



अटवा चौतारी A Newsletter of the Nepalese Canadian Association of Ottawa (NCAO)

Content

Message from the Executive Board

NCAO's Activities

Community Corner

Children's Chapter

Youths' World

Literary Lens

Editorial Committee

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Request

For the continuity and better quality of the Newsletter, we request all our readers to send comments, suggestions and materials for the future issues.

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Message from the Executive Board

Nepalese Canadian Association of Ottawa (NCAO) is thriving due to the great enthusiasm and active participation of its members. It has performed several exemplary community-based programs in the last four years. We strongly believe that with constructive suggestions, feedback, and active participation of our members, we can expand and improve our activities in days to come.

Ottawa Chautari is a biannual newsletter of the NCAO, published during the Nepali New Year (April) and the greatest Nepalese festival Dashain (October). This time, we have the pleasure of bringing you its ninth issue on the auspicious occasion of *Dashain* and *Tihar* 2005.

Dashain is the most celebrated festival in Nepal, which symbolizes the victory of "good over evil". The festival is celebrated over the span of two weeks. It has social, religious, cultural and economic significance in the Nepalese society. *Dashain* is also considered a festival of good wishes and unity. It brings family members, friends and relatives together.

Tihar or *Deepawali* is another festival celebrated in Nepal during this time of the year. It is the festival of *lights*. It is said that the light is a welcome gesture for Goddess *Laxmi*, the goddess of wealth and good luck. Some also believe that the festival of *lights* began to commemorate the return of Lord *Rama* to his kingdom after defeating the demon king *Ravana*. *Tihar* is celebrated over a period of five days, of which *Laxmi Puja* and *Bhai Tika* days are the most important ones. *Bhai Tika* is the day when sisters pray for a longevity of their brothers and gifts are exchanged between siblings.

On these great occasions of *Dashain* and *Tihar*, NCAO would like to extend its warm greetings to all members of the community and our well wishers. We also pray with the goddess *Durga* for a peaceful settlement of Nepalese crisis that will bring lasting peace and prosperity in Nepal.

Thank you very much.

NCAO's Activities

Since the release of previous Newsletter in April 2005, the Nepalese Canadian Association of Ottawa (NCAO) has performed several social, educational, cultural and community related events. Broadly, these activities can be grouped in the following sub-categories: (1) annual general meeting and Nepali New Year celebration (2) continuation of Nepali language school (3) educational outings (4) participation in multicultural activities (5) arrangement of picnic and food drive and (6) organization of soccer training program. In what follows, based on Board's report, we provide a brief account of these activities:

1. Fourth AGM and Nepali New Year Celebration

With the participation of most of its members, the Fourth Annual General Meeting (AGM) of NCAO was held on April 16, 2005 at Centre Francophone de Vanier, 270 Marier Avenue, Ottawa. In the meeting, the activities undertaken during the past one year along with their successes and shortcomings were discussed. Suggestions on how to improve future activities of the Association were also presented. Furthermore, a copy of audited financial statement was made public to the members. The eighth issue of the *Ottawa Chautari* was also released during the occasion.

The meeting elected a seven-member executive board as given below, and the portfolios among the board members were distributed later in the first Board meeting held on April 29, 2005.

1. Bishwa Adhikari (Communication, youth and children)
2. Chiju Gautam (Language and school)
3. Meena Sharma (Public relations)
4. Michael Casey (Public relations, events and sports)
5. Philemon Rai (Culture and publication)
6. Rajendra Gurung (Treasurer and registrar)
7. Shiva Ghimire (General administration)

After concluding the AGM, members celebrated the Nepalese New Year 2062 with potluck dinner, dance and music.

2. Nepali Language School

The Nepali language school completed its third year in Ottawa. In the Academic Year 2004/2005, two sections (junior and senior) of elementary Nepali language classes were conducted at D. Roy Kennedy Public School, Woodroffe Avenue. As teachers, Anita Shrestha and Suren Upreti contributed significantly to promote Nepali language

through their hard work. NCAO would like to thank them for their excellent contributions to the community.



Nepali language class of 2004/5: children with their teachers

At the end of the academic year, a closing ceremony and an interaction session was organized on June 4, 2005. During the program, all students, teachers, parents and volunteers shared experiences. Parents also made suggestions on how to make teaching more attractive in the coming days. Teachers were appreciated for their hard work. A brief report on the closing event prepared by Krishna Hari Gautam is as follows:

विद्यार्थीको बोलीले आफै भन्छ

शैक्षिक वर्ष २००४/२००५ को नेपाली भाषाकक्षा सेप्टेम्बर ११, २००४ मा शुरु भई जुन ४, २००५ मा पूरा भयो । प्रत्येक शनिवार बिहान ०९०० देखि ११३० बजेसम्म संचालित नेपाली भाषाकक्षामा २४ जना विद्यार्थी थिए । दुई समूहमा संचालित ती कक्षा शिक्षक सुरेन उप्रेती र शिक्षिका अनिता श्रेष्ठले नियमित रूपमा संचालन गर्नु भएको थियो भने अन्य केहिले समय समयमा स्वयंसेवकको रूपमा सहयोग गर्नु भएको थियो । २००२ देखि नै उक्त कक्षा संचालनको लागि ओटावा कार्लटन स्कूल बोर्डले आर्थिक तथा व्यवस्थापन सहयोग पुर्याउदै आएको छ ।

२००४/२००५ को सेशन समापन समारोह जुन ४, २००५मा सम्पन्न भएको थियो । यसका आधारमा नेपाली भाषा शिक्षण कार्यक्रम कतिको सफल भयो भन्ने तर्फ किस लगाउने जमर्को गरिएको छ । उक्त समारोहमा आफुले सिकेका ज्ञानको बारेमा छात्र छात्रालाई बोल्ने मौका दिइएको थियो । जसमा कैलाश सुबेदी, फिडेल शेरचन, ओसिका त्रिपाठी, सौगात घिमिरे, सोनी सुबेदी, प्रयत्ना लोहनी, श्रृजन पौडेल, भीजन पौडेल र दुर्गा आचार्यले आफुले सिकेका कुराहरुका बारेमा उपस्थित शिक्षक, विद्यार्थी तथा अभिभावकको मांभ

बताए । बोल्ने कममा उनिहरुले आफ्नो नेपाली भाषाको कुशलता, नेपालको इतिहास, संस्कृति तथा भौगोलिक विविधताको बारेमा प्रस्तुत गरे । यस अवसरमा कसैले लुम्बिनी त कसैले सगरमाथा पुर्याए भने अरनीको, भानुभक्त, लक्ष्मप्रसाद, लेखनाथ आदी जस्ता राष्ट्रिय विभूतीका दृष्टान्त दिएर आफुले सिकेको नेपाली भाषाको स्तरीयता दर्साए। उक्त समारोहले नेपालको कुनै स्थानमा भएको कार्यक्रमको संझना दिलायो ।

