



# NW JAMGHAT

SEPT 2023 | ISSUE 8

An Annual Publication of the Pacific Northwest  
Nepalese Community





**WE TAKE PRIDE IN CATERING NEPALI FOOD  
WITH UTMOST CARE**



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## ABOUT TEAM JAMGHAT

### Editorial Board

Ruby Shrestha,  
Seattle



Suraj Gautam,  
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Pradeep Poudel,  
Vancouver B.C.



Ganga Sharma,  
Oregon



### Design

Shraddha Malla,  
Seattle



### Advertisement

Pramod Devkota,  
Seattle



### FROM THE EDITORIAL DESK



Welcome to Seattle, Jamghat 2023!!

The Nepali community in Oregon, British Columbia, and Washington State come together during this wonderful time of the summer.

Thank you to all the leaders who helped make the eighth issue of Jamghat magazine possible. The joint publication of a magazine is a fantastic way to unite people and aid in coordination. Three partner societies participate in various activities throughout the year and have a wonderful opportunity to share their experiences with neighboring societies through the medium of print media.

With a representative in each society—the Nepal Seattle Society (NSS), the Nepal Cultural Society of British Columbia (NCSBC), and the Nepali Association of Oregon (NAO), we have adopted a more interactive approach in our editorial. We appreciate the time and work put forward by every contributor.

We want Jamghat to be a fun experience for everyone. Thank You !!



# MESSAGE FROM NSS PRESIDENT



Dear community members,  
With great pleasure, my team and I welcome you to NW Jamghat Picnic 2023. This annual event has been a symbol of friendship and unity among Nepali communities in the Pacific Northwest for years and we hope to continue the sentiment for many more years to come. This is a great opportunity to celebrate our diverse culture, catch up with old friends, and make new ones. This event is also an excellent example of partnership and mutual understanding between all the Nepali Organizations.

It reflects our common goal to serve the Nepali community. We are grateful to all the partner organizations and volunteers for their hard work and dedication to plan and execute this event.

We are also appreciative of the community members for joining us in this event, especially those who have traveled a distance to celebrate with us.

We hope you will thoroughly enjoy the picnic, meet new people, and have a wonderful time.

Sincerely,

Saurav Kakshapati  
President (2022-2025)  
Nepal Seattle Society

## NSS EXECUTIVES

### **President**

Saurav Kakshapati

### **Vice President**

Tara Aryal

### **General Secretary**

Shraddha Malla

### **Treasurer**

Prabin Dahal

### **Directors**

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Durga Shahi

Era Budhathoki

Esa Tilija

Dr. Nitin Thapa

Pramod Devkota

Pramoj Adhikari

Sophia Kunwar



# MESSAGE FROM NCSBC PRESIDENT



Dear Esteemed Community Members from BC, Washington, and Oregon,

I am excited to be part of this continuous event "Jamghat" and express thanks to each and every one of you for your presence in this event hosted by the Nepal Seattle Society.

This is a time-honored tradition that brings our community together in the spirit of camaraderie, laughter, sportsmanship and shared memories. Our annual picnic is not just an event; it's an experience that enhances connections and celebrates our unity. It's a day to step away from our daily routines and enjoy the simple pleasures with family and fellow community members.

Being connected with people, enjoying the food, and exploring new places is a great therapy. I would like to congratulate NSS for organizing this event and connecting and continuing our relationship.

Fellow community members, let's enjoy this relationship with our open hearts. Let's connect with old friends and make new ones. Let's create memories that will warm our hearts throughout the year. As we come together, let's remember the strength of our community lies in our unity. I wish the success of this event and continuity of this event in the future.

Warm regards,

Kumar KC  
President  
Nepal Cultural Society of BC (NCSBC)

## NCCBC EXECUTIVES

### **President**

Kumar K C

### **Vice President**

Netra Tripathi

### **Secretary**

Pradeep Poudel

### **Treasurer**

Ranjana Chand

### **Directors**

Binisha Thapa

Bishnu Paudel

Kumar Kharel

# MESSAGE FROM NAO PRESIDENT



It seems like yesterday when the NW gathering was proposed in the BS New Year gathering organized by the Nepal Seattle Society and I was there to address the function in 2001. I also remember reciting a couple of poems that made me laugh at the gathering knowing the content of the poem, later published in 'Laligurans' magazine. Amid the same function, I proposed a regular gathering every year in an organized way and exchange ideas and activities for all ages down the road and pass on the tradition of "BAN BHOJ" to the new generation.

As time went by the very next year the Canadian group came up with an idea to materialize the proposal and the message of 'let's go for it' was sent to the Seattle group and in response they also requested to bring into team from Oregon. As a result, the first pioneer step undertaken by the Canadian group by organizing a soccer match between three states. Though the participation from Oregon was very low, the story that I heard from participants was unexpected, shocking, and interesting due to cross-border activities and going to play soccer tournaments completely unknown to the border folks. This was the beginning of the first three-state joint gatherings in 2002 during the "US Labor Day" weekend. It continued until now turning into adults by passing through huddles and challenges during the youth period.

The journey takes turn every year by the Nepalese community of Vancouver BC, Washington, and Oregon. The first gathering in Oregon was a huge success in 2004. The local newspaper covered the first in history

## NAO EC COMMITTEE (2021-23)

### President

Daya Shaky

### Vice President

Laxman Darlamee

### Secretary

Ganga Sharma

### Treasurer

Alisha Mitchel

### Members

Dipak Paudel

Bindu KC

Binod Dhakal

Rajan Basukala

Mahendra Neupane



# MESSAGE FROM NAO PRESIDENT



gathering of NW Nepalese people in Portland. Since then it has become a tradition every year in rotation from Vancouver BC, Canada, Seattle, Washington, and Portland, Oregon. In 2020 and 2021 due to the global Pandemic, we were forced to avoid physical gatherings. Last year, the tradition began again in Canada, and now come down to Seattle to take the torch. For this august gathering of Nepalese people, I wish you all a very successful event it will be memorable to all. We the Oregonian would like to welcome you next year Labor Day weekend; this is going to be the 7th one in Portland Oregon.

Finally, importantly in 2014 this gathering also started publishing the Jhmgat Souvenir magazine which includes articles from tri-state community members and activity reports of all state social organizations. Please do not forget to grab one or download the link to make digital access.

Sammilit bhayera shobha badhaaidiu bhaekomaa haardik Dhanyabad!!  
Namari Baanche Daiba le saanche arko saal Oregon maa bhetaun laa hai !!!



## NAO PICNIC

# NSS ACTIVITIES AND INITIATIVES 22-23



## Meet Your Nepal Seattle Society's Board of Directors (2022-2025)



We'd love to introduce you to our amazing new board of directors who uphold our mission, and objectives and strive to make NSS more inclusive and transparent.



