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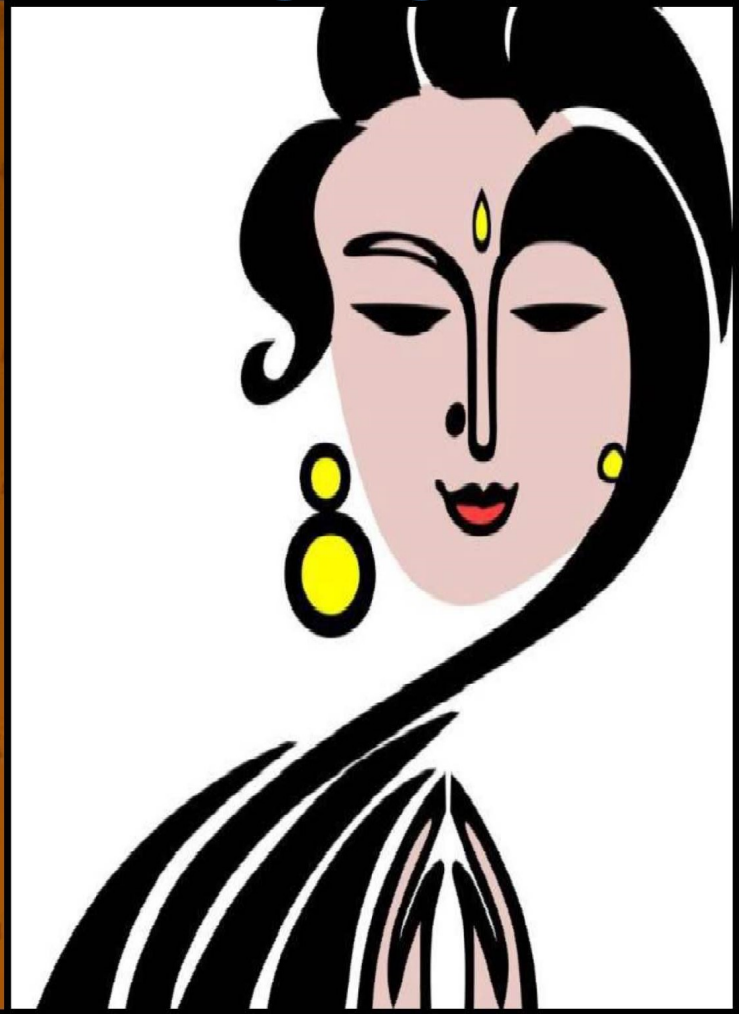
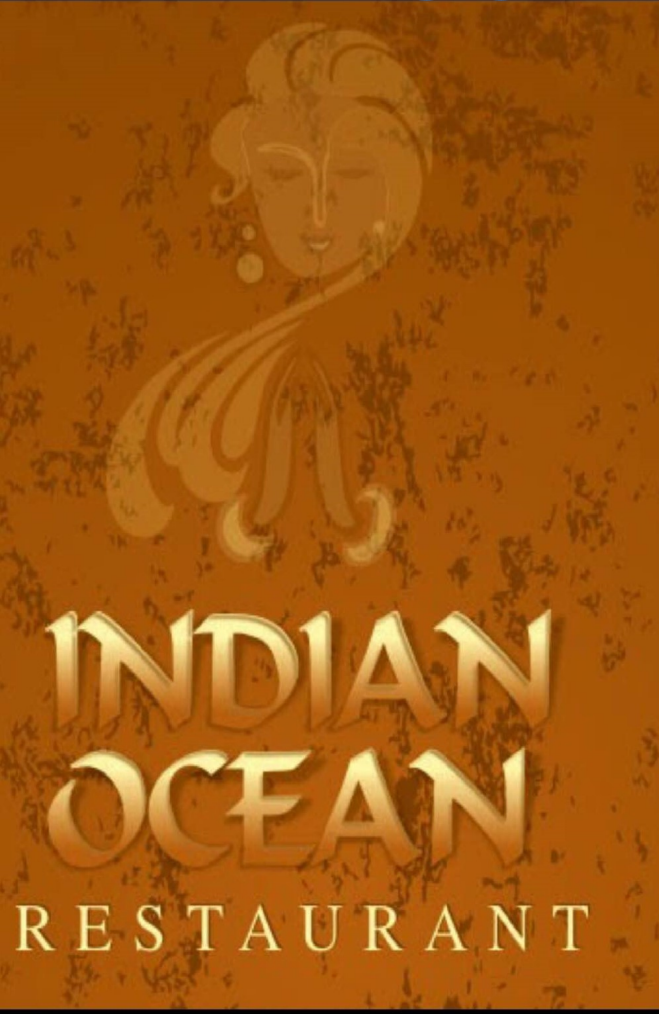
नमस्ते

An Annual Publication

of

Nepal New Zealand Friendship Society
Canterbury Inc.
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And special thanks to Sharon

President's Message

Namaste and Kia Ora

As one of the founding members of the Nepal New Zealand Friendship Society of Canterbury Inc., I look back on the 14 years of the Society as a registered institution (the Society itself existed much before that) and find myself mesmerised. In the past 14 years, the Nepali population in the Canterbury region has undergone significant expansion and demographic change. In 2002, the Nepali population in Canterbury was in the tens, whereas today we have a population in the hundreds. When the Society was formed, most of its Nepali members were first generation migrants to New Zealand, mostly students with young children. Today, we see that the second generation of our Nepali population is almost all grown up and many of the new Nepali immigrants to Canterbury are teens, young couples and students in their twenties. The increased membership numbers has made the Society stronger and more diverse, but this has also brought its own unique challenges. It is time to think and act on how we can address this change and manage the new challenges to remain contextual, holistic and most importantly supportive to our members. But, this is not a difficulty as our Society has always listened and welcomed constructive changes and remained adaptable to address the genuine concerns of its stakeholders. At this juncture of time, I would like to take the opportunity to thank our NNZFS-Youth Subcommittee for their motivation, dedication and enthusiasm to endeavour a positive change in this direction.

2015 was a challenging, painful and difficult time for us all due to the Gorkha Earthquake. It resulted in casualty numbers of approximately 9,000 and property loss of more than NZ\$ 10 billion. It brought us unbearable sorrow, pain and grief. However, it provided us an opportunity to unite for a cause and support our homeland in the recovery and reconstruction process in an effort to Build Back Better. It was an opportunity to show that we care and that our hearts are still close to our homeland though we may be far from the country. Thank you to the Student Volunteer Army and many other organisations for collaborating with us. Our NZ4NEPAL fundraiser raised approximately NZ\$145,000 that, no doubt, has greatly helped in the relief and rehabilitation of those affected by the earthquake. At this point, I express my sincere gratitude to all those who contributed selflessly with an open heart.

The Christchurch City Council, New Zealand Lottery Commission, Mainland Foundation and others provided us with much appreciated financial grants this year. On this joyous occasion, on behalf of our Society, I would like to thank them for their support. I would also like to thank all our members who volunteered through heart, words and action (man, bachan and karma) for the smooth and effective functioning of our society. Many thanks are due to the Nepali class teachers, FM Nepali Programme Coordinators and all other volunteers who have spent significant time and effort to make this year a successful and memorable one.

Thank you to all Society Members, for your trust and support to the Executive Committee. I remain thankful and indebted to all our Executive Committee Members for their selfless support to me to continue our Society's legacy. I would like to thank all our Subcommittee coordinators and Members.

I wish you a Happy New Year 2073 and the coming year to bring you joy, success and good health!

Sincerely yours,
Jitendra Bothara
President, NNZFS

Editorial Note

“बोक्रा फेरिकन समयले

घाऊ सारा पुरिन्छन् “

वर्ष २०७२ को बिहानी शुरुवातैतिर उमङ्गमा उफ्रिएका मात्र के थियो, प्रकृतिको अमोघ विपद हामी नेपालीमा बिङ्गन पुग्यो । घटना-परिघटनाको सृंखलामा हुनत त्यो भूकम्प ईतिहासमा एउटा विन्दु हुनेछ तर त्यो लाखौं नेपालीको लागि गहिरो घाऊ भएर रहनेछ। समयले बोक्रा फेरिरहँदा यी घाऊहरू पुरिँदै जानुको विकल्प पनि त छैन ! आफ्ना प्रियजन, घरबार र सपनाहरू त्यसले निलेको छ। करोडौं नेपालीको साझा पीडामा हाम्रो यस समाजको मन, मस्तिष्क र सहयोग सम्मिलित हुन पुग्यो । तिनै अनुभवका थुप्रै अभिव्यक्तीहरूले हाम्रो यस संस्करणमा विशेष ठाउँ ओगटेका छन् । क्राइष्टचर्चबासी मात्र हैन न्यूजिल्यान्डका अन्य ठाउँमा बस्ने नेपालीहरूका साथै नेपालमा काम गर्नुभएका अन्य देशका साथीहरूले समेत आफ्ना सृजनशील लेखहरू पठाएर सहयोग गर्नुभएको छ। यात्रा अनुभवका मधुर सम्झनाहरू, कल्पनाका सुन्दर प्रस्तुतिहरू, वरपर घटेका घटनाहरूको वर्णन त छँदैछ, कलिला बालप्रतिभाहरूले समेत रुची देखाई आलेखहरू पठाउनुभएको छ जुन हामी सबैको साझा गौरव हो। ‘नमस्ते’ वहाँहरूको प्रतिभा निखार्ने प्रेरणास्रोत बनिराख्न सकोस् - हाम्रो कामना छ। लेखहरू राम्रा र रमाइला छन्, जानकारीमूलक र प्रेरणादायी समेत छन्।

भाषा र साहित्य पहिचानका दरिला आधारहरू हुन्। त्यसैले यसको संरक्षण र सम्बर्द्धन अत्यावश्यक छ जुन केवल निरन्तर अभ्यास र अभिव्यक्तीमार्फत् मात्र सम्भव छ। प्रतिभाशाली पृष्ठभूमिबाट लेखिसिकी आउनुभएका थुप्रै नेपालीहरू यस समाजमा हुनुभए पनि तुलनात्मक रूपमा सहभागिता कम हुनुले चाँहि आफ्नै कला, साहित्य र भाषाप्रति पूर्ण न्याय नभएकै ठहर्छ । कम्तिमा हरेक परिवारबाट एक वर्षमा एक लेख मात्र आउनसके पनि ‘नमस्ते’ पत्रिकाका लागि समयमै पर्याप्त लेखहरू हुने थिए।

व्यस्तताका बाबजूद अमूल्य समय खर्चेर नमस्तेलाई यहाँहरू माझ उभ्याउन मद्दत गर्ने सम्पूर्ण सर्जकहरू, ‘नमस्ते’ प्रकाशनका व्यवस्थापक र सम्पादक साथीहरू, कार्यकारी समिति, शुभचिन्तकहरू तथा विज्ञापनदाताहरूप्रति गहिरो आभार चढाउँछौं। यहाँहरूको सु-स्वास्थ्य, सुख-सन्तोष र सर्वोपरि उन्नति-प्रगतिको लागि नयाँ वर्ष २०७३ वरदान सावित होस्। यहाँहरूको हरेक नयाँ कदम उन्नत समाजको स्तम्भ बन्न सकोस्। नयाँ वर्ष २०७३ को हार्दिक मंगलमय शुभकामना ।

Happy New Year 2073

“I have received ‘Namaste’ magazine Issue 8 and gone through almost all the articles which are most interesting to read through. I am glad to say that Nepal NZ Friendship Society, Christchurch is leading in the field of Nepali literature. Let ‘Namaste’ publication have a longer life.” (Email response from Pashupati Karmacharya, 2 June 2015).

This is one of those many feedbacks we received last year for our “Namaste” Annual Publication (Issue 8). Your feedback, love, enthusiasm, and support are what have made us possible to publish this new issue of Namaste. Yes, this is Issue 9 and it welcomes you all with New Year wishes!

NNZFS started publishing ‘Namaste’ nine years ago as a simple newsletter to update Nepalese events and members’ activities to the guests and new members. Moving from that simple form of *newsletter* to this well-designed *magazine* is a big step-up.

Year 2015 was a challenging year for most of us. We celebrated Nepalese New Year 2072 on 18 April 2015. It was a fun-filled event with tapping songs, clapping dances and mouth-watering foods. All went well. But a week after our New Year celebration, on 25 April 2015, M_w 7.8 earthquake hit Nepal, destroyed a large number of structures, caused those World Heritage sites in Kathmandu Valley to collapse, and killed approximately 9000 people. Dynamic and lively cities of Kathmandu Valley converted into chaotic cities full of dust, rubble and sorrow. It was a sad day in the history of Nepal.

Back in Christchurch, NNZFS members showed their solidarity and unity to support and help the earthquake victims in Nepal. Student Volunteer Army (SVA) of Canterbury came forward to support our campaign. Hand to hand, shoulder to shoulder – a campaign that started from a small group of people gradually started taking a huge momentum. As a result of this, NNZFS has succeeded to collect significant amount of donations, approximately NZ\$ 145,000.

In this Issue our readers will find NZ volunteers stories, NNZFS help to Nepal, NNZFS yearly activities, and young Nepali Kiwi’s experience in Nepal. This Issue also contains Nepalese parents’ struggle to convince their kids to revisit Nepal. Young generation is our future. You would find how good they are in creative writing. All is here in this Issue.

We would like to convey our big Thank you to all those writers who provided us a variety of articles. We also like to convey our acknowledgement to other Nepalese communities in NZ who sent us New Year wishes and messages. Our acknowledgement also goes to those who provide us advertisement. Without your contribution it would have been very difficult to publish this issue.

Happy New Year 2073 to all our readers! Happy Reading !

नमस्ते प्रकाशन समिति / NAMASTE PUBLICATION TEAM

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NZ Facilitators Mobilizing Nepal Youth

-Sam Johnson

Following the Nepal 2015 earthquakes, the Student Volunteer Army (SVA) mobilized several youth facilitators to support Nepal, and undertook fundraising initiatives in partnership with the Nepal New Zealand Friendship Society and University of Canterbury.

Within hours of the disaster, the SVA were active in supporting young people active on social media and some who had connections to Christchurch. Before considering visiting Nepal in person, we outlined some general steps and shared advice on a potential en-mass mobilization through various online trainings and briefings to educate and upskill both our local partners and youth volunteers. As requests for physical assistance became clear, several joint objectives were developed to ensure that local partners, the Global Peace Foundation, were clear on how to effectively mobilize their young people, given the high pressure situation and urgent needs. The facilitators communicated repeatedly and often they were not able to visit Nepal as *'disaster responders with any answers... but as mere facilitators whose technique may enable the young people of Nepal to be more effective disaster responders.'*



A hybrid of youth facilitation, team leadership training and military discipline was used with the volunteers and host organization in Nepal to best position the team to make a measurable social impact, and offer a valuable immersive leadership experience. This hybrid model has been found best to work with young people aged between 16 and 30 who are nested in larger organizations or have loose affiliations to groups, associations, INGO's or UN Agencies. While these organizations are effective at 'arms-length' encouragement of youth to be 'change-

makers', they tend to lack both the human and financial capacity to support the teams in the highly dedicated manner required to achieve the substantial impact desired with young volunteers.

There were eight core values and a six-stage process used to guide the youth team and best position the movement to continue over the longer term with minimal external support. Through discussions on values, the facilitators were able to align a wide and fragmented group and amalgamate 12-15 ideas into a single project. The values that underpinned the wider movement helped the facilitators make decisions in chaotic environments and guide the Nepalese team on how to approach leadership in difficult situations. The team was able to maintain momentum as a result of the cohesiveness developed throughout the values discussion.



The values of the Volunteer Army movement served as the basis for the work in empowering the young Nepalese:

- We implicitly trust and coach young people to be values-driven servant leaders.
- We believe in humbly serving our communities (local and global) and know service takes many different forms.
- We strive to curate stronger communities where all people, whether a

cleaner or CEO, are equally valued for their unique contribution.

- Our motivation is anchored in the strength of everyday people using the resources at their fingertips to create a more resilient world.
- We strive to achieve practical results, with respect and humility that continue for the long-term in partnership with the people we work beside.
- We serve our volunteers first, nurturing their motivation and helping them reflect on their impact.
- We share and learn from our successes and failures openly and honestly.
- We are playful, adventurous and ambitious.

Results and lessons learned

Shelters

The two facilitators from New Zealand coached 15 young people to mobilize 300 Nepalese youth who self-organized and built 500 shelters. Rise Nepal has built 500 shelters which were distributed to elderly women, people with disabilities and women with younger children who had no young men or a husband living at home. Over 300 volunteers were actively engaged in the shelter building process, with a core team remaining active for two months until their studies continued and funds were exhausted.



The key lesson learned for the facilitators was how to teach the concepts of division of labor and specialization, while ensuring quality and variety. As many of the youth volunteers had seldom been active in physical projects, the facilitators at times underestimated the time it would take to teach new skills and the importance of teaching youth how to teach others their new skills.

School rebuilding projects

Through partnerships with Batase Village and Friends of Himalayan Children Trust from Australia, our fundraising has also supported the rebuild of schools.

In partnership with Beyond New Zealand and Fight For Christchurch, our fundraising has also been used to support school rebuilds in Priti village, Ramechhap district. We are presently planning a visit in late 2016 to Nepal to identify how we can support the villages and students we have been working with over the coming year.

Conclusion

The Volunteer Army team members' support in Nepal helped build the capacity and organizing structure of the Global Peace Foundation team in Kathmandu and supported 300 young people to create temporary homes for 500 people. We are also pleased to have collaborated with two villages in support of children's education. I would like to sincerely thank the NNZFS for your encouragement to collaborate in support of Nepal after the disaster and for what you have taught us. I am looking forward to a long future of mutual learning and common understanding between the people of New Zealand and Nepal.

The Bird That Lived Forever

- Anmol Shrestha

Its fiery blaze lingered just over me as it swept past steadily, burning the tips of the hair on my head. As it swooped by around swiftly, but sharply, I automatically felt a connection. There was a bond between us, as if there was a silver cord that was slowly bringing us closer. It was like he was telling me to touch the fiery, yet simply beautiful feathers of his. I could sense the blazing heat but it didn't harm me at all. I just simply couldn't resist the temptation; I had to lean in and feel the fire of this majestic animal. I was not burnt, oh no, I was not. But instead it felt like a rush of adrenalin that just blasted through my body. It was simply amazing to feel this sense of energy and power rush through my body. Even though the animal was simply humongous, it glided through the air like a swan on a beautiful spring day.