उक्त समारोहमा शिक्षकको तर्फबाट अनिता श्रेष्ठले र अभिभावकको तर्फबाट प्रमोद ढकालले कार्यक्रमको बारेमा व्याख्या गर्नु भयो । समापन समारोहको संचालन शिक्षक सुरेन उप्रेतीले गर्नु भएको थियो । शिक्षक तथा शिक्षिकालाई चिजु गौतमले उपहार प्रदान गर्नु भयो भने पवन अग्रवालले समारोहमा उपस्थित सबैको लागि खाजाको व्यवस्था गर्नु भएको थियो ।

In the current academic year (2005/2006) also, NCAO, with the support of Ottawa Carleton District School Board, is running two sections of Nepali language classes. Children attending schools between Kindergartens through Grade eight can join these classes free of cost. The classes are run every Saturday from 9:00 to 11:30 AM. This is a perfect opportunity for your child to learn Nepali language and culture. The registration is open throughout the year. There is a ten dollar annual enrollment fee for the international language program.

This year, Leela Sharma and Suren Upreti are taking the responsibility of teaching Nepali language. NCAO welcomes Leela Sharma as a new teacher, and extends its sincere thanks to both Leela Sharma and Suren Upreti for taking up this challenging responsibility. For registration and other information about the Nepali Language School, please contact Chiju Gautam (Phone: 224 6766).

3. Educational Outings

Visit of Canadian War Museum: On 7 May 2005, students attending Nepali language classes and interested community members visited the newly opened War Museum. Thanks to Pramod Dhakal for the lead in taking students to the Museum.

After school outing: After the completion of Nepali language school closing ceremony (June 4, 2005) teachers, students and parents went out to Mooney's bay to enjoy a summer outing. Children enjoyed the beach, sun and leisure. Everyone enjoyed delicious food and drinks. Thanks to Anita Shrestha for her generosity.

Canadian Tulip Festival: To enjoy the scenery of colourful blooming tulips in the Dows Lake area, NCAO organized a "Tulip Outing" on May 7, 2005. Both children and adults came out and enjoyed it.

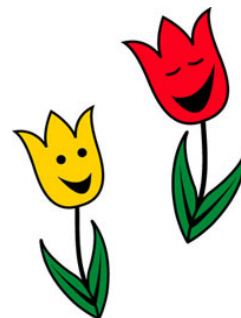
As a backgrounder, the festival started in 1953 with the gift of Tulips given by the Princess Juliana of the Netherlands to Canada. The gift was given in appreciation of the safe haven that Holland's exiled royal family received during the Second World War and in recognition of the role Canadian troops played in liberating the Netherlands. The annual Tulip festival pays tribute to Queen Juliana for her Gift. This festival is important in the history of Ottawa and has become a symbol of international friendship. The festival also includes exhibition and cultural programs from different groups.

4. Participation in Multi-cultural Programs

Children, youth and other members of the NCAO participated in various multicultural activities throughout the spring and summer of 2005.

Asian Heritage Month: The Parliament of Canada has declared the month of May as the "Asian Heritage Month" recognizing the contribution of Asian Canadians and the Asian culture to Canadian History. Recently, the Ontario Government has also declared May as the Asian Heritage Month. Endowed with this positive commitment from all levels of government, Ottawa Asian Heritage Month Society (OAHMS) organizes various activities in May to celebrate the Asian Heritage. NCAO has been involved with the Society as a supporting organization and has taken this opportunity as a forum for exhibiting the richness of Nepali culture. Shiva Ghimire is representing NCAO to OAHMS Board of Directors.

Gala Concert: The first participation of NCAO with OAHMS's program was on 14 May 2005 when a Nepalese dance featuring Chandrakala Paneru, Patricia Rana, Rasna Sherchan, Samiksha Rai and Sumnima Subba was presented at OAHMS's "Gala Concert" organized at Christ Church Cathedral. The Nepalese artists performed a wonderful dance at the concert.



International Tulip Friendship Village: The second program that NCAO participated was the International Tulip Friendship Village at Major's Hill Park on 23 May 2005 by displaying Nepalese arts and artefacts. The Canadian Tulip Festival has

not only remained a symbol of annual celebration of international friendship, but it has also provided opportunity for many multi-cultural communities to display their artifacts, music, and food. Rajendra Gurung, on behalf of NCAO, reports the event as follows:

This year Japan, Turkey, the Netherlands and Austria were the pavilion host countries at the International Tulip Festival Village. Japan invited OAHMS for showcasing artifacts, music and food who in turn provided opportunity to NCAO. It was indeed a wonderful opportunity for NCAO to display Nepalese heritage, culture and artifacts to the multicultural society of Ottawa.

NCAO volunteers collected various artifacts, posters, paintings, dolls, sculptors, traditional Nepalese costumes, and jewelries for the event from its community members. Volunteers were in action from the dawn to set up the pavilion for display. Despite the incessant spring drizzle and wind, steady wave of visitors visited the Nepalese pavilion. The background music of *SUR SUDHA* and Nepali folk songs was making the pavilion environment lively. Visitors were curious about arts, music and culture of Nepal. Besides, there were queries about history of Nepal and some were busy taking travel information. The gold and silver plated miniature replica of *Holy Pashupati Nath* temple was one of the centres of attraction. Visitors also found writing their names in *Devanagari* scripts attractive.



The showcase of the Nepalese artifacts in the festival

NCAO's participation received good response from visitors as well as from Tulip festival organizers. It will be a great experience for NCAO to participate in similar events in the future. NCAO would like to thank Pawan Agrawal, the event coordinator, and all volunteers (Bishwa Adhikari, Kalidas Subedi, Pramod Dhakal, Rajendra Gurung, Sharda Agrawal

and Usha Sherchan) who endured the rainy and windy weather to make the event successful.

5. Annual Picnic and Food Drive to Benefit Ottawa Food Bank (reported by Michael Casey)

Modern day Ottawa is a city rich in multiethnic culture. This cultural richness is expressed by many festivals that dot the summer schedule. Folk, Blues, Jazz, and Chamber Music festivals populate the calendar with a seemingly never-ending succession of events to celebrate. Add to these the famous and very popular ethnic events such as the Greek, Lebanese, South Asian and Franco-Ontarian festivals and you have a rich mix of culture that makes our city such a vibrant and exciting place to live.

