

NCSBC NEWSMAGAZINE

Newsmagazine of Nepal Cultural Society of British Columbia, Canada

April 2016



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Nepal Cultural Society of BC

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We do vividly remember the devastation of earthquake; with our united resolve we could rebuild.

Editorial

Ours is a relatively small but a growing community in British Columbia. Nepal Cultural Society of BC (NCSBC), as a community umbrella organization in the province strives for promotion of Nepali culture and heritage across the province in particular and Canada in general through its various activities engaging its community members. The unexpected devastating earthquake in Nepal last year came with a bang that instantly triggered various community activities to help Nepal in many ways. One of the key decisions made by NCSBC in the aftermath of disaster was to support Canadian Red Cross in fundraising for helping Nepal, and we believed that it had a huge impact in the scale of fund raising. We were able to help the Canadian Red Cross raise significant amount of funds for Nepal Earthquakes relief and rehabilitation. One year gone past, it is now the time for us to look for reasons why the disaster victims are still struggling for their survival as they were in the beginning of the devastation. We are wondering if our fundraising has made any differences in the lives of the affected people. We are asking this question to Canadian Red Cross as well as the Government of Nepal why the humanitarian crisis has not been addressed as it should have been. This issue of NCSBC Newsmagazine is dedicated to highlight what happened in the aftermath and what we as a community tried to do.

In addition, this newsmagazine bears varieties of information covering NCSBC event news for the past one year, other community activities, creative literary work of the community members and some useful tips. On behalf of the editorial team, I would like to thank all the contributing authors. We hope, you will find the newsmagazine an interesting read.

We wish you a very happy Nepali New Year 2073.

Thank you.

Editor-in-chief

Disclaimer:

The views and opinions expressed in the articles of this newsmagazine are those of the authors and do not necessarily reflect the position of NCSBC or the Editorial Board of the Newsmagazine.

About NCSBC

Nepal Cultural Society of BC (NCSBC) was registered with BC Registrar of Societies in 1999. Established as a forum for networking among the Nepali community of British Columbia, NCSBC today partakes in numerous activities that promote Nepali culture and ethnic identity in BC. In order to provide impetus to NCSBC activities, it has initiated the process of establishing Nepali Cultural Centre in Lower Mainland, BC. Towards this end, efforts are underway to raise funds by way of personal canvassing and other fund raising activities. To effectively fulfill its objectives, NCSBC relies on the support of its members and Nepali community in general. The purposes of the NCSBC are:

- (a) To help the people of Nepali origin resident in British Columbia for the preservation and promotion of Nepali identity and culture.
- (b) To promote Nepali culture amongst residents of British Columbia.
- © To encourage cooperation, goodwill and mutual support among people of Nepali origin.
- (d) To help human development activities in Nepal.
- (e) To undertake activities of charity and welfare benefiting members of Nepali community or Canadian citizens at large.

If you are not already a member of NCSBC, please consider becoming one by contacting one of the directors of NCSBC or writing an email to BoD@ncsbc.org.

Canadian PM Trudeau extends Nepali New Year wishes to Nepalis

Canadian Prime Minister Justin Trudeau extended New Year wishes to Nepalis living all around the world.

"This occasion is also an opportunity for Canadians to reflect on the achievements of the Nepalese Canadian community and their contributions to our nation," said PM Trudeau in a statement released on the New Year 2073.

He said, "The New Year is a jubilant occasion for Nepalese in Nepal and the Nepalese diaspora around the world to mark the start of the lunar new year."

President's Message

Dear Community Members:

Namaste!

On behalf of NCSBC Board of Directors (BOD) I wish you all a happy New Year 2073. May New Year bring you peace and happiness in your life!

As you know, Nepal was hit by two devastating earthquakes on April 25 and May 12, 2015. As a Nepali community, we have made significant contribution towards supporting Nepal in this difficult period. During the first year of this BOD's tenure, much of our activities were devoted to contributing towards relief and reconstruction in the aftermath of the earthquakes. We all worked hard to help Nepal. I would like to take this opportunity to thank you all for your generous support. I would also like to thank all other individuals, communities and organizations in Canada for their much needed support.

Though we were engaged in Nepal Earthquake relief much of the time we still managed to deliver many other programs and services to our members and community at large. These all could happen because of your volunteerism. I would like to thank all volunteers, artists, players, sponsors, BOD members, members of advisory councils, NCSBC members and their families for their contributions to accomplish our plans and programs. I would also like to thank all other Nepali organizations in BC, donors, businesses and all other well-wishers of NCSBC for their support.

Since we are a volunteer-based organization, nothing can be done without your support. We still need to do a lot and work relentlessly to move our community forward and be successful. Therefore, I request you all to get involved in our activities and support each other. If you have any ideas, plans or suggestions for us please feel free to contact me or anyone in the board of directors. Once again, Happy New Year 2073.

Thank you

Sincerely,

Anil Pradhan, President
Nepal Cultural Society of British Columbia (NCSBC)
Metro-Vancouver, April 15, 2016.

Nepal Earthquakes 2015: NCSBC Activities

Nepal was hit by two devastating earthquakes on April 25 and May 12, 2015 killing more than 9000 people. It also destroyed thousands of dwellings, quite a few infrastructures and historical monuments. Thousands of people were displaced. As a Nepali community in BC, we tried our best to support Nepal in this critical juncture. Underscoring the huge work accomplished under the aegis of the NCSBC in the aftermath of the devastation, Mr. Anil Pradhan, President of NCSBC, has thanked all community members for their volunteerism during this difficult period, stating that without them it would have been impossible to perform at that level. Also, he has appreciated all other communities, individual and organizational donors for their support. Following were some of the highlights of the NCSBC activities for Earthquakes relief:

- Two town-hall meetings were organized. The first town hall meeting was held on April 26, 2015 to discuss about the situation in Nepal in the immediate aftermath of the huge earthquake and to discuss course of action to support Nepal. NCSBC collectively decided to collect donations for Nepal through Canadian Red Cross (CRC) and started the fund raiser at the same day. The second town hall meeting was organized on May 12, 2015. This meeting was organized to update members about the work accomplished by NCSBC and to discuss further about related matters. The meeting also decided to provide financial support up to \$2000 for up to 3 projects in Nepal, run by members, one especially for program run by youth.
- Two Candlelight Vigils were organized one in Vancouver Art Gallery on April 29, 2015 and another in Holland Park, Surrey on May 2, 2015 in the memory of earthquake victims. Both candlelight vigils were attended by many fellow Nepalis, other members of the society, local politicians and media.
- We also met with different media, members of different communities, charitable organizations, and schools to raise awareness about the earthquake and to garner support for Nepal.
- NCSBC raised nearly \$ 50,000 and donated to Canadian Red Cross (CRC) Society, while the NCSBC encouraged friends of Nepal and co-workers of its members, their friends and families to donate online directly to CRC.
- NCSBC together with Red FM 93.1 organized a Radiothon on May, 2015 and raised \$411,000. The fund was directly donated to CRC.
- NCSBC BOD provided weekly update to members about the work done by NCSBC and its volunteers for about four weeks.
- Many of our volunteers participated in fund raising in different forms including direct fund raise in different locations of the cities including various schools and public places, by presenting cultural programs and other different ways and helped raising donations for Nepal.
- Our local volunteers participated in Richmond Quake Cottage day organized by City of Richmond on May 8, 2015. It was an earthquake awareness program. The participation was relevant because it was organized during the same period when earthquake struck Nepal.
- We were engaged in creating awareness about the difficulties and problems being faced by the people in the devastated areas through local News papers, local and National TV channels and radio stations. We also met local political party leaders and sought their support in carrying out relief and reconstruction activities. The City of Surrey generously provided an office space in the old city hall for our earthquake relief operations.
- An interaction forum was organized in collaboration with British Columbia Institute of Technology (BCIT) on June 6, 2015 on Nepal Earthquake. The program was graciously attended by Ambassador of Nepal, Mr. Kali Prasad Pokhrel as the chief guest, while several distinguished Canadian friends of Nepal were also in attendance.
- An interaction program organized for Nepali community members with Ambassador Pokhrel in Surrey Central Library. Honorary Consul General of Nepal in Victoria Mr. Chris Considine was also present in both the interaction programs. NCSBC donated Government of Nepal \$10,000 through Nepal Embassy in Ottawa, with NCSBC President Anil Pradhan handing over the cheque to Ambassador Pokhrel.
- NCSBC decided to end collection of donations for CRC from May 22, 2015. CRC provided appreciation letter to NCSBC during Volunteer Appreciation day on August 11, 2015. CRC has also informed recently that annual report on Nepal Earthquake will be published in April 2016.

April, 2016

In the aftermath of devastation**A forum on Nepal's post-earthquake reconstruction needs**

In the aftermath of two devastating earthquakes in Nepal, a discussion forum was organized on Saturday, the June 6th, by NCSBC in collaboration with British Columbia Institute of Technology (BCIT). Nepalese diaspora and friends of Nepal in Metro-Vancouver of Canada discussed post-earthquake reconstruction needs in Nepal.

Nepalese Ambassador to Canada His Excellency Kali Prasad Pokhrel giving his opening address at the forum highlighted the progress made in the post-earthquake relief and rehabilitation on the ground and called for direct support to Prime Minister's Disaster Relief Fund to help the Government better manage the rehabilitation and rebuilding phases in a coordinated manner. Ambassador Pokhrel informed the forum that the Government had announced June 25 as the date for international donors' consortium meeting in Kathmandu that would set the stage for donors' contributions to the rehabilitation and rebuilding under a nationally integrated plan of actions.

