

सौगात

SAUGAT

NZNS Publication
Vol: 08, 2014



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Raj Bisht
Director



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Noodles

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Message from Patron, NZNS

As Patron of the 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 2071.



Namaste!

Lady June Hillary
Patron
NZ Nepal Society, Auckland



NATURALLY NEPAL
ONCE IS NOT ENOUGH



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Message from President



New Zealand Nepal Society is organizing Nepal Day 2014 on the eve of Nepali New Year 2071. On this occasion, society and myself wish all Nepalese living in New Zealand and abroad a very happy, healthy and prosperous year.

Society had organized Nepal Day on 2001-2004 and 2007. This year also Society is celebrating Nepali New Year 2071 organizing Nepal Day 2014. This will help to introduce Nepalese culture, food, handicrafts and goods to other communities in Auckland.

New Zealand Nepal Society is established on August 1995 with the patronage of late Sir Edmund Hillary and is progressing towards the establishment of sustainable and sound organization with positive contribution of its members and helping organizations.

My sincere thank goes to all members who took part during blood donation drive, plantation, annual sports competition, organizing Nepal day and other regular cultural events.

I would like to thank Lion Foundation for its continuous grant towards office rent, hall hire, annual sports

trophies and sound system, Mt Wellington foundation for grant towards Badminton court hire and Ministry of Internal affairs community organization grant to organize Nepal Day 2014.

Thank goes to Editorial board comprising Dr Ranjan Pant, Mr Laxman Paudel and Dr Santosh Bhandari for their efforts to bring this publication with a name which will be continued in future volumes.

Lastly, I would like to thank all members who always support society through volunteering, donating and sponsoring, Auckland city for providing hall, all well-wishers and our patron and consular general Lady June Hillary for her continuous support as well as Nepal tourism board for providing tourism promotion materials for Nepal Day.

With Regards,

Uddhav Prasad Adhikary, JP
President
New Zealand Nepal Society Inc.

Editorial Board



Laxman Paudel



Ranjan Pant



Santosh Bhandari

Cover Design



Rabinda Bhujju

Editorial

Periodic publications are important means of communication for any institutions. New Zealand Nepal Society Inc (NZNS), following the suit, has published a number of volumes in the past. The first volume was published in 2001 as a 'Souvenir' in the auspicious occasion of the first Nepal Day event in Auckland. Subsequent volumes were published in different years in various occasions.

The editorial board in consultation with the NZNS executive committee decided to give a perpetual name for the publication and keep track of the volume published. Suggestions were sought from community members for the suitable name. Based on the suggestions received, the editorial board has decided '**Saugat**' as the name of the publication. Saugat is a typical word in Nepalese language that means "*special gift*" given in special occasion.

On the occasion of Nepalese New Year 2071 and Nepal Day 2014, we present you "Saugat" Volume 8.

Happy New Year 2071!



Secretary's Report

Dr Santosh P Bhandari
Secretary, NZNS

Dear community members,

New Zealand Nepal Society Inc. (NZNS) is publishing a new volume of its publication on the auspicious occasion of Nepalese New Year 2071. The NZNS executive committee is happy to present the new volume of '**Saugat**' following our proud tradition. On behalf of the executive committee, I take this opportunity to report a summary of the activities carried by the society in the last two years.

Festivals and Celebrations

Organising programs for the celebration of different Nepalese festivals remained the most important task for the society. Teej, Dashain, Tihar and New Year celebrations (Nepali and English) were organised. The society did not organize a separate program for Tihar in 2013 considering difficulties with organizing two major programs (Dashain and Tihar) within a short period of time. However, based on the feedbacks received from our members, organizing a separate program for Tihar might be worth to consider for future. We have already booked hall for Tihar along with our other programs to be organized this year.

With an increasing number of participants in recent years, organizing a program with potluck type dinner arrangement is becoming more difficult. Consequently, the society is more inclined towards catering service type arrangement or food preparation by volunteers. General feedback from the members remained positive.

Sports

NZNS is supporting a number of different sport activities by its community members in addition to organising NZNS sports championship, which is organized once a year. Such activities include helping Khukuri Football Club, supporting weekly badminton practice through grant application, and the most recent weekly Zumba dance practice, which is just started from this year.

Communication/ Outreach

A separate mailing system was established exclusively for NZNS members only to facilitate efficient communications between members. The existing NZNS group email system was expanded to include all community members interested in NZNS activities. This is helping to com-

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municate with the community members who have not yet joined NZNS as a formal member. All our meeting minutes and monthly financial reports are regularly posted to the member only email group.

The society is making efforts to regularly update and maintain NZNS website. We have also created a Facebook account of society to reach out to our members and all who might be interested in our activities.

Nepal Day 2014

The preparation for organizing Nepal Day event is well underway that will be held on 12th of April 2014 on the auspicious occasion of Nepalese New Year 2071. We have received promotional materials from Nepal Tourism Board with the support and collaboration of Nepalese Embassy in Canberra. Auckland's Mayor Mr Len Brown will be the chief guest in this event and the program will be inaugurated by Sir Ray Avery.

Others

Other main activities organized by NZNS are as follows:

- A blood donation program was organized on 15th and 16th of January 2014. The program was successful as 19 community members were able to donate the

blood.

- Amendments in NZNS constitution and rules was carried out in last year's annual general meeting to make some timely changes.
- NZNS took part On at Auckland Town Hall during Nepali Flag raising ceremony on Friday 23rd November 2012. Patron June Hillary and president attended the program.
- NZNS also participated in various activities organized by Leprosy Mission, Auckland Regional Ethnic Council and Paramhansa Yoga Sewa Samittee.

Finally, I would like to thank all the society members who supported directly or indirectly to organise all the events and the activities during the period.

Thank you and Happy New Year 2071!



NZNS - What's Next?



Kamal P Shrestha
Ex-President (2000-2006)

New Zealand Nepal Society Inc., during its past nearly two decades had successfully organised a wide variety of activities including blood donation, Nepal Day, Sport events, Nepalese language classes for children. Thanks to all committee members who dedicated their time and effort for completion of these programs.

This article is about what more this society can achieve or implement? In order to fulfil its objectives, the society has to focus primarily on two important things, firstly, get the maximum number of participation, this is crucial for small groups like ours. Secondly, identify the needs of the community. Based on these, a detailed plan needs to be worked out. A good brainstorming session with all the members of the society would definitely shed some light to the possibilities.

As a resident with Nepalese origin, our culture, values and language have been very important part of our life and a part of our identity. It is important this is passed on to our younger generation because when a

language dies, the knowledge and ability to understand the culture who spoke it is diminished because the teachings, customs, verbal traditions and passed-on knowledge cease to transfer among native speakers and will be simply lost to history. In this context, it is the duty of parents and guardians to see if their children are engaged in such activities that enables them to understand and learn their history, culture and language of origin. With a busy NZ work lifestyle, it is not always possible for parents to achieve this on their own, and this where our Society can play an important part. The classes that can teach our younger generation, the history, culture and language might not seem that significant at this instance, but in time people with understand its value.

The effort by New Zealand Nepal Society during 2000 - 2005 was

short-lived despite the number of participation reaching 31 students at one point. Although the grants received from donors covered reading materials, cost for community Centre hiring, expenses for teacher and refreshment for children, due to the size of the community, finding a teacher who can commit fully was challenging. As the society has grown since 2005, the classes can be reinstated since donor agencies like COGs welcome communities to make application for grants for such projects.

The members need to support society to undertake any productive activities like the one mentioned earlier rather than be limited to organising social functions. The social functions are important to bring the Nepalese together but then we need to contemplate on the fact why we are doing so, to keep our culture, tradition and language alive, to maintain our identity.

I cannot emphasize more on a small library with internet facility and collection of some Nepali dailies. This can be achieved by approaching different Nepalese journal agencies in Nepal and I believe they will be happy to do so. Also, to make un-

derstand the existence of Nepalese Community here in New Zealand, The Society needs to organize some events about Nepalese Culture for kiwis in a regular basis. In the past the Society represented in different organizations events. It is important

to maintain this practise as it will help Society to get well acquainted within the New Zealand Society. To achieve it, one suggestion would be that a Sub-committee, under the chairperson of one of the committee member be formed who would be given all power to execute its activity autonomously with prior approval from the Committee.

A long term vision for a society would be to have its own venue that would have space for a library, office, classes and events. One cannot achieve anything if they don't have a vision so let us all encourage the current committee members to set a long term goal in its General Body meeting. We need to fulfil only fifty percent and rest will come from donor agencies. Let us begin it and make our full effort to achieve this. Unless we start, it will never happen and all good things need time and effort.

न्यूजीलैंड को अनुभव



बाशुदेव दाहाल, बिराटनगर

जता जाऊँ उतै रामा रमणिय छटा हरु
गरिब दुखि कोहि छैनन् आनन्दित छन्
जनहरु

बाटाघाटा उस्तै रामा फोहोर छैन कतैपनि
फूलहरु फूलैरैछन् सुगन्धी-सुगन्ध जहीं पनि
घरै सम्म पिच सडक छन्, गाडी जान्छ
सरासरी

अबरोध केहिछैन गाडी कुदछन् बराबरी
काम गर्छन् सबै जना विभिन्न ठाउँमा गई
खाली बस्ने कोहि छैन काम गर्छन् सबकोइ
मिडै खान्छन् रामै लाउछन् पिउछन् फलको
रस

नमिठो खानै पर्दैन मिठो खाई सबै खुश
जता गए पनि कार गुडकिन्छन् लगातार
पैदलता हिन्नै पर्दैन सधै कारमा सरासर
ट्राफिक जाम तेत्ति छैन धेरै गाडी भए पनि
नियम सबै ले मान्दछन् जता बाट गए पनि
पैदल हिंडेको देखिन्छ गाडी मात्र सधै भरि
रेल बस कमै चल्छन् कारहरु कमिलै सरी

सानासान पहाडहरु समतल भुमि जताततै
सागर तथा महासागर नदि नाला जता कतै
ठुला तालहरु बाट झरनाहरु झरेका छन्
ठुला-ठुला जंगलले बृहत भुमि भरेका छन्
ज्वालामुखी हरु पनि हाल सम्मै सक्रियछन्
धुवाँ आउछ हरुरु गन्धक को गन्ध फुरुरु

हिंसक जन्तु सर्प आदि नपाइने केहि पनि
जंगल झाडी हिडे पनि डर छैन केहीको पनि
माक्राको जालो जस्तै रोड हरुले भरिएको

ठुला-ठुला फाँटलाई गौचरन बनाएका
दुधालु गाई पालेर देशलाई सजाएका
यहाँ केहि दुःख छैन गाई पाल्न कतै पनि

चरनमै चरी रहन्छन् आफै आउछन् दुध
दिन पनि

दस बिस मात्र होइन हजारौं को बथान हरु
कहिलै पनि जुझैनन् मिलेरै बसेका बरु
दुइ जनाले दुइ घण्टामा हज्जारौं गाई दुहुने
प्रबिधि पनि कस्तो हो आश्चर्य चकितै हुने
तालिम पाका सिपाही झैं लाईन मा बसी कन
दुइ सकेका गाई हरु फकिन्छन् आफ्नै
चरनमा

भेडा-बाख्रा पनि तेस्तै चरनमै चरी रहने
घोडा पनि चरनमै झन्झट छैन हेरी रहने
जाडो गर्मि झरी हावा जस्तो सुकै भएपनि

गाई दुहुने ढुङ्गा बाल्टी केहि पनि नचाहिने
दुहैको दुध एकै पटक टंकी भित्र पठाउने

जता ततेई उपत्यका रमाईला चौर हरु
समुन्द्र सागर तेस्तेइ छन् दौतेरी लगाउनेहरु
गगन चुम्बी महल हरु राजधानीमा मात्र
देखियो

अन्य सबै तिर साना चिटिक्क घर भेटियो
हावा केहिले छेकिदैन कसैका घर मा पनि
सदाबहार हावा चल्छ गर्मि कहिलै हुदैननी
मौसम पनि कति राम्रो हावा सधै चलिरहने
कैले घाम कैले बादल वर्षा पनि भई रहने
फुलबारी सबै का छन् बासना चल्छ सदै
भरि