It is the rich fabric of our multicultural makeup that makes Canada what it is today – a model for how people from all over the globe can live and work together to make a better world. Canada is changing before our eyes. It is not the Canada of 50 years ago, nor even 30 years ago. It is the new Canada where, as so eloquently expressed by our new Governor General Michaëlle Jean, "... each and every one of us is able to participate fully in the ongoing task of building it... Our country is vast and it is blessed with a wealth of colours and the varied music of its tongues and accents." It is one in which new arrivals not only bring their skills and talent to our country but, by being here, help reshape it into one of the most attractive and desirable places to live.

Now our community can add to that cultural development with our own festival celebrating the rich heritage of Nepal and the contributions that Nepalese bring to Canada. The NCAO Annual Picnic and Food Drive held on July 23 in beautiful Andrew Hayden Park—a step towards that direction—was by any measure a great success, and one that we all hope will grow over the forthcoming years into an event that Ottawans see as another cultural appointment to mark on their calendars as a must-attend event.

The day began with a group of volunteers setting up the various tents and stands that would be used in the festival. Others meanwhile prepared the barbeque and picnic tables and laid out the fantastic selection of food. The picnic itself was a great opportunity for friends to join in and enjoy the Nepali food. The picnic was followed by the Talent Show, henna painting, displays of Nepali costumes, raffle, and auctions of donated items for Ottawa Food Bank. Attendees sitting in the glorious sunshine across the water from the Bandshell were fortunate enough to watch a talent show showcasing magnificent examples of Nepali dance and music. Others enjoyed the experience of henna painting or looking at the beautiful saris and Nepali costumes on

display. The Talent Show featured many performances celebrating the music and dance culture from across the broad sweep of Nepal, from the lowland plains of the Terai to the mountains of the Khumbu. The Talent Show was hosted by Sandra Blaikie of **The New RO** (now **A-Channel**). A special guest was percussionist Derek De Beer, formerly of Zimbabwe, who played for many years with Johnny Clegg's South African bands Savuka and Juluka. The last time I saw Derek play with Johnny Clegg was at the Montreal Jazz Festival about 15 years ago. Then an audience of over 100,000 people jammed into the streets to move to the sound of one of the world's most dynamic bands. The other performers of the Talent Show were Supriya Khatri-Chhetri, Samuel Karki, Patricia Rana, Rasna Sherchan, Samiksha Rai, Grishma Thapa, Geeta Upreti, Kanchan Gautam, Bandana Rai, Rajendra Rana, Philemon Rai and Pranav Dhoj Shah. We are indebted to all performers –who made the day full of excitement by performing cultural program. We are all very proud of you.

The annual picnic also provided an opportunity for the Nepali community to help support one of the most important charities in the Ottawa Region - The Ottawa Food Bank. This year we were able to gather almost one metric ton of food for distribution to the least advantaged in the Ottawa area. It is no accident that it is the people of Nepal, one of the world's poorest countries, who have a heritage of generosity and caring for the less fortunate. The connection to the Food Bank is therefore natural for the Nepali community. A raffle, auction and cash donations contributed another \$525 to the Food Bank. The program received appreciation from several including the Ottawa Food Bank (box).

"We're thrilled, and grateful, to have been a part of such an innovative and welcoming event. It is the ideal opportunity to truly bring our communities together in so many ways and we look forward to working with the NCAO in the years to come."

**Lianne Wand
Manager, Communications and
Events.**



A glimpse of cultural shows in the picnic and Food-Drive

The NCAO Executive would like to thank many people who donated their time and energy to the success of the event and their perseverance to see the project unfold to the success it was. We owe all of you a great vote of thanks. We would also like to thank Sandra Blaikie, Derek De Beer and Ottawa Carleton Immigration Services Organization (OSCISO) for their great support.



Participants of the Picnic and Food Drive 2005

We would like to thank the following businesses for their generous donation of gifts and prizes for the raffle and auction: Arctic Glacier Premium Ice; Canadian Museum of Civilization; Casino du Lac-Leamy; CD Warehouse; Cineplex Odeon South Keys Cinema; East India Company

Restaurants; Frito Lay Canada; Haveli Indian Restaurant; The Hull-Chelsea-Wakefield Steam Train; Nagina Indian Cuisine; NASA Food; Paramount Canada's Wonderland; Paul Boat Lines Ltd.; Rideau Carleton Raceway; Taj Indian Cuisine; Tim Hortons (1263 Bank Street); WAL-MART (Barrhaven); zip.ca; and many Individuals & anonymous donors.

We would also like to thank the following media sponsors for their generous support in promoting the event: A Channel (Formerly -The New RO); Asian Television Network (ATN); Nepean This Week, Nepean Weekender, and The Ottawa Citizen.



6. Soccer Training

NCAO has been a proud recipient of \$ 5000 Bell Community Sports Fund Grant for soccer. NCAO's soccer grant. Proposal was aimed at increasing the accessibility and inclusion of children of special need in the community into sports activities. In the same spirit, the fund is utilized to purchase equipment such as soccer cleats and shin guards for children as an equipment-sharing program. Equipped with these essentials, NCAO has been able to organize a weekly soccer training and competition program for the community children. It is also planned to use this fund to develop coaching skills of community volunteers.

Tag-of-war: men versus women (men hidden in the photo!)

Since July 2005, NCAO community children and adults have been actively participating weekly to develop soccer skills. Community volunteers have trained and facilitated the youths and children to play the game. The soccer game has become a powerful event to bring all community members (children, youths and adult alike) in one spot every week. It is hoped that this regular training activity will improve the skills of all participants, and make children more active and sportive. Subsequently, as we all know, children's involvement in sports will encourage them to maintain an active lifestyle, a prerequisite for healthy living.



Participants in the soccer training and games

Community Corner

Under this column, we intend to provide information on new arrivals, farewell, birth, graduations and significant progress of our community members. NCAO would like to request all its members to provide such information for regular update.

Welcome:

NCAO would like to heartily welcome the following newcomers in Ottawa and wishes for their pleasant settlement, brighter careers and joyous future in Canada.

Kailash Dangol and his wife Lanana Dangol came to Ottawa from Kathmandu, Nepal. They are also accompanied by their two daughters Kripa and Astha, and son Akristha. Mr. Dangol is a financial manager and was working in Canadian Cooperation Office in Kathmandu before leaving for Canada.

Yogendra K.C. and his wife Prabha K.C. arrived in Ottawa from Kathmandu, Nepal with their daughter Supriya and son Suyog. Mr K.C. has Masters degree in humanities and social sciences. He served for the Royal Nepalese army and was a Superintendent of Police with the Nepal Armed Police Force while he left Nepal.

