never show this kind of behaviour again.

27. If the child wants to wear her/his favorite shirt or dress all of the time. Then buy another similar one. So it is clean.

28. Be positive, if your child is running in the house or standing on a table or playing ball in the house. You need to explain to them WHY? We do not do this. Rather then saying “ NO!

29. Always, carry an ACTIVITY BAG ( with markers coloring books or books or small legos) when you visit someone. So they get busy, and are not bored. This also helps them from not running around wild. And you need to let them know before you enter someones house that the ground rule is not running or jumping.

30. Last but not least: Make bedtime early. YOU are the master, not the children. YOU are the ones setting up ground rules and not your children. Children thrive in routine. Be consistent on this. Try not to have tv sets at home when your children are growing up. Let them not play with your smart phones or ipads. This is not good for their system. Children have a lot of energy, take them outdoors, to the parks, and let them play. This is very healthy for them, they sleep well. When they sleep well, they can focus better at school. And you have time for EACH OTHER:)

Note: Hope you enjoyed these thoughts of mine. I am not an expert, I just wanted to share my experiences with you. Please use what you think is right.
अमेरिकामा क्रेडिट किन महत्वपूर्ण छ?

अमेरिकामा बसेका क्रेडिट गर्नुहोस् ठाउँ हुन्छ या भनौं आफ्नो जीवन यापािन गर्ने प्रगतिशील अन्य ध्यान दिन छुँथै र प्रत्येक मासमा नेपालीको जीवन बिजनेसमा दिनै। तपाईले आफ्नो क्रेडिटको जानिने पत्र जमाउन गरेका छौँ। 

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credit score category

300-579 Very Poor 
580-669 Fair 
670-799 Good 
740-799 Very Good 
800-850 Exceptional 

FICO (Fair Isaac Corporation ) जसका स्थापना सन् १९५६ मा बिल फेर र इरल इसाक बाट भएको हो। 

मात्रको चार वाट क्रेडिट क्रेडिटको बित्तिय गर्न महत्वपूर्ण हुन्छ। 

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Equifax
TransUnion
Experian

हाम्रो नेगेटिव केडिट रिपोर्ट कति वर्ष सम्महारो केडिट रेकडर्मा रहन्छ?

Bankruptcy 7-10 Yrs.
Charge-Offs 7 Yrs.
Closed Account 7 Yrs.
Inquiries 2 Yrs.
Late Payment 7 Yrs.
Judgements 7 Yrs.
Tax-Liens 7-15 Yrs.
Collection Accounts 7 Yrs.

हामीले सिम्जनै पनि कु रा के हो रामरो केडिट बनाउ पर्ने लागे पर्दछ तर केडिट विविध धेरै दिन लागेत।

केडिट कसारी बनाउने?
केंद्रित दस्तावेज आफ्नो डेटाकोहरुले ख्याति हुन्छ। केडिट हिस्ट्री नहुनेहरु अथवा वारा केडिट छान्छ। राम्रो केडिट बनाउन द्वारा यस्ताको गर्ने पर्ने हुन्छ: कैसेंस अपार्टमेंट, लोन, केडिट कार्ड आदिमा Cosigner बनेको, Secured केडिट कार्ड अपलाई गरेको दिन आफ्नो अवधिको लोन जस्तै रूपमा कि घरिने कुराहरुमा Cosigner राम्रो हुन्छ। पछि आफ्नो को लाई वेबसाइटले धेरै आर्थिक व्यापा भएको धेरै आर्थिक व्यापा भएको हुनेछ।

केडिट inquiry के हो? Hard Inquiry वा Soft Inquiry कस्तो अवस्थामा हुन्छ?
कुनै पनि संस्थाले जब हाम्रो केडिटको पनि आधार मानेको निर्णयको पुष्टि निर्णयको निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि निर्णयको पुष्टि

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Prabha & Gokarna R. Aryal
Munster, IN
Mr. Suneel Sah

Social Leader and Business Entrepreneur
NRNA - NCC Senior Vice President

Best Wishes to ANMA, NASeA, & ANA for
the grand success of the Nepali National Convention 2018

Chicago, Illinois
August 31– September 2, 2018

Dallas, Texas
नपिउने बाचा
अकेला आँसु

धरोधमर्य भोलिदेखि, रक्सी पिउन छोडिदु मैले।
भट्टीसंग बनाएको, सबै माइनो तोडिदु मैले।

आज एकदिन पिउन देउ, भोलिदेखि छुट्टी छु।
अब देखि मेरा पाइना, भट्टीतिर मोडकै दिन।
सुरा छोड्छिदै केवल निति, संग दिव जोडिदु मैले।
धरोधमर्य भोलिदेखि......

मैले ठान्थी यसलाई खाचु, यसैले पो खाको रैछ।
किडुनी, मुटु, कलेजो नि, लान लान लाको रैछ।
भोलि व्याने यसलाई अब, अब घोिषित गर्नु मैले।
धरोधमर्य भोलिदेखि......

योग गुरू ले भनेजस्तै, लाको को जून पिउनु बरू।
रक्सी चुरोट मर्य छोडि, तिमरे काखमा आउछु सरू।
पिनाउन खोजनको, बरू साधै छोडिदु मैले
धरोधमर्य भोलिदेखि......

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Balram & Urmila Panthi
St. Louis, MO

Dilip Yogi
Executive Member, ANMA

Dr. Nanda Joshi
Executive Member, ANMA

Uttam Lamichhane, Ex-President
NRNA America, Texas Chapter

Ram Neupane
Executive Member, ANMA
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Niraj Thakur
Executive Member, ANMA

Kailash Kayastha
Senior Vice-President, ANMA

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Dr. Diwakar Dahal
Acting General Secretary, ANMA

Buna Dahal
Executive Member, ANMA
त्यो मोरीले यादब्यौँगै राख्ने

एकांतमा मलाई हनहनी ज्वरो आउदा,
मुख सुके प्याक प्याक पानी खान मन लाउदा,
मिलाम भर्थी पानी बोकी गोलीबाट सिलामोल सिकीकी थिइँ,
धरोधम बुझ्याभए त्यो मोरीले प्रेम गर्न कहाँ सिकीकी थिइँ !!

मेरो आँखामा कालो कसिमाग पर्दा,
आँखावाट तत्तर अङ्ग छाँदा,
आफैले आफैले चुक्किको दुप्पलाई खुल्कै बाटैदै,
धरोधम बुझ्याभए त्यो मोरीले प्रेम गर्न कहाँ सिकीकी थिइँ !!

दुनियामेरे नामलाई बिगारिएर, उपनामले बोलाउदा,
धुम्दा फिन्दा, यताउता टहलाउदा !
उसले “हजुर आँफु” बोल्दा मन्योक्तिन सिकीकी थिइँ,
धरोधम बुझ्याभए त्यो मोरीले प्रेम गर्न कहाँ सिकीकी थिइँ !!

सबैले ओठ नचाएर शब्दले भाषाको काम चलाउदा,
उसले परेली नचाएर ओढेको चुि᳖को टुप्पोलाई थुकले बाटदै,
धरोधम बुझ्याभए त्यो मोरीले प्रेम गर्न कहाँ सिकीकी थिइँ !!

मिलाम-मोखो बोल्दा, हारालुम हुनजाँदा,
बराबरी भाग लगाई, आँफु तिर थोरे र म पारी,
म थोरे थोरे कही छाँदा आँख खान चलन सिकीकी थिइँ,
धरोधम बुझ्याभए त्यो मोरीले प्रेम गर्न कहाँ सिकीकी थिइँ !!

अयूब बोल्दा मुख दुल्लुङ चुप बनाउने,
घरी घरी गम्भीर पिन, फ्याट फुट टुटा मन पराउने सबैभाग उल्ले
सिकीकी थी,
धरोधम बुझ्याभए त्यो मोरीले प्रेम गर्न कहाँ सिकीकी थिइँ !!

रामले जस्ले, जनम निने आमाले जस्ले,
मुहार पारी मन बुझ्ने कला उल्ले थिइँ,
�रोधम बुझ्याभए त्यो मोरीले प्रेम गर्न कहाँ सिकीकी थिइँ !!

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Dr. Prem Adhikari
Advisor, ANA America

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Nita Khatiwada
Executive Member, ANMA

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Keshav Khanal
Executive Member, ANMA

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Binod Tripathy
Member, ANA

Dhruba Bhattarai
Executive Member, ANMA
Mr. Dev Bastola

Successful Nepali Businessman

Quad Cities, Iowa
Phone # 5636503507

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Chicago, Illinois
August 31– September 2, 2018
When it comes to money matters, young parents who are just starting out have a lot to juggle: They may be paying off student debt and saving for their first home, all while raising kids. But it's also a time when young families may be the most financially vulnerable should the unexpected strike. To ensure that they have financial protection when they need it most, purchasing a life insurance policy should be top of mind.

Here are five reasons why young families need life insurance:

1. **You just never know.** While it's not the most pleasant thing to ponder, an emergency situation could quickly put your family's finances under water. In fact, nearly half of Americans don't have enough savings to take care of a $400 emergency response. And when you're starting out, not having protection in case something happens to a family's breadwinner is even scarier.1

2. **The earlier you opt in, the more affordable it is.** Because age is one of the factors that affects the cost of your premium, the younger you are when you purchase a policy, the less you'll be paying each year.2

3. **It's not as expensive as you think.** If you're on a budget and are convinced you can't afford life insurance, consider term life insurance. It guarantees protection for a set amount of time. Since it's not designed to last a lifetime, the annual premiums are considerably lower.3

4. **It lets you concentrate on other goals.** Once you have the peace of mind and financial protection that life insurance grants you, you may feel secure enough to fund long-term goals, like buying a home, saving for your nest egg, or going back to school.

5. **You can always upgrade at a later date.** Don't let the fear of making the wrong decision deter you from purchasing a policy now. The policy you purchase today isn't intended to be set in stone. As your family's needs change, you have the option of making upgrades.

We know it's not easy for young families to make their life insurance needs a priority, given all their competing financial obligations. However, life insurance is a vehicle for protection that is not only affordable, but can also help families save money and can ultimately propel them toward reaching both their immediate and far-reaching goals.

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This educational, third-party article is provided as a courtesy by Suresh Basyal, Agent, (CA Ins. Lic. #OI22834) New York Life Insurance Company. To learn more about the information or topics discussed, please contact Suresh Basyal at Cell: 309.750.2383, email: sbasyal@ft.newyorklife.com, www.SureshBasyal.com


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**Gokarna Dahal, Social Worker**  
Fort Worth, Texas

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**Chandramani Pande, Social Worker**  
Irving, Texas
Mr. Khagendra GC

Chhetry & Associates, P.C.
A Full Service Law Firm For All Immigration Needs.

- Former President of the Non-Resident Nepali Association National Coordination Council (NRN NCC USA)
- President Chhetry & Associates, P.C.