रंगी बिरंगी फूल फुल्छन् इन्द्र-बन होकी सरी

अन्न खेति साहै छैन गुहँ-मकै फल-फल
मात्र हुन्
हरा भरा गौचरन र जलमा चलने जहाज
छन्
दुग्ध उद्योग असिमित छन् भेडा घोडा
तेसँगरी
साधन सबै स्वचालित छन् स्वयम् चलने र
बन्द हुने

आफै धारा खुलेका छन् कामै छैन खोलि
रहने
काम सकिएपछि आफै बन्द हुने बिचित्र छ
चिसा हात सुकाउन तातो यन्त्र पनि छ
ताता चिसा धाराहरु मौसम अनुसार चलाउन
यत्र तत्र सर्वत्र आनन्द आउन्छ नुहाउन
गेट हरू स्वयम् खुल्छन बन्द हुन्छन स्वयम्
पछि
मान्छे आए पछि खुल्ने अनि बन्द हुने गए
पछि
ठुला ठुला पसलहरु खुलेका छन् थरीथरी
राखेका छन् सामानहरु सुपर मार्केट मा परि
परि
छैनन् मालिक बसेका त्यहाँ व्यापार आफ्नो
चलाउन
ठाउँ ठाउँमा काउन्टर छन् कारोबार गराउन
पढेन दलाली गर्न लेखिएको मूल्य सहिहो
ठेला-गाडी राखेका छन् समान राखेर ल्याउन
ककसलाई केके चाहिन्छ आफै झिकी लगे
हुने
पैसाको जरुरत छैन प्लास्टिक कार्ड ले नै
भयो
चोर्ने छल्ने लाई रोक्न प्रबिधि को उपयोग
छ
पैसा नदि लानु हुन्न र खबारी क्यामेरा पो छ

जंगल धेरै भएपनि काठ भने सुनै सरि
माछा मासु प्रसस्तै छ साकाहारी खाना पनि

जत्ति खोजे पनि पाइने नपुग छैन
कैल्हेइपनि पनि

शिक्षालय प्रसस्त छन् साना ठुला सबै थरि
सरकारले नै पढाई दिने सोध भर्ना लिने गरि
स्वस्थालय त्यसै गरि जताततै बनाएका
बिमारीको उपचार गर्न डाक्टर ले नै
बोलाएका
डाक्टर को फिस पनि न्युन छ औसधि पनि
सस्तो छ
असक्त छ भने तेस्को सरकारले खर्च
बेहोर्दछ

पैसड्डी भए पछि सरकारले भत्ता दिन्दछ
एक्लो भए तेस्ले पनि मजाले बाच्न सक्दछ
मेरा कोहि छैन भनि आखिर चिन्ता लिई
रहनु किन
आफन्त कोहि नभए पनि सजिलै चल्छ
जीवन
गर्नुपर्ने जति बिकाश सम्पूर्ण गरीएको
भोको नाङ्गो कोहि छैन यहाँ सबै आनन्दित
छन्
देशको बिकाश भैसक्यो तर अरु गर्न ब्यस्त
छन

झैँ झगडा कहीं छैन दुस्त्याइ छैन कतै पनि
शान्ति- सौहार्दता र प्रेम भाव देखे जहाँ कहीं
भ्रष्टचारी यहाँ छैनन् चोर डाका अति न्युन
आ-आफ्ना स्वधर्म मा रैछन यहाँका जनता
जनार्दन
रहेनछ साम्प्रदाईकता समाज लाई फुटाउने
एउटै भाव "किवी" भन्ने सबै लाई जुटाउने
धार्मिक सहिस्नुता देखे झगडा रहेनछ यहाँ
स्वर्ग जस्तो भनि सके झैँ झगडा हुने कहाँ

थोरै संख्या भए पनि नेपाली दाजु भाइ हरू
दिदि बैनी माता पिता रमाएका बाल बच्चा
हरु

आ-आफना संस्कार नछोडेको दुरदेश आएपनि
आफ्नो धर्म र संस्कृति जोगाई राख्छा जहिले
पनि

धर्म रक्छ्या का लागि मन्दिर हरु बनेका
छन्

पूजा-पाठ भई रहन्छन हुन्छन भजन किर्तन
नेपाली चाड-पर्वमा गर्छन ज्यादै रमाईलो

भेला भई सबै जना प्रोग्राम हुन्छ फराकिलो
पिकनिक जस्तै खानपिन हुन्छ विभिन्न

परिकारहरु

पुरस्कार पनि पाउ छन् सर्व श्रेष्ठ हुने हरु
काममा ब्यस्त हुँदा हुदै प्रोग्राममा भ्याउने
पनि

हाँसी खुसि मनाउने कति बिबेकसिल यी
नेपाली

समुद्रले घेरिएको न्यु जिल्यान्ड एक टापू
देश हो

बिस्व मानचित्र मा हेर्दा यो देखिन्छ
बिचित्रको

ठुलो सहर अकलेंडा, वेलिंग्टन राजधानी हो
क्वीनसताउन, क्राईस्तचर्च, नेल्सन रोटोरुवा,
हमिल्टोन अनि टाउपो

फन्गारै, पल्मेस्तोर्न नोर्थ, तौरंगा, नेपीएर,
तेपुके

अनि अरु

सधै बसु बसु लाग्ने रमाईला सहर हरु

लेखेर नसकिने यहाँ का बिशेसता हरु
दुइदिन आउने यात्रुले के देख्नु के लेख्नु
अरु

जन्मै देखि बस्ने हरु ऐले पनि अनभिज्ञ
छन्

सुर्य लाई बत्ति जस्तै मत ज्यादै अल्पज्ञ छु
भए कतै त्रुटि हरु छ्यामा याचना गर्दछु
सबै सुखी स्वस्थ रहन यहि कामना गर्दछु
=इति

Joke

In the Queen St, a beggar was asking for something to eat.

A guy passing by saw him and wanted to give him something....

Guy: I can give you vodka to drink.

Beggar : No, I don't drink Alcohol.

Guy: ok, then a packet of cigarette?

Beggar : No, I don't smoke!

Guy: hmmm, what about Sky city casino, I can take you there.

Beggar : No, I don't like gambling.

Guy: then what about a nice girl friend?

Beggar : I love my wife, no place for others.

Guy: ok, then I can give you some food but you must come with me to my home to meet my wife.

Beggar : Why ?

Guy: I just want to show my wife, that a person who doesn't drink, smoke, gamble and love his wife, what would be his situation.



Achievements

Pratyush Khatiwada was awarded classroom award for being an excellent student in his class (Room 2 Year 1 at Hay Park School) for the year 2013



Dipendra KC have completed designation of Chartered Accountant (CA) on July 2013 from New Zealand Institute of Chartered Accountants.



Aalok Paudel has received player of the year 2013 from Three Kings United Football Club. Three Kings United won the Auckland under 19 Division 1 Championship.



Divyanshu Dave Khadka has won the speech award for year 4 in Waakaranga Primary School



Khukuri Football Club secured third position in the 4th division of Auckland Sunday Football Association and promoted to 3rd division. Niraj Chudali was the second highest scorer in the division.



Mr Nava Raj Subedi has published a book titled "ईतिहास को एक कालखण्ड" based on his own political life.

Important Contacts

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A Trip to Tiritiri Matangi Island

We, Rm 22 and 23 from St Thomas school learned a lot about native birds and trees of New Zealand. I love birds and trees, so it was really interesting topic for me. All of my friends enjoyed painting and drawing native birds and trees in our classes. One of the most interesting parts of native birds is, they are very typical type and mostly found only in New Zealand, and the native plant stayed whole year green, even in the cold winter. We also got opportunities to learn about different between native and other different types of birds and trees in New Zealand.

Our teachers decided to take us to Tiritiri Matangi Island. We all were very much excited. Tiritiri Matangi Island is one of the real home for thousands of native birds and trees in New Zealand. It is about 4km far away from Auckland. It is located at the northeast of North Island at the end of Whangaparaoa Peninsula. There are between 250,000 and 300,000 different trees and plants in the island. These trees in Tiritiri Matangi were mainly planted by volunteers.

In the trip day, we took a bus to the viaduct of Auckland city centre early in the morning. Then we



Lennart Pant

rode a 360 boat to Tiritiri Matangi. It was a wonderful day and the island looks beautiful. We had a long walk around the island. We went up the hill. On the way to the top of the hill we saw lots of birds. They were either taking bath or nesting or flying around. We also had a guide. She was telling us the story about birds, trees and plants. Nearly top of the hill, we had two ways, one towards to the top of the hill second leads to the beach. We went to the top of the hill. There was a big gift shop on the top of the hill. There were lots of gift related to native birds and trees. I bought a kiwi's egg. It was not a real egg. At the top, there was a very nice place, where we sat and ate our lunch.

It was interesting to see all native birds there. We were told that lots of works had been done to keep the island free of unnatural predators like cats, possums, rodents, which might be harmful to our native birds in the island. Some birds were funny as well, there was a naughty takahe

named "Gregg". He used to steal lunches of people but sadly he died by being very old. We also visited his grave. At the end of the day we took a ferry back to Auckland. It was really tiring trip to Tiritiri Matangi for all of us.

I put the Kiwi egg, which I bought from Tiritiri Matangi, in a bucket with water. A week after it hatched and the bird came out. It was not really living bird, but it started growing. After three weeks it was a big size birds. I took it out of water. I still have this bird, which makes me remembering my trip to Tiritiri Matangi.

एउटा कन्जुस बजारमा अन्डरवयर
किन्न गएछ ।

कन्जुस : साहुजी , मलाई एउटा
अन्डरवयर देखाउनुस त

साहुजी : ल यो लिनुहोस् राम्रो छ

कन्जुस : कती पर्छ यसको ?

साहुजी : ५००

कन्जुस : ओ साहुजी , सधैं लगाउने
खालको देखाउनुहोस् , पार्टी जादा
लगाउने खालको होइन ।



Udon Stir-Fry

Nigya Pokhrel

Ingredients:

4 single packs of Udon Noodles
3 cups frozen stir fry mix
100 gram of cubes tofu
2 table spoon or more hot pepper
paste (Korean)
2 tablespoon soy sauce
1 cup satay sauce or peanut sauce
¼ cup sweet chilli sauce
2 table spoon peanut oil
Optional:
Replace tofu with chicken or fried
egg for non-veg

Method :

1. Cook Udon noodles following the instruction on the packet
2. Heat peanut oil and fry tofu or chicken or egg. Remove once golden brown and set aside
3. In the same pan cook frozen vegetables until there is no moisture on the pan
4. Add tofu/chicken/egg and noodles into the vegetables and mix
5. Add sauces, mix then serve hot.



Tell Me Who has Seen God

Compiled by Indra Pokhrel

Seeing is believing

The small boy, Narendra, loved to climb the trees. He often used to go to the park nearby with his friends and oscillate on the thick, fruit-laden branches of the mango trees. The Gardener liked Narendra immensely and had a close intimacy with him. He used to constantly worry about his welfare, whether he would fall from the tree and injure himself. Therefore, one day he summoned Narendra and all other children and said, "Listen, Children, don't climb the trees. Do you know there lives a "Brahma-rakshasa" (hefty ghost) on its branches? What if he comes out in the open and eats up all of you?"

All the children got terribly afraid. But Narendra asked inquisitively a counter-question, lisping, "Baba, who is this sturdy ghost?"

The Gardener composed an answer immediately, "Those who die an untimely death, they become ghosts."

Narendra: Untimely?

Gardener: Oh, yes. Suppose,

someone dies in an accident, or someone is murdered- on such occasions, take it that death has arrived before time! Then the soul wanders as a 'ghost' from place to place. It begins to pester others.

Narendra: Baba, did someone die an unnatural death below this tree too ...so that he became a ghost? Gardener (Avoiding the question): ... God knows....

Narendra: Have you ever seen that ghost?

Gardener: No, I haven't seen. ...But I have heard about him from many.