Kehar Singh Gurung and his wife Radha Gurung moved to Ottawa from Kingston, Ontario. They are accompanied by their daughter Rashmi and son Robin. Mr. Gurung has recently completed a Masters' degree in Mining Engineering.

Pramod Kaushik and his wife Leela Sharma arrived Ottawa in July 2005 from Kathmandu, Nepal with son Pranaya and two daughters Rochana and Rupsi. Mr Kaushik is a Chartered Accountant by profession. Mrs. Sharma was a Teacher in Nepal and has taken the responsibility of teaching Nepali language class in Ottawa.

Rupak Shrestha and his wife Sadima Shrestha arrived from Kathmandu, Nepal with their son Asim and daughter Agrima. Mr. Shrestha is a pilot by profession and Mrs Shrestha was a lecturer in the Institute of Engineering in Kathmandu.

Sweta Thapa arrived in Ottawa from Nepal to join her husband Keshar Thapa.

Ashrey Shrestha, Rahul Budha and Yogen Limbu arrived from Nepal as new students at the Carleton University.

Farewell:

With the pleasure of welcoming new members, NCAO also had to bid a farewell to a few of its very active members. Those who left Ottawa region recently are: **Chandra Rai** and his family, **Megh Nath Acharya** and his family, **Suresh Lal Shrestha** and his family, and **Mohan Sharma** and his family. NCAO will always remember their contribution to the association and overall community in Ottawa. We wish all the best for their future.

New born:

Naveen Choudhary and Meena Choudhary are blessed with a baby boy **Rishabh Choudhary**.

Likewise, Pranav Dhoj Shah and Pradha Shah have been blessed with a baby girl **Anusha Rajya Laxmi Shah**. Congratulations parents!!

Graduation:

Many of the NCAO's youths have graduated this year. After closing one chapter of their life, they are embarking on a more challenging phase. The list of youths who have graduated this year is as follows:

Sailesh Agrawal graduated from the Waterloo University in Software Engineering.

Sweta Agrawal graduated from the University of Ottawa and was successfully admitted to the Bachelors' of Education course at the University of Ottawa.

Bipal Adhikari and **Geeta Thapa** graduated from Sir Robert Borden High School, and **Sumnima Subba** graduated from Mother Teresa High School

Rashmi Gurung graduated from Kingston.

Milan Nepali graduated from Rideau High School. Congratulations Graduates!!! NCAO wishes you all the best.

Teej celebration

Teej or Haritalika is a very important religious festival for some women in Nepal. Married women fast whole day and pray for long lives of their husbands. In the same tradition, several women of the Nepalese community gathered at the Hindu Temple of Ottawa on September 6, 2005 and performed a group *pooja (worship)* to *Shiva and Parvati*. After *Pooja*, they performed Teej songs and dances in the group outside the temple. This event reminded us as being in *Pashupatinath* temple in Kathmandu. (Please see a group photograph of *Teej* celebration in page 15.)

Children's World (बाल बगैचा)

The smartest man

In a small airplane, there were four people: the pilot, the Pope, Bill Gates and a hitchhiker. They were flying over mountains when suddenly the pilot burst through the doors to the passenger compartment and announced that there was a fuel leakage and the plane would crash in five minutes.



✍ Kailash Subedi
Grade 9

"There are only three parachutes I'm afraid," he said, as he hurriedly grabbed one for himself and jumped out. That left the three passengers and two parachutes. Bill Gates said, "I'm very important, and I'm the world's smartest man and I deserve to live." And with that he grabbed a pack and leaped out. "Young man," said the Pope to the hitchhiker, "I am old, I have lived my life and it was a very good one. You're still young, please take the last parachute and save yourself. My life is in the hands of God." "It's okay," said the hitchhiker. "Don't worry, we have a parachute each." "How can that be?" asked the Pope. "Well, the world's smartest man just jumped out with my backpack!"

Some things to think about.

1. Is it OK to listen the AM radio after noon?
2. What do you call a male ladybug?
3. What hair color do they put on the driver's license of a bald man?
4. When dog food is new and improved tasting, who tests it?
5. Why do they sterilize the needle for lethal injections?
6. Why do you need a driver's license to buy liquor when you can't drink and drive?
7. Why are there flotation devices in the seats of planes instead of parachutes?
8. Why are cigarettes sold at gas stations where smoking is prohibited?
9. If the 7-11 is open 24 hours a day, 365 days a year, why does it have locks on the door?
10. You know that indestructible black box that is used on airplane? Why don't they make the whole plane out of that stuff?
11. If they squeeze olives to get olive oil, how do they get baby oil?
12. If you are driving at the speed of light and you turn your headlights on, what happens?
13. Why is it that when you transport something by car it is called shipment, but when you transport something by ship it's called cargo?
14. Why are they called apartments when they are all stuck together?
15. If "con" is the opposite of "pro", is congress the opposite of progress?

को मुख ?

मालिकनीले रामेलाई भनिन् "ए रामे, वावुलाई स्कूल जान ढिलाभैसक्यो, कपडा मैला रहेछन छिटो धो त लाटा ।

रामले सोध्यो, मिमसाहेब अब धोएर कपडा कहा स' कछन र हजूर ?

मालिकनीले रामेलाई हकदै भनिन् त्यति पनि जान्दैनस् मुख, पानी तताएर धोन ।

(:) (:)



संकलन: सोनी सुवेदी
कक्षा छ

School

I really like to go to school, Learning things is really cool. I get to meet my friends and play, I also get to learn all day.



Teachers there are very smart, In math, science, language and art. They know a lot of cool things to do, Play games, work and exercises too.

Students there are smart too, They are nice and friendly too. I like the school, its fun I believe I have lots of fun before I leave

My first award

When I got the Principal Award in June 2005, I felt very proud of myself. I thought I was never going to get it. I just told myself "I wanted it no matter what"; so I just kept going. I knew if I wanted it, I had to be involved with activities around school. So I got involved in after school activities and activities during school time. And I knew I had to know what was going around school. So I tried hard.



Osika Tripathi
Grade-7

Principal Award is given to a student of Grade 6 who is involved in during and after class activities, attends class regularly, is ready to participate in class, gym, assemblies, finishes his or homework every day, and helps other students etc.

I came to Canada in 2002 and started in Grade 5. At the end of that year a Grade 6 student got the award. Then, the principal explained what the principal award was, and how she got it. From that day, I wanted that Award.