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Chicago, Illinois
August 31–September 2, 2018
On December 22, 2017, house of representatives and senate conference committee has brought the Tax Cuts and Jobs Act which will reform both individual and corporate income taxes. This act had reduced tax rates on wages, investment, business income and lowered corporate tax rate to 21 percent.

- Current seven tax brackets are same, but tax rate has been lowered, maximum tax rate 39.6% has been reduced to 37%

<table>
<thead>
<tr>
<th>Married Filing Jointly Tax Rates for Income Ranges</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Law</td>
</tr>
<tr>
<td>10%  $0-$19,050</td>
</tr>
<tr>
<td>15%  $19,050-$77,400</td>
</tr>
<tr>
<td>25%  $77,400-$156,150</td>
</tr>
<tr>
<td>28%  $156,150-$237,950</td>
</tr>
<tr>
<td>33%  $237,950-$424,950</td>
</tr>
<tr>
<td>35%  $424,950-$480,050</td>
</tr>
<tr>
<td>39.60% $480,050+</td>
</tr>
</tbody>
</table>

- Standard deductions have been almost doubled but personal exemption is eliminated

<table>
<thead>
<tr>
<th>Current Law</th>
<th>Tax Cuts and Jobs Act</th>
</tr>
</thead>
<tbody>
<tr>
<td>Filing statuses</td>
<td>Standard Deduction</td>
</tr>
<tr>
<td>Single</td>
<td>$ 6500</td>
</tr>
<tr>
<td>Married Filing Jointly</td>
<td>$ 13000</td>
</tr>
<tr>
<td>Married Filing Separately</td>
<td>$ 6500</td>
</tr>
<tr>
<td>Head of Household</td>
<td>$ 9550</td>
</tr>
<tr>
<td>Qualifying Widower with Dependent Child</td>
<td>$ 13000</td>
</tr>
</tbody>
</table>

- Child tax credit has been doubled from $1000 to $2000 and phaseout limit is increased from $110000 to $ 400000 for married couples where first $ 1400 will be refundable
- Health Insurance Individual mandate knows as shared responsibility penalty is reduced to $0 beginning January 1, 2019
- Alternative minimum tax exemption is raised from $86200 to $109400 for married couples and phaseout threshold is increased to $1 million
- You can give gift to one or many individuals or receive gift up to $ 15000.00 without paying gift tax
- These majority of individual income tax changes would be temporary and will expire on December 31, 2025
- Estate and gift tax exemption has been doubled from $5.6 million to $11.2 million for married couples

*Sources: irs.gov, IRS publications, taxfoundation.org and various websites*
Smart Business Magazine online publication of Smart Business Network Inc., Ohio has recently announced winner of smart women Awards 2018. Mrs. Sarala Pandey, former ANMA secretary is one of the winner in that list in Trailblazer category. Let’s congratulate Mrs. Sarala Pandey in her great achievement. She is currently working as Quality Assurance Manager, Digital Channels at The Huntington National Bank. The Smart Business Magazine summarizes her hard work and achievement as mentioned below.

Born and raised in Nepal, Sarala Pandey’s brothers went to boarding school and U.S. universities. She and her sister had very limited exposure to English. After complaining, one brother offered to help her financially, while another would host her in the U.S. at age 20, Pandey had six months to learn English and pass her TOEFL test. She took English as a second language at Tallahassee Community College, while earning a barber license.

When her fiancé got into Capital University Law School in 1991, she moved and started at Columbus State Community College. Pandey recorded every lecture, so she could listen back to try to understand it.

She transferred to Capital University and found scholarships to pursue a computer science degree. When her funds ran out with two semesters left, Pandey appealed to then-president Josiah Blackmore. He created a work opportunity and let her pay on a monthly basis.

Pandey’s self-discipline, work ethic and dedication continue to serve her well. She has worked for the last seven years at Huntington, taking a lead role in creating and implementing digital strategies for five applications and managing a team of 30.

Since her success stemmed from the support of her brothers, husband, Blackmore and mentors at work, Pandey gives back by volunteering in Columbus’ Bhutanese refugee community.

The article is based on the news published on http://www.sbnonline.com/article/smart-women-awards-2018/
My Experience with Nepali Conventions

by Pranshu Aryal

Since my family and many of our family friends are part of the ANMA/NASeA community, they always talk about these organizations and the annual conventions. I personally attended a couple of these in the past. I would like to express my appreciation to the organizers hosting such a wonderful event on an annual basis. I would like to encourage everyone to attend upcoming as well as future conventions. Let me briefly talk about the last three conventions that I have attended.

ANMA/NASeA Joint Convention – Lexington, KY (2010)

During the 2010 convention I was only 5 years old. I had gone to Lexington only with my dad because my sister was just 3 months old. Since I was only 5 most of the excitement was the drive to Lexington and playing in the hotel room. During the convention, I remember playing many games specifically for all the kids, like musical chairs, hot potato, and having many relay races. This shows that even younger kids can have fun and can take part in Nepali events. While in Kentucky we didn’t go anywhere else besides the area where the convention was held, so it was a trip to go to the convention and come back home instead of going to visit other places.

ANMA/NASeA Joint Convention – Indianapolis, IN (2012)

Since this convention was held in my home state, Indiana, in the beautiful city of Indianapolis, I was very excited to go. This time I went with my entire family. I remember having so much fun jumping around in the hotel room with my little sister and meeting many friends of my parents and their kids. We had also gone with a couple of our close family friends from Munster. Since I live in Indiana it wasn’t much of visiting experience as I have been to Indianapolis several times before. The convention itself was so much fun as everyone was dancing and singing and chatting with their friends. There were several games for kids. I remember meeting celebrities from Nepal who performed during the concert. I watched the cultural program which was very exciting, this motivated me to go on stage and join them. There were many other events during the convention which provided forum for all. I remember going to the sports venue to watch different games, attending youth forum, women forum, literature forum etc. Literally nobody was left behind. Everybody from infants to elderly people were warmly welcomed!!

ANMA/NASeA Joint Convention – St. Louis, MO (2016)

Among all the conventions that I have been to, this one was my favorite. The convention was held in the beautiful city of St. Louis, MO. We went in a group of 17 people from Munster, IN. We went in five different cars but all left Munster together. We were all communicating via text messages. We were telling each other which exit to take for lunch, where to take a break, and where everyone was. From the very beginning I knew that the next 3 days were going to be filled with lots of fun and excitement.

During that convention it was coincidently Teej. My mom and all the women in our Nepali group wore beautiful red saris and potes. During that convention I had participated in the writing contest. It was very exciting to go on stage and have everybody watching you and clapping for you. While we were in St. Louis we all decided to go to the Arch and go on a boat tour on the Mississippi river. I am very grateful to have been able to go to the convention in St. Louis, because without the convention I would have probably not yet gone to St. Louis and I would have probably never gotten to tour the city.

I came to know that in addition to ANMA and NASeA, this year Association of Nepalis in the Americas (ANA) is joining the convention. I wish for Chicago to be even more exciting and interesting than all the other conventions. It will be very interesting to see what a convention will be like in a place I go too often.

At all the conventions I see many of the same people who came in the previous conventions and some new people too. I have met so many new people and made many friends that I would have never met if they didn’t come to the conventions, or if I hadn’t gone to these conventions. I really appreciate the effort of these organizations to bring Nepalese people residing in different states together. I hope that as I get older I will continue to go to these conventions and visit many more interesting places and meet new people and older friends. I wish to be an active member and well-wisher of Nepali organizations.
Strengthening society through information sharing

by Suman Lohani

We hold a lot of information in our little mind so much that we may not even realize. Things we saw, did and heard when we were growing up back in our childhood home (food recipe, knowledge of religion, cultural things, about your hometown) and of things we encountered as we immigrated to our home. Our experiences, knowledge about how the system at the new place works etc. For example; job opportunity, Volunteer opportunity like ‘Where did your high School son volunteer to meet requirements for College Application?’

Each of these topics can be of interest to others in the same situation, parents of High School children, a retiree who wants to share his knowledge with others in Society. This information you share can be invaluable to the audience from our society, if the poster could categorize this information according to Topic such as Veg. Food, non-veg Food, Parents and according to country: Nepal, India, Canada, US.

It is important specially for us immigrants to have an online platform as we are scattered through out the World, across many countries. This platform could connect people who could use this knowledge and the seniors and influencers who have this knowledge.

There are many issues in Society like deficiencies in service provision to migrants and the shortage of housing, need of a local cultural association or organizing events such as cultural program which need to be discussed or announced to the Society. People can adapt to the new society more effectively if their cultural needs were recognized rather than denied.

Cultural Diversity

While assimilation (fitting) into the Western Society is important for survival, monoculture for all people is nothing to aspire for. Multiculturalism where the people from many Nations can foster their own culture is best so that the immigrants can contribute to the diversity of their new homeland. Each Nation has own culture, customs, beliefs, traditions, and world views. Cultural practices, symbols, and belief systems are influenced by each Nation’s unique experience on the land and with each other, and are in many cases connected with Spirituality.

Bringing People together

We bring many benefits of our knowledge to the Society if we can put out this knowledge to those who can use it. Today inspireTrend.com is the only online platform which offers such a unifying multi-cultural experience. The website enables the poster to share his message to a particular audience such as a Nepali in USA using Nepali language or to a Nepali in Australia using English language. The poster can also post to a global audience reaching World Wide. In the same website, Organizations can post their events in the ‘events’ section informing all interested people from the city or country.

There is greater power in unity and Unity is fostered when people come together on shared cause, they talk to each other and work for a common goal. It needs a group effort to make this kind of platform a success and all people including Nepali diaspora are requested to join hands, all hands on deck.

About the Author:
Suman Lohani is the founder of inspireTrend.com, a World wide Community Social Media Website. His mission is to enable people to celebrate their multicultural heritage through his flagship website. He moved to US in 2001 for graduate studies before settling down in the beautiful British Columbia.