## OUR NEW BOARD GETS STARTED! | WE APPRECIATE OUR BOARD! SEPT 2022



## NSS GRADUATION PICNIC | JUNE 2022



## NSS PARTICIPATES IN ANNUAL UTSAV MELA | AUGUST 2022



## NSS NEYPVAL

2nd Year Team



SUBEKSHYA



PALINA



SHUBHECHHA



SHRADDHA



SWONIGA



DOLMA



## NEPALI PICNIC OF WA | AUGUST 2022

## NSS NEYPVAL (CDC FOUNDATION GRANT / HEALTH TEAM) 2ND YEAR | AUGUST 2022



# NSS ACTIVITIES AND INITIATIVES 22-23



**WA DEPARTMENT OF HEALTH RECOGNITION | OCT 2022**



**LET'S TALK #KURA WITH DR. SHRADDHA KAKSHAPATI | JAN 2023**



**PING PONG TOURNAMENT | JAN 2023**

**NSS BOARD TRAINING WITH KING COUNTY PUBLIC HEALTH AND PROFITABLE NONPROFIT | APRIL 2023**



**LITERARY EVENT | MARCH 2023**

# NSS ACTIVITIES AND INITIATIVES 22-23



**SEATTLE FC AND NSS'S YOUTH SOCCER CAMP 2022**



**NEYPVAL TEAM PARTICIPATES IN SEATTLE FC DASHAIN CUP | OCT 2022**



**FIRST EVER FIFA TOURNAMENT BY NSS SPORTS COMMITTEE | NOV 2022**

## #KURAKANI

Join our free live webinar to learn about COVID-19 and Flu and ask questions to our distinguished panelists at: [bit.ly/covidflu2022kurakani](https://bit.ly/covidflu2022kurakani)

DATE: 23 October, 2022 | TIME: 7:00 - 8:30 PM



**DR. DIWAKAR THAPA**  
Pharmacist



**JAGADAMBA ADHIKAREE**  
Senior Medical Social Worker



**DR. NITIN THAPA**  
Family Practitioner



**DASHAIN TIHAR CELEBRATION | NOVEMBER 2022**

Join our free live webinar to learn about the new COVID-19 variant and Flu and ask questions to our distinguished panelists at: [bit.ly/covidvariantflu2022](https://bit.ly/covidvariantflu2022)

DATE: 25 November, 2022 | TIME: 7:00 - 8:00 PM



**SONIYA KUNWAR**  
RN, BSN



**JAGADAMBA ADHIKAREE**  
Senior Medical Social Worker



**SHRADDHA KAKSHAPATI**  
Pharm D, RPh

**WEBINAR AROUND COVID-19 AND FLU BY NEYPVAL Y2 TEAM | OCT, NOV 2022**



# NSS ACTIVITIES AND INITIATIVES 22-23



SEATTLE FC AND NSS'S YOUTH SOCCER CAMP 2023



NEPALI NEW YEAR 2080 B.S. | OCT 2022

## Thank You To Our Volunteers!

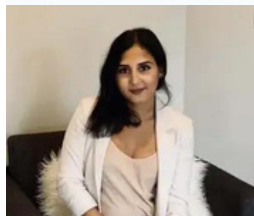
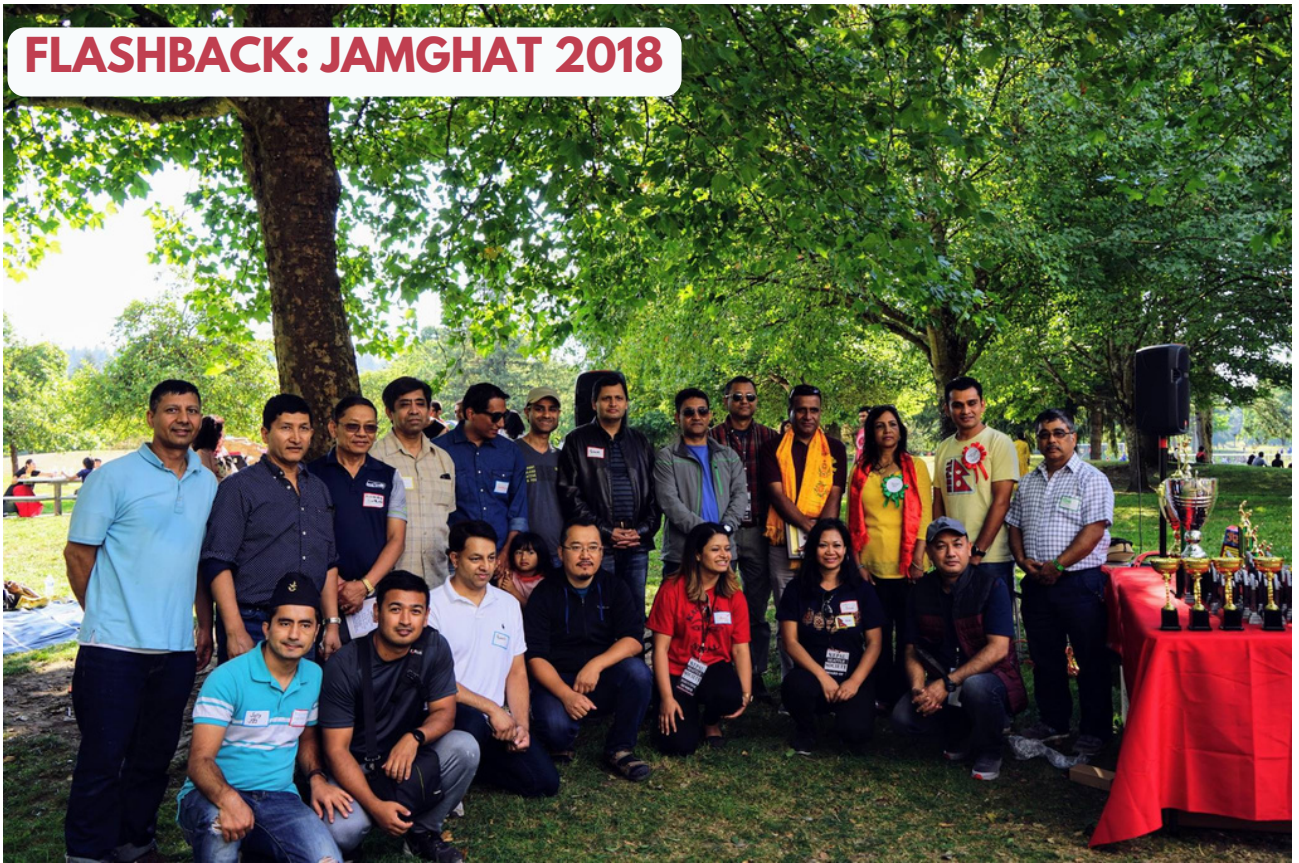






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# NSS ACTIVITIES: SOUTH NEPALI SCHOOL



SOUTH NEPALI SCHOOL ZOO VISIT



NEPALI SCHOOL SOUTH SEATTLE PICNIC



SOUTH NEPALI SCHOOL CULTURAL EVENT



*Holi Festival 2023*

*Presented by South Nepali School, Kent, Wa.*





# SEATTLE NEPALI SCHOOL RESUMES POST-COVID PANDEMIC



Seattle Nepali School resumed in the spring of 2023 with even more enthusiasm after the three-year hiatus due to the COVID-19 pandemic. The school this year had 107 various age group students and provided programs in language, culture, arts, and various other skills. This successful program was supported by more than 25 volunteer teachers and about 49 community volunteers including high school and college students. The Sunday only classes were held at a rented building of Shoreline Community College, which provided an abundant space for students to learn and practice their language skills, music, dance, performing arts, visual arts, and basic IT skills. The school also provided a forum for children to learn and understand the culture of Nepal, conduct research, and present their findings to their peers.