I looked around. I was the only one experiencing the arrival of this graceful beast. I felt touched that this creature only came out of hiding just for me. A golden and dazzling red feather fell onto the ground, and with the slightest of touch, it had created a blaze. I was not harmed by the growing inferno, but the area around me was demolished. I was amazed how a small feather could create such harm.

As I watched the fire, I did not realise that the creature had flown into the scorching blaze it had created. I screamed in sadness, the fascinating creature had killed itself. All there was left now was a clump of ash.

I fell to the ground shaken by all this madness. Maybe I could have been dreaming, or maybe I could have been hallucinating. Wait! There was a small shuffling noise coming from somewhere; I looked up to see what it was. There was a glimpse of movement from the pile of ash. The sight of movement astonished me as I saw the creature burst in flames, as it did forever more.

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”

-Margaret Mead

Return post April 25 earthquake as volunteer

-Claire Coveney

Namaste. I am humbled to be asked to write something about my recent time volunteering as a Social Worker teaching students of Social Work at Kadambari College, Buddhagar in Kathmandu.

The reason I decided to volunteer was that I had been in and out of Kathmandu in April, 2015 and experienced the first big earthquake. I was travelling to Tibet and Bhutan. Luckily I did get to Tibet, but trip was cut short due to the crisis. Flying in and out of Kathmandu airport at times it was eerily empty.

When I returned home in June I maintained contact with the people I had met and offered financial support to a few people. My goal however was to return and do something useful.

Being an older woman travelling alone I was a phenomena. Often I was asked "How old are you?" and "Are you I married?"

Staying in Jwagal near Bhaktapur River was very handy to Kadambari College. The challenge was with the transport, getting totally squeezed into buses and fuel problems, no power for lighting at night to prepare presentations, and no power to run water pumps and heating. Interestingly the students thought that people in the villages were better off than they were in the cities because in the villages people could make a fire to cook. Many restaurants struggled, many businesses closed.



I was very interested in the reasons behind this conflict, so when a student offered to take me to Saptari I was very pleased. We travelled at night by bus. I saw in the village the banner and photos of people killed in protests by the Nepal Army. My student took me to his family's home, where I was treated like royalty. The students' parents and

widowed grandmother lived together. His mother taught the local children their language Maithali. I was often surrounded by children, their shyness, curiosity, chatter and smiles. We travelled by motor-bikes to the sacred temple site of the Goddess Sarswati. We visited Mithila villages, including outcast villages. We were well looked after with lots of cups of tea, surrounded by a throng of children and shown around. The Mithila art and culture is very ancient and interesting. I bought one cloth art piece and a woven basket which made it to NZ. My student and his peers are developing education about their culture via Wikimedia. They are advocating for education for all children, including girls, about their language and culture so it is not lost. I totally support this and currently support his mother to study. I think they have a page under wikimedia.

This brings me to an NGO I visited, founded by Aarati Poudel, a Social Worker, called Saar Nepal. You can find more on the internet. This NGO supports vulnerable older people, those who are lonely, in poor health, providing advocacy, information, activities and support. This agency needs to grow to develop outreach services, but struggles.

As you know many elders do not have their adult children staying in the villages with them as they have to travel for work, often abroad.



Via the college, I attended human rights rallies and gatherings. It was interesting to see so many young men studying Social Work and fighting campaigns to end violence against girls and women, child trafficking, and dowry system. The social workers are great activists.

I had the privilege of visiting Women's empowerment projects: an organic farm and pickle factory. I was hoping to make links between the organic farm project and Lincoln University but communication has broken down.

The youth projects I visited included UCEP, founded by a man from Invercargill. This offered training in trades and sewing. I ended up teaching Tai Chi. Sath Sath, a street youth project is funded a UK organization. They work a lot with youth at risk and are developing arts projects and a trekking agency.

Lalitpur was en-route of my daily travels. The artist and assistant took art to children in the streets of Kathmandu and villages affected by earthquake Sindhupalchok affected by earthquakes under Get Well Soon Project. They are self-sufficient: no overseas aid!

I caught up with Raju Jalad Sing Tamang's family in Kavrepalanchok district to deliver shawls and quilts. High in the hills, he is rebuilding the family's home when he can get away from his shop in Thamel in Kathmandu. They are in dire need of water tanks as the family is ageing, the eldest in his 90's. So, I have been requested to help with this.

My friends Shiva Dhakal, took me to his family's village Taruka, high in the hills of Nawakot district. In the fuel crisis it was quite an adventure getting there by many buses. With his sister Laxmi I spent several nights being looked after like royalty by his mother. Their "hut" was considered permanent housing because no money had been given to rebuild their home. Shiva's father Raman Prasad Dhakal is not in good health and they can no longer work the land. Debt interest is so high it has crippled this family despite Shiva getting work in India, it is often unreliable.



Another campaign that I am supporting, is that of Wheels of Hope. Colleague social worker Samir Shrestha is biked 600 kilometres in 13-16 April from Kathmandu to Karnali to raise money for accommodation for children undergoing cancer treatment in Kathmandu and their families who cannot afford to pay for accommodation in Kathmandu. Samir and his wife work in Kanti Hospital in children's oncology. His NGO provides counselling and accommodation in a very professional manner. They are very dedicated to this cause. Samir was very kind in guiding me at every

stop of the micro buses, he was there on his bike to ensure we reached his premises in Lamadole.

Finally I visited my friend in Swayambhu, who runs a hostel for girls to ensure that the girls go to school. Her family and "girls" were still living in a tent as the children were too afraid to go back into the two-storey house. Sushila and her family and girls are moving home and are sponsored by a French aid agency. I truly admire her vision and work empowering girls to attain their goals.

I hope this snapshot of my time in Nepal was interesting. I certainly miss the smiles of the children, milk coffee and connections with the community. There are many human rights and social justice issues Nepal faces including earthquake and aid distribution of aid which has been erratic. I and other individuals, including Roman, an engineer, chose to do it ourselves with support of friends. That was very rewarding and a privilege. Now ongoing support needs to be shared.

Info about NGOs can be found on Facebook pages: Wheels of Hope and Saar Nepal, Sath Sath, Gallery Mcube.

Camp at Woodend

-Vivek Adhikari



Day1:

It was the 7th of January 2015, 7:00 o'clock in the morning I was quite sleepy and ready for camp because I had already packed all the stuff I needed for camp. So, I didn't really need to worry about anything except for breakfast. Of course! I was feeling quite hungry but then again I always feel hungry. So, anyway you might be wondering that school hadn't even started yet. Why am I even going to camp if you're not thinking that well then just read along. At many different schools in the region, people had been selected to go to the Woodend camp .In my school (Lincoln Primary), there were 6 people who had been selected to go in year 7&8. The school sponsored us to go to a 4-5 day camp and I was one of the lucky students to get the opportunity.

I was hungry and helpfully Mum said that we had a little bit of butter chicken and a bit of rice. What would you in this situation when you're really hungry ? Well, I would certainly have the butter chicken and so I did. Ok, so enough with the hunger stories. Let's actually hear about camp. We arrived at a school in Riccarton where the buses would drop us off at Woodend (I don't remember the name). It was actually quite scary. There were a lot of people and children all around the place that I didn't even know. There was one really small year 8 (he looked like a 4 year old) boy who was the scariest because he was shouting out loud words, had a dark reddish snapback covering his little face and ohhh! those red dark terrifying eyes and I couldn't see half of them because he was so little. But then when I thought about it he was like a little Eminem. One person came that I knew well, Sushant Ghimire when he saw me he looked very happy too because he was also scared of the midget.

The bus had come. So we got on the board. It was a 30-35 minute bus ride. Finally, we had arrived at Woodend. On my right, I saw three trampolines, an octagon shaped sandpit that was approximately 1-2 metres high with sand at the bottom, some trees a mini golf course, a playground and 100 metres out further north a huge field with a rock climbing wall and a big flying fox at the top. On my left I saw a large building and behind that large building was an arcade room and aero jump. We were called inside the large building (it was called the dining/hall room). We were put into groups of colours which would be our cabins, there were orange, red, blue, green and yellow each colour represented a group. There were boys and girl cabins. Sushant and I were in the orange cabin and with us in that cabin were two leaders, Caleb and Mathew. The other members in the cabin were Tyler, Cheese, another Tyler, Bradley, Daemon and Keegan. Shortly after we were called for lunch, we had a Sandwich, nothing great. After lunch, we were called to line up and do some boring team activities which involved using our mental and physical strengths. I was 11 years old at that time, so I wasn't the best at that. After I got embarrassed in front of my group, we had fish and chips and went to bed after brushing our teeth.

Day 2: I woke up at 6:30 am in the morning because we had to have breakfast at 8:00 am. I actually went outside and jumped on the trampolines but I found them not as bouncy as normal trampolines. We went to the dining hall to have breakfast. I had hot chocolate and toast. Now it was free time, I saw a lot of people around the sand pit so I did what anyone else would do, I went and checked it out. I saw lots of people in the pit with a ball and I asked one of the kids looking from outside "what game are they playing", and he told me to just read the rules for GaGa dodgeball, which were:

1. Any number of people can play
2. One beach ball is tossed up in the air and everyone else will be touching the edges of the pit.
3. You are allowed to smack the ball with your hands and if it hits someone's thigh or below they are out and must get out of the pit.
4. If the ball gets out of the pit then the last one who touched the ball is out.

So I went ahead and played and I was surprised at how hard and fun the game was. After that we were called to have some photos, our groups were sent to go to a place of our choice inside the boundary. Our group chose the massive water slide. Now it was time for Lunch, my favourite part of the day, we had chips and Pizza and it was delicious.

After that it was questions time. We went to our cabins and asked questions to our group leaders. I didn't ask any questions because I didn't really have anything to ask them.

We were called up to do the second activity of the day and our group's activity was the massive climbing wall with the flying fox at the top. I was really excited to go on the humongous flying fox and the climbing wall but Sushant wasn't. He thought that we didn't have a harness to protect us if we fall from the climbing wall. Unfortunately, we didn't get to go on the climbing wall but we went to fly the flying fox. We were told the instructions of how to put our harness on and then we put on our helmets but accidentally, I put mine on the wrong way around. I went at 4th. We went to the back of the climbing wall and there we saw a little barb wired fence door and we went inside and there was a stair case leading to the top the stair case was a square circular kind of stair case with square holes just enough to squeeze a adult through. We got to the top and found no seat to sit on. I thought how are we going to ride the flying fox then? But then I saw that there were 4 metal claws one for each person the metal claws would attach to the harness and once the person rides the flying fox and gets off they carry the metal claw with them and the instructor at the top of the tower pulls down a rope that attaches to the claw and pulls it back up for the next person to attach to. I had a few attempts. it was quite fun and once we got to the end, Mathew (one of our cabin leaders) took a photo.

It was now time for afternoon tea which was cookies. We had the cookies and then we did something called adventure time. This was really boring because they talked about Jesus and stuff but Sushant and I just ignored. There was lots of singing too.

It was time to go to bed and we did the usual and brushed our teeth and went to bed but the bad thing was that it was so hot and Bradley was snoring all night.

Day3:

It was a beautiful morning, actually no! it wasn't. Sushant woke me up and told me that I already missed breakfast and that Cheese, Keegan and Tyler got majorly told off and had to sit outside and got split up. But when Mathew came in he told me that it was 7:00 o'clock in the morning so I was really angry with Sushant. Once we had breakfast, we were off to our first activity, Archery. I thought I would do much better than what I did. I only got one hit that means two shots with the bow and arrow. I missed one of the arrows. Then I got it on the white because the targets were like dart throwing targets so that's how I hit the white. After that we had some free time again. While I was having free time, we were doing Gaga dodge ball and mini golf. On the mini golf, Sushant got 10 holes first and I got 9 holes first, this means I got 9 of the balls in the hole before Sushant did.

Now it was time for a game. This game was the forest game, the rules were:

1. There were 5 types of creatures, Pegasus, Sheep, dragon, wolf and the elements
2. This game was played in the forest
3. The sheep and Pegasus cannot attack any of other creatures and the wolf cannot attack the Pegasus. Also, these creatures have to search for food and water.

4. The Dragon has one life but cannot destroy others with one tag exempt the elements. The sheep has ten lives. The Pegasus has seven lives and the wolf has five lives. The elements have unlimited lives and can destroy anyone with one tag.

I was chosen as a sheep, the worst creature ever and Sushant was chosen as a Pegasus. We were lead into the forest and split into 2 groups, each group on either side of the forest. We all stood around one place and waited till we were allowed to roam the forest, the sheep had a 20 second head start.

I ran for my life. I was getting into the pace and then I heard twenty hungry wolf footsteps coming towards my direction (slightly exaggerated). So what I did was sneak to the very corner of the boundary line, on my way there I didn't have any problems but once I got there I saw some wolves and ran. They weren't close to me but just to be safe I searched for a hideout area. I was still searching and I found this really good, closed off bush area that no one would suspect. So I hid in it and I hadn't been found. I knew I couldn't just wait and stay in the bushes the whole time because I still needed to find food. I waited for an opportunity and I found it no one was around but I could still hear people but I got out and searched for food and water. I was searching for a long time and then finally stumbled across some water and food this was really good but I still needed 3 more water sources and 4 more food sources. Then I found some Pegasus or Pegasi and we teamed up. We heard some people say elements and we quickly ran away as fast as we could we were safe for now. Our group was getting chased by an element so we decided to split up luckily the element didn't come after me. We heard that the game was over so we came back from the forest to our cabins to just relax and then have dinner and go to sleep.

Day 4:

Today was our 2nd last day but today was going to be really fun because we were going swimming and we were going on the go karts and water slides. We had breakfast and it was time to go to swimming. Me and Sushant got changed and got into the van to go swimming. We went to a local pool and the first thing we saw was that there was a tug of war platform and whoever lost fell into the water. I was the first one there but when I got on before we even started I slipped and fell right into the water. I tried to do this again and waited in line for a long time. While I was waiting in line, Sushant went on the pool's water slide (not the camps water slide). He asked me to come but I wanted to do tug of war first. I finally reached the end of the line and as soon as I got on I slipped off again. So I didn't try to go wait in line again because I knew I was going to slip off again. So Sushant and I went to the water Slide but it was just a set of black empty rubbish bags with water and soap on them. So we tried that and it was pretty fun.

Next we went back to the cabin. Sushant and I went to the go karts. We got there and we were 4th in line because we made a perfect line but then the leader said that the other leader could choose who goes first. She said that she would ask questions and whoever gets it right would go next, this made us very annoyed especially because she would never choose us. Then she chose me and I got the funniest joke she laughed very hard but she chose someone else. So instead we went to the water slide instead and it was really fun.

Day5: It was the last day of the camp. It was the worst day of the camp. We had a barbecue and there were hot dogs just lying there but we had to do whatever the Leaders told us to do before we got our lunch. The exercises tortured our bodies. First they made us run around the whole field then straight after that we had to do ten push ups, also if we didn't do it we couldn't have our lunch. We did much more harder stuff but I am not going into detail because I have to finish this story quickly before the deadline comes up and they won't accept my work for the Nepali Newsletter. So we went on the bus and went home.

Earthquakes in Bistachhap, Godawari

- Sudha Bista

25th of April, 2015 was the unluckiest day for all Nepali people. Nobody knew what was going to happen that day and what the country would have to face. A 7.8 earthquake hit the heart of Nepal and within a minute the face of Nepal was totally changed. That devastating earthquake killed thousands of people and many houses, including various historical monuments, collapsed. Many people lost their family members, their homes and some of them became orphans.

On that day, I was at my uncle's home with my family for puja. Before we felt the earthquake, we were all enjoying the occasion but our enjoyment turned into fear as the earthquake started. I tried to contact my friends in my village and check whether they were alright or not, but due to problems with the network, I couldn't contact them. There was no point in staying there for a long time, after such a massive disaster, so my family went back to my village.

On our way home, I saw that many houses had collapsed. People were running here and there searching for a safe place to stay. When I came back to my village, I found that we were a bit lucky because only some houses were damaged, compared to other villages, and nobody was injured. People were crying and they were scared because there were continuous aftershocks. People were gathered in the fields near my house and they were worried about their family members who had been to the city.

Even though my house wasn't damaged very badly, due to fear, none of my family were brave enough to go inside. But we had no choice, so my mum and I went inside and got our blankets and pillows to sleep in. My family and I slept outside in the field under the open sky. There was some rain that night, so we got a bit wet as well.

We cooked our meals outside, as we were afraid to stay inside for too long. All the people started making temporary tin houses in the village and we did too. We used half a room as our bedroom and half as our kitchen. It was so hard to sleep in that tin house because the sound of rain on the roof was distracting our sleep. Slowly we started to move inside as there were fewer aftershocks, but my mum cooked meals in the same tin shed because our kitchen was in the upper floor and there were cracks in the corners of the walls.

In my village, some houses were damaged badly and some were partially damaged. People started making temporary houses of tin and some people used bamboo as well. People whose houses were badly damaged started making temporary houses with separate bedrooms and a kitchen as they couldn't build a new one immediately. The upper levels of houses were more damaged than the ground level, so people removed the top part of the houses and left the ground floor so that they could still use that as their kitchen. They used the temporary tin shed as their bedrooms.

When I left Nepal last October, people were still removing the upper level of houses and constructing a temporary one, a bit better for the cold in winter. People were slowly heading back to their normal life. I hope Nepal doesn't have to face such a disaster again.

The best way to find yourself is to lose yourself in the service of others.

-Mahatma Gandhi



Experiences and Lessons from Nepal

-Riwaj Dhakal

I have recently returned from a trip to Nepal doing a bit of engineering work while also visiting family and friends. Little did I know what an enlightening experience it would turn out to be. No amount of reading up on the political agitation or housing issues due to the earthquake could have prepared me for the lessons I learnt in Nepal. This doesn't just involve the 'big picture' issues such as the lack of petrol, but rather the smaller everyday matters that I had taken for granted. Sometimes the smaller changes allow you to gain the most enriching experience which expands your horizon the most. Many of us in New Zealand forget how lucky we are, and I am guilty of being a part of this too. The difference in lifestyle and in the working environment is not obvious from a third person's lens, and as a New Zealander of Nepali origin, it is a part of my duty (as it should be the case for all the youth in Christchurch) to pay it forward and inform others of what these differences are and why those living here are privileged. Let me share you some aspects of my working and personal life in Nepal that taught me some lessons, and how I drew many parallels between the two countries I am a part of.