Narendra: Well, you have just heard, not seen him. Then, how are you so convinced about its existence?

The Gardener accepted his defeat and sat head in hands. At last, he spoke, "I don't know anything. I only wish to make it clear that if you climb the trees, the ghost will eat you up! That's it! I have warned you in advance."

Listening to this, the children shouted in unison and took to their heels.

It was sunset. Narendra did not return home. People at home thought that Narendra must be still engrossed in play. As the night advanced, they got worried. The intense search began. They scouted through all the playgrounds where Narendra used to play. Enquiries were made with his playmates. Most of his friends were deep asleep. They were woken up to get the information about the whereabouts of Narendra. But all such efforts were in vain.

None knew anything about Narendra. Finally, one of the relatives of Narendra asked his mother, "Did you prevent Narendra from doing anything of his choice today?" The mother replied, "No, I haven't". Suddenly then, one of the friends of Narendra interjected, "During the day, the Gardener had prevented him from climbing the trees." The search party understood the matter immediately. Without saying anything, without further loss of time, they rushed to the garden. On reaching there, they shouted loudly, "Narendra - O Narendra! Where are you?"

Sure enough, they got the answer.

"Father, I am here... on the top of

the tree."

Father: Son, what are you doing over there? Do you know how worried we all were?

Narendra: Father, I am waiting for ghost to arrive. Gardener Uncle told me that he resides on this tree.

Father: No demon lives there! Rush down at once...

Narendra: Then, why did Uncle say so?

Father: He must have lied, so that you stop climbing the trees.

Only after this clarification, Narendra climbed down from the tree! "Without actually seeing, how can I believe? Without the first-hand experience, how can I give credence to its existence?" This was the principle thought of child Narendra. And taking this notion as a corollary, he advanced for a sincere search for God too- to gain the practical perception, face-to-face experience of this universally talked Person. In this course, he knocked the doors of a number of preceptors and spiritual teachers. Shot the same question to one and all- "Does God exist?" Who-soever answered in affirmative, intuitively he used to ask him next- "What is the proof? Can you show

Him? Can you make me meet Him?" The so-called Gurus or self-proclaimed preceptors gave thousands of round-about explanations, flowery theories, and logical arguments just to suppress the force of his questions. But Narendra stood firm. He continued to trumpet, "If God is there, show Him to me!"

Ultimately, he happened to enter the portals of Sri Ramakrishna Paramhansa's abode, the Genuine and Perfect Teacher of his time. To Narendra's fiery question-"What's the proof of God's existence?", Paramhansa graciously answered-"See Him for yourself- That's the ultimate proof!" Subsequent to this declaration, He made Narendra see God- instantly! Actually! Within the inner-premises!

Only this direct and practical experience, and nothing less than this, made Narendra accept the existence of God! And having accepted this Truth, he surrendered his whole life for His sake! It was the same Narendra who, with the grace of his Guru, later transformed into Swami Vivekananda- a renowned spiritual monk. His principle message to the entire mankind was, "Those who haven't seen or experienced God, what right do they have to talk any-

thing about the Soul or the existence of God? If God is there, one must have His direct experience. If there is anything like Soul, seek its realisation (through an enlightened Guru). Otherwise, it is better not to trust! Instead of being a hypocrite, it is better to be a plain-speaking atheist of firm convictions!"

Know thou true self

In our life, we should know who we really are and what we are capable of. Only then, we should make a decision about our purpose of life.

Once, there was a young man who grew up in a house where both his mother and father were farmers. His mother's parents were also farmers as were his father's parents, and in this way, it went for all their family history. The young man thought that since the occupation of his family was farming, so he should also adopt the same occupation. And with this as the goal, he lived his life- waking up early and going to the field in order to take care of the farm, learning and doing all sorts of farming tasks, and excelling in the same. For years together, this continued to be the pattern of his life, which he enjoyed as well.

One day, the king's guards ap-

peared at the farm. Upon witnessing their unexpected arrival at his farm, the young farmer asked them the reason for their coming. The guards said that they were looking for the son of the king. 'King's son... Here?'- asked the man surprisingly. The guards explained that a long time back, as a baby, the son of the king had been sent to this farm; the reason was to keep him protected from enemies who wanted to seize the king's throne and, therefore, tried to kill the king's son too.

So, the young man realised that he was actually the king's son and was to be the future king. All the goals he had set for his life were decided upon the notion that he was the son of a farmer. However, in reality, he was the son of a king. Hence, all those years spent learning farming methods were useless because now he would be asked to rule over the country, and for this, he had no preparation. All his life, he considered himself to be a lowly man, of no importance. But actually, he was the heir to the throne.

Like that young man, we are also oblivious of our true identity. All holy scriptures, brought down to man from divine inspiration, have confessed that the human form is

the form most adored by God. It is deemed as the one and only medium through which God can be felt, heard, and seen.

But have we ever pondered over the goal that we have set for our lives? Did we ever try to understand why our life is so important? Is it because we have the freedom to do whatever we want? Is our life important because we can climb mountains, build huge buildings, or because we are capable of destroying the earth? Many people dedicate their whole lives to a job or to learning about a certain subject. As humans, we are capable of learning many things. However, even if we were to learn everything present in the world, still, we would not have accomplished a great feat. We are very much like that young man who thought he was just a simple farmer but was, in reality, the son of a king and heir to the throne.

Today, we believe we are just common people, and we give ourselves regular goals of materialistic life. But, it is said in the Bible, "There is one God and Father of all who is over all and through all and in all." It also says, "God made man in His own image." Truly, our real nature is that of divinity. God is within us

(as *atma*), but, because we are not aware of this, we employ all our time in trivial issues of the world, which will not last. Like the farming skills of the man were useless to him as a prince, similarly the skills of this world are of no use to our true self, which is a part and parcel of God.

Therefore, if we use this life for any purpose, then it should be according to what we are capable of. And if we are capable of realising God within ourselves (through *atma gyan*), then we must attend to this higher purpose. By realizing God, we do not lose any other part of our life but, instead, our life is made complete with the prime aim successfully accomplished!

(Excerpt from the teachings of Shri Ahsutosh Maharaj Ji,

<http://www.djjs.org/articles>



From Sourav's Diary on 'Red Panda Day'



Sourav Dhungel
Yr1 , Room 18

On Sunday I went to the zoo to dance. I saw three red pandas and me and my friends got to feed a tiger some milk. The tiger's name was Oz. We even saw his girlfriend and one of his sons. They had five babies and they are all five years old. It wasn't scary. I only got scared when he roared because it was loud. The tigers are really really big. Oz is one of the biggest tiger in the world !



Auckland Zoo
Monday 26 August, 2013

Looking Forward for the World of Digital Natives

Madhup Khatiwada

At this present time, people can be broadly classified into three categories based on their media consumptions - the *digital naives*, the *digital immigrants* and the *digital natives*. Digital naives are people who have very limited exposure to the digital media, for example our parents whose internet usage is restricted to Skype, messengers and preliminary use of social networking sites such as *Facebook*. They primarily rely on conventional media in their daily lives. Digital immigrants are people like us who use digital media up to a good extent but still rely on orthodox media for entertainment and communication. Digital natives are adolescents and the children of the modern world who will be the citizens of the *digital world*. They will dwell in the digital world of mobile, social, high-speed ubiquitous media.

Media-Futurists claim that we, digital immigrants, are from a *broadcast culture* where the information is relayed to us via

digital media. We are in an economy based on selling copies, centralized distribution and control on one's own value chain. They predict that this broadcast culture will ultimately change into *broadband culture* when the digital natives will take the charge. Media-futurists foresee that the digital natives will create a broadband culture where a decentralized economy based on access will prevail. Selling copies of contents will be the past, DVDs will be obsolete and the *privacy* will be "*publicity*". With the rapid advancement in various forms of technologies, an era of Tele-Media will be dawning. *Tele-Media*, a convergence of telecommunication, media & content & entertainment, advertising and devices will be the new business model which will create a win-win situation for everyone existing in the *digital world's ecosystem*.

Data will be the new *oil*. The natives will cultivate data, extract

data and nurture data. This data will be the feed of the new ecosystem. Digital natives' lives will revolve around creating contents and metacontents. Businesses will look forward in putting these contents in the *cloud* and connecting the cloud with the *crowd*. Cheap, flat rates with *bundled content* will be taking the dominance. "*Freemium*" will be the new premium approach of the trading policy. The finance will be basically generated by the advertisement and the trade of devices. Orthodox media such a newspapers and radio will be extinct. Television will be incorporated into the Tele-Media in the form of "*Smart TV*" where the natives will become a "*lean forward*" instead of "*lean back*" television viewers. Television viewing will be an interactive and engaging online experience through these smart tv. The media-futurists envisage a thrilling world of digital native with *Hyper connected mobile social broadband culture*.

Hold on there now. Aren't these events being happening or to appear in a very near future? If you

go to a teenager's birthday party, you will hear music from very new releases. How are they playing that? Do they have legal DVD copies? No, they don't. They are streaming it from the internet. This is just an example of that future what the media-futurist are predicting is already here. The content and metacontents we create every day in various social networking sites like Facebook and Twitter are enormous. In addition to these, we have social networking groups and sites for almost everything from health, education to personal interests. Name it; you will find it there on the internet. So we are already cultivating and nurturing huge amount of data every day. And we are set to grow exponentially. Cisco VNI mobile 2010 predicts 39 fold increase in global wireless data traffic by 2014.

To foretell that the newspaper media will be extinct is an artless prediction viewing its declining affinity in the past years. A study from Future Exploration Network provides us a timeline for newspaper extinction in various countries

of the world with extermination starting from the U.S in 2017. Similar is the case for ever declining music industry which has lost around 8.3 billion dollars in last decade. Predicting the selling of CDs/DVDs will be a past is *ridiculously obvious*. The change from copy economy to access economy in digital media is clearly visible at present time. Furthermore, mega-companies like Google and Apple have already given glimpses of what Tele-Media business of media-futurists' stories will be like. In addition to this, "Smart TV" developments are going on in a brisk pace at both hardware and software levels by Google, Samsung and others. In a very near future we will have interactive smart television in most households.

If Ford had asked people what they needed, they would certainly have asked *faster horses*. The story is still holds true for the media-futurists of present time. They are telling us that we will have faster horses in the future. They are just able to predict the obvious – the very next step of digital

media. There are just extrapolating the present graph to provide a future estimate. They are not able to think one step beyond the beyond.

I believe that the state they have foreshown us is just *the state of commencement* of era of the digital natives. I think it will take more than a genius to foresee the mature world of digital natives and predict their prophecies for their descendants.

I would be delighted to see the predicted stories of the present day media-futurist being unfold at the commencement of the era of digital natives. But I believe more thrilling would be to live in the natives' world that I cannot even imagine today. I would be more than happy to be a naïve in the digital natives' world.



Forest Resource Management in Viet Nam: A Community Approach

Manohar Shrestha

"Quality products and trust are keys to a successful business" says Mr. Nguyen Huu Phuoc, leader of sub-group of Flower Hasfarm Farmer Organisation, Da Lat, Viet Nam and confident in the success of productive partnerships. Producing export quality flowers, the group members closely work with Hasfarm Netherlands. The Vietnamese farmers, in general, are business oriented exploring investment opportunities. This has resulted Viet Nam to attain the second largest producing country in rice, coffee and pepper in global market.

The population of Viet Nam is 88.78 million in 2012 with the population growth rate of 1.1%. After Doi Moi, political and economic reform, in 1986, Viet Nam has achieved to be lower middle income country within a quarter of a century attaining US\$1,130 per capita (2010). Population living below national poverty line is only 12.6% (2011) and adult literacy is 93.2% (2010).

Along with the agricultural productions, Viet Nam is rich in other natural resources as well especially water resources, forestry and sea food products. Unlike Nepal, without permanent snow covered mountains, now electricity reaches 95% of the population. Forest resources is recovering with various project/program interventions

supported by donor communities such as Five Million Hectors Reforestation Program, Program 30A and others.