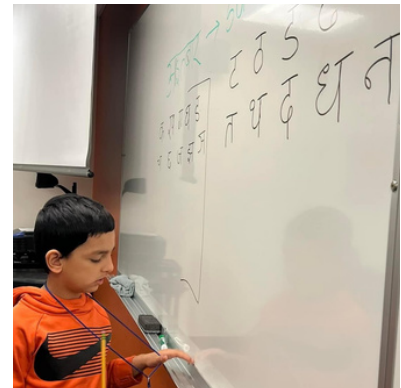
Every year, the school provides opportunities to children of various ages and skill levels to gather, share their knowledge, and experiences, and celebrate their roots together. It is a tradition of Seattle Nepali School to showcase students' learnings and talents including a play in Nepali on stage at the big celebration of Nepali New Year by the Nepal Seattle Society.

In addition to the programs for children, the school also helps in community building by providing an opportunity for parents, caregivers, and guardians to socialize and by offering various resources through talk programs on-site during school hours. The volunteer management team of the school invites experts, resource persons, and community leaders to deliberate on topical issues of interest and importance for interaction among adults.





The Seattle Nepali School is also a forum for young adults to develop leadership skills. The School welcomes former graduates of the school to volunteer at the school and give back to the community. It provides them with opportunities to learn critical management and decision-making skills. The school hopes to continue mentoring high school kids and provide them guidance and positive reinforcement by connecting them with and showing them examples of successful community leaders from the Nepali heritage.



The Seattle Nepali School started in 2010 with a virtuous vision of imparting children of Nepali origin with a broad-based knowledge of language, culture, history, values, and heritage and helping them become successful citizens. Initiated with only twenty students and four volunteer teachers during its first year, the school has now become an epitome of success with an additional Nepali school running in South King County catering to the needs of the growing Nepali population in the South Sound area.

Seattle Nepali School, a fully volunteer-run program with the support of Nepal Seattle Society is a community success story. The School team is fully dedicated and committed and welcomes feedback from everyone to make it even better.

**-Ruby Shrestha and Prakash Dhamala  
Seattle Nepali School**





# NCSBC ACTIVITIES AND INITIATIVES 22-23



**FUSION FESTIVAL,  
JULY 22-23**





# NCSBC ACTIVITIES AND INITIATIVES 22-23



Activities	Time frame	Remarks
Nepali Class beginner and conversation	Sept- June every year	Facilitated by NCSBC led by Nepali class coordinators
Nepali New Year Celebration	April 15, 2023	NCSBC
Earthquake Preparedness Program	May 13	NCSBC Led by Bishnu Pandey
Summer Picnic Event	June 10	NCSBC, Co-hosts: Hindu Buddhist Foundation Canada (HBFC), Nepalese Canadian Women Society of BC (NCWSBC), Nepali Heritage Charity Foundation (NHCF), Canada Nepal Friends Society (CANFACS), Nepal literature Society (NLSC) and Himalayan Soccer
Supported Nepal Embassy Consular service in Vancouver	April 22-23	HBFC, NCSBC and NRN
Fusion Festival- Nepal Pavilion	July 22-23	NCSBC

# NCSBC ACTIVITIES AND INITIATIVES 22-23



Activities	Time frame	Remarks
Food Drive to support new Nepali students	Ongoing (Aug 20)	HBFC, NCSBC, NRN
Jamghat picnic and publication	Ongoing (Sept 3)	Oregon, Seattle and Vancouver
Dashain Celebration	Ongoing (TBD)	
Other supports to Newcomers, community members, community partner organizations	Ongoing (TBD)	Facilitate email communication to reach out to the broader Nepali community.



# NCSBC ACTIVITIES AND INITIATIVES 22-23



## SUMMER PICNIC EVENT





# NAO ACTIVITIES AND INITIATIVES 22-23



**SUMMER PICNIC EVENT**





# NAO ACTIVITIES AND INITIATIVES 22-23

## NAO NEPALI PATHSHALA 2022



With a goal of imparting knowledge and appreciation of the Nepali language to our children and connecting them to their roots and cultural heritage, Nepali Association of Oregon ran 8- weeks long summer Nepali Pathshala in July-August of 2022. Including virtual and in-person classes, a total of 35 students benefitted from the Nepali Pathshala. The Pathshala curriculum included Nepali script and sound system including consonants, vowels, cardinal numbers, and counting as well as cultural education for all ages. Tihar and Deusi- Bhailo celebrated among Pathshala students along with nepali community in Portland was one of the successful events organized by by Nepali Pathshala.

Following hour-long weekly classes taught by volunteer parents, there were presentations and hands-on activities about Nepalese festivals and culture with snacks, and refreshments provided by NAO. We thank NRN Oregon chapter for supporting NAO in proving our students with the Nepali Textbooks and Shute Park Library for providing us with the classroom and projector. NAO is proudly preparing for Fall Nepali Pathshala starting in early September of 2023.



# NAO ACTIVITIES AND INITIATIVES 22-23



## SUR SUDHA TEAM IN PORTLAND



In Collaboration with Portland Baha, NRN OR Chapter, World Class Taekwondo, NAO organized the Sur Sudha concert in Portland on Nov 19, 2022. It is one of Nepal's most renowned musical bands, They gave an amazing and enthralling concert in Portland at the Nekusing Memorial Theater at the Hollywood neighborhood. The Sur Sudha concert was organized to mark the 75th anniversary of the establishment of diplomatic relations between Nepal and the USA. The Sur Sudha team includes Surendra Shrestha (tabla), Raman Maharjan (flute), Sarashwoti Khatri (vocal), Bikas Sunar (guitar) and Binisha Shrestha (tour manager). The gala gathering attended by considerable crowd and ended with exchange of good wishes.

## NRN OR CHAPTER ACTIVITY

On July 23, the immediate past present of NRNA OR Chapter Mr Laxman Darlamee was elected to the position of Board of Directors to the NRNA NCC. A reception and facilitation program was organized on July 26 at the Namaste Restaurant in NE Portland. The gala gathering was attended by all the NRN supporter as well as NAO dignitaries to congratulate Mr. Laxman Darlamee.