NCSBC President Anil Pradhan welcomed the forum participants. Dean Wayne Hand from School of Construction and Environment at BCIT in his remarks pointed out the possibility of Canadian Earthquake engineering team's involvement in the some areas of cooperation working in collaboration with Nepalese teams. Dr. Bishnu Pandey presenting an engineering part of the discussion forum informed that a team of Canadian Association of Earthquake Engineering led by himself is leaving for Nepal on Monday to explore the possibilities of working in tandem with the Government machinery in collaboration with the Nepalese team of structural engineers for reconstructions and rebuilding. Other members of team visiting Nepal, Dr.



Svetkana Brzev (BCIT Structural Engineering Faculty member), John Pao (Structural Engineering Consultant) and Dr. Sheri Molnar (Earthquake Engineering Researcher) explained their roles in their respective fields of expertise. Naresh Koirala, a Nepali senior geotechnical consultant Naresh Koirala summing up the engineering team's presentation emphasized the need for utilizing local materials and human resources based on the technical feasibilities in earthquake proof designs for building structures.



Over a presentation on health concerns, Dr. Drona Rasali and Dr. William Osei, both leaders in the British Columbia's public health system, predicted that there will be heightened needs of public health services, especially when the monsoon

hits the affected areas. Dr. Mark Turin, a long-time linguistic researcher on Nepal and currently on the linguistics and anthropology faculty of University of British Columbia in Vancouver over a visual presentation provided fresh updates of current situation of relief in Sindupalchowk and Dolakha districts where he visited recently. Many experts in earthquake and geo-science and public health, volunteers, who had just returned from Nepal and community members participated the interaction program.

In the discussion forum moderated by Dr. Rasali, the participants provided valuable inputs and suggestions.

See more at: http://www.dcnepal.com/news/press_release_english.php?nid=7422#sthash.2BoVbHpy.dpuf



Life styles

Raising kids in an age of technology

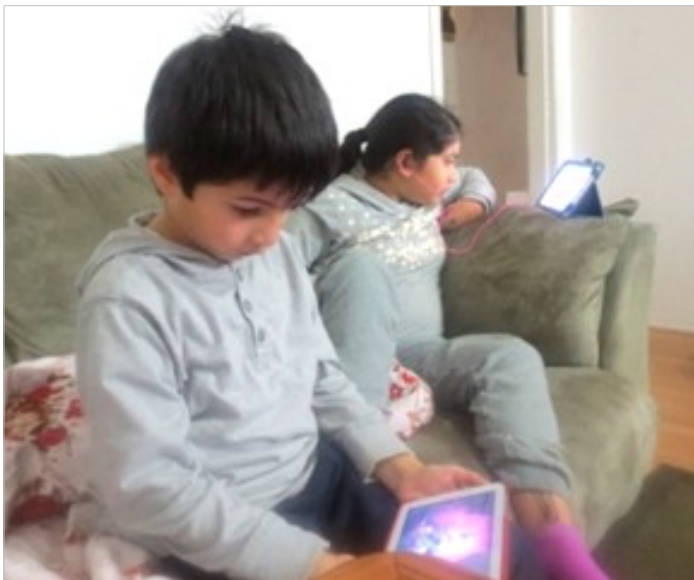
Suman Lohani

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In the world today digital technology has made inroads into the hands of almost every person wherever they may live across the world and through all age groups. We even see digital devices in the hands of children so young that they have not even taken their first steps. Welcome to the age of technology!

The use of technology has enabled people to carry out tasks at lightning speed. However, technology use by children is not without its share of risks. One component of it is the health risk. Researchers who have studied the impacts of extended use of electronic devices report that the users show symptoms of musculoskeletal disorders in different parts of the body. The impact on eye health of extended viewing of electronic screens is also well documented. When children are spending time in front of the screen they are physically inactive. Canada's Physical Activity Guides recommends that children accumulate at least 1 hour of moderate to vigorous physical activity.

Another component of the risk is children being exposed to inappropriate material. Internet is a vast collection of materials that every type of people have put on it. Some of these materials would be considered inappropriate by most people, while others are inappropriate specifically for children based on their age. To create awareness of this issue Internet companies and children's advocates have organized the annual international Safer Internet Day which happened to be a day after family day in BC this year.



Parents can and should play a vital role in shaping their children's interaction with technology and to the time the kids spend in front of electronic screens. First step is for the parent to familiarize themselves with the technology that their children are using. Parents can spend a few minutes with their children asking how they use the devices they have. Some of the devices have built-in tools that let you control the websites that users can visit and how much time they spend on the device. There are also "Apps" available that you can download on to the device. For android devices a good app for children is called "Kids Place". This app allows parents to put select apps for children to use. Parents can also set the amount of time for use of the device and even select time when any of the apps can be used. To avoid exposure to inappropriate content parents should know what websites and channels carry what type of content. YouTube is a very popular video-sharing website but which also has inappropriate videos. In YouTube you can create a playlist with songs or other content which you can choose together with your child. There are also specific channels which can be subscribed to and also a setting to turn on parental control. This allows the children to be saved from being exposed to inappropriate material at an early age. The over use of such devices has taken away real outdoor play time of kids. Parents need to be mindful about the degree and extent of the use of such devices.



Apart from managing the devices parents should engage their children in activities which give the kids diverse experience of life and make them realize that life is much more than the electronic devices. Activities can include playing games according to the age of your children, planting in a garden, playing tag, building a snowman, tobogganing and getting them involved in small household chores like raking the leaves, sweeping, cleaning rooms and folding laundry. Habits formed early can last a lifetime. Simple things like walking to school and getting active as a family with cycling, scooter and skateboard are good ideas. Parents can also arrange play dates for their children with similar aged peers.

In Canada, parents should make adjustments to the life for both themselves and their children balancing between use of technology and everyday life skills.

Sushila's Story

Sushila Sharma receives Maria Celaje Bursary Award



for us!...Thank you to everyone at DIVERSEcity for honoring me with this award. I feel a great sense of achievement in having received this from the CEO and all the Managers and staff present on this day", chimed Sushila."

"Currently, Sushila is enrolled in the Community Support Worker program at Discovery College in Surrey and aims to be an Education Assistant in the near future. She reflected that once she set her own goals she would help her husband achieve his career goals because he has been so supportive to her through this whole process of moving to Canada. "I left a very good opportunity to be a permanent teacher given by the Nepal Teacher Services Commission to come to Canada, but overall the journey in Canada so far has been superb" remarked Sushila with a beaming smile."

The Roundup notes, "Sushila has big dreams." The award she received will help her turn them into a reality.

Excerpts on her award from DIVERSEcity Bi-weekly Roundup dated February 22 follow:

"Looking back a year and a half after landing here on the 18th of April 2014, Sushila remarked that "We chose to come to Canada for multiple reasons, such as, the future for her kids, quality of life and peaceful country with high regard for human values".

"Sushila started looking at the client serving community centers like DIVERSEcity for resources. During one of her appointments, she was referred to the Future Leaders program, where she learned life and essential skills to become more employable. The Future Leaders Program helped focus Sushila to finding the right opportunities and options that could benefit her."

"With Sushila feeling great about her job situation being flexible and close to her children, she further took her new found knowledge and applied for the *Maria Celaje Bursary award* which is given to an immigrant youth showing exceptional leadership in work and life. Sushila won the award and was elated when accepting the award during the Annual general meeting and grand opening of DIVERSEcity's new building. "I was very happy and overjoyed and my kids were like, mommy can buy a bike

'आधार' अन्टर्प्राइज इन्कोर्पोरेटेडको स्थापना

मातृभूमी नेपालबाट टाढा समुद्रपारी आएर बसोबास गरिरहेका नेपालीहरूले क्यानाडालाई कर्मभूमी मात्र नभै एक दिगो आधारभूमी बनाई बसोबासको मजबूत जग बसाल्ने दिशातर्फ उन्मुख हुँदै ब्रिटिश कोलम्बिया प्रान्तमा हालै एक 'आधार' अन्टर्प्राइज इन्कोर्पोरेटेड (*aadhaar Enterprise Inc.*) नामक कम्पनी खोलिएको छ। उन्पचास जनासम्म शेयर लगानीकर्ता रहने गरी स्थापित उक्त कम्पनीले घर-जग्गा को क्षेत्रमा लगानी गर्ने भएको छ। ब्रिटिश कोलम्बिया प्रान्तको मेट्रो-भ्यान्कुभर शहरको बसोबासमा घर खरिद दिनानुदिन महँगो र सामान्य परिवारले थैग्न नसक्ने अवस्था हुँदै गएको परीप्रेक्षमा उक्त कम्पनीको स्थापना एक दिर्घकालिन दृष्टि (Long term vision) को रूपमा हेर्न सकिने भनिएको छ।

Empowering women through an initiative from women themselves

When disaster strikes, women and children appear vulnerable and are most affected ones. Children, especially adolescent girls are at increased risk of trafficking, sexual violence and exploitation and even child marriage. United Nations (UN) estimated two million women and girls of reproductive age including 126,000 pregnant women were affected by the massive earthquakes in Nepal last year.

