

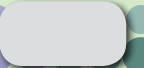


सौगात

SAUGAT



NZNS Publication
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Keep New Zealand Liveable and Safe

NZNS wishes readers Happy New Year 2075 B.S.

Let us start with a meeting between a Non-Resident Nepali (NRN) and a Nepalese family living in Nepal. A few years ago, an NRN visited a family in Nepal. The family requested assistance to take their son to New Zealand (NZ) because of his lifestyle. He is an alcoholic who had multiple car accidents under the influence of alcohol, and was not contributing to a healthy lifestyle. They attempted to send him to USA, Australia and other possible best countries in the world. However, he was unable to gain a visa. The family stated they are now happy with NZ which was one of the least attractive priorities because they thought NZ was not a good country and underdeveloped. The NRN clarified that NZ is a developed country and there exists a rule of law to which all must abide. Everyone is equal in terms of law irrespective of race, position or status of the person in the society. This meeting is being mentioned here simply because every one of us is liable to keep NZ one of the best countries in the world. Our position stands that we are concerned if any person/s with a shady history who wants to migrate to NZ may paint a bad name of NZ. The effort of NZ to maintain public safety and a corruption free society is everybody's responsibility.

New Zealand has been a country of destination for many migrants for several years. Human migration is a voluntary movement by people from one place/country to another. We have experienced that people have their own belief and expectation before they make their decision to leave a place/country of their birth. People migrate for many different reasons. The causes may include social political and economic aspects.

People either migrate to another place permanently or temporarily depending upon their circumstances. We have seen people from developed countries migrated to very backward countries and settle there for good. They choose to live there for several reasons. Some believe the country is beautiful whereas others believe people are friendly and hospitable. Thus, there is not only a single reason that people migrate to another place/country.

Most Nepalese started to arrive in NZ in early 90s as migrants. The main reasons for Nepalese to settle permanently in NZ are for a better and professional life, and decent education for their children. Nepalese have never regretted their decision to come to NZ due to multi-cultural society, high quality of life, leading education systems in the world, favourable climate, happy family life and good career prospects. They are well integrated in kiwi society. However, NZ society has changed rapidly in recent years. There are numerous positive changes as well as we are experiencing some unpleasant incidents in a rising trend. Our aim should be to live in harmony and maintain peace. Moreover, Immigration New Zealand (INZ) has its far reaching obligation to keep NZ safe and liveable. INZ needs to scrutinise the applicants for migration more carefully and allow residency only to the ones who have nil criminal and corruption history. INZ can also use its discretionary power to prevent people to immigrate to NZ who are potentially critical for the peace and harmony of NZ society. Money and wealth should not be a deciding factor for potential residents.

नयाँ वर्ष २०७५ को हार्दिक मंगलमय शुभकामना

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Mt Manaslu



Manang. Photos courtesy -Santosh Raj Pathak



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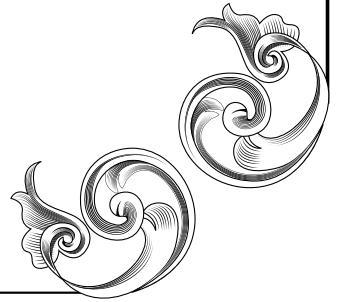
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Message from Patron, NZNS

As Patron of New Zealand Nepal Society I would like to send to you all my very best wishes for your success and good health for the New year 2075.
Namaste!

Lady June Hillary
Patron
NZ Nepal Society, Auckland



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President's Message

New Zealand Nepal Society (NZNS) is delighted to wish their members and readers a blissful and successful New Year 2075 BS.

I would like this opportunity to thank all NZNS members, all well-wishers of NZNS, sponsors and funding organisations such as Lottery Grant Commission, Mt. wellington charitable Trust, OEC and Lion Foundation for their generous support. The NZNS activities would not have been implemented without their support.

Lion Foundation has been our key donor for so many years to cover cost to meet office rentals and annual sport trophies. Likewise, Mt Wellington Foundation provides us a grant for badminton court hire. OEC and Lottery Grant Commission have also been keen to help NZNS to run future programmes. These funding agencies always take our requests for grants as a priority. NZNS sincerely appreciates their willingness to offer assistance.

The current executive committee completes its two year tenure in a few weeks. During these two years NZNS received members' creative and promising feedbacks to improve its activities. We endeavoured to take account of the constructive advices in our programmes as much as possible. However, we accept our apology not to be able to embrace all those advices due to time and resources. The current executive committee assures that we are ready to work with the incoming executive committee to enhance programmes and victim support activities affected by natural calamities in Nepal. In the past years, NZNS raised fund to support flood and earth quake victims in Nepal by contributing donation in Prime Minister's Relief Fund and Dhurmus- Suntali Foundation.

On behalf of NZNS, I would like to thank our members for their substantial donations for the noble cause to helping flood and earth quake victims. I urge members to continuously provide their feedback to the inbound executive committee as this will help shape the future programmes.

I would like to thank the editors of Saugat volume 12 to bring this out in a distinctive look and shape. I appreciate their hard work.

Last but not the least, Lady June Hillary has continuously been our inspiration for the community work. She always tries her best to be part of our programmes despite her health condition.

Once again Happy New Year 2075

Dinesh Khadka

President

New Zealand Nepal Society Inc.



Michael Wood

Parliamentary Under-Secretary to the Minister for Ethnic Communities



Namaskar! It is my pleasure to wish everyone a very happy Nepalese New Year and Everest Day 2018.

The scaling of Sagarmāthā/Mt Everest on May 29 1953 was one of the great events of the Twentieth Century. It symbolised the ambition of mankind to explore and understand our world, and to overcome seemingly impossible obstacles.

The scaling of the summit was achieved by two great sons of our countries; Sir Edmund Hillary and Tenzing Norgay. They were great adventurers, humanitarians, and friends.

Importantly, Tenzing and Sir Edmund believed in using their fame and renown to make the world a better place. They worked on many humanitarian projects in Nepal to help those in need and open up worlds of possibility for them.

Through the achievement of Tenzing and Sir Edmund, a strong bond has grown between New Zealand and Nepal. Our countries and our people are firm friends, and it is appropriate at the time of Nepalese New Year and Everest Day to acknowledge the growing numbers of Nepalese Kiwis for your contribution to our country.

I thank the Nepalese Society for their ongoing work to support the Kiwi Nepalese community and to celebrate important cultural events. I wish everyone a happy Nepalese New Year and Everest Day and look forward to seeing you at the forthcoming commemorations.

Michael Wood

MP for Mt Roskill

Parliamentary Under-Secretary to the Minister for Ethnic Communities



Ambassador



नेपाली राजदूतावास
Embassy of Nepal

Canberra, Australia

शुभकामना सन्देश

न्यूजिल्याण्ड नेपाल समाज (New Zealand Nepal Society NZNS) ले विगतका वर्षहरूमा जस्तै नेपाली नयाँ वर्षको अवसरमा "सौगात" पत्रिका प्रकाशसमा ल्याउन लागेको जानकारी पाउँदा मलाई अत्यन्त खुशी लागेको छ। संसारको जुनसुकै भागमा रहेबसेता पनि आफ्नो देश र समाज प्रति निरन्तर प्रतिबद्ध भई नयाँ वर्षको थालनी सँगै समाजमा नयाँ कोशेली दिन लागेकोमा म यस संस्था प्रति हार्दिक कृतज्ञता व्यक्त गर्न चाहन्छु ।

नेपाल तथा न्यूजिल्याण्ड बीच रही आएको सौहार्दपूर्ण सम्बन्धलाई प्रथम सगरमाथा आरोही स्व. सर एडमण्ड हिलारीको संरक्षकत्वमा स्थापित यस संस्थाले अझ मजबुत बनाउँदै दुई देशका जनतारूहलाई जोड्ने सेतुको रूपमा कार्य गर्दै आइरहेको छ । यसका साथै नेपाली भाषा, साहित्य, संस्कृति, नेपालीपन तथा पहिचानलाई जगेर्ना गर्ने जुन अठोटका साथ यो संस्था लागि परेको छ त्यो अत्यन्त प्रशंसनीय छ ।

अन्त्यमा यसै "सौगात" पत्रिका मार्फत न्यूजिल्याण्ड भरी छरिएर रहेबसेका सम्पूर्ण नेपालीहरूको सुख, शान्ति, सवृद्धि एवं उत्तरोत्तर प्रगतिको कामना गर्दै न्यूजिल्याण्ड नेपाल समाजको निरन्तर सफलताको लागि शुभकामना व्यक्त गर्न चाहन्छु ।



लक्ष्मी शेरपा

राजदूत

Secretary's Report



Christmas 2017 Celebration in the park



Dashain 2017 Innaguration by President Mr. Dinesh Khadka and co-ordinator Mrs. Archana Shrestha



Ladies dancing in Teej 2017

Namaskar,

NZNS takes this opportunity to wish all Nepalese living in New Zealand, Nepal and overseas a peaceful and prosperous New Year. Once again NZNS has published Saugat volume 12 on the occasion of New Year 2075. Hopefully, you find it interesting and it is worth keeping it safe as an archive for future reference.

Annual report

This is the second and final year for current executive committee. The new executive committee will take over NZNS responsibilities in a few week times. NZNS would like to thank all members and the volunteers who were instrumental to perform activities successfully in the last two years. The involvement of members in formulating plans via their advices and the



Sunena Shakya - Newari Dance Dashain 2017



Under 15 Futsal Team 2017

execution of plans with their active participation deserves a lot of commendations. The positivity of its members contributed in successful two years of the tenure of the current executive committee. We would like to thank all members including the support of sponsors and Nepalese Embassy, Australia.

NZNS continuously strived to give back to our community something concrete in its way to



Mr. Rabin Bhujju & Mrs. Anu Dheke performing Newari Dance Dashain 2017

promote our cultural and rich heritage. Thus, it commenced various programmes to introduce our richness to New Zealand society.

1. Events

NZNS feels proud of its members who has always been there whenever it threw ideas to start something new. From day one NZNS attempted to involve the participation of members to plan and successfully implement the events. Our members never failed to put forward creative ideas as well as support our endeavours to promote our rich culture, heritage and charity works.

Apart from holding our regular programmes during Teej, Dashain, Tihar, New Year 2018, NZNS showed its presence in Farmers Santa parade in November 2017 to celebrate Christmas. The huge attendance of our members magnificently demonstrated our skills by playing “panche baja”, showing our typical dances like kumari dance. Waving our extra ordinary national flag was an extra attraction for the spectators, where numerous people identified our typically shaped flag.

2. Annual sports event

As in previous years the annual sport events accomplished with the energetic participation of our member athletes. Congratulations to all the winners and thanks to other players, who missed to win this time. They will undoubtedly bag trophies next time with their regular practice to become competitive. Good luck. Thank you.

Binod Bhaukajee
Secretary

Are you up for the Summit Challenge?



“Climb the height of Everest during May and raise funds to continue Sir Ed’s legacy of helping the people of Nepal.”

The Himalayan Trust is a non-profit organisation working in the Everest region of Nepal. We work with local partners to bring quality education, safe water, and better healthcare to communities living in this remote, mountainous region of Nepal.

Sir Edmund Hillary founded the Himalayan Trust in the 1960s. His example has continued to inspire people around the world to give their time, money and support to help the people of Nepal through the Himalayan Trust.

This April, the Trust will have completed the rebuild of the last of 150 classrooms across 36 mountain villages, following the devastating



2015 earthquakes, ensuring 7000 children could continue their education. Through this period we have continued our education programmes – focused on improving the reading of young children, improving libraries in high schools, and providing the necessary books and resources to more than 60 schools.

A clean drinking water project in a village badly damaged by the earthquakes begins construction this month, and a life-saving programme for young mothers and their babies is under way. This work is possible thanks to the generous donations and fundraising activities of our supporters.

The historic summit

On May 29, this year, it will be 65 years since Edmund Hillary and Tenzing Norgay made their historic ascent of Mount Everest.

To mark the occasion, the Himalayan Trust and Kathmandu are challenging you to climb a total of 8848m during the month of May and help raise funds to continue our efforts to bring quality education, vital healthcare and safe drinking water to more remote communities in Nepal.

The Trust enjoys its relationship with the New Zealand Nepal Society, and appreciates its ongoing interest and the support of its members – and thought some of you would enjoy getting together for this fun fundraising challenge.

Walk it, bike it – it's up to you!

You can run, walk, bike or do a combination of activities to ascend the height of Mt Everest. You can climb as an individual, or get together with friends, family, classmates or social group to reach the summit as a team. Or you could swim 8848m, take a 8.5km walk or do 8848 push ups!

How quickly you complete the challenge is up to you. Go hard out and climb 8848m in one weekend, or spread the challenge over the whole month.

However you do it, the Summit Challenge is a chance to follow in Sir Ed's footsteps, challenge yourself, help others, and have fun doing it.

Or even get creative

If outdoor action isn't really your thing, you can get creative – how about reading 8848 pages, or baking 8848 cupcakes.

Every dollar you raise as you climb towards the summit will help open up new opportunities for communities in the Everest region and we'll be there every step of the way to help make your fundraising as easy and effective as possible.

Get your free t-shirt thanks to Kathmandu

As an incentive to get in quick, the first 200 participants to start fundraising will receive a free Summit Challenge T-shirt from our principal sponsor Kathmandu.

To Sir Ed, his greatest achievement was not climbing Everest, but helping the people of Nepal. Are you up for the challenge?

To join the Himalayan Trust Summit Challenge, sign up at www.himalayantrust.org

चाड-पर्वः एकताका प्रतीक

-विनोद भौकाजी



नव वर्ष आगमनसंगै हाम्रा चाडपर्व, उत्सव र दिवसहरु आरम्भ हुन्छन्/ नेपालमा विभिन्न जन-जाति र धर्मावलम्बीहरु बसोबास गर्दछन् भन्ने यथार्थ सर्वविदितै छ/ यिनीहरुका आ-आफ्नै धर्म, संस्कृति, र भाषा छन्/ तथापि विश्वकै एक सुन्दर मुलुकमा ज्यादै अनुकरणीय धार्मिक तथा सांस्कृतिक मेलमिलाप पाइन्छ/ विश्वका धेरै मुलुकहरु जहाँ धार्मिक एवम् सांस्कृतिक संघर्ष जारी छ, त्यस्ता मुलुकहरुले नेपालबाट धेरै पाठ सिक्न सक्छन् र आफ्ना मुलुकमा सौहार्दपूर्ण वातावरण पुनर्स्थापना गर्न सक्छन्/ नेपालमा विभिन्न धार्मिक तथा सांस्कृतिक आस्था राख्ने समुदाय बीच विद्यमान शान्तिपूर्ण र मित्रत्व भावका पछाडि ऐतिहासिक, सांस्कृतिक एवम् अन्य असंख्य कारणहरु हुन सक्छन्/ तर यस लेखमा एकै कारणलाई महत्वपूर्ण मानिएको छ/ यस्तो शान्ति तथा सौहार्दपूर्ण वातावरणका अति गुह्य कारण भने ज्यादै साधारण लाग्न सक्छ/ तर यसका लागि आजको अस्थिर र अशान्तिपूर्ण विश्वका धेरै धार्मिक, सामाजिक तथा सांस्कृतिक अभियन्ताहरुले आफ्ना राष्ट्र/समुदायमा ज्यादै कडा परिश्रम गर्नु पर्ने हुन्छ/ किनकि कैयौं मुलुकमा स्थिति यति बिग्री सकेको छ कि मित्र, छिमेकी र समाजका व्यक्ति-व्यक्ति बीच नै

असमझदारी र असहिष्णुपूर्ण वातावरण सिर्जना भै सकेको छ/ उनीहरु बीच मित्रत्व र शान्तिपूर्ण परिस्थिति पुनर्स्थापना गर्नु असम्भव प्रायः देखिन्छ/ यति हुँदा-हुँदै पनि प्रयास नै नगरी अकर्मण्य भै बस्नु भने पटकै श्रेयष्कर हुँदैन/ नेपालमा मनाइने चाड-पर्वमा जनसमुदायको सहभागितालाई गौर गरेर हेर्ने हो भने कुनै पनि धार्मिक पर्वमा अन्य धर्ममा आस्था भएकाको पनि सक्रिय सहभागिता रहने गरेको देखिन्छ/ यही नै नेपालको अनुपम विशेषता हो/ हामी जुनसुकै धार्मिक आस्था राख्ने व्यक्तिसंग पनि उत्तिकै सहिष्णु व्यवहार गर्दछौं जति आफ्नै धर्म अवलम्बन गर्नेसंग गर्दछौं/ यो त सबै सामु खुलस्त छ कि यो अरु मुलुकमा पनि विल्कुल सम्भव हुन सक्छ/ केवल समाजका नागरिकहरु शान्ति, आपसी मेलमिलाप अनि सहिष्णुता प्रति कटिबद्ध रहनु पर्दछ/ हामी नेपालीमा विद्यमान अशेष सहनशीलता जो कोहीले पनि अंगाल्न सक्छन्/ हामी कुनै पनि धार्मिक पर्वलाई केवल धार्मिक हिसाबले मात्र हेर्दैनौं/ हाम्रो एउटा अति गुह्य विशेषता भनेकै विश्वमा विरलै पाइने धार्मिक आस्थालाई सांस्कृतिक रुप दिनु हो/ त्यसैले त हो नि बुद्ध जयंती मनाइदा सम्भवतः बौद्ध धर्मावलम्बीहरुको भन्दा गैर बौद्ध धर्मावलम्बीहरुको उपस्थिति बढी देखिन्छ/ त्यसै दशैं-तिहारमा के बौद्ध धर्मावलम्बी, के मुस्लिम, के क्रिस्चियन सबै एकै स्थानमा जम्मा भएर उल्लासपूर्ण किसिमले यी पर्वहरु मनाउछन्/ क्रिसमस विशेषतः ठूला-ठूला शहरहरुमा नेपालीकै साझा पर्व झैं मनाइन्छ/ यसले यो खुलस्त पार्दछ कि हामी धार्मिक आस्था एवम् पर्वहरुलाई समाज नै अशान्त गराउने विवादको विषय बनाउदैनौं/ बरु यस्ता अवसरलाई गैर धर्मावलम्बीहरु प्रति आदरभाव उजागर गर्ने उत्कृष्ट समय हो भन्ने सोच्छौं/ यसरी हामी नेपालीहरु आफ्ना एवम् गैर धर्मावलम्बीहरुको पर्व सांस्कृतिक एकताको प्रतीक मान्दै उत्तिकै उल्लासमय ढंगले साथ-साथै मनाउदछौं/ न्यूजिल्याण्ड त यसै पनि विश्वकै एक नमुना मुलुक हो जहाँ संसारका प्रायः सबै मुलुकका व्यक्तिहरु बस्दछन्/ नेपालमा जस्तै यहाँ पनि धार्मिक आस्था, जात-जाति, वर्ण, भाषा इत्यादिको आधारमा कुनै भेदभाव छैन/ र, यिनीहरुकै आधारमा वाद-विवाद गरेर अशान्ति उब्जेको इतिहास छैन / यहाँ बस्ने नेपालीहरु शान्तिपूर्ण एवम् शालीन जीवन विताउन रुचाउछन्/ न्यूजिल्याण्डबासी नेपालीहरु नेपालमा जस्तै चाड-पर्व र अन्य उत्सवहरु रुचिपूर्वक धार्मिक तथा सांस्कृतिक चाडको रूपमा मनाउना पाउँदा अत्यन्तै भाग्यशाली सम्झन्छन्/ यहाँ बस्ने युवा पीढीले पनि यसको हेक्का राख्नु अपरिहार्य छ/ अन्त्यमा, यसरी हामीले मनाउने कुनै पनि आस्थाको धार्मिक पर्वलाई धार्मिक नजरले नहेरेर यसलाई साथी-भाइ, छिमेकी र परिवारसंग सुखपूर्वक शान्तिपूर्ण किसिमले मनाउने सांस्कृतिक अवसरको रूपमा लिनु वान्छनीय छ/



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Let's Talk about Mental Health

Dr. Prabhu Pandey (Kiran)
GP, Auckland.

