



INSIDE THIS  
ISSUE:

Message from ..	1
Interview ..	2
My bundle ...	2
आमाको टेलिफोन	3
Subrat and usha	3
Saisha ..	6
Jackie bhattacharai	6
एउटै लिई सम्मती	7
NAC ..	8
ANMA..	9
NAI...	9
Mother ..	10

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announcements, articles,  
success stories,  
quotations, poems, write  
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## Welcome to ANMA Viewpoints - 17th Edition



ANMA Viewpoints is published quarterly by ANMA and belongs to all Nepali and friends of Nepal. It is one of the many ways to communicate with you, even though writer and reader may not know well each other. You may even find a long lost friend if you share your news with us. This may inform us what is happening somewhere else and keep in

touch with each other. We do encourage all of you to share your news related to Nepal and Nepali, your personal achievements and recognition with us. As a Nepali, we feel proud when someone from Nepal has achieved something significant. Let us also know, if someone is in a need of some kind of help. We share good news but we will

be there for you when you need us. That is why ANMA is here for. Help ANMA when you are strong by being its member or donating to its fund and ANMA will be able to help you when time calls for it. We will make ANMA a better and stronger organization. One man can make a difference. Yes, you can make a difference.

- Editor (Prabhat Pokhrel)

### Message from ANMA President



Every morning as we go to work we think of several things such as how the day is going to be today at the job, was I able to finish the work assignment the way I had intended. Even things like, did I close my garage door or turned off the stove or did I lock the front door? Occasionally, we even go back to close the garage door or make sure things are fine at home. Every day it is something different. But, there is one word always in our mind, consciously or subconsciously, irrespective of where we live, what we do, what ethnic group we belong to, and that word is NEPAL. We all are anxious to know about Nepal every day and sometimes even many times a day and this word is just immortal.

Why are we so anxious about

Nepal when we have decided to come here ourselves? Do we feel guilty about why we came here? Every Nepali has their own version of answer to these questions. But we all share and agree that we just cannot forget Nepal, where we born and/or raised and spent our precious times as a child, adolescents or adult. Sometimes, I personally feel like two sides of Kannchajanga, one side belongs to Nepal and other side to another country.

Just like sometimes we go back home to close the garage door that we probably left open behind to secure our home and get some relief from the anxiety, we also go back to Nepal mostly for a short period of time, but unlike garage door, our anxiousness about Nepal grows even more. As you are reading this, ask yourself a question, "Why

Nepal is always in your mind". Every immigrant whether from Nepal or another country has similar kind of "anxiousness" about the country he or she immigrated from. Many of these thoughts mentioned above are the results of different events such as, separation from family members, close relatives and friends, community and religious events in Nepal, or just because we left our country and motherland. As the saying goes, "Every cloud has a silver lining" or "If there is a problem, there must be a solution". We all are proud to be here in the United States. Just we left Nepal does not mean we can no longer help Nepal or Nepali in the USA or Canada. So how can we do so? Every problem has more than one solution.

- Contd on page 4

## Interview with Dr. Sambhu Panta



Dr Sambhu Panta is a founding and second president of ANMA. He came to US in 1972 and had a training in medicine and preventive medicine. He worked mostly for FORD MOTOR CO, and retired for over 15 years. He as an active life member still joining ANMA meetings. Viewpoints is honored to publish an exclusive interview with him in our newsletter.

ViewPoints - Would you please tell us how ANMA was established and its history in a nutshell?

Dr Pant- Over thirty years ago there were only a handful of people from Nepal in the United States and most of them were living in major cities. There were few students from Nepal in academics as students as well. During Dasain festival, most of us used to gather in someone's home to celebrate the festival and discuss common problems related to Nepal and Nepali in the US.

In 1980, Nepalese from Washington, DC, State of New York, Midwest cities and Canada gathered to celebrate Dasain at Krishna Niroula's home in Washington, DC. During that meeting, the group felt the need of a Nepalese Organization to preserve our culture and identity and to represent us as a group and to have a voice. Since the number of Nepali in the US was in hundreds in each region, we thought it would make more sense to start Nepalese Associations in on a regional basis: eastern, midwestern and western regions and affiliate all of them with a national organization in the future.

ViewPoints- Why you and your friends decided to establish a regional organization rather than a national organization?

Dr Pant: Since it was the first step in forming an organization to represent and protect the interest of Nepal and its people, we wanted to start it in a smaller scale and grow up with time.

View Points- Would you please share your invaluable experience with us about the first ANMA convention?

Dr Pant: Officially, the seed of Association of the Nepalese in the Midwest America (ANMA) was first planted in 1982 at the home of Dr. Padam Pudel, during a Dasain gathering of Nepali from different US cities. Dr. Padam Poudel and Mr. Hari Pande were the first elected president and secretary of ANMA, respectively. It was a modest start but we all felt a sense of accomplishment because the intentions were good. This, you may say, was the first ANMA convention. During that meeting it was decided to have a 2nd and bigger ANMA Annual Conference in Madison, Wisconsin during the Memorial weekend. It was during this conference bylaws of ANMA were drafted, discussed and passed. .... **Contd on page 4**

## My Bundle of Joy - Anita Adhikari

I got in my car, as I was pulling out, the sun was rising, the air was crisp and clean. For January, the sky was beautiful. I was feeling good. It was the day after my birthday, I was heading to work. It was one of those days, where everything seems to be going great! Suddenly, I said, to myself, " Yes, I am so ready to be a grandma". Until last year, when friends used to say, " You will make a young grandma", I used to tell them, " Not quite".