Work Hours

Our lifestyle in NZ may have given the delusion that the world works around the same schedule of work, 9-5 from Monday to Friday. I learnt (the hard way) that many offices are also open on Sundays, meaning some have a one day weekend. As a result, families can't afford to live a lifestyle of Saturday being sports days where their children play sport. The time is given to the family and household matters. The difference in schedule can be suffocating for those used to the longer two day weekends and it was a shock to me at first. Even during work days, the hours are based around sunlight hours. The day begins early at 6.30am where preparations for food, gym sessions, morning walks, sports such as tennis, and other such activities were usually done before office hours began. If you walk on the streets after 9pm most buildings won't have the lights on as many people will be asleep. Working life is very much based around sunlight hours (that means the NZ habit of staying up late at night had to be changed).

Engineering Styles

The way building repair and renovation companies respond to client demands in Nepal was very different from NZ. As you may expect, the respect and position of a person in the company is not only based on their qualifications, but also on experience in the field. Also, consultant firms benefit more when they have a wider network of people. A good network of contacts allows these companies to find clients more readily, and in some cases clients come to them. This is the same in both NZ and Nepal.

However, clear differences between NZ and Nepal were seen when taking a look at the on-site labour work. Machines were mainly run manually (where you must do the hard work by hand) rather than those that operate by electricity in NZ. The privilege of machines running by electricity can't be exercised due to load shedding reaching up to 14 hours a day. It had become a norm in Nepal to deal with the problem by doing everything the more tedious, longer and harder way. They had no choice.

When comparing the education and work opportunities for students, there are vast differences between NZ and Nepal. In Nepal, there aren't as many opportunities for students to find out answers and use resources, and finding an internship is much more challenging due to simple issues such as transport. The recent petrol crisis in the country has not allowed many labourers to come into

Kathmandu, and even if they do, the way of life is much harsher. Thus companies have learnt to adjust with the limited qualified labourers available. For me, witnessing these differences reinforced how the system in NZ was orientated around student success, a much different system to Nepal and one that I feel lucky to be a part of.

Family and Friends Life

For me, this was also a good opportunity to visit my family and friends after four years. Although I have spent the majority of my life outside Nepal, I still feel a strong connection with Nepal not only due to my exposure to the culture, but also to the ties I have through family and friends. Renewing these ties and forming new bonds has not only increased my personal network, but it has given me an insight into how different the lives of the young tend to be. There aren't as many school activities (e.g. camping and field trips) as there are in NZ. Nepali students tend to go on picnics rarely, involving a day out where they mingle, sing, dance and do activities. The focus is more on education and results rather than building a rounder character. No system can be seen as "correct", but each has its own advantages. In NZ we are lucky to have a broader range of knowledge, gain life experience and also be culturally more aware. We must always be grateful for this, and doing our best within the system we are brought up in, is the best way we can show our appreciation for this.

Difference in the streets

Often during NZ summers, we see many people go on evening strolls after dinner. We can afford to do this well into the night, thanks to the sunlight during summer. Even in winter, street lamps tend to illuminate the path we walk. Walking in pitch black and trying to avoid potholes on the road at only 9pm in a populated area of Kathmandu gives you a realisation that even paved roads and street lamps can be considered a luxury. I also learnt to appreciate a life where traffic rules are followed, pedestrians are given priority, and roads can be crossed safely.

Independence

Part of the reason the youth in NZ have a role and responsibility in the community is because of the independence they are encouraged to gain. With this, however, come responsibilities that must be upheld. We are lucky to be in a country where we have a safe road system allowing teenagers to drive by themselves. During my time in Nepal I had to rely on public transport or cycling (which can only get you so far). Just this one small change can impact the way you live so much. Making plans with others would require much earlier planning, and many parts of your travel were done on-the-go. Also, when you are squished in the back of a car with three other people for a long time you really start understanding how "personal space" tends to have a different definition.

But...

Although a lot of what has been mentioned may put Nepal in a negative light. My intention was not to run down the system and talk up the country we are living in currently. The difference in lifestyle and cultures were just a shock to me and I have come back a more tolerant person. I am just sharing my experience and how I felt as a person who has lived in NZ for 13 years to suddenly adjust to life in Nepal. I no longer complain about lukewarm showers, not having "yummy" food in the fridge, having to walk to the store or not being able to drive for a while. Meanwhile, I also experienced the beauty that Nepal offered, with beautiful scenery, wonderful upbeat people and an atmosphere that always made me feel at home. The biggest lesson that I learnt from my trip is that I consider equally both Nepal and NZ my home.

For everyone who has had the privilege of visiting Nepal, please share your experiences in some way too. I am sure it will be much different to mine, but still as eye-opening.

My Nepal visit a long time ago

- By Jilly and Mikee Marshall

Many years ago, before (The Old Yak had fully grown hairs on its Knees), maybe forty-five or so (maybe in 1970), even before many of you reading this were even a twinkle in your father's eye, a naive young New Zealand country-bumkin (not used to cities or lots of people) set off on an adventure by herself to Nepal. Most of her sensible friends were settling down and thinking of starting a family. This young Kiwi was not at all ready for that big step in life! She had struggled a bit at school, finding reading difficult and English spelling near impossible, as many of you will understand. Later in life she discovered this was because she was dyslexic. However, this did not mean she did not have curiosity about the big wide world and the amazing variety of its' people. As a New Zealander she had heard a little about the work Sir Edmund Hilary had done with the Sherpa's so she wanted to go and see for herself. Three years earlier, the usual OE (year trip to England and Europe) had opened her eyes and given her a thirst for travel and learning. Maybe people might not think she was quite so uneducated if she could tell them about the wonders of other cultures and fascinating places they had not seen. This is how she found herself first in India for several months, visiting Mother Teresa's home, exploring Calcutta, travelling on third class trains, staying with a family in Darjeeling and eventually arriving by bus in Kathmandu.

The first impression was of being in a very old place where people had lived there lives traditionally for centuries with some but little influence from the outside world. Old stone buildings, different smells, colorful dress, few cars, fascinating temples and above all busy welcoming people. Stepping off the bus the travelers were immediately surrounded by mostly young lads. "You want place to stay, very cheap, very good, I take you to see. Yes!" She took a liking to a twelve-year-old looking lad who showed her to The Kathmandu Guest House. He proved to be quite correct. She had a job helping to teach the owner's children English conversation for free board and she also found a voluntary job to help a Physiotherapist at the Kathmandu Hospital. This was quite a challenge as equipment was very short and she found herself trying to make splints for patients who had difficulties walking. Searching for help she found an old clever shoe maker working on the side of the road near the hospital who adapted strips of old car tire inner tube to make a splint to help hold a young man's foot up while he walked. It wasn't wonderful but it did help. The Indians and Nepalese were way ahead of New Zealand with true recycling then! For this work she acquired a bicycle to ride around the town which was a great help.

In the 1960s, many foreign young people arrived in Kathmandu to try hashish or pot and relax away from the bustle or responsibility of their own city life. Few ventured out to explore how the people lived in remote villages. After about a month Jilly thought it was time to see how the people lived in the country. Borrowing some well broken in boots she joined a friend to go tramping.

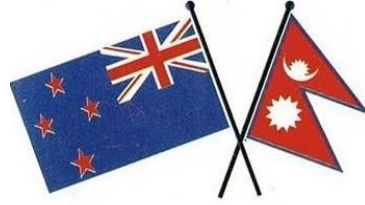
In those days visitors were able to pay a small amount, pick up a rather simple map and set off to explore. It was another world up in the mountains walking on little rock and mud tracks up very steep hills at times and through remote villages. Often meeting local travelers which helped to make the walking much more interesting. Many of the villages we walked through looked very materially poor compared to our way of living but the people were very open and friendly. The children were as curious as we were. I remember washing myself in a stream one sunny day. While taking my jeans off and peeling down my black tights I suddenly looked up to see a line of little faces peeping over a large rock! I could not help thinking about what they must have wondered when they saw me taking off my strange black leg skin. My feet needed a good wash. So did other parts of my body but I was a little shy in front of them. In those days I am not sure how often they got a wash. Water sometimes had to be

carried in wooden containers on people's backs for long distances. It was very heavy and hard work.

It seemed to be accepted that we, as strangers, could pay to stay in someone's house to share a meal and a roof over our heads. This was a great privilege I felt. One night while sleeping on the mud floor of a house in my sleeping bag I kept hearing strange little scratching noises. This was a mystery as the floor appeared solid. However, in the morning after I rolled up my floor mat and sleeping bag the lady of the house unscrewed a disk I had not noticed and, to my utter surprise, out popped about five chickens!

I had many more adventures, even walking up to the roof of the world, not the top of Everest but to base camp, visiting Sir Edmund's hospital, seeing the amazing bridges but these tales will have to be another story.

The people of Nepal have been very much in our thoughts since the earthquakes as we live near Christchurch in New Zealand and have some idea of the loss and challenge to rebuild your homes and lives. Our thoughts go out to you all. Namaste



Wishing all members of Nepali community based in Christchurch and in the wider New Zealand

Hope you and your family have a happy and prosperous year ahead
on behalf of the

New Zealand Nepalese Association (NZNA) and the executive committee team
Raj Maharjan, President

नयाँ वर्ष २०७३ को शुभ अवसरमा न्यूजिल्याण्ड बासि समस्त नेपाली समुदाय समक्ष हार्दिक
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राज महर्जन, अध्यक्ष

New Zealand Nepalese Association Inc.

Auckland, New Zealand

“Nothing is impossible, the word itself says ‘I’m possible’ ”

-Audrey Hepburn



Visiting reasons and places for overseas grown up Nepali children in Nepal

- Bhubaneshwor Dhakal

Child: Mum, during our visit to Nepal you mainly visited families, relatives and temples. You often visited distant relatives whom we did not know. I found this very boring. We could have used our time to visit other interesting places. You are already talking about our next visit to Nepal! Why can't we visit other countries which would give us new and interesting experiences?

Mum: For us, our family is in Nepal. For us, our home is in Nepal. Our flesh is here but our soul is there. That's why we keep going to Nepal again and again. It may not seem like home to you, but you need to go visit your extended family, who care about you despite barely seeing you. I think it is important for you to know about your family. You need to know about your social identity and family health background. These are essential pieces of information for your future. You cannot learn all of this in one or two visits. It is also our responsibility to take you there. You will realise the values of the visit in later stages of life.

Child: I know that, but why do you frequently take us to the same boring places with a lifestyle that I am not used to?

Mum: You find it troublesome when you go to camp because of the difficult activities that you have to do. You don't get provided the food and facilities you would ideally want. Despite all of this, we have to pay large sums of money for sending you to camp. The school sends you there because you gain a lot of valuable unforeseen benefits. The camp gives you a different and unique life experience. It prepares you for survival in difficult and stressful environments. When you pass obstacles and challenges while completing assigned jobs, you gain a lot of enjoyment and inspiration. It also builds your confidence. Similarly, every visit to Nepal gives you similar benefits that you may not yet realise. You are exposed to new challenges and learn more and more after every new visit.

Mum: European and American tourists spend thousands of dollars to visit Nepal. Why do they consider Nepal a popular tourist destination?

Child: The tourists go there mostly to climb or see Mt Everest and other peaks. Some of them might have gone for other recreational activities.

Dad: Many tourists visit other sites too. Most people go there for trekking in Annapurna circuit, Khumbu, Langtang and Gaurishanker regions. These are some of the most wonderful tourist destinations in the world. You cannot imagine the tranquility and beauty of the areas. You will feel mesmerised when you visit these places. Nepal is also a popular destination for river rafting, wildlife and jungle safari, mountain biking, paragliding and mountain flying.

Child: My friends ask me whether I visited the Everest base camp area. You never took me there. I once read about it on the internet and the place looked very difficult for trekking. However, I would like to see the area from a plane.

Dad: Whether a traveling place is worth visiting depends on people's values and attitudes. If their motivation is adventure, they would enjoy it very much. If they visit places with a negative attitude (such as being forced to doing a job in a difficult terrain) the experiences would be terrible! People travel such destinations not only for recreational purposes and to have fun, but also to test their strengths and confidences for coping with difficult situations. It is a good idea to research the facilities of the travel routes and the activities you have planned to do and use this to make a decision about what you are going to do while you are there.

Child: Are the mountains the only place worth visiting?

Mum: Every place in Nepal is beautiful, interesting and informative. The other popular sites outside Kathmandu include Pokhara, Rara Lake, Ilam and Chitawon national park. Some people also put Janaki temple and Lumbini on their list of places to visit. You may not have enough time to visit every place in Nepal.

Child: Dad, can you tell us the most popular sites in the Kathmandu area which we can visit while you hang out with your relatives and friends?

Dad: Shayambhu, Patan Darbar Square, Narayanhity palace, Bhaktapur Darbar square and Basantapur are attractive sites. These are world heritage sites. They have special cultural and historical importance. When you visit and study them you will find it very interesting. You might have done research projects on similar sites in your social studies class.

Mum: I would visit Pashupatinath and Dakshinkali temples too. Another interesting place is Seto-Gumba.

Dad: Recently, many recreational centres have been developed which targets children and the young in Kathmandu and the surrounding area.

Child: I want to see things other than temples, old palaces and human developed recreational facilities.

Dad: Nagarkot, Godavari garden and Phulchoki hills can be interesting to young people. A gondola is nearly completed in Thankot. You can enjoy a nice view of the Himalayan range while riding the gondola.

Child: Mum, you said that many people visit Nepal for trekking in Everest camp and the Annapurna region. Many old tourists also visit these places. I would like to know why you did not visit these popular areas despite having grown up in Nepal. Will you go there in your old age?

Mum: We were busy looking after you. We will probably visit these places when we are older. We will have money when we retire which we can use to go visit. By that time, a motorable road will have been built which will make it easier and more accessible.

Dad: We have given you many reasons to regularly visit Nepal. Will you continue to join us?

Child: Yes, I will continue to visit Nepal but not as frequently as you do.

A journey is best measured in friends, rather than miles".

- Tim Cahill



My First Experience Attending a Nepali Wedding -Rishav Dhakal

I couldn't find anything that fit me. Here I was in Nepal, I have to go to a wedding tomorrow and none of my clothes from New Zealand fit me, an absolute disaster. I started to panic about what to wear (This must be what most woman always feel like). After receiving a scolding, we mutually decided that the only option was to borrow my brother's and dad's formal clothes. Snooping through their clothes I managed to somehow find something that would fit me and clothes that relatively matched. It was no James Bond suit but it was the best thing that I could quickly muster up. Next was choosing the tie that suited it. My brother and I quarreled over the same tie because it looked good but in the end I chose another one. Finally, I was ready and prepared for my first Nepali wedding. However, it occurred to me that I didn't know whose wedding I was going to. When I posed the question to my dad, I got a rather strange and unexpected answer. He told me that the wedding was of my nephew but also my distant cousin. I thought I misheard, but that was what he had said. My father then went on to explain why this was the case and I had a big lecture about our family history, which was very interesting. One thing I do now realize is that Nepali family trees are very complicated.

After arriving at the wedding I made another conclusion about Nepali family trees, they are also very big. As far as I could see, people were all from the groom's side, all Sapkota's. I had a number of people whom I didn't recognize come up to me and ask about my mother and her family. First, we arrived at the groom's house and waited for all of the guests to arrive. After that I was hastily handed a tray on which the contents seemed very odd to me. As I started walking I noticed that my tray was very heavy and when I looked to see what was there I saw two fish. I asked my aunty (dad's sister, *fufu*) about it and she simply told me it was a Nepali tradition to give the bride a lot of trays with food and it is especially important that we give her the two fish. The longer I stayed in Nepal, the more my mind was boggled, but I learned quickly that things work quite differently in Nepal than they do in New Zealand, especially the weddings. Anyway, all of the groom's first cousins sat in the van with me and my brother and off we went to the wedding place where the bride was. Needless to mention, I couldn't hear my thoughts due to the big marching band behind us playing some Nepali songs.

On arrival of the wedding place, everyone with the trays lined up and we were the first people to walk in. We each gave our tray to someone representing the bride and then we watched as the groom and all of his family walked in to see the bride and her family. Then the bride, the priest and the groom entered a small tent-like structure that was open to everyone, called a *mandap*. In there, the rituals began and the wedding began to take place. While that started, my brother and I were told to grab the groom's shoes first after the wedding. I was then informed that it was a Nepali tradition for the people on the bride's side to try and hide the shoes of the groom while the people on the groom's side were trying to look for them. Again, another Nepali tradition that I will never understand but then again this is not like New Zealand. We never took our eyes off of the groom's shoes, we were taking this very seriously. I almost felt like a police detective trying to catch a robber with all of the planning and tactical talk we were doing.

As the wedding continued I noticed a key difference between Nepali weddings and New Zealand weddings. In New Zealand weddings, the bride and groom are really happy and make the day perfect for them, and the guests are there to celebrate their happiness. However in Nepali weddings, the atmosphere is different. The bride and groom are happy but tired with all of the rituals they go through and the guests are all having a great time. Everyone is enjoying themselves as well as being happy for the two and the environment was just so positive.

After a while, the bride and groom and the priest came out of the mandap. I thought that that was the end of all of the wedding rituals, but no. The bride and groom sat down and a bucket was placed under their feet. Then water was poured over their feet, the couple were getting their feet washed. This time I didn't ask about the Nepali tradition just because I knew what the answer was going to be. "It brings good luck" was always the typical response we got. But then I saw that some guests were drinking the water that was used to wash the couple's feet. Now I couldn't resist asking why that was, surely no matter what tradition it was, there must be a reason why you would do something so unhygienic and there was. I was told that drinking the water after it touches the feet of the bride and groom brings good luck. In Nepali culture touching the feet of an elder is like them giving you their blessing, so to drink the water that has touched the couple's feet gives you some sort of 'super luck'.

After a quick lunch break, the rituals continued and we seemed to be nearing the end. As it continued on, my brother and I were asked to come up along with the other cousins of the groom and the cousins of the bride. They brought out some white fabric and made it into a rope. As everyone grabbed the rope, I realized that we were caught up in a tug of war match with the groom's family on one side and the bride's on the other. The match, however, did end abruptly with our team (the groom's side) completely demolishing the bride's. After the exciting tug of war match, the rituals continued with the groom throwing red dust to the bride over a white sheet. This ritual was soon followed by eating and feeding each other yoghurt. The rituals finally came to a close and the tears came out as the bride said her goodbyes to her family. Emotions swept over the bride and her family as we all got in the van and guided the bride and groom's car to the groom's house. As we walked with them, the marching band followed and we all started to sing and dance. The wedding was over, everyone enjoyed it and everyone was dancing to celebrate the start of the couple's journey together.