Soon after the earthquake hit, Nepali Women's Association of BC (NWABC), a social network of Nepali women in British Columbia, began supporting the earthquake victims through its **Women Supporting Women** program. NWABC strives to create a safe, accepting and inclusive community for women to celebrate, acknowledge and inspire one another. It celebrates and honors the individual and collective accomplishments made by women; it recognizes many contributions that women make in the community, and provides a platform for a united voice. In addition to building a strong

community in BC, NWABC has been supporting girls and women in Nepal with access to school supplies, education funds, and primary health care by collaborating with grassroots local and various charitable organizations contributing in Nepal.

Women Supporting Women program started by fundraising from auctioning donated sarees, wines, home cooked Nepali meals to pub night and generous monetary contributions from its members and raised about \$3,500, which directly benefited the women and children in Nepal.

N W A B C contributed to different programs in order to empower and enhance the situations of girls and women of Nepal. Here are some of the glimpses of the programs supported by the NWABC funds.



"As women, we must stand up for ourselves. We must stand up for each other. We must stand up for justice for all"

Michelle Obama

- A Refugee Camp for earthquake displaced families (250 adults, 100 children) from Sindhupalchok district was provided a mobile dental chair for regular preventative oral health care by local dental professionals at Camp Hope supported by NWABC contribution of \$300.00,
- Young girls in remote villages often miss school during their menstruation each month due to lack of access to clean water, private washroom or appropriate



waste disposal. NWABC collaborated with a Canadian charitable organization - Medical Mercy Canada (\$1,000 contribution) to re-build girls' washroom that was damaged by the earthquake in Manarupsee Secondary School, Bhorle, Dhading district.

- Nepal's economy crippled following the earthquakes; as a result many organizations including orphanages were challenged to function and often times struggled even to provide adequate daily meals to the children they cared for. NWABC provided (\$350) food supplies, school supplies, cooking gas to two orphan homes in Kathmandu valley benefiting 36 children.
- NWABC collaborated with local women-based organization, Women for Peace and Democracy (WPD-Nepal) supported by World Accord Canada to assist in establishing a support group for the marginalized Chepang women in Chisapani, Makwanpur district.

NWABC contributed \$1,000 towards skill building workshops, creation of micro-credit loan pool and medical emergency fund for 24 women and their families. The seed funds

facilitated to change the course of four young women's lives by providing them with tailoring skills to start their own small business. The micro-credit loan provision has created opportunities for women to explore organic gardening, chicken and pig farming and the only convenience store for the Chisapani village- two hours walk from the nearest transportation. Access to emergency medical funds will prevent women to take personal loans to provide care for ill family members and prevent the vicious cycle of poverty. NWABC's small contribution has given the Chisapani women's group hope to realize their dreams and set a path to economic independence with a potential to transform their future.



"Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women"

Maya Angelou

Making progress for girls and women is everybody's business because the impact of the investment made in their future is extended to the world around her, creating a better life for the family and building a strong community. Given the opportunity and access to resources and skills, women are most effective at mobilizing their communities.

NWABC appreciates all the Nepali women in BC for making a difference in women's lives here and in Nepal.

NWABC will continue its journey to support girls and women to achieve their full potential by creating supportive environments for advocacy and awareness building on issues impacting girls and women.



NCSBC formally presenting a cheque for the amount of forty seven thousand Canadian dollars to Canadian Red Cross Society on behalf of all the donors to Nepal Earthquakes.



Two members of our community (Khem Dahal and Meenu Dahal) attending Prime Minister Harper's address in Surrey, BC on Syrian refugee crisis.

नेपालको नागरिकता ऐनको संशोधनमा गैरआवासीय नेपालीको अपेक्षा

राजेन्द्र प्रसाद प्रसाई

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विभिन्न कारण र प्रयोजनकालागि हाल विदेशमा रहेका नेपालीहरूले धेरै लामो समयदेखि नेपालको नयाँ संविधानमा आफ्नो नेपाली नागरिकताको निरन्तरता कायम राख्न माग र आवाज उठाउँदै आएका थिए । वर्तमान नेपालको संविधान २०७२ले केही हद सम्मका विविध अधिकारहरूको उल्लेख गरी उनीहरूका मागलाई केही संविधानमा समावेश गरेर सम्बोधन गरेको पाइन्छ । गैरआवासीय नेपालीकालागि संबैधानिक तथा कानूनी ब्यबस्था गैरआवासीय नेपालीहरूको अहं सवाल र आवश्यकता बनेको यो नागरिकताको निरन्तरताको विषयलाई वर्तमान नयाँ संविधानको भाग २ को धारा १४ मा " गैरआवासीय नेपाली नागरिकता प्रदान गर्न सकिने" शीर्षक उल्लेख भएर ब्यबस्था भएको पाइन्छ । दक्षिण एशियाली क्षेत्रीय सहयोग संगठनको सदस्य राष्ट्र बाहिर बसोबास गर्ने र साविकमा बंसजको वा जन्मको आधारमा निज वा निजको बाबु वा आमा, बाजे वा बज्यै नेपालको नागरिक रही पछि विदेशको नागरिकता प्राप्त गरेको व्यक्तिलाई आर्थिक, सामाजिक र सांस्कृतिक अधिकार उपभोग गर्न पाउने गरी भन्ने जस्ता शब्दावली प्रयोग गरिएबाट नागरिकता सम्बन्धी अधिकारको सिमांकन भएको देखिन्छ । आर्थिक, सामाजिक र सांस्कृतिक अधिकार उपभोग गर्न पाउने शब्दावलीको अर्थ र ब्यापकता हेर्दा राजनीतिक अधिकार बाहेकका अन्य सबै अधिकारहरू यथावत उपभोग गर्न पाउने भन्ने आसय स्पष्ट हुन्छ। तर नेपाल नागरिकता ऐन २०६३मा भने यो ऐन नयाँ संविधान अनुसार संशोधन हुन बाँकी रहेकोले यसमा पुरानै प्रावधान अझै कायमै देखिन्छ। यस ऐनको दफा १० मा "नेपालको कुनै नागरिकले आफूखुशी कुनै बिदेशी मुलुकको नागरिकता प्राप्त गरे पछि निजको नेपाली नागरिकता कायम रहने छैन" भन्ने कुरा स्पष्ट उल्लेख भएर रहेको छ। तर यस ऐनको महत्वलाई बुझी, हालै मात्र यो नागरिकताको ऐन पनि संशोधन हुने छनौटमा परेकोले सरोकारवाला नेपालीहरूलाई

केही मात्रामा खुशीको अनुभव भएको हुनुपर्छ ।

नागरिकता ऐनमा कसरी संशोधन हुनु राम्रो होला ?

वर्तमान संविधानमा "आर्थिक,सामाजिक र सांस्कृतिक अधिकार उपयोग गर्न पाउने गरी" उल्लेख हुनु भन्दा पनि राजनीतिक अधिकार बाहेकका अन्य अधिकारहरू यथावत उपभोग गर्न पाउने शब्दावली राखिन गएको भए हुन्थ्यो होला ! संविधानमा धेरै ब्याख्या गर्न आवश्यक नहुने कुराहरू ऐनमा ब्याख्या गर्नु पर्ने हुन्छ । अब नागरिकता ऐनमा,गैरआवासीय नागरिकताको व्याख्या र व्यवस्था गर्दा यी यी राजनीतिक आधिकार बाहेकका अन्य सबै अधिकारहरू यथावत उपभोग गर्न पाउने भनेर उल्लेख गरिएमा सजिलो र स्पष्ट होला । उपभोग गर्न नपाउने राजनीतिक अधिकारहरूको व्याख्या गरिदां सो को प्रावधान यसरी पनि राख्न सकिन्छ:

गैरआवासीय नेपाली नागरिकताको कानूनी व्यवस्था नेपालको नयाँ संविधान र कानूनकोलागि नितान्त नयाँ कुरा भएकोले यस तर्फ नयाँ शोच र शैलीका साथ सम्बन्धित पक्षले कदम चाल्नु आवश्यक हुन्छ । हाल प्रवासमा रहेका नेपालीहरूले आफ्नो नेपालसंगको कानूनी नाता कुन रूपमा रहने हो भनेर तीब्र प्रतिक्रिया गरेर नियाली रहेको पाइन्छ । बिधिकर्ताले ऐन बनाउँदा वा ऐनको कार्यबिधि (नियम विनियम) बनाउँदा लक्षित समूहले सजिलै उपयोग गर्नमा कठिन नहुने बनाउन सकेमा मात्र ऐनले दिएको हक सुबिधा उपयोग गर्न सजिलो हुन्छ अन्यथा सो कानूनको उपभोग गर्न लक्षित समूहले अपेक्षित लाभ पाउन नसक्ने हुन्छ र कानूनको खासै उपादेयता रहन्न !