Well, I guess nature was in my favor. My daughter, called me excitedly in February, and said," Mom, I think I am pregnant!" I started screaming, and was overjoyed. I was going to be a nana. (Term that had I learned from my students, when they used to refer to their grandmother). And I was so ready!

I started giving her advices, immediately, but, was careful as well, not to overdo. I would say, " take care, eat healthy, relax, drink lots of water, listen to soothing music, and above all be happy". Behind me, my husband, they would be grand-papa was calmly saying, "" read, read good books, for you and for the baby". So began my journey of nana-hood.

I called Pooja on a daily basis to find out how she was feeling. If I didn't call her, then she would. Things were going really well, for her and her husband. Being a Nepali, Asian /American mom, I so badly wanted to cook and feed her all kinds of food, that she really liked. But, the problem was distance, she lived in Maryland and I lived in Michigan. So I ended up emailing her about certain recipes. I remember shipping her " lychees" one of Pooja's favorite fruit.

Pooja then came to see us in early March. It was wonderful to see my daughter, my flesh and blood, entering " motherhood" and her having a little baby growing inside of her. Pooja had a lovely glow, looked radiant and above, all very happy and calm ! Her tummy was beginning to show, and all of us took turns, in feeling her belly. I felt really happy as well, because finally I could cook for her, her favorite foods. While she was with us, we discussed about the baby, and how they were going to work it out: with jobs, babysitting/ day care and so on. (I had mentioned, sometime back, to both my daughter and her husband; if they were planning in having a baby, then try having one over the summer. ...**Contd on page 5**

## आमाको टेलिफोन

बिहान सबैरे नेपाल बाट फोन आयो, हतारिदै फोन समाउन दगुरे, हेलो को बोल्नु भा हो? हेलो ... हेलो बाबु म आमा बोल्दै छु, छोरा हो ?  
ए आमा, दर्शन गरे है |

चिरिन्जिवी भएस | सन्चै छौ बाबु ?

म त सन्चै छु आमा , त्यहा के कस्तो छ? सबैमा आराम छ?

गाउ घर सबै मा आरामै होला हैन?

बाबु के भनौ खोइ, घर परिवारमा त ठिकै छ, दुइ छाक खान र एउटा टालो लगाउन त पुगकै छ |तर गाउ घर को अबस्था ठिक छैन| तिमि संगै हुर्केकी सुन्तली को अपहरण भएको छ, तल्लाघरे साहु को पसल लुटिएको छ, पिपल चौर स्कुलका मास्टर नानी को हत्या भएको छ के सुनाउ बाबु तिमिलाई, गाउघर आक्रान्त छ, अशान्त छ।

देश भित्र सुबिधा लुटिएको छ, फोन छ, लाइन छैन, तार छ बत्ति छैन, कानुन छ न्याय छैन, धारा छ पानि छैन, के गर्ने बाबु ? तिमि हुदाको जस्तो देश यो देश अब रहेन, यहा त केवल अशान्ति, अन्याय, अधर्म र अपराध मौलाएको छ|विकाश को नाममा लुटपाट छ ,जनताको नाममा मात्र आन्दोलन र बिद्रोह छ|तिमीहरुले पनि देशलाइ पराइ ठान्न थाल्योउ,कहिले पनि फर्कने विचार गरेनौ, कसले बुझ्ने खोइ?

आमा .....आमा .....भैगो आमा यो देश को कति चिन्ता गर्ने| संधै हत्या र बलात्कारको खबर सुन्दा सुन्दा म त दिक्क भै सके ,केहि सुनौ र बुझौ जस्तो पनि लाग्दैन अब त | त्यहा अब बाँकि नै के छ? केवल पाखण्डी र डकैत हरुको वर्चस्व छ ? अल्छी र गफाडीहरुको जमघट मात्र छ |मलाई अब त आफु नेपाली हु भन्न पनि शरम लाग्न थालिसक्यो| आमा छोडिदिनुस यो सब ....|

बाबु ..बाबु के भनेउ छोरा? हो यहा खराब छ तर सुधानु पर्छ |यो देशमा हाम्रा पुर्खाहरुको मेहनत छ ,बलिदान छ| यो देश खराब होइन बाबु ,यहा त स्वार्थी हरु खराब छन्, केवल स्वार्थी हरु| यो देशको सुन्दरता हेर , यहाको परम्परा हेर, कला र संस्कृति, जाति भाषा र भेष हेर, के छैन ? के को कमि छ यहा? देशमा एउटै खाँचो भनेको मेहनति र परिश्रमी हात को खाँचो छ, यो देश लाइ माया गर्ने यौटा निष्ठावान नागरिकको खाँचो छ, मात्र तेती खाँचो छ।

हो आमा बुझे, तर त्यस्तो महामानव कहा पाइन्छ ?

- Contd on page 7

## Subrat and Usha - Congratulations on your achievements



Subrat son of Raghu and Gayatgri Acharya and Usha daughter of Madhav and Neera Adhikary are still in schools and enjoying their childhood. But they already have done something extraordinary to make Nepali community proud. They were selected to represent their schools' academic team for mathematics and science Open Response Questions. Only 6 students in Fayette County Lexington public school district were chosen. Subrat Acharya was chosen from his Liberty Elementary and Usha Adhikary was chosen from her Julius Marks Elementary schools. They both got 4 years scholarships to University of Kentucky, KY.