Traditional swidden agriculture, slash and burn practice, and land and wood demand are major causes of deforestation in the country. Tropical forests are destroyed in the south due to high migration from the north. Viet Nam reduced the forest area from 14.3 million hectors to 9.3 million hectors, a loss of 35% between 1943 and 1993. Present forest area of the country is 13.3 million hectors, 39.1% of the total land area of the country. Forestry sector contributes only 1.3% to Gross Domestic Products (GDP) (2004). Whereas annual timber demand of the country is about 12 million m³, domestic supply is less than 50%.

Timber and wood products are one of the major exports of New Zealand to Viet Nam. Viet Nam is the 21st largest trading partner of New Zealand and New Zealand exports NZ\$451 million and imports NZ\$326 million (2012) with main exports of dairy products, timber and wood, fur skins and main imports are electric machineries, foot wear and furniture.

Promulgating Viet Nam Forestry Development Strategy (2006-2020)

in 2007, the Government policy has envisaged a benefit-sharing policy benefitting to participating households. To address Sustainable Forest Management (SFM), National Framework for a Criteria and Indicators system (C&I) on SFM for tropical natural forests was stipulated for Forest Sector Monitoring and Information System (FORMIS). The reference set of seven Criteria (following the International Timber Trade Organisation (ITTO) classification system), 67 Indicators and 103 activities provides the basis for Forest Protection and Development planning, implementation as well as monitoring and evaluation. Availability of growth and yield data is extremely limited and only developed for a selected number of afforestation species, e.g. Acacia, Eucalyptus, Pinus, and some indigenous species.

Community Forestry in Viet Nam is

not only contributing to effective forest resource management but also played a major role in economic development. Community forestry is defined (FAO, 1978), as "...any situation which intimately involves local people in a forestry activity". In the same year, the World Bank issued the Forestry Sector Policy Paper which indicated major shift from industrial forestry towards environmental protection and meeting local needs. In Vietnam, Community Forestry refers to a managerial arrangement for forest management, covering indigenous forest management, forest management under various state Unions and cooperatives. Resource management under Community Forestry comprises silvicultural interventions including timber and non-timber forest products (NTFP) utilisation, enrichment plantation, afforestation and benefits from environmental services.

Adoption of Forest Land Use Planning/



Forest Land Allocation (FLUP/FLA), initiated since 1995, contributed to a fundamental change in the forest management. The government provides forest land to poor and rural people; forest enterprises and Unions based on FLUP/FLA for afforestation, especially Acacia and Eucalyptus, for a long term period whereby the households/agencies can generate income. There are 54 ethnic groups and community forestry program is targeted to these groups to participate in the sustainable forest management. Contrary to Nepal, community forestry in Viet Nam is envisaged with a favourable investment with demand driven forestry products. Whereas community forestry in Nepal is limited to conservation and forest products for domestic use, in Viet Nam, it is implemented with a long term horizon fostering investment competing with the global market. Majority of the forest products are exported for pulp and some are consumed domestically especially for Medium Density Fibreboards (MDF).

In addition, Viet Nam is one of the pioneer countries of Southeast Asian countries that piloted the new concepts for financing schemes under Reducing Emission from Deforestation and Forest Degradation (REDD+). Community forest management has potential to increase carbon stocks addressing the climate change mitigation. Community managed forest area is in increasing trend and local community would be responsible to manage and utilise such areas covering major parts of nation's 13.3 million hectares of forests. They will directly be responsible for delivering results by reducing deforestation and forest degradation.

Community forestry is further supported by the Socio-Economic Development Strategy (2011-2020) of Government of Viet Nam that gives "attention to structural reforms, environmental sustainability, social equity, and emerging issues of macroeconomic stability". The overall goal is to lay foundations for an industrialized society by 2020. The communes, low-



est unit of the Government, prepare a comprehensive Socio-Economic Development Plan (SEDP) integrating overall resource management, infrastructure and social sectors including capacity building of the stakeholders. SEDP is prepared for five years with the participation of the local community.

With the grassroots democracy, Viet Nam is heading towards successful resource management. With the community forestry approach, forest resource is not only managed within a limited scale but also played a major role in the global wood product market. It is a leading country to implement REDD+ for carbon sequestration. Enhancement of the capacity building at various levels and openness in the governance would further strengthen to successfully implement various programs of the country.

Reference:

1. <http://www.adb.org>

2. <http://www.mfat.govt.nz/Countries/Asia-South-and-Southeast/Viet-Nam.php>



Leaving Nepal



Robin Kunwar " Boolbool "

11 years

Wellington, New Zealand

It all ends here
As sadness arises,

Tears start running down
Our water-filled eyes,
Like a waterfall running down
A steep steep hill,

The world seems dark
as we leave our families,
We think about our beautiful country

As we will be gone
Far far away
To another land,
Sadness strikes our hearts
As we leave our home,
Nepal









Lemonade Ice – Block

When my mouth sprinted towards the ice block, it was icy cold. It felt like my body was like real ice. It was too cold. Ice block is rectangular in shape. It tastes like real lemonade. Well, it is juicy like watermelon but colder than a watermelon. When I slurped it the second time, the sensation was like a real icicle from Antarctica in my mouth.

After reading this you all must want



Manit KC
Papatoetoe, Auckland

to taste scrumptious ice- block. Check in your freeze or ask your parents to buy one for you. Happy eating Ice- block .

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Life as You Live It

Sajana Thapa

Since last few years Meera has been extremely busy dealing with hustle and bustle of life. She had various responsibilities as a mother, wife, daughter, employee, daughter in law and friend. She strongly believed that the harder you work the happier you get. Moreover, she used to preoccupy her mind and body with work and somehow too sacred to face the harsh realities of life.

Meera said "I just feel like scribbling a few lines to reflect my own perspective and worldview about life".

Her family was an epitome of a loving/ caring family. Additionally she had beautiful family, nice house to live, decent job and great social networking. Though she had been bestowed with all the privileges in life, somewhere in the heart ... she was too worried.... Was it because of too much attachment to the things she had and fear of losing it? She was confused.

She was too engrossed in her work and daily rituals and forgot to count her blessings. She was living uncomfortably in her own space.

One fine day as she was returning from her friend's wedding, she had an accident. A drunken driver from the other side of the road hit her. She was unconscious and was in hospital

bed for 12 days. She was later told by police, who was investigating the case that the driver died instantly on the scene.

Had it not been for her family, road to recovery wouldn't have been that easy. It took almost 6 months for her to walk properly due to broken bones and fractures in different part of her body.

Nothing dynamic changed in her surroundings. Her husband had been working hard to make ends meet. Her two children had been going to school as usual. Season changed as usual. Only change observed in her household was her accident and her fragile health. Suddenly she couldn't walk, sit properly, and enjoy her movies as she was a movie buff. She couldn't do things which ordinary people would do. She missed being healthy and how she used to do things for her family and for herself all these years. She understood how lucky she had been.... Tears rolled down her face.

Realisation dawned on her that ingredient for happiness is simple. Just enjoy each moment in life as life is so unpredictable. Anything can happen anytime. Be thankful for what you have today and take a good care of yourself and live happily without wor-

rying.

Since her accident she is very easy on herself. Growing up she never understood the gist of the song by famous American rock band "Aerosmith" which says "Life is a journey not a destination ". Now she believes in taking a baby step each day and smelling the roses.

Now Meera is hopeful about tomorrow and lives in the moment. She encourages others to do the same.



बुढी: पाहुना आउदैछन् घरमा दाल
बाहेक
केही छैन ।

शेरे: जब पाहुना आउँछन् , तिम्ले
किचनमा एउटा भाँडो खसाल्नु,
अनि मैले के खस्यो भनेर सोध्छु
अनि तिम्ले भन्नु कि मासु
पोखियो । फेरि अर्को भाँडा खसाउनु
अनि भन्नु कि मटरपनिर
पोखियो । अनि म भन्छु "ल दाल नै
ल्याउ अरु सबै पोखिहाल्यौ ।"
पाहुना आएपछि भान्साबाट
भाँडा खसेको आवाज आएछ ।
शेरे: के भयो?.
बुढी: बर्बाद भो हजुर । दाल नै
पोखियो

The Sun



Lennart Pant

The sun is a hot flaming star in the sky
The sun comes every morning in the sky

In the morning the sun is red
and we get up from the bed
In the evening the sun is red
and we go in to the bed

The sun gives us light
The sun gives us sight
The sun is bright

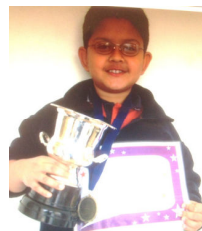
The sun is very heavy
The sun has high gravity

The sun is 10 million degrees hot
You cannot put it in a pot
Don't touch the sun
It won't be a fun.



A man approached a very beautiful woman in a large supermarket and asked, "You know, I've lost my wife here in the supermarket. Can you talk to me for a couple of minutes?"
"Why?"
"Because every time I talk to a beautiful woman my wife appears out of nowhere."

TECHNOLOGY



Divyanshu Dave Khadka
Waakaranga Primary School

What is more important?

Toys that you have or the technology that you use?

Today I am going to tell you about how technology is affecting kids of this generation.

Technology can be used for good and bad and has advantages as well as disadvantages. One of the main disadvantages that kids face is that you can hurt your eyes from looking at the screen for hours and hours. But a useful advantage about technology is that you can contact people from other countries and stay in touch with your friends and it is up to date towards the modern time.

BUT you can also become addicted to the computer, playing on it all day and lose communication with your parents and friends.

Who here has an iPad? A X-Box? A PlayStation? A PSP? Or any other gadgets.

Kids of this generation are surrounded by technology. What impact is all this having on us?

Kids should stop being couch potatoes and become physically active. I know because I am one of them.

How many of you would rather play outside on a sunny day than with these gadgets? I know that

technology helps people learn new things all the time. But how far is too far?

When was the last time you played with your toys? Toys are wonderful and the kids of this generation don't realise that. I mean I am one of those kids. Have you ever had those moments when your parents bought you a new toy, and you only played with it for a little while.

Why do you think this happens? This is because kids are busy playing with technology rather than playing with their toys. This is happening to everyone and not just us.

Technology is a good thing as it helps us in life, but it can have negative impact as well. The effect technology is having on kids is huge.

So before I finish I want to ask you a one last question. What will you do when you get home? Will you go straight on the laptop and play games or will you go and play outside?

(Winning speech for year 4 in 2013)

किन यस्तो भेदभाव

पारु पौडेल

(गाउको केटो सहर जान्छ, सहरको रमझममा भुलेर सहरकै केटीसंग दोस्रो बिहे गर्छ, सहर हुदै विदेश जान्छ र उतै घरजम गर्छ, अनि बिसिदिन्छ कि गाउमा उसको स्वास्नी र एउटा छोरो पनि छ भनेर. तेस्पछि के हुन्छयस्तै सत्य कथा लाइ आधार मानेर कोरिएका हरफहरु)

म पनि त तिम्रै छोरो होइन र के बाबा
भाइलाइ राख्छौ काखमा मलाइ किन पाखा
मेरी आमा मन परेन कान्छी तिम्ले ल्याएउ
म त हु नि तिम्रै सन्तान तर पनि त्यागेउ
कान्छीआमा साथ लिई विदेशतिर हिडेउ
हामी आमाछोरालाइ त अलपत्र नै पारेउ

बिन्ति गर्छु तिरिदेउ न स्कूलको शुल्क
मलाइ पनि माया गर सुधार है भूल
कान्छी प्रिय भएपछी सन्तान उनकै प्रिय
किन यस्तो भेदभाव आफ्नै सन्तानबिच



कान्छीआमा बिदेशमा सुनले सजिएकी
मेरी आमा बनपाखा घास काट्दैगरेकी
भाइहरु बोडिगमा ए बि सी डी पढ्छन्
मेरा हातले होटेलका भाडाहरु माझ्छन्
होटलका भाडाहरु माझ्ने रहर होइन
कसो गरु यो नगरी हातमुखै जोडिन्न
भाइको कोठा भरिभराउ खेल्ने खेलैनाले
पढ्ने किताब लेखने कापी पाको छैन मैले

बाबा तिम्रो माया पाए म नि पढ्न जान्थे
पढीलेखि भविष्यमा ठुलो मान्छे बन्थे

ठुटे र झाप्ले जंगलमा घुम्न गएछन्
अचानक अगाडी एउटा बाग आएछ ..
दुबैलाई टेन्सन भएछ.. अनि ठुटेले
idea लगाएर भुईबाट माटो उठाएर
बागको आखामा हालेर भाग्न
लागेछ ...