In life, we strive for happiness, which is guided by our perception and mental attitude. Yet the topic of mental health is probably less talked about in the community, at least not with ease as much as physical health issues. The reluctance comes from the shame and stigma associated with this, which is perhaps more in a smaller immigrant population like ours. In addition, the health literacy and cultural perception plays a vital role as well.

Just like any physical health problem, these are real, distressing, and painful; have significant consequences in one's life.

This article will focus on common mental health issues- depression and anxiety disorders, relevance to community like ours, the disability associated with it and a guide to seek help.

How common are they?

Depression and anxiety are the commonest Mental health problems, yet under diagnosed and Often Undertreated, leading to significant implications on all domains of life- social, economic, academic, occupational; thus leading to severe disability.

The WHO (World Health Organization) estimates depression affects 300 million people globally; depressive disorders are ranked as the single largest contributor to non-fatal health loss (7.5% of all YLD-Years Lived with disability). (1)

Similarly, Anxiety disorders affect 264 million people worldwide and are ranked as the sixth largest contributor to non-fatal health loss globally and appear in the top 10 causes of YLD in all WHO Regions. (1)

The prevalence in Nepal is estimated to be around 3.2 percentage (depression) and 3.6 percentage (Anxiety) of total population. (1)

Moreover, the immigrant population have more challenges such as loneliness, adjusting to new country, employment, language barrier, cultural differences, racism etc., which may predispose them to mental illness.

What is depression and anxiety?

Transient low mood is a normal emotional response to stressful life events, however, Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behaviour, feelings, and sense of wellbeing. (2)

Depression often leads to dysfunction in activities of everyday living leading to poor quality of life, in its severe form can result in death by suicide.

Anxiety disorders are a group of mental disorders characterized by exaggerated feelings of anxiety and fear responses. (2) Anxiety is a nervous feeling, often leads to worried mental state with fear and hypervigilance, with accompanying physical symptoms and interferes day to day activity.

It is not uncommon for anxiety and depression to co-exist with one leading to other, many of the causes for these conditions do overlap, hence, For the purpose of this article we will explore them together.

What are symptoms of depression?

As previously stated these symptoms are not temporary rather persistent over months or years, and yes they could have been triggered by a stressful life events (such as bereavement, relationship issues, financial hardship etc.), but they remain over a longer period causing-

- low mood, tearful
- anger outbursts and irritability
- losing interest and pleasure in activities
- sleep problems (poor sleep or over sleeping)
- change in appetite (either loss of appetite or eating more)
- feeling of guilt, shame, hopelessness and lack of confidence
- physical health problems such as – tiredness, headaches, body aches, joint pains etc
- feeling of worthlessness and suicidality

What are symptoms of Anxiety?

Anxiety is a nervous feeling, which is a result of complex interaction of mental and physical symptoms-

- feeling nervous and on the edge
- worrying constantly about various things and unable to control these feelings
- restless and hard to stay still
- fear of something bad is going to happen

These may lead to panic attack which manifests as- Extreme fear, shortness of breath, fast heartbeat, chest pains, sweating, dizziness, feeling faint, tingling around mouth or hands etc.

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What are the causes of these illness?

Anxiety and depression are often attributed to multiple factors and often combination of these play a role. There is a strong correlation of brain chemicals (neurotransmitters) and their lack as a cause of these illness, which may be related to -

- Biological- often can run in families, there is also link of maternal mental illness during pregnancy which can affect children born to them.
- Environmental factors such as weather (winter), migration, modernization etc. have been implicated
- Childhood Developmental factors such as childhood adversity, exposure to trauma, neglect, bullying, physical and sexual abuse and invalidating parenting or unequal treatment of siblings etc.
- Other health conditions such as Diabetes, heart diseases, stroke, cancer or other neurological illness, nutritional deficiencies, hormonal changes (pregnancy, menopause); etc. on the other hand, depression/anxiety may lead to these either.
- Life events – socioeconomic stresses, relationship problems, migration, employment and workplace bullying, bereavement, social isolation, natural disasters etc.
- Alcohol and substance abuse may lead to anxiety/depression and conversely, these disorders could lead to person self-medicating with these to get the sense of wellbeing.

What are the risks?

As previously stated, untreated these conditions may lead to significant dysfunction in all aspects and impair quality of life, cause other addiction problems. In its worst form, may lead to risk of harm to self or others.

Although depression can affect anyone and at any age, do need to keep in mind the symptoms of depression in a new mother (postpartum depression), depression in child and adolescent and depression in elderly, which often have more significant implications in terms of safety.

What are the treatment?

Anxiety and depression are common, given its immense impact on life, they need to be identified and treated.

Treatment can be in various forms- pharmacological (with medications from your doctor), psychological (talking therapies), complimentary medicines (may include herbal remedies, fish oils etc.), cultural and spiritual support, healthy lifestyle and exercise all have a role in recuperation.

For mild moderate symptoms non-medical strategies are effective treatment modalities. The psychotherapy (cognitive behavior therapy, interpersonal therapy, relationship counseling, family therapy etc.) have been effective in managing symptoms and promote recovery.

For more severe form, the combination of medications and psychotherapy is often required, due to strong association of drug and alcohol use associated with these conditions, it must be addressed.

Importantly, compliance with therapy and strong support of friends and family is vital.

How can these be prevented?

As with many health conditions to some extent anxiety and depression can be prevented, this may start with Strong family and cultural support, for community like ours we should maintain our values and these should be passed on to our future generations.

Positive parenting is the key - avoiding invalidating parenting style and unequal treatment of siblings.

Adopt Healthy lifestyle – diet and exercise, stay away from alcohol, smoking and substance use.

Find ways to deal with stress- talk to someone you trust, join stress management programs such as mindfulness or yoga, strengthen your religious and spiritual self.

Where to seek help?

Do not ignore the symptoms, do not hesitate to seek help, break free from 'taboo' of mental illness. Be there for close family and friends who are in need.

Seek professional advice early, see your GP who will guide you to appropriate services as per your needs.

For further information-

www.depression.org.nz

www.lowdown.co.nz

www.anxiety.org.nz

www.mentalhealth.org.nz

Need to talk? Free call or text (1737) any time for support from a trained counsellor

Lifeline (open 24/7) - 0800 543 354

Depression Helpline (open 24/7) - 0800 111 757

Healthline (open 24/7) - 0800 611 116

Youthline (open 24/7) - 0800 376 633. You can also text 234 for free between 8am and midnight

Alcohol Drug Helpline (open 24/7) - 0800 787 797. You can also text 8691 for free

References:

1. Depression and Other Common Mental Disorders: Global Health Estimates. Geneva: World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.
2. Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5). American Psychiatric Association. 2013.

*Author is a General Practitioner in Auckland, with additional training in Primary mental health and addiction.

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Beyond Football

Shreesh Basnyat
Khukuri Football Club President

Khukuri Football Club goes beyond just football - seems like an odd statement to make? Obviously football is the foundation of the club and the reason why it was established in the first place but as the club grows I have noticed that it has turned into something much more. It almost feels like we could have dropped the Football and go with Khukuri Club as first contemplated during its registration, however, I think football should still be the main focus.

Football is an excellent means to connect with the wider community and the decade of playing football in Auckland has ensured that this was so. The diversity of the city is reflected through the football teams and its passionate followers. "The beautiful game" as once mentioned by Pelé is agreed by most around the world. Playing with Khukuri, an ethnical Nepalese football team, we have had the opportunity to meet and interact with so many players from around the world. Khukuri welcomes non-Nepalese members to the team and there has always been some non-Nepalese players in the squad since we first started. We have had players in the team from places I would have never imagined to have interacted as a friend or a team member. Players from different places like Bolivia, France, Nagaland, Russia, Korea and many others have also joined our team. Players of Nepalese origin who came to New Zealand as students and other purposes have also played with us and their contribution is still remembered by all. Beyond

football it has always been a treat to share descriptions of each other's country, promote a little bit of Nepalese tourism and find out more about the people of the country.

The Ethkick seven a side football tournament is another prime example of this, with over 16 different ethnic groups participating to represent their countries. In Feb 2018, we brought together a team of ten enthusiastic Nepalese players who represented Team Nepal. We faced teams from countries around the world like Rwanda, Nigeria, Britain and India. It was great to see familiar faces of the people involved in the tournament from different ethnic groups and for them to recognize us and Team Nepal.

Connection within the community has also been beyond expectation. The club is working with community groups and leaders in supporting and developing young community members, students, recent migrants and international students. Through organizing and participating in events such as seven a side tournament, Tenzing Hillary Cup held in Christchurch, Auckland Sunday Football Association League, youth football training, fund raising for flood victims in Nepal and Yuuv Sanjh etc., there is always an opportunity to create interactions and represent the community. Through these interaction there is a chance to know the community better and provide the right support. In this way of reaching out, Khukuri Football Club seems beyond football.



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Walk to the Beautiful Tama Lakes



Taranaki Falls from distance



Dr. Mahendra Giri

During my holiday trip to Whakapapa in 1997 I was staying in New Zealand Forest and Bird Society's lodge at Rehua Place, off Bruce Road (Giri/MK 2017. Walking to Mt Hauhungatahi. Saugat p 19).

It was only 3 km from Iwikau village near Ruhapehu ski fields, and about the same distance in the opposite direction to Tourist Information Centre near famous resort Chateau Tongariro Hotel.

On 9th Jan. I got up early as usual, had breakfast, and prepared to take up Tongariro Alpine Crossing as a personal challenge. I told my companions, Jan and Nick, where I planned to go. By the time I reached the shop, where I could get the bus, the bus had already gone for the day.

Then, I went to information centre and enquired about Tama Lakes. Tama generally means children in Maori. The attendant explained, and gave me a brochure for \$1, which explained Tama Lakes and Taranaki Falls on the way. I started on my own at about 08:30 from upper track, Ngauruhoe Terrace, which, then, became Tongariro Northern Circuit track (TNCT), and passed close through Taranaki Falls. The track was

good. After walking about 20 minutes, crossing a small forested stream, I started meeting people, who were returning to Whakapapa from Taranaki Falls. Green vegetation with beech trees decorated the track on both sides for some distance. It took half an hour to reach the Falls site

After a rest of 10 minutes, looking around, and enjoying Taranaki Falls, I proceeded towards lower Tama Lake. Then, the track bifurcated one going towards Whakapapa, and another heading north east to Tama Lakes. This track was lonely, and was mostly made by the pedestrian. The track passed through Red Tussock area, and alpine herbal fields. In a sunny day, it would be quite hot, and perspiring, but luckily it was cloudy and cool day. That made my walking quite comfortable. However, the wind coming through Tama Saddle of Ruapehu and Ngauruhoe can be pretty chilling, sometimes.

After walking for another half an hour I saw a huge ditch, which, after coming closer, turned out to be Lower Tama Lake at 1260 m (Pic 2). The water was about 30m below the rim, where I was standing. There was a semicircular, beautiful blue lake with a sizable area of sandy bank on one

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side. I sat on the rim close to edge, and enjoyed natural Crater Lake. It appeared like there were three connected craters, but only one had lake formation.

Then, I continued walking northward along the rim of the crater. The landscape, in semiarid environment, and walking through a group of dead, and/or sleeping volcanoes, do give you a feeling of being in Mesozoic Era, especially when you do not see a single soul around. I was happy to be walking there, in a way. In fact, this is the part of only semiarid, desert like area with least vegetation in New Zealand. There are not many places like this in the world as well. As my mind was fully occupied analysing the miracle of nature, as I walked on wondering, what this place would be like 100 million years ago. The track climbs significantly higher, and becomes strenuous to walk. After 20 minutes, I saw another ditch, almost circular with blue water, and with a strip of narrow land stretching towards centre on one side, perhaps slightly larger lake. I had no difficulty guessing that to be the upper Tama Lake. The colour of the water is "Turquoise", and is very attractive. The surface, at that time, was still as if I were looking at a picture.

I sat on the ground for sometimes. I drank water from my water bottle, enjoying the view of the turquoise lake, and the surrounding environment. It was so amazingly beautiful, very quiet and peaceful. I took some photos. Then, I stood and prepared to leave. I had to put my jacket on, because it was slightly chilly there at that altitude (1430 m).

As I was descending and leaving the crater area, I saw someone coming up hill. When we crossed each other, she appeared to be a Japanese girl heading toward Upper Tama Lake. She was walking pretty fast. After fifteen minutes, I was back above the lower Tama Lake. I sat on the rim and ate my lunch. Then, I was enjoying the scenery; I saw that Japanese girl coming back at the same speed, and walked passed me towards Whakapapa. I did not feel like stopping her to talk.

On my return walk, I met two more groups of walkers going toward Tama Lakes. I had taken upper track through Taranaki Falls, while going up, and came back through lower track making it a loop. The entire walk took a competitive time of 5 hours. I was quite happy to be back by about 2:30pm. Important is that I had a very enjoyable walk, and an amazing experience of walking about 17 km with stunning view of central plateau of New Zealand.



On foreground is Upper and background is Lower Tama Lakes.

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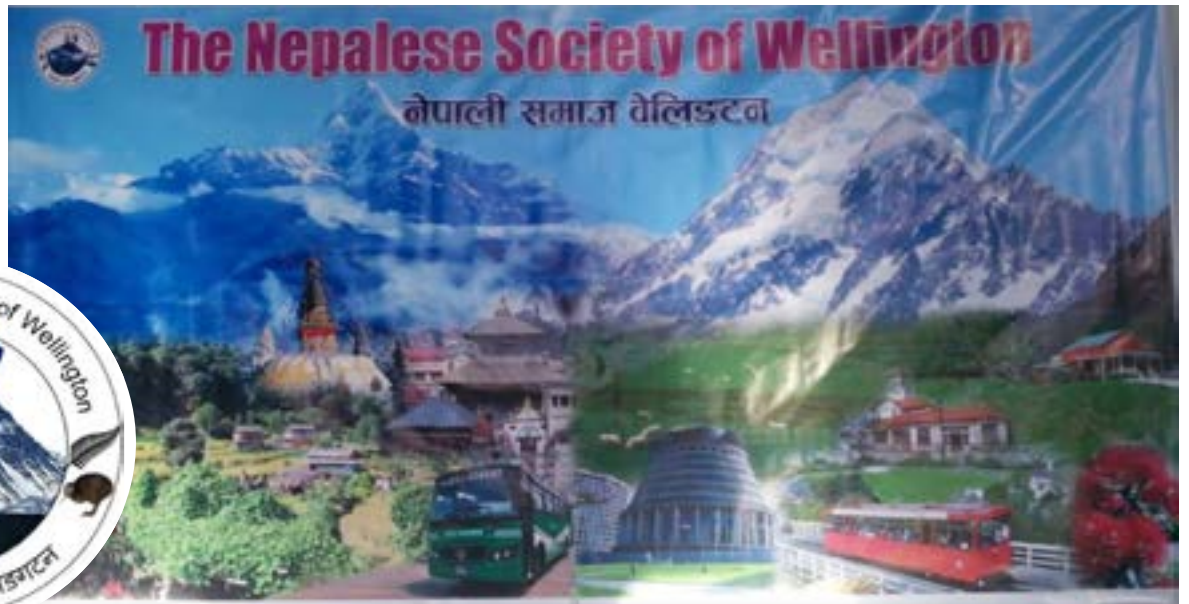
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The Nepalese Society of Wellington Inc.

(Society) was formally established in October 2007 as an incorporated society.

The Nepalese community in Wellington was active since early 2000 especially to celebrate Nepali New Year and Dashain and other festivals. Increasing number of the Nepalese people in Wellington area, and need for maintaining relationship with the relevant government and non-government organisations have motivated us to establish a formal organisation.

The Society is a non-profit and non-political organisation with the geographical area covering the Greater Wellington Region with the following objectives:

- To promote mutual support and cooperation among members of the Society on matter of common concern.
- To promote and encourage educational, religious, cultural, social and sports activities within the Society.
- To provide community services to all members and liaise with governmental and non-governmental bodies.
- To organise Nepali language and cultural classes to children of Nepalese descent.
- To facilitate the settlement of Nepalese migrants and their families by providing a supporting social networking within the Nepalese community.