## Nepali Community News News from Chicago

Chicago Nepali Friendship Society (CNFS) successfully organized the nepali new year event on Apr 17th 2011. The main highlight of the event was the live performance of popular bands from Nepal (including Karma band)

Next month June marks the completion of 5 yr anniversary of the monthly temple puja at Radheyshyam Temple in Bloomingdale, Illinois. This monthly temple puja event is held every first Saturday of the month. Along with puja conducted by our nepali pujari, pandit Tulsi Ram Sharma, devotees also take part in bhajans and pravachans, ending the event with Prasad ( prepared by devotees) If you are in town and if it happens to be the first Saturday of the month, don't forget to visit temple between 1030am to 2pm.

## Mark Your Calendar

June 4th 2011, 1030am to 2pm - 5th Anniversary Puja at Radhey Shyam Temple, Bloomingdale, Illinois . For details contact : [info@nepaliamericancenter.org](mailto:info@nepaliamericancenter.org)

June 19th 2011 - 2pm to 6pm - NAC Townhall Meeting , Evanston Public Library, Chicago, IL

Aug 20th Saturday - 3rd Annual Nepali Mela, Skokie, IL

Sep 2-5th 2011 - ANMA/NASeA Convention in Atlanta Georgia

EVER HEARD OF CHICAGO CHAUTARI TIMES ( monthly chicago community newsletter) ?

Go to:

[www.peopleofnepal.com](http://www.peopleofnepal.com) to read the previous articles. Contact [peopleofnepal@gmail.com](mailto:peopleofnepal@gmail.com) if you would like to be in touch.

## Interview with Dr Pant - Continued

This has become a living document since then.

**ViewPoints:** You Dr. Pant and your lovely wife Mrs. Pant have a long working history with ANMA. You as a past ANMA President and both of you as founding members of ANMA, do you think today's ANMA is working as you had envisioned 30 years ago?

**Dr Pant:** Thirty years ago, ANMA was like a big family, probably because it just had started and number of members was not big as it is today. Then the organization worked like a family to bring members closer and encouraged cooperation amongst its members as well as with their communities.

Today, I think ANMA has spread its wings as we had dreamed of 30 years ago and its activities have grown significantly in the right direction. This is the result of unselfish dedications of fellow Nepali and past and present ANMA qualified leaders. In the early 90s, ANMA started Nepal America Council, an umbrella organization of all Nepalese Organizations. Nepal America Council was one voice of several Nepalese organizations in the United States. Credit for this goes to Dr. Prahlad Pant.

In my view ANMA was started with the felt need of all its members at that time, which since then has been growing and expanding with cooperation and coordination with sister organizations, and learning from each other.

**ViewPoints:** You have done so many good things for ANMA and different communities and thank you for your dedications and contributions. May I ask you to share one thing or experience with us or any advice for us, what that would be?

**Dr. Pant:** I am honored. Thank you, Ankurji for your kind words. I think in view of the tremendous growth in the number of our members representing different ethnic communities, we should make all the effort to make our executive committee that leaves no one ethnic community behind and represents each one of them. The present ANMA team under the leadership of Rajendraji (Rajendra Khatiwada, ANMA president) leadership has done an excellent job accomplishing this and also in expanding its programs to help members of different communities. His focus to increase the ANMA life membership tells me that he is farsighted and is thinking in the right direction.

Congratulations to you all! I Wish ANMA continued greater success in future.

**ViewPoints-** Thank you supporting ANMA Pride. We know you have been attending several conventions and meetings in your active professional as well as retirement life. We appreciate the dedications and passions you, your wife and other family members have made to bring ANMA where it is today.

## Message from ANMA President - Continued

Here I have some advices on how you can make a difference in the Nepali community, here and in Nepal and at the same time be proud to be a Nepali living in the United States of America.

Start as volunteer or member of local Nepali organizations. When you start as a volunteer you will find yourself with the Nepalipan. Whether you like the Neaplipan or not it is there. There are many Nepali friends I know that are involved in these organizations serving as officers or just as volunteers. They work for free. There is no tangible benefit to them. I usually ask them why you are in this organization and they reply it gives them a mere joy. They can make Nepali friends and talk Nepali and about Nepal. If there is no time for volunteering, come and participate in our convention where you can find the closest thing to Nepal and Nepalipan.

Some friends ask me what benefit I can get becoming member of ANMA? My answer has always been that ANMA is a non profit organization so you do not expect any tangible benefit but we try to take you closer to Nepal and the Nepali community. As J.F. Kennedy said "Do not ask what your country can do for you, but ask what you can do for your country".

Show your generosity that helps to create a bridge between Nepali communities that can envision and create new possibilities for our future. You can help support to keep our culture and heritage. If we act alone these things are not possible. We all know united we stand and divided we fall. Help each other like you would do to your country.

Remember: Once you are Nepali you are always a Nepali, so let us do something good for Nepali and Nepal.

Thank You. **Rajendra K Khatiwada (Georgetown KY)**

## My bundle of Joy - Continued

As a teacher, I could help them out almost three months). But now it got me thinking. What do I do? How can I help? Coming from a culture, where you are really well looked after, when you become a “sutkeri” by your mother-in-law and parents. I could not provide them the same kind of care that I had received, when I was pregnant with Pooja

Pooja is a first generation Nepali/ American. Unfortunately, we do not have any family members around where she is. They do have great friends, though. I knew that it would be difficult for me to take time off from school, to help her out, since the due date was first week in September. That is when schools start, and for me bonding with my preschoolers, and kindergartners is crucial, those first few weeks. So I was thinking, maybe, just maybe, taking at least a week off, and trying to help. ( that is if I was lucky to get some time off, right at the beginning of a new session).