.. झाप्ले चै हेरेर बसेछ....

ठुटे : ओई झाप्ले भाग

झाप्ले : तै भाग ..म किन भाग्ने !!

आखामा धुलो तैले पो हालेको हो त!

Melasma in Asian Skin

Pratima Poudel-Acharya

Melasma:

Melasma (hyper pigmentation) is common and can cause major impact on people's appearance. Melasma can be Dermal and Epidermal. Dermal usually caused by imbalance of hormone such as due to pregnancy or use of contraceptive pills. Epidermal melasma occurred long-exposure of sun, post-inflammation following any treatments. According to several studies, melasma is common in asian skin and effecting more than 20% of them. There is no permanent cure available, but treatments often consist of sun screens, bleaching creams containing hydroquinone and retinoic acid.

Among two different types of melasma, epidermal one can be treated successfully with chirally corrected lightning cream and I²PL+. This method of the treatment is eliminates the melanosomes in the keratinocytes without causing epidermal injury. However, dermal one can be lighten and can be cover with light mineral make up.

Preventing outbreak of melasma following treatment requires AHA



Before treatment



After 4 treatments

cleanser, Vit A, melanin (melanocytes produce melanin: color of skin) inhibitor, and antioxidant in long term together with least 30+ high-potency sunscreen. This shall combine with physical and chemical ingredients. If you want to learn more about this please contact: Body and face clinic, 09-6272317 or 021823126. Visit www.sculptbf.com.

Source: Dr. Nitivadee Teeyapan-Songdej
www.Ellipse.com (for physicians)

औषधि सेवन - उपयोगी सुझाव

हाम्रो भाषामा औषधिलाई विभिन्न नाम दिईएकोछ। कोही यसलाई ओखति भन्छन् भने कोही दबाई। जुनसुकै नाम दिए पनि यसले हामीलाई स्वस्थ राख्न र दीर्घ जीवन दिन अहम भूमिका निर्वाह गर्दछ। यसको नियमित सेवन गरे पनि समाजका कतिपय सदस्यहरुको एउटै गुनासो बारम्बार सुनिन्छ कि यसले भने जस्तो फाइदा दिई रहेको छैन या खासै फाइदा नै भएको छैन।

यसका कतिपय सम्भावना हुन सक्छन्। ती मध्ये मुख्यतः निम्न हुन्:

(क) रोगको गलत निदान (wrong diagnosis) भई सहि औषधि प्रयोग नगर्नु।

(ख) रोगको सही निदान भए पनि चिकित्सक, फर्मासिस्ट वा नर्सको सुझाव/सल्लाह बेगर यसको सेवन गर्नु।

शरीरलाई औषधिबाट अपेक्षा गरे अनुरूप फाइदा प्राप्त हुन सेवनकर्तालाई औषधि सेवन/प्रयोग बारे पर्याप्त ज्ञान हुनु नितान्त आवश्यक छ। यसको सहि मात्रा र समयमा सेवन गर्नु अनिवार्य छ भने यसलाई कसरी र कुन चीजका साथ लिँदा अधिकतम फाइदा हुन्छ भन्ने जानकारी भएमा रोगबाट छुटकारा मिली स्वस्थ जीवन व्यतित गर्न सहयोग मिल्दछ। प्रयोगकर्तालाई यो पनि जानकारी हुनु जरुरी छ कि कुनै पनि औषधि

आस्था भौकाजी (फर्मासिस्ट)

बिनोद भौकाजी (रजिष्टर्ड नर्स)

चिकित्सक, फर्मासिस्ट वा नर्सको राय बेगर लिनु र अकस्मात आफुखुसी यसको सेवन गर्न छोड्नुले स्वास्थ्यलाई लामो समयसम्म नकारात्मक प्रभाव पार्छ। हामीले बेला-बखतमा सुनी-देखी आएको यथार्थ हो कि यसको गलत प्रयोगले प्रयोगकर्ताको अंग भंग भएको वा यहाँसम्म कि उसले मृत्यु वरण गर्नु पर्ने दुःखद परिस्थिति आइ पर्न सक्छ। तसर्थ हमेसा चिकित्सक, फर्मासिस्ट वा नर्सको राय-सल्लाह अनुसार मात्रै औषधि सेवन गर्नु उपयुक्त हुन्छ।

यस लेखमा हामीले दैनिक जीवनमा प्रयोग गर्ने मुख्य-मुख्य औषधिहरु कहिले र कसरी प्रयोग गर्ने भन्ने उल्लेख गर्ने प्रयास गरिएको छ। साथै औषधि यसरी नै सेवन गर्नु पर्ने कारण पनि ठोस रूपमा प्रकाश पार्ने प्रयत्न गरिएको छ। यो लेख तयार गर्न अन्वेषणयुक्त विभिन्न स्रोतहरु प्रयोग गरिएका छन्। तथापि पाठकहरुलाई यहाँ दिइएका सुझावहरुमा कुनै भ्रम (doubt) भए वा अरु तथ्य आवश्यक भएमा आफ्ना स्वास्थ्य परीक्षणकर्ता वा लेखकहरुलाई सम्पर्क गर्न सुझाव दिइन्छ।

१) आइरनयुक्त औषधि:- यस्ता औषधिहरु सबैदा पूरै गिलास पानी वा सुन्तलाको रसका साथ खाली पेटमा लिनु पर्दछ। यो

लिनु पूर्व र लिङ्ग सके पश्चात २/२ घण्टा अघि र पछि चिया, दुध, कफी, antacid, क्याल्सियम तथा मल्टी-भिटामिन खानु हुदैन। यसको कारण आइरन चक्की वा झोलको शोषण (absorption) शरीरमा राम्रोसंग हुन सकोस भन्ने हो। यस्ता औषधि लिनेहरूलाई प्रायः कब्जियतको सिकायत हुन्छ। त्यसैले बढी भन्दा बढी पानी पिउनु राम्रो हुन्छ। साथै रेशायुक्त खाना र फलफूल खानु पर्दछ।

२) दुखेको कम गर्ने औषधि:- paracetamols वयस्कले बढीमा ४ ग्राम(२४ घण्टामा) मात्र लिनु पर्दछ। यसले लिभर खराब गर्ने प्रबल सम्भावना हुन्छ। Anti-inflammatory औषधिहरू जस्तै Ibuprofen, diclofenac र naproxen खानासंग खानु पर्दछ। फलस्वरूप पेटको सिकायत न्यून हुन्छ। साथै यस्ता औषधिहरू paracetamolsसंग सेवन गरेमा यसले दुखाई कम गर्न धेरै सहयोग गर्दछ।

३) क्याल्सियमयुक्त औषधि: यस्ता औषधिहरू आइरनयुक्त औषधिसंग बिल्कुलै सेवन गर्नु हुदैन। यसो गरेमा शरीरमा यसको शोषण हुदैन।

४) Multi-vitamins:- यसलाई ब्रेकफास्टसंग सेवन गरेमा यसको प्रभावकारिता अधिकतम हुन्छ। यसो गर्न सकेमा दिसा(bowel motion)को समस्यासंग जुध्नु पर्दैन।

५) Fosamax/alendronate: यो औषधि खाना खानु भन्दा आधा घण्टा अगाडि सिधा(upright)बसी सेवन गरे पछि पनि

आधा घण्टासम्म सोही स्थितिमा बस्नु पर्दछ। अन्यथा oesophagus (खाना नाली)मा irritation भइ त्यहाँ अल्सर समेत हुन सक्दछ।

६) Heart burn औषधि:- जस्तै Mylanta खानापछि सेवन गर्नाले लामो समयसम्म प्रभाव पर्दछ।

७) Slow release/modified release/controlled release/rapid release हुने औषधिहरू:- जस्तै: Potassium, morphine, oxycontin जस्ता औषधिहरू कहिल्यै पनि पिसेर सेवन गर्नु हुदैन। किनकि यस्ता औषधिहरू शरीरमा बिस्तारै release भई धेरै अवधि(long period) सम्म कार्य गर्दछ। त्यस्तै Aspirin EC जस्ता औषधिहरू पनि पिसेर खानु हुदैन। यदि कसैलाई निम्न समस्या छ भने चिकित्सक, फर्मासिस्ट वा नर्ससंग सल्लाह गरी बैकल्पिक औषधिको व्यवस्था गर्नु श्रेयष्कर हुन्छ।

८) Diuresis:- जस्तै frusemide जस्ता औषधि बिहान वा मध्याह्नसम्म पानीसंग सेवन गर्नु उत्तम हुन्छ। यसले शरीरमा रहेको अनावश्यक अतिरिक्त झोल पदार्थ (fluid)लाई शरीरबाट निष्काशन) गर्दछ। त्यसैले सुत्नुभन्दा अगाडि नै पैदा हुने पिसाबको बिसर्जन गर्नु राम्रो हो। जसले गर्दा सेवनकर्ताको निद्रामा कुनै अवरोध पुग्दैन।

९) हाम्रो समाजमा अझै पनि antibiotics प्रयोग बारे केही भ्रम व्याप्त छ। जस्तै कसैलाई रुघा लागेमा वा घांटी दुखेमा चिकित्सककहाँ जाने र antibiot-

ics लेखि दिन (prescribe) आग्रह गर्ने वा निजबाट सो लेखिने अपेक्षा गरिन्छ। सबैले यो बुझ्नु जरुरी छ कि cold वा flu केवल viral हुन्। यसलाई निर्मूल गर्न antibioticsले कुनै सहयोग गर्दैन। यसका लागि सक्दो आराम गर्ने, पेय पदार्थ -पानी बढी पिउने र paracetamols खाने गरेमा आराम मिल्छ। यदि यसको बढी नै प्रकोप भई pneumonia भएमा वा अरु किसिमको संक्रमण (infections) भएमा antibiotics को आवश्यकता पर्दछ।

१०) दम (asthma) का औषधि:- जस्तै inhalers :- यिनीहरू विभिन्न किसिमले प्रयोग गरिन्छ। सहि तरिकाले प्रयोग गरी राम्रो फाइदा लिन चिकित्सक, फर्मासिस्ट वा नर्सको सुझाव लिनु राम्रो हुन्छ। Inhalers मुख्यतः निम्न किसिमका हुन्छन् :-

(क) Blue- relievers :- यसको कम भन्दा कम प्रयोग गर्नु राम्रो हो यसको न्यूनतम प्रयोगको मतलब दम नियन्त्रणमा छ भन्ने बुझ्नु पर्दछ। तर यसको मतलब यो होइन कि यसको प्रयोगलाई नियन्त्रण गरिनु पर्दछ। आवश्यकता अनुसार यसको प्रयोगले उत्तिकै महत्व राख्दछ।

(ख) Orange-preventer (रोकथाम गर्ने)।

(ग) Purple- reliever and preventer: उपर्युक्त मध्ये (ख) र (ग) inhalers नियमित प्रयोग गर्नु पर्दछ किनकि दम (asthma)को रोकथाम गर्नु बेस हुन्छ। आशा छ यस लेखले उल्लिखित औषधिहरू नियमित सेवन गर्ने व्यक्तिहरूलाई बढी से

बढी सहयोग गर्नेछ।

यस्तै उपयोगी लेखहरू आगामी अंकहरूमा प्रकाशन गर्दै जाने प्रणका साथ पाठकहरूको रचनात्मक सुझावको अपेक्षा गर्दै अस्तु।

स्रोतहरू:

www.mims.co.nz

www.nzformulary.org

www.safemedication.com



A man and a woman who have never met before find themselves in the same sleeping carriage of a train. After the initial embarrassment, they both manage to get to sleep; the woman on the top bunk, the man on the lower.

