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Welcome to ANMA Viewpoints - 18th Edition

New year is a wonderful occasion, when we welcome something new in our lives and forget about all the bad memories, the passing year gave us. As Oprah Winfrey said "The more you praise and celebrate your life, the more there is in life to celebrate". You only live once, but if you work it right, once is enough. As we grow up, we learn that even the one person that wasn't supposed to ever let us down, probably will. You will have your heart broken and you will break others heart. You will fight with your best friend or may be even fall in love with them, and you will cry

because time is flying by. So take too many pictures, laugh too much, forgive freely, and love like you have never been hurt. Life comes with no guarantee, no timeouts, no second chances. You just have to live your life to the fullest, tell someone what they meant to you, speak out, dance in the pouring rain, hold someone's hand, comfort a friend, fall asleep watching the sun come up, stay up late, be a flirt, and smile until your face hurts. Don't be afraid to take chances, or fall in love, and most of all, live in the moment because every second you spend

angry or upset is a second of happiness you can never get back.

We are proud to launch this quarterly edition of newsletter on the eve of holiday season. Wish you all a great holiday season, Happy thanksgiving, Merry Christmas and Happy New Year. Enjoy your holidays with your dear and loved ones, and remember to take lot of pictures, after all, its just the memory that remains with you forever.

- Editor's Pick

Interview with Shree Ram Bashyal



Mr. Bashyal is one of the founding member and 3rd elected president of ANMA
View Point: As a founding member and 3rd President of ANMA, would you please tell us about ANMA when you were president and also how ANMA was started?
Mr. Bashyal: When I moved to Chicago area in 1981, number of Nepalis during that time was very small. We used to celebrate Dasai at Dr.Paudels home. He was one of the very few who had enough space in his home to accommodate all of us. When we met, we talked about forming an association to help and stay in touch with each other.

United States being a very big country, we always thought that there should be regional associations such as Midwest and one national association such as ANA. After talking to other fellow cofounders, we started ANMA in 1982.

View Point: Can you share your experience with us about the conventions held during your tenure.
Mr. Bashyal: We went to Denver, Co and Carbondale, Il for ANMA conventions, these two places had their own challenges. Colorado gave us a feeling that we can have our conventions anywhere in the USA provided there are committed executive members. Carbondale, which is a university town, had two different groups with different views and ideas. Before the ANMA convention, some of us went there and resolve the issues which resulted in a very successful ANMA convention afterward. Things went well. Without the enormous support from local people in Denver and Carbondale, it would have been extremely hard to accomplish the mission so successfully.

View Point- Instead of establishing one National Organization why you and your contemporary colleagues decided to establish a regional organization?

Mr. Bashyal: As I had mentioned earlier, starting some kind of Association of Nepalis at a national level was still in the parking lot of our agenda. **Contd on page 6**

NEWSLETTER TEAM :

Ankur Sharma (IL)
Sushil Sharma (KY)
Prabhat Pokhrel (MI)
Rajiv Shrestha (IN)
Shekhar Dhungel (NE)

For birthday
announcements, articles,
success stories,
quotations, poems, write
to us at
sushishma@gmail.com

What I know of Nepal is in Mukesh

People and land are not separate, but a land extends its borders when its people leave their childhood homes to make themselves at home everywhere they walk on this blue planet Earth.

So Mukesh--like other travelers, explorers, students--came to America with Nepal on his face, in his nimble walk, in his calm manners, in his playful eyes. "I usually crack the joke," says Mukesh of his highest pursuit, "so the people who hang out or work with me keep laughing." What I know of Nepal... is in Mukesh.

I was introduced to the people, the culture, the character of Nepal on my first trip in 1981.

People smiled from window ledges, opened doors to foreigners like me, gathered under the sacred Pipal trees for shade and for village talk...all hours of the day.

What a wonder: a place and time for talk.

And children ran toward me on Himalayan trails, singing the common greeting that I will never forget: namaste, namaste, namaste.

Those wide-angle smiles that seem to speak for the whole country of Nepal is the same smile we came to know on Mukesh's face.

What I know of Nepal...is in Mukesh.

In one simple greeting, NAMASTE, I learned the most central belief of this country with its three powerful religions: Hinduism, Buddhism, and Tourism. I learned that people must recognize the divinity of others, whether family, or friends, or tourists from another land. Sequestered for centuries by the highest mountains in the world, I met a people who know that mountains are holy and not meant to be conquered; that land is not just landscape but sacred space for pilgrimage; that folded hands can greet all strangers with true affection. "I am Mukesh," he declared to his Facebook world. "I love my family and my primary school."

What I know of Nepal...is in Mukesh.

What I know of Nepal is that their mountain view is not only the horizon of each new day, but it is the spirit of dreaming big dreams...

This was the great dream of Mukesh--to preserve the environments of this earth, a Himalayan vision to raise people's lives as high and majestic as those mountains. "I am a day dreamer," says Mukesh, "but I believe a truth is behind our vision. - Continued on pg8

Who is that and Where is that - Bishnu Phuyal



Take a long span of time of your life and begin to ponder over all the things that you have in memory from your past to the present, as much as you can, one by one.

Start with the first incident in your memory that you still can remember well. Try to discern any other possible visual impression you have in your memory, of all living or non-living objects related to this first incident. Now, reflect upon what you physically looked like back then, what you wore, etc.? Next, try to know all the content or state of your mind or feeling at that time for that incident, any feeling you may have in your consciousness as much as possible.