यदि विदेशको नागरिकता लिएको गैरआवासीय नेपालीले गैरआवासीय नेपाली नागरिकता लिनुपर्दा, त्याग्नु परेको नेपालको पहिलाको नेपाली नागरिकताको प्रमाण पत्रको नागरिकता नम्बर

यथावत रूपमा उक्त लिइने भनिएको नयाँ नागरिकतामा कायमै राखी गैरआवासीय नेपाली नागरिकता भन्ने उल्लेख भएको कार्डमा अन्य सबै विवरण यथावत भरी, सम्बन्धित अधिकारीले पुरानो नागरिकता खिचि लिई नयाँ तत्काल जारी गरी दिएमा सेवाग्राही गैरआवासीय नेपालीलाई सजिलो हुन्छ । त्यस्तै गरी सो नयाँ लिएको गैरआवासीय नेपाली नागरिकताको प्रमाण पत्रबाट आफ्ना नाममा रहेको वा राखेको चल अचल-घर जग्गा, शेयर, बैंकिंग कार्य आदि सम्पूर्णको किन बेच भोग चलन लगायतका सम्पूर्ण कारोबार गर्न पाउने छ भनी स्पष्ट कानूनमा उल्लेख हुन आवश्यक देखिन्छ। यसले गर्दा उपरोक्त राजनैतिक अधिकारहरूमाथिको प्रतिबन्ध बाहेक अन्य आर्थिक अधिकार लगायतका अन्य भोग चलन गर्दै आएका सबै चल अचल सम्पत्ती सम्बन्धी कार्य र कारोबारहरू (मालपोत, नापी, कर, बैंक आदिलगायतका कार्यालयमा हुने समेत) यथावत रूपमा संचालन गरिन सकिन्छ । त्यस्तै प्रयोगमा रहेको नेपाली राहदानी गैरआवासीय नागरिकता लिएको कारणले मात्र रद्द नभई उपयोगमा रहन सक्ने हुन्छन् ! त्यसैले सरोकारवालाको समस्याहरूलाईलाई केलाई ऐन नियमहरू संशोधन हुनु आवश्यक देखिएको छ ।

नेपालका छिमेकी देशमा कस्तो छ नागरिकता सम्बन्धी कानून ?

पाकिस्तान, भारत जस्ता छिमेकी मुलुकहरूमा धेरै अगाडी देखि राजनीतिक अधिकारहरू मध्ये केही धिकारहरूलाई सीमित गरी अन्य सबै प्रकारका अधिकारहरूको उपयोग गर्न पाउने गरी कानून बनिसकेका छन् । भारतले आफ्ना समुद्रपारी बसोबास गर्ने नागरिकहरूलाई मात्र "ओभरसीज सिटिजन्सिप" को कानूनी व्यवस्था गरिदिएको र राज्यका माथिल्लो सरकारी निकायमा उम्मेदवार हुन, मतदान गर्न र मनोनित हुन नपाउने प्रावधान राखेर अन्य सबै धिकारहरू यथावत उपभोग गर्न पाउने गरी ब्यबस्था गरिआएको देखिन्छ ।

नेपालको नयाँ संबिधानमा उल्लेखित सार्कक्षेत्रका देश बाहेकका, बिदेशमा रहेका नेपालीहरूको नागरिकताको निरन्तरता मात्र किन

व्यबस्था गरिएको? भारतको नागरिकता लिएर भारतमा बसोबास गर्ने नेपाली मूलका व्यक्तिहरूलाई गैरआवासीय नेपाली नागरिकता किन नदिने ? भनेर उठ्ने सवालमा, समुद्रपारी बसोबास गर्ने भारतीय नागरिकले मात्र उपभोग गर्न पाउने गरी भारतले "ओभरसीज सिटिजन्सिप"को नागरिकताको ब्यबस्था गरेबाट नेपालले गैर आवासीय नेपाली सरह नागरिकता दिनुको कुनै अर्थै नहुने भए बाट पनि हो भन्ने कुरा स्वतःपनि स्पष्ट हुन्छ। त्यस्तै, जुन जुन देशहरूमा दुई वा दुई भन्दा बढी देशको नागरिकता उपभोग गर्न पाउने मुलुकहरू छन् त्यस देशमा बसोबास गरी त्यहाँको नागरिकता लिनेले मात्र नेपालले कायम गरिदिएको नागरिकता उपयोग गर्न पाउंछन्। यस सन्दर्भमा अरब या खाडीमुलुकमा कामगर्ने जाने नेपालीले त्यहाँको कानून बिपरीत नागरिकता पाउने कुरै आउँदैन ।



एन आर एन छोरा भेट्न क्यानाडा आएकी ९७ वर्षीय आमा के भन्नु हुन्छ ?

"नेपालीहरूले नेपाली नागरिकता जोगाई राख्नु पर्छ । क्यानाडामा बाहिरको नागरिकता नराख भन्दैन । यहाँ केहि भैहाल्यो भने कहाँ जाने ? नेपाली भएर पनि क्यानाडाबासी मात्र भएर बस्न हुन्छ र ? आफ्नो देशको पनि ख्याल राख्नु पर्छ ।"

कृष्ण कुमारी पौड्याल

Is there a bubble in Metro-Vancouver's housing market?

Khem Dahal

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A housing bubble is a run-up in housing prices fuelled by demand, speculation and the belief that recent history is an infallible forecast of the future. Housing bubbles usually start with an increase in demand and limited supply; which takes a relatively long period of time to replenish and increase. Buyers enter the market, believing that profits can be made through short-term buying and selling. This further drives demand. For a bubble to form, something outside the norm must push prices upwards and then change, creating the drop. For instance, in a market where prices are \$300,000, a rapid and unexpected rise to \$600,000, would need to be followed by a return to \$300,000 prices or below to constitute a bubble. At some point, demand decreases or stagnates; at the same time supply increases, resulting in a sharp drop in prices and the bubble bursts. If no fall eventuates, it can be argued the growth is a result of "fundamentals". So it's difficult to know if a bubble exists until it pops.

We've heard and read that housing in Metro Vancouver is in bubble, and price crash is inevitable. With a high demand for houses and a low stock of supply, there's no sign that prices will fall any time soon. Market that indicates housing bubble are strong credit growth; loose lending standards; very low interest rates; high levels of speculation ; and sharp rise in house price.

It can be safely argued that those price hikes are at least partly the result of the Bank of Canada's interest rate cuts. With interest rates already at rock bottom, some are calling the end of Canada's long house price boom. Here are five recent signs that Vancouver's housing market has grown out of control, and could be headed for a correction of one kind or another:

Global housing bubble rankings

The Economist magazine earlier this year identified Canada as having the most overvalued housing market among three dozen advanced economies. Canada, along with Australia, is where "prices seem most out of kilter," the same magazine said, noting that "the cheapness of borrowing" has pushed up prices in Canada and elsewhere. The Central Bank of Germany declared Canada to have the world's most overvalued housing market, arguing that prices were 60% overvalued in 2013.

Global investors betting against Canadian housing markets

According to Markit, a market research firm; investors are taking out a growing number of "short" positions on Canadian companies involved in mortgage lending, such as banks and insurers, meaning these investors expect stock prices to fall.

Mortgage fraud "thriving"

Earlier this year lenders cut ties with 45 mortgage brokers over allegations that they falsified borrowers' incomes. That has turned attention to the issue of mortgage fraud, which economists say played a role in the U.S.'s housing bubble bust last decade.

Foreign investors emptying out neighbourhoods

A recent study carried out at the University of British Columbia seems to have borne out some observers' worst fears that foreign investors are having a disproportionate effect on house prices. The survey found that, in a recent six-month period, 70% of homes on Vancouver's west side were sold to what the study believed to be "Mainland Chinese" nationals. It is a fact that the houses bought by foreign nationals are standing empty in neighbourhoods or are occupied only one or two months in a year.

Canada Mortgage and House Corporation (CMHC) thinks "it's gone too far"

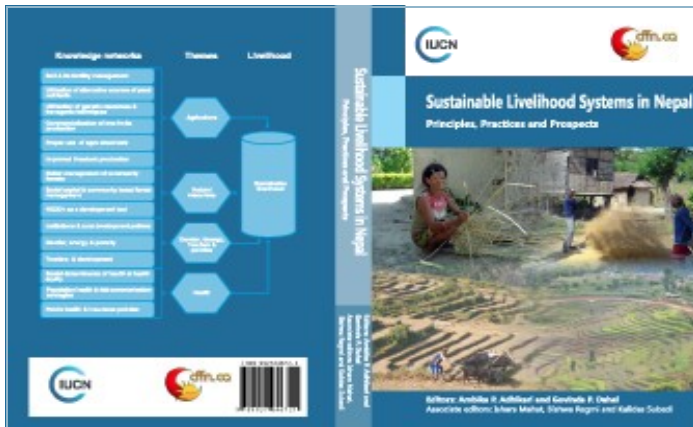
As Canada's government-run mortgage insurer, it is CMHC's job to keep Canadian housing and homeowners on an even keel. So it's somewhat worrisome that this institution is now raising the alarm bells about overvaluation.

Why is it potentially bad?

The problems with a bubble are twofold. There are issues during the house-price growth period, including lack of affordability and a sudden change in the towns themselves. Mining towns experience local businesses and families leave, either as a result of unaffordable rent or to make their fortune by selling up. Some of these towns never recover. Not only does a correction? crash the housing market, cut personal wealth and affect retirement plans, but it can also be destabilising for the economy. It can cause job losses, particularly in countries such as Australia, where housing construction and related roles are strong employers and market drivers. Individuals affected will find themselves often unable to retire, unable to provide a roof over their heads and struggle to pay bills. With so much money dedicated to the housing market, particularly in countries where the bank will still come after mortgage holders to repay the debt on a now worthless asset, the outcome can correlate with bankruptcy, eviction and even social unrest.