In the middle of the night the woman leans over and says, "I'm sorry to bother you but I'm awfully cold and I was wondering if you could possibly pass me another blanket." The man leans out and, with a glint in his eye, says, "I've got a better idea...let's pretend we're married."

"Why not," giggles the woman.

"Good," he replies. "Get your own damn blanket."

Interview with Lady June Hillary



(Lady June Hillary is Patron of New Zealand Nepalese Society Inc. We talked to her about her association with Nepal, and Nepalese community in New Zealand)

Thank you Lady June Hillary for allowing us to interview for "Saugat" magazine, a New Zealand Nepalese Society's publication.

Q: Lady June, you represents one of the most prominent foreign families associated to Nepal and Nepalese people. Could you please tell us your personnel experiences being associated to Nepal?

A: My first experience of Nepal and Nepalese was in 1961 then periodically until 1975 when I escorted groups to the Solu Khumbu on 24 day treks. My association with the Sherpas was an ongoing adventure with a new culture to learn about, the wonderful mountains and the quite hard trekking.

Q: We understand that you have been contributing towards Nepal and its people through different means including through the Himalayan Trust. Would you please tell us some information about those initiatives?

A: The Himalayan Trust was founded in 1963 and Sir Ed (Sir Edmund) Hillary) started the building of schools and hospitals, clinics and bridges and I was involved with my husband Peter Mulgrew on some of those expeditions. The Himalayan Trust was an aid programme in which the local people decided what they needed and Ed raised the funds and organised the building using local products and labour and when the project was finished it belonged to the local people.

Q: What are your experiences in working with Nepali? Do the cultural differences play any role when progressing any projects?

My experience working with Nepalese is of a hard working cheerful people living in a harsh environment with a wonderful culture. Now I have retired from the Trust but I do maintain an ongoing interest in its work.

Q: You also have another responsibility, representing Nepal in New Zealand as the Consular General of Nepal, what are the normal day

to day businesses you involved in?

A: I have been Honorary Consul General for Nepal for twenty years, and I have enjoyed enormously my association with the Nepal New Zealanders that I meet on a regular basis for celebrations and flag raising, my duties are light, with Peter Gibbs we issue visas for visitors to Nepal and I receive many phone calls needing information. It is very clear to me that we are very fortunate to have Nepalese settling and becoming citizens here and I hope this continues on.

Q: Many feel that "the marriage of Lady June and Sir Edmund Hillary was a marriage between two long-time friends", how do you see that?

My marriage to Ed was one between two long-time friends, it was an exciting life, a huge amount of travelling every year and running a very busy household, enjoyable and a privilege.

Q: How do you feel when you hold NZ \$5 note with Sir Ed's photo on it?

A: When I see the \$5 note I remember all the great occasions we had together.

बादल



रोबिन कुँवर "बूलबूल" वर्ष ११,
वैलिंग्टन, न्युजिल्यान्ड

नीलो आकाशमा

समुन्द्रमा बसेको जस्तो

बस्छ एउटा बादल।

कस्तो नरम देखिन्छ

त्यही सुतौला जस्तो।

पृथ्वी घुमे जस्तो मजाले घुम्दछ।

फूल होला कि? गाइ होला?

केहो केहो जस्तो लाग्दछ।

के होला त गाह्रो प्रस्न भयो

तर त्यो प्रस्नको उत्तर छ।

प्रस्नको उत्तर कस्लाई थाहा होला?

प्रस्नको उत्तर बादल लाई नै थाहा

हुन्छ।

बादलको आकार केहो थाहा हुन मन छ

भने

बादललाई नै सोध्नुहोला ।



Letter to the Bank

Shown below, is an actual letter (or so the story goes) that was sent to a bank by an 86 year old woman. The bank manager thought it amusing enough to have it published in the New York Times.

I am writing to thank you for bouncing my cheque with which I endeavoured to pay my plumber last month. By my calculations, three nanoseconds must have elapsed between his presenting the cheque and the arrival in my account of the funds needed to honour it.

I refer, of course, to the automatic monthly deposit of my entire pension, an arrangement which, I admit, has been in place for only eight years. You are to be commended for seizing that brief window of opportunity, and also for debiting my account £30 by way of penalty for the inconvenience caused to your bank.

My thankfulness springs from the manner in which this incident has caused me to rethink my errant financial ways. I noticed that whereas I personally answer your telephone calls and letters, - when I try to contact you, I am confronted by the impersonal, overcharging, pre-recorded, faceless entity which your bank has become.

From now on, I, like you, choose only to deal with a flesh-and-blood person. My mortgage and loan repayments will therefore and hereafter no longer be automatic, but will arrive at your bank, by cheque, addressed personally and confidentially to an employee at your bank whom you must nominate. Be aware that it is an OFFENCE under the Postal Act for any other person to open such an envelope.

Please find attached an Application Contact which I require your chosen employee to complete. I am sorry it runs to eight pages, but in order that I know as much about him or her as your bank knows about me, there is no alternative. Please note that all copies of his or her medical history must be countersigned by a Notary Public figure, and the mandatory details of his/her financial situation (income, debts, assets and liabilities) must be accompanied by documented proof.

In due course, at MY convenience, I will issue your employee with a PIN number which he/she must quote in

dealings with me. I regret that it cannot be shorter than 28 digits but, again, I have modelled it on the number of button presses required of me to access my account balance on your phone bank service.

As they say, imitation is the sincerest form of flattery. Let me level the playing field even further. When you call me, press buttons as follows:

IMMEDIATELY AFTER DIALLING,
PRESS THE STAR (*) BUTTON FOR
ENGLISH

#1. To make an appointment to see me.

#2. To query a missing payment.

#3. To transfer the call to my living room in case I am there.

#4 To transfer the call to my bedroom in case I am sleeping.

#5. To transfer the call to my toilet in case I am attending to nature.

#6. To transfer the call to my mobile phone if I am not at home.

#7. To leave a message on my computer, a password to access my computer is required.

Password will be communicated to you at a later date to that Authorized Contact mentioned earlier.

#8. To return to the main menu and to listen to options 1 to 9.

#9. To make a general complaint or inquiry.

The contact will then be put on

hold, pending the attention of my automated answering service. While this may, on occasion, involve a lengthy wait, uplifting music will play for the duration of the call.

Regrettably, but again following your example, I must also levy an establishment fee to cover the setting up of this new arrangement.

May I wish you a happy, if ever so slightly less prosperous New Year?

Your Humble Client

And remember: Don't make old People mad. We don't like being old in the first place, so it doesn't take much to piss us off."



न्यूजील्यान्डको सुन्दरतम भुमी रोटोरुवा

प्रो पिताम्बर दाहाल

रोटोरुवा एक विचित्र ठाउँ ।
हो माउरी - मुल विशेष गाउँ ॥
छैनन् कुनै कृत्रिम वस्तु, नाउँ ।
छोडेर यो ठाउँ कतै नजाउँ ॥१॥

रङ्गी विरङ्गी जलका तलाउ ।
चारै दिशामा छन हेर्न आऊ ॥
विश्वास नै हुन्न कहाँ सुनाउँ ।
हेरेर नै ज्ञान गरेर जाऊ ॥२॥

यो उत्तरी द्वीप र मध्यभाग ।
रोटोरुवाका सर हेर्न जाग ॥
नीला कुनै छन् हरिया कुनै छन्।
राता पहेला बहु रडका छन् ॥३॥

आगो बनेको पहरो बलेको ।
खोला हरे खट्खट उम्लिएको ॥
फत्कन्छ लेदो दह मृत्तिकाको ।
पाईन्छ मोती पनि कृत्तिकाको ॥४॥

तातो छ पानी सँगको धुवाँको ।
मुस्लो छ बाटा वनमा उठेको ॥
नैसर्गिकी दृश्य भनौ कि दैबी ।
जीवन्त छन् छैन कुनै नि एवी ॥५॥

रोटोरुवा दिव्यधरा कहाँको ।
थोरै छ भाषा कविका बुताको ॥
के सकतथैं वर्णन गर्न मैले ।



रोकोँ कि यो यति भनेर एेले ॥६॥

प्रत्यक्ष हो यो अनुमान होइन ।
वैचित्र्यको वर्णन साध्य छैन ॥
आभास केही त अवश्य होला ।
देखे स्वयं जीवन धन्य होला ॥७॥

(छन्द : ईन्द्रबज्रा)

साभार : स्नेह-धारा



एक जना मान्छे रक्सीले मातिदै एउटा
खुट्टा दाँया र अर्को खुट्टा बाँया गर्दै
लड्खडिदै हिड्दै थियो ।त्यतिकैमा एउटा
हवल्दारले देखेछ र उसलाई एक डण्डा
हिराउदै भनेछ : ओई , खुट्टा सम्म
ठेगानमा छैन , कत्ती पिएको छस ।उसले
भनेछ : धन्यबाद , मलाई सम्झाईदिनु
भयो कि मैले पिएको छु भनेर , नत्र मैले त
यो सम्झिदै थिए कि लँगडा भए ।

C.T.W. (6vs6)

Ayush Bhandari

"3, 2, 1... GO!" Shouted the host as the game had begun, there were two teams' magenta and cyan. xXHairyGorillaManXx, LloydXGamingMC and ISushiGamingMC and others were all in magenta, while, MRCookeez, and other random players were in cyan. People were everywhere, some gathering wood, others just running straight towards the wool.

As the amazingly intelligent SushiGaming had strategized, he ran across the base, ascended up the vines and gathered wood. He now had 8 oak wood planks which he used to make a crafting-table. He shot over the fence and landed in the water with a SPLASH! He got back up and made a run for it. Sushi clambered up the ladders and ran across the battle-field, he went to the safe point where he snatched the first wool.

He unlocked the chest and found an iron sword, 4 stacks of 64 leather (256 leather). Now he just had to craft the leather armor and he pretty much had a very high chance on capturing the wool. One way of failing would be, someone coming out of nowhere and hitting him into the void, another way would be for someone else had the same gear as he did. But the game had just started, what could go wrong?

Meanwhile: XXHairyGorillaManXx and LloydXGamingMC were trying to

capture the other wool when suddenly MRCookeez jumped out of nowhere and had swung his sword at LloydXGamingMC. Luckily he spun around to block the attack, sparks of wood went flying everywhere. LloydXGamingMC had quickly drawn back his sword, he went straight for the stomach, but his opponent had countered his attack and got him directly by his neck. LloydXGamingMC collapsed.

xXHairyGorillaManXx was right there and he was horrified of what had happened to his teammate, but he had figured that from the BATTLE, his enemy must have been drained out. So without waiting any longer, xXHairyGorillaManXx had lunged at his challenger.

So this should bring us back to Sushi, he was still thinking out his brilliant plan, (by the way, he always has brilliant plans and is so much more knowledgeable than most miners.) But surprisingly, he had no idea at all this time. So he just made a run for it. Just that split second he had noticed something terrible... It was night! He peered outside surely enough to see that there was an army of mobs

(monsters)! He took a moment to calm himself down... Then soon enough he sprinted past the safety wall and the exact moment he stepped outside there were a flurry of arrows shot at him. He tried to ignore the pain, but he just couldn't (but along with many of Sushi's talents he was also extremely brave). He was under so much pressure, but he had safely made it back to his base.

There were approximately 15 mobs at their base, but Sushi didn't care, because the pain he had just suffered was nothing compared to what he was suffering right now. Sushi was safe in his base now... Or was he? As for he had heard someone on the top floor, he could see through the glass, he knew then, that the bloke that was on the very top floor was not a gentleman. Sushi had crept into a corner, he knew that if he got involved, he would regret facing the chap that was up there. The man slowly came down the steps, whistling but Sushi was wondering, why the heck would someone with the wool start whistling? He should at least stay quiet and try to avoid everyone. But this man was not as bright as Sushi was. When the fella was about to leave the base, Sushi had shot an arrow right at his back, the man stumbled to the floor. Got up, furious, he started to chase Sushi around, this may sound unwise but it was another part of Sushi's AMAZING PLAN...