The first relatively big gathering of the Nepalese people in Wellington was in March 2003 on the occasion of the 50th Anniversary of ascent to Mount Everest by Tenzing Norgay and Sir Edmund Hillary. The Department of Internal Affairs invited the Nepalese community to participate in the Everest Parade and a short cultural performance at the Parliament ground in the presence of Sir Edmund Hillary and Lady June Hillary. The Nepalese community from Hastings and Napier also joined us to the events. A few members of the Society also attended a function held in the Government House, the following week.

The Society presented a Nepali ribbon to Parliament's mooring stone on 21 June 2011. Parliament's mooring stone is one component of the permanent artwork, where communities in New Zealand tie (add) their ribbons to signify the communities' individual contribution to New Zealand society.

We are the 72nd group to add ribbon on the mooring stone. Further details about this is available at <https://www.parliament.nz/en/get-involved/features-pre-2016/document/00NZPHomeNews201106271/nepalese-community-add-their-ribbon-to-parliament-s-mooring>

The Society runs Nepali language and culture classes for Nepali children and those people interested in our culture. The fortnightly classes are run in Lower Hutt and supported by Hutt City Council.



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Celebrating Nepali New Year, Dashain, Teej and annual English New Year Picnic are the regular events the Society has been organising since its establishment.

We have conducted fund raising activities to support education institutions in Nepal and people and organisations affected by the 2015 April devastating earthquakes. In October 2017 the Society provided some financial support to the Dhurmus Suntali Foundation.

We have been participating in multicultural activities organised by multicultural councils as well as ethnic sports activities such as ethnic football and touch rugby. Members of our Society attend the annual Diwali celebration in held in Parliament.

In March 2018, Sararmatha FC, Nepali Football Team in Wellington participated and won the C Final at Culture Kicks Tournament. This is an annual event with teams from many different ethnic communities.

We work collaboratively with similar organisation to advance our objective. For example we helped the Hindu Council of New Zealand and Hutt Multicultural Council to organise Holi celebration in Lower Hutt. We also attend religious events in Hindu and Buddhist temples.

Being located in the capital city of New Zealand we often got opportunities to receive official delegation from Nepal and the Nepalese Embassy in Canberra.

Contact

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Email: tns2007@gmail.com

Facebook: The Nepalese Society of Wellington



आव्हान

राजन बस्नेत

गगनचुम्बी तिम्रो शहर छिचोली
नजर एक मेरो झुपडीमा नि देउ
भोका भित्ताका कंकाल मात्र होइन
पुष्ट, सुन्दर गुदीको पाउनेछौ भेउ

धागो तन्काएका चिप्ला सडक छोडी
नागबेली घुम्तीमा कावा खान आऊ
अभावका ख्याउटे मुहार मात्र सोच्छौ
बिशाल आकाश वा यो मन खूट्याउ

झिलिमिलीमा अचेत भै रमाउने
बिहल हुन्छौ एक चिम्टी अन्धकारमा
घाउ आफ्ना सब पोको पारी
कटै भन्ने देखेछौ यही संसारमा

कल्याडमल्याड देख्छु सदासर्वदा
उड्यो होला पखेरु हर परेवाको
गरि हाल प्रयास भलै एकपटक
दिनेछु श्वास पुग्ने तिमीलाई यो जुनिभरको

सडकै सडकको तिम्रो बस्ती भर
गर कति गर्छौ यात्रा निरन्तर
गन्तव्य पक्कै खोज्नुपर्ला कुनै दिन
आऊ राख्छु खोली हर प्रहर

(श्री बस्नेत अकल्याण्डबासी कवि हुनुहुन्छ)

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SOCIAL WORK AND NEEDS ASSESSMENT IN THE COMMUNITY AND HOSPITAL WARDS

Chris Vernon

(Social Worker- Waitemata District Health Board)

Social work originated in villages where the local doctor would tend to help recover the physical ailments of the local people. The doctor's wife was concerned about how the patient would recover more than just physically from the injury/accident/illness, looking at the social circumstances of the patient.

Social workers look at the health needs and emotional needs of the patient. There can be grief and loss issues where a partner has died or the readjustment to life after major illness such as stroke or heart problems. From this, relationships can change, communication can be harder, and some people become isolated. Looking at the mood of the patient as well as ongoing support and safety in the community is important as part of the rehabilitation.

I use the Te Whare Tapa Wha model where we look at the person holistically under the four sections of physical and mental health, family support and spiritual needs. This can include linking to community support agencies, hobbies or sports groups.

Using the Social Workers Code of Ethics, we work with the client and wider family to formulate a plan and review progress using the action-reflection cycle (Munford 2003 p100). The principles of participation, protection and partnership outlined by the Treaty of Waitangi underlines our practice. Client's self-determination is a basic right (ANZASW 2004 p19) for them to find solutions that will work for them.

The Needs Assessment Service look at support that the person need due to changing circumstances of health, age, reduced mobility and isolation. This can include help with everyday activities including making meals, showering, housework and shopping. Often as people age their declining health make these activities harder. Giving them this support allows them to live in their home longer and safely rather than going in to care. They use carers who can supply these services as well as monitoring how the person is coping at home. Any concerns can

be relayed back through their agency and to the Needs Assessment Service to review to ensure the safety and independence needs are met. The ideal is for the individual to be able to live at home as independently as possible, but safety is the number one priority. If the client is living alone, isolated from friends and family, has numerous falls or struggles to manage their daily activities we would discuss residential care options.

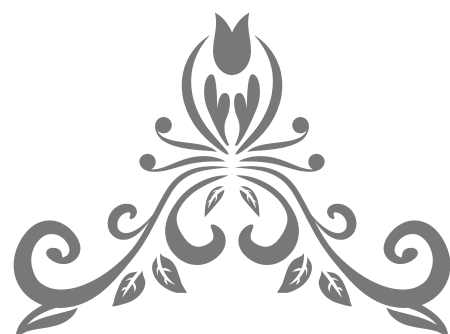
For someone living alone there are several supports that can be set up, where eligible, in addition to carers. These include:

- A Saint John medical alarm
- A Saint John caring caller who phones daily
- Half price taxis
- Community Services Card
- Equipment to make movement safer such as walking frames, ramps, shower stools
- Links to organisations that are relevant such as Parkinson's Society, Stroke Foundation, Age Concern
- Advocacy to help with housing, Work and Income

References

Munford, R., & Sanders, J, (Eds.). (2003) Making a difference in families: Research that creates change, Crows Nest, NSW; Allen & Unwin.

The New Zealand Association of Social Workers (2004). The Code of Ethics. Revised New Zealand. The New Zealand Association of Social Workers (Inc.).



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आज भन्दा करिब पाँचसय वर्ष अघि पाल्पा एउटा अत्यन्त शक्तिशाली स्वतन्त्र राज्य थियो । त्याहाँ मणिमुकुन्द सेन नामका राज राज्य गर्दथे । आफ्ना पिता राजा रुद्र सेनको देहान्त पछि उनी पाल्पाको राज सिंहासनमा बसेका थिए । आफू राजा भएपछि उनले केही राज्यहरू माथि आक्रमण गरेका थिए । आक्रमणमा जिते पनि पछि ती राज्यहरू स्वतन्त्र हुने गर्दथे । जितेको राज्य फेरि गुम्दा उनलाई दिक्क लाग्दथ्यो ।

एक दिन राजा मणिमुकुन्द सेनलाई आफ्नो बारेमा प्रजाहरूले के के भन्दा रहेछन् बुझ्न इच्छा भयो । त्यसैले उनी कसैले चालै नपाउने गरी गाउँले भेषमा हिंडे । गाउँ ठाउँहरू घुम्दै जाँदा रात पय्यो ।

एउटा पहाडी गाउँको छेउमा रहेको सानो घरमा उनले बास मागे । त्यस घरमा कपाल सेतै फुलेकी विधवा बूढी आमा रहिछिन् । तीनले पाहुनालाई खुशी साथ घर भित्र लगिन् ।

घरमा एउटै कोठा थियो । कोठाको बीचमा अगेंना । अगेंनामा आगो बलिरहेको थियो । कोठाको एउटा कुनामा तेलको सानो दियो बलि रहेको थियो । बूढी आमाले अगेंनाको छेउमा पीरा राखि दिएर पाहुनालाई बस्न संकेत गरिन् ।

साँझको समय जाडो जाडो थियो । पाहुना आगोको रापमा हात सेकाई सेकाई आफूलाई न्यानो पारि रहेका थिए ।

एक छिन पछि बूढी आमैले थालमा कोदाको पीठो

मुछ्न् थालिन् । अगेंनामा रहेको ओदान माथि तावा बसालिन् । तावा ताते पछि अलिकति ध्यू राखेर कोदाको रोटी पकाइन् ।

रोटी पाक्दै गर्दा पाहुनाले बूढी आमैसंग घरमा कोको हुनु हुन्छ ? भनि सोधे । जवाफमा बूढी आमैले - खसम धेरै अघि वितेका । एउटै जवान छोरा हाँप्न राजा मणिमुकुन्द सेनको उर्दीले सेनामा काम गरी रहेका । छोरा राजाकोमा गए पछि बुहारी माइती गइ । एउटै छोरीको पनि विहादान भई सकेको कुरा भनिन् ।

कहिले काँही छोरा आउँदैनन् ? भनि पाहुनाले फेरि सोधे ।

बूढी आमाले भनिन् - दुई वर्ष भयो छोरा आएको छैन ।

बूढी आमैले पाहुना तिर फर्केर सोधिन् - बाबू के कामले यो गाममा पाल्नु भएको हो नि ?

पाहुनाले हाँसेर जवाफ दिए - अस्ति देखि दुहुनो भैंसी र पाडी हराएकाले खोज्न हिडेको ।

कुरा गर्दा गर्दै कोदाको रोटी पाक्यो । रोटी पाके पछि पाहुनालाई एक ओखरा पानी दिदै बूढी आमैले बाहिर हात मुख धोएर आउन भनिन् । पाहुनाले पनि बाहिर हात मुख धोएर अगेंनाको पीरामा बसे ।

बूढी आमैले एक बड्को दूध र थालमा भकिअमिलो को छोपका साथ कोदोको रोटी पाहुनालाई दिइन् ।

भोकको सुरमा पाहुनाले तातो रोटी बीच भागबाट अफ्ठेरो तरिकाले कोतरेर खान थालेको देखे पछि

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बूढी आमाले भनिन् - बाबू उमेरले त तपाईं छोरो
बराबरकै हुनु हुन्छ - गाऱ्हो मान्नु हुन्न भने एउटा
कुरा भन्छु । पाहुनाले रोटि खाँदै हुन्छ भने । बूढी
आमाले भनिन् - तपाईंको रोटि खाने तरिका र हाम्रा
पाल्पाली राजा मणिमुकुन्द सेनले राज्य आक्रमण गर्ने
तरिका एउटै देखियो । तातो तातो रोटि त छेउ छेउ
उबाट खाँदै जाँदा बीच भागमा पुग्दा सम्म रोटि से
लाई सकेको हुन्छ र सजिलै खाइन्छ हात पनि पोल्दैन
। त्यस्तै शत्रु राज्य आक्रमण गर्दा पनि एकै पल्ट र
राजा बसेको बस्तीमा नगरेर त्यस राज्यको छेउ छेउ
जित्दै गए पछि पुरै राज्य सजिलै आफ्नो अधिनस्त
हुन्छ । सेनाहरूको नाश पनि कम हुन्छ ।

पाहुना जिल्ल पढे बूढी आमाले कुरा सुनी रहे ।
अनि बूढी आमाले अर्को रोटि थपि दिँदा उनले छेउ
छेउबाट खान सुरु गरे ।

पाहुनाले आफूले खोजेको जान्न चाहेको कुरा पाई सके
का थिए ।

भोलि पल्ट विहान विदा हुने बेलामा पाहुनाले बूढी
आमालाई ढोगेर विदा मागे । बूढी आमाले पनि हर
एको भैंसी चाँडै फेला परोस भनि आशिष दिँदै विदा
दिए ।

केही दिन पछि बूढी आमाले छोराको राजाबाट नगद
बक्सिस समेत पाएर विदामा घर आए ।

यस पछि राजा मणिमुकुन्द सेनले युद्धमा जितेका र
राज्य फेरि कहिल्यै स्वतन्त्र हुन पाएनन् । यसरी राजा
मणिमुकुन्द सेन पाल्पाका चक्रवर्ती राजा कहलिए ।

२०७१.१२.१८

हात्तीवन, ललितपुर बुधवार

खोई के नाउँ दिउँ यो सिर्जनालाई



तिम्रो यादमा आमा कोर्न थालें 2/4 हरफ
खोई साहित्यकारहरू के भन्छन् यसलाई
कविता वा गजल

यो त मेरो मनको आवाज हो तिमी प्रतिको
छटपटाहट तडपन अनि जलन हो
तिमीलाई नदेख्दाको
यो त शब्द हो अफसोचको कायरताको
अनि कर्तव्य हिनताको
आमा तिमीलाई छोडी विदेशिँदाको
किन मुगलान पस्छ मान्छे त्यो त
पस्नेलाई माल थाहा हुन्छ
भनिन्छ नि जुताले कहाँ दुख्छ त्यो त
लगाउनेलाई माल थाहा हुन्छ
के थाहा दुनियालाई यो परदेशीको
तन माल यहाँ छ

मुटु उनकै लागि धड्किरहन्छ
मन सधैं उनैतिर दौडिरहन्छ
जहाँ उसको सर्बस्व छ जहाँ उसको
जन्म दिने आमाको काख छ
अनि बाबाको अपार माया अनि आशीर्वाद छ ।
धेरै सम्झेको छु आमा तिमीलाई
अपार ममता यो मुटुमा साँचिएको छ
देख नपाउँदा भेट्न नपाउँदा
तिमीलाई यो मन साह्रै साह्रै भाँचिएको छ
फाटेको तिम्रो चोली सिउने आशमा विदेशिएँ म
नलाऊ है आमा फाटेको चोली
आजको जिन्दगी आजै बाँच आमा
नसाँच है नकुर है त्यो
कहिल्यै नआउने भोली
वियोगको पीडामा आमा यहाँ
आँखा मेरो छचल्कन्छ

यद्यपि कोही छैन यहाँ जो मेरो आँखाका भाका बुझ्न सक्छ
खोई फाटेको चोली सिउन सक्ने सकिन्न
तिम्रो मन अवश्य सिउन सकेको छैन
मलाई माफ गरिदेऊ आमा तिम्रो सन्तान भै जिउन सकेको छैन
अफसोच छ मलाई मेरो

बाध्यतामा
तिमीलाई छोडी विदेशीएकोमा
यो भूल सच्याउन चाहन्छु आमा
एकदिन आएर छोई तिम्रो पाउमा

Namita Dawadi
Gorkha Nepal (Haal New Zealand)



चक्र परमहंस योग सेवा न्यूजिल्याण्ड परिवार
नव बर्ष २०७५ को सुखद अवसरमा न्यूजिल्याण्डवासी
तथा विश्वका हरेक कुनामा रहनु भएका नेपाली
दिदी-बहिनी तथा दाजु-भाइहरुमा हार्दिक मङ्गलमय
शुभकामना व्यक्त गर्न चाहन्छ ।

चक्र परमहंस योग सेवाले अक्ल्याण्डमा एक नेपाली
सामुदायिक भवन र साथमा श्री पशुपतिनाथ र
श्री स्वयम्भूनाथको मन्दिर निर्माण गर्ने पुनीत उद्देश्य
लिएको छ । यस लक्ष हासिल गर्न यस योग सेवा
न्यूजिल्याण्डमा र विश्वभर नै छरिएर रहनु भएका
नेपालीका साथै अन्य दाताहरुको सहयोगको
अपेक्षा गर्दछ ।

Nepal Rhino Cricket Club

A small team with a big dream.



Nepal Rhino Cricket Club was established in 2016 AD by a group of cricket fanatics. Their dream was to form a proper cricket club which could bring together young Nepalese in New Zealand to be a part of a great game. The dream lives on as the club grows. Our mission is to extend our hand to all those people who are passionate about cricket. And finally, to provide an environment in which they can feel the same love and support they get, when they are amongst their friends and family back home.

We had humble beginning but our vision was clear. We always knew where we wanted to be down the line. We battled all the hardships and financial discomfort to get where we are right now. More challenges lie ahead, but we are determined to overcome them.

To establish a proper club, you need to play with proper teams. We joined the Auckland Business Cricket League. This league was our introduction

to management, operation, strategy and skills required to successfully run the club. The boys honed their skills and they started to play smart cricket. We finished the league with satisfactory results and we were ready for the next step.



नयाँ वर्ष २०७५ को हार्दिक मंगलमय शुभकामना
BEST WISHES ON THE OCCASION OF NEW YEAR 2075!



PREORDER & RESERVATION
64 09 265 01 58

Namaste, word itself is greeting to our valued customers .Warm hospitality, love and care to our customers is our motto. We use authentic Indian herbs and spices from Indian spices traders. We use fresh veges and meats (Halal) from local market. Our chefs are experienced who can provide your taste with mixing right ingredients in right proportion with love and care .It helps to create the full flavours and mouth-watering tastes .

जहाँ नेपाली त्यहाँ नेपाली स्वाद


60 Highbrook Drive, East Tamaki
Auckland, 2013, New Zealand



Our quest for the search of a better league was on. Along with a better league, we were looking for sponsorships as well. Because we knew a better league would mean we would require better kits and we had to be financially strong to join. As they say, the harder you work the luckier you get. We got the biggest support from one of our community leader **Mr Dinesh Khadka**, who trusted on our abilities, and provided us sponsorship through his company **Eagle Eye Limited**. They were our main sponsor for the 2017/18 season. Our path would have been a lot more difficult if he had not supported the club.