Similarly, bring the next incident to your consciousness from your memory. Begin visualizing the matter of the incident, content of the scene, physical appearance of objects, etc. including any material and non-materials things, the state of your mind and also your impression on the state of the mind of the other related to this incident.

In this way, fetch the content of your memory of your past into your consciousness one by one, and in the order of time as much as possible. In each of these incidents in your memory, keep on knowing your own physical form, your own mental state and any other material and non-material objects of things related to these events. In each of these incidents, may you reflect what influenced most to your mental state most at that time? Now assume you have some super natural ability to put all those things of each of the incidents; the physical characteristics, the mental state, things that influenced your mental state and the one that influenced most in some forms and states in front of you lined in sequence of time and space, from the very first to the most current.

What you see? What you realize? And what could you conclude observing these material and non-materials things? Is it not extremely baffling that you can see yourself from that time how much you have changed in shape, size and forms over time? You can see your physical form changing continuously. Your physical appearance changed from a young baby to adulthood and then to your current age or old age. And it changed vividly. Next begin analyzing how much changes occurred in your mental state from the outcome of how you react with things then and now that surrounds you. How much consistency you have in things of similar matter and how much inconsistency you have become reacting differently to same kind of things, things that are similar in nature, at different times. Contd on page 8

Journey to the United States - By Pooja Acharya

In May of 2010, my family received a letter from the US Department of State that we had won a US Green Card. However, that letter was not final, so after responding to the letter with some necessary paperwork, we continued with our lives as usual. My sister and I went to our schools and my parents did their jobs. Then after a few months, we received another letter from the State Department telling us to go to the US Embassy in Kathmandu for an interview.



So we went for the interview at the Embassy. After some conversation with my parents, we were told by the official that we had received the visa to immigrate to the United States and that we had six months to enter the country. As I heard that, I got excited and sad at the same time. I was excited because I got a visa to go to a country where everyone seemed to want to go. Then I was sad because I had to leave my motherland where I was born and grew up and had to be away from my beloved relatives and friends with whom I had spent so many years.

Starting that day, our lives changed. We began the preparation for our immigration to the United States. My mom and dad ended their jobs. Although I had my uncle and aunt in America, I did not know much about the country. So I started going to the American Library inside the US Embassy to learn about American history and geography. My parents decided that we would leave for the US as soon my sister would finish her school year in April 2011.

As the day of departure was getting closer, I was getting more and more anxious. As I went to see my close friends and relatives, I felt an overwhelming sadness because each friend and relative I saw reminded me of what I was going to miss in America.

Contd on pg9

News Flash: Congratulations to Ms Shashi Rai



Nepalese community in Kentucky proudly congratulate Ms. Shashi Rai, recipient of a Recognition Award for her heroic action and bravery, she demonstrated to save the life of a disable woman .Signature Healthcare (SHC) at Georgetown KY, a

nursing home, where she works was suddenly caught in fire . A disable woman was found inside the burning building. Shashi Rai immediately rushed to her and was able to pull out from the burning building. With the help of Shashi Rai and other staff, at least 50 other residents managed to escape from burning building. Her quick response really made a great difference . Ms Rai, Thank you for vivifying Nepalese bravery and saving human life."

Nepali Community News News from Chicago

Chicago, October 4, 2011 - Chicagoland Nepali Friendship Society (CNFS) organized Dashain Saanjh 2068 (2011) to celebrate the biggest Nepali festival. It was a four hour long celebration with entertainment, food and formal presentations from local organizations. An estimated 240 individuals attended the program.

Chicago, October 23, 2011— Kutumba, the popular Nepali folk instrumental ensemble, performed for Sarvodaya benefit concert at Nicholas Senn High School Auditorium on the north side of Chicago. Mr. Marvin Brustin, the honorary Consul General of Nepal, introduced Kutumba to the audience. Local artists - Jagdish Yadav, Narad Subedi, Sudin Amatya and the local No Restriction band also performed at the event. Isha Shrestha was the MC of the program. In addition, Sarvodaya USA's Executive Director – Shisir Khanal gave a brief presentation on school building project and its fund raising activities. An estimated 170 individuals from the Chicago and nearby region attended the concert.

ANMA Viewpoints Quarterly Newsletter

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



Giving Back - Buna Dahal

Blind Corps is a community-based nonprofit organization headquartered in Lincoln, Nebraska. It is truly my honor to serve on the Board of Directors of Blind Corps.

Our mission is to share the knowledge and experience of American rehabilitation professionals with persons of developing nations who are interested in the advancement of the blind, including; the blind themselves, their friends and families, rehabilitation workers, support organizations and government agencies. Our primary goal is the empowerment of blind people as they strive for economic, social and political equality.

I was invited to lead an innovative international program with the founding leaders of Blind Corps. The project is called "Futures in Blindness." We have already conducted three successful training sessions in the Republic of Turkey (2007, 2008 and 2010).

Blindness is often considered hopeless and helpless in society. One of the powerful ways to change this notion is through education. Structured discovery is our delivery method. What does structured discovery mean? It is a practical approach, the layering of progressively complex activities, for creating wholistic understanding. For example: teaching by role modeling, exploratory learning, alternative techniques to problem solving, and proven demonstrative action combined with measurable results.