In 2004, I was in Grade 6, and after the summer vacation of that year, I started working for the award. The first step was to get on the teachers' good side; so I did my homework regularly, participated in class, gym and assemblies. While doing that I completed the first step. The second step was to get good marks on the tests so I studied hard for the tests and got good marks too. While doing these two steps, I started for the next step as well, which was to join as many clubs as I can. I went to chess club tournament. In environment club, I won the photography contest. I joined track and field. I joined volleyball team and Amigos—a program that Grade 6 students do to help other small children and hold activities at recesses.

Finally, I succeeded in getting it. Now I am feeling another responsibility of keeping this track on. I have to maintain my performance in higher classes too. I hope I will be able to do that too.

Fashion show or not

Once there was a girl; her name was Lizzie. She was 14 years old. She had long silky black hair. Her eyes color was ocean blue. Her best friend was Nikki. She was 14 too. Nikki had the greenest eyes that anyone could ever had and curly brown hair.



Nishika Tripathi
Grade-4

Lizzie was good at sports and always joined sports club, activities and teams around school. She always enjoyed whatever she did if there were sports involved. On the other hand, Nikki liked fashion. She always joined these clubs around school that involved fashion. She had every fashion magazines ever made. As every one called her she was a fashion FREAK!!

One day Lizzie went to school and saw many girls around the bulletin board. "What is new?" She asked Nikki. Nikki said "Hi!! HIHIHI!! Lizzie OH!! I can't believe it." "What?" said Lizzie? "There is a fashion show going on." "So" said Lizzie. "So" said Nikki "I need a partner for the show and I don't have one. And you are my best friend so you need to help me". "Well, I will help you to find a partner. Um!!! How is about Tina, Tricia, Alexia and Amanda? They all like fashion as much as you do." said Lizzie. "No!! No!! No!! Lizzie, I meant that you be my partner". Lizzie knew that the answer is "no". But since Nikki was her friend, Lizzie did not like to hurt her and said, "I will think about it". "Oh how nice you are!" said Nikki.

When the teacher called Lizzie, Lizzie thought she was in trouble, but she was not. Since her mom signed her in the fashion show the teacher asked her to do the same, but Lizzie did not want to sign for fashion show. Her mother said, "if you don't go to the fashion show you have to give me 50 dollars. I am sorry but you have to". Mom was just kidding about the 50 dollars, but she just wanted Lizzie to go. Lizzie went to Nikki and said, "I think I will go to the fashion show with you MAYBE". When it was recess time, Lizzie was always thinking "FASHION SHOW or NOT? and she missed her whole recess. She was mad at herself so she went to Nikki and said, "I will go to the fashion show with you; I hope that makes you happy". Nikki said, "of course, I am happy". Then Lizzie went to her mom and said, "Mom I will go to the fashion show". Lizzie and Nikki were the prettiest girls in the show. They also won. Lizzie thought it was not that bad at all. Since then, Lizzie got involved both in sports and fashions.

क्यानडा- मेरो अनुभव

नेपालबाट क्यानडा आएँ दुई वर्ष अघि बायाँ गुडनुपर्ने गाडि देखेँ दायाँपट्टी हिउँ देखेँ, जाडो भयो रीस ऊठ्यो अति न्यानो जाकेट लाग्पछि छोएन नि रति।



फिडेल शेरचन
कक्षा ८

बाजे, बज्यै, नातागोता सबै छोडी आएँ क्यानडामा आएपछि पाठनु दुख्ख पाएँ क्यानडाको सहरमा अग्ला बिल्डिङ् देखेँ नेपालको हिमाल सम्झी धुरुधुरु रोएँ।

धेरै साथी स्कूल र छिमेकमा भए नेपालका साथी भने कमै मात्र रहे नेपाली छ समुदाय हुन्छ भेटघाट सबैजना जम्मा हुन्छन् टाढाटाढाबाट।

हालै मात्र फूटबल खेलका आयोजना भए सबैजना नेपालीले खेल्ने अवसर पाए फूटबल खेल खेल्दा खेरी निकै मजा आउँछ नेपालीले नेपालीलाई धेरै गोल लाउँछ।

शनिबारको दिन बिच्छ नेपाली र खेलमै भोलिपल्ट दिनभरि ब्यस्त गृहकार्यमै सोमबार सुरु हुन्छ विद्यालय फेरि दिनहरू त्यसै बिच्छन् यसै गरि गरि।

दर्शेँ



प्रणय कौशिक
कक्षा ९

नेपाल एक बहुजातीय, विविध धर्म र समुदायमा बस्ने मानिसहरूको साझा घर हो। नेपालमा विभिन्न धर्म मान्ने मानिसहरू बस्ने हुनाले यहाँ धेरै चाड पर्वहरू मनाईन्छ। ती चाड-पर्वहरूमध्ये दर्शेँ मुख्य हो।

दर्शेँ दश दिनको छोटो अवधिमा मनाईन्छ। दर्शेँको पहिलो दिनलाई घटस्थापना भनिन्छ, जसमा जलको घडा स्थापना गरी त्यसै दिन जौ वा मकैका जमरा राखिन्छ र यसै दिनदेखि दश दिनसम्म भगवती दुर्गाको पूजा गरिन्छ। त्यसपछिको अर्को मुख्य दिन सातौँ दिन हो जसलाई फूलपाती पनि भनिन्छ। त्यस दिन गोरखा मन्दिरबाट फूलपाती काठमाण्डौँ ल्याईन्छ। त्यसपछि दर्शेँ दिन अर्थात् विजया दशमी दर्शेँको सबभन्दा महत्त्वपूर्ण दिन हो। यो दिन हामीहरू आफूभन्दा ठूला र मान्यजनहरूबाट टीका लगाई आशिर्वाद लिन्छौँ। दर्शेँमा राम्राराम्रा लुगा लगाईन्छ र मीठा-मीठा खाने कुरा खाईन्छ। त्यस्तै ईष्टमित्र तथा आफन्तहरूलाई भेट्ने र शुभकामना आदान(प्रदान गर्ने गरिन्छ। दर्शेँको तीन हप्ता पछि तिहार आउँछ।

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Youth World (युवा संसार)

My Reunion in Nepal

Three years had passed. And I had almost got used to Canada. I still remember the mixture of excitement and fear I had when I was first stepping to Canada. However, that excitement got superseded by the joy of going back to Nepal. I couldn't wait to see how



✍ Stuti Bhandari

much my little cousins had grown up. I was craving to see if my friends were still the same for me. I had planned my visit more or less for the past six months. Since I was thinking about Nepal and of being in Nepal all day and night, I felt like I was already there.