Nepal - New Zealand Friendship Society Christchurch Presents

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Lost Minds

-Dristi Khanal, Tauranga

I stopped sprinting and gasped for air. As I took a deep breath, my lungs started to feel alive again. After a couple of long breaths my heart began to calm down. The frightening moment that I'd just experienced started to play in my head, I couldn't stop it, and it kept replaying the moment over and over again like it was on repeat. I shook as I got chills through my whole body. For the first time since I'd stopped running I took a look around to see if I'd recognize anything. As I took a step forward, the brown, crispy leaves crunched under my shoes. The sunlight reached through the gaps in between the shining green leaves and splashed my face as I was blinded by the bright light. I shut my eyes tight and eventually adjusted to the brightness, and then I could see again. However, as soon as I got my vision back, everything turned pitch black. Suddenly, a light turned on. I wasn't where I was before. This time I was in a small room no bigger than a little storage room. The room was all damp and grey, the paint was half peeled off and it had a few boxes in the corner. A man entered the room. He was wearing a dark blue suit with a white shirt on, and his hair was dark just like his eyes. He took a look around before shutting the door. He moved to the center of the room and stood there. His eyes were focused at the wall in front of him. He didn't do anything; he just stood there staring at the wall. He didn't make any noise and he didn't even blink once. It was as if his soul had left his body. His face was starting to look pale, and then suddenly his lips turned black and he was back again. After a few seconds his lips turned back to normal and he walked out the door as if nothing ever happened. Everything turned blurry after that moment of confusion and I was forced to go back. I had been getting flashbacks (or perhaps it was lost memories) for 2 months now. Whenever I see something that involves my past or something similar, I see visions like this. All visions I get are different. I might have seen some similar objects or people like him, but I have never seen this man or how he was staring at the wall like that. I wanted to know what he was looking at. What made his lips turn black like that? Who was he? I had endless questions with no answers, but most of all I wanted to know what that vision had to do with me. My curiosity stopped when my stomach rumbled, that's when all my thoughts of that man turned into a food hunt. The last time I ate was about 2 days ago when I was at the camp ground. I started to look for food before sunset. As I was walking down the forest, the warm breeze brushes through the trees making them wave their branches slightly as if they were welcoming me into their land.

Math is Fun

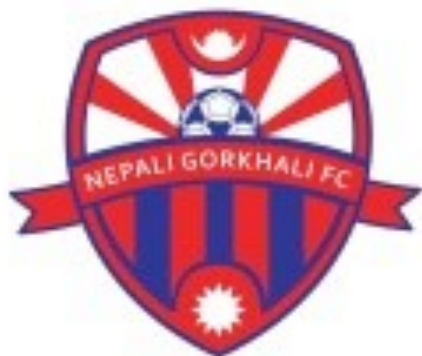
-Ishwori Neupane

- ◆ Think of a five digit number. Its first digit gives the number of zeroes in it, second digit the number of ones and so on to fifth digit showing number of fours in it. What is that number?
- ◆ Think of a ten digit number. Its first digit gives the number of zeroes in it, second digit the number of ones and so on to ninth digit showing number of eights in it. What is that number?
- ◆ There are 12 tennis balls. All of them have the same weight except one, which is either lighter or heavier but you do not know. Work out the fastest way you can identify that different ball using a simple balance.
- ◆ A census taker approaches a woman who was about to leave for work and asks about her children. She says, "I have three children and the product of their ages is ninety-six. The sum of their ages is the number on this gate." The census taker did some calculation on his head and claims not to have enough information. The woman enters into her car, but before driving out tells the census taker, "I have to drop to my eldest child who is in primary school." The census taker departs, satisfied. What are the ages of her children?

GLOBAL FOOTBALL FESTIVAL 2016

By Gyanendra Pradhan (Gyan dai)

On behalf of the **NEPALI GORKHALI FOOTBALL TEAM**



We have been participating in the Global Football Festival since the beginning of 2004 and we are still going strong! This year we had to face different challenges because some of our previous players decided to form their own team. We then had only six players to represent Nepal which is not a full team (requires 11 aside). We needed to do something if we still wanted to form a team and represent Nepal, so we (Saurab, Himamsu, Bipin, Rajiv, Karna, Sagar and myself) alongside with NNZFSC Youth Subcommittee came up with an

idea of setting up a Viber group. We knew that there were many new young Nepalese living in Christchurch and they were unaware about our football team. So we started a campaign on Viber and Facebook as a result we had 45 to 50 players interested to play for us and about 10-15 volunteers to help us out on the festival weekend! It was an amazing feeling to suddenly have so many players wanting to join us! Among them we had 3 from Ashburton (Avi, Hari and Nitesh). These boys travelled every Sunday to practice regardless of the weather or the time. It was a commitment and sacrifice they made for us as and our team. Hats off to you boys! to reach our goal NNZFSC Youth Subcommittee and football management team worked hard day and night, meeting after meeting, and successfully fundraised the amount that we needed for the tournament. NNZFSC also financially contributed some amount to reach our target. On the first day, NNZFSC Youth Subcommittee organized a potluck lunch for players and supporters. And, on day two of the festival NNZFSC Youth Subcommittee actively organized the BBQ and provided lunch and drinks during entire festival. It was so valuable to have yummy food to give us lots of energy to play (and cheer) well! Thank you to all NNZFSC Youth Subcommittee and everyone who supported us throughout the festival.

During the festival on Saturday February 20th, we played two games & then two more the following day. On the final day (The Goblet Final), on the following Saturday (27th), we played one last (very hot) game against Korea! Unfortunately we lost all our games but we had great fun playing and getting lots of support from our community members. It was like going back ten years ago when we used to get the same amount of support! We are so proud of our supporters despite not being able to give you a winning game. We hope to continue to get ongoing support from you in the future! Although we didn't win any games we did win the "FAIR PLAY AWARD TROPHY" which I personally think is far better than winning a game. The organizer told me that we deserve this fair play award because, we Nepali, showed respect to the organizers, referees and opponents, and most of all our supporters bring a festive atmosphere - cheering, color, food and fun behavior. We should feel proud to hear this kind of feedback! So this trophy is for our players, our volunteers and our supporters!



Players list as follows: *Amit, An-daz, Abinash, Bipin, Biswash, Bishal, Dhiraj, Deepak, Gyanendra, Hem, Jalesh, Jivan, Karna, Prakash, Pradip, Rajiv, Sagesh, Sagar, Sanjay, Santosh, Saurab, Subhash, Suman K, Suman G, Ub, Bijay, Subhash S, Ganesh, Dil, Sudip, Rohit, Nawam, Pragat, Suraj, Manish, Anup, Deepak P, Pawan, Nitesh, Avi, Hari, Prajwal, Alok, Kusal, Tom G, Kris, Russy.*

Team Captain: *Hem Gelal*

Vice-captain: *Saurab Gautam*

Coach: *Hem Gelal and Karna Rana*

Management Team: *Saurab Gautam, Rajiv Maharjan, Himansu Dhungel, Sagar Pandey, Gyanendra Pradhan.*

Volunteers: *Himamsu, Sagar, Rajiv, Diksha, Pramila, Bhawana, Ajay, Princess, Arjun, Manu, Samikchya and all NNZFSC Youth Subcommittee.* I would like to make a special mention to these boys (*Saurab, Himamsu, Sagar, Rajiv*) without their tireless support we would not have a team this year. Hats off to you Boys!

Appreciation

Namaskar Gyan dai and the Nepali Community of Christchurch,

On behalf of the Team Lhotshampa and Bhutanese / Lhotshampa community of Christchurch, I would like to say thank you to the Team Nepal and its community for welcoming our lads to participate in games and tournaments over the past 8 years.

It was a great opportunity to meet new people from your community as well as to play football together. We have made a lot of good friends and brothers, and had a lot of fun playing with your team. However bittersweet it may be, the newly formed football team, the Team Lhotshampa, will never forget your kind support.

I wish your football team all the best.
Ruben Rai

“A trophy carries dust, memories last forever”.

-Mary Lou Retton

Nepali New Year 2072 celebration and Annual General Meeting (18 April 2015)



NNZFS celebrated Nepali New Year 2072 at the Lincoln Event Centre on Saturday 18 April 2015. The event opened up from 4:00pm with NNZFS members and guests arrival. Annual General Meeting (AGM) of NNZFS was also held on the day. The President addressed the audience and summarised the events NNZFS has organised in the year of 2014/15. The Treasurer presented annual financial report. A quick change in the Executive Committee was conducted. Following changes were made in the Executive Members:

- Jalesh Devakot (the then Secretary) was acknowledged for this role and help. Diwakar Bhujel (the then Joint-Secretary) was appointed to a position of Secretary.
- Sunil Dhakal (the then Member) had agreed to volunteer the role of Joint-Secretary.
- Bhawana Silwal was introduced as a new Member of the Executive Committee.

A colourful cultural program with a variety of songs and dances was then presented. Following this the audience then enjoyed the true sense of Nepalese culture with delicious dinner. Finally the hall floor was opened for all audience for dance.

The new year celebration was remembered for a well organised, action packed set of cultural dances and songs, and a variety of delicious flavour of Nepali food.



Society Activities -Year 2015/16



Dashain 2015



As evident to all of us, Dashain (also known as Vijaya Dashami) is the biggest and most celebrated festival in Nepal. Being so distant from our families and communities back home, it is this time of the year where memories of celebrations and togetherness make us nostalgic. Since its establishment, NNZFS has created a platform to bring together all Nepali New Zealanders residing in Christchurch and to celebrate the festival with utmost enjoyment. Like previous years, the Dashain festival was celebrated by a day-long program in 2015 on the 24th of October at Wigram hall, where various cultural and entertainment programmes took place. The program began with commendation from parents of Mr. Baikun-

tha Gaire and blessings from the elder statesmen of the society.

The day continued to be fun filled with sports and activities. It was participated with plenty of enthusiasm and spirit. Members of all age groups and genders seemed to enjoy the various activities and smiles all around, which generated a perfect ambience to the celebration. The programme events included outdoor activities such as football, cricket, gumboot throwing and spoon race. The indoor activities of musical chair, bingo and quiz were also equally popular. Not to mention, the delicious Nepalese dishes provided the perfect fit to the celebration.

Tihar 2015

Tihar (also known as Dipawali) is the festival of lights and carries a special importance to the relationship of brothers and sisters. Tihar is celebrated for five days, each day symbolizing the importance of various animals in our day to day life. The festival ends on a fifth day with a get together of brothers and sisters and an exchange of 'Tika' and presents as a symbol of love and affection. As a continuity of the celebration, NNZFS organized a day long programme in 2015 on the 15th of November at Wigram hall, Christchurch. The festival was celebrated with delicious Nepali dishes, custom to the Tihar celebrations, and *Langur Burja*, which is a popular tradition during the Dipawali celebration. The event was ended with enthusiastic dance performances by the participants.



Gorkha Earthquake Update



Spencer Park Potluck



Student Welcome Program



The NNZFSC YOUTH welcome programme 2016 was organised to welcome and orientate the newly arrived Nepalese students in Christchurch. This event was a grand success with a total of approximately 300 participants. 70-80 members that attended the event were newly arrived Nepalese in Christchurch for their studies and work purpose. The event highlighted some inspirational and motivational speeches from NNZFSC's senior members, greatly enjoyed cultural performances, actively participated quiz and delicious Nepali food.

Nepali Language Class

Nepali Language Class is running consistently and has been a very successful program in our society. It provides unique opportunity to our kids to learn Nepali language. Currently, six kids of ages from 4 to 12 are attending this class. They participate quite enthusiastically and enjoy these classes. Mrs. Mona Singh has been contributing her time and effort to teach these young kids. It is conducted every second and fourth Friday of each month at Waimari Road Community Centre. Recently Mr. Sagar Pandey has taken over for the upcoming year.

First NNZFS table tennis competition

The first NNZFS table tennis competition was held on 23rd December, 2015. There were 16 participants (Sujan Kafle, Sangam, Ashok Shrestha, Imos Neupane, Subhod Dhakal, Anmol Shrestha, Jitendra Bothara, Chandra Rai, Iros Neupane, Ashmita Rai, Rajani Thapa Paudel, Amit Bhandari, Rajiv Maharjan, Sushanta Ghimire, Aman Bajracharya and Gyan Maharjan) who were divided into four groups. The



The final game between Chandra Rai Uncle and Amit

competition was held as league, quarterfinals, semi-finals and finals. Chandra uncle won the grand final, Amit became the runner-up where as Iros beat Aman for the third place. The other four quarterfinalist were Subhod, Imos, Rajeev and Sujan. Asmita beat Sushanta in the plate finals. There were some very exciting games. We would like to thank all the participants. Hopefully we can have separate mens' and womens' competition in future as was suggested.

Some Snaps of Global Football Festival





NZ4Nepal Fund

- Dr. Bhola Pradhan

In the evening of April 25, a group of Nepalese families had a gathering in Dr. Bhubaneswor and Mrs Urmila Dhakal's house in Lincoln, Christchurch. It was an informal gathering and friends and families had just finished eating dinner when I got a call from my younger brother who was visiting Delhi at that time. He called me to inform that there was a huge earthquake in Nepal and that he was worried about his daughter who was left by herself in the house with another girl. In a trembling voice, I passed on this bad message to all the friends present there. Dr. Dhakal had the facilities to watch TV channels in Nepal and immediately we tuned into Kantipur TV and started receiving live footage of people being rescued from under the Bhimsen tower (Dharahara) wreckage. After this, all of us became more worried and started calling families in Nepal. The night passed in nervousness and worries as we witnessed the horrific live shots on Nepalese TV channels.

The next day, on April 26, many of the families and friends gathered at Professor Rajesh Dhakal and Mrs Shalu Dhakal's home to discuss plans to help victims from the devastating earthquake. From the information given by different news sources, it was clear that the devastating earthquake had occurred at 11:56 Nepal Standard Time on the 25th of April, with a magnitude of $7.8M_w$ or $8.1M_s$ and a maximum Mercalli Intensity of IX (*Violent*). Its epicentre was east of Lamjung District, and its hypocenter was at a depth of approximately 8.2 km (5.1 mi). The news also stated that the earthquake had triggered an avalanche on Mount Everest, killing 21 people, making April 25, 2015 the deadliest day on the mountain in history. The earthquake triggered another huge avalanche in the Langtang valley, where 250 people were reported missing. Hundreds of thousands of people were made homeless with entire villages flattened across many districts in the country. Centuries-old buildings were destroyed at UNESCO World Heritage sites in the Kathmandu Valley, including some at the Kathmandu Durbar Square, the Patan Durbar Square, the Bhaktapur Durbar Square, the Changu Narayan Temple and the Swayambhunath Stupa.

Mr Sam Johnson (Founding Chair of the Student Army Volunteer) was also invited to the meeting at Professor Dhakal's residence. It was agreed to raise funds jointly in an attempt to support the victims of the Nepal earthquake. The fund was named as *NZ4Nepal Fund*. A *Givealittle* page and an account number were set up so that people could donate online. It was also decided to request all the shopping malls and gas stations for permission to put a table and few volunteers to raise these funds.



Professor Dr Rajesh Dhakal, who was then the President of the Nepal New Zealand Friendship Society Canterbury Inc. (NNZFS), issued an emotional appeal to everyone. As the result of this appeal, and thanks to the volunteers in the field, we started raising funds. On the evening of May 1st, 2015, a Candle Light Vigil was organized in the Victoria Street in memory of the victims of the Nepal Earthquake. Mayor Lianne Dalziel, Everest Conqueror Mark English, Professor Rajesh Dhakal, the President of the Student Army Volunteer and I offered words of condolences to the then reported 5000 dead and prayers to the unaccounted numbers of people suffering.

Disbursement of Funds

Aftershocks continued to occur (with one reaching a magnitude of 6.7), shaking the whole of Nepal. The country also had a continued risk of landslides and flooding. The wounded and surviving members of the victims needed all the help available, including basic needs like drinking water, medicine, foods and shelter. As a result, the coordination committee meeting on May 2 decided to ask for a page proposal from the people in Nepal who were in the field or willing to go out in the affected areas with life supporting items like medicine, drinking water, foods and tents. Those citizens were recognized to be potential volunteers in Nepal with the recommendation from the people in New Zealand. A simple one page proposal stating their target localities, communities and items they would like to procure to take with them for distribution was enough to approve a sum of up to NZ \$1,500.00. It was also notified to them that a simple report of their works carried out with some photographs would be required.



On this basis, a total of 43 projects were received for the first phase of the rescue mission, of which 37 were approved. A total of \$55,500 was disbursed for those projects. Also, a sum of \$6,948.56 was reimbursed to Mr Sam Johnston who had requested the amount for a rescue mission.

NZ4Nepal Fund Committee met regularly to discuss situation and evaluate projects. On the 24th of July 2015 the meeting of the committee felt that the first phase of the project should be stopped and funds should be disbursed to help build shelters and sanitation facilities in the earthquake affected areas. The Committee decided to channelize more than NZ \$80,000 for the construction of shelters and sanitation through NRNA and transferred the fund.



Additional support from various organizations

Farmy Army collected several relief materials under the campaign "Fill a Container" with the joint coordination and cooperation representatives from Christchurch Police, Himalayan Trust, Student Salvation Army and St. Margaret's College. Girls from St. Margaret's College assisted in filling the containers. NNZFS served tea to the volunteers. Student Volunteer Army and Himalayan Trust coordinated to hand-over and distribute the goods to the victims in Nepal.

Canterbury Cricket had offered to gift NNZFS a full sized Canterbury Cricket fully signed bat which was sold in an auction to raise money for NZ4Nepal Fund.

Roller Derby (Roller Skating) club in Christchurch organized a sponsored Roller Derby League on 28th June at Pioneer Stadium to raise money for Nepal



Financial and moral help was also received from Dairy Farms, Shopping Malls, Casino, various schools, different organizations, various individuals and small shops like butchery. The interest shown by Roller Derby in raising funds by skating the equivalent distance to the height of Mount Everest not only adds a new dimension in raising funds, but it also let people know about Nepal and Nepalese people (other than the earthquake victims). On behalf of the Nepalese Community, I take this opportunity to thank all the institution for extending their helping hands.