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Bhim Karki, Unique Mart
Irving, Texas
बाहुन ,केची ,राई लिम्स्तु बा होस्तु जात नेपाल चौधरी,यादव,माडु,मण्डल वा होस्तु दलित चमार सबै मिलेर बनेछ हाम्रो समस्त नेपाल परिवार सबैलाई  हुन पर्दा बराबरी को अधिकार तर ,कोहि दलित ,कोहि पिठुङ ,कसै लाई छ समूह संरक्षक मधेशी संग राख्दैन देश संचालन मा कुनै सरोकार आवाज उठायो  तु गोलिदहान्यो ,गर्नौ उसलाई तिरुस्कार अरे ,नासमझ ,यो तू समझ -उ चाहन्छ आफ्नो घर मा सबका प्यार विकास को नाता मा नेता यज्ञो ,गर्नौ राजनीति व्यापार हामीलाई चाहियो यस्तो नेता ,जसले गरोस देश को उपकार देश मैं विदेश मा पनि गर्नौ हामी मारा-मार मारा दीर्घ विवेद ,आउ हामी मनाउ दर्जै छान्द ,लोसार हामी भएहौ नेपाली मुलका ,बालचाँ पुर्खा को संस्कार बनियो बनाउ आफ्नो समाज लाई,जसले होस्तु जग मा उजियार

Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

Srawan Shrestha
Chicago, Illinois

Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

Uday Maharjan
Chicago, Illinois

Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

Min Darlami
Chicago, Illinois

Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

Karishma Shrestha & Sushil R Sharma
Lexinton, Kentucky
छात्रामैत्री शौचालय निर्माणको कथा

दीपक बस्याल

गर्न भन्ने कुरा प्रति भने अनभिप्रयोग थिए। दाहाल। कौमिला कृषि गरेपछि निर्माण गर्न सकिन्छ भने अडौट भएका। दाहाल संग एउटा अथ थियो, जुन अक्षरौंको प्रयोग गरेपछि सफलताको नौकरी पुणिन्छ भने उनलाई राम्रो थाहा थियो। र त्यो अथ थियो: म्याराथुन स्वतन्त्र निर्माण गर्न। यसै त दाहालले अखालो बर्ष पनि तेहुँ संग एउटा समुदायलाई एम्बुलेन्स किर्ण सहयोग गर्न थिए यसी अखालो प्रयोग माफित।

जगदीश धिमिरे को 'अन्तर्मिन्नको यात्रा' पुस्तकमा लेखिएको एउटा सिलोक यस्रो छ:

प्रथम दसिता छन् जस्रो जवाब चाहिएको कार्यमा किन कर्ते गर्ने, कहिले कसरी काठाँ।
कस कस्रो हितको बिस्तितको बागनो बनो छन्। बन्ने बागनो भएर दाहालले अनुसार भएको र त्यो अखालो:
म्याराथुन धावन। त्यसो कुराधालो त्यसको पर्योग पर्योग बनाई।

यस्तै यस्तै विद्यालयबाट स्कुल सफल हुने छात्राहरुको तथ्याङ्क पनि त्यस मात्रहरुको छ।

बिद्यालयबाट दुई संख्याको रणनीति झन्डा भने हुने मात्र बाइडिलाई ठूलो बाटिलमाध्यम रक्षा गर्न भने त्यस कसरी सिद्धिहरु प्रदान गरेकोले पिन भने स्व-तागतमा दाहाललाई मिल्दै।

विद्यालयबाट स्कुल सफल हुने छात्राहरुको तथ्याङ्क पनि त्यस उसाहजनक हुनेछ।

यस्ते यस्ते तथ्याङ्क सुनेका हाँस निगाहको क्राउन पोइंटमा वर्णित गर्न तेहुँ संकाय इन्जिनियर ओम दाहाल नेपालको यस्ते कुनै एक सरकारी विद्यालयमा एउटा छात्रमैत्री शौचालय निर्माण गर्न भएको तथ्याङ्क। त्यसो त यस्रो कहिले कसरी भएको दजार्नौ पटकको तितर्पक्षीय म्यासेन्जर बातार्ले बाँडिलाई पिन उपरा पिन भेटे जस्रो लाग्नी दाहाललाई। अनि सुरु भयो सकेको बाता।

यस पल्लविकार नै दाहालले छात्रमैत्री शौचालय निर्माणको लागि अनुकू ल अथ बनाई २०७४ अषोभाजन ।
म्याराथुनमा भाग लिए गदार् दाहालले १६० जना मन कारी दाहालले १६० जना मन कारी दाहालले १६० जना मन कारी दाहालले १६० जना मन कारी २०७४ शर्ावणमा पर्ाङ्गणमा। पा ँच कोठे शौचालयमा एउटा कोमोट र अपको रामर्ो रामर्ो रामर्ो रामर्ो रामर्ो रामर्ो २०७४ चैतर्सम्म रंगरोगन रंगरोगन रंगरोगन रंगरोगन रंगरोगन २०७५ जेठ पिहलो साताबाट संचालनमा आईसके को छ। किरबौ १० महिनाको मिहित पद्ध एउटा सपना रामर्ो रामर्ो रामर्ो रामर्ो रामर्ो रामर्ो २०७५ जेठ पिहलो साताबाट संचालनमा आईसके को छ। किरबौ १० महिनाको मिहित पद्ध एउटा सपना रामर्ो रामर्ो रामर्ो रामर्ो रामर्ो रामर्ो २०७५ जेठ पिहलो साताबाट संचालनमा आईसके को छ। किरबौ १० महिनाको मिहित पद्ध एउटा सपना रामर्ो रामर्ो रामर्ो रामर्ो रामर्ो रामर्ो २०७५ जेठ पिहलो साताबाट संचालनमा आईसके को छ। किरबौ १० महिनाको मिहित पद्ध एउटा सपना रामर्ो रामर्ो रामर्ो रामर्ो रामर्ो रामर्ो २०७५ जेठ पिहलो साताबाट संचालनमा आईसके को छ। किरबौ १० महिनाको मिहित पद्ध एउटा सपना रामर्ो रामर्ो रामर्ो रामर्ो रामर्ो रामर्ो २०७५ जेठ पिहलो साताबाट संचालनमा आईसके को छ। किरबौ १० महिनाको मिहित पद्ध एउटा सपना रामर्ो रामर्ो रामर्ो रामर्ो रामर्ो रामर्ो २०७५ जेठ पिहलो साताबाट संचालनमा आईसके को छ। किरबौ १० महिनाको मिहित पद्ध एउटा सपना रामर्ो रामर्ो रामर्ो रामर्ो रामर्ो रामर्ो २०७५ जेठ पिहलो साताबाट संचालनमा आईसके को छ। किरबौ १० महिनाको मिहित पद्ध एउटा सपना रामर्ो रामर्ो रामर्ो रामर्ो रामर्ो रामर्ो २०७५ जेठ पिहलो साताबाट संचालनमा आईसके को छ। किरबौ १० महिनाको मिहित पद्ध एउटा सपना रामर्ो रामर्ो रामर्ो रामर्ो रामर्ो रामर्ो २०७५ जेठ पिहलो साताबाट संचालनमा आईसके को छ। किरबौ १० महिनाको मिहित पद्ध एउटा सपना रामर्ो रामर्ो रामर्ो रामर्ो रामर्ो रामर्ो
Best Wishes to ANMA, NASeA, & ANA for the grand success of the Nepali National Convention 2018

Chicago, Illinois
August 31–September 2, 2018
आखोहरूका ती सुन्दर फाटहरूमा हरेक िवहान ढकमक्क राता गुरॉसहरू फू लाउने बाचॉ गरीए। दीलका पाखॉहरूमा ढपक्कै िव᳡ासका सुकीला पछ्यौरीहरूले ढाक्ने आशाहरू देखाइए। ठूलो अपशोच त्यो हुन सकेन्!

लापरवाहीले चिनीएका आशाहरू रद्दीका दोकरीहरूमा खाद लाग्दै गए। आधीतका उत्तर सेविकाका थाही रोपाईहरू गए।

पत्रिका सृकृती र समयताको हाट बजारहरू लागे। होलोसेलका माध्यमन्त्रण संगठन मछाध गरी मुल्य तोक्ने र कीनवेचमै मस्त रहें।

पार्वत र शीक्षाको ठूला खडे र देखावटीका रोपाईहरू गए।

पदविका सृकृती र समयताको हाट बजारहरू लागे।

पत्रिका सृकृती र समयताको हाट बजारहरू लागे।

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पत्रिका सृकृती र समयताको हाट बजारहरू लागे।

व्यस्तताको यो आइनले निषमिता नियो, आउटा हैन, केही दशक पार गए।

उफु! अपशोच!

"अभाव", साधन खोजको हुँदै होईन। परिचालन र कायन्यातको "उद्दित" हो। "कमजोरी!", सबल नेपालको हो। "दोष"! लालची संस्कारको हो।
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Krishna Lamichhane
Board of Director, NRNA America

Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

Bed Raj Basnet
ICC Member, NRNA America

Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

Mani Ratna Bhandari, President
ONF America, Texas Chapter

Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

Kapil Adhikari, President
INLS, Dallas Chapter
Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

Shyam Basnet
Social Leader and ANMA Exe. Member
नेपाली नेसनल कन्भेन्सन २०१८ अमेरिकाको सिकापोमा हुन गदार् सँस्थाको संस्थापन तिबो भएको थिए। बिनाको भ्रमण र भविष्यको वर्तमान ध्वनि आयाट डा. सोहन खितवडा नेपाली नेसनल कन्भेन्सनको सभापति र नेपाली संस्थाको उदेश्यमा दिनदी, अभिलेखको भाषा भएको हो। जलन्त्र एन्मा र सहकार समयमा एन्मा मनोज मात्र नेपाली संस्थाले समाजलाई लागू गरेको छ।

ेमा नेसनल कन्भेन्सन को वर्तमानको सूचना दर्तावज्ञा सार्वजनिक भएको छ। यसै परमाणु र सामाजिक संस्कारको स्वरास्थ्यक र अन्य धार्मिक संस्कृतिक सामाजिक भविष्यमा नेपाली संस्थाले समाजलाई लागू गरेको छ।

नेपालमा कलिको सहयोग र सहकायर्ग गर्न सकिएको छ?

नेपालमा आश्वयक परेको बेला यो संस्था भाल्न पत्त ध्वनि सहयोग र सहकायर्ग गर्न सकिएको छु। एन्मा नेसनल कन्भेन्सनले यो कर्मले पिनरन्तरता फलदायी छलफल चलाउनेछ।

मान्छे सँस्थामा किन आउछन् र किन आउनुपछर्?

मान्छे सँस्थामा आउद्ध नेपाली संस्थाले स्वार्थवाद नेपाली संस्थाको आवको नेपाली संस्थाले स्वार्थवाद नेपाली संस्थाको आवको नेपाली संस्थाको आवको नेपाली संस्थाको आवको
Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

Bijay Shrestha
Member, ANA

Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

Suman Thapa
President, Nepali Samaj Texas

Mr. Raghu Nath Acharya

- Secretary of NRNA NCC USA- Iowa Chapter
- Businessman and Social Leader

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Chicago, Illinois
Aug. 31 – Sept. 2, 2018
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Chicago, IL 60660
224 208 8299
कुरा गत महिनाको हो, छोराको इओस (इण्डाकोस रङ्क) अव्याकृत नेपालमा भिनिने फाइनल परीक्षा थियो क्षमा दशको।अरु छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इओस छोराको इ�
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Sharita Chaulagai, Social Worker
Keller, Texas
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Tara P. Bhusal, President
Indreni Sanskritik Sangh, Texas

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Manoj Sigdel, President
NACC, Texas

Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

Thala Raj Panta, President
Dallas Everest Lions Club, Texas

Rajendra Wagle, President
Texoma Nepali Samaj
Cloud Computing

Cloud computing is the process of using network-based resources such as software and hardware to perform computing from a local machine. Cloud Computing is defined as a type of "parallel and distributed system consisting of a collection of interconnected and virtualized computers that are dynamically provisioned and presented as one or more unified computing resources based on service-level agreements established through negotiation between the service provider and consumers. In cloud computing a user sends data from a local machine such as laptops, desktops or mobile devices to the central machine through network, mainly internet. The data is then processed in the central platform and the output is sent back to the local machine. Users are allowed to store their data in the central platform. Cloud computing is becoming popular in many industries, specially the IT industries. Cloud computing has a potential to transform the IT industry and IT services, shifting the way IT infrastructure and hardware are designed, purchased, and managed. Originated mainly in the late 1990s, cloud computing is now popular among several businesses. Cloud computing is perceived as the next step in the evolution of information technology resource distributed systems with the capability to enable businesses and users to access applications from anywhere in the world on demand. Several countries have now realized the importance of cloud computing. UK Government, for example, commissioned a report on Digital Britain that has established a route map towards creation of a private cloud computing infrastructure for the government, G- Cloud. Several e-science companies are using cloud computing such as CARMEN - a system that allows neuro-scientists to share, integrate and analyze data, Arizona State University library, etc.