I couldn't wait for the airplane to land in Kathmandu. Flying over the giant mountains of the world was amazing. The more I tried to look beneath and around the mountains, the more spectacular things I could see. Kathmandu looked more beautiful than ever that day from the sky. I was trying to locate my house and school with some guesses. Every street in there seemed to know me since that is where I was born and grown up. I felt like I was always there. Did I ever leave for Canada?

However, walking and driving along the streets of Kathmandu was scary for the first few days. For some amusing thoughts, I thought I would meet an accident on the very first day on the way from airport to my aunt's house, and die before I would get to meet my friends and grandparents. The driver wasn't speeding, but I felt like he was very fast even though his meter didn't read more than 30 km/hour. Soon I got used to the streets and the heavy traffic. The dirt, dust and pollution too stopped bothering me as much as they did in the first few days there. Shortly, I realised that everything in Kathmandu was in the exact same place as it was three years ago. Moreover, most of the excitement was in meeting the people that I had left behind.

I went to my former school to meet my teachers, and I was surprised that all of them still remembered me. They also remembered that I used to be a naughty yet hardworking kid. I felt a little nostalgic seeing all the children in their uniforms. Seeing my school this time, I wanted to roll back my time and study in the same school again, with the same old friends. Those were the days!

My friends were still the same, and they said that I was the same too, except for some difference in physical appearance – long hair, gained weight and removed dental braces. We all had changed in different ways, but we are still the same. The first visit with my friends was enough to make my best friend, Priyanka, realise that three years of Canada couldn't change me. Walking across the streets of Baneshwor, laughing and talking with my old friends again, I felt like I had never left before. We still laugh at the same old jokes that were funny three years ago. The closeness with my friends hasn't decreased. Our friendship is the same, and our feelings are the same too. Nevertheless, something has changed. We now have welcomed more people in our lives and have a wider circle of friends. However, the more new people you meet, the more you realise what the old ones mean to you. It feels good to know that I still have my best friends on the other side of the world who miss me and count days to meet me. Sadly, I could not meet my other best friend, Upasana. She had already left for US. My visit to Nepal was somewhat incomplete without her, but I hope to meet her soon. Leaving my friends behind was hard this time too, but probably not as hard as it was the first time because now I know that I don't have to be afraid of losing them since true friends are the ones who never leave your heart even if they leave your life for a while. So, even after years apart, I will pick up with them right where I left off.

Things with my family members haven't changed either. I felt like it was just another visit to their house. I felt like I had lunch with them just a month ago, not three years ago. Eating the food that my aunts had cooked, I felt like I always knew that taste. I hadn't missed much of Nepalese food while in Canada (except for *titaura*), because my mother cooks Nepalese food everyday at home. However,

the taste of the food I had in Nepal was of real Nepalese flavour. We had so many family gatherings, almost twice everyday. Sometimes we used to be so busy that we couldn't take a few hours out from the gatherings to meet other friends. My mom couldn't even call all of her close friends, but I'm glad I had more time and fewer friends than she did. I enjoyed the busy schedule – busy having fun and meeting people. However, I think that I wouldn't have gotten the same treatment by my friends and relatives if I were living in Nepal.

Everything was the same with my relatives, except that some of my cousins were too young to remember me. I should visit Nepal more often for the kids to know me. I still have trivial fights and arguments with my cousins and aunts as I always used to. Those are all parts of living together. It felt awesome to start each new day in Nepal realising that I was surrounded by my own people, and people of my kind. Every day was just a new day to meet more people that I knew since childhood. All the laughs and fights, sharing and caring, complaints and disagreements ended up in cries and tears on the day we left Nepal, for the second time. When I saw my grandparents crying, my heart started to pound and I blinked fast so I wouldn't cry. But, it didn't help quite well to hide my tears. I wish I had just one more day with them. I wish I could pick Nepal up from Asia and put it somewhere in Ontario.

The departure was hard as it was before. The excitement of being in Nepal was over. I still can't believe that the dreams and plans of my stay in Nepal that I had planned for months are all over so quickly. Time went swiftly. We were always in rush to meet people we knew. Yet, we couldn't see all of them. A month wasn't enough to visit the place where I had spent fifteen years of my life, and had created so many memories. The whole event was like a beautiful dream. It came and went away so quickly.

Over the last three years, my life has changed in several ways. I have experienced so much by living in Canada and meeting people from a variety of cultures and from all walks of life. However, my visit to Nepal helped me realise that I am still the same. I still have fresh memories of the wonderful past and no matter how life changes, wonderful memories never fade away. Being in a different place can't change who I am. It's up to me to be the same old Stuti that my relatives and friends know, or to be a Canadian version of Stuti. Changes are good. Every

change teaches us something. Being far from my best friends made me realise how close I was with them. Being in a place with very few Nepalese made me realise the importance of Nepalese community. Being away from my country made me realise its value. And spending my summer vacation in Nepal this time made me understand how much I had missed back in Nepal in my past three years in Canada.

नेपालसंगको मेरो बिछोड

मेरो भाग्यको खेल भन्नुँकि आफ्नै जिद्दीपनको नतीजा - म आफ्नो जन्मभूमिबाट ज्यादै टाढा, नौलो ठाउँ क्यानडामा आईपुगें। सानैदेखिका आफ्ना साथीभाइ नातागोता, छिमेकी र डाँडामाथिको घाम भईसकेकी मेरी हजुरआमालाई छोडेर आउनु सजिलो कुरा रहेनछ।



रोचना कौशिक
कक्षा दश

आफ्नो देश र आफन्तहरूलाई छोडेर आउँदाको तीतो अनुभूतिले मलाई अहिलेसम्म भक्कानो फुटाएर रून बाध्य पारेको छ। आफ्नो हल्लाले भरिएको घरको त्यो शून्यपना अझपनि मेरो आँखा अगाडि झल्किरहन्छ। त्यो घरले रोई-रोई हामीलाई फर्केर आऊ भनेझैं लाग्छ र त्यो सम्झिँदा अहिले नै आफ्नो प्यारो घर फर्कन जरूक्क उठ्ँ जस्तो लाग्छ। तर त्यसो भनेर मात्र हुने रहेनछ। मेरो घर र क्यानडा बीचको दुरी म आफैले खिचिसकेको रहेछु। नेपालबाट ज्यादै टाढा रहेको यो देशले मलाई यहाँसम्म ल्याएछ कि न सजिलै फर्कन मिल्ने न त बस्न नै मन लाग्ने। जति जति म नेपालबाट टाढा हुँदै गएँ, त्यति नै मलाई त्यहाँको सम्झनाले सताईरहन्छ। जति जति आफन्तहरूबाट टाढिएँ, त्यति नै उनीहरूसँग नगिचिएको महसुस हुन्छ।