- Continued on pg9

Survival of the Fittest - Sutapa Adhikari, Chicago



Underneath fingernails rest
traces of earth,
Dormant until forced into the
path of rebirth.

The appearance of clean is
solely a myth,
Precious particles will rest
because bodies can digest.

Fruit under and above grow
on without human touch,
Though dirt of natural
wombs have not earned hu-
man trust.

Only those with survival
minds reap sugars before
nightfall,
Honest minds will live like
beggars still standing tall.

Those without sweet teeth
will learn to love all children
alike
And God alone watches as
his seasons strike.

The homeless wait patiently
for the showers to start and
the ice to clear,
They know vegetable ap-
pendages will soon cover
lingering fears.

The taste of honey to some
seem far and lost,
Yet the brave live on as they
believe in the ground
And give time to thought.

News Flash: Kentucky Nepali Society Dashain Party

Kentucky Nepali Society (KNS), a leading organization in Kentucky, observed this year's Dashain Party on October 8th 2011. The party was held at Lexington Senior Center, Nicholasville Rd. at Lexington, Kentucky. The event began at 7:30 pm and lasted till 12:30 am. Almost 200 folks participated in the program. Among the participants noted guests were ANMA President Rajendra Khatiwada, Former ANMA VP Dr. Sohan Khatiwada, former ANMA member Baikuntha Sharma, former presidents and executive members of KNS.

The main attraction of the event was Nepalese cultural show, which largely included dances and songs. Participants largely were Nepalese school children from the vicinity. The audiences also got the taste of live songs.

Among the singers, we had our friend and celebrity pop singer Mohan Bhusal, who presented some of his hit songs.

Audiences couldn't stop laughing when a comedian presented caricature of Nepali Politicians.

Raffle draw was the attraction of the program. Those who bought the tickets were giving their attention to the presenter, listening to their numbers, as the gifts were attractive. Local businessmen sponsored the raffle gifts for the event. Besides, KNS was able to hoard some donations from its well wishers. Thanks to all the benefactors! The dinner was awesome. People were confused to have their best items as they were numerous and tempting. New comers in the city were invited to the stage and introduced. At the end, the entire artist was recognized with the trophies and the certificates. KNS secretary, Raghu Acharya was the master of ceremony and the President Mr. Bhoj Rawal gave note of thanks to his executive committee and all who contributed to the program.





Benefits of writing article in a newsletter - Niraj Pant, Chicago, IL

The director of Richmond S.A., Norbert Platt once said "The act of putting pen to paper encourages pause for thought, this in turn makes us think more deeply about life, which helps us regain our equilibrium." Going by the words of Norbert Platt, writing for the CCT can be very beneficial for yourself and the community. As I have been writing for the CCT for more than two years, I have discovered five vast benefits.

- Name Branding/Reputation – Your name could very well become a name in every household in America. Writing more articles increases your readership and will give you consistent readers.
- Develop Relationships – When writing for the CCT, you develop many relationships, where more people get to know you and your writing.
- Profit - If you become experienced enough, this could become your future. Many professional writers are paid 1000's of dollars for writing articles many people want to read.
- Learn from each other- We will never stop learning, and will be acquiring knowledge forever. When reading the monthly newsletter, everyone can learn more in different categories of life.
- Striving for a Better Community – The Nepali community while relatively small, is very big in heart. When we write, we are making ourselves a better community and will get recognized by more and more people.

News Flash: NRC ICC Regional Coordinator of Americas

Mr. Mukesh Singh from Columbus Ohio has been elected as Non-Resident Nepali Association (NRNA) Regional Coordinator (RC) for Americas for year 2012-2014 in the election held in Kathmandu during the 5th General NRNA Convention October 12-14. Similarly Mr. Ram Kharel was elected as Deputy Regional Coordinator (DRC).

NRNA was established in October 2003 to create a common institution of Nepalis residing outside of Nepal. NRNA is committed for Diaspora cooperation and streamline energy and resources for the development of Nepal. According to NRNA Bylaws there are five regions (Americas, Asia Pacific, Europe, Middle East and Oceania) around the world to coordinate and promote Nepalese activities residing in several countries.

Mr. Singh put two specific objectives during his term as RC. First, initiate and complete necessary activities towards legislating tax-treaties between USA and Nepal. It is a common concern to many Nepalese that the absence of such legislation between Nepal and US has deprived them for the tax benefit enjoyed by a person from other countries. Similarly there is yet no provision in US legislation to grant Temporary Permanent Status (TPS) for thousands of members of the Nepali Diaspora here in the USA who are currently out of status. Both these goals will have far reaching benefit for Nepalese living in US. It will create better understanding and cooperation among Nepalese and Americans as well as the government of two countries. Born in Sarlahai Malangawa, Mr. Mukesh Singh studied and practiced law in Nepal. He received two Masters Degrees in Law from Capital University in Columbus Ohio. Currently he is working as an attorney for the government of the State of Ohio. He lives in Columbus Ohio with his wife Sarala, son Ilesh and daughter Astha. Mr. Singh is the past president of Association of Nepalese in Midwest America (ANMA).

One can spend pages to list his contribution and services to the Nepalese community. Since he came to USA for his Law Degree in US, he has been actively engaged in Nepalese community services through various Nepalese social and professional organizations. It will not be an overstatement to say that there probably are not any single Nepalese social organizations in US which have not received one or other type of helps and advices from him. Congratulations and best wishes to Mr. Mukesh Singh from ANMA family.