We were blessed with a sponsor and we hit the jackpot with the league. We found a league who played on turf(grass) wicket rather than cemented synthetic pitch. The level of cricket standard grows significantly on turf wicket as they tend to change according to weather conditions. So strategy and adaptation are necessary traits. With renewed enthusiasm we registered in Onehunga Cricket League. The whole season was a roller coaster ride and every game was a thriller. The one thing that remained consistent was our determination to stand back after every loss and not losing our focus in excitement of the win. We fell shy of few points to win the league. But in the end, our rhino players weren't the same, they grew, they improved and they are more resolute than ever to win the trophy next season.

Our supporters were always our 12th men on any game day. They grew in number with each game. The love for the game, the club and Nepal is what brings them to every match. They cheer us through the whole game and never seem to run out of breath. We are grateful to have such an awesome gang of supporters. Most clubs don't get to say this but we do. Our sponsor, Mr. Dinesh

Khadka, is also one of our biggest supporter and critic. He cheers for us and always has some motivating words at the end of the day. He once told us, "You boys have tremendous potential to achieve what you want if you stay focused on your goals and vision. Not many people can do that. Your achievements makes the Nepalese community in New Zealand proud". Anyone with a sporting spirit is guaranteed to be pumped up by such motivating words.

Playing sports for a club is one thing and making that club a family is other. And for us, Nepal Rhino is much bigger than just a club that facilitates us to play cricket. We make sure that Nepal Rhino is involved in the Nepalese community. We believe every organization should have a sense of social responsibility. As such, we try our best to take part in every Nepalese events that happen in Auckland and also we never fail to lend a helping hand to support any common Nepali cause.



Today, when we see our club, we believe that this is the best thing that has ever happened to us. The amount of love and support we receive from our well-wishers is unbelievable. And all the success of the club is possible because our players and management team have worked tirelessly, day in day out, to get the club where it is today.

Finally, Nepal Rhino Cricket Club is all about following our passion while emanating happiness and bringing people together. These were our core values and they always will be.

Thank you

Nepal Rhino Team.



नयाँ बर्ष २०७५
को हार्दिक
मंगलमय शुभकामना



**SAGARMATHA
ORCHARDS LTD.**

942 Oropi Road, Oropi, Tauranga

INDRA POKHREL
BHAKTA SIWAHANG

GANESH LINKHA
RAM RAI



Mt. Everest and Mt Makalu



Mustang. Both photos are courtesy by Santosh Raj Pathak

म नीरो नयाँ नेपालको

जीबराज घिमिरे

आकाश बाट खसेको घामको काँचुली
पासो लगाएर देशले आत्महत्या गर्यो
र असंख्य छिचिमिराहरु जन्मे
आफ्नो पूरा जिन्दगी भोग्न नपाउँदै
पखेटा चुँडिएर अन्तरिक्षमा हराएका मेरा
पुर्खाहरुको अवशेष एउटा आदिम मानव म

देशको रापमा न्यानो खोजिरहेछु
देशको भुङ्ग्रोमा रोटी सेकाइ रहेछु
देशको खरानीमा आलु पोली रहेछु
देश जलेको हेरेर मस्त मुरली बजाइ रहेछु

म नीरो नयाँ नेपालको
देशको खरानी बिगुत लगाइ रहेछु
तराई उठेर पहाड हुँदै सगरमाथा अग्लिएको मेरो देश
सबै जातिको पहाड
सबै जातिको हिमाल
सबै जातिको मधेस
खण्ड अखण्ड र बिखण्डन किन ?

मलाइ मेरो राज्य हैन
मौलिक पहिचान देऊ
छोराछोरीलाइ पाठशाला देऊ
सजिलैसंग हातमुख जोडने
कहिल्यै ननिभ्ने चुलो देऊ
अरु केही मागेको छैन मैले
आफ्नो सीपमा गरी खान देऊ
मलाइ मेरो सिंगो नेपाल देऊ

कंचनजंघा मलाई कंचन नै चाहिन्छ
मैलिएको हेर्न मंजुर छैन
खप्तड त्यत्तिकै रमणीय रहोस
बारुदको गंधले दुर्गन्धित हैन
मधेश उत्तिकै समृद्ध होस
पहाडको लाली नओईलाओस्

स्कूलमा बच्चाहरुको किलकारी
कोरिबाटी गरेर झोला हल्लाउँदै
पढ्न गएकी छोरी

कुम जोडेर काममा
निर्बिघ्न हिंडेका दम्पती
आफ्नो कर्ममा ब्यस्त नागरिक
निरन्तर उठेको सगरमाथा
र मेरो आफ्नो बुद्ध
मलाइ सबै सबै दुरुस्त चाहिन्छ

तिम्रो स्वार्थी डाडु-पन्युमा
मलाइ विश्वास छैन अब
समृद्ध नेपाल त के दिन्थ्यौ ?
मलाइ सिंगो नेपाल चाहिन्छ
मलाई मेरै नेपाल चाहिन्छ |

हाल- कोटेश्वर , काठमाण्डौं |



Manang. Photo courtesy by Santosh Raj Pathak

म त जीवनवादी हुँ

—निर्मोही व्यास

म त जीवनवादी हुँ, गर्छु जीवनका कुरा
चलाई पाखुरा पाछु बाँझोलाई हराभरा
म सुन्नै पनि चाहन्न हुतीहारा कुराहरू
अदम्य आँट, उत्साह-भन्दा ठूलो छ के अरू ?

म लामो आयु चाहन्छु पूरै सक्रिय, सार्थक
म लामो आयु चाहन्न निरर्थक र निष्क्रिय
बरु छोटै हवस् आयु, सदा सत्कर्म नै गर्छु
सुवासित भई बाँचौं, सुवासित भई मर्छु
सृष्टिका हर प्राणीको जुनी हो एकबारको
जाने जीवन उल्लास, नजाने अवसाद हो
मृत्यु टारेर टारिन्न, मनैपछि कुनै दिन
बाचौं हासेर, नाचेर फेरि पाइन्न जीवन

(रचना : ३० फागुन २०७४०)

(वास्तविक नाम डा.प्रा. वेदव्यास उपाध्याय- १४ कृति प्रकाशित र विभिन्न
साहित्यिक एवम् सामाजिक संघ-संस्थाहरूद्वारा पुरस्कृत)



प्रेम

पशुपति कर्माचार्य

कहिलै नसुक्ने
धरतिको मूल हो प्रेम
कैयौं पत्थर र पहाडसित
ठक्कर खाँदै
निरन्तर बहिरहने
मूलको प्रवाह हो प्रेम
मनलाई आनन्द दिने
गुलाफको सुवास हो प्रेम
यसको नाउंमा बर्षौं
कोही लडाई लड्छन् त
कोही आत्महत्या गरि दिन्छन्
त कोही भावुक भै दिन्छन्
प्रेम न हिन्दु हो न इशाई हो
न मुसलमान हो
धर्ममा बाँधिन्न यो
कहिल्यै पनि
न सीमा हुन्छ यसको
आकाश जस्तो बिशाल छ यो
धरति जस्तो व्यापक
यसको परिवेश अनन्त छ
प्रेम सबैले गर्न सक्दैन
त्यसैले अमर हुन्छ /

telling it LIKE IT IS

Green Acres' new website helps potential franchisees work out what they want

⇒ 'I take my hat off to anyone who is self-employed,' says Mitchell Cooper. This may not be what you would expect to hear from the franchise sales manager for Green Acres but, as Mitchell explains, it's his job to tell it like it is. 'For anyone used to a regular wage or salary, being their own boss can be tough, particularly over those first two years. That's why people who come to us must truly want to own and run their own business – not just be looking to buy a job.'

'At Green Acres we make the transition easier by providing comprehensive training, ongoing assistance and guaranteed weekly work, and the guarantee is realistically based on long-term objectives, not weekly or monthly top-ups. While a new franchisee may have a target of \$1500 turnover per week, they must get their heads around the fact that there will be good, bad and brilliant weeks – the income roller coaster,' Mitchell says frankly. 'No franchisee has ever told me they haven't achieved their first two years' income objective, but there are always ups and downs along the way. We'd rather they understood that from the very start.'

seven services

Established in 1991, Green Acres is one of the country's first and most successful home-grown service franchises. Today it has over 650 franchisees nationwide servicing 70,000-plus customers across seven different services:

- Lawn & Garden
- Pool Valet
- Carpet Care & Pest Control
- Commercial Cleaning
- Ironing
- Home Cleaning
- Car Valet

'That gives us a lot of marketing power, of course, but our franchisees also benefit from strong alliances with suppliers such as ANZ, Vodafone, Bunnings, Xero, Z Energy, The Service Company and Rothbury Insurance Brokers,' Mitchell explains. 'Green Acres has won 15 franchise awards over time, including two in the 2014/15 Westpac New Zealand Franchise Awards. And part of maintaining that advantage for our franchisees and customers is ongoing innovation.'



Potential franchisees can learn more from Green Acres' fresh new website

find out the facts

One example of this is the new website joingreenacres.co.nz, which is specifically aimed at potential franchisees. 'These days, people prefer to do a lot of their investigation into business opportunities online. We've therefore built a dedicated website based on

research and franchisee input that takes a potential franchisee 70 percent of the way to making their decision. It means that when they come to us, they are properly informed and able to ask the really hard questions.'

The new website includes information, answers to frequently-asked questions, videos and even a *Design Your Own Business* calculator. 'Green Acres is a very flexible business, so start-up costs range between \$23,000 and \$52,000 depending on the initial income target you choose. For most people, that's between \$600 and \$2000 per week,' Mitchell explains. 'Franchisees also need additional capital for a suitable vehicle. To make it easy, we created a super-smart, easy-to-use and completely confidential calculator. It helps you work out what to invest and what hours you'll need to work in order to get the level of income you desire.'

'You don't have to sign on and reveal lots of personal information about yourself to use joingreenacres.co.nz – everything you need to know is up-front and accessible. We don't hide anything because we believe in what we have to offer, and our track record proves that it works. Our weekly royalty and brand levy fees are fixed so you won't be penalised for earning more money.'

The website also provides details of funding options (up to 70 percent on a business loan) and the comprehensive equipment package for each service, which includes everything from mowers to iPads. This package is included in the initial investment.

a business, not a job

'Whichever Green Acres franchise you choose, our success-proven training shows you how to work efficiently and effectively,' says Mitchell. 'It also teaches the vital skills of client communication, customer care, time management and business management. Our state-of-the-art technology enables you to stay in control of your business while keeping paperwork to a bare minimum. It means you can focus on doing what makes you money.'

Unlike many franchises, Green Acres is not territory-based. 'Each franchisee receives business development and operational support from a local master franchisee, whose role is to help you grow,' Mitchell explains. 'This local focus is one of the major factors in our franchisees' success. But individual franchisees aren't restricted to a specific suburb or area, so if you have a multi-site client who wants you to take on all their work, you can do it if you choose. It really is a business opportunity – not a job.'

'We have opportunities throughout the country right now. If you have a genuine ambition to run your own Lawn & Garden or Home Cleaning business, or any of our other services, you know what to do: go to www.joingreenacres.co.nz, watch the videos, try the calculator then contact me. I want the *hard* questions!'



The *Design Your Own Business* calculator allows anyone to work out how to create the income they desire

advertiser info



Green Acres
PO Box 41 271, St Lukes,
Auckland 1346
www.joingreenacres.co.nz

Contact
Mitchell Cooper
P 0800 692 643
mitchell@greenacres.co.nz

GET YOUR LIFE BACK

Be your own boss with a Lawn and Garden Franchise and get balance back into your life



Starting your own business or buying a franchise is one of the most important decisions of your life.

If properly planned and organised, working as your own boss can be tremendously rewarding and exciting. So why not enlist the support of an experienced, award-winning partner?

To find out more, visit www.joingreenacres.co.nz





शारदी प्रकृति

पीताम्बर शर्मा दाहाल

भीम वर्षा गयो संझना शेष भो
बैगुनी व्यक्ति त बिसनै बेस हो ॥
मर्दले भुल्दछन् पूर्व बाचाहरू
बुझ्दछन् के र ती मत्त बामाहरू ॥1

भेलले कूलको इज्जतै भक्तियो ।
शान गो वंशको फेद उच्छेद भो ॥
मन्सुवा पूर्ण भो मत्त उदृण्डको
दृष्टको सङ्गले हुन्छ कस्को भलो ॥2 ॥

एकको पीरले अन्यको आश्रयी
बन्दछे स्त्री कठै यातना भोग्दछे ॥
निर्दयी वा दयाऽधान जस्तो हवस्
अङ्गना पूरुषै आडमा खोज्दछे ॥3 ॥

मर्दको यादमाबाल वात्सल्यमा
स्त्री समूहादिकै बित्छन् यामिनी ॥
वृष्टिकी प्राण थी भै' शरत्सुन्दरी
तारिफैले खुशी बन्दछन् कामिनी ॥4 ॥

आपगाको रसाऽस्वाद आदित्यले
रन्किई चाखियो धीत मारी वरी ॥
वारि सारी हटी नाङ्गिएकी नदी
लाजले छालले जाँघ छोप्छे बरी ॥5 ॥

केतकी केँवरा फूल सौगात ली
झल्मले साँझ झन् मग्मगी गम्किए ॥
नर्मदा नायिका हाँस्तछन् मस्कदै
मादलेका दलै हर्षले चम्किए ॥6 ॥

राम लीला कतै जादुवाला कतै
घाँस भारी कतै ग्राम बाला कतै
गोठ सारे कतै घाँस झारे कतै
खेतमै दङ्गछन् खेत वाला कतै ॥7 ॥

माथि आकाशमा चन्द्रमा चम्किए
चाँदनी-पुञ्जमा तारका अल्पिए ॥
घाममा जून औ जूनमा तारका
निर्धनी को धनीसामुमा अड्दथे ॥8 ॥

पौर्णमासी निषा गम्किइन् गर्वले
पौरखी मात्तछन् जीतको हर्षले ॥
शारदी शुभ्रता व्याप्त भो मर्त्यमा
कालिमा लुप्त भो कालको गर्तमा ॥9 ॥

शीतका बिन्दु छन् पातमा टल्कने
माथमा भूषणै तुल्य झन् झल्कने
बज्दछन् वाद्य ती झ्याउँकीरी हरू
झिल्झिले बाल्दछन् जून कीरीहरू ॥

मेघमाला कतै झुल्दछन् खस्तछन् ।
प्रीतिको रीतिमा दम्पती मस्तछन् ॥
कामिनी अङ्गनाझन् युवा साथमा
अङ्कमालो गरी चुम्दछन् गाथमा ॥11 ॥

धानको खेतमा स्वर्ण झुम्का झुले ।
पूर्व पीडा सबै लोकले लौ भुले ॥
पान्थका पन्थका विघ्न बाधा हटे
छैन बाढी हिले दीन सारा हटे ॥12 ॥

उर्लिएका नदी निम्न गा भैगए ।
पर्वते निर्झरी रत्न माला भए ॥
उच्च वा नीच हो कालकै योजना
लाभ हानी सबै कालकै सिर्जना ॥

शैलका टाकुरा स्वर्णका देखिए ।
भीर पाखा सबै सप्तरङ्गी भए ॥
लेक बेँसी कुना खाँचको दृश्यले
मात लाग्यो कि वा मोहनी लाग्न गो ॥14 ॥

वर्णनातीत यो भौतिकी भव्यता ।
कल्पनातीत यो पार्थिवी रम्यता ॥
देखिदा देवता लोभिए वा फसे ।
भूतलै देव भू मानियो ती बसे ॥

शान बढ्दै गयो पुण्य भू यी भइन्
मान बढ्दै गयो भूमि देवी भइन्
दैवको योजना मानवी चाहना
सृष्टिकी माधुरी शारदी सिर्जना ॥16 ॥

नयाँ वर्ष २०७५ सालको आगमन सँगै
हामी सबै नेपाली बिच मैत्री भावना र
एकाता अझै प्रगाढ बनोस । मातृभूमी
नेपालमा सुशासन, सुव्यवस्था, आर्थिक
उन्नति एवम् स्थायी शान्ति सुरक्षा कायम
होस् । नयाँ वर्षको अवसरमा स्वदेश तथा
बिदेशमा रहनु हुने सम्पूर्ण
आफन्तजन, साथीभाई तथा शुभचिन्तक
हरुमा सुख, शान्ति, सम्बृद्धि तथा
दिर्घायुको हार्दिक मंगलमय शुभकामना
ब्यक्त गर्दछु।



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सह संयोजक
ओसियाना क्षेत्र
गैर आवासीय नेपाली संघ



Achievements



- **Aaron Bhuj**

Aaron Bhuj has been Awarded Black Belt in Kyokushin Karate in October 2017.



Aaron Bhuj also won the first place in Boys Division 8 Fighting in 2017 Kyokushin Karate New Zealand Nationals held in Napier, New Zealand on 17 June 2017.

- **Arya Shrestha**

Arya Shrestha was Elected into the 2018 Lynfield college executive team. Arya also achieved full black belt on April 2018 at Rising Dragons Martial Arts.

- **Pratyush Khatiwada**

Pratyush Khatiwada has been selected a School leader at Papatoetoe West School, Papatoetoe. Came second in primary school level chess competition among south Auckland schools. Also been awarded the best batsman award for the year 2017/18 in 6B Papatoetoe Cricket club.

- **Saurav Dhungel**

Saurav Dhungel was awarded Citizen Award 2018 for Leadership at Mount Roskill Primary School

4th **Oceania Nepali sports meet 2018** in Sydney.

Aalok Paudel 1st position in 5 km run in 15-25 age category

Denzel Gurung first in tennis under 15 category.