Understandably, there are considerable uncertainties hovering around the housing markets in Metro-Vancouver, and those of us interested in this sector may be opening our eyes to look for the ensuing events to happen in the next little while.

April, 2016



A new book on sustainable livelihood systems in Nepal

A newly published book, "Sustainable Livelihood Systems in Nepal" with a broad look at rural livelihoods in Nepal covers diverse disciplines such as agriculture, forestry, biodiversity, environment, tourism, gender, energy, health, equity and rural development. The book, a joint initiative of Canada Foundation for Nepal (CFFN) and International Union for Conservation of Nature (IUCN) presents the voluntary work of 36 Nepali Diaspora authors from Canada, USA, Australia, United Kingdom, Switzerland and Nepal including two NCSBC members (Dr. Drona Rasali and Dr. Ratna Shrestha). The book is edited by Dr. Ambika Adhikari with co-editor Dr. Govinda Dahal and three associate editors (Dr. Ishara Mahat, Dr. Bishwa Regmi and Dr. Kalidas Subedi),

It is said that the book is intended to be used by students, academics, policy-makers, practitioners, rural entrepreneurs and researchers who are interested in the livelihood systems in Nepal and other developing countries. The book can be a reference text for the students interested in rural development, economic development, sustainability, agriculture and climate change.

More information about the book is available at: <http://cffn.ca/2016/01/publication-of-sustainable-livelihood-system-in-rural-nepal/>.

UBC begins Nepali Language study in partnership with NCSBC

The Himalayan Program of the University of British Columbia (UBC) has launched short intensive one-credit Nepali and Tibetan language courses in Vancouver campus. This is the first time Nepali course is offered at UBC. NCSBC members Mr. Binod Shrestha and Ms. Ganga Malla, will be teaching Nepali and Mr. Sonam Chusang will be teaching Tibetan in the program.

The Himalaya Program is jointly funded by the UBC Faculty of Arts through a Teaching and Learning Enhancement Fund (TLEF) grant and the Institute of Asian Research. UBC faculty members Dr. Tsering Shakya, Dr. Mark Turin, Dr. Sara Shneiderman, Dr. Katherine Hacker and their team have been instrumental in developing the program.

The Himalayan Program is developing resources for the study of Nepali and Tibetan through a "language partner" program in which UBC students will be matched with a native speaker of the language on a regular basis. "We are exploring flexible learning opportunities outside the regular credit structure and will be organizing consultations on this framework over the coming year." the UBC website mentions. Dr. Ramjee Parajulee, Secretary of the NCSBC is coordinating with the Program faculty for the Nepali Community engagement.



UBC faculty interacting with Nepali community members

The Magic word

Bina Shrestha

I work at a daycare for kids, and I, very much enjoy my work. Kids are like colorful flowers and beautiful butterflies on a spring day. They make me laugh and smile until my face hurts. Sometimes, they argue with each other for little things. This makes me disappointed but I remain calm and patiently try to solve their dispute.

One day, while I was looking after the kids, one of them started quarrelling with the other. I quickly interrupted them and asked them why they have to be so mean when they could have politely settled the conflict. I asked them to say the magic word, but instead they looked at me and said "I don't know what the magic word is Bina". I smiled at them said "Sorry is the magic word." The kids exchanged their heartfelt apologies and forgot about their brawl. Another kid asked me why sorry was the magic word, to which I simply replied.

"After you upset someone, their heart has a little tear and sorry is like the glue that sticks the tear together, it mends their hearts and makes you a better and kinder person."

हामी सबैको आमाहरुको पनि आमा - नेपाल आमाको ऋण तिर्ने धोको: एक झलक नेपाल भ्रमणको

विगतका भ्रमणहरुभन्दा यसपालीको नेपाल भ्रमण (१७ सेप्टेम्बर २०१५- २२ फेब्रुवरी २०१६) विशेष तथा ठोस निर्णायक हुनगयो, विशेष धन्यवाद छ गत साल अप्रिल १२ र २९ को भूकम्पलाइ, जुन मैरे जन्म जिल्ला गोरखावाट शुरु भयो, जस्ले मेरो भ्रमण योजनामा पनि अन्ततः भूकम्प ल्याइदियो र फलतः स्वतस्फूर्त म नेपाल आमाको ऋण तिर्ने सपत्नी नेपाल पुगे ।

भूकम्प पश्चातको नव तथा पुःन निर्माणको क्रममा, म एक प्राविधिक त्यसमाथी पनि घर (विद्युतिकरण र चट्यांग) सम्बन्धि विज्ञ भएकोले ऐन मौकामा सक्दो योगदान गर्नु पर्ने हुटहुटी भैरहेको वखत, "भाग्यमानीको भुत्तै कमारो" भने झै द्य शिखर सम्मेलनहरु, क्रमशः नेपाल इञ्जिनियर्स एसोसियशन (नेइए) ले "राम्रो नेपाल बनाउन होस्टेमा हैसे गरौं" भन्ने नाराका साथ र अन्तर्राष्ट्रिय नेपाली साहित्य समाज (अ.ने.सा.स.) जापानले चौथो साहित्यिक भेलामा भाग लिदिन निम्तोहरु संयोगबस टुपलुककै आइपुगे।

जापानको १ हप्ते, उक्त अविस्मरणीय साहित्यिक कार्यक्रममा विभिन्न देशहरु - अमेरिका, अष्ट्रेलिया, नेपाल, भारत, सिक्किम, भुटान, को साथै क्यानाडाको तर्फवाट १ मात्र जोडी प्रतिनीधि-(म र श्रीमति) को भूमिका निभाउदै, हाइकु र किमोनामो रमाउदै, नेपालको गणतन्त्रे सम्बिधानलागु गरेको मनाउदै, साकी र सुसीमा खुसी हुंदै, निर्धारित मितिमा नेपाल पुगी लक्षित (प्राविधिक, साहित्यिक, सामाजिक, पर्यटकिय) उद्देश्यतिर लाग्न थाले । तर, विडम्बना के भने एकातिर सम्बिधान लागु भएको खुसीयाली थियो भने अर्कोतिर भारतीय नाकावन्दी उपहारले वेखुसी नेपाली जन जीवनः पेट्रोल, पानी, विजुलीको हाहाकार तथा कालो वजारियाको खुलेयाम विगविगी र सरकारको अकर्मण्यताको संयुक्त कारणले दिनानुदिन



मानकाजी "ज्येना"



अतिकष्टकर तथा अस्त ब्यस्त हुदो थियो, यतिसम्मकि नेइएले घोषित कार्यक्रममै रद्द गरी ३ घण्टे अनौपचारिक कार्यक्रम गर्न वाध्य भयो। जस्मा क्यानाडा बाट म र नरेश कोइराला लगायत अमेरिका, अष्ट्रेलिया, न्यूजिलैण्ड, भारत, तथा अन्य देशका प्रतिनीधिहरुले भागलिएका थिय। यो गोष्ठी यसमानेमा उपलब्धीमूलक रहयो कि, सबैले भूकम्पको वखान गर्दो थिय भने म एकलैले चट्यांगको वारेमा अनुसन्धानात्मक तथ्यहरु पेश गर्दै, नेपालमा वर्षेनी ५०० जति यसवाट मर्ने, यो भूकम्पभन्दा बढी विनाशकारी तर प्रविधि सरल र सस्तो हुनाले अव आइन्दा यसको प्रतिरक्षा प्रणाली र विद्युतिकरणको पनि संयुक्त नक्सा पाश गरिनुपर्नेमा जोड दिंदा तालीको गडगडाहटले स्वागत गर्दै यस वारे अझ सशक्त रुपमा चेतना तथा दवाबमूलक १०० वुंदे पावर प्वाइन्ट प्रवचन दिन आग्रह गरे। जस्को फलस्वरुप निम्न स्थानहरुमा श्रृंखलावद्ध कार्यक्रम सम्पन्न गर्ने सौभाग्य पाएं ।

नेइए भवन पुल्चोकमा- नेइएका उप महासचिव इ. दिनेश पन्थीको संयोजकत्वमा, र नेइएको पोखरा शाखाका अध्यक्ष इ रमेश वास्तोलाको संयोजकत्वमा फिर्के इञ्जिनियरिंग क्याम्पसमा भवन निर्माण सम्बन्धि मापदण्ड बनाउन, २० जति सरकारी तथा गैर सरकारी सरोकारवाला निकायहरु सम्मिलित गोल मेच भेला सिंहदरवारमा, सोसाइटी अफ इलेक्ट्रिकल इञ्जिनियर्स नेपाल - (शीन) र नेपाल इलेक्ट्रिकल कन्ट्रयाक्टर्स एसोसियशन (नेका) मा, कुलेश्वर आवास योजनामा, मीत्रकुञ्जमा, नेपाल क्यानाडा मैत्री तथा सांस्कृतिक समाजमा, न्यूज २४ टिभिमा ९६ प्रश्न अन्तर्गत अन्तर्वार्ता (<https://www.youtube.com/watch?v=9gbzsO9oWWY>) दिनुको साथै तदकालीन रायोआ का उपाध्यक्ष इ. गोविन्द पोखरेललाइ लिखित, भने अन्य सदस्य हरुः डा. स्वर्णाम वाग्ले तथा इ. डा. सुनिल बाबु श्रेष्ठ लगायत नेकपा माओवादीका उपसभापति श्री नारायणकाजी श्रेष्ठ तथा सोनाका उपाध्यक्ष श्रीमति चन्द्रलेखा कायस्थ आदिलाइ लिखित तथा भेटैरे अवगत गराएं।

अनि, अन्य उल्लेखनीय पक्षहरुमाः नेपाली भाषा तथा साहित्यको क्षेत्रमा मैले लेखेको पुस्तक "इन्धन र उर्जा" इञ्जिनियरिंग साहित्य समाज (इन्सास) को पहलकदमीमा नेइए भवनमा विमोचित, अ.ने.सा.स. नेपाल परिच्छेदका वरिष्ठ उपाध्यक्ष

शीला सँजुका दुई कविता

नयाँ नेपाल बनाउला

प्यारो नेपाल मातृभूमि संकट छन् हजार

हामी सबै साथ छौं आमा हिम्मत चाहिं नहार

ऊच्च शिखर सगरमाथा सानो मन नगर

विश्व सबै साथ छ है, लक्ष्य हाम्रो अटल !