I am extremely passionate about my job. I love to teach, especially young kids. They are like sponges. Their hearts and minds are so pure. They are brutally honest, that is what I love and admire. We teachers, have a tremendous responsibility towards our students; to guide them and mould them into becoming a good, and caring person. I would joke with my family and tell them, that I would never retire. I love what I do, and to me my classroom was my meditation center ; Montessori classrooms are peaceful! Until one day, it got me thinking.....why did we migrate to the US? It was mostly to provide a better opportunity and future to our children. So, it was then, that I decided to take time off, from work and help them out, at least those first few months!

I decided to quit my job and try to help them out in any way I could. I have taught for three decades. Maybe this was my calling. I was fortunate to take time off for a year. My boss was very understanding.

(The principal of the school that I worked for, was extremely kind. When I went to tell her about my decision; that I might not come back. She gave me time off for a year. )I have not gone back to teach for six months now, but, have not missed it at all. Our lives have changed, with our grand daughter being born. **She is my bundle of joy.** I came to Maryland to help out my daughter, right before the baby was born! Seeing this tiny infant being born, her entering into this amazing universe, crying and her eyes, observing everything, since the minute she was born was priceless! What an incredible gift my daughter had given us! I went wild and was taking pictures like there is no tomorrow. To finally hold this beautiful, grand-daughter, all wrapped up in the hospital blanket was my biggest bundle of joy! I am enjoying helping out with my lil one, as often as I can, tremendously.

Playing a nana’s role is simply the best gift any one can ask for. For now, I have a lot of patience, am wiser, my two daughters are my biggest educators, I have learned such valuable lessons about life through them, that I have become a better person. I am careful not to overdo with my lil one. I respect and admire and love my daughters and her husband’s parenting skills. It is because of them that Shreeya , our joy, is the way she is; very calm, content and overall a very happy baby. They are careful, in everything they do and say, because Shreeya is listening, and watching and learning continuously. I am confident that they are good role models; they are doing fabulous works for the community and globally as well, I might add. Seeing all of this from a young age, she definitely will grow up to be a compassionate person. Shreeya will see her parents working hard and will learn all about integrity, perseverance and above all love.

As for me the nana, I am careful not to over-indulge her with too, many toys and gadgets, instead, I spend great deal of time reading and talking to her. We are taking her out for walks and introducing to her the beauties of nature, the little buds that are sprouting in the Spring, the ducks and geese, the chirping of the birds, the stubborn yet exquisite plants that grow out of rocks and cracks, the sun rising and setting, the clouds....

I am actually just waiting for my bundle of joy to point to me a birds nest that she has just seen and have wonderful discussions on life and Mother Earth. I am eagerly waiting to tell her stories about my childhood, how we lived, and what simple toys we had, and how things have changed, from living in an extended family, where we did not need friends; as we had our siblings and cousins. What all I learned from my grand parents, and how I can pass on the rich cultural traditions that I learned from my mother and grandparents, that we exposed our children to. What I liked and did not like and how she could make an improvement in. I have become more aware of life’s simple pleasures by watching Shreeya grow.

Every day is a victory for her! It is beautiful to laugh with her, read to her, feed her, bathe her, and sing to her. She is beginning to mimic us. I am enjoying listening to her and carefully looking her in the eye and being present for her!

- Anita Adhikary (MI)

### ANMF Convention Announcement

America Nepal Medical Foundation (ANMF) is holding its annual conference in Washington DC area ( by Dulles Airport) during first week of June,2011. Meeting is open for public once they register themselves. For more information, visit:

<http://www.anmf.net/conventions/information.aspx>

### Saisha Singh - Award Winning Young Writers of America



On April 13, 2011, the Illinois Principals Association of Lake County, organized a "Student Recognition Breakfast" at Vernon Hills High School. A total of 48

schools participated on the occasion from the entire Lake County and two outstanding students from their respective schools were chosen. From Saisha's school there were 8 nominees, she and another fellow student were chosen based on the voting done by the entire faculty and staff of the school. Saisha being a very good reader takes a keen interest on writing too. She participated in an open poetry contest of the 2011 Midwest Regional Young Writers of America Student Poetry Contest and emerged as one of the winners. Her poem "The World I Live In" will be published in "Award-Winning Younger Writers of America". We as parents of Saisha are deeply humbled by all the best wishes we have received and hope she continues to strive for more and makes the Nepali community proud.



### Nepali Community News News from Michigan

Dr. Khagendra and Mrs. Rajani Thapa, their two sons and daughter from Big Rapid, Michigan, invited several Nepali family for a gathering and it was Rajani's birthday as well. Happy Birthday to Mrs Rajani Thapa

Mr. Dhruba and Mrs. Anita Shrestha from Saginaw, Michigan, invited several Nepali friends to their home to celebrate Nepali New Year 2068. Thank you Dhruba and Anita ji for hosting 2068 New Year at your home. They always put their children before their own interest when it comes to their education. It is paying off now. Congratulations to Shrestha family for sacrificing your interest for the sake of children and putting them on the right tract to be good Nepali American citizens. That is what Nepali and Nepal is about.

Dr. Dinesh and Mrs. Indira Koirala will soon have a new Buhari in their house. Congratulations to both of them.