Badminton single open category **Kesh Gurung** second runner up

Badminton doubles open category **Kesh Gurung** second runner up

नव बर्ष २०७५
को शुभारम्भको सुखद अवसरमा
नेपाली समुदायका सम्पूर्ण दाजुभाइ तथा
दिदीबहिनीहरूमा सुस्वास्थ्य, सुख समृद्धि
एवम् उत्तरोत्तर प्रगतिको लागि हार्दिक
मंगलमय शुभकामना व्यक्त गर्दछौ ।



न्यूजिल्यान्ड नेप्लिज एसोसिएसन
अक्ल्यान्ड, न्युजिल्यान्ड



Table Tennis

Under 15

Winner: Sourav Dungal

1st runner up: Divyanshu Khadka

2nd runner up: Aaron Bhujū and Lennart Pant

Special award: Ayush Bhandari

U15 Champion for continuous 3 years
2014, 2015, 2016

Women:

Winner: Neera Pant

1st runner up: Samjhana Kadel

2nd runner up: Jagamaya Shrestha Ranjit

Men:

Winner: Surya Tamang

1st runner up: Indu Shrestha

2nd runner up: Susaanta Lama

Badminton:

Under 15: Single

Winner: Ayush Bhandari

1st runner up: Denzel Gurung

2nd runner up: Aaron Bhujū and Sourav Dhungel

Women: Single

Winner: Salina Dhungel

1st runner up: Sabina Ranjitkar

2nd runner up: Sushila Bhattarai

Men: Single

Winner: Shaurya Bhattarai

1st runner up: Chandra Gurung

2nd runner up: Tika Jung Thapa

Double:

Winner: Dipendra KC / Shaurya Bhattarai

1st runner up: Madan Shrestha / Suman Dhungel

Chess:

Under 15

Winner: Manit KC

1st runner up: Pratyush Khatiwada

Adult:

Winner: Dipendra KC

1st runner up: Pratyush Khatiwada

Carrom Board:

Under 15:

Winner: Manit KC / Pawan Kharel

1st runner up:

Divyanshu Khadka / Sagar Dhakal

Women:

Winner: Samjhana Kandel / Priya Gurung

1st runner up: Mina Paudel / Priyangu Dhungel

Men:

Winner: Balram Khanal / Prakash Ranjitkar

1st runner up: Ajit Thapa / Dipendra KC

Futsal:

Under 15:

Participation award for U15 players:

Aaron Bhujū, Aditya Mulmi, Anurodh Thapa, Divyanshu Khadka, Kamal Kharel, Pawan Kharel, Lennart Pant, Manit KC, Milan Kharel, Sagar Dhakal, Sourav Dhungel

Adult:

Winner: Hamro Khukuri FC, Auckland

Players: Niraj Ranjit, Sujana Gurung, Rohan Gurung, Aalok Paudel, Salil Om Dhungel, Ayush Bhandari, Dikshant Khadka, Dhruba Gaire.

Manager: Nixon Sherchan.

1st runner up: Gurkha FC, Auckland

Players: Bishal Shrestha, Kapil Shrestha, Manoj Thapa, Jeetan Galami, Rokesh Maskey, Nirajan Adhikari, Sagar KC, Bikash Thapa, Niraj Thapa.

Manager: Sharad KC

2nd runner up: NABOP FC, Bay of Plenty
(Nepalese Association of Bay of Plenty)

Players: Deepak Chhetri, Sishir Basnet, Khem Gurung, Avishekh Gurung, Manish Karki, Prakash Upreti, Prakash Baraal, Sandesh Khadka, Darshan Timelsina, Shava Raj Thapa.

Manager: Jeetan Limbu

Plate Champion: Gorkhali FC, Hamilton

Players: Alex Pandey, Bal Timilsina, Saroj Gurung, Suren Karki, Anjan Ghimire, Avinash Tamang, Madan Limbu, Naveen Ceersha

Manager: Alex Pandey



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From all the staff at Curry Village we would like to wish everyone a wonderful Nepali New Year, we hope that it is filled with joy and success. We hope to see you all soon !!!



Alcoholic Liver Disease

Dr. Nirmal Rimal

Introduction

Alcoholic beverages have been used in many societies for many purposes. Whatever is the social and personal choice of alcoholic beverage use, positive or negative or mixed, drinking alcoholic beverages carries with it some potential for social and health harm, both to the drinker and to others. Some harms are immediate, notably injuries and other harms are associated with intoxication or an elevated blood alcohol level. Others are more long-term, such as cumulative damage to family or work life or social position or chronic damage to health.

In this article I am going to highlight on one of the harmful effects of alcohol on our health the "Alcoholic Liver Disease (ALD)".

What is ALD?

Alcoholic Liver disease (ALD) is liver damage caused by drinking too much alcohol for a long time. Alcoholic liver disease is a result of over consuming alcohol that damages the liver, leading to buildup of fats, inflammation, and scarring. It can be fatal. The condition is a primary cause of chronic liver disease in most part of the world.

About 40 to 80g/day in men and 20 to 40g/day in women for 10 to 12 years is sufficient to cause liver damage in the absence of other liver diseases. In general, the risk and severity of liver damage depends upon the amount of alcohol consumption (how much, how often, and for how long?).

Why is our liver important?

The liver is the largest and most complex organ in our body and it sits just under the rib cage on the right side of your abdomen. Liver performs many important functions such as production of bile to break down food in the gut, breaking down harmful substances such as alcohol from the body, storing nutrients and vitamins, regulating

the levels of many hormones and substances in the body such as cholesterol, metabolizing drugs, fighting infections and disease.

Liver damage can affect the whole body. Once damage begins, it can take a long time to become noticeable, as the liver is generally highly effective at regenerating and repairing itself.

Often, by the time of damage is found, it is irreversible. Considerable number of people die from alcoholic liver disease every year worldwide.

How alcohol is harmful to liver?

Most alcohol, after being absorbed in the digestive tract, is processed (metabolized) in the liver. As alcohol is processed, substances that can damage the liver are produced. The more alcohol a person drinks, the greater the damage to the liver. When alcohol damages the liver, the liver can continue to function for awhile because the liver can sometimes recover from mild damage. Also, the liver can function normally even when about 80% of it is damaged. However, if person continue to drink alcohol, liver damage progresses and may eventually result in death. If people stop drinking, some damage may be reversed. Such people are likely to live longer.

Classification of ALD

The spectrum of ALD is broad, and a single patient may be affected by more than one of the following conditions; fatty liver, alcoholic hepatitis, or alcoholic cirrhosis. Fatty liver is the most commonly observed abnormality and occur in up to 90% of alcoholics. Alcoholic Cirrhosis is a common cause of End Stage Liver Disease (ESLD) and liver cancer.

Magnitude of the problem

Alcoholism is a significant medical and socioeconomic problem. ALD accounts for 3.3 million deaths annually worldwide. About 8.5% of adults in the United States are estimated to have alcohol use disorder in any given year. Men abuse alcohol about twice in comparison to the women. Although ethyl alcohol exerts a direct toxic effect on the liver, significant liver damage develops in only 10% to 20% of chronic alcoholics.

Average alcohol consumption can be measured by units per week. One unit is equal to 7g of



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alcohol, one glass of wine or a can (240mL) of 3.5% to 4% beer; approximately 30 to 40 units of alcohol per week can induce cirrhosis in 3% to 8% of individuals over a decade.

It has been estimated that New Zealander consumes 8.7 Liter of alcohol per capita-aged over 15. Between 600 and 800 people in New Zealand have been estimated to die each year from alcohol related causes (Berl 2009; Connor et al, 2013). About 3.9% of health loss from all causes in New Zealand (measured in disability adjusted life-years) is estimated to be attributable to alcohol (Ministry of Health, 2013a).

Stages of ALD

Alcoholic liver disease has four main stages.

Alcohol fatty liver disease: Drinking a large volume of alcohol can cause fatty acids to collect in the liver. Sometimes, heavy drinking over a short period, even less than a week, can cause this. There are normally no symptoms though there may be enlargement of liver and mild liver enzyme abnormalities on examination. This stage of disease is often reversible if the individual abstains from alcohol from this point onward.

Alcoholic Hepatitis: Hepatitis is a general term for swelling and inflammation of the liver from any cause. Continued alcohol use will lead to ongoing liver inflammation. This can occur after many years of heavy drinking. It can also occur acutely during periods of binge drinking. If the individual abstains from alcohol on a long-term basis, alcoholic hepatitis is usually reversible.

Fibrosis: Buildup of certain types of protein in the liver, mainly collagen is known as fibrosis of liver. This is a feature in most types of chronic liver disease. Mild-to-moderate forms of fibrosis may be reversible. Continuous fibrosis and inflammation can lead to liver cancer.

Cirrhosis: Inflammation of liver for a long time leads to Scarring and loss of function of liver which is known as cirrhosis of liver. This can be a life-threatening condition. Cirrhosis damage is irreversible, but the patient can prevent further damage by continuing to avoid alcohol.

Life-long abstinence can improve liver function, but the permanent and severe damage from cirrhosis might mean that the patient needs a liver transplant to survive. Liver will be more sensitive to medications and alcohol as it can no longer process toxins properly. Alcohol use speeds up the destruction of the liver, along with reducing the liver's ability to compensate for the current damage.

Sign and symptoms of ALD

Sign and Symptoms range from none at first to fever, jaundice (yellowish discoloration of eyes and mucus membranes), fatigue, and a tender, painful and enlarged liver. In advanced stage, more serious problems as bleeding in the digestive tract and deterioration of brain functions may occur. Clinical presentations are highly variable. There is no laboratory test to identify alcohol as a cause of liver damage. Liver biopsy, in the context of a history of alcohol abuse, is diagnostic but not absolutely indicated in all patients.

- **Fatty liver:** Patients are usually without any symptoms (asymptomatic). Your doctor while examining may find enlargement of liver (hepatomegaly) and on blood test may detect mild liver enzyme abnormalities
- **Alcoholic hepatitis:** It may be clinically silent or severe enough to lead to rapid development of hepatic failure and death. Clinical features include fever, abdominal pain, anorexia, nausea, vomiting. Weight loss, and jaundice. In severe cases patient may have hepatic encephalopathy, ascitis (fluid in the abdominal cavity), and Gastro-intestinal bleeding.
- **Alcoholic Cirrhosis.** The presentation is variable, from clinically silent disease to decompensated cirrhosis

Diagnostic testing

Depending upon the stage of the disease there may be normal or mild elevation of serum aminotransferases (liver enzymes), bilirubin, and abnormalities in blood coagulation profiles. The indication of liver biopsy depends on the clinical assessment of the patient.

Treatment

Abstinence: The first step in treating any level of ALD is alcohol abstinence, with periodic liver enzyme tests to monitor ongoing liver damage. Abstinence is also the key to prevention of ALD reversible. This can help to reverse some early stages of liver disease. For example, stopping drinking once diagnosed with fatty liver disease may be able to reverse the condition within 2 to 6 weeks. Once a person is diagnosed with ALD at any stage, it is recommended to never resume drinking. Any condition that has reversed will typically return once drinking restarts. As alcohol dependency can make it more difficult to quit drinking alcohol, it is necessary to gradually reduce alcohol intake.

Medication: Like corticosteroids or pentoxifylline




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may be used for reducing inflammation in people with acute alcoholic hepatitis while they are being treated in a hospital. Those who regularly drink more than recommended daily limits of alcohol should not stop drinking without medical support. Withdrawal from alcohol can be life-threatening. Individuals should seek help from a medical professional to safely manage alcohol withdrawal.

Other medications that show potential for treatment and are currently being studied include: probiotics and antibiotics, stem cell therapy, medicines that target the inflammatory pathway etc.

Liver transplantation: May be done if liver damage is severe. This enables people to live longer. However, because about half the people start drinking again after transplantation, most transplantation programs require that people be abstinent for 6 months to qualify. Liver transplant is a complicated procedure that depends on a donor being available. Anti-rejection medications given after transplant can increase the risk of serious infections and certain cancers. A liver transplant is a last resort. Quitting alcohol and treating this condition early on is the best way for a person to increase their chances of reversing or slowing the disease.

Lifestyle/Risk modification

Rehabilitation (i.e. Alcoholic Anonymous, Private counseling, etc.). Alcoholics Anonymous (AA) is a fellowship of men and women who share their experience, strengths and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is desire to stop drinking.

As overweight and smoking have been demonstrated role in making ALD worse, weight loss in overweight people and quitting smoking is helpful. Taking a daily multivitamin is usually recommended as well.

Diet: In severe alcoholic hepatitis adequate energy and protein intake is important and supplemental oral nutrition is needed.

Complication

Potentially dangerous interaction may occur between alcohol and a variety of medications, including sedative hypnotics, anticoagulants and acetaminophen (Panadol) because of shared metabolic pathways. Complications include bleeding from mouth due to esophageal or gastric variceal (dilated submucosal veins) bleeding, ascities (excessive fluid in the abdominal

cavity), coagulopathy (bleeding disorders), hepatic encephalopathy, and liver cancer.

Outcome/Prognosis

- Fatty liver may be reversible with abstinence
- In alcoholic hepatitis prognosis depends upon the severity of presentation and alcohol abstinence. The in-hospital mortality for severe case is approximately 50%.
- In cirrhosis induced by alcohol, prognosis is variable and depends on the degree of liver de-compensation. Abstinence from alcohol may promote significant liver chemistry improvement even in advanced liver disease.

Preventing ALD

The most effective way to prevent alcohol related liver disease is to stop drinking alcohol or stick to the recommended limit. Men and women are advised not to regularly drink more than 14 units a week. It is better to spread your drinking over three days or more if you drink as much as 14 units a week. Even if you have been a heavy drinker for many years, it has been observed that reducing or stopping your alcohol intake will have important short-and long-term benefits for your liver and overall health.

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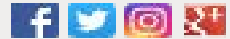


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Namaste & warmest greetings from The Asian Network Incorporated (TANI) !

On behalf of TANI, I take this opportunity to wish our Nepalese brothers and sisters, residing in New Zealand and Overseas, a very happy & prosperous New Year 2075, according to Nepali Patro.

New Zealand Nepal Society (NZNS) has played an instrumental role not only to connect the entire Nepalese community residing in New Zealand but it also contributes in strengthening New Zealand's bi-lateral relations with Nepal. Today, we also remember Sir Edmund Hillary and Tenzing Norgay who laid the foundation for New Zealand and Nepal relations in 1953.

Nepalese population is one of the fastest growing populations within Asian sub-group populations in New Zealand. Currently, there are more than 15,000 Nepalese New Zealanders living in New Zealand. Majority of the Nepalese community lives in Auckland region and Canterbury regions followed by Bay of Plenty.

On this auspicious occasion of Nepalese New Year, we acknowledge the contributions NZNS has made in the fields of social services, education, tourism, literature and development sectors. NZNS has also made significant donations in developing a new housing society in Nepal for the families that were affected by the Earthquake that struck in Nepal few years ago.

NZNS has always been pro-active in developing new working partnerships. Last year TANI & NZNS has entered into a formal memorandum of understanding (MoU) and have decided to work together. The key objectives of this MoU are:

NZNS & TANI will work in collaboration:

- a) On specific projects. Eg: Healthy Babies Healthy Futures (HBHF)
- b) Any other projects identified & agreed by both organisations

Work with various partners & community members to:

- a) Best understand and meet the specific cultural needs of Nepalese community requiring health & wellbeing support services
- b) Contribute to the development of policies, processes and decision making with the sector
- c) Influence the models of community engagement, youth engagement, community development & Leadership provided

Work with Nepalese clients/families:

- a) Best understand their unique cultural needs
- b) Assist clients / families to understand what Community Support Services are being offered in New Zealand and the models of care including but not limited to the: Restorative Model of Care, Maximise Independence and Person Centred Care via interpreter services, translated materials.
- c) Support them to work within these models of care to jointly organise health & education programmes for Nepalese families.

Once again, we congratulate NZNS for achieving all of this in a short span of time and wish the entire Nepalese New Zealanders a very happy & prosperous New Year 2075.

Best Wishes !