Closing - A poem by Anisha Sharma



Closing my eyes I started to
walk on
Where I was pretending to
find him
Somewhere on the way to
my destination
Since,
My eyes were closed I
couldn't see him
So, closing my ears I started
to walk on
Where I was hoping to hear
his sweet voice
Since,
My ears were closed I
couldn't hear him
So, I opened my hands to
feel him
Since,
My hands were opened
I was able to feel him near
to me
His breathing and beating of
hearts
Were very closed to my
ears
I was able to feel him and
his image
Was very vividly seen in
front of my eyes
But,
Suddenly a strong wind
took all my feelings away
and away
Still I was searching him but
that uncouth wind took my
love away from me
Which never seems to come
back and never seems to
feel him truly?

**St Xavier School, Lalitpur,
Nepal**

Interview with Shree Ram Bashyal - Continued

However, some Nepalis in the East coast were ahead of us and they started ANA in 1983 during the Late King Birendra's visit to the USA. This was about a year after ANMA was started. Overall, it was a good thing for all Nepalis in America.

View Point: What is your point of view on NRRNCCUSA and its future?

Mr. Bashyal: Concept of NRN is an excellent idea, especially because it is a global organization and therefore, I think it has a very bright future. The number of Nepali living and working in foreign countries is growing day by day. Some of them left Nepal to settle in another country and others have left Nepal for a contract job to help support their family or for some other reasons. Those from the second group most likely will return to Nepal to settle. But those who have immigrated to another country have already settled or are trying to settle in their new country. No matter which group they belong to, all of them are closely attached to Nepal and want to do something for the country they were born, raised and educated. Nepal is a part of Nepali no matter where we live.

NCCUSA is a national organization which coordinates all the activities at national level. The local organization go through NCC, which in turn then go to the international organization. Only this way we can represent ourselves at regional, national and international levels. Any other way may be very confusing. To summarize, local to national then national to international.

View Point- NAC and ANMA working together to establish a Nepali American Center in Chicago. What challenges do you think they have ahead?

Mr. Bashyal: ANMA's support to establish a Nepali Cultural Center in Chicago area is very commendable. There are always problems when we start a new venture. One of the key problems that I see in this new venture is financial support to initiate and sustain this project. We should have a plan to sustain this project in advance before we start digging the ground to build the center.

View Point- How best can we sale this idea to the Nepali in Chicago area? What is NAC's plan and what progress NAC has made so far?

Mr. Bashyal: Since I am not as active these days as I used to be, I do not exactly know at what phase of development NAC is in establishing Nepali Cultural Center in Chicago area. For this project to succeed, we have to have a leader and supporting key people who have gained the confidence of the Nepali community to supervise and operate this expensive and very responsible project. My personal suggestion is, first we need to identify the areas of concentration of Nepalis in Chicago area. For example, Naperville area, Skokie area, etc. and recruit at least 2 to 3 representatives from each of those recruited areas. This way, you will have an executive committee members representing every major Nepali community. Personal relation is very important. These people need to be contacted personally by phone, personal emails, or even by going and visiting their community and individual's homes. Only sending information via mass or general emails is not enough and ineffective. Those who are in the core executive committee should pledge certain amount and give a good publicity to the project, then visit the area homes (first call them and find out whether they have the information or not). Without money we cannot do a thing. In my opinion, if we have least 100K in a bank account towards this cultural center, then we can start contacting others. Leaders have to be inspiring and convincing.

View Point- Would you please let us know your views on different activities (Mandir program, Nepali Mela, monthly newsletter, social services, participation and supporting various regional and national nepalese organizations, children's program, etc.) conducted by NAC so far?

Mr Bashyal: Our Mandir program is excellent. It is important, unique in a way and interesting. We should continue this as much as we can and improve it as we go along. Recent changes made in programs made by NAC of program sponsors are good and as a result of these changes different families had excellent experience with pooja and the meals.

The same applies to Nepali Mela. I think change of venue may help improve it more. We hardly meet people from the south Chicago. We have to find people from the south part of Chicago who are ready to organize this Mela and of course Nepali form North Chicago will join them to help as much as possible. It is all about team work.

Distribution of monthly newsletter is essential. Sharmaji and the companion are doing great job.

NAC is doing a very good overall. Obviously, we need to do more to start for the cultural center. We have to learn to respect others opinion. Let us all look at the positive side and outcomes and its impact on Nepali community in Chicago area for years to come. Cultural center is one of the essential elements of any community to preserve their culture for future generations so that they can be proud of their culture, forefathers, and ripe full benefit from such a positive experience.

Majority of Nepali immigrants better off in this country financially than in Nepal through their hardships and dedications. -

Continued on page 7...

Interview with Shree Ram Bashyal - Continued

In only 1000 Nepali family will contribute \$100.00 we will have \$100,000 to give a push to this project. If they continue to donate whatever they can each year, this will help to sustain the Mandir. This was just my idea and I am sure there are far more better ideas than this and we need to brainstorm time to time. If any reader of this interview has any idea feel free to communicate this with ANMA or NAC executive members.

View Point- What is your opinion on raising funds to establish Nepali American Center (NAC) ?