There are three basic models of cloud computing namely Software as a Service (SaaS), Platform as a Service (PaaS) and Infrastructure as a Service (IaaS). SaaS allows users to use the cloud computing resources through a thin client of interface such as web browser. PaaS allows users to implement several programming languages, libraries and other tools. IaaS allows users to manage processing, storage, networks, and fundamental resources so they can implement arbitrary software.

The main concept of cloud computing began in the 1950s after large-scale mainframe became available in universities and large business companies. Due to high cost issue, this idea of computing could not grow until they could find the greatest return of their investment. Their dream came true when they could finally share their resources with many users in the late 1990s allowing multiple users to share both the physical access to the computer and CPU time. This eliminated the period of inactivity of their resources, thus bringing it to the full utilization. It was only in early 2008 when Eucalyptus became the first open source to deploy the private clouds. Later in 2011 IBM announced the smarter computing framework to support Smarter Planet. Now the three major service providers for the cloud computing are Amazon Web Services (AWS), Microsoft Azure, and Google App Engine. Google provides a free service to the general public through Google docs, where a user can work on the Microsoft Office documents. A similar service is provided by Cloud on in apple iPhone and iPad, where a user is able to use Microsoft Office for free through their cloud computing.

Use of cloud computing is growing in businesses of all sizes ranging from pharmaceutical companies and academic institutions. Since the end user pays per use, the cost of cloud computing is less than the regular IT operational cost. This is also true since in the cloud computing the same resource and the computing time are shared among the users. In January 2010, a survey of R&D researchers highlighted the growing acceptance of cloud computing within life sciences expected between 2010 and 2013. Of the 49 respondents,
representing an array of large, mid-sized, and small pharmaceutical companies and academic institutions, more than half projected at least 11% of their IT budget over the three-year period will be dedicated to cloud computing. As for an example, Eli Lilli started using this facility in their research to reduce IT intervention in their development and to find out if their IT resources were used in their full capacity. They began this work after they had pressure to reduce IT cost. The results were fascinating. The company was able to complete their task on 64 computers in 20 minutes for the cost of $6.40. To complete the same amount of job, the company would have required 12 weeks of work.

Cloud computing is an emerging technology. It provides an infrastructure to meet the need of the end users by providing the on-demand resources with a low operational cost for data storage and computing. Although it has attracted the attention of many businesses recently, there are some challenges in security issues. Since the service provider can monitor the data submitted by the users, there is very less security of these data. Therefore, future researches on cloud computing should focus on how to improve the security of users’ data.

References:


Winner of 2018 Dr. Prahlad & Bindu Pant Scholarship Award

Congratulations! Deepali Singh from Greenacres, Florida for being the recipient of $2500.00 of 2018 Prahlad & Bindu Pant Scholarship Award.

On behalf of Nepalese Association in Southeast America (NASeA) together with NASeA Academic Committee Chair Dr. Manoj K. Jha and the Executive members, it is my great pleasure to share with you all that Deepali Singh from Greenacres, Florida as the winner of $2500.00 "2018 Prahlad & Bindu Pant Scholarship Award". She has received high school graduation from John I. Leonard High School (Greenacres, FL) in 2017 and currently enrolled in the University of Florida, Gainesville, FL for her undergraduate study. This scholarship is awarded during the Nepali National Convention, Chicago, IL, Aug 31—Sep 2, 2018

With this note, we would like to thank respected Dr. Prahlad Pant and Bindu Pant for establishing this prestigious award "Prahlad & Bindu Pant Scholarship Award" to help and financially support the needy youths of our Nepali American community in the US to complete their dream of higher studies. NASeA is proud to be the administrator of this prestigious award and I extend special thanks to Academic Committee for the outstanding work in completing the task of selection process of this award.

Thank you,
Dr. Manoj Jha
Chair, Academic Committee, NASeA
Congratulations to the Chicago Nepalese Community on the success of the Nepali National Convention. 

Best Wishes!

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Dr. Keshab Paudel

- President of the Non-Resident Nepali Association National Coordination Council (NRN NCC USA)
- Medical doctor

Best wishes to ANMA, NASeA & ANA for the grand success of the Nepali National Convention 2018

Chicago, Illinois
Aug. 31 – Sept. 2, 2018
- NRN NCC of USA
म कबिब बन्न सकिन (आत्म प्रहार)

अक्षर र शब्द सँग खेल्नु पनि
गध्य र पध्यसँग साक्षात्कार हुनु पनि
छ्न्द स्वर सँग समेत मिठाश भर्नु पनि
बी सबै मेरो वधामा छैन
कस्तो मुस्किल म कबी हुन सकिन /

आठ कथामा पढ्ने बेला
नेपाली विषयमा टाटेथिए
सँग साथीले भने तेरो कबी हुने लक्षण छ
मनको त म बाटे थिए /
एउटा सहकार दाङ्को कविता चौरेस स्कुलमा बाचन गरे
नेपाली विद्यालयले भस्व भर्ने प्रतियोगितामा म प्रथम परे
स्कुल भरी हुवा भस्व फलानो पत्रहौलो भस्वो
स्वालापी त पाए तर भन्न सिन म हुन सकिन
त्यही एउटा गलिने आज सम्म म कबी हुन सकिन /

जब म एउटा गलिम छोप्न हजार गलिम गई गए
अरुका कविता सारे सानीलाई माथ गर्न भए
अभिमानले भरियाँको पैदै जस्ते माथे,
कविता सिन्न होइन चोरीष पुस्तकालय धाए
साचो कुरा कहिलाई भस्व सकिन
त्यही भएकोले आज कबी बन्न सकिन /

परिधानामा एउटा प्रश्न आयो गाई बारे लेख कविता
मैले पोकोको एउटा "नदी बारे हुने भस्व अन रमताना
गाई बारे दुई हाँफ लेख...
गाई हापो राधियको जनाउँ हो"
चार बुझा हुन्छ ओँका दो "
कानु दुईहार हुन्छ नोक एउटा हो /
गाईले नदिको पानी खान्छ
नदी उनकी बारे दिखायबरहोको दुईहार भस्व छन
भस्व साथी शैली हुन्छ कती हुन्छ
नदी के बाजार गर्न चार बारा भरे
गाई मनर पाठरे बाहर बाहर
गाई पानीको सिरामा अचाउँछन
त्यही कविता भएका सारीत
यस्तै कारणले मा किब हुन सकिन /

अङ्रेजी र नेपालीमा त मैले रामर्ो लेखकै थिइन /
उल्टो कविता लेख्ने करिले लेखकै थिइन /

१६ नम्बर आएको अङ्रेजीमा झुिक्केको ६१ लेखेछ
मेरो भाग्य वा अन्तरालको भाग्य
अन्तरालको साथ गरेछ चार जित्निको भर्न भस्व
जो रुतभर सकिन
दाजु, शिक्षक कामो लेखके, भुवालो गलिको कारण
आज म बास्तविक कबी हुन सकिन /

Unlere panni m mārī kērā gandrēn /
Siraikōko 2 laing r pujaśāriko ek laing padeśān
Mēro kavītālāi sambhōjāna gandrēn /
Pariśāfāl prakāśhit panni din diyo
Bānavai mēro fī tīreko rītēn diyo /
Uvāṣa gandrēn kālo päṭha deśālāi bākēr
Bhū bhūyo mālād dākēr /
Fēl bādams bhane ēr te n āntu
Uṭā bāt pradesh āntu /
Mān gurūgāo banaēr skul pūne
Lājīlāi sāvē bhanda atnimāma turnē
Pahilē pāsūnēko nām ānto
Nīśech nām ānto ānto bālēko ānto
Mēlē sačchā dānte kā sākā ānto
Kā sākā ānto ānto
Mēlē bāntēko ānto ānto/

Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

Prashim Poudyal
Executive Member, NASeA
Mr. CK Parajuli

Atlanta, Georgia

- Former President of Nepalese Association of Georgia (NAG), 2002-2009
- Current Advisor of NASeA, NAG and ANA
- Businessman & Social Worker

Best Wishes to ANMA, NASeA, & ANA for the grand success of the Nepali National Convention 2018

Chicago, Illinois
August 31– September 2, 2018
Dear Teachers

Something about me is that I am now a sophomore going to Valparaiso High School, Valparaiso, IN. I have attended many schools in different locations. So, I’ve experienced different types of teachers and classmates. I acknowledge that teachers here get treated unlikely than Nepal. I have only spent up to kindergarten in my home country and I don’t remember much. However, I do recall that we never disrespected our teachers and educators. We valued what they taught us and grasp not just what we were intended to, but also something to think about for the rest of our lives. Here, I feel like we learn just what we are signed up for and don’t take advantage to gain some wise information. We do respect them with occasional greetings but I think, we don’t admire them as we used to do in Nepal and we do not value their hard works as such. I feel like we need to bring some core values from our native culture to make teachers feel worth more than how they are treated.

There are few differences on how the teachers are treated compared to Nepal. For example, in the morning here, one or two people might say ‘good morning’ before the class starts. But back there, we would all stand up when the teacher arrived in the classroom and say ‘good morning sir’ in harmony. We could tell that our instructor really enjoyed that appreciation from students. We would also keep talking to each other and keep in touch even after we’re done with their classes. It is little different here. Once the semester is over, I’ve noticed that some students do not even say greet to their teachers if they see each other after. They don’t show appreciation to the teacher. My dad is also a professor and loves teaching. I witness how much he works to prepare for his lectures. He would do anything to make his lectures accessible to his students. I believe that my teachers work in the same or above level to prepare their classes for us.