Mr Prabhat Pokhrel and Mrs Anita (Kanta) Pokhrel along with their daughter Sophie are proud of their son and Sophie's older brother Anoop Jay Pokhrel, who is an elected president of Coalition of Indian Undergraduate Student (CIUS) at the Michigan State University (MSU). Annually this organization performs a cultural program (Satrang) at the Wharton Theater of MSU, where Broadway shows are performed. This year under the leadership of Anoop and many young talents, Satrang was a hit. Also dancing in Satrang was Karishma Thapa from Big Rapids, MI, Neelu Wagley from Wixom, MI and Sophie Pokhrel from Grand Blanc, MI. Congratulations to these young students and trying hard to keep their culture. If you are wondering how come a Nepali became president of an Indian club (CIUS), because of exposures of Indian students to different cultures and their open mind and heart. This is **why we are proud of America.**

### Jackie Bhattarai - A Success Story



WARRENSBURG, MO (April 15, 2011) – Recognizing the outstanding students in the senior class, the University of Central Missouri has named Jackie Bhattarai, a psychology and Spanish major from War-

rensburg, Mo., and Andrew Stallmann, a actuarial science and mathematics major from Washington, Mo., as the 2011 recipients of the prestigious Charno Award. The awards are presented annually to the top male and female members of the senior class at UCM.

Bhattarai is the daughter of Keshav and Meena Bhattarai of Warrensburg. Stallman is the son of Donald Stallmann of New Haven and Rebecca Frick of Washington.

As a student at UCM, Bhattarai has been

a member of the National Society of Collegiate Scholars and The Honors College, serving as a peer mentor and orientation leader. She has served as a senator for the Student Government Association, president and secretary of the UCM chapter of the National Honor Society in Psychology-Psi Chi, as well as vice president of the Psychology Club. Bhattarai has been a member of Sigma Sigma Sigma sorority for 4 years, serving as education chair and Panhellenic delegate, and is a member of the Order of Omega, which recognizes the academics of the top three percent of Greek students. She served as social coordinator for the Nepali Student Association on campus and was crowned UCM Homecoming Queen in 2010.

In addition she has been involved in many charitable causes within the community, including raising donations for the City Union Mission and serving dinner at the Warrensburg Veterans Home. She has maintained a cumulative grade point average of 4.0. For more news, visit :<http://www.ucmo.edu/news/charno.2011.cfm>

## आमाको टेलिफोन-Continued

छोरा ध्यान दिएर सुन बाबु, राम्रो आँखाले हेरे राम्रै देखिन्छ, राम्रो कानले सुने राम्रै सुनिन्छ। फरक यति हो कसरि हेर्ने र सुन्नेमा भर पर्छ। हरेकले कमाएको ज्ञान, शिप र बिबेक समाजको लागि समर्पण गर्न सके, एक अर्कामा पारस्परिक सदभाव र सम्मान लिन र दिन सके समाज छिटै माथि उठ्छ। यसो गर्न कुरा काट्ने र खुट्टा तान्ने प्रवृत्ति को अन्त्ये हुनुपर्छ, अनि मात्रै राम्रो देखिन्छ, राम्रो सुनिन्छ। यहा तेस्तो भैरहेको छैन बाबु, यहा त तिमीहरु आफ्नो बिद्वताको घमण्ड गर्छौ, अनपढ र अबुज हरु लाइ ज्ञान सिकाउनु भुझाउनु को सट्टा उनीहरुलाई नै आफ्नो स्वार्थ पुरा गर्न उपयोग गर्छौ, अनि कसरि हुन्छ ?

को भन्दा को कम को खेलमा नै तिमीहरु रमाउछौ। तिमीहरुमा नै सबै भन्दा बढी आडम्बर, रवाफ र प्रतिस्पर्धा छ छोरा....। बिदेशमा बसेर ज्ञान गुण लिएर स्वदेश फर्कोला र यो देशको सेवा गरौला कि भनेर पो तिमीहरुलाई पठाएको। खोइ के गर्दै छौ यतिका वर्ष सम्म ? खान, लाउन र यौटा जीवन धान्न त कसैलाई केहि पनि चाहिन्न बाबु, यहा पनि चलेकै छ, न बिदेशिनु नै पर्छ। तिमी जीवन, तिमी बिद्वता, र संस्कार परिवार को लागि मात्र होइन, समाज र राष्ट्र को लागि पनि हो बाबु, यो कुरा तिमीले बुझ्ने प्रयास कहिले पनि गरेनौ, दुख लाग्छ।

यो देश को इतिहास तिर फर्केर हेर त, हाम्रो इतिहास कति बिशाल छ। सिता जस्ता शृंगारहरु यही देशमा जन्मे, बुद्ध ले शान्तिको मुहान यही देशमा पैल्याय, अरनिको जस्ता कलाकारले हाम्रो कला र संस्कृती जगाए, बिर बलभद्र जस्ता बहादुरहरुले यो देशको इज्जत बचाए। वर्तमान तिर हेर्दै जाउ, अनुराधा कोइराला हरु यही देशमा हज्जारौं बेचिएका चेली हरुको उद्धार गर्दै छिन, बिष्णु श्रेष्ठ जस्ता आटिला छातीहरु हाम्रा छोरीहरुको अस्मिता जोगाउँदै छन्, दिप प्रसाद पुन जस्ता बहादुरहरु लडाइको मैदानमा नेपाल लाइ चिनाउँदै छन्। हामीमा अहिले पनि के कमि छ भन त? त्यो तिमीपनि त हुन सक्थेउ? तर खोइ तिमी कहा छौ? कहाँ छ तिमी जिम्मेवारी ?