जन्म ठाउँको सम्झनामा



मिना पौडेल

जैसी डाँडा रमाइलो मेरो प्यारो गाउँ

गर्ब लाग्छ भन्न पाउदा मेरो जन्म ठाउँ

स्याङ्जा जिल्ला सेरो फेरो मन पर्ने मेरो

तेती याद आई रहने जतो मन्त्रे हेर्यो

न्यू जिल्यान्ड मा बसे पनि फर्की रहु झै हुने

जन्मिएर ताते गर्दै टेकिएको भुमी

सुनाइदेउन कस्तो भाछ जैसिडाँडा मेरो

नजर भरी घुमी रहने आदी खोला मेरो

स्याङ्जा बजार छेवे बग्ने त्यो आदी खोला

नगएको धेरै भयो आजकल कस्तो भयो

होला



A Beautiful Day!!!

It was a very beautiful day outside; everyone went out of their houses; they didn't go to work or to sleep; just played outside having lots of fun. But there was a boy called Rockco, who loved playing a computer game called minecraft. He was still in front of his computer. He started to play this game since more than three years. He was so addicted to the computer game that he was unable to resist not playing it. The only time he took breaks were when he needed to go to sleep, eat or go to toilet. Most of the time, he missed the school or came late. But his science teacher was so impressed; how good he did and kept on getting A+ and A+ in the difficult subject, although he had not attended any of the classes regularly. One day the teacher asked him, "How are you so good at science?" Rockco replied, "Because I play a lot of minecraft every day and it helps me to understand science especially material science". " Hmm", the teacher said. He could not believe him. How a computer game could improve science. None of his friends believed him as well. One day Rockco didn't turn up to the school at all or didn't sleep or eat or go to toilet; he just sat down staring at his computer screen and playing minecraft for very very long time. He missed the school for very very long time.....

After very very long time.....



Florian Pant

It was a very bad day, black clouds were everywhere in the sky. Lightning and loud thundering sounds were coming from the sky. It was windy and rainy day. Rockco waked up, he felt not that good but he suddenly decided to go back to the school. He ran down Dominion Road. He finally reached the gate of his classroom. His classroom was full of his friends playing and talking to each other, it was load. Suddenly everyone stopped playing or talking and it was so quit, so people could hear a pin drop. They started to look at him. Everyone noticed him as a skinny boy; eyes were very red; hairs were very long, he was not even able to walk properly. They could not resist themselves and started to laugh at him. It made him so embraced that he started walking back to his home. He thought why he went to school? Why his friends were so rude to him? What he had done to them? Why he was not a normal boy? On the way back heavy rain make him wet and could hardly breathe when he reached home. His mum called his name, "Rockco, Rockco!!". But he did not answer her. Instead he went straight into

his room. He was very very sad, he sat in front of his computer and started playing minecraft. This time he was so angry and started to destroy the very nice city he had built since two years. He used as much TNT and flint'n'steel and try to destroy the city very quickly. He could still hear her mother calling him, but he was not giving any attention to her. He kept on destroying the city. His computer became very hot like fire but he didn't take care of that. He wanted to finish destroying the city. After a few second the computer started making unusual noise and suddenly overloaded and exploded. Rockco was seriously injured. He did not know what happened after that but he could hear the ambulance stopping just in front of his house.

Rockco's mum came into his room and called." Rockco, wake up!!!, you're getting late for the first day of school, can't you hear clock alarm?". It was a beautiful day; the sun was nice and bright in the east horizon. Rockco opened his eyes, he could not believe he was ok and everything was fine, nothing happened to him. He said," Mum, I had a very bad dream" and then he hugged his mum and said," I will tell you my nightmare after my school". He made himself fresh very quickly; ate his breakfast; grabbed his school bag and ran down Dominion road to the school.

The starting



Come and join our weekly
Zumba sessions
organized by
New Zealand Nepal Society.

9:30 am - 11:30 am
Saturdays

Zumba is a great way to
stay fit, socialise,
lose unwanted weight (if any)
and have fun all at the same time.



For more information:

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मेरो सपना, मेरो विश्वास

यादव गुरुङ

अकल्याण्ड, न्यूजिल्याण्ड

yadgrg@gmail.com

सपनाहरू जीवनका पलहरूसँग बर्दलिदा रहेछन् । कुनै एक बिन्दुमा देखेको सपना अर्को बिन्दुमा आइपुग्दा परिवर्तन हुँदा रहेछन् । कतिपय सपनाहरू पूरा भएर या नभएर पनि यिनीहरू परिवर्तन हुन्छन् । कतिपय अवस्थामा समय, परिस्थिति र वातावरणले गर्दा सपनाहरूले नयाँ रूप लिन्छन् । यी मेरा नितान्त व्यक्तिगत अनुभूतिहरू हुन् ।

सानो छँदा देखे सपनाहरू, अनुभूत गरिने सपनाहरूका केही भूभक्तोहरू ताजै छन् । म सिन्धुलीको एउटा मध्यम वर्गीय किसान परिवारमा जन्मेको हुँ । सानो छँदा खेती किसानको अतिरिक्त घरमा मेरो जिम्मेवारी भनेको बाखा हेर्ने थियो । बिहान उठेर बाखालाई घाँस काटी राखेर स्कूल जान्थे । करीब आधा घण्टा लाग्थ्यो स्कूल पुग्न । कक्षा १ देखि १० सम्म एउटै स्कूल पढेँ गौमती माध्यमिक विद्यालयमा । कक्षा ६ पढ्दा देखि नै द्युसन पढाउन थाले । त्यतिबेला भने एउटा राम्रो शिक्षक बन्ने सपना देख्थे ।

हामी अधिकांश नेपालीहरू मध्यम वर्गीय छौं र सपनाहरू पूरा गर्न निकै कठिन पनि छ । यस्तो अवस्थामा देखिने सपनाहरू लक्ष्यहरू तरल हुन्छन् । मेरो पनि सपना अनि लक्ष्य कुनै ठोस थिएन, तर विश्वास भने थियो । म आज जुन स्थानमा छु जुन अकल्पनीय थियो । समय र परिस्थितिसँग जुध्दै लड्दै साना साना सपनाहरू बुन्दै एउटा अहम् लक्ष्य निर्धारण गर्न सकिन्छ र प्राप्त पनि । यो मैले बुझेको एउटा भोगाइको अनुभव हो र मेरो विश्वास पनि हो ।

म यतिबेला न्यूजिल्याण्ड सरकारको छात्रवृत्तिमा जनस्वास्थ्य विषयमा स्नाकोत्तर गर्दैछु भने म पेशाले आयुर्वेद चिकित्सक हुँ । यस्तो सपना मैले देखेको थिइनँ भन्दा पनि हुन्छ । तर जीवनमा केही गर्नसक्छु भन्ने विश्वास चाहिँ थियो ।

एसएलसी उत्तीर्ण पश्चात् काठमाडौं आएँ पढ्नको लागि । त्यसो त म काठमाडौं कक्षा ८ पढ्दादेखि नै गइरहन्थे, मध्यमाञ्चलव्यापी विद्यालयस्तरीय हाजिरीजवाफ प्रतियोगितामा भाग लिन । राम्रो अंक ल्याएकोले विज्ञान विषय लिएर पढ्ने सबैको सल्लाह भयो र पढेँ पनि । शुरुका काठमाडौंका दिनहरू निकै संघर्षपूर्ण थिए । कक्षा १२ पढ्दै गर्दा नारायणगोपाल संगीत कोष र रेडियो सगरमाथामा सञ्चालित रेडियो कार्यक्रम अजम्बरी गीतसंगीतले आयोजना गरेको राष्ट्रिय सांगीतिक हाजिरीजवाफ प्रतियोगितामा प्रथम भएँ । प्रथम भएपछि त्यतिबेला केही रेडियो र पत्रपत्रिकामा अन्तर्वार्ता दिने क्रममा भविष्यको सपना वा लक्ष्य के भनेर सोध्दा वैज्ञानिक बन्ने भनेर जवाफ दिन्थे । विज्ञान विषय लिएर पढेको भएकाले होला यो उत्तरभन्दा मसँग अरु कुनै त्यतिबेलासम्म थिएन । १०+२ उत्तीर्ण गरेपछि, कृषि विषय लिएर पढ्ने सोच आयो । आफू पनि किसानको छोरो भएर होला यो विषय मेरो लागि उपयुक्त हुन्छ, भनेर एक किसिमको योजना बनाएँ । साथीहरूको आग्रहमा चिकित्सक तथा अन्य स्वास्थ्य विषयका अध्ययनको लागि हुने गरी करीब २ महिना जति प्रवेश परीक्षाको कक्षा पनि लिएँ । त्यसपछि, म आफूलाई गर्दातिर हुईकिएँ, अब घरमै बसेर केही गर्नुपर्ला भनेर । सिन्धुली घरमा बसेर बुवा आमासँग खेतीपाती तिर लागेँ र एउटा विद्यालयमा

पढाउन पनि थाले। केही महिनापछि काठमाडौं फेरि फर्किएँ, हडकडबाट प्रकाशित हुने एक दैनिकमा समाचार अनुवादको रूपमा जागिर पाएपछि। काठमाडौंमा बस्ने भएपछि मैले वीएस्सी माइक्रोवायोलोजी पनि पढ्न सुरु गरेँ। १०+२ का साथीहरूसँग भेट भएपछि पुनः प्रवेश परीक्षाको तयारी पनि गर्न थाले। काठमाडौंमा केही वर्षको बसाइले मैले जीवनलाई अवसर र चुनौती रूपमा बुझे र सबै अवसरहरूलाई खुल्ला राख्नुपर्छ भन्ने तथ्यलाई मनन गरेँ। एकातिर पत्रकारिताको जागिर, वीएस्सीको अध्ययन र अर्कोतिर प्रवेश परीक्षाको तयारी एकैसाथ गर्न थाले। अन्ततः सन् २००३ मा मैले चिकित्साशास्त्र अध्ययन संस्थानमा आयुर्वेद चिकित्सा (BAMS) पढ्न १५ सीट को छात्रवृत्ति कोटामा आफ्नो नाम सुरक्षित गरेँ। साढे पाँच वर्षको BAMS अध्ययन अवधिमा जीवनमा धेरै कुरा सिकेँ, भोगेँ। करीव ४ वर्ष सक्रिय विद्यार्थी राजनीति पनि गरेँ। स्वतन्त्र विद्यार्थी युनियनमा दुई कार्यकाल निर्वाचित भएर काम गरेँ र यो अवसरलाई मैले आफ्नो नेतृत्व विकासको एउटा खुड्किलोको रूपमा लिन्छु।

सन् २००७ ताका विश्व स्वास्थ्य संगठनको सहयोगमा भएको नेपालमा नर्सन रोगहरूको कारक तत्वहरूको राष्ट्रिय सर्वेक्षणमा सुपरभाइजर भएर नेपालका १५ वटा जिल्लाहरू भ्रमण गरेँ। करीव २ महिनाको यो अवधिलाई म जीवनको सबैभन्दा महत्वपूर्ण समयको रूपमा लिन्छु। यो अवधिमा मैले नेपाल र नेपालीलाई नजिकबाट बुझ्ने अवसर पाएँ। रोग र भोकबाट ग्रसित नेपालीलाई भेटेँ। अनि मैले एउटा निर्णय लिएँ मैले मेरो क्यारियरलाई अस्पताल र क्लिनिकमा सीमित राख्नुहुन। मैले त्यतिबेला एउटा सपना देखेँ, एउटा लक्ष्य लिएँ मैले धेरै भन्दा धेरै नेपालीहरूको स्वास्थ्य सम्बर्द्धनमा काम गर्नुपर्छ, रोग रोकथाममा लाग्नुपर्छ। सन् २००८ मा BAMS को अन्तिम परीक्षा दिएपछि स्वास्थ्य सम्बर्द्धनको परियोजनाहरूमा काम सुरु गरिहालेँ। इन्टरनशिपको बेलामा पनि दिनभरि अस्पतालमा काम गर्थेँ भने बिहान बेलुका परियोजनामा काम गर्थेँ। यो अवधिमा एउटा स्वास्थ्य पत्रिकाको सम्पादक भएर पनि काम गरेँ। करीव ३ वर्षसम्म स्वास्थ्यसम्बन्धी परियोजनाहरूमा काम गरिसकेपछि अझ थप अध्ययन गर्नुपर्छ भन्ने लाग्यो। त्यसपछि मैले छात्रवृत्तिहरू खोज्न थालेँ। सन् २०१२ मा केही छात्रवृत्तिहरूमा प्रारम्भिक छनोट पनि भएँ। सन् २०१२ मा नर्वेजियन मास्टर अवार्ड अन्तर्गत नर्सन रोगमा एमफिल गर्न बंगलादेश छात्रवृत्ति पाएँ। बंगलादेशमा करीव ६ महिनाको अध्ययन गर्दागर्दै न्युजिल्याण्ड सरकारको छात्रवृत्ति पाएँ। मैले यो एउटा ठूलो अवसर हो, एउटा विकसित राष्ट्रमा पढेर आफ्नो देशमा केही गर्नसकिन्छ भन्ने विश्वास लिएर म न्युजिल्याण्ड हुँदैकिएँ २०१३ को सुरुतिर।