Conclusion:

The dedication of the volunteers and their untiring efforts, along with the overwhelming support received from the New Zealand public was very heart warming. This support made it possible for us to raise \$146,271.67. The initial amount of just \$55,500.00 channelized through more than 30 volunteer groups in Nepal aided earthquake victims in various communities very quickly by bringing them water, foods, medicines, tents etc. The committee is also thankful to all the employers in Christchurch who were very genuine towards their Nepalese staff, helping them in any way possible, like giving them time off to volunteer in fund raising. The committee is eagerly waiting for the progress of shelter and sanitation construction from NRNA. The Committee is very proud of all the volunteers and express sincere thanks to all of them, including the Student Army Volunteer in Canterbury.



गजल

-सुनिल ढकाल

साथ दिन नसक्ने, साथ खोज्छन् यहाँ

कन्चन पानीमा पनि मात खोज्छन् यहाँ

प्रेम गर्छन् पहिले, पुरा गर्छन् सबै स्वार्थ

धोका दिने निहुँमा जात खोज्छन् यहाँ

कन्चन पानीमा पनि मात खोज्छन् यहाँ

मनें मैलो गराउने, देखेर महल धनको

महंगा ति मोती, सौगात खोज्छन् यहाँ

कन्चन पानीमा पनि मात खोज्छन् यहाँ

भट्टिभिन्न गुन्जिछन्, बियोगका कथा

पिडा बिसाउन प्रेमी, रात खोज्छन् यहाँ

कन्चन पानीमा पनि मात खोज्छन् यहाँ

एकतर्फी माया

-दिपक प्रधान

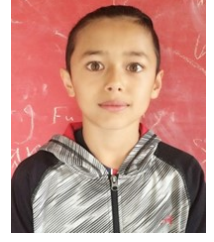


एउटा कुरा जरुरी थियो, भनूँ भन्यो भुल्दो रेछु
प्रित बस्यो उनिसित, मनमनै रन्दो रेछु
हजार चोटी झुके होला, गाजलु ती आँखाहरु
मतिर नै इशारा थियो, सोधूँ भन्यो भुल्दो रेछु
बल्लतल्ल लाको माया, पोखिहालूँ भन्ने थियो
पोखिदिऊँ रिसाउलान् कि भन्ने पनि डर थियो
भैगो अब नभनूँ भो, मनलाई भन्दो रेछु
म तिर नै इशारा थियो, सोधूँ भन्यो भुल्दो रेछु

माया मेरो एकोहोरो, होइन भन्ने ढक्क छु म
भने पनि उनको सामु, पर्नलाई डराउँछु म
जे सुकै परोस् अब, भन्नलाई भन्दो रेछु
भन्नुपर्ने एउटा हुन्थ्यो, भनिदिने अर्कै रेछु।

Red

-Rico Pradhan



Red is blood, flowing through my body
Red is fire, blazing like a boiling dumpling
Red is my heart, beating heaps every day.
Red is tomato sauce that I have with
Fish and chips on a sunny summer's day.
Red is an athlete's cheeks
when they scamper hundred meters
Red is red,
But most of all,
Red is crunchy red apples dropping from trees.



Auckland, New Zealand

**Ferndale House,
830 New North Road,
Mt. Albert, Auckland**

Happy New Year 2073

On behalf of New Zealand Nepal society, I wish a very happy, healthy and prosperous New Year 2073 to all Nepalese in New Zealand, particularly living in Christchurch. We would like to congratulate Nepal New Zealand friendship society, Christchurch for publication of another issue of Namaste.

नैतिकताले

नैतिकताले देश छोड्यो
नेपालको कानून रोयो

कहाँ छ अछाम कहा बझाङ
नेपालको विकास रोयो

थामेन आँसु यो भूमिमा गरीबको
नेपालमा शहीदको सपना रोयो

गंदैछु लास खाडी गएकाहरुको
नेपालमा उनका परिवार रोए

देशका ठेकेदारहरुले देश भाँडे
स्वार्थैस्वार्थमा आज देश डुबाए



पशुपती कर्माचार्य

उकुसमुकुस

कस्तो उकुसमुकुस भो
प्रदुषित हावा बहयो

सत्ताको जाली खेल भो
कसैको प्रायोजित झेल भो

आफ्नो भन्ने कोही रहेन
मान्छेको लिलामी हाल भो

नदीको बहावमा कोही हिंडेन
कुवाको भ्वागुता चाल भो



Awake

– Iros Neupane

You are awake. There is nothing to hear, nothing to taste, nothing to smell, nothing to feel, and nothing to see. No family, no friends, no nothing.

You begin to wonder why. Why is this terrible fate happening to you? It feels like you're being stabbed every second by thousands of daggers; you feel the pain and it doesn't stop. You cry out in pain, but no one hears you. You tell it to stop, but no one responds. And then you feel likes it has been an hour, but it has actually only been one second. Then suddenly, a bright light flashes right before you. Suddenly, you awaken.

This time you are in your own bed, sweating, and you try and go back to sleep. After trying countless times, you finally fall asleep, but then suddenly:

You awaken in your bed again, still sweating. You hear a voice. You then realize that it's your own voice. It echoes across the room loudly for a long time but you only hear one word: "Awake".

Strength lies in differences, not in similarities.

— Stephen R. Covey

The tale of two communities of the Nepali diaspora in New Zealand

- Raj Maharjan, Auckland



When I moved to New Zealand ten years ago, the initial days were very much similar to that of everyone else's who moved to a new country from Nepal in search of a better life.

After seeing no sign of improvements in the then conflicting and sad state of affairs, I left Nepal in September 2005 when the atrocities from both the state and the rebels (in the name of People's War) were at one of its peaks.

On arrival at Auckland, it was a humble beginning. I found myself doing those odd minimum pay jobs in call centres, marketing and fast food chains. This continued for almost one year after I arrived to New Zealand. Without going into graphic details, I can testify that during those times, I went through hell as I was continued to be undermined, undervalued and degraded. Those were times which I wish I could forget.

Despite being annoyed that prospective Kiwi employers did not give a toss about my existing Master's degree from Europe, I refused to give up on my quest to find a footing into a respectable (according to my own standard) professional industry. After about a year of arriving in New Zealand, I decided to enrol in another Master's degree at the University of Auckland. The gruelling two and half years of University study were not fun at all. Student life was tough. As a student, one's status is that of a bottom feeder in the economic ecosystem. That is tough stuff, but it is what it is. That is how the student life is.

Things started to get better towards the end of my student life in Auckland when I found a part time role in my area of expertise while I was still at the University. A successive role at the local government followed, where I continue to practice policy planning. The role allows me to satisfy my intellectual quest. It also made it possible to survive and raise a family in this expensive place. I have no regrets; no complaints. I could not ask for more.

The salient features of the dream chasers

Recently, since a few years, a significant number of students have started to come to New Zealand from Nepal in the quest of being settled here. A student status is only a means for the majority of those students to obtain a PR.

With this influx of new members in our community, Nepali diaspora population in New Zealand is going through a rapid change that, in the scale of the number of existing previous total Nepali population until about 3 years ago, is unprecedented. It seems as though accurate statistics are as elusive as ever. A good guess is that Nepali population has at least doubled to 5,000 members within the last two to three years.

The thinking and behaviour of the newly arrived students are astoundingly contrasting in terms of their ability and expectations. Most new-comer students are either in their late teens or early twenties, and are pursuing studies in polytechnics and short-term courses in, frankly speaking, faculties that doesn't sound like having much scope for employment. Those coming for a University degree are rare in numbers. Most have no work experience. Nepali work

experience is bluntly disregarded by Kiwi employers anyway. Majority of the students have arrived here soon after their +2 or their Bachelors degree.

Nepali education institutions and society teaches our young ones almost none of the life skills that are vital for survival during a situation of crisis. Ours is more a culture of dependency and attachment. Dependency on parents until one reaches old age is the usual norm. For example, most of our teenagers would continue to look towards their parents even for small amounts of pocket money and almost none would have basic skills such as cooking food.

Attachment in the name of family bond and culture, unfortunately, hinders one's opportunity for independence and the quest for freedom to lead life by oneself most of the time. The challenge to face self-responsibility is never offered. The opportunity for learning that could have been installed and developed by leading a young life by oneself is seldom presented.

These are highly judgmental statements and they are my personal thoughts grossly generalized without any even distant resemblance to a true case.

They may not even have basic skills and tools to survive, but our students come with big dreams. For our students, these big dreams, without any legs to stand on, soon turn into unrealistic expectations buried under huge financial burden and psychological trauma involved with paying exorbitant school fees, high living cost and survival in a foreign land. For the majority, coming to a foreign country has been possible only via a loan at a very high interest rate obtained either through putting collateral of one's parents' savings or only by risking losing one's generational inheritance. There is a huge financial gamble there and a strong element of potential conflict.

The unfortunate case of the passive aggressiveness

It seems a few (let's be absolutely clear here, not many, but only a few) of our students seem to turn towards people like me who have lived here for a while as a target for release of this stress. I am not sure if this is deliberate, or whether it is naivety, but the expression of passive aggressiveness is hard to ignore.

I have the utmost respect for their courage and readiness to work hard, but the attitudes of some of the students are hardly acceptable by any standard. The sense of entitlement is astoundingly bizarre. For example, the expectation (almost coercion to a certain degree) that community organizations and residents (who have well settled here) must look after them exists among some of these students. "*Nagari huncha?*; *Naheri huncha?*" We need to very clear here that it is a personal decision that everyone makes when one leaves their home country. The reality is that almost all the students who arrive in New Zealand for further studies are all adults of 18+ years, which is the age that is considered fit to live by oneself according to the international norms.

My observation tells me that it is the lack of self-responsibility that is the root cause of such passive aggressiveness. We make decisions for ourselves and we take responsibility for the outcome - better as well as worse. Turning into someone who has nothing to do with our decision is literally, for me, madness.

Where to from here?

Having said all these, one thing is as clear as sunshine. The dynamics of Nepali population in New Zealand has changed and is evolving faster. The scale and shift in dynamics is unpredictable. There is a huge gap between the newly arrived members and those that have previously

arrived and settled well. Continuation of this division cannot be healthy.

Something has to be done to address this new and unusual situation.

I have personally been involved in a few (albeit very small) initiatives over a year or so to address the above-mentioned gap. I have no shame to admit that unfortunately most of those initiatives I have been engaged in were limited to talking more with very limited substance or real relief to the needy new-comers.

In whatever time I manage to find after my own full time job, family affairs and other community work, I do think of the newly arrived students. I am actually very worried about them and the trouble they have to go through, up to the extent that I find it annoying and I have spent sleepless nights thinking of what could be done to provide some respite.

Those who know me might recall that in the aftermath of the April 2015 earthquake, despite repeated requests to be involved in generating funds for organizations based in Nepal, I refrained from doing so. Instead, I decided to focus on providing respite to the affected students based in New Zealand with a focus on those based in Auckland. I could not do everything for everybody, but I am aware that I did something for some under the given circumstances.

Purely based on my personal observation, I consider the points below as some initiatives that may be helpful to bridge the gap between the new and the old, as well as to provide some respite to the newly arrived members of our community:

- A mechanism of conversation between the new and the old is imperative. We need to start to talk to each other. Dialogue is the only available means to find a solution to a dispute or misunderstanding between the two sides. The old members of the community have to be accommodative of the newer ones. The newer ones would have to be less aggressive in their approach, and should start conversations in a more constructive tone. Aggressiveness breeds resistance; ignorance widens division. At the end of the day, united, we as a Nepali community stand here in New Zealand. Divided, we fall at our own peril.

- The existing community organizations in the various geographical locations were established for a purpose that was fit when they came into effect about 10 or so years ago. Their purpose mainly revolved around keeping Nepali culture alive in foreign land and a means to gather to celebrate cultural festivals and to organize social events. Time has passed. We are in a new demographic dynamic now, as described above. The time has arrived for the leaders to rethink the purpose of their community organizations. For me, the new developments are indicating that the organizations have to now gradually transform themselves to accommodate and address issues faced by our new members of the community. Otherwise we will face complex problems down the line of either having multiple organizations with competitive (and maybe conflicting) interests. At this stage, the worst case scenario is having young people with energy and creativity driving newer organizations with passion and vigor, while the old ones risk disappearing into oblivion. Adaptation and survival of the fittest are proven old lessons from nature. It applies to organizational behavior too.

- We have to stop ignoring the elephant in the room. Rather, we as a Nepali diaspora need to acknowledge that there are issues at both ends (with the new as well as the old) related to the newly arrived students. Once we acknowledge this, it will be easier for us to start seeking solutions rather than getting bogged down with replaying the problems again and again in our heads.

Conclusion

All of us who have arrived in New Zealand from Nepal have taken a big risk and gambled with our lives. Not all of us are going to be equally lucky. That is the reality of life. However, my own experiences and a decade of observation tells me that if you stick to the right side of life and keep working hard, the system here will reward you with a satisfactory outcome. Try to be over smart and take the path full of short-cuts and you risk being deported back to where you came from.

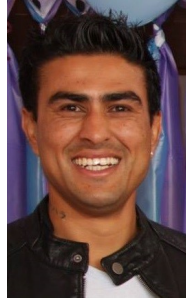
Progress in a migrant's life is a function of many complex factors and events. That is true anywhere for anyone. Let us have no doubt that we have to build our own lives. No one is going to do it for us. It does not work that way. Someone may be your guide or mentor but he or she cannot (and should not) do your work for you. It is your own responsibility to construct your life, one piece at a time. Slowly and gradually, if you persevere and remain positive, you will get there.

Think about the first week you arrived in New Zealand compared to now. How is the difference? Things are improving, aren't they? They will. They have to. As long as you want it to, it will. Now, if you don't want it then that is a completely different matter.

आफ्नै फोहोर

-अमित भण्डारी

मान्छेलाई आफ्नो फोहोर गनाउँदो रहेनछ
करिसरको सिनो गनाउँदो रहेनछ
नेपालीलाई फोहोर कहिले पो गनाएको थियो र!
न लाउडा गनायो



न नारायणहिटीको रगतको दह गनायो
इतिहास साक्षी छ

कोतपर्व, भण्डारखाल कसैलाई गनाएन
पञ्चायतको स्व:तन्त्र

बहुदलको देश स्वाहातन्त्र पनि कसैलाई गनाएको छैन
हुँदाहुँदा अहिले त आफ्नो आङ्को डङ्गुर नि गनाउन छाडिसक्यो
वनमारा झैँ मौलाएको भ्रष्टाचार

अग्रगमन र प्रतिगमनको लुकाछिपीमा पिल्सिएको गरिबी
स्वाधिनतामा गाडिएका विस्तारबाद र साम्राज्यवादका गिद्धे नजर
कागजी बाघहरूको चलखेल कसैलाई गनाएको छैन

बुद्धका दूतहरूलाई हिलोले छ्यापियो
गुराँसलाई रगतले पोतियो
परेवाको पखेटा काटियो

तैपनि कसैलाई गनाएको छैन

नेपालीलाई आफ्नो फोहोर गनाउँदो रहेनछ ॥

राजधानीको डङ्गुर गनाउँदो रहेनछ ॥



अवर्णनीय सौन्दर्य

- बिशाल सुबेदि

एउटी आमाले गर्भभित्रको बच्चालाई दिइरहेको
अलौकिक प्यारको आभाष दिलाउने अनन्त ताल
एकातिर,
नागबेली परेका नदी अनि नदी दायँ बायाँ
रहस्यमयी बनेर बसिरहेका असंख्य पहाडहरु
अर्का तिर,
सृष्टिको शुरुवातदेखिका सम्पूर्ण सौन्दर्यहरु
एक ठाउँमा भेला पारेर उभिरहेका हिमशृंखलाहरु
माथितिर।

म टाकुरामा उभिरहेको थिएँ
मेरो शरीरलाई स्पर्श गर्दै
ती सारा मिठासहरु घोलेर
जुन कन्चन हावा बगिरहेको थियो,
मलाई लाग्यो त्यो हावा
कुनै सन्देश दिन खोजिरहेको छ।

ठीक त्यही बेला जब उनी टुप्लुक्क
त्यही टाकुराकै बारीको डिलमा देखिइन्
कठोर तपस्या समाप्त भएर
कुनै महान वरदान पाउन लागेको तपस्वी झैँ
म त्यो हावासँगै हुत्तिदै उफ्रिदै
नजिक के पुग्ने आँटेको थिएँ
मलाई घोर अचम्म र अनर्थमा पारेर
आँखीभौं खुम्च्याउन्दै
मुन्टो मोड्दै उनी त दूर भइन्।
कसम हो
म त रुनसम्म रोएको थिएँ
बच्चा झैँ पछिपछि भागेको थिएँ।
अनि कयौँ कालसम्म मणि हराएको सर्प झैँ
भट्कीरहेँ भट्कीरहेँ।



On behalf of the *Nepalese Association of Bay of Plenty (NABOP) New Zealand Incorporated*, we would like to congratulate the *Nepal New Zealand Friendship Society*, Christchurch, for their annual publication, “**Namaste**”. We would also like to extend our greeting and best wishes to all Nepalese residing within Christchurch for a joyful New Year 2073.

मनभरिका इच्छा अनि तृष्णा
सजाएका कल्पना अनि सपना
गुम्सिएका मनका चाहनाहरु
बनोस् सबै बिपना
यहि छ हाम्रो क्राइष्टचर्चबासी नेपालीलाई
नयाँ वर्ष २०७३ को शुभकामना

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Look deep into the nature, and then you will understand everything better.

—Albert Einstein

अचानक फेरि एक दिन
उनी उसैगरि जब टुप्लुक्क देखा परिन्
यस पालि त बाटो छेकेरै हिम्मत गरेरै भन्न भ्याएँ:
“म त केवल तिम्रो सौन्दर्यताको बयान गर्न चाहन्थे
तर मेरा त दृष्टिहरु नै साना छन्
चेतनाहरु नै असमर्थ छन्
बुझ्न ती असिमित तिम्रा सौन्दर्यहरु।
अनि यो आमने-सामनेमा पनि किन कठोर?”