मैले सुनेको छु फेसबुक मा बसेर बुद्ध को जन्म थलो तोक्छौ रे, राष्ट्रिय एकता को को नाममा निकै संगठन र जमघट पनि गर्छौ रे सगरमाथाको बयान पनि खुबै गर्ब साथ गर्छौ रे। तर बाबु यौटे कुरा बुझ, यो तब सार्थक हुन्छ जब आमाको बेदना र चिच्याहट रोकिन्छ, जब बुद्ध को शान्तिको संदेश र सगरमाथाको उचाइले देश भित्र प्रवेश पाउछ। होइन भने यी सब कुरा हरु मिथ्या हुनेछन्। तिमीहरुको प्रयास गोहीको आँशु सिवाय केहि हुने छैन। भाबी सन्ततिहरुले तिमी देशलाई नक्सामा मात्र देखे छन र कहिले पनि शान्ति अनुभव गर्न पाउने छैनन। तेसैले निष्ठा जगाउ र देशको लागि केहि गरु भन्ने प्रण गर होइन भने छोरा, यो देश लाइ त्यो आडम्बरी शिक्षा र सम्पति को आवश्यकता छैन, न मैले जन्माएको छोराको आवश्यकता नै। मलाइ गर्ब छ हामि सग अनुराधा र विष्णु श्रेष्ठ हरु रहे सम्म हामि सुरक्षित रहने छौ, र यो देश को शिर उचा रहने छ। बाबु, देश र जनता लाइ गाली गलौज गर्न छोड, एक पटक छातीमा हात राखेर देश तिर फर्केर हेर। सक्छौ भने कर्तव्य बोध गर, तिमी देश ले तिमीबाट धेरै आशा गरेको छ। ज्ञान र सिप बोकेर मातृभूमि फर्क, यही कुरा मनमा राखी राखे बाबु अरु के भनु।

बत्ति जानै लाग्यो, अब फोन राखौ है छोरा, फेरी कुरा गर्दै गरौला। इश्वरले सधै तिमी रक्षा गरुन, शुभ आशिर्वाद।

सुशील राज शर्मा  
केन्टकी, यु.एस.ए .



## एउटै लिई सम्मती

मेरो देश म भित्रको  
हृदयको यो प्राणको  
धुक्छुकी।

मेरो देश सगर्व बस्छ मुटुमा बोकेर यो  
ढुक्छुकी ॥  
मेरो पाउ जहाँ गएपनि उही नेपाल सम्झन्छु  
म।  
मेरो पाउ जहाँ भएपनि सधैं नेपाल चम्कन्छु  
म ॥  
मेरो जीवन भन्नु नै मनुजको सम्झेर नानी  
सधैं।  
मेरो जीवन भन्नु नै छ मनको तडपेर नेपाल  
नै ॥  
मेरो घाउ 'गरिव' हो र म यता बिसैर आफ्नो  
घर।  
आएको छु परन्तु घुम्छ मनमा नेपाल नै  
झल्झल ॥

मान्छे भित्र पवित्र प्रेम छ भने यो विश्व  
संसारको।  
नेपालीहरु झैं छ को र दुनिया यो देश  
नेपालको ॥  
मान्छे रन्छ प्रकृतिमा तर कहाँ निर्वाद  
नेपाल हो।  
मान्छे गर्दछ स्वर्गको पनि कुरा त्यो स्वर्ग  
नेपाल हो ॥

एकाकार भएर लग्नुछ अब नेपाल सम्झिकन  
।

यो आफ्नै घर सम्झिएर दिनहुँ चाँजो  
मिलाइकन ॥  
आस्थाको ढुक्छु बढाउन सके संस्कृति  
मौलाउला।  
हाम्रा यी सपना हिमालय हुदै सर्वत्र फैलाउला  
॥

नेपालीपन भुल्न हुन्न कहिल्यै हाम्रो छ उँचो  
शीर।

नेपाली मन डुल्न पर्दछ सधैं मानेर  
आफ्नै पीर ॥  
बढ्नु पर्दछ देश बाहिर हुने हामीहरु छौं जती  
।  
भाषा जाती र धर्म भेदक नभै एउटै लिई  
सम्मती ॥

- राधा पौडेल

## Need for and Introduction of Nepali American Center (NAC) in Chicago

We Nepalese immigrants in the United States have founded a few organizations to perform social, cultural and charitable events and religious festivals. First generation Nepalese immigrants led and guided these organizations so far. With steady increase of Nepalese in the country including Chicago in the last 15 years brought new hopes for bigger, vibrant and stronger Nepali community. Nevertheless we continue to face many different challenges.

Having an ability to live harmoniously with people from other cultural background, we are living far and wide places based on suitability for jobs, individual interest and affordability. Dispersed living like this is inconvenient for families to meet with each other frequently and create environment for stronger Nepali unity. Lack of such environment causes reduced opportunity for children to learn various Nepalese social etiquettes, cultural values, conversational Nepali language and many more.

Many second generation and most of the third generation members generally are not clear of Nepalese social and cultural background, reasons and values of various functions observed, etc. or unsure what actual Nepalese cultural practices and values. They lack this and hence are not brought by of the same age group Nepal. In addition, most of them do not know reading and writing Nepali language, some even cannot speak. However it is not their fault.

Unavailability of a common center or facility for Nepalese is one of the main reasons for the above problems. This also causes for continued reduced interaction among families, gradual deterioration in practicing Nepalese traditions and cultural functions commonly practiced in Nepal, etc. Indirectly it has contributed to weakened family and social bonds as there exist limited social orders to abide by individually. Absence of common center also prevented collection of literature, historical and cultural artifacts, natural paintings, etc. and put together for general use to help younger generation and non-Nepalese to learn and know about Nepal and Nepalese.