मेरो सानो परिवार, सानै मेरो आँगन

हामी पनि रोएका छौं, टाढा हामीलाई नठान

इतिहास अमर गाथा धरहरा क्या राम्रो

कठै आज त्यो नि ढल्यो निसासियो मन हाम्रो !!

मरी लानु केहि छैन, न कुर्सि न धन

टुक्रा - टाक्री जोडजाम सबै मिली सजाउला

संकल्पको जघाली नयाँ नेपाल बनाउला !!!

(Composed during the devastating Earthquakes in Nepal, May 2015)

मेरोलागि जिन्दगी

मेरोलागि जिन्दगी

तीन घन्टाको सिनेमा जस्तो होइन

कहानीको अन्तमा लेखिने-"सुखद समाप्ति" पनि होइन

केटाकेटीमा सुनेका - परि ! जादुगरी !! नगरी पनि होइन

तेत्तीसकोटी देवी देवता पनि खै! मैले आजसम्म देखिन !

मेरोलागि जिन्दगी

तीन घन्टे सिनेमाबाट सिकेका केहि पाठहरु हुन्

कहानिका सुखद समाप्ति पछि शुरू हुने तिता मिठा

बास्तविकता हुन्

जादुगरी- परि- नगरी सबै श्वाश विश्वाशका मसला

मात्र हुन्

ओहो ! मैले थाहा पाँए !

तेत्तीसकोटी देवी देवता त बाहिर होइन, आफु भित्रै छन् !!

मेरोलागि जिन्दगी

जस्तो रोप्यो, त्यस्तै फल दिने प्यारो धर्ति जस्तै हो

रहस्यको पांग्रामा घुमिरहने सुन्दर ब्रह्माण्ड जस्तै हो

एउटा सौँच्यो अर्कै हुने हिजो रातिको सपना जस्तै हो

कहिले प्यारो- कहिले गाह्रो केटाकेटी हुँदाको हाम्रो बानी

जस्तै हो !!!

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जिन्दगी, यो रहरको जिन्दगी

लहरको जिन्दगी, यो रहरको जिन्दगी
समयको भेल, यो खोला झै बगी
उमेर सँगै लहर ले पलाएका रहर
सानो छदा खेले हिड्थ्यौ खोलाका बगर
तरुनो हुँदै जँदा पतै हुन पाएन
रहरले लहर्याएको, लहरले रहर्याएको
यस्को मेसो, छेऊ टुपो नै थँहा भएन
लहर अनि रहरमै रमाउँदै जाँदा
कति सँग बोली ठोकियो, कति सँग ठोकियो मन
ठोकिने क्रममा जिब्रो पनि टोकियो
किनकी,
यो लहरको जिन्दगी, यो रहरको जिन्दगी
नानीको आफ्नै लहर
जवानीको आफ्नै रहर
बयस्कको आफ्नै कहर
बूढेसकालको आफ्नै डर
समयको भेल, यो खोला झै बगी
बाल्यकाल हुँदै यो जिन्दगी बूढेसकाल पूगी
चाल पाउन थालेको छ
लहर र रहरले जिन्दगी थामेको छ
कति लहर बसन्त झै पलाए
कति रहर शिशिर झै हराए
सुन्दै छुँ हल्लाको बजार
फेरी नयाँ नौलो रहर लहरा आँउदै छ
मनका झोला लिई, त्यो बजारमा कुट्टु झै लाग्छ
लहर र रहरमै सासको आश लाग्छ
यो लहरिएको लाँखे जिन्दगी
यो रहरिएको देखे जिन्दगी ।

बग्नु र चल्नु

बग्नु जरुरी छ, चल्नु जरुरी छ
नबगी पानीलाई सुखै छैन
नचली यो संसारलाई पारै छैन
पोखरीमा जमेको पानी बार बार पोखिनु छ
यस्तै बग्नु र चल्नु जिन्दगी छ
निसासिएको जिन्दगीको निकास पनि बग्नु हो
जिन्दगी सन्तुलित हुन पनि घुम्नु र चल्नु छ
जस्तै गाडीका पाङ्गा झै, अघि बड्न यो चल्नु छ

जमेर धमेलिएको पानी सङ्गिन बग्नु छ
जीवन चक्र भोग गर्न, यी पाङ्गा घुम्नु र बड्नु छ
घुम्दै जादाँ गल्ती, ज्ञान दोहरिने गर्छ
यो भेद चेतन सक्दा आत्मशान्त हुनसक्छ
जस्तै बग्नु जरुरी छ र चल्नु जरुरी छ
बग्नुको कर्ममा पानी, बग्ने बहाना खोज्छ
जिउनुको मर्ममा जिन्दगी, भोग्ने बहानै रोज्छ
संसारपार गर्न जिन्दगी पानी झै बग्नु छ ।

(Continued from page 14)

राधेश्याम लेकाली द्वारा आयोजित साहित्यिक कार्यक्रममा विशेष प्रमुख अतिथी, द्रब्यशाह गोरखा क्याम्पस साहित्यिक कार्यक्रममा विशेष प्रमुख अतिथी तथा नेपाल क्यानाडा मैत्री तथा सांस्कृतिक समाजले आयोजना गरेको पर्यटन प्रवर्धन गोष्ठीमा विशेष अतिथीको साथै सो समाज र क्यानाडा नेपाल मैत्री तथा सांस्कृतिक समाज बीच समझदारीपत्रमा हस्ताक्षर, तथा शीनं नेकाका अध्यक्ष इ. लाधुराम तामांग संग मिलेर नेपालमा विद्युत उर्जा समस्या र सोको दीर्घकालीन समाधान वारे ३० बुदे अवधारणापत्र रा.यो.आ.का. सदस्य डा. सुनिल बाबु श्रेष्ठलाई निजको अनुरोधमा वुझाइएको।

त्यस्तै, नेपालको निर्माणमा अग्रणी भूमिका खेल्ने प्राविधिक जगत विशेषगरी इञ्जिनियरिंग क्षेत्र हालसम्म नियमन नभइ छाडा भइरहेको परिप्रेक्षमा, यसलाई यहां क्यानाडामा जस्तै शेवामूखी एवम उत्तरदायी वनाउन हालको मौजुदा २ संस्थाहरु: नेइए र नेपाल इञ्जिनियरिंग काउन्सिल (विभाजीत नभइ) एकिकृत गर्न सम्बन्धित उच्च पदाधिकारीहरुलाई भेटी १२ बुदे सुझावको साथै मेरो प्रकाशित लेख "Canadian Engineering Practice - An overview" पेश गरेको। अनि पर्यटन प्रवर्धनको क्षेत्रमा भने: यातायात तथा ब्यबस्थापनको चरम अब्यबस्थाका वावजुद, धन्दै आफै खततमै हुनेगरी- पोखरा, घान्द्रुक र गोरखासम्म मात्र सपरिवार भ्रमण गर्न सकियो ।

मेरो ५ महिने वसाइ क्रममा, म ३ पटक विरामी हुदै निको भएको थियं भने आउने वेलामा चौथोपटक मेरा चिकित्सक साथी डा.केशव भक्त श्रेष्ठ र म स्वयम थलै पर्नेगरी विमार भएकोले एन्टिवायोटिकको सहाराले यहां आइपुगे। आय लगत्तै, यहां एक पछि अर्को स्वास्थ्यपरिक्षण गर्दै वौराउदै छु, र घटेको ८ केजी तौल विस्तारै फर्काउने क्रममा छु । नाकावन्दी तथा लोड सेडिंग आदिको चरम प्रतिकुल समएमा, समए, पैसा खर्च, पटके विमार पर्दा मलाइ किञ्चित दुःखमनाउ छैन, बरु खुसी छु नेपाल आमाको ऋणमुक्त हुने धोको केहि भए पनि पुरा भएको अनुभूतिमा ।

अलविदा स्रद्धेय बुबा अलविदा...