Vishal Rishi

Director

The Asian Network Inc. (TANI)

E: vishal.rishi@asiannetwork.org.nz



न्यूजिल्याण्ड अनी नेपाली विद्यार्थीको सपना

रामहरि पाण्डे

‘विदेशको पढाइ निकै राम्रो हुन्छ, पढाइ सक्ने वित्तिकै काम पाइन्छ, महिनाको तीनदेखि चार लाख त पक्का। अब काम पाएपछि पिआर (स्थायी बसोबास) पनि पक्का। मलाई यस्तै भनेका थिए कन्सलटेन्सीका अधिकारीहरूले। त्यही सपना बुनेर यहाँ आइयो, अहिले किक्कीको दाना गन्दै छु’, काठमाण्डौका सुजित श्रेष्ठको भनाइ हो यो।

अष्ट्रेलियाको यात्रा असफल भएपछि श्रेष्ठको यात्रा न्यूजिल्याण्डतिर सो भिएको हो। ‘पहिले अष्ट्रेलिया प्रयास गरें भएन अनी कन्सलटेन्सीका अधिकारीहरूको सुझावमा यता आएँ। ‘यहाँ त मैले नेपालका गल्लिका कुकुरहरूले भन्दा बढी दुःख पाएको छु,’ एक नेपाली कन्ट्याक्टरको साथमा काम गर्दै गरेका श्रेष्ठले थपे, ‘अहिले पो किक्की फ्रूटमा भए पनि काम पाएको छु, त्यसैले केही सजिलो भएको छ नत्र स्थिति के हुन्थ्यो भन्नै सकिँदैनथ्यो।’ काम गर्दा लगाउनु पर्छ भनेर कोर्ट सहित सेतो सर्ट र पाइन्ट सिलाएर ल्याएको आजसम्म सुटकेसबाट निकालेको छैन, अब त साइज पनि मिल्दैन होला सिलाएको दुइवर्ष भइसक्यो। ललितपुरकी अनिता सुवेदीले भनिन्, पहिले आफूले केही बुझिन साथी र कन्सलटेन्सीको कुरालाई विश्वास गरेर आउँदा निकै समस्या परिरहेको छ। पढाइपछि जबसर्च भिषामा रहेकी अनिता सिजनल वर्करको रूपमा किक्की फ्रूट प्याकिङको काम गरी रहेकी छिन्। उनले भनिन्, ‘भिषा सकिन अझै पाँच छ महिना बाँकी छ, हेरौं के हुन्छ, त्यतिन्जेलसम्म पनि काम पाइएन भने, फेरी कुनै विषय पढ्नु पर्ला।’ माथि उल्लेख गरिएका दुइ ब्यक्तिहरू श्रेष्ठ र सुवेदी एक प्रतिनिधि पात्र मात्र हुन्। यस्ता धेरै विद्यार्थीहरूको धेरै खाले समस्या र अनुभूति छन्। जो वर्णन गर्न निकै कठिन छ।

नेपाली विद्यार्थीहरूका लागि उच्च शिक्षा अध्ययनको आकर्षक केन्द्रको रूपमा यतिबेला अष्ट्रेलियापछि न्यूजिल्याण्ड पर्छ। धेरैले पहिले अष्ट्रेलिया रोज्छन्, यदि सफल नभए न्यूजिल्याण्ड र त्यो पनि नभए अन्य विकसित मूलक। एकताका अमेरिका पनि थियो। तर, अमेरिकाले केही कडाई निति लिएपछि नेपाली मात्र होइन दक्षिण एसियाली मुलुकका युवा विद्यार्थीहरूको ध्यान यतातिर सोभिन पुगेको देखिन्छ।

राम्रो प्रतिशत र आइएलटीएसमा राम्रो अंक ल्याउने विद्यार्थीहरूले विषय र कलेज पनि राम्रै रोजेको देखिन्छ। भाषामा पनि केही दक्ष नै देखिन्छन्। यो सकारात्मक र राम्रो पक्ष हो। तर, मध्यम पढाइ र प्रतिशतमा औषत अर्थात चाहिने मात्र अंक आउने विद्यार्थीहरूका लागि केही कठिनाई देखिन्छ। औसत अंक ल्याउनेहरूका लागि राम्रो कलेजमा भर्ना हुने र राम्रो विषय रोज्ने भन्ने सम्भावना निकै कम हुन्छ। फेरी शैक्षिक परामर्शका नाममा खोलिएका केन्द्रहरूले त्यति धेरै दुःख गर्दैनन्। फेरी उनीहरूको पढाइ भन्दा बढी कमाइ नै रेजाइमा पर्ने गरेको देखिन्छ। त्यसैले जस्तो सुकै विषय र कलेजमा अध्ययन गर्ने भन्दै विदेशिन्छन्।

आफै बुझ्दैनन् र ‘रे’ को पछि कुद्छन्। ‘रे’ कै पछि लागेर धेरै विद्यार्थी न्यूजिल्याण्ड आइपुगेका छन्। जसोतसो कलेज सकाउछन्। तर, कलेज सके पछि पढाइ अनुसारको काम नपाउँदा निकै ठूलो समस्यामा पर्छन् र पछि पुनः अर्को विषयमा पढ्न बाध्य हुन्छन्।

एक त पढाइपछि सम्बन्धित क्षेत्रमा काम पाउनै मुस्किल पर्छ। यदि कतै

भ्याकेन्सी देखियो भने पनि रिफरेन्सले सताउँछ। हतपत्ती राम्रो रिफरेन्स भेटिँदैन। भेटिएका सम्बन्धित क्षेत्रका पढेनन्। न्यूजिल्याण्ड आइपुगेका विद्यार्थीहरूका लागि यो सबै भन्दा ठूलो चुनौति हो।

ठूला सपना देखेर उच्च शिक्षा र राम्रो काम गर्ने सपना बुनेर न्यूजिल्याण्ड भित्रिएका धेरै नेपाली विद्यार्थीहरूको अवस्था अत्यन्तै दयनीय छ। काम पाएका छैनन्। पाएको काममा गाडी चलाउन नजानेकाले काममा जान सकेका छैनन्। कमाइ नभएपछि बढी कोठा भाडा तिर्नबाट जोगिन एकै कोठामा आठ जनासम्म कोचिएर बस्न बाध्य छन्। न राम्रो इन्टरनेटको सुविधा छ, नत बाथरुपमको नै। सोफा र बेडको कुरै नगरौं। भूडैमा म्याट विछ्याएर सुत्न बाध्य छन्।

न्यूजिल्याण्डमा रहेका धेरै नेपाली विद्यार्थीहरू इन्डियन र नेपालीले सञ्चालन गरेको रेष्टुरेन्टमा काम गर्दै आएका देखिन्छन्। रेष्टुरेन्टमा काम गर्ने विद्यार्थीहरू न्यूनतम भन्दा पनि कम पारिश्रमिकमा काम गर्न बाध्य छन्। तर, केहीले भने कानून अनुसार नै पैसा पाएका देखिन्छन्। त्यो विद्यार्थीहरूका लागि भाग्यको कुरा भयो।

अन्य क्षेत्रका काम गर्नेहरूले भने यहाँको सरकारले तोके अनुसारको पारिश्रमिक पाएका छन्। कतिले गाई फर्ममा काम पाएका छन्, यसैलाई आफ्नो जीवन सुनिश्चित गर्ने आधार बनाएर काम गरी रहेका छन्। नेपालमा पनि काम पाएको भए यता आउनु पर्दैनथ्यो। कामै नपाएपछि ऋण गरेर विदेशिएको हुँ, धेरै विद्यार्थीको मुखबाट यही सुनिन्छ। कतिले आफ्ना सन्तानको भविष्यका लागि विदेशिएको बताउँछन्। विदेशिनका लागि निकै पापड बेलेका छन् नेपालमा। बैंकमा घरजग्गा राखेका छन्, चर्को ब्याजमा सहकारीबाट ऋण लिएका छन्। सयौं पटक कन्सलटेन्सी धाएका छन्। एउटै कागज बनाउन सरकारी कार्यालयहरूमा पटक पटक धाएका छन्। उनीहरूले यस्ता अनेकन हन्डर खाएर राम्रो देशमा आए पनि भने जस्तो काम पाएका छैनन्।

राजनीतिक अस्थिरता, आर्थिक स्रोतको अभाव, बेरोजगारी, नीति नियमको पालना हुन नसक्दा नचाहेर पनि विदेशिनु परेको गुनासो गर्छन् विद्यार्थीहरू। यदाकदा यहाँका दुःख सम्झेर नेपाल पकने सोच पनि धेरैले बनाएको देखिन्छ। तर, नेपालको वर्तमान अवस्था देखेर जस्तै सुकै दुःख कष्ट सहर भए पनि यतै बस्न बाध्य छन्, हुन्छन् उनीहरू।

यसरी बिभिन्न खालका चुनौतीहरूको सामना गर्दै उज्ज्वल भविष्यको खोजिमा आउने विद्यार्थीहरूलाई उचित परामर्शको खाँचो टुङ्कारो रूपमा देखिएको छ। त्यसका लागि सर्वप्रथमतः नेपालस्थित कन्सल्ट्यान्सीहरूले नै सम्बन्धित देशको वास्तविक अवस्थाका बारेमा जानकारी गराउनु जरुरी देखिन्छ।

कतिपय शैक्षिक परामर्श केन्द्रहरूले राम्रा भनिएका देशको चुनौतीहरूलाई लुकाएर राम्रा सपना मात्र देखाउँदा पनि समस्या उत्पन्न हुने गरेको छ। त्यसैले, त्यस्ता शैक्षिक परामर्श केन्द्रहरूले सत्य तथ्य सहितको जानकारी दिएर विद्यार्थी पठाउने गरेमा केही हद सम्म भए पनि विद्यार्थीहरूका लागि फाइदा नै पुग्ने देखिन्छ। अर्को त विद्यार्थी आफैले पनि धेरै कुराको जानकारी लिनु जरुरी देखिन्छ। ‘रे’ को भरमा कुद्न छाड्नुपर्छ। अर्को तर्फ विदेशिएपछि पनि उनीहरूका लागि सहि मार्गदर्शन वा परामर्शको खाँचो देखिन्छ। उनीहरूले आवश्यक परामर्श नपाएर पनि निकै दुःख पाएका छन्। यसका लागि न्यूजिल्याण्डका विभिन्न शहरमा स्थापना गरिएका नेपाली समुदायले भूमिका खेल्नु पर्ने हुन्छ। जसले उनीहरूका दैनिक जीवन देखि भावी यात्राको बारेमा समेत सहि दिशा निर्देश गर्न मद्दत पुऱ्याउने छ।



International Women's Day 2018

Muna Dhakal

From fighting for Right to vote to Right to drive, it is a shame on our society that women had to struggle for these fundamental things. What feels worst is that: in 2018, we are still fighting for them.

Living in the smaller percentage of the developed side of the world, we cannot deny that every year hundreds of girls who haven't even reached their adolescence let alone an appropriate age to get married, are forced to marry. Thousands die every year while giving birth to babies' due to under age pregnancies. Many don't even have the right to put forth their opinions, right to education is a privilege for them. Despite all the advancement in food and health care, thousands of women die every year due to malnutrition and poor sanitary facilities. Use of pads and proper sanitary products during periods is a dream for many in the developing world.

On top of all these, we are blamed for the outfits and our role in increasing rape rates. When it comes to public safety, I do not think a woman in any part of this world feels 100% confident about her security.

After all these fights and struggles, we are the one who are assigned as "weak and fragile" ?

Every woman should be proud of the journey that she has gone through. Unlike the opposite gender, we aren't born privileged. Therefore, It's time for us to celebrate on our achievements.

I know that the world where girls are treated no less than boys and where a girl no more has to justify herself for every action she takes still seems like a utopia.

But, I know if we continue with our fight for what's fundamentally ours, the utopian world is not far away.

To all the elegant, independent and brave women I have met and I am yet to meet, I would like to wish a very happy international women's day.

You are your own beautiful and a world resides within you ;)

यो बलि राजा त ठुलै डन रहेछ कि के हो ?



जुन देउसुरे गुप आएपनी बलि राजाले पठाएर
आको मात्र भन्छन् त यार 😞

भेलिनी आइडन आंगन,
Wifi को Password मागन



हे ओशिको दिन, Net slow छ किन ?
गाई तिहारो भेलो

Nepal – Spiritually Alive

Hello, my story begins in 2015 when my son, Nathaniel and I were in a position to provide sponsorship for three beautiful children, brothers Jonathan (5yrs old), Caleb (3yrs old) and a Ginesha (3yrs old also). Their parents, Christian pastors of a Pentecostal church, live in the slums in Balkhu. The following year, in March 2016, my son and I had the privilege and opportunity to meet them and visit other areas of the country.

A Christian myself, with John Fergusson Ministry, I have travelled to Nepal three times in the past 18 months. We have been to Lalitpur, Damak, Chainpur, Pyuthan, Phaplu, Dhankuta and Dharan partnering with local churches teaching elements of the Holy Bible. It was pleasure to spend time at Sir Edmund Hilary school in Phaplu where I got to share time with the children and teachers.

As a culture, I have had the pleasure of experiencing first hand, how vibrant Nepalese people are; different cultures such as Indian, Tibetan and Chinese influence districts and regions, as does their different faith and belief; Hindu, Buddhism, Muslim and Christianity. They are welcoming, proud, hospitable and extremely caring. I appreciate their gratitude, thankful heart and their willingness to embrace another culture into theirs; inquisitive and keen to learn about another, just as keen as I am to learn from them. Language, is not a barrier, able to communicate through joy, smiling and an innate understanding of each other through love, compassion, generosity and respect. Their humble homes are warm, simple and inviting and like the Māori, the indigenous culture of New Zealand, you never leave without having a drink and something to eat.

Travelling by domestic airline, Yeti and hiring jeeps is all part of the experience. We get to travel the roads and experience the skill of drivers, whose expertise to navigate through tight spaces avoiding the sheer drop of a cliff on one side and another vehicle on the other. Likewise, on the flat roads, free for all, hooting your horn is a courtesy, a warning to 'let you know I'm here' unlike New Zealand where the same action is met with frustration and annoyance. Amazing! The scenery is overwhelming with hills that have been intentionally structured for cultivation, building and the different seasons. The low cloud that can swarm you during the day or settles early evening. This fills me with such awe, I just want to soak in its presence.



Damak, Nathaniel and his friends.

The traditional food of Dal bhat is our main source of cuisine while there however my absolute favorite are momo, both fried and steamed. Fresh fruit from the markets is a must and dahi is also a favorite choice.

Nathaniel was 12 years of age when he came to Nepal and while we took many cultural things from New Zealand with us, the most impactful were the Rugby balls. The children were intrigued to know 'what is this oval thing?' These enabled Nathaniel to engage and make friends with other children, effortlessly. As children, it was easy for them to share, laugh, teach and learn from each other, their cultures blended together and I watched in amazement at how easily children are accepting and respectful, wanting nothing more than to please each other.

Today, I have very close friends, mainly in Kathmandu and fortunately, through social media we are able to keep in touch and share family stories. My life has become so much more enriched and purposeful since being introduced to Nepal. Nepalese people teach me to be grateful for all that nature provides and within days of arriving back to New Zealand, I can't wait to return back to Nepal and begin planning for the next visit



Balkhu, Pastor Daniel and Sarah with Jonathan and Caleb.



Sauraha - My Experience

Aaron Bhuju

Sauraha, a village in the Chitwan District and a gateway to Chitwan National Park is must go to place at least once in your lifetime. It's a beautiful place with stunning scenery. There are 2 options to get there either a 20 minutes flight on domestic airline or by 8 hours' drive on the highway. There are various travel agencies offering different packages. The journey to some of the resorts can be quite long but the trip is worth it. It is so beautiful that it could remind you of New Zealand. Some of the major tourist activities available in Sauraha are adventurous jungle walk, elephant ride, jeep safari, canoe ride, tonka ride, Tharu cultural program, elephant bath, observation of wild life trophy exhibition and views of beautiful sunrise and sunset from the riverside.

Due to our time restrictions, my grandfather decided to pick a package deal through a travel agent. We had a 20-minute flight to Bharatpur Airport. Initially the flight was delayed due to the fog and I was worried if we would be late in arriving to Sauraha but it was only delayed for about an hour. We were picked up by a tour guide provided by the resort at the airport. When we got to our resort Green Park Chitwan - we were served drinks and given moist towelettes to refresh ourselves. Then we were briefed the schedules and taken to our rooms. The buildings were double decker cottages with 4 massive rooms in each building. We settled in well and then went for lunch. The variety of food was amazing and delicious. Then we were taken on a Tharu (the indigenous of Sauraha) village tour. We were shown how the Tharu community lived. I was very amazed to see the lifestyle and how people survived with no much technology. I also got to see how biogas was generated. Then we drove off to the riverside to view the sunset. When we go there, we saw two types of crocodiles resting on the riverbanks. We sat down and relaxed next to the beautiful river to watch stunning pink sunset over the National Park having some refreshments with momo and sekuwa. Our first day ended with lovely dinner back at the resort. The next morning, we were woken up by the resort reception. While having breakfast, I was busy

taking photos of literally everything. Then we went on a once in a lifetime experience on a canoe ride down a crocodile infested river where we saw firsthand nearly 20 crocodiles! Boy o' boy, it was such a thrilling experience. After we got off the canoe, we went to the Chitwan Elephant breeding centre. It's amazing how misunderstood elephants are and how much the mothers care about their children just like humans. We were shown how the elephant's treats were made. Each elephant is allocated one caretaker and that person is responsible for the food and everything for his elephant. They need to make 200 treats per day for their elephant. After the tour at the breeding centre, we came back to the resort for a cold swim and short rest. Later we went on another exciting adventure which was Elephant riding. We got on to Sherkali's back (our Elephants name) to go on the jungle safari. It was amazing seeing all the scenery from a height. Saw many Deer and baby Rhinoceros running around chasing each other. and to add cherry on the top, the evening ended watching traditional Tharu dance program. At the resort, we are asked for the dinner options and they make anything we like - nice eh! The next morning was sadly our last morning at the resort, our guide took us for bird watching before breakfast. My grandparent and parents decided to walk as they thought it will be like a morning walk for them. I was very amazed to know that 900 bird species are found in Nepal of which we only saw just over a dozen on our walk. But it was an amazing walk as I got to play with a dog (i got told off for playing with that dog as it was a Stray dog and there are thousands of them around which was strange because back home all the dogs are pets). Sadly, we had to leave after breakfast to catch our flight back to Kathmandu.

I encourage everyone to go to Nepal and try different activities and experience various cultures. It is totally awesome and rewarding; trying new things and have fun in everything you do.

Thanks for reading.

Olive

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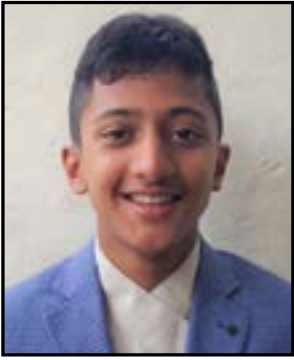
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Why most people are sheep

Ayush Bhandari

No. I don't mean it literally - I mean figuratively, we aren't actually sheep. However, most people of this age do inherit a mentality no different from that to a herd of these animals and this is why.

First of all, what is it exactly that sheep do? They follow, when a human is described as being 'a sheep' it's because - just like the animal, they show little to no initiative and mindlessly follow the path of others. Considering that we generally think highly of ourselves, it is difficult to admit that most of us have fallen into this cycle of following and not doing. One of the biggest contributors to this symptom is social norms. We tend to conform to our society's standards in attempt to 'fit in' and stay on par with the social expectations which subsequently results in anyone who blindly follows these monotonous trends falling under the category of being a sheep.

Not wanting to take action. Playing the "I can't be bothered" card and passing responsibility onto someone else. I can personally say that I've been a long-term victim of not taking responsibility and it's an easy loop to fall into, mainly because people have become less drawn to the concept of thinking and would rather follow whoever decides to lead. Which yet again results in people landing themselves the "sheep label". So why is this such a big deal? Because people are letting others set standards for them and conforming to what becomes the social norm, ridding society of uniqueness and independent thinking, making everybody think in a uniform manner; which to me, definitely sounds like a problem.