क्यानडाको यात्रा टाढा अनि गाह्रो त छँदै थियो, त्यसमाथि आफन्तहरूसँग छुट्टिएको अवस्थाको सामना गरी म क्यानडा आएँ। यहाँका अरू नेपालीहरूबाट आफन्तको जस्तै माया पाएको छु, तर पनि यस ठाउँको वातावरणले भने मलाई अझै रमाउन सकेको छैन। मलाई आफ्नो नेपाली

वातावरण नै मनपर्ने हुँदा सधैं त्यहिं जाऊँ झैं लाग्छ ।
त्यसैले पढिसकेर आफ्नै देश फर्कने मैले वाचा गरेकी छु
र मेरो यो धोको म आफ्नै मेहनतले पूरा गर्नेछु ।

Film Review: *Salaam Bombay!*

I love big cities. The shops, the restaurants, the lights. But what is behind the gloss? In *Salaam Bombay!*, a film by Mira Nair (from *Monsoon Wedding*), you see another side to the big city. You want the hard truth? The city is shown for all its ugliness. You see urban decay, poverty and neglect



✍ Sweta Agrawal

The city is in fact a manifestation of the loneliness and isolation that the characters feel. The squalor of the city also illustrates how the characters cannot escape their fate. The consequences of the cruelty of poverty are overpowering and pungent. It follows the characters on their walks and suffocates them with its stench.

It's a film that plays more like a documentary as it follows street children through their daily struggle to survive. The main character Chaipu (his real name is Krishna but everyone calls him Chaipu because he delivers tea) has been abandoned by his family. The last thing his mother said to him is that he can come home if he brings back 500 rupees. With his gang he goes on garbage runs, delivers tea, steals, anything to get that money. It's all he thinks of night and day. Throughout the film, the 500 rupees symbolizes all that is beyond his grasp: love, sustenance and sanctuary. His desperation is beyond sad. What is most chilling though is the cruelty and detachment of the adults. This is one of the most powerful films I have ever seen in its representation of the human condition and its depiction of hope, futility and struggle. It brutally depicts what is behind the gloss and myth of the urban city. It's essentially a tragic vision of life as Mira Nair offers no alternative for the children of the slum. And by adopting the style of realism Mira Nair resists lapsing into sentiment. The life of these children is recorded in all its ugliness, the characters are imperfect and there is no happy ending. By forsaking Hollywood film conventions, Mira Nair thus succeeds in making the ultimate message

of compassion all the more compelling.

On a person level, I came across this film on TV. I was sitting on the couch, exhausted after a long day at work, looking for some reruns of *Seinfeld* or *Simpsons*. Something mindless so I could wind down before going to sleep. But once I started watching *Salaam Bombay!*, I couldn't change the channel. A few minutes into the film, I started getting teary eyed. By the end of the film, I was unabashedly weeping. So be warned, have some tissues nearby and a loved one, because you're really going to want.

Be a Member and contribute to the Community

The NCAO is a registered non-profit organization established to foster mutual respect and cooperation among Nepalese and individuals or organizations of similar objectives and interests. The NCAO is also actively involved in promoting awareness of Nepalese arts, culture, language and tradition, and assisting Nepalese newcomers in Ottawa.

The membership to NCAO is open to everyone who has an interest in Nepal and Nepali culture. The members receive discounts on ticket prices of NCAO events, and a subscription to *Ottawa Chautari*, the NCAO newsletter. The annual membership fee is \$15 for a single, \$25 for a family and \$10 for a student.

For membership, please contact Treasurer and Registrar, Nepalese Canadian Association of Ottawa.

फोबियाको दुनिया

फोबिया अर्थात् डराउने रोग। मानिस जीवनमा मनोवैज्ञानिक रूपमा विभिन्न डराउने रोगबाट पीडित भइरहेको हुन्छ। कतिपयलाई डराउने पनि रोग हुन्छ, भन्नेसम्म थाहा हुँदैन। भनिन्छ, एउटा स्वस्थ मानिसले कहिल्यै नकारात्मक बाटो लिँदैन। स्वास्थ्यमा आएको विकारले मानिसको मस्तिष्क पक्षलाई असर गर्दै नकारात्मक सोचतिर धकेल्नसक्छ। यहाँ केही त्यस्ता शब्दावली दिइएका छन् जुन डरसँग सम्बन्धित छन्। जुन रोगबाट पीडित भएर पनि तपाईंलाई थाहा नभएको हुनसक्छ। तर, ती भयानक भएर बसेका हुनसक्छन्। बेलैमा उपचार नगरे त्यसले लामो समयसम्म असर पार्नसक्छ। डर लाग्ने वस्तुसँग नजिक हुन र सम्भक्त मन नलाग्नु पनि रोग भएको मनोवैज्ञानिक बताउँछन् प्रस्तुत छ केही त्यस्ता शब्दावली ।

- एरोफोबिया - मिलिटरीदेखि डराउने रोग
- एकरो फोबिया - उचाइदेखि डराउने रोग
- एक्लुओफोबिया - अँध्यारोसित डराउने रोग
- एकारोफोबिया - जीवजन्तुसँग डराउने रोग
- एग्लोफिलिया - कस्ट भोगेर पनि आनन्द लिने रोग
- एमाथोफोबिया - धूलोदेखि डराउने/तर्सने रोग
- एमाक्सोफोबिया - सवारीमा यात्रा गर्दा मर्छु भनेर डराउने रोग
- एनोमिया - नाम भुल्नु वा बिर्सने रोग
- एनोरेक्सिया - भोक नलाग्ने/खान मन नलाग्ने
- एपाय्योनिया - यौनसम्बन्ध गर्न असक्षम
- एफेमिया - बोल्ल नसक्ने
- अटोफोबिया - एकलै हुन्छु भनेर वा एकलै हुँदा डराउने रोग
- ब्रोन्टोफोबिया - आकाश गर्जिदा/चट्याङ् पर्दा डराउने रोग
- ब्युलिमिया - खन्चुवापन/घिचुवापन
- क्याटालेक्सिया - पढ्न नसक्नु
- एग्रोफोबिया - खुला ठाउँदेखि डराउने रोग
- डेमोफोबिया - भीडभाडसँग डराउने रोग
- डिप्रेसन - निराशा, चिन्ता, उदासीपन
- गाटोफोबिया - बिरालोदेखि डराउने रोग।
- हेमोफोबिया - रगत देख्दा डराउने रोग
- हाइपरफार्सिया - बोलिरहने, फतफते
- हाइपर सोभिनिया - बढी सुत्नुवा
- हाइपोकोन्ड्रिया - आफ्नो स्वास्थ्यको अत्यधिक चिन्ता लिने, हिस्टेरिया - उन्माद, विकृत उत्तेजना
- लालोफोबिया - बोल्ल डराउने
- माक्रोमानिया - आफूलाई मात्रै बढी राम्रो ठान्ने
- ओफोडिफोबिया - साँपदेखि डराउने रोग
- पारानोइया - मनोरोग
- फोनोफोबिया - आफ्नो स्वर सुनेर डराउने
- पाइरोफोबिया - आगोदेखि डराउने रोग
- सिटोफोबिया - खाना खान डराउने रोग
- वाटरफोबिया - पानीदेखि डराउने
- स्पेक्ट्रोफोबिया - ऐनामा आफूलाई देखेर डराउने रोग
- एक्सनोफोबिया - बटुवा वा अपरिचितसँग डराउने
- जुन्फोबिया - जनावरदेखि डराउने रोग