# NAO ACTIVITIES AND INITIATIVES 22-23



## EDUCATION WORKSHOP 2023

Every year Education Committee organizes a workshop on college admission and financial resources. The purpose of the workshop is to provide information on how to be prepared for college while in high school and get financial support from different means to support a college education. In 2023, the workshop was organized on April 16th through the Zoom platform. About 100 Nepali-origin as well as other community members from Oregon and SW Washington participated in the workshop. The workshop was moderated by Manisha Shrestha. Sudip Poudyal (School Preparation for College), Swechya Banskota (My Education Journey in the US from Sixth Grade to Residency Intern at the Oregon Health and Science University), Urmila Mali (College Admissions and Requirements), and Pramod Lamichhane (Two Years Community College Education and Career Opportunities) presented wide range of topics (in parenthesis) and participated in the Q&A session.

## NAO EDUCATION PROJECT: CHANGING LIFE OF CHILDREN



Education project is the most priority program of the Nepali Association of Oregon (NAO). It started in 2010 with a seed money \$500 donated by one of the Japanese origin community friends. NAO kicked off to raise fund from the Nepali community members in Oregon and south west Washington for this program same year. The fund-raising drive was immense until 2014, and local community members and its friends in Oregon and other states contributed to this fund very enthusiastically that resulted we were able to make \$15,000 by 2014 for this program. Later on, NAO started to receive Intel volunteer match and donation match since 2015. Beside Intel, Microsoft and other few big companies also matched volunteer hours and donation to support NAO Education program for the last few years.

# NAO ACTIVITIES AND INITIATIVES 22-23



## NAO EDUCATION PROJECT: CHANGING LIFE OF CHILDREN

NAO received \$3,555 Intel volunteer match fund for 2022. The NAO receives match fund through an organization called Benevity.

NAO supported to reconstruct some schools in Nepal that were damaged by the 2015 gigantic earth quake. Also, it supported multiple schools to set up science laboratory, computer labs, library, girls' toilet, early child development education and minor repair projects to multiple public schools during the period 2018 to 2021, it was funded by in financial supports received from our community friends Julie and Stewart. Each micro project cost was ranging from \$1,000 to \$2,500.

The most promising project of the NAO education program is “NAO High School Excellence Award” and, it was the first project under the education program that started in 2010. It is awarded to one of the colleges bound high school seniors from Nepali community in Oregon and southwest Washington every year. The winner of the award is selected based on GPA, essay, teacher's recommendation and extra-activities. The scholarship/award amount was \$500 until 2019. The amount of the award has been raised to \$1,000 in 2020. The total of 14 students already received this award from the beginning. Sudip Poudyal from Salem received this award for the year 2022. The application for this award opens late August or early September every year, and the award recipient's name is announced during Dashain festival party.

NAO begun Nepal scholarship program in 2011. In the beginning, we granted scholarship to one student from each 8th, 9th and 10th grade until 2014. In 2015, we raised the number to 5 from each 8th, 9th and 10th grade. Since last year, it expanded the number to 10 to pick students from 8th grade each year, and they it will be continued for their 9th and 10th grade study consequently. It makes the total number of scholarship recipient students 30 by the next year. Each students receives Nepalese rupee equivalent to \$100 in Nepal. The total number of students to receive NAO Nepal scholarship has been reached to 137 until 2022, and it has been scattered 17 districts in Nepal. The districts include Morang, Sunasari, Okhaldhunga, Sulukhumbu, Mahottari, Kathmandu, Bhaktapur, Lalitpur, Nuwakot, Rasuwa, Chitwan, Gorakha, Tanhu, Kaski, Palpa, Banke and Humla.



# NAO ACTIVITIES AND INITIATIVES 22-23



## NAO'S THANK YOU NOTE AND PICNIC 2023 HIGHLIGHT

NAO annual picnic held on July 29th, 2023 at the Summer Lake Park was a huge success. 105 Adults and 28 Children. The ambiance of the picnic was filled with our community members, beautiful weather, scrumptious food prepared by our community members, and dinner catered through Namaste Restaurant. This picnic would not have been able to happen without the community's involvement. We would like to thank each and everyone for attending the picnic and let's hope we can do this again next year...NAO would like to thank those community family members who brought Nepali Snacks for our lunch. Tara Karki, Srijana Khadka, Nanu Dangol, Goma Parajuli, Apsara Dhakal, Rita Ranjit, Ramila Shakya, Goma Bista Shrestha, Pabi Bhandari, Samrita Thapa Khadka, Lalita Basnet, Laxmi Thapa, Ambika Shakya, Jyoti Shrestha, Sabina Raghubansh, Prem Bhatta for making the Pizza available on time. NAO would like to thank those who brought water, ice, and soft drinks Raju Mali, Ramila Shakya, Rajan Basukula, Nanu Dangol, Sound System: Laxman Daralame: NRNA Board of Director, Birendra Thapa thank you for transporting the sound system to the picnic venue. NAO would also like to thank Nilima Ojha for providing us with Nepali-catered food. Thank you to all the Nepali Business owners and individual community members who came forward and contributed. We appreciate you all very much. • Nirmal and Niranjana Shrestha: \$200.00, Raju and Minu Mali: \$100.00, Gifts from Afar: Raja Shrestha and family: \$50.00, Mouthful Momo: \$200.00, Diwarkar Maharjan: \$100.00, Sita Rai: \$50.00. • Mira Banskota and her sister: \$50.00, Nilima Maharjan: \$100.00, Kush Shrestha: \$50.00, Dinesh Thapa: \$100.00, Renuka Magar: \$100.00 We also had various entrepreneurs from our community talk about their business and it was very nice to see, know and hear that we have such great individual community members leading various business.



# NAO ACTIVITIES AND INITIATIVES 22-23



## NAO'S THANK YOU NOTE AND PICNIC 2023 HIGHLIGHT

The highlight of the picnic was the children's games. Kiran Adhikari, Rajan Baskula, and Prem Bhatt coordinated the games, Here are some of the games we had kids play: Marble and Spoon, 3-legged, and Coin guessing, We also had Tug of War for kids and adults. NAO President Daya Shakya arranged an Art competition for the Elementary school children by coloring a picture representing Nepalese heritage. A total of 20 children participated and for the selection of the best community, voting will be collected at the messenger groups and announce the winner. All the community members dancing and just having fun. I hope you all had fun.

- Ganga Sharma, NAO Secretary

## STARLIGHT PARADE IN PORTLAND, USA

- Dr. Rabin Man Shakya

Portland, (Nepal Oregon News): For the first time in history, Nriya Mandala Mahavihara represented Nepal by participating at the Starlight Parade in Portland on Saturday, June 3, 2023.

There is no doubt that it is an honor for the Nepalese community in Oregon, USA to take part in Portland's Starlight Parade for the first time in the community's history. The Nepalese participation in the Starlight Parade was organized by the Nriya Mandala Mahavihara in collaboration with Seattle-based nonprofit 'Dabuli', the Newah Organization of America - Seattle chapter, and the Nepali Association of Oregon.