It is not just the students, I believe, the society as a whole in Nepal sees their school teachers in a respected group of intellectual individuals. My parents still remember their primary school teachers and stuffs that they have taught. They still value all the things that they have learned from their professors and talk about them to this day. My mum and dad frequently say that if it weren’t for their teachers, they wouldn’t be where they are now with wonderful lives and good jobs, and especially my dad, who is a professor himself. There, the students and their teachers usually have a bond. They both get to know each other, which helps both, the teacher to better understand how to teach, and the student to learn more easily. The students appreciate their instructor so much that there is a special Teacher’s Day called Guru Purnima. It falls on the Ashadh month of Nepali calendar. In Sanskrit, “Guru” means a person who removes the darkness of ignorance and gives the light of knowledge to a person. (Gu = Darkness, ru = light) Guru is the person who first teaches a child to learn the sacred Gayatri mantra during bratabandha (sacred thread) ceremony. That was considered the start of the reading and writing for the child. On Guru Purnima festival, schools, colleges, and other organizations celebrate by organizing programs to pay respect to the teachers.

In conclusion, maybe teachers in Nepal get treated a little differently. It is a cultural thing also. That is perfectly fine. But no matter where, we make it a priority to honor our instructors. We have to appreciate and deeply value what they have done for us. Teachers are very important. They teach us great life lessons so one day we can be on our own. We should bring those values from our native culture to USA.

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Dr. Binita KC
Executive Member, NASeA
Mr. Buddi Subedi

Menasha, Wisconsin

- Successful Businessman
- President of NRNA NCC USA-Wisconsin Chapter
- Senior Social Worker

Best Wishes to ANMA, NASeA, & ANA for the grand success of the Nepali National Convention 2018

Chicago, Illinois
August 31–September 2, 2018
हजुर त महानायक यस युगको। राजनैतिक र सामाजिक परिवर्तनको अग्र-नेतृत्व। हजुर जस्तो अब नेता यो सृष्टिलाई प्राप्त हुन मुक्तिलाई चा। म त वेपारी मान्छे तर पतन हजुर जस्तो महान व्यक्तित्वको गरीमा प्रबंधन गर्न लगायती गर्ने मेरो कर्त्तव्य हो जस्तो हजुरको सेवामा हाजिर छ। जे मरी हुन्छ म तामाली गर्न भएका।

लिखी के चाहन्छौ? भन व्यापारी किनाको उदेश्य पिसाप पनि गर्ने। जो भन म आवश्यक भए भनी। कमरेडले जुंगा मुसादृ र पूरे अनौठक्रिया, भन आफू भएको अनुभूति गर्न भए।

बारे छैन हजुर। म त सेवामा मात्र हाजिर भएको। हजुरको दर्शन मात्र पाउनु पनि खुर्सी कुप्रो हो दांभा लागी। छुनन, चुनाव सुनाव, अथवा पार्टीको कार्यरत्न केही आर्थिक सहयोग चाहिएको भने यो गरीबवालाई महिनी हो। म हाजिर हुन्छ।

ल्यो सहयोगको स्वार्थको बाहाली त म खुलस्त मलाइ खुलस्त मनको मन फर्दै कमरेडको बोलीमा राजा थियो, बिना श्रीनिधि।

भएताउन राम बन्नास पाउँदा भएताउन यसभएताउन खराउ पाउँ धेह तुरुभएको थियो। मलाइ हजुरका पुराना कपडा भए हुन्छ। मैले त्यसको मुख्य टकाउँछु। किनी खराउ पुराना कपडाल्लोको लागिथारी। उन म सक्दैन हजुर। वस हजुरले नयाँमा जनत हृदयाको भित्र भएको थियो त्यसकी दुेउना डलर टकाउँछु।

अनि मेरो कोटलाइ ५० हजार पुराना थियो, किन्नी? कमरेडले तपाईको करीणा भएको।

अधिक हजुर, म एक लाख डलर टकाउँछौ। ठिक छ म वेचन व्यापार छ। मेरा सारा थोरा भएको।

मेरो अहोभाग्य हजुर।

एउटा कागत पनि गर्ने पाए हुन्छ। ताकि पछि तत्तथा नहिए।

ठिक छ म सहिः गरिदिन्ता भएको भएको भएको। व्यापारीले कागात व्यापारीले पिसाप पिसाप। एक जोर बुझायको।

Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

Ambika Lohani Sharma
Vice President, NASeA

Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

Krishna Shrestha
General Secretary, NASeA

Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

Mohan Bista
Joint Secretary, NASeA

Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

Dr. Nirmal Paudel
Treasure, NASeA
ANMA and Membership Drive

Association of Nepalese in Midwest America (ANMA) is one of oldest, intellectual and reputed organization of America. It was established in 1980 and is registered under 501 (C) as of regional organization of Midwest America however, ANMA is doing annual convention various cities East-coast to West-coast. Following is ANMA’s mission and objectives.

“The mission of the Association of Nepalese in Midwest America (ANMA) is to promote, coordinate, and facilitate close cooperation among Nepalese and friends of Nepal in North America, particularly in the Midwest Region of the United States, for maintaining and fostering Nepalese identity and cultural heritage”.

- Promote social, cultural, educational, and charitable activities of interest to the Nepalese community in the Midwest Region of the United States.

- Contribute to the overall development of Nepal by working on issues related to Nepal, and Nepalese community in Midwest region of the USA.

- Promote and maintain positive communication and dialogue among Nepalese and Nepal-related associations in the United States and Canada.

- Help our members in time of hardship, as far as possible, using available resources.

- Work on other issues that are of importance to Nepalese community in North America.

One of the major activities of ANMA is to serve the Nepalese community by holding yearly conventions in cities, primarily of the Midwest region of the United States during the Memorial Day weekend. These yearly conventions have provided opportunities for resident Nepalese and friends of Nepal to mingle, get to know each other, enjoy the various cultural/social/sporting activities, discuss important issues related to Nepal and the concerns of the second generation Nepalese growing up in US’.

Since in 2005, ANMA started to jointly organize joint convention with Nepalese Association in Southwest America (NASeA) which is regional organization as well. The joint conventions are held during the Labor Day weekend every year.

ANMA membership drive:
Since established ANMA has lots of life members, annual members and trustee members. However since last year ANMA AGM passed membership drive. Three members, Rajendra Khatiwada, Balram Panthi and Sanjay Ghimire, a membership drive committee was formed under the chairmanship of former ANMA president Rajendra Khatiwada. ANMA life membership fee is $250.00 per person however, AGM also passed life membership cost $100.00 each person for short term membership drive only. Membership committee created various membership e.g. sustainable membership $100.00, life membership $100.00 and annual membership $25.00 and committee also has given membership drive authorization to Balram Panthi. We are still opening membership with cost of $100.00 and I am requesting to all to take advantage and become member soon. The life membership cost will go back to $250 soon. Please contact Balram Panthi or go to the ANMA online www.anmausa.org for membership.

ANMA Trustees:
AGM also passed Five trusty members and if needed it can increase more trustees. As of now there are following trusties at ANMA.
Mr. Rajendra Khatiwada
Mr. Gauri Adhikari
Mr. Mukesh Singh
Mr. Sohan Khatiwada
Mr. Gopendra Bhattachari

Trustees Advisor:
Mr. Sarada Thapa

Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

Krishna R Devkota
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बिष्णा बिरही

भोला भाला सरल दिलका छन् युवा ती पछाडी बाठो लुच्छो सकल जनमा छन् सदा ती अगाडी लाठो मोझो हरदम यहाँ दुवै र खेडेको बाठो लाछी बसि बसि अहो खान संधै झुटेको |

संधै यस्तै चलन छ यहाँ छैन कोही दुवै को भोको नाइगो पलपल यसै मर्ज खरी दुवै प्रत्येक यहाँ महल भिज छन् अभिमानका लुटेका काला भैला मन वजनका स्वैत बर्दी त्योको |

पस्चिम गरिब हरू ती काम गर्न भनेर कलिन्दनु ती उम्म भर नै मोह माया सुनेर रिसो हामो नयन रसिका बोझ मनमा बटौको देखाल कल्र विरह मनको आँसु त्या झरेको |

शक्ति शाली समाय छ अहो दीडियो हे सबार क्लियो सेतै समय शिरमा चाउरीयो मुहारे आधा पाल्दै मनस्तानमा सुतरी युसुरारी छिन्नो साथी झटपट अहो काल आयो उठायो |

Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASEA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

Janak Rana
Social Worker
Keller, TX

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Welcome to the Nepali National Convention 2018 in Chicago, the famous “Windy City.” This event is the first of its kind, involving close collaboration and shared leadership between our three Nepali-American societies, ANA, ANMA, and NASeA, all with a common vision to unite the vibrant North American Nepali diaspora and to celebrate our shared heritage, language, and culture. All three of our organizations have worked hard to make this event successful and we are confident this endeavor will signify a new era of partnership between disparate Nepali organizations across the nation to better serve the needs of Nepali-Americans. On behalf of the Association of Nepalis in the Americas, I hope you enjoy the festivities planned for this weekend and take advantage of this unique opportunity to engage in deep discussions to envision a brighter future for our Nepali community.

Best Regards,

Khagendra Adhikari
Senior Vice President
Association of Nepalis in the Americas (ANA)
खै खै कस्तो
सुशीलराज शर्मा

(खै खै कस्तो कस्तो यो जिन्दगि है ) २
(लश्य बिहीन सिमलको मुखा उडे जस्तो है) २
कहिले काही हॉस्मु मन्त्र रोड मन्त्र है
कहिले प्रिती गाडी मन्त्र तृण मन्त्र है
(खै खै कस्तो कस्तो यो जिन्दगि है ) २
(हुन्दै भर्दा नसकौ यो के जिन्दगि खै ) २

बोरे ह्रोरो बोरे प्रिती भए बुद्धि है
मनको कुरा पद राखा पाए हुन्दै है
(खै खै कस्तो कस्तो यो जिन्दगि है ) २
(जिन्दगीले मनको बढ कहिले बुढा खै ) २

आशाहु बुढी बनिआय हुन्दै है
निराधारादेआशामा बढ़िए मनभो नी है
(खै खै कस्तो कस्तो यो जिन्दगि है ) २
(यो जिन्दगी त्यही मन बनि कहिले आउला खै ) २

(खै खै कस्तो कस्तो यो जिन्दगि है ) २
(लश्य बिहीन सिमलको मुखा उडे जस्तो है) २

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Nepal House (W. Devon Ave.)
2601 W. Devon Ave. Chicago, IL 60659
Phone : 773-681-0200

Nepal House (S. Michigan Ave.)
1301 S Michigan Ave. Chicago, IL 60605
Phone : 312-922-0601

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Maya & Dr. Sohan Khatiwada

• Senior Social Leader from Munster, Indiana
• Medical Doctor

Best wishes to ANMA, NASeA & ANA
for the grand success of the
Nepali National Convention 2018
Chicago, Illinois
Aug. 31 – Sept. 2, 2018
GLOBAL CITIZEN from GUMLI

KUL CHANDRA GAUTAM

My Journey from the Hills of Nepal to the Halls of United Nations

INVITATION

You are cordially invited to the launch of “Global Citizen from Gumli”, which recounts the personal journey of former Deputy Executive Director, Kul Chandra Gautam, from a remote village in Nepal to the highest ranks of UNICEF, the UN agency committed to advancing the rights of every child.