"You have been selected to win a million dollars! Enter your credit card information below and be in to win." Ever seen these before? Probably, ever fallen for them before? Hopefully not. Although, as

blatant as this scam might be to some, there will always be the handful of people that will believe what they see and fall for the deceptive lies of the internet. This category of people are the ones that are completely oblivious to the fact that they are sheeps - the easily manipulated ones. This by far should arise the most concern, considering the amount of internet trolls running rampant at this point of time. These easily manipulated people are the epitome of the sheep analogy.

According to a census taken in 2017, there are approximately 30,000,000 sheeps in New Zealand alone, which in my opinion is plenty enough. So, to prevent adding yourself to that list, here's how to not be a sheep: Take charge, it can be difficult and most times it will be easier for someone else to handle the task. But, our society needs more independent thinkers and taking the wheel is the best way to go about any situation. Don't be the sheep to some internet shepard, be alert and never follow someone or something unless you believe in it :)





Chocolate Brownie

I learnt this chocolate brownie recipe during my year 8 at Takapuna Normal Intermediate. Who doesn't love a good brownie? They're not yummy and delicious but also, very easy to make. Trust me. I have made it several times myself and they are awesome.

Ingredients

- 100g butter
- 1 cup sugar
- 2 eggs
- 1 tsp pure vanilla essence
- $\frac{3}{4}$ cup plain flour
- 1 tsp baking powder
- $\frac{1}{2}$ cup cocoa powder
- 100g white chocolate, cut into small chunks
- 100g dark chocolate, cut into small chunks

Icing sugar to dust (optional)

Whipped cream and berries to serve (optional)

Method

Preheat the oven to 180c . Grease a cake tin, and line the base with baking paper. Melt the butter in a mixing bowl over a boiling water. Remove from the heat and whisk in the sugar. Add the eggs and vanilla essence and whisk to combine. Sift the flour, baking powder and cocoa into the mixture, add the white and dark chocolate chunks, and very gently fold with a wooden spoon or spatula until just combined. Pour the mixture into the prepared tin.

Bake in the oven for about 15-20 minutes then test with a skewer. These brownies are done if the skewer still has a little of the mixture clinging to it. Remove from the oven and cool in the tin before slicing.



Teacher - How many gorillas can fit into a car?
Ben - Eight.
Teacher - How many chickens can fit into the car?
Ben - None, the car is already full of gorillas.

A girl asks a boy: "Peter, how much do you love me?"
The boy looks her in the eyes, "Look up at the stars, that's how much I love you."
The girl is confused, "But it's morning, there are no stars?"
Boy nods, "Exactly!"



My First Day in The College

Divyanshu Khadka

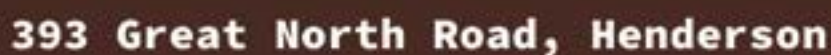
It seemed like an ordinary morning but that was hardly the case. The sweat was running down my neck as I looked to my left, then towards my right and asked myself how I got into this situation. A million thoughts ran through my head and I asked myself "What is this feeling?" How do I get myself out of this situation? As I was analyzing a million scenarios in my head I didn't even notice the giant figure in front of me. It towered over us all slowly watching, as the herd of kids approached it. But before it was too late I locked eyes with the figure and could only make out one word that was written on it. It sent a shiver running down my spine. We had arrived finally at the school hall.

I followed the crowd of fresh new students to the meeting place. I had butterflies in my stomach and I was scared. We were here for our orientation, but it felt like trials to see if you were worthy of the being here or not. But I could tell I wasn't the only person feeling nervous. Intermediate didn't teach us about what was to come for the next few weeks, but I felt like I was ready until I walked through those doors. We all walked into the hall, parents watching us from the bleachers, their eyes piercing the group of students trying to identify where their child was amongst the chaos. Suddenly silence, an eerie atmosphere took over the hall and all heads turned towards the front of the stage. Everyone's eyes locked on the same thing, the deputy Principal. He started talking and my nerves eased a bit but after about five minutes it was time to read out our houses. I could slowly feel my heart rate rising because Macleans College had a house called Hillary which was named after Sir

Edmund Hillary. So, I really wanted to get into that house, but it was all down to luck at the end of the day, and it wasn't like we had a sorting hat or anything that could help me with my situation. First, she read out two other houses before coming to Hillary, she started calling out the names one by one, as I was praying under my breath. It was only towards the end when I heard her say Dave Khadka, after that all sense of tension had left my body, temporary at least. I had managed to overcome the first hurdle of the day, but I knew there would be many more to come in the following weeks. We made our way to the house commons looking around at all the new faces that had joined me. Then suddenly I saw it, it caught me by complete surprise and my heart started racing. Surely this was a dream, this is just not possible I told myself. What are the chances of this happening to me and then it hit me. My friends came running over, the same friends from intermediate who just happened to be placed in the same house as me. For the first time today, I felt a sense of relief. We were given plenty of information about Macleans and its excellence in academic achievements, as well as its wide range of co-curricular activities and the special eight house that are all named after famous New Zealanders, that make up the school. After a long day filled with a roller coaster of emotions I looked towards my friends and they looked back, and I knew our journey had begun. The start of the first year of college and I was ready to learn new things, make new friends and most importantly have fun.

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How to use your money properly when you win the lottery!!

Lennart Pant

Money is very moveable, it moves quicker than we think. If you have money then it is also very hard to retain it. We want to earn lots of money with less effort that is our nature. The only way to have lots of money at once is winning lottery. Everyone dreams to have the joy of winning big in the lottery. Even after winning lottery, managing money can be a big problem. Well, I will give you some tips on how to handle the situation and not go back where you started when you didn't win the lottery. I know it would be a very very rare chance to win a big lottery at once, but most of us may buy lottery every week thinking of big sum of money. I will give you three reasons on how to use your winning money properly. It is very important because more than 70% of lottery winners went right back to the same financial conditions where they started. Here are three tips:

1. Make sure you have a planned future. Having a planned future and a financial advisor is a good start because financial advisor knows how to handle big sums of money and they can make sure that there is money for you in the future.
2. Make sure you spend only reasonable amount of money on value decreasing assets like cars, boats etc. Same thing applies to other recreational activities. You should only spend appropriate sum of money for holiday. Fancy vacations might be ok for few times but they are too expensive and that can add up quickly. Better to buy some fixed assets like houses and land, which can be there for long time and most of the time the values of those assets go up. These are also very useful in the future.
3. The hardest thing for lottery winners is helping their family and friends because people come to you to seek financial support. Most lottery winners could not say no because they are their family and friends. Therefore, it is very important to make a correct judgement around what is right

and what is wrong. If your help is just a help with no results then it won't be a productive help. A productive help can change life of others. Giving a fish every day might only solve one-day "hunger" of a person, but not solve the problems for entire life and he will beg every day for a fish. However, if you teach him fishing then you will never need to give him a fish, he can do himself. Therefore, for non-productive help you might able to say "NO" or tell them what would be better way, but productive help "yes" and you might need to support in a reasonable way. This will definitely make you happy.

At the end, it is very hard to win a lottery in your lifetime but you can make huge sum of "lottery money" in your life by working hard and focus. You also need to learn how to spend your earnings/ winnings properly, but be warned money won't last forever.



Photo courtesy from Google



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Eclipses

Sourav Dhungel

I've always loved learning about space and the planets but one of the things that I had never looked into was Eclipses. I've found a lot of information that I would like to share.

An eclipse takes place when one heavenly body such as the moon or planet moves into shadow of another heavenly body. There are two types of eclipses that can be seen from earth: Solar Eclipses that occurs when the moon comes in between the sun and Earth. It casts two shadows onto Earth called Umbra and Penumbra. And Lunar Eclipses which happen when Earth casts a shadow on the moon to make it look red. There are two types of lunar and solar eclipses; partial and total.



Pic : Credit NASA

Did You Know?

- The first believed recording of an eclipse was over 5000 years ago, in 3340 BC.
- If you were on the Moon during a total lunar eclipse, you would see every sunset and sunrise on the Earth as a red ring around the globe at the same time.
- Some people from India still believe you should wash your eyes out with the first urine of the day on the day of a solar eclipse to avoid eye pain.
- Some Native Americans will not set foot outside during the eclipse but will instead, by tradition, fast and pray the entire day.
- Total solar eclipses can occur because the Sun is 400 times larger than the Moon ... but it's also 400 times farther away.
- Hundreds of millions of years from now, total solar eclipses will no longer occur. This is because the moon is constantly float away from earth and eventually it will come out of earth's gravitational pull.
- After an eclipse is over, people are directed to take a bath, and change into fresh and clean clothes.
- Many people around the world see eclipses as evil omens that bring death, destruction, and disasters.
- There is no scientific evidence that solar eclipses can affect human behavior or the environment. But the radiation is very bad for your eyes.
- Next Partial Solar Eclipse: Fri, 13 Jul 2018
- In Hinduism, worshipping or touching gods is strictly prohibited during this period. After the eclipse ends, the idols are supposed to be washed with Ganga water to purify them.
- The Hindu rules dictate that no food should be cooked during the eclipse. Leftovers are finished off before the period of the eclipse.
- As Hindu's sleeping, going to the toilet and makeup are also prohibited during the eclipse.

You may or may not believe in these superstitions around eclipses. But they manage to comfort those who believe in mythical celestial events. While natural phenomenon's like solar and lunar eclipses have been explained by scientists in details. The conflict between science and religion lies in our brains.



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The Reminiscence

Pratyush Khatiwada

I still clearly remember the day back in 2012 in Biratnagar - the morning, so peaceful and quiet. The birds chirping, the fresh morning air, and the warm light of the early morning sun. But, that day, I was feeling extra sleepy (and I mean way more than usual and usual is unusual for a normal human being) so I just stayed in bed. But after a while, I could hear my mum calling me downstairs for breakfast and she was getting really impatient. So slowly, I dragged myself out of bed, eyelids half closed, body leaning against the cold brick wall.

I took one slow step at a time, reaching for the ground beneath my feet every time. I got to the stairs and reached out for the handrail but completely missed it and bonked my sleepy head against the wall. Dazed, I fell backwards, landing on my posterior. I stood up and this time found the handrail and slowly began to trudge downstairs.

I lumbered down the corridor down to a series of doors. Sleepily, I entered one. I found myself in a bedroom, Wrong door, I thought to myself. As I was about to leave, I saw something. It was long, slimy, and had no arms or legs. That was just about enough to wake me up. I leapt onto a bed so the snake couldn't get to me. I curled up in a tight ball and watched the snake with frightful eyes. The snake started to move around. It looked like it would come towards me. I completely froze and I closed my eyes, I just couldn't bear to look.

I then heard the sound of my mum coming into the room. I didn't want to look, but I just had to. Slowly, I opened up my fingers so I could take a tiny peek. I still could see the snake rattling and rustling against the cold marble floor and coming towards me. Fortunately, nothing bad had yet happened. My mum quickly told me that she was going to be right back, I assumed with help. So I shut my eyes and cuddled myself as I waited for help.

I didn't how much time had passed, seconds, minutes, or even hours. All I knew was that a snake was in the same room as I was. As I lay still on the bed, the snake was jittering around. A four-year-old kid doesn't really have any bravery. I'd been holding it in. But now I just couldn't. I screamed. As if on queue, help arrived. My mum, my dad and my granddad worked together to get that snake out.

Thinking about it now, just makes me smile. That snake wouldn't scare me a bit now. Okay, maybe it would. Just watching a documentary about black mamba on TV reminded me of what an incident that had been. I didn't step a foot inside that room for a month! Phew! Thank god that there are no snakes in here.

Making your dream “HOME” come true

'Mortgage' - This word sometimes creates a fear, but if you look at the bigger picture, majority of us are living with a mortgage. In fact, it has become a part of our life style.

If you compare renting vs. mortgage, there are few pros and cons in either situation but ultimately if having a **“Family Home”** is your dream, then the faster you move towards mortgage, the better it is.

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We take you through the journey of making your dream a reality.

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- We Plan
- You Achieve

Team Finance Matters wants you to dream because if you dream only then you will aim to achieve.

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We can also help you to repay your mortgage faster with our “Mortgage Freedom Plan”.

At Finance Matters, we deal with finances related to home loan, investment property loan, construction loan, business loans, commercial loans, car loans, debt consolidation and much more...

Testimony

“Our dreams and hopes were completely shattered when our existing mortgage adviser could not get an approval on a property we had already put an offer on. On the last day of going unconditional, this adviser told us that the bank is not happy to lend us the required amount.

This is when we met Finance Matters and they advised us to take 3 days extension on the finance condition. Met them on Saturday afternoon and on Tuesday morning we had an approval from the bank.

Today we are happily settled in our house and all the credit goes to Finance Matters.



We dreamt to own our **“Family Home”**, they planned well for us and we have achieved our dream. They really proved what they say.

We strongly recommend Finance Matters for all your mortgage and insurance needs”.

- **Kranti and Suraj Sapkota**
Everest Travel Ltd

Insurance

Just close your eyes and imagine – what happens if tomorrow you meet with an accident and after this accident, you are unable to work for the rest of your life. This is scary, right? Things could go even worse for the family if you pass away. This is even more scary, isn't it?

Life is not a crystal ball. Everyone would like to plan for the worst situation of their life making sure that his/her family is safe and secured.

Having the right insurance cover is always essential.

Allow us to throw another example to you. You buy a car from a car dealer. You will call the insurance company to insure your car even before you leave this car dealer, isn't it? Isn't your life more important than car?

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We will make sure that you and your family is secured during the worst situation of your life. We offer life insurance, trauma insurance, total and permanent disability insurance, health insurance, mortgage cover insurance, funeral insurance etc.

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Disclaimer : Manoj Singhal and Vins Grover are directors of Finance Matters NZ Limited. This article is of a general nature and represents their personal views. In no case, this article should be considered as a personalised financial advice. The readers are requested to contact them if they wish to discuss their personal financial situation.

नारी

-प्रह्लाद पोखेल

- १ सर्वमान्य सधैं नारी आमाका रूपमा
बसीसर्वसंवेद्य छन् नारी युवती रूप उर्वशी
प्रेयसी प्रीतकी पुञ्ज नारी यौवन कालमा
कमनीय कला-कान्ता किशोरी वय हालमा
- २ नारी जीवनकी ज्योति सृष्टिसौन्दर्यवाहिनी
नारीकै भरमा चलछन् सृष्टि-मा-नव-जीवनी
अजस्र स्रोत ऊर्जाकी नारी जीवनकी जग
नारीकै नव-ऊर्जाले जिन्दगी बल्छ जगमा
- ३ कतै शासक छन् नारी कतै साहित्य-सर्जक
दायित्वसाथ माग्दछन् अधिकार तथा हक्कतै
वीराङ्गना नारी विदुषी छन् कतै कतैगृहिणी
घरकी लक्ष्मी नारीरत्न जताततै
- ४ छन् हाम्रा घरमा नारी साँच्चै सर्वोच्च शासक
परन्तु देशमा छैनन् अझै राम्रा प्रशासक
प्रशासकहरू सम्भून् नारी महत्व के भनी
राजनीतिज्ञले लेख्नु संवैधानिक जीवनी
- ५ हिँडून् सञ्चेतना बोकी, लिई उत्कृष्ट सम्बल
नहून् संवेदनाहीन नारी निर्बोध दुर्बल
अग्रणी उर्वरा शक्ति नारी स्रष्टा सनातन
नारीकै स्नेह पाएर हुर्कियोस् जनजीवन
- ६ नारी हुन् ममतामूर्ति प्रेरणाकी धरोहर
नारीले लेख्दछन् साँच्चै राम्रा जीवन-अक्षर
नारी अक्षरकी स्रष्टा स्रष्टा जीवनकी यिनी
फक्रकी सिर्जना-फूल नारी जीवनदायिनी
- ७ मुना-मदनमा नारी, गौरी-शङ्करमा अनि
सावित्री-सत्यवान् नारी राधा-कृष्णसँगै पनि
नटुटोस् अस्मिता उच्च नारी नरसमान भै
पाई सर्वोच्च अस्तित्व नारी विशिष्ट छन् सधैं
- ८ आफ्नो विशिष्टतालाई भन् विशिष्ट बनाउँदै
सदैव शिष्टतापूर्ण सृष्टि-सङ्गीत गाउँदै
उठून् सगरमाथाभै अस्मिताका चुली चुली
अग्लो गन्तव्य ताकेर फेरियोस् नव-काँचुली
- ९ नारी समाजकी नेतृ कवयित्री ऋतम्भरा
जल्ले जीवनमा पाछिन् सृष्टि-सौन्दर्य उर्वरा
सबैकी शिक्षिका नारी गछिन् जागृति सिर्जना
उधारी मनको दैलो भर्छिन् मानव-चेतना
- १० धर्ती आकाश ढाकेका नारीका मनका कुरा
बुझे पुगिन्छ ताकेको अग्लो जीवन-टाकुरा
नसक्ता बुझ्न नारीका पीडा, क्रन्दनका स्वर
लथालिङ्ग भताभुङ्ग सारा जीवन-अक्षर ।

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*श्री पोखेल विभिन्न साहित्यिक पुरस्कारबाट विभूषित
स्थापित नेपाली कवि हुनुहुन्छ/

हार्दिक शुभकामना

नव वर्ष २०७५ सालको पावन अवसरमा बिभिन्न कामको सिलसिलामा स्वदेशमा तथा बिदेशमा रहेर आफ्नो जन्मभूमिको बिकाशको लागि अनवरत खटिरहनु हुने स्वदेशी तथा प्रवासी नेपालीजन प्रति सुख, शान्ति, समृद्धि र सु-स्वास्थ्य एवं दिधायुको हार्दिक मंगलमय शुभकामना ब्यक्त गर्दछु ।
नयाँ वर्षले हामी बिचको एकता अझ प्रगाध होस, यहाँहरूले आँटेको कामहरू सफल होस, भाईचारा र सदभाव कायम हुन जन्मभूमि र मातृभूमिको समृद्धि बिकाशको लागि सेवा गर्ने प्रेरणा मिलोस भन्ने शुभकामना ब्यक्त गर्दछु ।