Starlight Parade is held once a year as part of the Portland Rose Festival which was launched 116 years ago in 1907. The Mahavihara's participation in the parade showcased traditional and historical art, music, dance, and more. The focus of the Mahavihara's participation in the parade was to expose the culture and traditions of



Newar Buddhism to the city and its people and also to provide an opportunity for the broader public to experience the very rich and unique but often inaccessible traditions of Newar Buddhism. It provided an artistic platform in which not only Charya dances and Charya giti including Pancha Buddha were featured, but it also showcased Living Goddess Kumari, Lakhe Dance, Dhime Baja, and so on. The Nepalese Sherpas were seen walking in their traditional dresses.



During the parade, Dhime Baja was played by Dr. Subhas Prajapati of Seattle-based non-profit 'Dabuli', while Lakhe dance was courtesy of Newar Organization of America, Seattle chapter. Likewise, Raju Mali, founder president of Nepali Association of Oregon (NAO) collaborated with the Mahavihara on the chariot of Living Goddess Kumari.



The participants offered a wide spectrum in terms of ethnicity: Newars (Buddhist as well as Hindu Newars), non-Newars, and American Buddhists. All the Nepalese participants in their traditional Saree and Daura Suruwal were able to grab the attention of the Portland street audience. Judging by the local radio comments, Nritya Mandala Mahavihara's participation at the Starlight Parade was a hit with the Portland community. There were hundreds of positive comments and supportive messages in Facebook posts related to Mahavihara's participation at the historical

Starlight Parade in Portland, USA. Professor of Journalism and Mass Communication at the Tribhuvan University, Prabal Raj Pokhrel candidly made a comment on Facebook: "Preservation of cultural heritage is praiseworthy".



## **NRNA USA OREGON CHAPTER GETS NEW LEADERSHIP UNDER JANGBU SHERPA**

**-Dr. Rabin Man Shakya**

The swearing-in ceremony of the newly elected office bearers of the Non-resident Nepali Association - National Coordination Council (NRNA NCC USA) Oregon Chapter kicked off on Sunday, August 6, 2023, amid a gala function at the US West Coast Taekwondo Hollywood School in Portland.

The chief guest of the swearing-in ceremony was Diwakar Maharjan, a noted Taekwondo Guru and founder president of the Oregon chapter. The NRNA event was presided over by newly elected Oregon chapter chair Jangbu Sherpa. Octogenarian Nepali Portlander Devi Laxmi Maharjan felicitated Nepalese community leaders in Oregon and newly elected chapter office bearers by wrapping traditional Nepali Khata on them. Mr. Jangbu Sherpa was already sworn in as the Oregon chapter's newly elected president at a recent NRNA conference in Chicago. That is why NRNA Oregon's immediate past president Laxman Darlamee gave the oath of office to the newly elected office bearers.

Those who were given oath of office were newly elected office bearers of the NRNA Oregon chapter: Kamal Kumar Shrestha - vice president, Kiran Adhikari - secretary, Nima Ojha - women's secretary, Ranjita Pariyar Ojha - treasurer, Sanad Thapa - chapter youth coordinator, Minu Karki Maharjan - chapter board member, Birendra Thapa - chapter board member and Padam Thapa - chapter board member. Laxman Darlamee, immediate past president and recently elected member of the board of directors of NRNA USA gave away certificates of election to the newly elected office bearers.

Certificates of election were issued by the National Election Commission, NRNA NCC USA. On the occasion, certificates of honor were presented to Raju Mali, Ganga Sharma, Bharat Banskota, Daya Shakya, Suddhodan Ranjit, and Kush Shrestha by chief guest Maharjan.

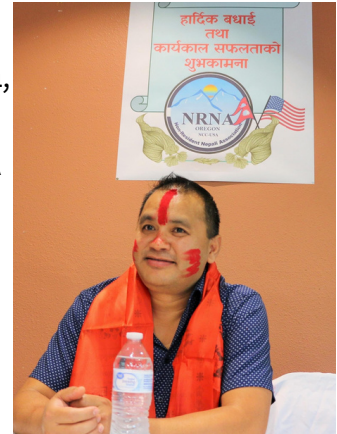
Speaking on the occasion, outgoing chapter president Darlamee threw light on the works done by NRNA and said that NRNA is a formidable global organization.



The newly elected Oregon chapter president Jangbu Sherpa reciprocated the sentiments expressed by the outgoing president and committed to follow the trail blazed by his predecessors.



Also, speaking on the occasion, chief guest Maharjan, community leaders Raju Mali, Ganga Sharma, Bharat Banskota, Daya Shakya, Shuddhodan Ranjit, and Kush Shrestha also stressed the need for further coordination between the NRNA Oregon chapter and Nepali Association of Oregon (NAO). The swearing-in ceremony, which was attended by more than 100 Nepalese Portlanders including NAO activists, NRNA members, and representatives of Nepal Oregon News, was followed by a Nepali-style dinner.





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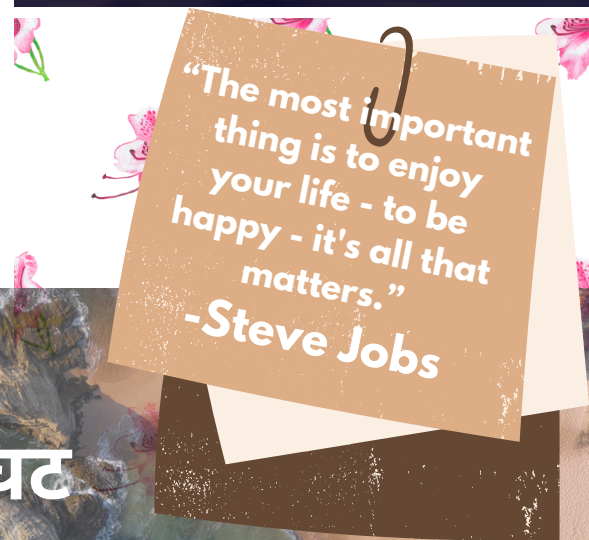
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## LITERARY WORKS SECTION

ISSUE 8



साहित्यिक कृति 

LITERATURE



## मानव बन्न सकेनौ...

एउटा अदृश्य खोजीमा बांडियोँ आज  
हामी जात, भेष अनि रंगमा  
अहमता अंगाली,  
अरुलाई तुच्छ ठहर्याउदै  
आफू उत्कृष्ट बन्ने होडमा हामी सुस्त - सुस्त  
थोपरिएको संस्कार संगै  
धर्मको नाममा कोरिएको परिधिभिन्ने गुटमुटियोँ,  
खै ! कस्ले अनि कहिले उत्कृष्टताको तक्मा दिने  
हामीलाई ?