Although there exist some similar social, cultural and religious events conducted at facilities around where we live, we should not be just be satisfied in using those built by others. Visiting temples built by Indian communities for religious purpose or performing cultural events and desperately try to find a facility every time to organize an community event, such as celebrating Dashain that demands larger space for larger community gathering, etc. can no longer be considered right. We must seriously understand our responsibility for depriving our own children from learning the values of our culture and heritage due to lack of our common place. These are most serious limitation and drawbacks in our community that has caused for gradual loss of Nepalese self identity in this new country.

Nepalese community leaders have realized that people from other communities from a different country or from a particular social or cultural background have in this country, united and established centers common to all of them in Chicago and elsewhere. Those centers provide broad range of services as well as open opportunities for people of all ages. Those centers help maintain their culture and preserve their identity.

We should not let our identity to disappear in this country. Establishing a common center in the past was not possible due to small number of Nepalese as well as need for large monetary contribution required for such a mission. This situation has changed now greatly. We have grown in number and also our economic strength is getting better compared to just a few years back. Now is the demand of the time for all of us in the community to unite to solve all the above issues. In a cosmopolitan society like Chicago where so many other came and survived, remained and thrived and cared and contributed to build a community of diverse culture, it should be possible in our case also. We should sacrifice our time and resources to establish a center to maintain our social, cultural, and religious identity in this country by following others example.

It is easily possible if we unite and take necessary steps to fulfill the desire of elder generation. It is our duty to build a common place which all of us can call it our own and fulfill our responsibility to our children. We need to pass the value of our culture to our younger generation with serious effort and commitment.

**Continued on page 10.**



## ANMA News Update

1. ANMA life membership campaign is going on. Let's welcome our newest life members.  
Prabhat Pokhrel (MI), Sushil Sharma (KY), Devi Bastola (IA), Radesh Pandit (IA), Gopendra Bhattarai (IN)
2. Mrs. Sarala Pandey from Columbus, OH is heading our Regional Cultural Committee. If you need any kind of help and support to organize Nepali cultural event please contact her.
3. Mr Gopendra Bhattarai from Carmel, IN is leading our ANMA e-library committee and working in e-library design and development.
4. ANMA pledged small symbolic support to Japan Earth Quake and Tsunami Victims through NRN NCC of America
5. ANMA was crucial to help Nepali Association of Indiana to register the organization. Thanks to Mukesh Singh from Columbus OH (immediate past president of ANMA) for drafting By laws.
6. Newly formed ANMA By-Laws Committee is working to make some necessary amendments in ANMA present by laws.
7. ANMA Regional coordinators are reaching with local and state level organizations to learn and help in their local events and program.
8. Nepali American Center is reaching to the Nepali organizations and people spreading the message of center and doing the planning work to establish a center in greater Chicago Area.
9. ANMA/NASeA -2011 (Atlanta GA) convention preparation is underway. Our Treasurer Dr Bishnu Phuyal from IL and our Executive member from IN, Mr. Gopendra Bhattarai are co-chairs of the convention committee and other committee members are helping tirelessly to make the convention successful.

## ANMA Viewpoints Quarterly Newsletter

Please submit your article or news/ views around your community to the ANMA Secretary -  
sushishma@gmail.com

## News Flash : Survival Guide for newcomers in US

NRNCC of USA in collaboration with ANMA has prepared a book for a newcomer in US. It is a wonderful survival guide for new comer and coauthored by two experienced friends of us Ms. Anita Adhikari and Balkrishna Sharma. It is a bilingual book in nepali and English. It is translated by Dr. Gobinda R Bhattarai at TU in Kathmandu. Currently book has been in a press in Nepal. We would like to distribute to various parts of US through local organizations and also through US embassy in Nepal at no cost.

## You are Invited

Nepalese Association of Georgia (NAG) is hosting 8th joint convention of NASeA/ANMA in Atlanta, Georgia, during Labor Day Weekend, Sept 2-5th at Hotel Marriott at Century Center.  
With our open arms, we invite you to participate in this vibrant and bustling convention.