Date: Wednesday, 5 September 2018
Time: 8:00 PM, doors open at 5:30 PM
Place: UNICEF Labouisse Hall

About the book
Kul Gautam’s stirring memoir recalls his youth and education in Nepal, his studies in the US, his career with UNICEF which took him to extraordinary locations, and culminates in his vision for a world where respect for human rights, equity, and social justice are guaranteed to all. By turns scholarly and sentimental, the author is relentlessly optimistic and refreshingly candid as he reflects on the organization for which he worked for 35 years.

About the author
Kul Chandra Gautam is a former Deputy Executive Director of UNICEF and Assistant Secretary-General of the United Nations. He is a distinguished diplomat and development professional who currently serves on the Boards of several national and international organizations, charitable foundations and philanthropic initiatives.

Proceeds from the book will be allocated to UNICEF-assisted girls’ education projects in Nepal with the support of UNICEF USA.

Copies of the book, in print and as an e-book, are now available for purchase on Amazon.

Click this link to RSVP by 31 August 2018.

Mr. Basu Dev Adhikari

- Businessman from Wisconsin
- Community Leader

Best wishes to ANMA, NASeA & ANA for the grand success of the Nepali National Convention 2018

Chicago, Illinois
Aug. 31 – Sept. 2, 2018
The topics for the student writing contest were selected in order to compliment the theme of the 2018 Nepali National Convention, “Unity for the Nepalese Community”. The Nepali community in the North America is growing day by day. It is very important to harmonize the direction of this growth through joint, synergistic efforts in order to create and strengthen an enriched and empowered Nepali community and make it a multi-faceted visible minority group in this land of immigrants.

As the Coordinator of the Student Writing Contest Committee, I would like to thank all the participants who took time out of their summer holiday to express their feelings, knowledge, and thoughts in this year’s contest. Congratulations to all the winners and thank you to all the participants. It was very heartwarming to learn more about youths’ perspective and knowledge regarding Nepal and their respective Nepali communities.

I would also like to offer my sincere thanks to prize sponsors Mr. Kamran Awan from Greensboro, North Carolina; Dr. Sanjeeb Sapkota and Ms. Sabina Sapkota from Lawrenceville, Georgia; and Mr. Madhav Mainali and Ms. Sita Ghimire Mainali from Huntsville, Alabama for their generous financial contributions. This program would not have been possible without such generous sponsorships. I also would like to thank Mr. Steve Hess, Honorary Consul of Nepal at Alberta, Canada for matching prize amount for Alberta students.

Additionally, I am very grateful to Mr. Madhav Dhakal, President of NASeA; Mr. Bala Ghimire, President of ANMA; and Mr. Medini Adhikari, President of ANA for their continuous support and dedication. Last but not least, thank you to all of my fellow essay committee members.

Brief information of the 2018 Nepali National Convention writing contest is provided below.

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<th>Entry Levels/ Titles</th>
<th>Winners</th>
<th>Prize</th>
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<tr>
<td>High School</td>
<td>1&lt;sup&gt;st&lt;/sup&gt; Smarika Nepal – FL</td>
<td>$300</td>
<td>Mr. Kamran Awan (Accounting Solutions Form - Greensboro, NC)</td>
<td>Mr. Postak Shrestha, MN Dr. Gyanendra Pokharel, Calgary, Canada Dr. Prem Chapagain, FL Ms. Shrijana Sharma, GA Dr. Sushama Pradhan, NC</td>
</tr>
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<td>How Nepali community organizations can unite and empower its members</td>
<td>2&lt;sup&gt;nd&lt;/sup&gt; Muskan Khadka – NC</td>
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<td></td>
<td>3&lt;sup&gt;rd&lt;/sup&gt; Dejan Shakya - NE</td>
<td>$50</td>
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<tr>
<td>Middle School</td>
<td>1&lt;sup&gt;st&lt;/sup&gt; Safal Sapkota – NE</td>
<td>$100</td>
<td>Dr. Sanjeeb &amp; Mrs. Sabina Sapkota, (Lawrenceville, GA)</td>
<td>Dr. Narayan Dhakal, MN Mrs. Anila Neupane, FL Mr. Jyoti Vaidya, ON, Canada Mr. Dadin Pandey, NC Dr. Sushama Pradhan, NC</td>
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<td>My participation in a Nepali community event</td>
<td>2&lt;sup&gt;nd&lt;/sup&gt; Apekshya Pokharel – AB, Canada</td>
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<td>3&lt;sup&gt;rd&lt;/sup&gt; Savanna Aryal – NC</td>
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<td>Elementary School</td>
<td>1&lt;sup&gt;st&lt;/sup&gt; Bisikha Dhungel – AB, Canada</td>
<td>$100</td>
<td>Mr. Madhav Mainali and Ms. Sita Ghimire Mainali, (Huntsville, AL)</td>
<td>Mr. Parbat Joshi, FL Ms. Bibhuti Timalsina, NC Ms. Jyoti Adhikary, IL Ms. Sabitri Ranabhat, NC Dr. Sushama Pradhan, NC</td>
</tr>
<tr>
<td>Show and Tell : A Nepali Event</td>
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The Nepali cultural festival: Tihar

by Bisikha Dhungel

Nepal has many festivals and cultures and all of them are great in their own way. Here, I am going to show and tell about Tihar. The Tihar festival has 5 days. It is more about lights, worshipping animals and Goddess Laxmi and brothers.

The very first day is celebrated by worshipping crow which is also treated as a messenger.

Second day we worship the dogs. I thank the dogs for guarding people’s houses because they have a really good sense of hearing and they won’t let bad people in by either biting or barking.

Third day we worship the cows in the morning and we start Deepawali by making rangolis on our porch step or the insides of houses. We do all of this in the afternoon & in the evening we worship our Goddess Laxmi, the Goddess of wealth and peace. We offer selroti, fruits, sweets etc. and donate some money (dakshina) to Bhaili group on the same day. The festival of lights is celebrated on one of the darkest day. I participated in bhaili from NCSC Nepali Pathshala in Calgary, Canada with my friends and teachers. I went door to door playing Bhaili along with my friends, mom and her friends. I enjoyed singing Bhaili songs and dancing on Nepalese dress Fariya and Chaubandi. But the most important thing I liked is that we donated all the money collected to NCSC building project. I think volunteering and donating is always good. I really liked it.

On the fourth day we worship the Ox because in the old days Nepali people used oxes for planting and it would make easier to grow the crops. They also worship a hill using poop of Cow and Oxes. Boys play Deusi going door-to-door on this day.

The fifth day is bhai tika that is when the sisters put a tika on their brother’s forehead which is of seven colors. It is said that if sisters put tika on their brothers along with worship of their brother’s whole body then a God would bless the brothers with long life.

I think this festival is more of bonding each brothers and sisters with love and shows our respect towards animals, which are part of our nature. The festival is also about getting people gathering together to play Deusi and Bhaili and donating for something good cause. I like to be a part of this and other cultural festivals of Nepal as it unites us.

Bisikha is a 4th grade student at Valley View School (Science program) Calgary, AB, Canada.

Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

Rama Dhungel
Executive Member, NASeA

Manish Shakya
Executive Member, NASeA
Show and Tell Nepal

Hello everyone! I am Sneha Kharel, soon to be a 5th grader. I want to thank ANMA for providing this opportunity to describe how nice the Nepali events that I was a part of were. I hope you like it and enjoy reading it.

Dashain- is a part of you if you’re from Nepal. According to the Hindu religion, this festival is celebrated for the victory of good over the evil: the victory of goddess Durga. During Dashain, we receive tika and blessings from elderly. I have been to Nepal to receive tika and blessings from my grandparents and relatives. My grandparents have visited us and we have celebrated Dashain together in Minnesota.

During Tihar, we worship crows, dogs, cows then our beloved brothers. It’s also called Festival of Lights. We get beautiful lights of different colors in our house too. On the last day, we put tika in the forehead of our brothers, and get gifts from them. The tika with 7 colors looks so good. I was little when I celebrated Tihar once in Nepal but I have good memories of it.

Every year, I have been participating in cultural programs organized by ANMN (Association of Nepalese in Minnesota) for Dashain and Tihar festivals. I feel so proud of being a part of it. Another most enjoyable event of tihar is the deusi-bhailo program. I really enjoy deusi-bhailo program because it is unique Nepali culture. I noticed people living here enjoy it too.

I really enjoy another festival of Nepal -Teej. On this day, I see girls and women in red saris and make up with a lot of jewelries. I like to get dressed in the traditional dress. Of course I like red colored dress. I join my mom and her friends when they are dancing, and after that, everyone seems to enjoy the delicious food, though woman do fasting on this day.

I have also been part of other festival -Holi, the festival of colors where we play with colors. I remember it was so cold and there was snow outside here in Minnesota but we still managed to celebrate it. It was very unique yet fun experience for me. Besides that, I’ve been involved in Grand Old Day Parade to highlight and promote Nepali culture here in the USA.

I would like to conclude my essay by saying that Nepali culture is a rich and diverse, and as my parents mentioned, it is referred to as common garden for different types of flowers. Nepal is a country rich in cultural heritages and we young generation will be up for their preservation. We should not hesitate to be a part of our culture and should step forward to maintain them, specially when we are far from the country.

Here are couple of pictures from events I have participated:

# ‘The Nepali Jatra’ at Old Grand Parade Day 2016

# New Year celebration 2017

Thank You and Namaste!

Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

Chet Bhattarai
Executive Member, NASeA
Nepal is a multi-cultural and multi languages country, has lots of different types of religions and approximately 92 languages which Nepali is the most popular language and it is the national language of Nepal. Nepal is a landlocked country between India and China. In Nepal we have lots of temples including Pashupatinath, Manakamana, Swayambhu, Janaki temple and Baudhanath temple etc.

In Nepal we celebrate a festival called Bhanu Jayanti. Bhanu Jayanti is a festival celebrated to remind us about an early Nepali poet named Bhanubhakta Acharya. He was born on B.S. 1871 Asar 29th and death was B.S. 1925 Asoj 6th. Bhanu Bhakta Acharya was an early Nepali poet writer. He has many kriti’s and the most popular ones are Ghasi, Bhaktamala, Badhu shikshya and Prashnottar. He contributed to Nepali language and literature. His biggest contribution of Nepali language and literature was translating Ramayana from Sanskrit to Nepali language. On July 21 we had our Bhanu Jayanti festival at Twin Lake Club House organized by Nepalese literature USA Nepal, NCNLS, INLS NC chapter and NCNC. We also had our Bhanubhakta and Nepali language speech contest. There were different categories from (k-2, 3-5, 6-8, and 9-12) groups.

At the program I was little nervous because it was my first time on stage but whatever I could remember I preformed confidently. All the participants were telling about Bhanubhakta Acharya and Nepali language. Then the seniors and local poets were making clear and details about Bhanubhakta, Nepali language, art and culture more than participants because they knew more about Bhanubhakta and Nepali language than us. In the contest I was very happy when I got first place in my category in the contest. The most important thing I liked about the contest was that the people who won the competition got certificates and medals, just like how Bhanubhakta Acharya got the motivation from an old Ghasi and learned that we have to do some contribution to our community so that everyone will remember us and what we did forever, and that is what I had learned too. I learned that if we try something we can be successful in anything and never give up you might win one day.