उनी टक्क अडिएर केही भन्नै आँट्दा
मलाई लाग्यो
ती ताल पहाड हिमाल र टाकुराका सम्पूर्ण सौन्दर्यहरु
उनैमा समाहित भएका छन्
मेरा कोष-कोषहरु
आनन्दले छताछुल्ल भएका छन्।

“ती ताल पहाड हिमाल र टाकुरा त मेरो सौन्दर्यताका एक अंश मात्र हुन्
मेरो शरीर गोसाईंकुण्डको स्नानले स्निग्ध भएको हो
स्नायुहरु मुस्ताङ्गका गुफाहरुमा ओम माने पेमे हो गाएर झंकृत भएका छन्
तिमीले त खोला किनाराहरुलाई ढुङ्गा मात्र देख्यौं
मैले त कालीगण्डकीमा शालिग्राम खोजेरै देवत्व प्राप्त गरेँ
खै तिमिले कहिल्यै लुम्बिनीमा शीर झुकाउन भ्याएनौं
मैले त कयौं पटक जनकपुरमा सीता माताको पाइला भेटाएकी छु
वसन्तपुर र भक्तपुर मात्र इतिहास ठान्नेले
ढुंगा, टाकुरा र जंगल जंगलले बोकेका इतिहास र सभ्यता देख्दा
रहेनछन्
गहिरिएर सुन
जनकपुरमा अझै पनि उपनिषद् गुञ्जेको सुनिन्छ
गहिरिएर हेर
तिनाउ र थाकखोलामा अझै पनि आदि पुर्खाको पदचाप भेटिन्छ।
त्यसैले मेरो सौन्दर्यतालाई सिमित नगर
त्यो त खेत बारी ढुङ्गा जंगल गुफा डगर र बगर बगरमा खोज्न
सक्नुपर्दछ।”

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एन आर एन न्यूजिल्याण्ड को संक्षिप्त जानकारी

वावुराजा महर्जन

अध्यक्ष एन आर एन न्यूजिल्याण्ड



एन आर एन न्यूजिल्याण्ड के हो?

गैर आवासीय नेपालीहरूको बसोबास रहेको सम्बन्धित मुलुकमा रहेका नेपालीहरूको हक-हितको रक्षा र समन्वय गर्दै साझा संस्थाको रूपमा प्रस्तुत हुने, विश्वभरि नेपाली कला र संस्कृतिको विस्तार र रक्षा गर्ने तथा मातृभूमीको प्रगतिको लागि अधिकतम प्रयत्नशील रहने जस्ता प्रमुख उद्देश्यको पहिचान गरी गैर-आवासीय नेपाली संघको स्थापना भएको पनि १३ वर्ष पुगिसकेको छ । ई स २००३ मा काठमाण्डौमा भेला गरी निर्माण भएको यो संस्था न्यूजिल्याण्डमा भने २००५ मा मात्र जन्म भयो ।

एन आर एन न्यूजिल्याण्डको जन्म

अगष्ट १२ मा वावुराजा महर्जन, श्याम गोपाल मधिकर्मी, डा अमीर श्रेष्ठ, डा नवीन प्रधान र मनोहर लाल श्रेष्ठ गरी ५ जनाको अस्थाइ कमिटी बनाई शुरु भएको एन आर एन न्यूजिल्याण्डको गठन प्रकृया १० सेप्टेम्बर का दिन सम्पन्न प्रथम वार्षिक अधिवेशनले पूरा गऱ्यो । वावुराजा महर्जनको अध्यक्षतामा एन आर एन न्यूजिल्याण्डको नौ सदस्यीय राष्ट्रिय संयोजन समिति गठन भयो ।

अधिवेशनको निर्णय अनुसार विधानमा परिमार्जन गरी अक्टोबर ३ का दिन इन्कपरेटेड सोसाइटीमा रजिस्टरको लागि प्रकृया शुरु भएर अक्टूबर ६ का दिन विधिवत रजिस्टर्ड भयो । त्यस्को लगत्तै बसेको बैठकको निर्णय अनुसार सर एडमण्ड हिलारीलाई संरक्षकको लागि अनुरोध गरियो र उहाँले सो प्रस्तावलाई हार्दिकताका साथ ग्रहण गर्नु भयो । तत्पश्चात् कोष निर्माणको लागि उहाँको सबभन्दा मनपर्ने एक तस्वीर र हस्ताक्षर भएको टी-सर्ट प्रिन्ट गरी बजारमा लाने काम भयो ।

न्यूजिल्याण्डमा रहनुभएका सम्पूर्ण नेपालीहरूको प्रत्यक्ष र परोक्ष सहयोग, समर्थन र सदभाव कै कारण एन आर एन न्यूजिल्याण्ड सवैको सामु गर्व गर्न समर्थ भएको कुरा कसैवाट छिपेको छैन। सन २००५ देखि २००९ सम्म को मेरो, २००९-२०११ को डा भोला प्रधानज्यूको र २०११ देखि २०१५ सम्मको श्री चक्र थापाज्यूको कार्यकालमा प्राप्त अथाह सहयोग उदाहरणीय छ ।

एन आर एन का प्रमुख सह-कार्यहरु

एन आर एन को स्थापनाकालदेखि नै यसको घोषित उद्देश्यहरु अनुसार न्यूजिल्याण्डको कुना कुनामा कार्यरत स्थानीय नेपाली संस्थाहरूसंग एकाकार हुँदै आफ्ना कदमहरु अगाडि बढाउँदै आएका छन । विभिन्न समयमा भएका बाढीहरुमा परेर घरवार विहिन परिवारहरुलाई सहयोग गर्ने कार्यक्रमहरुमा, दुतावासका पदाधिकारीहरुको न्यूजिल्याण्ड भ्रमणका दौरान स्वागत गर्दा, नेपाल फेस्टिवल मनाउँदा, न्यूजिल्याण्डमा रहेका नेपालीहरुको टेलिफोन डाइरेक्टरी प्रकाशन गर्दा आदि सबैजसो कार्यक्रमहरुमा समन्वय र एकीकृत हुँदै कार्यक्रमहरु सम्पन्न गर्दै आएको कुराहरु सबै सामु घाम जतिकै छर्लङ्ग छ ।

२०१५ एप्रिलको महाभूकम्पवाट क्षतिग्रस्त लाखौं घरहरुमध्ये एन आर एन ले १० हजार घर बनाउने प्रतिवद्धतामा नेपाल न्यूजिल्याण्ड मैत्री समाज क्यान्टवरीवाट भएको ८० हजार डलर भन्दा वढीको सहयोगले एन आर एन र न्यूजिल्याण्डभित्र रहेका नेपाली संस्थाहरु वीचको गहिरो सम्बन्धलाई पुष्टि गरेको छ ।

एन आर एन को मूल नारा

‘नेपालीको लागि नेपाली’ ‘आत्मसम्मानको लागि विकसित नेपाल’, ‘एक पटकको नेपाली सधैंको लागि नेपाली’ नै एन आर एन को मूल नारा रहेका छन् र सबै कृयाकलाप र यसका नीति नियमहरू यही मूल उद्देश्यको परिधिभित्र रहेर बनेका छन् ।

न्यूजिल्याण्डमा नेपालीहरू

न्यूजिल्याण्डमा अहिले ५० प्रतिशत तुलनात्मक रूपमा लामो बसाइ र ५० प्रतिशत छोटो बसाइको उद्देश्य अन्तर्गत करिब ८५०० नेपालीहरू रहेको अनुमान लगाइएको छ ।

हालसम्मको प्राप्त तथ्यांक अनुसार सरकारी सेवा, न्यायीक सेवा, विश्वविद्यालय सेवा, वित्तीय सेवा, कृषिजन्य उद्द्योग, होटल-रेस्टुरेन्ट सेवा-व्यवसाय, इडिनियरिङ्गग सेवा, व्यापार व्यवसाय, स्वास्थ्य सेवा, पर्यटकीय क्षेत्र लगायत लगभग सम्पूर्ण क्षेत्रमा नेपालीहरूको उपस्थिति रहेको पाइन्छ ।

सन २००८ देखि नेपालवाट पढाइको लागि न्यूजिल्याण्ड आउने संख्या बढ्दो छ र हाल करिब ४००० को हाराहारीमा रहेको छ ।

एन आर एन न्यूजिल्याण्डको समस्या

२०१३ अक्टोबर २१ मा यो संस्था नेपाल सरकारले विधिवत रूपमा दर्ता गरिसकेपछि सार्क मुलुक बाहेकका राष्ट्रहरूमा छ महिनादेखि लगातार गर्दै बसोबास गर्ने आएका नेपालीहरूको सट्टा २ वर्ष हुनु पर्ने व्यवस्था गरे पश्चात धेरै नेपालीहरू यस संस्थामा आवद्ध हुनवाट बन्धित भएका छन् जुन अति पीडादायक छ ।

एन आर एन न्यूजिल्याण्ड यो परिवर्तित व्यवस्था अन्तर्गत रहँदारहँदै पनि छोटो अवधिको बसोबासमा रहनुहुने नेपाली विद्यार्थीहरूको हक-हित रक्षाको लागि विभिन्न उपयोगी कार्यक्रमहरू तर्जुमा गरी सोही अनुसार अगाडि बढ्ने कार्य भएका छन् ।

एन आर एन न्यूजिल्याण्डका प्रमुख कार्यहरू

- ◆ न्यूजिल्याण्डमा छरिएर रहेका नेपालीहरूबीच एकता र सदभाव वढाउन प्रयत्नशील रहने
- ◆ नेपाल र नेपालीहरूको उत्थानका लागि न्यूजिल्याण्डमा रहनुहुने नेपालीहरूको अधिकतमा संलग्नता सहभागिता जनाउने
- ◆ नेपाल र नेपालीहरूको आर्थिक विकासको लागि पर्यटन, पर्वतारोहण र संस्कृतिको प्रचार प्रसारमा नेतृत्वदायी भूमिका प्रदान गर्ने ।

घोषित कार्यक्रमहरू तथा योजनाहरू

- ◆ नेपालको संस्कृति झल्किने गरी नेपाल घर बनाउने
- ◆ नेपालमा अनाथ, एकल महिला तथा पारिवारिक हिंसावाट पीडितहरूलाई उच्च-प्राथमिकताका साथ सहयोग गर्ने
- ◆ महाभूकम्पको कारण भत्किएका विद्यालयहरू पुनर्निर्माणमा सहयोग पुर्याउने, हामीले आधा दर्जनभन्दा बढी स्कूलहरू पुनर्निर्माणको लागि आर्थिक सहयोग निकासी गरिसकेका छौं र ३ वटा स्कूलहरूको निर्माण पुरा भैसकेको विवरण प्राप्त भएको छ ।

- ◆ एन आर एन महिला फोरमको सक्रियतामा सिन्धुपाल्चोक जिल्लामा ०७ जना आर्थिक रूपले कमजोर तथा एकल महिलाहरुलाई भेला गरी हरेकलाई एउटा-एउटा सिलाइ मेसिन सहित सिलाइको तालिम दिने कार्यको लागि रकमा निकासा भएको छ । सो कार्य महिला फोरमका संयोजक श्रीमती दिलु रिमालको नेपाल भ्रमणको बेला व्यवस्था मिलाइएको थियो ।



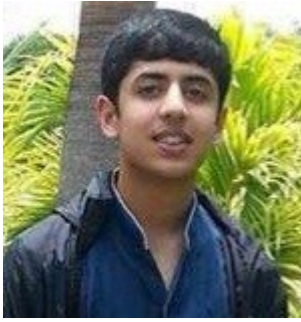
वार्षिक कार्यतालिका

- ◆ म्याग्दीलाई पूर्ण वाइ-फाइ युक्त जिल्ला बनाउने प्रोजेक्टमा अधिकतम सहयोग गर्ने
- ◆ नेपाली पासपोर्ट नविकरणमा प्रदान गर्दै आएको सहयोगमा निरन्तरता दिने
- ◆ सगरमाथाको टाकुरामा पुग्न सफल न्यूजिल्याण्डवासीहरुलाई हरेक वर्ष झैं यसपाली पनि 'एभरेष्ट डे' मा सम्मान गर्ने
- ◆ विक्रम सम्वत २०७३ को क्यालेन्डर प्रकाशन गर्ने
- ◆ न्यूजिल्याण्डमा रहनुभएका सबै नेपालीहरुलाई एकआपसमा सदभाव र सम्पर्क बढाउन अधिकतम सहयोगी भएको नेपाली टेलिफोन डाइरेक्टरी २०१६ प्रकाशित गर्ने
- ◆ नयाँ संविधानमा 'दोहोरो नागरिकता' बारे गोष्ठीको आयोजना गर्ने

अन्तमा विनम्र अनुरोध

'एकता नै ठूलो बल हो' भन्ने मर्मलाई हृदयङ्गम गरी हालसम्म ७२ वटा राष्ट्रहरुमा राष्ट्रिय समितिहरु बनिसकेको एन आर एन मा सदस्य बन्नु भई यस संस्थालाई झन मजबूत बनाउन हामी सबैलाई विनम्र आग्रह गर्दछौं । यस बारेमा थप कुरा बुझ्नु परेमा तल उल्लेख भएका नामहरुमध्ये आफ्नो नजिक रहेका मित्रसंग सम्पर्क गर्नुहोला ।

वावुराजा महर्जन	०८	घनश्याम सापकोटा वमरु कोषाध्यक्ष
अध्यक्ष	०९	रामराज ओली (सदस्य अकल्याण्ड)
०१ लोक नाथ पौडेल - (अन्तरराष्ट्रिय कमिटी सदस्य -	१०	पंकज श्रेष्ठ (सदस्य अकल्याण्ड)
बे अफ प्लेन्टी)	११	दिनेस कार्की (सदस्य - अकल्याण्ड)
०२ डा भोला प्रधान (क्राइष्टचर्च - सल्लाहकार तथा पूर्व	१२	विद्या बस्नेत (सदस्य ह्यामिल्टन)
अध्यक्ष)	१३	याम पुन (सदस्य वेलिङ्गटन)
०३ श्री चक्र बहादुर थापा (क्विन्सटाउन - सल्लाहकार तथा	१४	बुद्धिसागर घिमिरे - (सदस्य - क्राइष्टचर्च)
पूर्व अध्यक्ष)	१५	दीपेन्द्र महर्जन (सदस्य अस्बर्टन)
०४ उत्तम प्रधान (उपाध्यक्ष - अकल्याण्ड)	१६	सुनिल घिमिरे (सदस्य क्विन्सटाउन)
०५ अभिषेक राज (कमल) वाइबा (भाईस प्रेसिडेन्ट बे अफ	१७	श्रीमती रुमा महर्जन (सदस्य - इन्भरकारगिल)
प्लेन्टी)	१८	श्रीमती दिलु रिमाल - महिला संयोजक (अकल्याण्ड)
०६ तेज भट्टराई (महासचिव अकल्याण्ड)	१९	प्रदिप रुपाखेती - (युवा संयोजक - क्राइष्टचर्च)
०७ विनोद सिवाकोटी (सचिव - बे अफ प्लेन्टी)		



Simulation Vs. Reality

-Imas Neupane

Have you ever had a dream that felt so real that you couldn't even tell it was a dream until you woke up? I'm sure most people have. However, if you had never woken up, would you ever find out that it was just a dream?

For those of you who have watched the Matrix you will know about the dilemma Morpheus gives to Neo, commonly known as 'Red pill, Blue pill'. Take the Blue pill and you wake up never knowing the truth about reality, but take the Red Pill and you understand the harsh truth that everything you've experienced is just a simulation.

The same applies for real life. What if one day you woke up and everything that you ever knew was just a dream. What if your friends, family, job and life were all just fabrications of your own imagination? This is a deep philosophical question that has been raised multiple times throughout history since 4 million BCE and is impossible to prove. This brings back the earlier question: how can you tell the difference between a dream and reality?

The simulation hypothesis implies and assumes that reality could be simulated to a degree where we would not be able to tell it apart to the point where anything would be possible, as it's simply a simulation. Even if you were to 'escape the simulation', it could just be a part of the simulation itself. If you were to consider the matrix, it could just be a simulation within a simulation within a simulation, and so forth.

So why does this matter? The reason is because if we can control the simulation, then, effectively, we can control life. Even with our technology, we are able to create a simulation of the known universe which is so accurate that we can observe individual galaxies. We can make simulations not only on the universe, but even on life. A common simulation known as 'The Game of Life' is a cell automaton (a group of cells that follow rules) which, despite having 4 simple rules, can produce increasingly complex patterns and can accurately represent how certain populations will behave given different circumstances. The fact that these 'simulations' mirror reality so closely shows that life could be a simulation and we just don't know it.

This can be extended to things such as entertainment and even general life. If we can control the simulation, then seconds could be hours, days could be minutes, anything could happen and we'd be able to control it. The world would be a self-made utopia and what transpired as 10 years in the simulation could just be a minute in real life.

So, my final question is would you choose the Blue pill, or the Red pill? Would you shield yourself with a blanket of lies or experience the truth however harsh it may be? And even then, who's to say that you aren't in a simulation right now? But that's just a theory; a dream theory.