म किङ्कर्तव्य विमुक्त छु।
एउटा विकराल सपना आज
यथार्थको मकुण्डोमा बिपना बनेको छ।
अनि शनै शनै सीथिल मन सङ्गै
मेरा पाइलाहरू दिशाबिहीन गोरेटोमा
भावशून्य मस्तिष्क बोकेर घसृदै छ।

हिजो मात्र
हजुरका दिव्यवाणी
मेरा यी कानभरी गुन्जिरहेका थिए
जीवन जिउने भरोसा र सारथि भएर।
तर आज ती सम्पूर्ण बाणीहरू
बिरानो अतीत भएर
सम्झनाका पानाहरूमा
स्वर्णिम ईतिहास बन्नपुगेको छ।

समय,
आज निर्दयीताको परकाष्ठा
म सङ्ग सिङ्गैरी खेल्दै छ
अभय, कुटील मुस्कन लिएर
मेरो यो असहाय जिन्दगीको
निर्लज्ज धज्जी उडाउँदै।

जिन्दगी,
कति कम्जोर छ यहाँ
निमेष भरमा रित्तिदिन्छ।
कर्कलोको पानी जस्तै
काँही कतै तर्किहल्छ।

तर यो समय
सधैं सधैं अबछिन्न
अनवरत आफ्नो पराक्रम देखाउँदो छ।
म आज आफैँ प्रति नतमस्तक छु।

किनकी,
यो निष्ठुरी समय संग
स्रद्धेय बुबाको भौतिक शरीर
आफ्नो समीप राख्न सकिन।

मोहन कृष्ण श्रेष्ठ
सरे क्यानाडा



किनकी,
यो नृस्पीह जिन्दगीको पाइलापाइलामा
सफलताको लागि आफुलाइ सधैं न्यैछावर
गरिरहने स्रद्धेय बुबाको
अभिशप्त घडीमा साथ रहेर
जिन्दगीका आरोह-अवरोहहरू
साट्न सकिन।

तैपनि बुबा
हजुरका ती निष्कल सद्भावहरू,
निष्कलङ्क, निर्दोष लम्काइहरू,
अनि ती अदम्य सहासहरू
सधैं सधैं मेरा लागि
जिन्दगी जिउने रामबाण हुने छ।

बुबा,
आज यहाँ
हजुरको अभावमा
एउटा कुशल अभिभवक हराएको छ।
एउटा शालीन शर्टा बिलाएको छ।
एउटा ममताको सिउदो पुछिएको छ।
एउटा अपरिमेय पथप्रदर्शक अस्ताएको छ।
अनि, जिन्दगीको एउटा अध्याय पटाक्षेप भएको छ।

तर पनि जिन्दगीको जिन्दगीको पाइलाहरूमा
हजुरका हरेक मार्गदर्शनहरू
प्रेरणाका अबिस्मरणीय सूचाङ्क हुनेछन् ।

भाच्चिएको मनभरी
समझनाका फूल सजाएर
कल्पनाका तरेलीहरूमा अभिवादनका चाड लगाउँदै
सधैं सधैं बुबाको
आत्मालाई चीर शान्तिको कामना सहित
स्रद्धासुमन बुबा हजुरलाई
अलविदा स्रद्धेय बुबा अलविदा।।।

Adolescent pregnancy and associated risk factors in the context of Nepali society

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A friend of mine shared an incident in Surrey, BC that a 13 year girl got pregnant from a 13 year old boy. In another words, it is just like a child having a child. We can always ignore about such a situation with the notion that these incidents happen rarely, and it would never occur in our own family. Another approach could be, we can consider the gravity of the situation and try to be aware and informed to avoid these occurrences. Pregnancy and childbirth among adolescent women occurs worldwide, but there are substantial differences in prevalence between countries and regions. Before venturing further, let us define adolescence.

Adolescence is the life phase when a person is no longer a child but is too young to be considered an adult. The United Nations (UN) defines adolescence as the age between 10 and 19 years. The term "adolescent" is often used synonymously with the informal term "teenager" in the literature. Adolescence begins with puberty but there is variation in when it ends. Adolescence is a period of both physical and psychosocial maturation. The age of becoming an adult differs from country to country and from culture to culture and hence the definition of adolescence also varies since it is usually based on age. In different countries the legal year of adulthood or the "age of majority" varies depending on the jurisdiction, but is either 18 or 21 years in most nations. Most countries globally consider 18 years as the age of majority. In Nepal 18 years and in Canada 19 is defined as the age of majority. "Adolescent pregnancy" is a term usually used to describe the situation when a girl conceives to give birth before reaching the age of adulthood or "age of majority". Following the UN definition of adolescent age, pregnancy and childbearing among adolescence means pregnancy in a woman aged 10 to 19 years.

According to 2013 UNFPA data, 13.1 million are born annually from girls age 15 to 19. Although adolescent birth occurs in both high- and low-income countries globally more than 90% of these births occur in low- and middle-income countries. US accounted for the majority of births (52.1 per 1,000) and UK (30.8 per 1000) among high-income countries. Canada has low adolescent pregnancy rate (29.2 per 1,000) compared to US among 15-19 age groups.

Consequences of Adolescent Pregnancy

There are considerable risks to the life and health of adolescent women if they become pregnant and give birth before the age of 20. The risk of death due to pregnancy-related causes is double



among women aged 15-19 compared to women in their twenties. Adolescent mothers are at higher risk of pregnancy-related complications than older mothers, for example, unsafe abortion, prolonged and obstructed labour, preterm labour & delivery infections, obstetric fistula and depression, pre-eclampsia, endometritis, nutritional anemia. These maternal health risks are greater in adolescents because of their younger age when physiological development is still taking place, for example in the pelvic region and uterus. These complications are more commonly found in low-income countries compared to high-income countries. Infants of adolescent mothers are at 50% higher risk of stillbirths and newborn deaths (neonatal deaths) compared to the infants of mothers between the ages of 20 to 29.

In addition to the adverse effects on health, young women giving birth during adolescence also face adverse social consequences. Pregnancy during adolescence interferes with attending school and cutting down income generating opportunities. Pregnancy carries greater health and social consequences for adolescents in comparison to older women. Giving birth during adolescence is not only a risk factor for adverse pregnancy outcomes, but also has a negative impact on the future well-being of the mother and infant. The short and long-term negative consequences of adolescent pregnancy come at considerable cost to mother and child, their families and the wider community. There are also consequences for society at large. Adolescent pregnancy has therefore been identified as a public health problem worldwide which needs to be urgently addressed. Hence, it is important to understand the underlying causes of adolescent pregnancy in different social contexts in both high- and low-income countries.

Even though Canada has low prevalence of adolescent pregnancy in comparison to Nepal, data indicate that

adolescent pregnancy does exist here too. Incident mentioned in the beginning of this article, and my experiences of talking with mothers of adolescent/teenage children in different countries indicate that there is greater gap in understanding the risk factors of adolescent pregnancy. A friend who migrated to Melbourne shared with me that she always worries about her teenage daughter whether she is having her periods regularly or not, reflecting that there is lack of information and proper communication between the parent and the child. Communicating about sexuality with our own children is not a comfortable situation, more so in our Nepali culture, as it is taboo discussing about sexuality even for health purpose. Among parents and children, in this context, it is really difficult to share each other's concern and point of views. As we have adopted Canada to be our new home, our children are growing up in a multicultural setting where they can learn different things about sexuality in school, while among friends

and at home we have our eastern values; so, there is a necessity for the adolescents to be able to process these information and act rationally balancing with our cultural origin. How do our teenagers handle these situations? Do they have the place to share their views, feeling safe without being judged? We still don't know what these youngsters feel growing up in a westernized culture, how much pressure they get from their peers and from their parents in different directions. It requires further explorations for the second generations to cope with the changing trend of the society they live in. Health communication and information would be a good start among parents and adolescent children to be aware and avoid the risks of adolescent pregnancy.

Notes:

1. According to World Bank Classification 2015
2. Obstetric fistula is a condition in which the vagina, bladder and/or rectum tear during childbirth and, if left untreated, this causes lifelong leakage of urine and faeces (Jain & Kurz, 2007). Although fistula can occur to women at any reproductive age, young mothers delivering for the first time are particularly vulnerable.
3. Pre-eclampsia is a disorder of high blood pressure in the mother, resulting in reduced blood supply to the growing foetus, and the foetus getting less oxygen and fewer nutrients.
4. Puerperale endometritis is a condition resulting from the appearance of endometrial tissue outside the womb, causing pelvic pain. The risk of acute endometritis following childbirth is higher among adolescents than among adult mothers.

कविता

अपजस मात्र नदिऔं, जस पनि दिऔं....

मानकाजी "जेना"

३३ हजार एन.जी.ओ. र ३३ कोटी देवी देवता,
कार्यरत भएको देश छ, विश्वमा सिर्फ एउटा ।
पाल, त्रिपालको अनिकाल परेको हाल, वेहाल,
भूकम्प तथा अघोषित नाकवन्दीले माया गरेको देश हो
नेपाल।।

भूकम्प तथा नाकवन्दीले यावत क्षेत्रमा पराकम्पहरु लेरायो
नेपाल र नेपालीले नपाउनु दुःख पाउनु पायो।
आपत विपत, मर्दा पर्दा, था लाग्छ को कस्तो,
एन.जी.ओ. र देवी देवताहरु तमाशे भैरहेको जस्तो।

मौकामा ज-जस्ले काम दिंदैन, के काम त्यस्ताको ?
खानाको काल, हेर्नाको डाल, लाज -शर्म -धर्म पचेको।
औकात उदाङ्गियो, ती स्वघोषित निला फयाउरा भनाउदाको ?
अरु थग्न नपरोस है नेपालले, अति वोझ यिनीहरु को।।

अपजस मात्र नदिऔं, जस पनि दिऔं भूकम्प तथा
नाकाकन्दीलाई,
सम्बिधान ल्याइदिनेलाई, छिमेकीको हैसियत देखाइदिनेलाई।
व्लेसिंग इन डिसगाइज को रुपमा प्रकट भई,
आज तपाइ हामी लगायत आम नेपालीलाई,
यसरी एकजुट गराइ, छलफल गराइदिनेलाई ।।



His Excellency Ambassador of Nepal to Canada Kali Prasad Pokhrel
visiting Nepali community in Metro-Vancouver, June, 2015.