At last, if we keep on celebrating this kind of programs we can save our language, art, literature, culture etc. to our generation to generation. But also that we Nepali people who were born in Nepal and here have still gotten the opportunity to learn, speak, and write Nepali language. So when we go to Nepal we can talk with relatives and write in Nepali and also they will be proud of us that we went to America but when we come to Nepal we still know Nepali language.

Nirbiodh is a 4th grade student at Carpenter Elementary School, NC.
In Omaha, we have a large Nepali community. We have an organization called the NNS (Nebraska Nepalese Society). But the NNS was not enough to preserve our Nepali heritage. We had to teach children Nepali. Of course, some Nepali parents teach their children Nepali at home, but others don’t have time due to work. Luckily, we have in Omaha something called Nepali School. Nepali School began in 2004 from a small basement. Now, it has grown to have 80+ students! We now hold our classes in a Hindu temple that has a big hall. We now have around 10 teachers. Nepali School has 7 different groups- Terai 1, Terai 2, Pahad 1, Pahad 2, Himal 1, Himal 2, and Nepal. Nepali School has taught us about three important things- teamwork, unity, and what the impact of Nepali School is on the Nepali community.

Teamwork has always been important in Nepali School. There are often competitions where students must work in a group to finish reading a passage before another group, where some students help out others in their group who have difficulty reading a word or two. This is encouraged, and students help other students rather than teachers helping students, for the most part. Me personally, I have learned a lot about teamwork from Nepali School. I used to think that teamwork was unnecessary and that I could do better by myself. However, once I got to the highest group, Nepal, I finally found a challenge in Nepali School. I began to falter in reading some of the difficult, long words, and needed my classmates to help me a little. If I didn't have the help of my classmates, I would've been demoted. Now I am much better and help other classmates who have just gotten to the Nepal group.

Unity is very important in Nepali School. We always start class off by saying the Sarawati Bandhana, Nepali national anthem, ka khaa gha ghaa, and a a a e ee. When we say those, it is very important for us to all say it at once. If even one person lags behind, we stop and redo it, although that rarely happens. This is done because we say these fairly slow, and if someone is having trouble keeping up, they are taken to the front of the class and guided through it. If everyone does not say it at the same time, it is not successful. Everyone must be treated equally in the Nepali community.

Nepali School has had a huge impact on the Nepali community. Nepali children are able to communicate with their grandparents who don’t speak English. In the future, the children of today will become adults who know Nepali, and if their children go to Nepali School, they will know Nepali also. That way, we can easily preserve our Nepali heritage in the United States, and it also makes it really easy for Nepalese in the U.S. to go to Nepal, as them and their children will know Nepali. In my case, I have been able to talk with and grow closer with my grandparents in Nepal and am able to ask around if I get lost in Nepal. I can understand what people say and can communicate with my cousins who don’t know very good English. Nepali School has made a giant impact on my life and on the whole Nepali community of Omaha. Thanks to Nepali School, I also know some basic yoga and can do it in my spare time. Our whole Nepali community in Omaha appreciates all that Nepali School has done for us. We are all thankful to Nepali School.

Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

Dr. Suman Silwal
Executive Member, NASeA

Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

Pammi Dhungana Parajuli
Executive Member, NASeA
My Participation in a Nepali Community Event

by Apekshya Pokharel

Over the past ten years, I have experienced multiple of the cultural aspects in Nepalese communities. Not only as a member in these forms of collaboration, but as a socially diligent individual. Active citizenship plays a leading role in communities. To quote the New York Times, “What makes their (children’s) voices uniquely powerful?”

Every summer, Calgary Nepalese Community Association (CNCA) holds a picnic. To conduct the program well, a vast amount of teamwork and unity is incorporated. Teamwork and unity are necessary components for the society’s growth. Team work is a combined action of a group helping to perform work in an effective and efficient way.

For example, the game “Tug of War”, a popular game in many communities. This typical game seems easy to those who do not participate in the activity, where two teams are on either side of a rope and must pull the opposing team towards their boundary. While this is correct, there are many aspects one would not understand without playing. Such as the habit of mind i.e., persistence, which is the ongoing fact in a belief or course of battle despite struggle or opposition. In this case, persistence drove the team to pull the rope, so they wouldn’t lose. A unified team has the same goal and is in agreement. Helen Keller stated, “Alone we can do so little; together we can do so much.” This statement is not realistic without teamwork or unity. 75% of employers in the USA consider teamwork very important. In Tug of War, without unity and teamwork, the likeliness of catastrophes is much higher, possibly causing back sprains, rib and thoracic cage injuries, bruises, burns, blisters, etc.

CNCA picnics are a tremendous help to our Nepalese community in multiple ways. It is one of the largest yearly events by population. Meaning there are numerous opportunities to interact with others. Countless seize this opportunity to discuss their concerns, strategies, ways to improve this community, etc. Along with our community events, we volunteer. Such as at the world-famous Calgary Stampede. There, we perform classic Nepalese cultural programs such as folk dance. We also serve Nepalese foods including Sel Roti, Kheer, Dumplings and Samosas. Not only do we take part in the Calgary Stampede, we also contend in multicultural festivals. We show other populations the distinct traits about the Nepalese community. At these events, we learn about many other communities. We study the values in other cultures; such as from the Jewish, we learn about justice, truth, and peace. We teach commoners about karma, dharma, yamas, and niyamas. In my experiences with the CNCA community, I have found that the moral of these activities is that with the right team, you can accomplish the unbelievable. Any successful team has had bumps in their road. In our community, a major challenge is to choose a good leader. We all want to use our strengths to our advantage and good leadership plays a vital role. Consensus is one way to choose a leadership. However, we may not always come to an agreement about this matter. In situations such as these, it is best to vote. A modern possibility is the Democratic system, where majority rules. Borgen Magazine states that 123 out of 192 countries use this technique. This implies that most governments see this system as best fit to run a society. These countries are role models for smaller democratic forms including school councils.

For a successful future, we must be aware of the happenings in our community and be active citizens. Persistence, unity, and teamwork are only a few of many diverse lessons we could learn. Volunteering is an apt way of learning about our society; such as how CNCA volunteered at the Calgary Stampede. Communities teach us values making us understand the root of our culture. Lastly, a child’s opinion has the creativity and youth adults have lost. This factor gives us an extra open mind, causing our elders to not consider our thoughts. While children are often underestimated, we quickly come back to full force. To answer the question, “What makes their (children’s) voices uniquely powerful?” It is our willingness to do the right thing despite the consequences.

Bibliography:


I am Savanna Aryal from North Carolina. In Raleigh and surrounding parts of North Carolina there is a Nepali 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 Nepali people, help each other in need and that we are proud to be Nepalese. The main purpose of NCNC is to keep the Nepali 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 Nepali 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 Nepali 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 Nepali people dressed up like real gods and goddesses. Music from Nepal was played during the parade such as Nepali 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 Nepali followed by a dance from different Nepali 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 Nepali 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 ethnics 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 Darbar Square, Patan square. Nepal Day is about acknowledging Nepal and telling people in Morrisville and also second generation Nepali 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.

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Binay Aryal
Executive Member, NASeA
“It is not in numbers, but in unity, that our great strength lies.” - Thomas Paine, author of Common Sense. Although we may not have the largest population of individuals in comparison to those of other nations, we do have active organizations designated in different regions across the globe, which allow us to come together as one and focus on the things that really matter and are relevant to our society. In the United States there are only 140,000 people living of Nepalese descent (2015, Pew Research Center), compared to the country’s total estimated population of 328,322,208, according to the United States Census Bureau. Regardless of having such a significant difference in terms of population, there are benefits of being such a tight-knit community, and we need to learn to make the most out of such advantages. We are able to reach one another to pass down our wisdom through these local and regional organizations, despite things like social standing, gender, or even age, because at the end of the day we all have something alike, being Nepali, and there is no person who can take that away.

I find it to be imperative that if we as a community want our culture, our traditions, and our customs to live on, then we need to prioritize communicating all of these things with the youth of today. The youth, after all, are our future and we want for Nepalese descendants to be able to proudly answer where they are from without having to be asked follow-up questions such as where Nepal is located “within India”. For far too long, Nepal has been hidden in the shadows of the two global superpowers it neighbors. Our beautiful country needs help from us, Nepalese diaspora, to emerge from the shadows and see the light as a growing and prosperous nation.

First and foremost, before educating the people of the world, we need to come together and share our country’s rich history with the children of Nepal, only then will our country be recognized for all it beholds, beyond being the birthplace of the Buddha or being the land of the tallest mountains on Earth. There are a multitude of ways to approach such a future, some of which have already been implemented by the different existing organizations. A few of the ways that my local organizations have achieved in unifying our community that I’ve experienced first-hand include, having children come together and learn the value of their culture, performing through the art of song and dance, inviting them to learn about their religion by the means of theater, and celebrating the importance of holidays like Holi, Dashain, Tihar, and so many others. Not just this, but because of programs like WPB Pathshala, I have had the opportunity to be immersed in both our culture and language, though being born in the States. This of all things in my life is the most precious gift that I’ve had the pleasure to receive and I will cherish it for generations to come. Each of these distinct methods make a grand impact in their own ways, but I believe that more can be done to reach out to those individuals who just may have other interests and passions. Possible activities that could attract the attention of different crowds could be something in relation to Nepalese cuisine, where youths are able to use their everyday talents in the kitchen to capture the essence in highlighting the many Nepali delicacies we often enjoy. Other possibilities include creating Nepali vocabulary quizzes and spelling bees based on grade level to enhance language capacity, or even hosting trivia competitions based off of Nepal’s elaborate history and breathtaking terrain, allowing teams to learn to work as a group to achieve a common goal.
There are many talented individuals within our very own community, however, in order to give those individuals an opportunity to showcase their skills, there needs to be a more diverse range of activities appealing to the people who possess these talents.

If we leave it to the others, we will never be able to accomplish much of anything. There are many key aspects that need to be considered when it comes to uniting a community. Not only do we have to take different interests into account, but also the differing needs of each person. Our communities are filled with promise, given the right opportunities, we can see a large growth in the productivity of our organizations. Introducing programs such as Habitat for Humanity creates a way for students to find the importance of giving back to society and realizing that they are capable of making a difference in this world. After all, there is nothing more empowering than knowing you can be a part of something that completely changes peoples’ lives. Aside from building homes for people in need, there are other impactful methods to take initiative in one’s community for example, working with The National Mentoring Partnership. “Research confirms that quality mentoring relationships have powerful positive effects on young people in a variety of personal, academic, and professional situations. Ultimately, mentoring connects a young person to personal growth and development, and social and economic opportunity.” -TNMP. Adopting mentoring programs is a huge step in the right direction, with countless benefits. Having a mentor allows the mentee to learn to trust and keep themselves mentally stable knowing that there is someone who is always there for them. Having a mentor also helps the mentees to make informed choices and can help them in career building opportunities, helping them in the long-run.