**More than machinery, we need humanity. More than cleverness,
we need kindness and gentleness. - Charlie Chaplin**

भूकम्प तथा संरचना ईन्जिनियरिङ्ग

- डा. राजेश ढकाल

२०७२ साल बैशाख १२ गते को भूकम्प लगतै पश्चात मैले आफ्नो पूर्वनियोजित यूरोप र अमेरिकाको चार महिने यात्रा त्यागेर नेपालमा आफ्नो ज्ञान र क्षमता उपयोग गरी भूकम्पको क्षतीग्रस्त अवस्थाबाट देशको पुनः स्थापनामा सहयोग गर्ने निर्णय गरे ।

त्यसैताका नेपाल सरकारको अनुरोधमा न्यूजील्याण्ड सरकारले एक वरिष्ठ भूकम्प ईन्जिनियरको टोली नेपाल पठाउने निर्णय गर्‍यो र म त्यस टोलीको सदस्य भएर बैशाख २७ गते काठमाण्डौ आईपुगें । त्यस पश्चात हाम्रो टोलीले आठ दिन सम्म सहरी विकास तथा भवन निर्माण विभाग (DUDBC) संग मिलेर महत्वपूर्ण भवनहरूको क्षती मूल्यांकन गरियो । त्यस क्रममा केही पुरातन र केही आधुनिक तरिकाबाट बनाईएका सरकारी अस्पतालहरू, सरकारी कार्यालयहरू, अरू आवासीय अपार्टमेन्टहरू निरिक्षण गरियो । यस कार्यको अर्को राम्रो पक्ष चाहिँ हामिसंगै भवन निरिक्षणमा हिँड्ने DUDBCका ईन्जिनियरहरूलाई क्षती मूल्यांकन गर्दा ध्यान दिनुपर्ने कुराहरू भवन स्थलमै बुझाएर ऊनीहरूको ज्ञान र मनोबलमा बृद्धि गराउन पाईयो । आठ दिनपछि न्यूजिल्याण्ड टोलीको कार्यकाल समाप्त भएपछि पनि म नेपालमै क्षती मूल्यांकन लगायत अन्य कार्यमा लागि राखें ।

काठमाण्डौ वासीहरू संग कुरा गर्दा के प्रष्ट भयो भने भूकम्पमा घरहरू सामान्य चर्केको देख्ने वित्तिकै सवैजना त्रसित हुने र त्यो घरमा बस्नै हुँदैन भन्ने अवधारण भएको पाएँ । त्यो Crack Phobia हटाउनलाई धेरै सामाजिक मञ्चमा तथा सञ्चार माध्यमहरूद्वारा पनि जनचेतना जगाउने प्रयास गरियो । त्यस बाहेक पनि धेरै बरिष्ठ ईन्जिनियरहरू संग बसेर सुदृधिकरण (Retrofitting) को बारेमा नेपालमा विद्यमान गलत बुझाई हटाउन वास्तविक रूपमा भूकम्पीय रेट्रोफिटिङ्ग भनेको के हो र यो कसरी गरिन्छ भन्ने कुरा विभिन्न गोष्ठी तथा अन्तर्क्रिया मार्फत बुझाउने कोशिश गरे ।

त्यस लगत म भूकम्पीय ज्ञानको क्षमता बृद्धि गर्ने दिर्घकालीन योजना बनाउने सन्दर्भमा नेपालका

ईन्जिनियरिङ्ग शिक्षण संस्थाहरूलाई प्रोत्साहान गर्न जरुरी देखेर पुल्चोक क्याम्पस तथा काठमाण्डौ विश्वविद्यालय संग दिर्घकालीन योजनाका खाकाहरू तयार गर्न पनि लागें । ती योजनामा सिभिल ईन्जिनियरिङ्ग स्नातक तहको चौथो बर्षमा भूकम्प ईन्जिनियरिङ्ग विषय अनिवार्य रूपमा समावेश गर्ने, भूकम्प ईन्जिनियरिङ्गमा स्नातकोत्तर सुरु गर्ने तथा हाल भएका स्नातकोत्तर पाठ्यक्रमलाई परिमार्जन गरि अन्तर्राष्ट्रिय स्तरमा ल्याउने, र भूकम्प ईन्जिनियरिङ्ग अनुसन्धान केन्द्र स्थापना गर्न पहल गर्ने सल्लाह दिएँ । ती मध्ये भूकम्प अनुसन्धान केन्द्र अत्यावश्यक भएको कुरा मैले विभिन्न सञ्चार माध्यमको अन्तर्वार्ता तथा संसदीय विकास समितीमा पनि राखेको छु ।

क्षती मूल्यांकन गर्दा मैले नेपालका नयाँ ईन्जिनियरहरूमा भवन क्षती तथा मर्मत प्रकृया सम्बन्धी ज्ञानको कमी भएको महसुस गरेको थिएँ । त्यसैताका नेपाल ईन्जिनियरिङ्ग संघ (NEA) का पदाधीकारी हरूसंग छलफल गर्दा DUDBC को छत्रछायाँमा "भूकम्पीय क्षती मूल्यांकन तथा मर्मत प्रकृया" शिर्षकमा तीन दिने तालिम दिएर पाँच सय ईन्जिनियरहरूलाई एक महिनामा दक्षता बृद्धि गर्ने निधो भयो । त्यसपछि म र न्यूजिल्याण्ड बाट आउनुभएका मित्र जितेन्द्र बोथरा लगायत NEA, DUDBC, IOE, NSET, CORD का साथीहरू मिलेर तालिमको खाका बनाउने र पाठ्यक्रम तयार गर्ने काममा दिनरात भिड्यौं, जसको फलस्वरूप पाँच दिनमा पहिलो तालिम सुरु गर्ने स्थिती बन्‍यो । त्यतिबेलाको परिस्थितीमा पाठ्यक्रम अत्यन्त चुस्त बनाउन भन्दा पनि तालिम यथासिघ्र सुरु गर्न बढी जरुरी थियो । तालिम दिई जाँदा विस्तारै पाठ्यक्रम परिमार्जन गर्दै लगियो र तेस्रो तालिम सम्म पुग्दा एउटा चुस्त र अत्यन्तै उपयोगी पाठ्यक्रम तयार भयो । पहिलो छ वटा समूहको तालिममा प्रशिक्षक भएर नेपाली ईन्जिनियरहरूलाई आफूले जानेको कुरा सिकाउन पाउँदा मैले यूरोप भ्रमण छाडेर नेपाल आएको अत्यन्त सार्थक भएको महसुस गरे ।

(लेखक क्यान्टरबरी विश्वविद्यालय, न्यूजिल्याण्ड का प्राध्यापक हुनुहुन्छ ।)

Source: "A report on Nepal earthquake 2072"

You can no more win a war than you can win an earthquake.

-Jeannette Rankin

पख

-दिवाकर भुजेल



सारो जटा नरिवलको जस्तै खबटा पनि गल्दछ
जस्तै चट्टान नहोस् किन जरा छिचोल्दै भित्र गद्दछ
तन्तु जीवनको बाचिरहे यदि लता भै लहराउँछ
बेला समयको पख जीवन झन्डा भै फहराउँछ

भूकम्प कठोर बाढी पहिरो आगै लागी डढे पनि
श्रीस्टी ब्यूझाइ छाड्छ घाम पानी हावा साथी बनी पनि
बेदना बल्झाइ राख मुरली सुरिलो भाका फुर्दछ
सपना अल्झाइ राख परेली यथार्थ भइ खुल्दछ

तीखा सिउँडी गुलाफ कोमल ठन्डा र गर्मीमा पनि
फुल्छन् अनेक काढा र कुसुम जगमा गजब यो छ नि
आकार छनौट र बनौटमा तिम्रै केवल भर परी
तीता मीठा पाउँछौ सोस्दछौ जे कुर्दै कुर्दै पलभरि

खस्रो दुङ्गा बगेर माथि पानी चिल्लो सुन्दर बन्दछ
गिर्दछ जति माथिबाट पानी छटा सुन्दर बन्दछ
चिन्ता छोड भोलिका टिप आज फुलेका जति फूल सारा
एकलै नभमा टोलाउलान् आशा डोराउ तारा दुरका



पीडा

- डा. भोला प्रधान

भाइ-बहिनीसँगको बिछोडको पीडा
पाकेको पुरानो घाउ जस्तो
अझै पनि बेला बेला मन मस्तिष्कमा आउने गर्छ ।
आफ्ना बालबच्चाहरूसँग टाढिएर
एक मात्र फोटोको सहारामा
रात काट्नपरेको पीडा
आज पनि रात विरात झस्काउन आउँछ।

हिजो आज
एक दिन नाती नातिनीहरूलाई नभेट्दा
एक दिन अँगालोमा बाँधी
मेरो छातीको न्यानोमा समेटेर
फुलिसकेका जुँघाले कलिलो गालामा नबिड्ने गरी
चुम्बनका बर्षा नगरुन्जेल
मैले के के बिराए जस्तो लाग्छ
मलाई संसार हराएजस्तो लाग्छ।

करेसाबारीमा तरकारी उत्पादन तथा व्यवस्थापन

-एक अनुभव

-उर्मिला ढकाल



हाम्रो घरमा आउने धेरै जसो मानिसहरु तरकारीबारी हेरेपछि सोध्ने गर्नुहुन्छ- यस्तो लहलह तरकारी कसरी फल्छ भाउजुको बारीमा? उहाँहरुले नसोध्नु पनि किन र? नेपालमा हरियोपरियो तरकारी छानी छानी खाएको स्वाद जिब्रोमा गडिराखेको छ। अझ प्राङ्गारिक मलमा उमारेको तरकारीको स्वाद पाएकालाई मेरो तरकारीबारी देखेर कौतुहल हुनु कुनै आश्चर्यजनक कुरा होइन। कसैले भन्नुहुन्थ्यो- भाउजु हप्ताको छ दिन काममा जान्छु भन्नु हुन्छ बारीको काम कसरी भ्याउनु हुन्छ? आफूले पनि बनाउन खोज्यो के पुग्दैन के। एकदिन मेरो एउटा छिमेकीले पनि मेरो बारीमा आएर भन्यो उसले पनि आफ्नो तरकारी बारी मेरो जस्तै बनाउन धेरै पटक कोशिस गर्यो रे, हुँदै भएन रे। बिउ मल नमिलेर हो कि भनेर उसले मैले रोप्ने गरेको लसुनको बिउ र मल मागेर लग्यो। त्यसो गर्दा पनि मेरोजस्तो नभएपछि उसले भन्यो "तँ संग कुनै गोप्य जादु हुनुपर्छ।" धेरैका यस्ता कुरा सुने पछि मेरो बारीमा म कसरी तरकारी फलाउँछु भन्नेकुरा अरुलाई सामान्य जानकारी दिने यस लेखको उद्देश्य हो।

मेरो अनुभवमा बारी बगैँचा हराभरा बनाउने कुरा धेरै जसोले सोचे जस्तो कठिन छैन। यसका लागि कुनै जादु-कला चाहिँदैन। तर कुन चिज कस्तो ठाउँमा कसरी रोप्ने र तिनको हेरविचार कसरी गर्ने भन्ने ज्ञान चाँहि हुन जरुरी हुँदोरहेछ। तरकारीबारीमा म मौसम अनुसारको तरकारीबाली रोप्ने गर्छु। यसो गर्दा विरुवा छिटो बढ्छ र रोगकीरा पनि कम लाग्छ। हेरचाह पुर्याउन नसकेपनि धेरैथोर केही फल्छ। हामी बस्ने ठाउँमा वर्षको धेरै महिना जाडो रहिरहन्छ र तुषारो पनि पर्छ। यहाँ खुर्सानी, भन्टा, गोलभेडा जस्ता तरकारी हल्का तुषारो पर्यो भने पनि मारिदिन्छ। तुषारो नपरे पनि भुइँमा सिधै रोपिँदा चिसोले गर्दा बढ्न पनि ढिला हुन्छ र लामो समयसम्म फल खान पाइँदैन। त्यस्ता बिरुवाहरु तुषारो पर्न बन्द नभएसम्म प्लास्टिकको बट्टा वा दहो कार्डबोर्ड बक्समा रोपेर कोही ग्यारेज वा छानाको ओत भएको घाम लाग्ने ठाउँमा राख्छु। गर्मी चढे पछि ती बिरुवा बारीमा सारिदिन्छु। यसो गर्दा गर्मी शुरु हुना साथ ती बिरुवा छिटै बढ्दछन् र फल्छन्।

क्राइष्टचर्चमा जाडो मौसममा हुने तरकारी बाली गर्मी ठाउँमा लामो समयसम्म उत्पादन हुन्छ र खान पाइन्छ। धनियाँ, मूला, रायो, हरियो लसुन, काउली र ब्रोकोली जस्ता तरकारी झन्डै बाह्र महिना खान पाइने गरेर रोप्ने गर्छु। मेरो बारीमा मध्यकठांगिने जाडो वा हिउँ परेको बेलामा पनि तरकारी हुन्छ। त्यसका लागि मध्य जाडो शुरु हुनु अगाडि केही खान मिल्ने गरी बिरुवा रोप्छु। विशेष गरी अप्रिल-मे महिनामा रोपेका बिरुवा त्यति बेला खान तैयार हुन्छन्। जाडो मौसम भएकोले ती बाली छिट्टै छिप्पिँदैनन्। मार्चको अन्तिम हप्तामा उमेका धनिया त अक्टोबर लागेपछि मात्र फुल्न थाल्छ। काउली र ब्रोकाउली चाहिँ छिमले भएर केही कठांगिने जाडो अगाडि र अरु मौसम केही तातो शुरु हुनासाथ फल्छन्। बिरुवा धेरै संख्यामा रोप्नुपर्दैन। बरु एक एक महिनाको फरकमा छिमले बनाएर रोप्छु। यसो गर्दा धेरै थरीका जात रोप्ने ठाउँ पनि रहन्छ र फेरी फेरी खान पाइन्छ।

तरकारी फ़लाउन मलको पनि राम्रो व्यवस्था हुनु जरुरी छ। अरुले सोच्नुहुन्छ होला - मैले कुखुराको सुली धेरै हालेर तरकारी राम्रो फलाएको हो। धेरैले नपत्याउनु होला कि मेरो बारीमा तरकारी राम्रो फलन कुखुराको मलभन्दा अरु चिजले बढी भूमिका खेलेको छ। कुखुराको मल धेरै हाल्यो भने त बिरुवा नै डढाइदिन्छ। शुरुशुरुमा सो मल धेरै हालेकोले बिरुवा उम्रदै उम्रेन र उम्रेका पनि डढेर मरे। बोट हरिया भएपनि लुला भए। तरकारी राम्रो हुन चौरमा काटेको (lawn mowing गरेको) घाँसले सबैभन्दा ठूलो भूमिका खेलेको छ। सो घाँस बिरुवाको बिचबिचमा राखी माटोले ढाकिदिन्छु। यसले झार उम्रेन पनि दिँदैन र माटो सुक्न पनि रोक्छ। त्यो घाँस कुहिएर पछिल्लो बालीमा माटो खुकुलो र मलिलो बनाउँछ। लसुनजस्तो बाक्लो रोपिने बालीमा त त्यो घाँस राख्छु।

भान्सामा खेर गएको सजिलै कुहिने चिज मलको अर्को महत्वपूर्ण श्रोत हो। यसलाई छुट्टै ठाउँमा कुहाएर पनि हाल्छु र कहिलेकाहीं काउली र ब्रोकाउली आदि बिरुवाका बिचबिचमा गहिरो खाल्टो खनी राखिदिन्छु। यो काम निकै होशियारका साथ गर्नुपर्छ। नत्र ती चिज जमिनको सतहभन्दा कमिमा ३ इन्च गहिरोमा नगाडे बिरालोले खोतली निकाल्छ र बिरुवा पनि बिगारिदिन्छ। यसरी जमिनमा गाडेको भान्साका चिजले त्यस बालीमा केही मात्रामा मल थप्छ। तर ती चिज सबैतिर राम्रोसंग हालेको ठाउँमा पछिल्लो बाली लगाउँदा अरु मल नहाल्दा पनि तरकारी बाली राम्रै हुन्छ।

म छुट्टी मिलाएर झार उखेल्छु भनेर कहिल्यै पनि काम साँच्ने गर्दिन। म सधैं काममा जाने भए पनि प्राय १०-१५ मिनेट गोडमेल गर्न बारीमा जाने समय मिलाउँछु। नियमित झार उखेलेन भने सो झारको बिउ पाकी अर्को वर्ष झन् धेरै झार आउँछ। म त्यसैले हप्ता हप्तामा झार उखेल्छु र त्यसको बिउ पाक्न दिन्छु। सुकेको घाँसले माटो छोपिदिए धेरै झार उम्रिन्दैन। त्यसले बारी खन्न पनि धेरै सजिलो बनाएको छ। बेलुकी पानी हाल्न जाँदा पनि देखिएका झारका बोटहरू उखेल्ने गर्छु।

भर्खर सारेको बिरुवाको वरिपरि दिनदिने पानी हाल्ने गर्छु। तर बिरुवा सरेपछि नभ्याएको बेलामा २।४ दिनको अन्तरमा हाल्छु। झारपातले राम्रोसंग छोपेको जमिनलाई भने कहिले काहीं २।३ दिन ढिलो हाल्दा पनि खासै ठूलो फरक पर्दो रहेनछ। घाँसपात वा भान्साको चिज हालेको जमिनको माटोमा चिस्यान धेरै समयसम्म रहँदो रहेछ।

मैले तरकारीबारीको काम भान्साको आपूर्तिको लागि मात्र नगरेर आफ्नो शारीरिक अभ्यास गर्न र सोखको रुपमा लिएको छु। त्यसैले मलाई कामबाट घर पुग्ने बितिककै बारीमा जान मनलाग्छ। कहिले काहीं घर परिवारसँग दिक्क लाग्यो भने पनि म बारीमा गएर काम गर्दा त्यो कुरालाई भुल्छु। बारीमा गएर तरकारी र फूलहरू देखेपछि कामको थकाइ त्यसै हराउँछ। यो तरकारीबारी हराभरा हुन मेरो परिवारको पनि धेरै सहयोग छ। सानो ठाउँमा काम गर्दा १०-१५ मिनेटको सहयोगले पनि ठूलो फरक बनाउँछ। आत्मबल पनि बढ्दोरहेछ।

सारांशमा राम्रो तरकारी फलाउन मल, जल र बलले मात्र हुँदो रहेनछ। त्यसको लागि व्यवस्थापनकला, नियमितता र लगनशीलता बढी महत्वपूर्ण हुँदोरहेछ। बगैंचा राम्रो बनाउने सोख हुनेलाई बारीमा काम गरेर थाक्नुको सट्टा मनोरंजन हुँदोरहेछ।

“The greatest fine art of the future will be the making of a comfortable living from a small piece of land.”

— Abraham Lincoln



The house

-Selina Karmacharya

I walked out of some dense bushes and trees. As I stumbled over the last branch, it stabbed me in the side of my left leg. The pain shot through my leg as I fell to the ground. Blood streamed down my leg like a wild river. I grabbed the bandana from my head and wrapped it tightly around my leg to stop the blood from advancing. I carefully stood up putting most of my weight on my right leg, and that's when I looked up and saw a two storey house.

I needed some water to wash off the excess blood running down my leg. I slowly limped towards the front door. The red liquid tickled my ankle and dripped to the dusty concrete ground.

Dark fluffy clouds surrounded the house. Thick white mist slowly gathered around blinding me. I took a step forward. I could see the faded silhouettes of the lifeless and bare trees.

I knocked on the scratched wooden door. Nobody answered. I knocked on the door again, but harder. Again, there was no answer. Instead, the wooden door slowly creaked open. I limped in, looking around for any signs of life. Scratched walls, blood splatters and ripped wallpapers were all I could see. It smelled like rotten eggs.

'Hello!' I screamed. 'Anybody here?' Dead silent.

I shuffled to the bathroom. I unwrapped the bandana from my leg and sprinkled water on it to wash the blood off. I wrapped the bandana back around my leg. Standing up now, I faced the mirror above the sink. I heard a 'whoosh' as I saw the reflection of something silver. I tip-toed to the bathroom door wanting to know what the silver thing was.