पुर्खाको बिंडो थाम्दै, अझ भेदभावको खेलमा  
निपूर्ण खेलाडी बन्यौँ  
मानवतालाई भुलेर अहमको सगरमाथा चढ्न  
तल्लिन बन्यौँ  
खुम्चिदै गर्यौँ  
झन् झन् सानो परिधिभिन्ने  
लाग्छ, आज हामी, म अनि तिमी बन्दै बांडियोँ  
समग्रमा भगवान एउटै हो भन्दै  
कोही हिन्दु, बौद्ध, क्रिस्चियन अनि मुस्लिम बन्दै  
टाढीयोँ  
फगत, मात्र प्राप्त एउटा जीवन  
मृत्यु पछिको स्वर्ग पछ्याउदै  
स्वयमको परिधिबाट  
फुत्किन असक्षम बन्यौँ  
उत्कृष्ट कहलिएका जीव हामी मानव  
तर मानव बन्न सकेनौ



-Suraj Ranjitkar



JAMGHAT MAGAZINE INAUGURATION 2015

## गजल "तिमीसँग"

तिमीसँग सँगै खोली, तर्दाको मजा अर्कै।  
सारीको फुर्को तल, झर्दाको मजा अर्कै ॥  
साउनको धमिलो खोला, उर्लिएको भए पनि ।  
हात समाई आलेटाले, गर्दाको मजा अर्कै ॥  
तिमी सँग सँगै खोली, तर्दाको मजा अर्कै ।  
सारीको फुर्को तल, झर्दाको मजा अर्कै ॥  
दुबैका पातला लुगा, छाता एउटै भएपनि ।  
त्यही बेला सिमसिम पानी, पर्दाको मजा अर्कै ॥  
तिमीसँग सँगै खोली, तर्दाको मजा अर्कै ।  
सारीको फुर्को तल, झर्दाको मजा अर्कै ॥  
चट्याङ्को आबाजसँग, झस्किएर आबुइ गर्दै।  
तिम्रा हातले यो अंगालो, भर्दाको मजा अर्कै ॥  
तिमीसँग सँगै खोली, तर्दाको मजा अर्कै ।  
सारीको फुर्को तल, झर्दाको मजा अर्कै ॥



-Ramchadra Sapkota



## जानी नजानी म लेखने गर्छु

जानी नजानी म लेखने गर्छु,  
मनको बह यहीं पोखने गर्छु...

मनभित्र गुम्सीएका भावना,  
निस्सासीएका गुनासा अनी  
कसैलाइ नभनेका आफ्ना कथा  
यसै पानाहरू मा कोर्ने गर्छु...

जानी नजानी म लेखने गर्छु,  
मनको बह यहीं पोखने गर्छु...

काटिएको घाउमा, लगाएको पट्टी,  
पोलिएको घाउमा, शीतल मलम...  
घोचिएको, काँडा निकाल्दाको  
अनुभूती हुन्छ मलाई ...

त्यसैले...  
जानी नजानी म लेखने गर्छु,  
मनको बह यहीं पोखने गर्छु..

खुशीले आकाशमा पक्षी झैं उड्दा,  
दुःखमा मन सुक्ष्म भइ खुम्चिँदा...  
ठूलो भीड मा पनि आफूलाइ एक्लै पाउँदा  
म, आफै भित्र आफूलाई खोज्ने गर्छु ...  
जानी नजानी म लेखने गर्छु,  
मनको बह यहीं पोखने गर्छु...

जीवनमा घटेका तीता मीठा कथाहरू,  
साना ठूला फुकाउन नसकेका गोठाहरू  
खोल्ने गर्छु अल्झीएका भावनाहरू  
मनको बोझ यहीं बिसाउने गर्छु...

जानी नजानी म लेखने गर्छु,  
मनको बह यहीं पोखने गर्छु...

नपचेका कुराहरू यहीं ओकल्ने गर्छु,  
धमिलो मन यहीं संल्याउने गर्छु।  
केलाउने गर्छु मन, यहीं सुल्झाउने गर्छु  
औशीको रातमा, पूर्णिमा को जून खोज्ने गर्छु...

जानी नजानी म लेखने गर्छु,  
मनको बह यहीं पोखने गर्छु...

रूमलिपु हताश हुँदा,  
अनायासै म कोर्ने गर्छु...  
दिशाहिन महसुश गर्दा,  
लक्ष्य यही पहिल्याउने गर्छु।



जानी नजानी म लेखने गर्छु,  
मनको बह यहीं पोखने गर्छु ...

कालो बादल आकाशमा मडारिँदा...  
मेघ गर्जिएर घनघोर बर्षा हुँदा...  
हुरी बतासले अस्त ब्यस्त पार्दा,  
भोलीको नीलो आकाशको प्रतीक्षामा ...

जानी नजानी म लेखने गर्छु,  
मनको बह यहीं पोखने गर्छु...

अनुभूतीको ओछ्यानमा,  
शब्दको सिहानी बनाएर  
भाबनात्मक ओढ्ने, ओढ्ने गर्छु..  
स्वप्निल जगतमा सुटुक्क छिर्ने गर्छु..

त्यसैले,  
जानी नजानी म लेखने गर्छु...  
जानी नजानी म लेखने गर्छु॥



-सुनीता दवाडी

# Avedic Kitchen

- Bikram Vaidya



Chuya means grilling, and laa means meat in Newa Language. Water buffalo or duck chuya-laa is traditionally prepared by stretching the cut meat between two giant prongs on a nala (big fork) and then cooking over an open flame, and only straw (rice, wheat, or barley) is used for the fire so no wood needs to be wasted.



Sometimes straw is not available due to being out of season. Then the meat is boiled and tossed in spices and aromatics; this dish is known as **mana chuya-laa**. The **puka chuya-laa** is prepared by frying meat in an iron pan with oil and then mixing it with spices. In the Newa menu, chuya-laa is one of the most important items; it must be served in almost every feast with samaya-baji.

Grilling and smoking meat over rice straw gives foods a lovely earthy flavor and also delays spoilage. The tender cuts of water buffalo and the unique preparation technique are the biggest secrets in making chuya-laa. This cooking technique holds the moisture in the meat and keeps it soft. Charring meat can be harmful to our long-term health because of carcinogens, so removing any charred portions of the meat is highly recommended. It can be grilled over charcoal with a little rice straw added at the end for a smoky flavor, or over a wood fire, or seared on a griddle pan.





## सामाजिक क्रान्ति (लघु कथा )

एक्लो सन्तान श्रवण कुमार बाबु बितेको तीन दिन पछि नेपालमा पुग्छ |

अन्त्यस्टि गर्न सबै लागे, बाबुको शरीर खरानी भएर नदीमा बिलायो |

त्यही राति पण्डित बाजे सँग भन्यो बाजे समय कहाँ पुगिसक्यो, १३ दिन होइन ४ दिनमै सबै काम खत्तम गरिदिनुस् !