Mr. Bashyal: My sincere opinion is that we should have a Nepali center for all of us and for our children and grandchildren in Chicago. We should leave no stone unturned to raise funds. This is a task not only for NAC and ANMA executive members, but also for every Nepali in the area. However, NAC and ANMA executive members should lead this. We as Nepali, will like to have a center where we can practice our culture and things that are important and relevant to us in USA as immigrants.

View Point- What Nepali American Center (NAC) should do and should not do to unite all the Nepali of Greater Chicago area to support this noble cause? Please suggest.

Mr. Bashyal: To unite all the Nepalis under one umbrella is not impossible but is an extremely hard task to accomplish and most likely will take many years, unless miracle happens and they do. As I had mentioned before, we should respect different opinions and groups and they need to be recognized. The leaders of NAC and ANMA should sit down with the leaders of different groups and come up with a common solution to built the Cultural center. This center obviously should not belong to any particular organization, we all should share it and this will be a center for all, irrespective of their origin and cultural background in Nepal. Culture has no boundaries, it is open to all who believe in Nepali culture. Nepal is a country of different cultures and every culture must have a place in this center to represent them. We should create a service center for the Nepalis who need it. For example free health check-ups and medical advices, free donation booth for winter clothes and other things that are needed for the family who are less fortunate and in need help. All for one and one for all.

View Point- Both of you (Mr. Basyalji and Niranjana Didi) have a long working history with ANMA. Without your spouse's help it is very hard to be a social worker especially in the US. How do you like to appreciate each other?

Mr. Bashyal: Husband and wife are the two bulls (GORU) under one yoke, To move the plough both have to make a concentrated efforts in the same direction otherwise, field will not be ploughed and no seed will be planted and no crops will be there for anyone to harvest. We appreciate each other's social commitments tremendously.

View Point- As a past ANMA president, do you think today's ANMA is working as you dreamed 30 years ago?

Mr. Bashyal: Today ANMA is in the high gear than what we had 30 years ago, when ANMA was in infant or preliminary stage. Current ANMA has more resources but also has more challenges. They are doing an excellent job in my opinion.

View Point- Looking back at your years of service to the community, what is one best thing that you would like to share with us?

Mr. Bashyal: I love being with people and helping them as much as I can. I had a great opportunity of meeting people from different states in the USA. Door to my house was always open to any Nepali and everyone was welcomed. As I live close to the free-way that connects East coast to the West coast, I used to be quite busy hosting guests during summer time, especially on weekends. I miss those days.

View Points- How is your retirement life and how you pass your time?

Mr. Bashyal: Retired life is something else. It is interesting and I love it. Once you cross fifty, it is difficult to take care of yourselves and becomes more difficulty to take care of others, even if I want to do so. I enjoy getting up late, eating breakfast while reading daily newspaper in a relaxed atmosphere. There is always something needs to be fixed in our house, which is expected. I also go to a local library and get some good books to read time to time. Overall, I like the retired life.

View Point- We know you have been attending several conventions and meetings in your active and retirement life. We think it is great that you have put so much attention toward working with ANMA. Any comments?

Mr. Bashyal: After certain age, our body gets a little rusted and joints get a little loose and memory is less sharp and whole body in general is in slow mode. Attending convention is relaxing if you are just attending it to have fun and meet with friends, new and old. I am nowhere as quick and sharp as I used to be in my young days. Now, I take it easy. For everything in one's life there is time to do it actively and there is time to refrain from it and watch from sideline. I enjoyed being there, I am enjoying being here.

Thank you Bashyal Dai.

Interviewed by Ankur Sharma

Edited by Dr. Prabhat Pokhrel (View Point chief editor)

Who is that - Continued

You can see those non-material things, things of mental nature, different at different time and hence they are also changing. You have changed in your form and your characteristics. What remained constant may be absent, not even scanty. Furthermore what you also have seen constantly changing in both physical and non-physical forms of things for other person or things.

Therefore it is our experience of things that are materials of physical types, seem to change over time. If we can understand each and every subtlety, it can be concluded that change is happening to all the things constantly. Nature brings the changes constantly. However, things that are non-materials, that are of mental characteristics, which lie within us, also change with time, beginning from our young age to the adulthood and to the old age continuously. Our interest or taste and hence our mind react differently with the change in space and time. So our physical and mental state and hence all other physical and mental states or all non-material things are completely influenced in space time and have the characteristics of impermanence, some sort of dynamism.

Due to their changing nature, things must not have any supremacy to know and capability to record all these changes, because it would have changed already. But all those changes that we are able to perceive in this way, seems to be somewhere within us, that awareness or that consciousness is always there; and interestingly it seems it is there just inside ourselves, completely within our own body. Surprisingly profound is to understand the fact that nothing has influenced this consciousness to change; it was there as far as we can remember, it is there now and hence it has not changed anything at all. So, as it was there ever, should be there ever too? That is the way it seems to be, because nothing seems to influence it to change. Therefore in order to know these characteristics of changes in physical and non-physical things, there is this something present there and constantly knowing all the changes, recording it and keeping them intact. And this one appears to have no changes. There is this thing that is never changing and that it must be the one which knows and sees all the changes all the time. Who is that and where is that? - **By Bishnu Phuyal**

What I know of Nepal - Continued

So extremism doesn't make any sense to me."

What I know of Nepal...is in Mukesh.