Was there only one? Maybe more? Were they out to get me?

All these questions were running through my head. "Whoosh!" It went straight past me this time. There it was, standing in front of me. It was dressed in a metal suit with a metal mask. I ran, but he was too fast. His fingers grew into a sword, and with a flash, he jabbed it into my chest.



My Weekends Activities

-Maya Pradhan

In the weekend, I went to Surf Life Saving with my brothers. We could not go into the water because it was too cold. In Surf Life Saving, I learnt to be a Lifeguard. It is my brother Marli's fault that I had to go because he saw something on YouTube and then my mum and dad found a surf life saving club at Rangiora and we decided to join it. Since then, my brothers and I have been taking part in Surf Life Saving.

On Sunday I went to two birthday parties. One of them was Jessica's. We got pampered and then got a foot spa. After that I got my nail polished. My friend came too, but my other friend Mackenzie was sick she did not go. My other party was at Sophie's. I was late to her party because the birthday party place was all the way at Dudley Park. We had donut cake. It was amazing, and after that I went home and watched TV. My family and I made Kung Fu dump-lings.

रेडियो प्रसारण र हाम्रो नमस्ते-नेपाल

-बिनोद पराजुली



नेपालमा सर्वप्रथम वि. सं २००३ साल मंसिर महिनामा रेडियो प्रसारण आरम्भ भएको थियो। मोहन शम्सेर प्रधानमन्त्री हुना साथ यो प्रसारण सात-आठ महिनासम्म मात्र सीमित रही बन्द हुन पुग्यो । तर राणा शासनको अन्त्य गर्न सुरु भएको आन्दोलनलाई सशक्त बनाउन विराटनगरको रघुपति जुटमिलबाट “नेपाल प्रजातन्त्र रेडियो” नाउँ दिएर वि.सं २००७ मंसिर २८ गते प्रसारण गरिए पछि नै नेपालमा रेडियोको बिकास सुरुवात भएको हो । सात सालको क्रान्ति बन्द भएपछि उक्त रेडियो केन्द्रलाई विराटनगर वाट

काठमाडौंको सिंहदरबार सारी रेडियो नेपालको नामवाट २००७ साल चैत्र २० गतेवाट प्रसारण शुरु गरिएको थियो ।

अहिले देशै भरि फैलिएका एफएम रेडियोहरूको सुरुवात भने बिसं २०५२ मा रेडियो नेपालको एफएम ब्यान्डबाट भएको हो । हाल नेपालभर रेडियो सञ्चालनको इजाजत लिनेको संख्या ७ सय ५० छ भने ४ सय ५० जति सञ्चालित छन्। तीमध्ये २ सय ७५ सामुदायिक र १ सय ५० निजी रेडियो छन्। त्यसपछि दक्षिण एसियाकै पहिलो सामुदायिक रेडियोका रूपमा २०५४ साल जेठबाट रेडियो सगरमाथाको प्रसारण सुरु भएको थियो ।

त्यसपछि निजी र सामुदायिक तवरबाट धेरै एफएमहरू खुल्न थाले । अहिले देशका ७४ वटा जिल्लामा एफएम रेडियो स्थापना भईसकेका छन् । अझ दुर्गम ग्रामिण क्षेत्र र पत्रपत्रिका समयमा पुग्न नसक्ने ठाउँमा सञ्चालित सामुदायिक रेडियोहरू त सूचना, मनोरञ्जन र शिक्षाको प्रमुख आधार भएका छन् ।

आवाज प्रसारणको माध्यम हो- रेडियो । जहाँ आवाजको प्रसारण विधुतीय तरङ्ग मार्फत हुन्छ । सूचना-सन्देशहरूलाई आवाजको माध्यम बनाई एक स्थानबाट तोकिएको क्षमताले समेट्ने सम्पूर्ण क्षेत्रमा एकै साथ प्रसारण गरिन्छ ।

सजिलो तरिकाले छोटो समयमा प्रभावकारी रूपबाट यस्ता सामाग्री स्रोतहरू समक्ष पुर्याउने रेडियोको महत्व र आवश्यकता दिनप्रतिदिन परिष्कृत हुँदै गएका छन् । स्रोतहरूका चाहना अनुसार नै रेडियोले अहिले सूचना र सन्देश मात्र होइन, गीत-सङ्गीत लगायतका सामग्री समेटेर फरक-फरक शैलीका सूचना तथा समाचारमूलक र मनोरञ्जनात्मक कार्यक्रम उत्पादन-प्रसारण गर्दछन् । अहिले रेडियो सूचना, शिक्षा र मनोरञ्जनका विषयका बारेमा एकै समयमा एउटै रूपमा व्यापक क्षेत्रमा फैलाउने प्रभावकारी यन्त्र र साधन बनेको छ ।

व्यक्ति र समुदायको इच्छा र आवश्यकतालाई पुरा गर्ने एक किसिमको चुनौतीले मनोरञ्जनका भिन्न-भिन्न माध्यम र शैलीको आविष्कार, विकास र बिस्तार हुँदै गएका छन् । आफ्नो पहुँच र सुबिधा अनुसार मनोरञ्जनको साधनका लागि रेडियो, टेलिभिजन, पत्रपत्रिका तथा चलचित्र र अनलाइन सस्करणहरूलाई लिन सकिन्छ । अहिले यिनीहरू नै सञ्चार माध्यमहरूको रूपमा परिचित छन् । समाज र समुदायको सामाजिक, आर्थिक, साँस्कृतिक तथा बैचारिक पक्षको सम्बर्धन गर्नु यस्ता सञ्चार माध्यमहरूको चासो तथा दायित्व भित्र पर्दछन् । तर यहाँ ती मध्य रेडियो कुरा उठाउन लागि रहेको छ ।

रेडियो प्रसारणका हरेक सामग्री सूचना, शिक्षा र मनोरञ्जनका लागि मात्र हुन्छन् र हुनै पर्छ भन्ने पनि हुँदैन । रेडियोले मानिसका दैनिक जीवनयापनमा निकै सहजता ल्याएको छ । त्यसैले मानव अभिरुचिका सबै विषय प्रसंगहरू ती सामग्री भित्र पर्दछन् । क्षेत्रगत सामग्रीको रूपमा रेडियो पनि बर्गिकरण हुने गर्दछ । चासो र अभिरुचिको कुरा गर्दा रेडियो स्थानीय तथा राष्ट्रिय मुख्य तथा दुई प्रकारका हुन्छन् । राष्ट्रियस्तरको रेडियोले स्थानीय, राष्ट्रिय र अन्तराष्ट्रिय क्षेत्रका महत्वपूर्ण चासो र चर्चाहरूलाई समेटेर सूचना, शिक्षा तथा मनोरञ्जनका कार्यक्रम उत्पादन र प्रसारण गर्ने गर्छ । त्यसैले त आज हामी न्युजिल्यान्ड मै भए पनि फ्रान्स र बेल्जियममा

भएको आतंकवादी हमलाको दुखद् खबर थाहा पाउँन मिनेट पनि पर्खनु पर्दैन । त्यति मात्र होइन, ११ जनाको मात्र चीनले सरकारी खर्च बेहोर्ने बताउँदा-बताउदै पनि प्रधानमन्त्रीले नब्बे जनाको जम्भो टोली लिएर सरकारी खर्चमा विदेश सयर गरेको सुन्दा यहाँ बसेको भएपनि हामीलाई अचम्म र आश्चर्य लागेको छ ।

अर्को तर्फ स्थानीय रेडियोमा स्थानीय क्षेत्रका चियो, चासो र चर्चाका बिषयहरु प्राधनता पाएको हुन्छ । प्राकृतिक बिपत होस् या राजनीतिक परिवर्तनका खबर मात्र होइन, दैनिक उपभोग्य बस्तुको मूल्य र सुलभता बारे जानकारी दिँदै, मल, बीउ देखि मलामी जुटाउनेसम्मका कार्यमा रेडियोले भूमिका खेलेको छ । स्थानीय उद्योग, कला, साहित्य, संगीत, संस्कृति, परम्पराको संरक्षण, सम्वर्द्धनमा लाग्नु सामुदायिक रेडियोको जिन्मेवारी हुन आउँछ । त्यति मात्र नभई रेडियोको भूमिका लोकतन्त्र, विधिको शासन, प्रेस तथा अभिव्यक्ति स्वतन्त्रता र मानव-अधिकारका पक्षमा समुदायहरुलाई सधै सचेत बनाई रहनु पर्छ ।

खबर, जस्तोसुकै बिषयसगँ सम्बन्धित भएपनि त्यसको एक स्थानबाट अर्को स्थानमा प्रसारण हुनका लागि चाहिने माध्यम नै सञ्चार माध्यम हुन् । पत्र-पत्रिका, टेलिभिजन जस्तै रेडियो पनि एक सजिलो र सशक्त माध्यम हो । अझ अहिले आएर इन्टरनेटको बिकास र बिस्तार सगँ त संसार साँगुरिएको महशुश गर्न थालिएको छ । सूचना, शिक्षा तथा मनोरञ्जनका खबर प्रसारण यति सहज द्रुत भएको छ की नवलपरासीको धौबादीमा कम्तीमा ८० लाख मेट्रिक टन फलाम रहेको खानी फेला परेको खबर क्षणभरमै यता-उता हुँदै सबै तर्फ फैलिएको छ ।

ईटालीका बैज्ञानिक मार्कोनिले सन् १८९६ मा ध्वनिको तरंग मार्फत एउटा समाचार इंगल्याण्डबाट न्युजिल्यान्ड पठाउन सफल हुना साथ सुरु भएको रेडियो, प्रविधिको विकास क्रम सगँ परिमार्जित र परिष्कृत हुँदै अहिलेको अवस्थासम्म आइपुगेको छ । फ्रान्सका भौतिक शास्त्र इडोवार्ड ब्रान्लीले सन् १८९७ मा रेडियट भन्ने सब्दबाट रेडियो कन्डक्टर शब्दको बिकास गरेका थिए । त्यस्तै जर्मनीका नागरिक हेन्निच हर्जले रेडियो तरङ्गलाई उत्पादन ग्रहण गर्न सक्ने प्रविधिको बिकास गरेकाले रेडियो तरङ्गको फ्रिक्वेन्सी युनितलाई नाप्न हर्ज शब्दको प्रयोग गरिएको हो ।



सहकर्मी युकुमारीसँग अन इयर स्टुडियोमा

प्रस्तुती र त्यसको माध्यम जस्तोसुकै भए पनि, खबरले स्रोता, दर्शक तथा पाठकहरुको त्यस बिषय-प्रसंग प्रतिको जिज्ञासा मेटाउने प्रयास गर्दछ । त्यति मात्र होइन, त्यो र बाहेक बिषयको बारेमा जिज्ञासु बनाई राख्न खोजेको हुन्छ । त्यसैले त स्रोता र संचार माध्यमहरुको घनिष्टता एक-अर्काका परिपूरक बनी रहन्छन् ।

बिशेष गरि स्थानीय रेडियोको कुरा गर्दा, तिनका चासो त्यस क्षेत्रमा बसोबास गर्ने समुदायको आवश्यकता र चासोको बिषयलाई बढी महत्व दिने गरेको पाइन्छ ।

समुदाय ठुलो होस् या सानो, त्यसले पत्र-पत्रिका, टेलिभिजन र रेडियोमा उत्तिकै महत्व राख्दछन । नेपाली भाषाको प्रतिनिधित्व गर्ने **नमस्ते-नेपाल** प्रसारण हुने प्लेन्स एफएम पनि एक सामुदायिक रेडियो हो । जहाँ नेपाली बाहेक क्राइस्चर्चमा बसोबास गर्दै आएका अन्य पन्ध्र समुदायहरुको पनि कार्यक्रम प्रसारण हुँदै आइरहेको छ ।

अंग्रेजी मात्र होइन अरु फरक भाषा बोलिने स्थानमा नेपाली भाषाको आफ्नै रेडियो कार्यक्रम हुँदा समुदायको उपस्थिति र प्रतिनिधित्व अझ गहकिलो हुने गर्दछ । हाम्रो चासो र आवश्यकताका बारे बुझाउन यस्ता सामुदायिक गतिविधि प्रभाकारी हुन्छन् । गत बर्ष वैशाख १२ गते नेपालमा गएको महा-भूकम्पको पछि अफठ्यारो अवस्थामा

क्राइस्चर्चमा मात्र नभएर न्युजिल्यान्डभर नै हामीले सजिलै आशा गरिए भन्दा कैयौं गुणा बढी साथ र सहयोग प्राप्त गर्न सक्यौं । यसमा ‘नमस्ते-नेपाल’जस्तै हाम्रा अन्य सामुदायिक गतिविधिहरूका कारण सजिलो भएका हुन् । र, अन्त्यमा प्लेन्स एफ एम ९६.९ मा “नमस्ते-नेपाल” प्रसारण सुरु भएको पनि नौ बर्ष पुरा भइसकेको छ । क्राइस्चर्चबासी नेपालीहरूको आफ्नै आवाज रेडियो कार्यक्रम **नमस्ते-नेपाल**लाई आज सम्म हप्तामा एक पटक तीस मिनेट दिनु भएकोमा यहाँहरू प्रति कृतज्ञ छु ।



आमा र छोराको सम्बन्ध

-शिव प्रसाद पोखरेल

केटाहरूलाई अल्पवयस्क उमेरमा शाहसी तथा अब्बल पुरुष बनाउनको लागि आमादेखि अलग्याउनु भविष्यमा हानिकारक हुन सक्छ। आमा र छोराको सामीप्यता बाल्यकालदेखि वयस्कसम्म निरन्तर रह्यो भने त्यस्तो छोरा भविष्यमा अत्यन्त गुनिलो र व्यावहारिक हुन्छ। यी दुई बीचको बाल्यकालदेखि वयस्क अवस्थासम्मको सम्बन्ध र त्यसले भविष्यमा पार्ने सकारात्मक तथा नकारात्मक विषयका वारेमा धेरै अध्ययनहरू भएका छन्। ती मध्ये धेरै जसो अध्ययनले के देखाउँछ भने:

- ◆ जुन केटाहरूको आमासंग वयस्क अवस्थासम्म सामीप्य सम्बन्ध हुँदैन तिनीहरू भविष्यमा गएर धेरै आक्रामक, शत्रुतापूर्ण व्यवहार र विनासकारी क्रियाकलाप देखाउँछन्।
- ◆ आमा नजिक भएर हुर्केका केटाहरू विद्यालयमा राम्रो प्रदर्शन गर्दछन्। यस्ता केटाहरूमा पढाइ, लेखन कौशल तथा कक्षा कोठामा असल आत्मसंयम हुन्छ। आफ्नो भावना व्यक्त गर्न र अरुको भावना अधिकरूपले अनुरूप हुन तिनीहरूलाई सजिलो हुन्छ। माथिका सबै असल व्यवहारहरूको साथसाथै तिनीहरूमा भावनात्मक बुद्धिमत्ता बृद्धि जगाउन मद्दत गर्छ।
- ◆ आमा र छोरा बीचको कसिलो सम्बन्ध मानसिक स्वास्थ्यको लागि उत्तम हुन्छ। यस्ता छोराहरू भावनात्मक रूपले खुल्ला हुन्छन्। तिनीहरूले राम्रो सामीप्यता निभाउन्छन् र तिनीहरूमा निराशा र चिन्ता पनि कम हुने गर्दछ।
- ◆ आमाहरू नजिक भएर हुर्केका किशोर छोराहरू जोखिमपूर्ण व्यवहारमा कम संलग्न हुन्छन् तथा पछि गएर असल अभिभावकका साथसाथै नकारात्मक प्रभाव पार्ने कामहरूबाट टाढै बस्छन्।
- ◆ जुनआमाहरू आफ्ना छोराहरूलाई आफ्नो नजिक राखेर वयस्क अवस्थासम्म हुर्काउँछन्। त्यस्ता छोराहरूको व्यक्तिगत सम्बन्ध र दैनिक काममा सधैं सफलता स्थापित हुन्छ। त्यस्ता किशोरहरूमा नारीप्रतिको आदर र सद्भाव सधैं उच्च हुन्छ।

यति धेरै फाइदा हुँदाहुँदै पनि केही महिलाहरू अझै पनि आफ्ना छोरा सन्ततिहरूलाई उनीहरूको नजरमा अब्बल र परिपक्व बनाउन आफूबाट अलग्याउन रुचाउँछन्। त्यस्ता ब्यक्तिहरूमा आफ्नो रिसलाई संयम गर्ने क्षमता हुँदैन र बढी सनकी तथा आक्रामक हुन्छन्। आजको खुल्ला विश्वब्यापी अर्थतन्त्रमा त्यस्ता आक्रामक पुरुषभन्दा व्यावहारिक, संयम, स्पष्ट वक्ता तथा समूहमा मिलेर काम गर्ने पुरुषको आवश्यकता अपरिहार्य छ। यसको लागि आमा र छोराको सम्बन्ध बाल्यकालदेखि वयस्क अवस्थासम्म निरन्तर कायम हुन आवश्यक देखिन्छ।

New Zealand College of Technology- An Introduction



New Zealand College of Technology (NZCoT) is a recently established Private Training Establishment (PTE) in Tauranga, New Zealand. It will be training students in the areas of farming and animal care technology as this sector has high employment opportunities in New Zealand. Currently it offers a three months training in New Zealand Dairy Farming. Once gaining approval from New Zealand Qualification Authority (NZQA), it will be offering training up to Bachelors level (NZQA Level 7) from 2017.

New Zealand has an international reputation as a provider of quality education. It offers a safe learning environment that provides excellent study opportunities and support services for international students. NZCoT's training programs will be in the subject

areas that have very high likelihood of gaining employment in New Zealand. There are around 13,00 dairy farms in New Zealand and the average dairy farm has 402 cows, but many farms are a lot bigger with some farms having more than 1,500 cows. So the employment opportunity in these areas is very high.

To begin with, NZCoT have identified the following three subject areas for training of students. All of these programs will include a significant proportion of work placement element to ensure the students are work-ready when graduate.

- 1) Dairy Farm Management (Level 2 to Level 5)
- 2) Veterinary Technology/Veterinary Nursing (Level 3 to Level 7)
- 3) Laboratory Technology (Level 5 to Level 7)

More information about the college and the training programs may be obtained from the website www.nzcot.co.nz. If you have any queries, please contact the program coordinator Dr. Shrawan Bhandari at shrawanbhandari@gmail.com or phone 0212163120.

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