बाजेलाई कुनामा लगेर खासखुस कुरा गर्‍यो, १-२ पेग खाए पछि श्रवणले बाजे लाई भन्यो ल बाजे, बुबा बितेको भोली ४ दिन हुन्छ तपाईं तयारी गर्नुस् पैसा को चिन्ता नगर्नुस् | अर्को १-१ पेग थप्दै अनि फेरि भन्छ हेर्नुस् अबको ५ दिन भित्र सबै पुर्खौली को सम्पत्तिको काम पनि मिलाउनु पर्छ,आमाको बस्ने ब्यवस्था मिलाउनुपर्छ | यति सुनेर बाजे जान्छ |

आमाले आफ्नो छोराको सबै कुराहरु सुन्दै गर्दा, तिनको आँखामा आँसुले भरिएको थियो ! तिनी निशब्द भई एकोहोरो श्रवण कुमारले अन्धो बाबु आमालाई बोकेर हिंडेको तस्बिर हेरिरहेकी थिइन् | भोली बाजे आउँदा छक्क पर्छ, पतिको बिधुवा क्रियामा बसेकी छिन् | छोराको घर सम्पत्ति अधिकारको के के भन्दै थियो ! आमाले छोराको कुरा वास्तै नगरी बाजेलाई हेरेर भनिन्, बाजे नदीमा जाने बेला भयो ! आजको श्राद्ध पनि गर्नु छ साथै एउटा अनाथ नानीलाई पनि खोज्नु छ, यो निसन्तानिलाई यति सहयोग गरिदिनुस् ! यो सुनेर बाजेको आँखा रसायो र माफी माग्दै भन्यो, हस भाउजु !!

यो कुरा सुनेर हिजो देखी सबै हेरिरहेका श्रीमानको आत्मा, खुशी भएर त्यहाँबाट जाँदै गर्दा ती नारीको आँखाबाट जमेको आँसु सलल बगे पछि तिनको अनुहारमा छाएको शितलता देखेर लाग्यो एउटा सामाजिक क्रान्तिको शुरुवात् भयो |

इति श्री



-Ishwor Khosin



## Where I am From

Heaven on Earth

The Shangri-la one dreams of

Serene, mystical and transcendent,

Saturated with laughter and happiness

Overflowing with love and compassion

Filled with care and affection

A divine beauty

Pillar of strength

Rock of support

Never-ending source of power

A continuous source of confidence

A blissful abode with shining light

That is where I am from.



-Ruby Shrestha



## अन्तरंगको यात्रा

यो कस्तो यात्रा हो  
लाग्छ कुनै जात्रा हो  
यत्र तत्र सर्वत्र  
भीडै भीड मात्र  
के थाहा छ ? गन्तब्य कतातिर जान्छ ?  
खै भीडले जतातिर तान्छ ।

जे गर्छ यहाँ सबै भीडैले गर्छ,  
मेरो तिम्रो सबको मूल्य भीडैले तोक्छ  
म भन्छु जीवन नै आफै उद्देश्य हो  
जिउन के उद्देश्य नै चाहिन्छ र ?  
भीड भन्छ ध्येय विना कुन्ती के पो पाइन्छ र?

भीडलाई एकलाउन सकिन्न रैछ  
आफैलाई एकलाउन पर्ने रैछ  
म एक्लिए भनेर फेरि  
त्यही भिडलाई देखाउन पर्ने रैछ

उद्देश्य ठूलो राख, भिड भनी रहन्छ  
यो ठूलो पनि फेरि सापेक्ष रहेछ,  
ब्रम्हान्ड भन्दा छैन ठूलो केही  
मै हू ठूलो भन्छ फेरि अहंकार त्यही

**-Pradeep Poudel**



## दास

हाम्रो मालिक धर्ती हो  
हाम्रो मालिक समय हो  
हाम्रो मालिक युग हो  
हाम्रो मालिक बलिदान हो  
हाम्रो मालिक क्रान्ति हो  
हाम्रो मालिक नायक हो  
हाम्रो मालिक आस्थाको धरोहर हो ।

मालिक नभए  
धर्ती चल्दैन  
समय रोकिन्छ  
युग सकिन्छ  
बलिदान सकिन्छ  
प्रतिक्रान्ति हुन्छ  
आस्थाको धरोहर मर्छ  
हामी नायक विहीन हुन्छौ ।

स्तुति सुनेर  
मन्त्र मुग्ध जनहरु  
स्वाहा स्वाहा गरेर  
आहुति चढाउँदै  
एकै स्वरमा जय जय भन्दै  
मालिकको जयकार गर्दै थिए  
मानौ,  
मालिक मालिकमात्र होइन  
कंसको छेदन गर्न  
कृष्णको अवतारमा  
पुर्नजन्म लिएका भगवान हुन् ।

उ न मालिक थियो  
उ न भगवानको अवतार थियो  
छद्मवेशी ठग थियो  
एउटा नादान खलनाक थियो  
शान्तिको हलाल गर्ने दालाल थियो  
अमुक शक्तिको आदेश पालक थियो  
विकृति र विसंगतिको प्रवर्धक थियो  
आस्थाको धरोहरमा धमिरा थियो  
कसैले त्यसो भन्न सकेन  
किनकी स्तुति सुन्नेहरु सबै  
आसमा बाँचेका दास मात्र थिए ।

**-Rajendra Karki**



## शालिग्राम हुनु !

तिमी यसरी आयौ जसरी आउँछन्  
फागुन चैतमा कर्णिकुरुड कांक्रा  
फर्सी रोप भन्दै  
अनि जान्छन् साइवेरिया विचरणमा।  
या सियाटलमा परेको हिउँ जस्तै  
साँझमा आउँछ र बिलाइजान्छ  
सखारै !

अथवा यसो भनौं –  
कर्कलोको पातमा टल्किएको  
शीतको थोपा जस्तो  
हीरा झैं टल्कन्छ र हराइजान्छ  
निमेषभरमा !  
हो यस्तै यस्तै भयौ तिमी।  
म चाहन्छु तिमी वरपिपल बन  
दुबो बन  
शालिग्राम बन ।  
जुन बन ,तारा बन ,घाम बन  
शान बन ।  
बृन्दाले सरापेको  
बिष्णु बन।  
उसो त

सत्य  
द्वापर  
त्रेता युगसम्म ठीकै हो ।  
कलि युगमा छल गर्नुलाई  
महापाप मानिन्छ  
कठघरामा उभ्याइन्छ  
दण्डित गरिन्छ ।  
अतः बिष्णु भयौभने  
ठान्नु, नर्कको तातो तेलको कराही  
यहीं छ ।  
अब केबन्ने ? प्रश्नले पिरोल्यो भने  
मलाई सोध्नु - तिमी बन्ने शालिग्राम नै  
हो  
ढुंगो, फगत ढुंगो  
देउता भनेर उपहार दिन काम लाग्ने !!



-Yashoda Timilsina



## सफलताको शुभकामना ( बाल गीत)

(सफलताको शुभकामना )२  
बिद्यार्थी भाइ बैनीलाई सफलताको  
शुभकामना  
पढी लेखी तिमीहरु ज्ञानी बन्नु पर्छ  
सानै देखी असल अनुशासित बन्नु पर्छ  
तिमीहरु ममताको खानी बन्नु पर्छ।  
पढ्दै अधिबढ्दै उच्च शिक्षा लिनु पर्छ  
उच्च शिक्षा लिन तिमी धेरै पढ्नु पर्छ  
देशका लागि असल योग्य नागरिक बन्नु पर्छ।  
सफलताको ....  
ठुलो भन्दा असलमान्छे बन्न सक्नुपर्छ  
देशको लागि कामगर्ने अठोट गर्नुपर्छ  
निस्वार्थ र इमान्दार भै  
काम गर्नु पर्छ  
सफलताको .....