What I know of Nepal MOVES on the streets of Kathmandu. The streets are made for all life: for walking people and honking cars; for holy cows and men hauling milk; for builders and beggars; for politicians and holy men; for young men driving rickshaws and large trucks decorated with flowers and deities; for the processions of women in red wedding saris to Hindu temples; for the festive parade of children on their way to school. "I am optimistic," is Mukesh's street-wise view of Nepal's future. "I easily believe in people."

What I know of Nepal...is in Mukesh.

What I saw in the footsteps of these hardworking people is the beauty of their perseverance, whether going up a mountain trail or down... the only two directions possible in Nepal. Mukesh spoke boldly of his two devotions: "Humanity and hard work are my religions." So it is no surprise to read signs on the Everest trails from children, pleading to us trekkers and travelers for the survival of the small musk deer. Such is the Nepalese humanity and hardy determination to change the world for the smallest among them.

What I know of Nepal is in the words of Mukesh.

In 2007, at an exhibit of masterful photographs by Nepalese girls capturing family life where stories are shared and feasted upon by generations, extending the bonds of affection and wisdom in their homes. I saw in those photographs by young girls the same tale of resilience and faith, hope and imagination, prosperity and simplicity...that I've heard in the lives of Nepalese I've met. "I like a girl with a great smile and caring," wrote Mukesh. Even this simple sentence contains a profound truth about what we all want out of life: we want to live each day as Mukesh did... with dazzling vitality, with steadfast hope, with generous caring, with humane vision.

What I remember of Mukesh is what now lives in me, lives in you, lives in all of us.

Perhaps, remembering what lives on after great loss is what arises out of the lotus pool of human existence and suffering and then eventually, silently, mysteriously blooms in our hearts.

What I know of Nepal is also what I will never forget about Mukesh.

By: Carole Elchert, Communication & Writing Professor @ University of Findlay

Dedicated to Mukesh Dangi from his friends in the US

Journey to the United States - Continued

Then the day finally came. Our flight was in the afternoon and we had spent a good part of the previous night packing. We got up early and called some relatives to say goodbye and to seek their blessings. I cried a lot on the phone on that day. Almost everyone on other end of the phone cried, too and asked that I not forget them. My aunt Indira consoled me and said "*chori* (daughter), you should be happy. You will have better opportunities to study and to make a better future for yourself." But I didn't feel ready to leave Nepal.

Both of my grandfathers (mom's dad and dad's dad) came to Kathmandu to see us off. As it was time to leave, they put *tika* on our foreheads and gave their blessings. My aunt Kabita and uncle Koirala also gave my little sister Dallu and I their blessings. My cousins Samip and Safal looked very sad to see us go. There was more crying. Everyone's eyes were swelled.

About 13 of our close relatives joined us to the airport. I know they were excited for us that we were going to the land of opportunities, but for now everyone was sad that that land was oceans away. As we entered the departure gate at Tribhuvan International Airport, everyone waved and wished us a nice journey.

We boarded the Korean Air flight which would take us from Kathmandu to Seoul. As the plane took off, I looked out the window one final time. My country looked amazingly beautiful. As the plane flew higher over the mountains, I felt further and further away from Nepal. I didn't know when I would return. I could not stop my tears.

Just like that, I left my country for the first time. I looked around the airplane. Everyone looked like a stranger. Even though the flight attendants were very friendly and polite, everything already seemed foreign to me. The food in the plane was all new to me and I didn't particularly like it. I already missed my food. We flew over many countries and finally landed in Seoul after six hours. The city of Seoul was beautiful and the Korean people were nice and friendly.

Our next flight was only after 10 hours, so we spent that night at a hotel inside the Incheon International Airport in Seoul. Next morning, we got up, had some breakfast (missed my food again) and headed to the Airport check-in. A couple of hours later, we boarded a large airplane headed to Chicago, USA. As the airplane took off, I started thinking what my life would be like in America. I asked myself, "Would I be able to make new friends? Would I be able to do well in studies? What if I couldn't? I fell asleep as I dwelled in my thoughts. When I woke up, we were flying high up over the Pacific Ocean. The white clouds looked bright and pretty like cotton way below, and the ocean looked blue and infinite.

After 12 hours of non-stop flight, we landed at the O'Hare International Airport in Chicago. The airport looked very large and impressive. As we exited the International Arrival gate, my uncle Deepak, aunt Nila and my cousin Aditi were waiting for us outside. After exchanging greetings, we lined up to take some photos.

As we drove off the airport in my uncle's car, I remembered what aunt Indira had said. That I was in the land of better opportunities.

Pooja is a junior at Adlai Stevenson High School in Lincolnshire, Illinois. She can be reached at: acharya.pooja13@gmail.com

Giving Back - Continued

Our initiative in Turkey, "Futures in Blindness" proved to be a life changing program that has empowered blind youth through enhancing their Braille literacy and information technology skills, white-cane travel techniques and strategies for independent living. We taught educators how to set higher standards for blind children. Further yet, we convinced employers and educational institutions to improve opportunities for gainful employment and access to relevant degree programs.

"Ask not what your country can do for you –ask what you can do for your country," in short, President, John F. Kennedy challenged citizens of the world to promote personal responsibility. After emigrating from Nepal and establishing myself in America, such opportunities to serve around the world have been an incredible gift to me. No matter what culture we are raised in, giving and receiving are important elements of our lives. It is universally true that the more we give, the more we receive. The more we share, the more we learn. As a result we create a self-reliant community not only for us but the generations coming after us.