## नेप्लिज एसोसिएसन अफ इंडियानाको प्रथम साधारण सभा सम्पन्न, गोपेन्द्र भट्टराई अध्यक्षमा निर्विरोध

९ अप्रिल फिसर इण्डियानापोलिस इण्डियाना राज्यमा वसोवास गर्दै आइरहेका नेपालीहरु नेप्लिज एसोसिएसन अफ इंडियाना नामक संस्थाको छातामुनि एकतावद्ध भएका छन् । इण्डियाना राज्यमा विधिवत् दर्ता गरी आयोजना गरिएको प्रथम साधारण सभामा निर्वाचन साँस्कृतिक कार्यक्रम तथा कविता वाचन तथा साना साना भाईवहिनीहरुका लागि प्रतियोगितात्मक खेलकूदको समेत आयोजना गरिएको थियो । कार्यक्रमको प्रथम चरणमा सम्पन्न साधारण सभामा संस्थाको आवश्यकता किन पर्यो भन्ने विषयमा जानकारी दिँदै संस्थाको जन्मका लागि वनेको वातावरणको चर्चा गरिएको थियो । कार्यक्रममा प्रमुख अतिथि एन्माका अध्यक्ष राजेन्द्र खतिवडाले एन्मा र नाईले साथसाथै मिलेर नेपाली समुदायमा काम गर्ने वताउनु भयो । कार्यक्रमको सभापतित्व गोपेन्द्रराज भट्टराईले गर्नु भएको थियो । वावुराम पण्डित हरि पौडेल ध्रुव घिमिरे सदस्य तथा ज्योति रायमाझी संयोजक रहेको निर्वाचन समितिले निर्वाचनको काम सम्पन्न गरेको जनाउँदै संयोजक रायमाझीले चुनावको पणाम घोषणा गर्नु भएको थियो जस अनुसार अध्यक्षमा गोपेन्द्रराज भट्टराई उपाध्यक्ष रामहरि न्यौपाने सचिव अरुण राजभण्डारी सहसचिव राजिव प्रसाद श्रेष्ठ कोषाध्यक्ष राजन ओझा तथा कार्यकारी सदस्यमा अर्पना स्वार गणेशप्रसाद पोखरेल रमेशवावु अधिकारट्टी स्मृति चन्द तथा सुनिल वाग्ले निर्विरोध निर्वाचित भएका छन् त्यसपछि साना साना भाई वहिनीका लागि प्रतियोगितात्मक खेलकूदको आयोजना गरिएको थियो । तत्पश्चात् साँस्कृतिक कार्यक्रम तथा कविता वाचनको कार्यक्रम सम्पन्न गरिएको थियो । साँस्कृतिक कार्यक्रममा अनुराग भट्टराईले अँग्रेजी गीत प्रस्तुत गरेका थिए भने नृत्यहरु सदृशा पण्डित तथा एलिसा अधिकारी अनिशा राजभण्डारी तथा मोना भट्टराई मेनुका खतिवडा तथा जीवन गुरूगले प्रस्तुत गरेका थिए । असिम ढुंगानाले भायोलिन सीमा ढुंगानाले वाजा धन प्रस्तुत गरेका थिए भने आस्था पौडेलले एकल नृत्य प्रस्तुत गरेकी थिइन् । त्यस्तै वालक रोशन गुरूगले एकल नृत्य प्रस्तुत गरेका थिए । कार्यक्रममा दोहोरी गीतसमेत प्रस्तुत गरिएको थियो जसमा निर्मला न्यौपाने सुलोचना पंडित तथा आस्था पौडेल एवम् रमेश अधिकारी ध्रुव घिमिरे तथा कृष्ण पौडेलको २ समूहले दोहोरी गीत प्रस्तुत गरेको थियो भने रमेश कोइरालाले मादलमा साथ दिएका थिए । कार्यक्रममा कविता वाचन पनि वीच वीचमा गराइएको थियो । कविता वाचन गर्नु हुनेहरुमा राधा पौडेल माधव प्रसाद अधिकारी राजन ओझा तथा गोविन्द गिरी प्रेरणा थिए भने कृष्ण पौडेलले गजल वाचन गरेका थिए । कार्यक्रमको संचालन रमेश अधिकारी तथा आस्था पौडेलले संयुक्त रुपमा गरेका थिए । त्यसपछि खानाको कार्यक्रम रहेको थियो र अन्तमा सामुहिक नृत्यमा युवा युवती मात्रै होइन सबैजसोले साथ दिएर रमाइलो वातावरण बनाएका थिए | For pictures, visit : <http://vpknews.com/>

## Nepali American Center - Continued

Such centers can be built in larger cities first. We can perform Nepalese social, cultural and religious events at such centers to preserve and enjoy Nepalese culture and value alive. We can do this and also advance our community for a better Nepalese society in this country. For that we need to unite ourselves first and request for support to our American friends.

ANMA in cooperation with Nepalese from Midwest region and in particular Chicago have begun groundwork for establishing Nepali American Center in Chicago. With a vision to satisfy above needs, community members have come up with initial model of such a center. The center, when complete, will be a mini-Nepal display housing various natural beauties, historical facts, spaces and facility for performing different Nepalese social cultural and religious activities, etc.

Such a center should be built keeping in view for the steady growth of the people (Nepali and recently settling Bhutanese of Nepali origin and culture) as well as space to accommodate for gradual increase in activities adequate enough spaces for at least next 2-3 decades. Enough parking space and various other rooms and halls for the facility covering an area of 1-4 acres of land seems desirable. This center should be built ideally located to suit for every bodies travel as much as possible.

Currently Chicago area Nepalese in coordination with members of ANMA and other Nepalese leaders and in particular young Nepalese professional and other across the country are developing guidelines for its framework and effective fund collection effort. It is gradually gaining momentum. Everyone is realizing it as a Chautara common to everyone in the community. It is very satisfactory to note that similar kinds of activities are also started elsewhere in the country.

Nepalese government representation in US and other prominent have expressed satisfaction that such activities are essential for Nepalese living here as well as for a coordinated non-resident Nepalese effort in the development of Nepal. Please visit [www.nepaliamericancenter.org](http://www.nepaliamericancenter.org) to know ANMA sponsored Chicago area effort and support for its realization.

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### Mother - By Sangita Subedi

Ama, ma, mommy it is a blissful word. I never cared for those words mother and woman, for me they were merely synonym. However, I came to realize that they are two different universes. How to define woman and mother is personal but we call Mother Nature and Mother Earth not woman nature and woman earth. Having a child doesn't make one a mother but surely teaches us to appreciate mothers.

On 4-11 my daughter was born, I was in the middle of the c section when I saw her for the first time; it brought a smile in my heart I strongly believe my journey to motherhood started that day. In my view, a woman is still seeking her stance in the world, learning to balance love for self, love for the world. A mother is above the materialistic world, have unconditional love for all and for self and accepts her and others weakness and strength with a smile. A mother is a mature, wise, loving, caring individual, an advocate for justice who can cover the whole world in her blanket of unconditional love.

Once a hawk brought a pigeon in my yard and was devouring it in his leisure; I looked at it and thought "crap how would I clean this up" my mother came and said " oh my god, that little pigeon".

I think that sums it up. To all mothers in this world "have a happy mother's day and we all love you and aspire to be like you".