चक्र बहादुर थापा

सल्लाहकार

गैर आवासिय नेपाली संघ, न्युजिल्याण्ड

तथा सह संयोजक

एनआरएनए पब्लिक लाइब्रेरि कार्यदल

श्रृजनसिल हातहरूले उदारणिय

काम गर्न अझै बाँकी छ

भक्त सिवहाङ

विश्वका हरेक कुनामा हाम्रो (नेपाली) उपस्थित बाक्लादै छ । जहा पुग्छौं त्यहा जागरको बहार नै ल्याएका हुन्छौं । आफुलाई कर्मठ सावित गराएका छौं । केही अपवाद बाहेक धनमा केही कमी देखिएता पनि मनका सबै धनी रहेको सन्देश विश्वमा फैल्यएका छौं ।

यहा पनि अपवाद नै जोड्छु र भन्छु, अपवाद बाहेक विश्वमा छरिएर रहेका हामी सबै नेपालीबाट इमानदारीता नै प्रस्तुत भईरहेको छ । आफ्नो अस्तित्व भुलेका र मेटाएका छैनौं । जहा पुग्छौं बेग्लै र फरक पहिचान बनाउन सफल भएका छौं । मत्त लवी बन्दै गएको समाजमा रहे पनि त्यसको कुनै प्रवाह गरेका छैनौं । एक अर्काको राम्रो रेखदेख गरीरहेका छौं, सबैलाई आफ्नो परिवारको सदस्य मान्छौं र सोही अनुसारको व्यवहार गर्छौं । आफुमात्र खाँदैनौं, पराइलाई पनि खुवाउँछौं । यति सम्मकी हामी बैरीलाई पनि आफ्नो ठान्छौं, खुवाउँछौं र परेको बेलामा आवश्यक सहयोग पनि ।

विश्वकै सबै भन्दा अग्लो सगरमाथा अवस्थित देश, नेपालका हामी नेपाली, त्यसैले नि हुन सक्छ, हाम्रो मन पनि सगरमाथा जतिकै उच्च छ । सानो ठुलो, धनी गरिव केही भन्दैनौं, सबैलाई समान देख्छौं र समान नै गर्छौं । यति भन्दै गर्दा कतिलाई चित्त नबुझ्न पनि सक्ला । त्यो आफ्नै ठाउँमा छ । फूलको आखामा फूलै सन्सार काडाको आखामा काडै सन्सार ।

हामीले एकलै बस्न र खान कहिल्यै जानेनौं । सधैं साथीभाइ, परिवार अनी आफ्ना आफन्तकै नजिक रहन्छौं । परदेसिएर एकलै भए पनि पराइलाई छिट्टै आफ्नो बनाइ हाल्छौं र एकलो पनलाई दुर भगाउँछौं । अझ आफ्नै देशका नागरिक भेटिएमा त आफ्नै घरको सदस्य सरह मान्छौं र ठान्छौं । दुःख सुखका चौतारीका रुपमा एक अर्कालाई लिन्छौं ।

सुरुवाती दिनमा परदेश (नेपाल बाहेकको देश)मा नेपालीहरुको उपस्थिति निकै न्यून थियो । अहिले पो बाक्लादै गएको छ । त्यसैले धेरै सजिलो भएको छ, मनको कुरा राख्न, आपत विपत पर्दा हारगुहार गर्न । साच्चि भन्नु पर्दा परिवारका सदस्य साथ

नरहे पनि त्यतिसारो परिवारको कमि महसुस गरिदैन, साथमा चाडपर्व पनि ।

प्रसंग जोडौं न्यूजिल्याण्डको । हो, यहा पनि सुरुवाती दिनमा नेपालीको संख्या अत्यन्तै न्यून थियो । अब कुन समयलाई सुरुवाती भन्ने त्यो आफैमा एक गम्भिर सवाल हो । यसका लागि सजिलो भनेको जब हामी यस देशमा आयौं त्यसैलाई सुरुका दिन मानौं । ती दिन अर्थात आज भन्दा २०/२५ वर्ष अघि । त्यो समयमा यहा नेपालीहरु खासै भेटिदैनथे । त्यसैले मनका कुरा, नेपाली कला, पर्व अनी फरक फरक सास्कृतिहरु सबै आफ्नै मनमा गुम्साएर राखिन्थ्यो । चाहेर पनि बाहिर ल्याउन सकिदैन थियो । यद्यपी हाम्रो असफल प्रयास जारी नै रहन्थ्यो । हो, त्यतिबेलाका असफल प्रयासहरु आजका दिनमा सफलतामा परिणत भएका छन् । संगठित भएर आफ्ना कला, संस्कृतिलाई फरक समुदाय माभक्त राख्न सफल भएका छौं । संगठित रुपमा नेपालमा मनाइने हरेक पर्व मनाउन सकेका छौं । आफ्नो कला, सास्कृति र परम्परालाई विस्तारै विस्तारै अन्तर मुलुकमा फैल्याई रहेका छौं । यसमा विश्वका विभिन्न शहरमा पुगेका नेपालीहरुले संगठित भई स्थापना गरेका समाजिक संघ संस्थाहरु सबै भन्दा बढी सक्रिय देखिएका छन् ।

ति समाजिक संस्थाहरुले प्रवासमा रहेका सम्पूर्ण नेपालीहरुलाई एक 'स्वप्न गृह' निर्माण गरी त्यसै भित्र अटाइ दिएका छन् । कुम मा कुम जुधाएर अन्तर समुदायसंग आफ्नो पहिचान स्थापना गराउन कसिएर लागेका छौं । विपत पर्दा दिन रात नभनि खटि रहेका छौं ।

यस्तै कार्यमा सक्रिय रहेको समाजिक संस्थाहरु मध्ये एक भन्न रुचाउँछु नेप्लिज एसोसिएशन इन बे अफ प्लेन्टी । यस्ता समाजिक संस्थाहरु धेरै छन् । ति सबै समाजिक संस्थाबाट भए गरेका कामको नमन गर्छु र गर्नुपर्छ । समाजिक कार्य गर्नु त्यति सजिलो छैन, जति भन्न सजिलो हुन्छ । कुनै काम गर्न बाबु आमालाई जति गाह्रो हुन्छ, त्यसको हजार गुणा सजिलो हुन्छ, छोराछोरीहरुका लागि । म त्यस्तै हो भन्छु, समाजिक संस्थामा रहेर काम गर्नु र सबै सदस्यलाई गोलबद्ध गर्नु, सबैलाई मिलि

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।उनु । यद्यपी हामी सबै मिलेर एकतामा रमाउने भएकाले धेरै सजिलो छ ।

त्यसैले पनि हुन सक्छ, नेप्लिज एसोशिएशन इन बे अफ प्लेन्टी(लाई पनि हरेक काम गर्न निकै सजिलो भएको छ । यस क्षेत्रमा रहेका सबै नेपालीको एकता भएर नै हामी अरु माझ उच्च शिर बनाएर कुममा कुम जोडेर हिड्न सफल भएका छौं।

न्यूजिल्याण्डमा रहदै आउनु भएका धेरैलाई जानकारी छ, सन् २००१ सेप्टेम्बर मा सुरु भएको यस नेप्लिज कम्युनिटीले आफ्नो गर्विलो उपस्थिति जनाएको छ । सामाजिक, आर्थिकदेखि हरेक कार्यमा आफ्नो बेग्लै पहिचान बनाएको छ ।

हो, हामीलाई सुरुमा समुदाय स्थानपना गर्न निकै कठिन आइपरेको थियो । न्यूजिल्याण्ड एक विकसित मुलुक भए पनि नेपालीहरूको नजरमा परिसकेको थिएन उति बेला । फेरी निकै कठिन पनि थिए ति दिनहरू ।

नेपालीको संख्या कम भएकाले हुन सक्छ, संस्था जन्माउन कठिनाई परेको । तथापी हरेक भने खाएनौं हामी अर्थात दिनेश खड्का, भक्त सिवहाड, लालबहादुर केसी, केश गुरुङ, रमेश गुरुङ, पारस आचार्य, लोकनाथ पौडेल, सिताराम तिमिसिना चक्र थापाले । यस कार्यमा अरु केही व्यक्तिहरू पनि हुनुहुन्थ्यो ।

निकै लामो छलफल र बहस पछि यो समाजिक संस्थालाई मूर्तरूप दिन सक्थौं । थोरै संख्यामा भए पनि हामी नेपाली हौं र हाम्रो संस्कृति यस्तो छ भनेर चिनाउनु थियो यहाका मानिसहरूलाई । अझै पनि धेरैलाई थाहा छैन नेपाल अनी नेपाली भनेको । अझै धेरै गर्नु त बाँकी छदैं छ ।

हामीले आफ्नो नाम भनी हाल्यौं भने पनि भारतियन, चाइनिज, भियतनामी, जापानीज, मंगोलियन आदी आदी मुलुकको उपमा हामीमा लगाउन खोज्थे र अनुमान लगाउदै भन्थे पनि तपाइत... । उनीहरूको गलत अनुमानले स्वाभिमानी नेपालीलाई र नेपालको प्रतिष्ठामा आघात पुगेको महसुस हुन्थो । तर, त्यसले हामीलाई थप केही गर्ने र आफ्नो छुट्टै पहिचान बनाउने उर्जामिल्ल्यो ।

हामीमा पैदा भएको त्यही उर्जाले एक स्वाभिमानी नेपालीको रूपमा यो देश (न्यूजिल्याण्ड)मा आफ्नो चिनारी कायम गर्ने सोचाइलाई पुरा गर्ने नेप्लिज एसोशिएसनको स्थापना भयो । यति बेला हामीले नेपाली कला सास्कृतिलाई जगेर्ना गर्ने, नेपाली भाषाको विकास गर्ने, नेपालीहरूको प्रतिभालाई प्रफुटन गराउने, अन्तर संस्कृतिक कार्यक्रम गर्ने, सामूहिक रूपमा नेपाली पर्व मनाउने, आपसी भाइचाराको सम्बन्धलाई प्रघाढ बनाउने,

नया आउने नेपालीहरूलाई सही मार्ग देखाउने, उनीहरूको सुख दुःखको साथी बन्ने, आपसी

सहयोगी भाव विस्तार गर्ने लगायतका विविध उद्देश्य बोकी कम्युनिटी स्थापना गरिएको हो । आज त्यही उद्देश्यलाई चुम्ने लक्ष्यमा कुदिरहेको छ । भनौं कुदिरहेका छौं । थाहा छैन यो अविराम यात्रा कहा पुग्छ ?

यस विचमा निकै धेरै कामहरू पनि भएका छन् । खेलको माध्यमबाट टाढिएर रहेका नेपाली दाजुभाइलाई एक गराउने उद्देश्यले २००८ मा नानी कप सुरु गर्थौं । यो अहिले तेन्जिङ हिलारी कपमा परिणत भएको छ । यस बारेमा भनि रहन पर्दैन किनकी यो कपको नामनै काफि छ ।

नेपालमा भूकम्प जादा होस या बाडीपहिरो, तन मन देखिनै सहयोग गरेको छ । रुखका छाहारी मुनी बसेर पढ्न विवस बालबालिकाको लागि गोर्खामा एक पक्की विद्यालय निर्माण गरि दिएको छ । विभिन्न विद्यालयका जेहनदार विद्यार्थीलाई छात्रवृत्तिको व्यवस्था गरेको छ । विद्यालय निर्माणका लागि आर्थिक सहयोग गरेको छ । नेपालमा मात्र होइन अन्य मुलुकमा कुनै दैविक प्रकोप वा विपत्ति आइपर्दा हामी निकै सक्रियताका साथ लाग्ने गरेका छौं । राहात संकलन गरी संकलित राहातका सामाग्री लिएर सम्बन्धित स्थानमा पुगेका छौं । पुग्न नसकेको स्थानमा रेडक्रसको सहयोगमा पुर्याइएको छ ।

आफ्नो कला र सास्कृतिलाई प्रवर्द्धन गर्दा अन्तर सास्कृतिक कार्यक्रमहरूमा सहभागि भएका छौं । विभिन्न महोत्सवहरूमा नेपाली खानाका स्टलहरू राखेका छौं । विदेशीहरूलाई नेपाली स्वाद चखाएका छौं । विभिन्न परेडहरूमा नेपाली पन्चेबाजा सहितको भाकी निकालेका छौं । दौरा सुरुवाल अनी चौबन्दी चोलीमा सजिएर आफ्नो प्रतिभा प्रस्तुत गरेका छौं । नेपाली पोसाकको बारेमा जानकारी गराएका छौं । नेपाली ब्यवसायीहरूको प्रवर्द्धन गरी रहेका छौं साथमा नवआगन्तुक विद्यार्थीहरूको समस्या समाधान र उनीहरूका सही मागदर्शक बन्ने कोसिस गरेका छौं । आवश्यक पर्दा एक आपसमा सहयोग गर्ने पनि हाम्रो एक अर्को मन्त्र हो ।

न्यूजिल्याण्डलाई कर्म थलो बनाएर बसिरहेका हामी नेपालीहरूको श्रृजनसिल हातले उदारणिण्य काम गर्न धेरै बाँकी छ । लुकेर बसेका थुप्रै प्रतिभाहरू प्रफुटन हुन बाँकी छन् । यी सबै कामहरू पुरा गर्न एक आपसमा सबैको साथ र सहयोगको आवश्यकता र अपरिहार्यता ठान्दछ, नेप्लिज एसोशिएसना बे अफ प्लेन्टी ।

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17 years and still in love

By Indra Pokhrel

Jocelyn fell in love in April 2000 on her way from Jiri to Everest Base Camp via Namche Bazaar where she celebrated her 65th birthday. She says, "Who could not fall for these lovely, friendly, unspoiled hill people - and the majesty of the mountains?"

Back in NZ, she enlisted the help of friends to see how she could return and serve in some way.

Because she was a teacher, she obtained an opportunity to teach English to the Nepali staff at International Nepal Fellowship (INF) in Pokhara. While there, she met Krishna and Sita Pokhrel who had recently started an orphanage there. This brave couple's venture was greatly reliant on financial support.

Back in NZ again Jocelyn set up a \$5 a month club and sponsorship for the children. The orphanage grew to 16 children including Roshan Pokhrel and his twin sisters Elina, and Elisa, in rented property.

With financial help, Jocelyn bought a small piece of land near Lamachaur, overlooking the Seti Gandaki River; finally the family had more land to grow vegetables, which greatly helped their growing family. With the help of Kamal Shrestha's older brother, Jocelyn and her eldest son Philip drew up plans for a building on that property. She and Sita turned the first sod for the proposed house on this plot. However, Jocelyn was eyeing a larger plot of land over the lane and decided to buy it for the house. With Philip's technical help, modified designs for a building on the larger property were drawn.



After another visit to Pokhara, oversight of construction of the building was affected by emailed instruction. It worked very well and finally the orphanage had a house and land of their own. Later the orphanage was relocated to Kathmandu where Jocelyn became auntie, hajur ama, jiju hajur ama!

While teaching at INF, Jocelyn took advantage of an opportunity to trek from Beni to Kagbeni - no vehicles at that time, so she had to walk. Later, in 2010, she and three of her sons did the trek from Naya Pul to Kagbeni via Poon Hill; she was 75 by that time. The forging of friendships while at Pokhara enabled her to become family to several families.

Back in KTM after the exciting trip to Solukhumbu with the Auckland Tramping Club in 2000, Jocelyn discovered that she had lost her passport and other important documents, meaning that her friends flew home without her. She was blown away by the kindness of Nepalese musicians (Gaine) and shopkeepers extending their help to her. While there she acquired several Nepali names – Mero Maya, Raj Kumari, Tara and others. She learned to play the sarangi and the Nepali flute as well as being taught Nepali dance.

Jocelyn /Rajkumari said she was invited to Gorkha to stay with the family of one of the musicians, Deepak Gandhari, whose mother insisted that Jocelyn was her ama (mother) making Jocelyn "hajurama" to Deepak and his siblings. "It was wonderful to be part of the family" Jocelyn recalls.

Over-all, Jocelyn has been to Nepal 12 times, especially to visit friends in west Nepal including



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Shrestha, encouraged her to get involved in the Nepal Society in NZ. She taught Nepali children music and she, herself, performed the Nepali song 'Resham Firiri' with Archana and Anju Shrestha in a Dashain Programme.

Jocelyn has been very involved with tree planting projects around Auckland.

Jocelyn is currently supporting the Lydia Vocational Training Centre in Kathmandu, and some other institutions.

Jocelyn says:

"Narad, Tula and Robin, with whom I have spent many very happy and productive moments, and Indra and Bimala Pokhrel with whom also I have had the great pleasure of reciprocal help, are all special. But then so are you all who made me part of your family; I very much appreciate you too. I hope that once I have 'unloaded' more of my current tasks, I may fulfil my desire to visit you all again".

May God bless each of you and help preserve your unique Nepali identity.

And of course, don't forget Cricket!"

Happy 83rd birthday Rajkumari!

(Jocelyn is a family friend of mine and the above account is based on the recollection of years of conversation and personal touch with her)

Tansen, Pokhara, Butwal and Gorkha. The latest visit to Nepal was in December 2017 where she was invited to participate in the graduation ceremony of the 21 girls who graduated from Lydia Vocational Centre, in Lalitpur.

Being passionate about helping folk with a 'hands up' approach, Jocelyn was very happy to be introduced to Lila Karki in Tansen by close friends Narad and Tula Kunwar, recently living in Wellington. Lila was CEO of the Rural Economic Development Association (REDA).

Her eldest son Philip gained an honours degree in horticulture and Lila wanted him to visit in 2010. Lila took Jocelyn, Philip, and two of his brothers to a village project west of Tansen. The project had been a big success story; Jocelyn and her sons donated enough money to enable the village women to also plaster the outside of the meeting house they had built. While in the Palpa District, they also visited the Blind School and the mini hydro scheme.

Jocelyn's love of the land and its people is very deep. Her first special friends in NZ, Kamal and Shree



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