Nepal has a significant need. Let us, family and friends, look to our own. So the blind of our motherland will be inspired to build their future together by taking control of their destiny. Again, giving back is like teaching a man how to fish instead of feeding him for a day.

Nepali American Center Regular Programs in Chicago



Monthly Puja

Conducting monthly puja program in a regular basis in Chicago is more than five years now. This program has been very successful, mainly due to every body's dedication and participation. The program, in general, consists pooja, pravachan, bhajans and community updates. Different deities or holy festivals according to Nepalese tradition are chosen as puja theme each month. After the end of the program, prasad (lunch) is served to all devotees, which is sponsored by various devotee families attending the program. They bring Tarkari, Achar, sweets, fruits, etc. Rice and dal are prepared in the temple kitchen facility. Local restaurant owner also sponsor lunch occasionally. Anniversary pooja is performed with greater celebration once every year on first Saturday of June. The program is recently slightly modified to enhance it further.

I. Conduct pooja program by sponsor (volunteer) families in rotation every month. The sponsor families organize Prasad lunch, cleaning and maintenance the Mandir, etc.

Conduct children program during the puja program.

This change are implemented from August 2011. Prasad program is continued as usual by bringing Tarkari and Achar, unless the sponsoring families like to completely arrange on their own. As more families sponsor, the program becomes very effective and shows strong sign of interest, attracts more participation and facilitates greater communication and unity.

Children program

Our children are our future. As a community, it is our responsibility to provide them an opportunity to learn Nepali language and understand the best of Nepali culture also, apart from what they learn at home and school. When we are in the temple, we see our children running around while we are worshipping with devotion.

Therefore to make best use of time and the facility, children program began in parallel with puja program from October 2011. This first program attracted more than 15 children. It consisted of writing Nepali alphabets and story from Pancha Tantra. The aim of the program currently is to make our children (1) able to read and write Nepali (2) sing and chant patriotic and devotional songs and (3) learn some core values of diverse Nepali culture. Let us be part of this good program and learn how such program are conducted across the country.

All families are urged to encourage their children to attend this program and help them learn Nepali language and Nepali culture. In order to make this effective learning program and also interesting for the children, volunteers are needed to develop program activities and conduct the program smoothly and regularly. Please participate in this important program and let us all together work to make it as yet another permanent feature of our community in Chicago similar to the monthly puja and monthly newsletter.

Monthly newsletter - Chicago Chautari Times (CCT)

A monthly newsletter is circulated each month to everyone in the Nepali American Center mailing lists. The newsletter covers religious, social and philosophical writings, children writings, local news updates, and relevant communications from across the country, etc. This activity started in April 2009 and running regularly since then. Writings are accepted both in Nepali and English languages. Every year, children are recognized with certificates and awards for their contribution during the annual puja celebration in the temple. Hard prints are made available during the regular monthly puja day of every month. Electronic copies are distributed to all in the NACs mailing lists at the end of the first week of every month. All are requested to read it, contribute with their writings and inform about it to their families' and friends. You can read the archived issues at peopleofnepal.com. Please drop your comments and suggestions at peopleofnepal@gmail.com

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

Go to:

www.peopleofnepal.com to read the
previous articles. Contact
peopleofnepal@gmail.com if you
would like to be in touch.

ANMA/NASeA Convention: Destination Indianapolis



Nepalese Association of Indiana (NAI) is hosting 2012 ANMA/NASeA joint convention in Indianapolis. The convention venue has been fixed to be The Sheraton Hotel of Indiana in the heart of Indianapolis. The convention will take place during Labor Day weekend. History has shown that the role of local organization will be crucial in success of the convention. Therefore it will be a great challenge for the Indiana Nepali community to host the convention. But, NAI has



accepted this challenge, and under the leadership of Mr. Gopendra Bhattra, it has started working towards its goal to make it a more effective and successful convention. The upcoming ANMA executive meeting will lay out a basic plan and structure of the convention.

In the past, joint efforts of ANMA and NASeA have conveyed a positive message to the Nepalese community through different forums and meetings. Both organizations have set up a very good example of unity and partnership and are committed to work together, bringing important issues up front and addressing them as best of their abilities.

As always, upcoming Indianapolis convention will also focus on several issues including, but not limited to, healthcare, common investment, youth programs, cultural center, women's issues, leadership development, Dharma, immigration, tax, etc. Presence of very high profile guests and experts makes this convention more important than ever. ANMA executive committee will also discuss issues raised within the organization and work to eliminate shortcomings, if any, and seek new strategies for the betterment of the organization. Also, this convention provides venue for open discussion to seek the possibility of forming a one national Nepalese Organization in the US. This concept was raised by ANMA President Mr. Rajendra Khatiwada in the Atlanta convention.

We have witnessed in the past and the recent convention in Atlanta that has showcased the best of its result. The truth is "More participants lead to a better convention." We have to realize that the more we participate in the convention, the more opportunities we get to know each other and the more we provide venue for our kids to show their talents also give them the opportunity to make friends and be a part of the culture. Let's be a part of the convention, let everyone know your ability and talent. Above all, we all love to socialize and always love to meet friends and families. Then why wait? Let's encourage our friends and families to make early plans to visit Indianapolis in 2012. The Indiana Nepali community is desperately waiting to greet us. I have already decided to greet them as well, have you? Please put these things into consideration when deciding about if you decide to go.