-Kul Bahadur Acharya

## Gazal

सक्षम नेताले नै देश चलाउनु पर्छ  
परदेश मा पसिना बगाउनै पर्छ  
हप्ताको ५ दिन मजाले काम गर्यो  
हप्ताको ५ दिन मजाले काम गर्यो  
कमाएको त फेरी , remittance मा पठाउनु पर्छ  
!!  
परदेशमा पसिना बगाउनै पर्छ!!

मानिस सामाजिक प्राणी हो भन्छन  
भन्छन मानिस सामाजिक प्राणी हो  
सामाजिक बन्न यहां, डलर मा donation  
चाहिनै पर्छ  
परदेशमा पसिना बगाउनै पर्छ!!  
कमाएको त फेरी , remittance मा पठाउनु  
पर्छ !!

बुढा बुढी हो , ठाकठुक त परिहाल्छ नि  
अरे यार , बुढा बुढी हो ठाकठुक त परिहाल्छ नि  
तर , Sorry भनि सधै बुढा ले नै फकाउनु पर्छ  
डलर मा donation चढाउनु पर्छ  
परदेशमा पसिना बगाउनै पर्छ!!

आफ्नो रहरहरु त सबै एस्तो नै भए,  
आफ्नो रहर हरु त एस्तो नै भए  
बिदाको दिन बच्चा लाई घुमाउनै पर्छ  
परदेशमा पसिना बगाउनै पर्छ!!  
सक्षम नेताले नै देश चलाउनु पर्छ



- Suraj Gautam

यो Seattle को weather को त के  
कुरा गर्नु  
यो Seattle को weather को त के  
कुरा गर्नु  
बाहिर निक्लिदा सधै raincoat त  
बोक्नै पर्छ !!  
परदेशमा पसिना बगाउनै पर्छ!!  
कमाएको त फेरी , remittance मा  
पठाउनु पर्छ !!

शरीर पनि त चुस्त राख्ने पर्यो  
शरीर ... शरीर पनि त चुस्त राख्ने पर्यो  
बिहान hiking , gym तिर दौडिनै पर्छ  
परदेश मा पसिना बगाउनै पर्छ!!  
यत्तिकै त नहुने रैछ यार  
यत्तिकै त यत्तिकै त नहुने रैछ यार  
Arms बनाउनु भने , टन्न Protein  
पिउनै पर्छ  
कमाएको त फेरी , remittance मा  
पठाउनु पर्छ !!  
सक्षम नेताले नै देश चलाउनु पर्छ  
परदेशमा पसिना बगाउनै पर्छ!!





## “हराउँदै राष्ट्रिय पर्व दसैंको मौलिकता”

लहलहाउँदा जमरा जस्तै  
कतै जनविश्वास मौलाएका छन्  
‘दसैं आउला, खाँउला पिँउला’ भन्दै  
बालालिकाहरू रमाएका छन्  
कसैको मनमा उमङ्ग र  
मोजमस्तीमा जिँउला भन्ने रहर  
कसैको मनमा खडेरी र  
सापटी कोसँग लिँउला भन्ने कहर  
हुनेका लागि मादल जस्तो लाग्छ दसैं  
नहुनेका लागि बादल जस्तो लाग्छ दसैं  
कोही मख्ख पर्छन्— दसैं नेपालीको सांस्कृतिक  
पहिचान हो  
कोही आँखा तर्छन्— यो त ठेला परेका हातको  
अपमान हो ।

इतिहासले भन्छ  
दसैं सामाजिक सद्भावनाको सँगालो हो  
जनमानसले भन्छ  
दसैं पारिवारिक पुनर्मिलनको अँगालो हो  
संस्कृतिले भन्छ  
दसैं सबै नेपाली अटाउने डालो हो  
औकात हुनेलाई उल्लासमय रहेको छ दसैं  
निरीहका लागि उपहासमय भएको छ दसैं  
मालसिरीको राग त उही हो, तर किन किन  
कसैलाई अनुराग र कसैलाई वैराग भएको छ दसैं ।

यो कस्तो विडम्बना !  
दसैं क्रेता र विदेश बिक्रेता भएको छ  
कामको खोजमा पनि विदेश रे !  
पर्यटकीय मोजमा पनि विदेश रे !  
उच्च शिक्षा पढ्न पनि विदेश रे !  
सेना भएर लड्न पनि विदेश रे !  
विदेशी नै लाउन र विदेशी नै खान पर्ने रे !  
पितृलाई वैतरणी तार्न विदेश नै जान पर्ने रे !  
तैपनि देश सम्झेर त आउँछन्  
धन्य ! आफ्नो परिवार भेट्न त पाउँछन् ।



- Madhusudhan Poudel

ए, दसैं !  
तिमीले नै भनिदेऊ न अब  
हामी नेपालीले विदेशी औकातमा किन स्वदेशी चाड  
मनाउने ?  
ए, हिमाल !  
तिमीले नै भनिदेऊ अब  
हामी नेपालीले आफ्नो राष्ट्रिय गौरव र स्वाभिमान कहाँ  
पाउने ?

घँटे भुँडीहरूका लागि  
भेडा र च्याङ्गा तिब्बतबाटै आउनुपर्ने  
साडी हङ्कङ र सिङ्गापुरबाट मगाउनुपर्ने  
लुगा र जुत्ता पनि विदेशीकै बिकाउनुपर्ने  
चरिनङ्ग्रे पाइन्ट अमेरिकाबाट झिकाउनुपर्ने  
चकलेट स्विस र चिज इटालियन खानुपर्ने  
खाद्यवस्तु ल्याउन भारत र मलेसिया जानुपर्ने  
हुस्कीका चुस्की पनि स्कचवाला नै चाहिने  
मनपर्ने वाइन स्पेन र फ्रान्समा मात्र पाइने  
कता कता सिङ्गो नेपाल विदेशबाट पैठारी भएजस्तो  
कता कता सिङ्गो नेपाल विदेशी पोल्तामा गएजस्तो  
राष्ट्रनिर्माताको आँखाले आँसु झार्दै भनिरहेको छ—  
हाम्रो मुलुक किन विदेशीको रङ्गभूमि बनिरहेको छ ?  
विदेशी खाने, विदेशी लाउने  
विदेशी भज्ने, विदेशी गाउने ।

ए, दसैं !  
तिमीले नै भनिदेऊ न अब  
हामी नेपालीले विदेशी औकातमा किन स्वदेशी चाड  
मनाउने ?  
ए, हिमाल !  
तिमीले नै भनिदेऊ अब  
हामी नेपालीले आफ्नो राष्ट्रिय गौरव र स्वाभिमान कहाँ  
पाउने ?

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## FLASHBACK: JAMGHAT 2011





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