There is a quote I’ve always been fond of ever since reading the fourth installation of the famous Harry Potter series, Harry Potter and the Goblet of Fire. J.K. Rowling wrote: “We are only as strong as we are united, as weak as we are divided.” This is a quote I’ve since committed to memory and the meaning resonating behind is something that I could never forget to this day.

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From my arrival into the United States of America in 2005, I have been fortunate to be surrounded by a Nepalese community. My family settled into the triad region of North Carolina, specifically High Point and the Nepalese community has only grown steadily since. In 2010, the large amount of Nepalese people allowed for the formation of the Triad Nepalese Community Center (TNCC). I grew up with TNCC in my most development years, which then allowed me to appreciate my Nepali culture and the importance of a community. However as time has progressed, I have personally felt and witnessed the widespread apathy at TNCC events among the youth. I decided to create a summer camp for the Nepali youth. TNCC shaped me to be the person I am today and it supported me in my interests in creating a youth camp. Nepali community organizations can unify the community by putting greater leadership roles and resources into the Nepali youth. The benefits that result from increased youth engagement are Nepali leaders ready to create positive change in their communities and in the world.

Immigrants that come to United States usually have a difficult time transitioning into the American lifestyle. I was fairly young when I came to the United States, but I remembering feeling comfortable. My family and I were picked up in the airport by a Nepali family and I became best friends with their daughter. We ate Nepali food, spoke Nepali, and frequently attended Nepali parties. From my child’s perspective the transition seemed easy, but I realize now that my parents went through hardships that I was too young to fully comprehend. Having a strong Nepali community welcome us to the country made my family’s arrival smoother and we were able to feel at home in a foreign country.

After the arrival of my family, the Nepali community in the triad region grew even more. In 2010, TNCC was established which allowed the community to unite in celebrating and sharing our Nepali culture. TNCC hosted Teej, Dashain, Tihar, Holi, and New Years events every year, and I always enjoyed performing Nepali dances at the various events. Through the establishment of Nepali Pathshala, I learned how to write in Nepal and other aspects of Nepali culture. My sense of Nepali pride and identity were kept very strong because of the programs implemented by TNCC. I was overjoyed when TNCC was able to purchase a community center because we had something of our own.

The overjoyed sentiment faded as I got older. The TNCC cultural programs became repetitive and lacked youth activities. When events were held at our center the kids complained about boredom. I found myself avoiding going to the Nepali center and making comments about there being no WIFI at the center. The lack of youth programs resulted in behavioral issues because some kids became bored and a loss of appreciation for the center. In an attempt to alleviate the boredom, I brought games to play during Dashain and the children enjoyed them. The kids needed more than games though, they needed attention focused towards them.

I had attended insightful teen summer camps and conferences about leadership and social justice issues throughout my years in high school, that I gained the skills to create my own camp. The camps and conferences always asked the question of how you would apply the things learned into your life. At this point, I realized the opportunity I had in front of me. TNCC was my platform to reach the Nepali youth and united them. First, I asked my friends for help in being counselors for the camp. My friends and I became a team leading the first Nepali summer camp. The camp was named Naya Pusta, meaning new generation and all our plans had to approve by TNCC. To my dismay, TNCC wholeheartedly supported Camp NayaPusta. I understood the difficulties felt by adults of TNCC who planned mass events. All the meetings and considerations towards the success of Camp NayaPusta took great effort. It became clearer that the adults of TNCC were not deliberately excluding the youth. We as the youth had to speak up and communicate with adults to create the change we wished to see.

The Naya Pusta Team worked diligently for months to ensure the summer camp would be a success and it was all worth it. Our mission was to educate the youth about the importance of community engagement through an emphasis on Nepali identity, social justice issues, and leadership. We had campers attending...
from cities outside the triad region, which showed the importance of what we were trying to achieve. For three days of Camp Naya Pusta I got to connect with the campers on a deeper level and I saw myself in many of them when we discussed certain topics. Camp Naya Pusta allowed for a safe place for the campers to express themselves while also having fun. We discussed the experience of being a minority and we heard wonderful ideas about combating issues in our community. Having the venue of the Camp Naya Pusta be at community center, restored respect and appreciation for the place. I had never felt so hopeful for the future until witnessing the campers of Camp Naya Pusta, which meant we had achieved our mission.

The value of community has been instilled in me since a young age. I am privileged to have grown up in a Nepali community organization that allowed me to embrace my Nepali identity and empowered me to implement a summer youth camp. Camp Naya Pusta allowed for increased youth engagement in TNCC, because we communicated our ideas to them and they listened. Nepali community organizations must look towards the youth who take initiative to create positive change. The youth are leaders of the community and the world.

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From an ecological standpoint, communities are “assemblages of interacting populations of the species living within a particular area” (Flannery 1). In short, when we wonder what comprises a community, we first consider the proximity. Even when broadening the scope of the word to the more common, unscientific definition, we hear ‘community’, and immediately correlate the word to the people around us, in our local vicinities. Granted, this is what a typical person would have their mind drawn to. This is where we, as a Nepali community, stand out from the crowd. Being Nepali, the very thing that makes us unique in contrast to many around us, is at the same time an incredible bond, a network that connects us with millions of other people who, overlooking a number of other potential shared characteristics, share an important piece of their heritage with us. Consider now, the combination of communities. A Nepali community, already strengthened in the universal associated ancestry, is only further fortified by the inclusion of smaller local organizations. The Nepali community organization in my own area, the Nebraska Nepalese Society, has experienced immense success on the basis of unification. With a calendar full of meetings, events, and activities, there are constantly new opportunities being made to connect with the Nepali community around you. Especially important is the organization’s choice to maintain their connection to the Nepali youth. Speaking from experience, growing up in a country like America, where a strong sense of patriotism is initiated from birth, and the culture permeates through everyone, it can be difficult to maintain Nepali roots. This is not to say that immersing one’s self in American culture is bad; the truth is quite the opposite, in fact. The only marginal conflict that arises for Nepali youth in America is that an effort must be made to maintain interest in conserving our Nepali roots. I say marginal because the effort truly isn’t much. In the case of my own community organization, the dedicated board of directors does such a tremendous job organizing events, that unifying with the Nepali community around us comes with ease, and often, especially in the case of activities, is exciting in and of itself, not even considering the added benefit of connecting with the people around us.

In light of the incredible work done by my local Nepali community organization, it is difficult to find any spots that deserve criticism. With that being said, however, nothing is perfect. So, while I hold no criticisms, I bear suggestions for the entirety of Nepali community organizations that pose potential to carry major improvement. First, there should be more incentive for the Nepali youth to reconnect with their heritage. This very writing contest is a terrific example. The task in itself asks participants to perform research and learn more about the Nepali organizations around them, meaning that while they mainly pursue some reward, the real gift is the further immersion into the Nepali culture. Not only this, but passionate people can produce incredible ideas. Incentivized contests that focus their intent on improvement will undoubtedly have an end result of new incorporeal ideas, further immersion into culture, and strengthening of community commitment, all at the cost of a small reward.

Furthermore, while there is no doubt that the Nepali community organizations as a whole function well for all, there is a disparity in age and gender related functions that needs to be bridged for full inclusivity. There are events geared towards an older demographic and events geared towards a younger demographic, events geared towards females and events geared towards males, but near none equally geared towards all. This is not to say that the organizations aren’t being inclusive, but rather that the inclusivity has different ranges in audience that need to be combined. Events and activities that include everyone all at once are the key to strengthening the Nepali community as a whole. Such events and activities have benefits that are two-fold. First, simply looking at the entire community in one place at one time is an empowering sight. Seeing so many people that share the same culture as you can really build an encompassing community feel. Especially considering the ‘American culture conundrum’ mentioned earlier, forging strong relationships with other
Nepali people can be an invaluable opportunity to connect on a personal level to the Nepali community. Over time, people will lose parts of Nepali culture if they have nobody to share it with. It is vital to hold these community-wide functions for exactly this reason. Second, it is important for the youths to be able to see older community leaders doing the same things as them. Doing so ingrains in the youths the ideal that the Nepali culture and lifestyle is something that never leaves you, something that you should grow to love and build upon, even as you grow older.

I hear the word ‘community’ and I don’t only think of the people around me. I think of the international community, the family, I have across the world. The millions of people that I share heritage with. Being Nepali is something that connects us all, and our local Nepali communities play an irreplaceable role in strengthening that connection. The overarching Nepali community is made stronger every time a local community unites and connects.

Bibliography:
Wishing Association of Nepalese in Midwest America (ANMA), Nepalese Association in Southeast America (NASeA) and Association of Nepalis in the Americas (ANA) a grand success for the Nepali National Convention in Chicago, IL, Aug 31—Sep 2, 2018

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Best Wishes to ANMA, NASeA, & ANA for the grand success of the Nepali National Convention 2018

Chicago, Illinois
August 31– September 2, 2018
ANMA, NASeA / ANA ले संयुक्तरूपमा आयोजना गर्न लागेको 'Nepali National Convention 2018' को पूर्ण सफलताको कामना गर्दै प्रवासमा रहेका सबै नेपालीहरु बीचको एकताको लागि यो सम्मेलन कोषे दुक्गा सावित हुनेछ भन्ने सगुनले अपेक्षा गरेको छ। सामाजिक सञ्जाल र इकार्मशक्त को दुनियामा नवनिर्मित इतिहास रचन सगुनको योजनामा सहभागिताको लागि हार्दिक आहवान गर्दछौं।

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सगुन परिवार

वासिङ्गटन डिसी
Tilak KC is a Nepali businessman in Milwaukee, Wisconsin living with his wife Sunita, son Atish, and daughter Antima. He has spent most of his life for the community development and welfare. Mr. KC came to The United States of America in 2002 for his doctoral course, but he changed his way of life and became a businessman. Mr. KC always advocates for the Nepali cultural transformation to the new generation living in The United States. Now he is a community leader/worker in Milwaukee, Wisconsin. Here are some things we need to know about him:

- President, Himalayan Oil Company
- Founder President and Senior Advisor, Milwaukee Nepali Pariwar
- Co-Chair NRN NCCUSA Nepalese Business Entrepreneurs
- Founder of Nepali School in Milwaukee Wisconsin, 2010
- Past State Coordinator, Blood Donor Association of America, Wisconsin
- President, Milwaukee Nepali Pariwar 2011-2017
- Actively involved in human right activities in Nepal until 2002
- Former Statistic lecturer in Tribhuvan University, Nepal
- Elected secretary of three student union, T.U. Kirtipur Nepal, 1993

Best wishes to ANMA, NASeA & ANA for the grand success of the Nepali National Convention 2018. I hope this convention will bring more unity and play a vital role in the cultural transformation to the new generation of Nepali community living in the United.