यतिखेर मेरा सपनाहरूले विस्तारै साकार रूप लिएको महसुस गर्दैछु। मैले अब जनस्वास्थ्यमा विद्यावारिधि गर्नुपर्छ र यसलाई पूरा गर्छु भन्ने विश्वास लिएको छु। यतिबेलामा म नेपाल र न्युजिल्याण्डको स्वास्थ्य नीति र कार्यक्रमलाई सूक्ष्म विश्लेषण गर्दैछु। हाम्रो देशको स्वास्थ्य नीति र कार्यक्रममा आमूल परिवर्तन गर्न आवश्यक छ। सबैभन्दा ठूलो कुरा सुशासन हो, अर्को कुरा प्रभावकारी कार्यान्वयन हो। हामीसँग नीति छ, कार्यक्रम छ तर गरीव, निमुखा जनतासम्म पुग्न सकेको छैन। यो अवधिमा अध्ययन र अनुभवले नेपालको स्वास्थ्य नीति र कार्यक्रमको केही नयाँ ढाँचाहरू कोरेको छु। विद्यावारिधिपछि नेपालमा रहेर स्वास्थ्य संवर्द्धन र प्रवर्द्धनमा गर्ने सपना देखेको छु। अहिलेसम्म मैले बुझेको राजनीतिबाट धेरै कुराहरूको समस्या समाधान गर्न सकिन्छ। राजनीतिमा लागेर देशमा केही परिवर्तन र विकास गर्नसकिन्छ, भने जीवनको कुनै बिन्दुमा फेरि पनि सक्रिय राजनीति गर्ने सोच छ। यी मेरा सपनाहरू हुन् अनि विश्वास पनि हुन्। सपना देख्नुपर्छ, निदाएर सपना देख्न सुत्नेपर्छ र व्युँझेर सपना देख्न कुदैनैपर्छ।



नेपाल नाईट- एक परिचय

चक्र थापा

गैर-आवाशीय नेपाली संघ (एनआरएन) न्यूजिल्याण्डको आयोजनामा नेपाल नाईट कार्यक्रम न्यूजिल्याण्डका विभिन्न शहरमा भैरहेका छन् । यो कार्यक्रम समता स्कूल (bamboo school) को सहयोगार्थ भएको हामी सबैलाई सर्बबिदितै छ। समता स्कूलको बारेमा भन्नुपर्दा नेपालका कम आय भएका परिवारका बालबालिका, सडक बालबालिका र टुहुराटुहुरी (सिमान्तकृत बालबालिका) हरूलाई महिनाको रु१०० मा कक्षा १ देखि बि.बि.एस सम्मको पढाई स्तरीय रुपमा गराईन्छ। यो स्कूलले देश प्रति नैतिकवान र कर्तव्यपरायण शिक्षामा बिशेष जोड दिन्छ ।

सन् २००९ मा म, त्रिभुवन श्रेष्ठ र डा.भोला प्रधान एनआरएन ग्लोबल सम्मेलनमा न्यूजिल्याण्डबाट सहभागी भएको थियौं । त्यति बेला प्रत्यक्ष रुपमा उत्तम संजेल, मदन राई, आनी छोइड डोल्मा र पुष्प बस्नेत उपस्थित भएको र विजय कुमारले संचालन गरेको नेपालको होनहार समाजसेवीको कार्यक्रम हेर्न र उहाहरुलाई भेट्ने अबसर मिल्यो । त्यति बेलानै उत्तम संजेलले स्थापना

गरेको समतास्कूलको बारेमा हामीले नजिकबाट बुझ्नेअवसर पाएका थियौं । उहाको यो स्कूललाई नेपालको ७५ वटा

जिल्लामा विस्तार गर्ने उद्देश्य रहेको पाइयो । यो अहिले १९ वटा भन्दा बढी र हालसालै गोर्खा जिल्लामा नया बन्दै गरेको अबगत गराउन चाहन्छु। एनआरएनका संस्थापक उपेन्द्र महतोबाट तराईका जिल्लामा ७ वटा स्कूल बनाउने घोषणा गर्नु भएको छ। त्यस्तै एनआरएन रुसले सिन्धुपाल्चोक, जहाँ धेरै बालिकाहरु बेचबिखन हुने गर्दछ, समता स्कूल स्थापनाले त्यसलाई रोकनको लागि मद्दत पुगेको छ

यस्तै स्कूलको बिबिध विशेषतालाई मध्येनजर राख्दै एनआरएन न्यूजिल्याण्डले एउटा कुनै दुर्गम जिल्लामा समता स्कूल निर्माणको लागि न्यूजिल्याण्डको हरेक ठाउमा बसोबासरत नेपालीहरु र त्येहा भएका नेपाली समाज मार्फत नेपाल नाईट गरि विद्यालय स्थापनाको लागि कोष संकलन कार्य जारी छ।

यस को लागि सर्बप्रथम एनआरएन

न्यूजिल्याण्डले वैमति नेपाली समाज छलफल गरि वैमति को इकवा हलमा मनाउने निर्णय गर्यो। हाम्रो पहिलो कार्यक्रम थिय, त्यसैले वैमाते समाज का साथीहरु र क्रैस्च साथीहरुको अथक सहायताले यो कार्यक्रम भब्य पुर्बक सफलता गराइयो। यस सफलताले गर्दा अन्य ठाउमा यो कार्यक्रम गर्न धेरै नै हौसला मिल्यो।

यसै उर्जा ले गर्दा तुरुन्तै इन्भरकारगिलमा पनि तुरुन्तै कार्यक्रम गरियो जहाँ कार्यक्रम सफलताको साथै राम्रो रकम संकलन गर्न सफल भईयो । त्यसै गरी सबै नेपालीहरुको सहयोग स्वरूप काईष्टचर्च, वेलिङ्गटन, अकल्याण्डमा कार्यक्रम गरियो । यसरी सबै ठाउका मित्रहरुको अन्तरहृदय देखि नेपाली भएर नेपालीको लागि केही गर्नु पर्छ भन्ने उत्कृष्ट अभिलाषाले गर्दा कार्यक्रम सफल भयो र त्यहाँ सबै मित्रहरुमा सहयोगको भावना स्वतःस्फुर्त झल्किएको देखिन्थ्यो, जुन हरेक क्षेत्रमा चाहे त्यो हल श्रृंगार होस्, चाहे खानाको प्रबन्ध होस्, प्राविधिक क्षेत्रमा होस्, संस्कृतिक नाच प्रदर्शनको सवालमा होस्, हरेक क्षेत्रमा उत्साहजनक प्रस्तुति देखिन्थ्यो । सबै सिर्जनशील उर्जाबाट हामीले धेरै नै रकम संकलन गर्न समर्थ भएका छौ ।

यही सिलसिलामा एनआरएन न्यूजिल्याण्डले लगत्तै ह्यामिल्टन, टिपुके, पल्मर्सटन नर्थ र आस्बर्तनमा कार्यक्रम गर्नको लागि कसरी, कहिले गर्ने भन्ने कुराको छलफल गरिदैछ। यसरी एनआरएन को मुलमन्त्र “नेपालीको लागि नेपाली” भन्ने मूलनारालाई आत्मसाथ गर्दै न्यूजिल्याण्डबासी नेपालीहरुले सहयोग गर्नु भएको छ जुन साह्रै सराहनीय छ। तपाईं-हाम्रो अथक मेहनत, सत-प्रयास तथा अतुलनीय योगदान कै प्रतिफल स्वरूप कास्की जिल्लामा सिमान्तकृत बालबालिकालाई एउटा स्कुल स्थापनार्थ प्रारम्भिक कार्य शुरु भएको कुरा यहाँहरु सबै लाई जानकारी गराउन पाउनु गौरवको विषय ठान्दछु ।

शिक्षा भनेको मानवीय एवम् बौद्धिक विकासको मूल जरो हो जसले कलिला बालबालिकालाई सहि बाटो देखाउछ । त्यसैले शिक्षा रुपी जरोमा पानी राखेमा सबै स्वच्छ, स्वास्थ्य, कर्णधार बालबालिका उत्पादन गर्न मद्दत पुग्ने छ

यस्तो पवित्र कार्य गर्न सहयोग गर्ने सम्पूर्ण न्यूजिल्याण्डबासी नेपालीहरुलाई एनआरएन न्यूजिल्याण्ड र मेरो तर्फबाट हृदयदेखि मुरीमुरी धन्यवाद र स्यालुट ।

NZNS Sports Activities 2013

The annual NZNS sports events were organised in September 2013. We congratulate all the winners and participants.

Table Tennis



Under 15

Winner: Suwesh Ranjitkar
1st Runner up: Florian Pant
2nd Runner up: Ayush Bhandari

Women's (15+)

Winner: Jagamaya Shrestha Ranjit
1st Runner up: Salina Dhungel
2nd Runner up: Ranjita Bhattu

Men's (15+)

Winner: Surya Tamang
1st Runner up: Sameer Khanal
2nd Runner up: Aalok Paudel



Badminton

Under 15

Winner: Suwesh Ranjitkar
1st Runner up: Ayush Bhandari
2nd Runner up: Ellisa Thapa

Women's (15+)

Winner: Sonia Gurung
1st Runner up: Salina Dhungel
2nd Runner up: Radhika Sharma

Men's (15+)

Winner: Kesh Gurung
1st Runner up: Suman Dhungel
2nd Runner up: Bishnu Rai

(Double)

Winner: Kesh Gurung & Bishnu Rai
1st Runner up: Laxman Paudel & Dinesh Acharya



Chess

Under 15

Winner: Manit KC
1st Runner up: Florian Pant

15+

Winner: Dipendra KC
1st Runner up: Pitambar Dahal

NZNS Executive Committee 2012-2014



Front: left to right - Bimala Pokhrel, Priyangu Dhungel, Sabina Ranjitkar
Back: left to right - Ananda Dhungel, Nitesh Linkha, Santosh Bhandari, Amit Sapkota, Uddhav Adhikary, Nabin Ranjit

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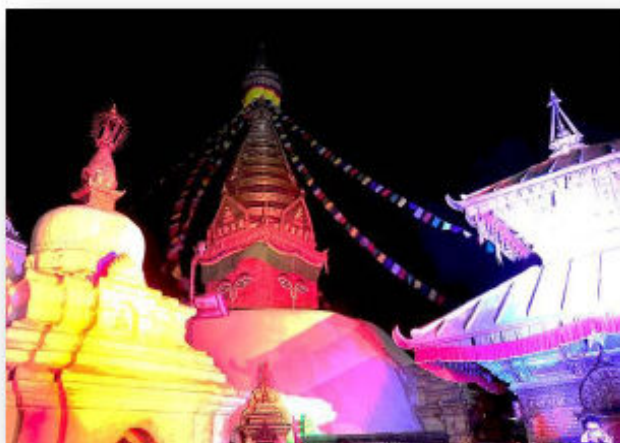
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