Canadian Federal Budget 2016: Impact on Individuals and Families

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The Liberal government tabled its budget for 2016-2017 on March 22, 2016. In its first budget, the government has expressed a commitment to growing the economy, creating jobs and strengthening the middle class. As announced in the election campaign, the government presented a deficit budget (\$29.4 billion deficit) targeting more spending for families and infrastructure. What does this budget mean for the taxpayer?

Introduction of Canada Child Benefit

For low and middle-income families, the budget has introduced a new program "Canada Child Benefit" to help families raise children. This is a non-taxable benefit that will replace existing Universal Child Care Benefit (UCCB) and Canada Child Tax Benefit (CCTB) starting July 1, 2016. The maximum annual benefit is \$6,400 for a family with one child and a net income of less than \$30,000, and \$5,400 for children aged 6 to 17. Recognizing the additional costs of caring for a child with severe disability, the budget has retained the disability component of the existing CCTB in this new benefit program. This would provide an additional amount of up to \$2,730 per child who is eligible for Disability Tax Credit.

Under the current system, families with one child and with annual earnings of \$30,000 would receive \$4,852 for a child under age 6 or \$3,916 for a child aged between 6 and 17. The government has estimated that nine out of ten families would receive more child benefits under this new program compared to the existing one.

Retirement age rolled back to 65

The decision made by previous government to increase eligibility age to start collecting Old Age Security (OAS) benefit from 65 to 67 (beginning in 2023) has been reversed by the Liberals as promised in the election platform. As stated in the budget document: "Restoring the eligibility age for Old Age Security and Guaranteed Income Supplement (GIS) benefits to 65 will put thousands of dollars back in the pockets of Canadians as they become seniors. These benefits are an important part of the retirement income of Canadians, particularly for lower-income seniors. Vulnerable seniors depend on this support, and without it, face a much higher risk of living in poverty.

Furthermore, low-income seniors who rely on OAS and GIS benefits can expect a 10% increase in their GIS benefits. Starting July 2016, seniors who are living on \$4,600 or less per year (excluding OAS and GIS benefits) would see an increased GIS payout up to \$947 annually.

Introduction of Teacher and Early Educator School Supply Tax Credit

Effective from 2016, a 15% refundable tax credit has been introduced for eligible educators for up to \$1,000 of teachers' supplies. Supplies that would qualify for this credit include:

- Stationery items such as pens, pencils, posters and charts
- Items for science experiments such as seeds, potting soil, milk, vinegar, baking soda and stir sticks
- Construction for activities, flashcards or activity centers
- Art supplies such as paper glue and paint

Changes in Student Grant and Loan Payment

Budget 2016-2017 proposes to increase Canada Student Grant amount by 50%:

- From \$2,000 to \$3,000 per year for students from low-income families
- From \$800 to \$1,200 per year for students from middle-income families and from \$1,200 to \$1,800 per year for part-time students.

These increased grant amounts will be available to students starting or continuing post-secondary school from September 2016. It also proposes to increase the loan repayment threshold under the Canada Student Loans Program's Repayment Assistance Plan to ensure that no student will have to repay their Canada Student Loan until they are earning at least \$25,000 per year.

With this enhanced grant amount and extended repayment threshold, the existing education and textbook amounts will be eliminated from 2017. However, the tuition amount will remain the same. Taxpayers with unused education and textbook credits available from prior years will continue to be able to carry them forward to 2017 and subsequent years.

Changes in Tax Rates

The Liberal government has reduced the middle class income tax bracket from 22% to 20.50% starting this year and introduced a new 33% tax bracket for high net worth people who earn more than \$200,000 a year. A summary of federal tax rates for 2014 to 2016 is shown below.

Federal Tax Rates		
2014	2015	2016
15% of taxable income up to \$43,953	15% of taxable income up to \$44,701	15% of taxable income up to \$45,282
22% of taxable income between \$43,561 and \$87,907	22% of taxable income between \$44,701 and \$89,401	20.50% of taxable income between \$45,282 and \$90,563
26% of taxable income between \$87,907 and \$136,270	26% of taxable income between \$89,401 and \$138,586	26% of taxable income between \$90,563 and \$140,388
29% of taxable income in excess of \$136,270	29% of taxable income in excess of \$138,586	29% of taxable income in excess of \$140,388
		33% of taxable income in excess of \$200,000

As evident in the table above, you will be paying 1.5% less Federal tax in 2016 compared to 2015 if your earning is between \$45,282 and \$90,563. Someone who makes over \$200,000 will pay 4% more tax in 2016 than in 2015.

Elimination of Family Tax Cut

The Family Tax Cut introduced by the Conservative government in 2014 would allow couples with at least one child under the age of 18 to claim a non-refundable tax credit of up to \$2,000 by splitting income between spouses. This credit will be no longer available.

Elimination of Children's Fitness and Arts Amount

The Children's Fitness and Arts credits will be eliminated in the next two years. In 2016, the maximum amount of expenses eligible for the Children's Fitness amount will be reduced by half-from \$1,000 to \$500 and the maximum amount eligible for the Children's Art credit will be reduced from \$500 to \$250. The supplemental amounts for children eligible for the disability tax credit will remain at \$500. Both credits along with the disability components will be eliminated

Employment Benefits

The budget has proposed important changes about Employment Insurance eligibility. It has also reduced the benefit period for EI benefit from two weeks to one week. Under the banner, "Helping Youth Obtain Valuable Work Experience" the government plans to invest more than \$330 million in Youth Employment Strategy to help young people gain the skills, abilities and work experience they need to find and maintain meaningful employment.

Conclusion

Every budget has its own focus and priorities. This budget has put middle-income families with children, youth and students including aboriginal communities in the front and the center with infrastructure development as one of the main priorities. The stronger the middle class, the stronger the national economy in general. And investment in infrastructure generally enhances the economic performance and improves quality of life for all including marginalized communities. Let's wait and watch whether this budget holds it true.

टिपन-टापन समाचार

- सन् २०१५ मा हाम्रा समुदायका केहि युवा सदस्यहरु बैबाहीक बन्धनमा बाँधिए। श्री प्रमोज मल्ल, श्री पवन गुरुङ , सुश्री नरमाया राई र सुश्री डली शर्पा बैबाहिक बन्धनमा बाँधिनु भएकोमा हाम्रो हार्दिक बधाई तथा सफल बैबाहिक जिबनको शुभकामना छ।
- सन् २०१५ मानै हाम्रा समुदायका श्री सुरज तथा श्रीमती रिजा शर्मा, श्री सुवर्ण तथा श्रीमती शृजना श्रेष्ठ, श्री महेश तथा श्रीमती शोभा भट्टराई अनि श्री समीर तथा श्रीमती ज्योत्सना पाण्डे लाई पुत्र लाभ भएको छ। त्यस्तै श्री राजन तथा श्रीमती अम्बिका अधिकारी, श्री बन्टी तथा श्रीमती श्रद्धा शाही, श्री समित तथा श्रीमती गुन्जा शर्मा, र श्री लिलु तथा श्रीमती अनुजा शर्मा, श्री योगेन्द्र तथा श्रीमती बितिनालाइ पुत्री लाभ भएको छ। सबै दम्पतिहरुलाई हाम्रो शुभकामना छ।
- सन् २०१५ मानै श्री ब्रिपेन्द्र तथा श्रीमती इशा देवकोटाका सुपुत्र निमेष देवकोटा, डा संजीबन तथा श्रीमती सुजाता महाराका सुपुत्रहरु सास्वत महारा र सुभान महारा, श्री कृष्ण तथा श्रीमती पूनम सुबेदीका सुपुत्रहरु आभास सुबेदी र अशेष सुबेदी, श्री आन्द्रे तथा श्रीमती सजना सेन्ट लुइसका सुपुत्रहरु सिलभान सेन्ट लुइस र अमित सेन्ट लुइसको उपनयन (ब्रतबन्ध) सम्पन्न भयो। सबै ब्रतबन्धित युवाहरुलाई हाम्रो धेरै धेरै बधाई तथा शुभकामना। सन् २०१५ मा नै श्री संजीबन तथा सुजाता महाराकि सुपुत्री सुश्री समिरा महाराको गुन्यु चोलो दान कार्य पनि सम्पन्न भयो। समिरालाई पनि हाम्रो बधाई र शुभकामना।
- सन् २०१६ मा श्री सुमन तथा श्रीमती मीरा बस्न्यात का सुपुत्र जेसन बस्न्यात अनि श्री रत्न श्रेष्ठ तथा इभा प्रधान का सुपुत्र श्री आयुष श्रेष्ठको उपनयन (ब्रतबन्ध) तथा श्री सुमन तथा श्रीमती मीरा बस्न्यात कि सुपुत्री जेना बस्न्यातको गुन्यु चोलो दान कार्य पनि सम्पन्न भयो। आयुष, जेसन र जेना लाइ हाम्रो हार्दिक बधाई तथा शुभकामना।

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