News Flash : Memorial Service for Mukesh Dangi

Memorial Service for late Mukesh Dangi who passed away as a result of car accident was held on November 11 in University of Findlay OH. Many students, teachers, university professors, members from Nepali community were participated in the service.

The people who spoke on Mukesh Memorial Service were Sandra S. Saunders, Bhavish Khatri, Rajendra Khatiwada, Emily Samimi, Siv Archanaa Mareedu, Carole Elchert, Paster Will and Shelly Concord.

University of Findlay, President Dr. Katherine Fell also participated in memorial service and expresses her condolences NASK (American Society of Kentucky) President Priti Sagar Khatri, played an instrumental role in raising the necessary funds announced that the remaining fund will be send to his family and will be used towards building a primary school in Sankuwa Shaba Nepal . Dr. Brian Trace Associate Dean of Students who also played a vital role in raising funds said that Mukesh memorial fund raised by university will be use to establish scholarship for International students at the University of Findlay, OH.

During the memorial service poems were recited, friends of Mukesh share their unforgettable moments with him. Dr Carol Elchert gave a very interesting presentation about Nepal relating to Mukesh's life. ANMA President Rajendra Khatiwada expressed his condolence on behalf of all Nepali Organizations and Nepali communities in North America.

We team of view point also would like to express our deep condolences to his friends and family for the loss of one of the bright students and environmental science student. We wish Mukesh's departed soul to rest in peace. -ANMA Family



US Congress Candidate Darshan Rauniyar visits Chicago



Born in Indra Chowk Kathmandu and US educated engineer and business entrepreneur from Seattle, Washington, Mr. Darshan Rauniyar filed his democratic candidacy for US Congressman from the First District of Seattle. His candidacy is very important to Nepalese. If elected, he will be first Nepali in US congress. It must be viewed as our responsibility to help him and take it as an encouragement and opportunity for us to be politically aware and begin participating in the election process of supporting appropriate candidate in our area during election. Otherwise **votes we cast will have not any tangible meaning to us individually or to our community collectively.**

We cannot imagine how many benefit his election success can mean in the long term for us and for Nepal. Therefore we all want him to win. It is unlikely we can help Darshan directly from Chicago in the actual elections in Washington State. But he needs our moral support as well as financial support in order for him to fund his election campaign. Darshan visited Chicago on September 25 and participated in a fund raising event organized by local Chicago Nepalese. A significant number of people came to meet and listen his vision for US and for Nepalese. All present there and many other who were unable to come donated for his campaign. You can also do so by visiting Darshan's website. Let us all unite in this unique time to help send one Nepali to US Congress to represent us.

Darshan Rauniyar for Congress

PO Box 304

Bothell, WA 98041

Web: www.darshanforcongress.com , Email: darshan@darshanforcongress.com

Facebook: Darshan Rauniyar For Congress, Twitter: drauniyar

Please note that **only citizens and permanent residents** can make monetary contributions. Those who cannot contribute monetarily can, however, still volunteer their unpaid services in things like helping with the campaign organizing, messaging and persuading people.

ANMA Officers and Members

President: Mr Rajendra Khatiwada (KY)

Vice-President: Dr.Prabhat Pokhrel (MI)

Secretary: Mr Sushil Sharma (KY)

Treasurer: Dr. Bishnu Phuyal (IL)

Members:

Ms Anita Adhikary (MI)

Ms Sarala Pandey (OH)

Mr Dhruba Bhattarai (MI)

Mr Ankur Sharma (IL)

Mr Ramakanta Kharel (IL)

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News Flash : ASNEng Scholarship Program

American Society of Nepalese Engineers (ASNEng) is a non-profit organization, registered in the state of South Carolina, USA in 2007 and has tax exempt status under Section 501(C)(3) of the IRS Internal Revenue Code. The society provides a platform for all people of Nepalese background and friends of Nepal who are engineers and professionals in the closely related scientific and technical areas to come together, exchange ideas, share knowledge, and put technical, financial, and other resources together for the common good of its members and benefit of humanity.

Some of the recent activities of ASNEng include --, distribution of used computers to Bhutanese-Nepali communities (Chicago), newsletter publication, a very successful annual conference (Houston, July 2011), participation in various Nepalese conventions, assumption of a lead to develop guidelines for Earthquake Preparedness and Disaster Relief for Nepal, etc. To continue to serve the the community, ASNEng is launching a new initiative of offering awards, grants and scholarships..

The guidelines for the awards, grants and scholarship has been completed with contribution by several society members, in particular the members of AG&S committee chaired by Mr Ankur Sharma and previously by Dr. Prahlad Pant. This comprehensive guideline includes general policies for preparation, selection and granting of the Society's awards, grants and scholarships. The Society , plans to offer the opportunities on a regular basis depending upon availability of funding..

The Society is planning to initiate the program in 2012 by offering two scholarships to engineering students. As ASNEng is relatively new, it request your support and financial donation to make this worthwhile initiative a success..

If you wish to donate funds for the ASNEng scholarship, awards and grants , please visit the ASNEng website home page (<http://www.ASNEng.org>) and click the "Donate" button. Please send your suggestions or feedback to info@asnengr.org or visit www.asnengr.org for more information.