A group of Nepalese women in typical Nepali dress on the occasion of Teej festival at the Hindi Temple of



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कल्ले भन्छ विदेशमा

कल्ले भन्छ विदेशमा संस्कृति छुट्छ
कामै मात्रले सांसारिक मायामोह भुल्छ
यहां त हरेक मृत्युमा बरखी वारेका छन्
शिरदेखी पैतालासम्म सेतै हिउं ओढेका छन् ।

कल्ले भन्छ विदेशमा भाषा विर्सन्छ
अमेरिकन पनले नेपालीपन छोपिन्छ
यहां त आतंकले अन्योल नेपाल बोल्छ
दाजभाइको वियोगले अमेरिकै पोल्छ ।

कल्ले भन्छ विदेशमा जो कोही हराउंछ
आफ्नो आफन्त भली एकै रमाउंछ
यहां त बेरोजगारी हातगोडा चलेका छन्
र पनि घाइते गाउंवेशी दुःखेका छन् ।

नेपाली वंश जगेर्ना गर्न कोही
टेफ्टयब वेवी जन्माएका छन्
विचरी सताईएकी विधवा चेली
वेहुली बनाई अन्माएका छन् ।

यस्ता रमाइला खुशी सुन्दा
विदेश मै पनि लालीगुरास फुल्छ
घडीको सुइसंगै घुम्दा घुम्दा
एकैछिन मनले थकाई भुल्छ ।

कल्ले भन्छ विदेशमा नेपाली जन्मिदैन
पुर्खाको रगत नशा नशामा बग्दैन
यहां त पितृको आशिक शिरमा थाप्नेछन्
नेपाली सन्तानले डांडाकांडा ढाक्नेछन् ॥



रुकेश
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क्यानाडा

क्याट्रीना फेरि नदोहोरियोस्

डा. विष्णुकुमार धिताल

कहिले हरिक्यान त कहिले टोर्नेडो,
कहिले सुनामी त कहिले क्याट्रीना
कहिले ९/११, त कहिले बाली बमिङ्ग
त्यस्तै कहिले अफगान ध्वस्त त कहिले इराक
कहिले न्युयोर्कको मुटु ध्वस्त त
कहिले समुद्री तट वस्तीहरु ध्वस्त
यी सबै आदीवेरीका कर्ता हुन्छन् कहिँ
दानव जस्ता मानव, त दैवीशक्ति कहिँ,
दानवी कुकृत्य होस् वा दैवी विपत्ती
वर्सेनी हजारौंको ज्यान गुमेको छ, लाखौंको विचल्ली
तर पनि बुभ्दैनन् दानवरूपी मानवहरु
आफै सुनामी वा क्याट्रीना बनेर
सयौं गाउंवस्ती ध्वस्त पार्ने गरेको
अनि लाखौंलाख जनताको हुर्मत हर्ने गरेको ।

हेर्नाँस् न अफगान अनि इराकको विध्वंसलाई
जहा वर्षौंदेखिको मानव निर्मित सुनामीले
जनतालाई क्याट्रीनाको भन्दा ठूलो मारमा पारेको
लाखौं लाख जनताको विल्लीवाठ पार्ने गरेको
यसरी कतै दैवी विपत्ती त कतै मानव कुकृत्य
अनि सर्वसाधारण जनताकै थिचोमिचो

आशा गरौं यस्तो, क्याट्रीना जस्तो
प्राकृतिक विपत्ति फेरी दोहरिने छैन
अनि दानवरूपी मानवहरुको त्रासदी
सर्वसाधारण जनताले भोग्न पर्ने छैन
तर अपसोच १ यी दानवलाई सर्वसाधारणको के चासो
त्यसैले छोड्दैनन् स्वार्थसिद्ध गर्न आफ्नो सुनामी बाटो
अनि त रच्छन् सुनामी लिला, उडाउन दुनियाको सातो

यस्ता प्रकोपबाट बचाउन खर्चनु पर्ने स्रोत र साधनहरु
आफ्नै स्वार्थसिद्धकै लागि खर्चिरहने हो भने,
विश्वमा हैकम चलाउने हुर्मत नछोड्ने हो भने
दैवीप्रकोपसंग प्रतिवाद गर्ने क्षमता कहा प्राप्तहोला र ?
अनि त दोहरिन सक्छ, क्याट्रीना फेरी
दोहरिन्छन् एन्ड्र्यु, हरिक्यान, टोर्नेडो, रिटा आदि फेरी
दोहरिन्छन् सबै प्राकृतिक विपत्ती फेरी फेरी ।

त्यसैले म आशा गर्छु, अनि प्रार्थना गर्छु,
क्याट्रीनाको नरसंहार अब दोहरिने छैन
क्याट्रीनाको पनि दया पलाउने छ
क्याट्रीनाको पनि दया पलाउने छ ।

तर यदि दानवरूपी मानवहरुको यहीकम जारी रहेमा
फेरी किन नदोहरिएला र क्याट्रीना १
त्यसैले प्रार्थना गरौं अब क्याट्रीना र सुनामी दोहरिने छैनन् ।

आजको कथा

सुरेन उप्रेती

यी केटाकेटीहरु यति ठुला भएर पनि कथा सुन्ने वानी कहिलै छुटेन भन्दै हजुरबा खाटमा चढ्नु भयो । वल्ला घर पल्ला घरका सबै केटाकेटीहरु भेला भएर कथा सुन्न बसेका थिए । हजुरबा आए पछि त सास पनि दवाएर कान ठाडा पारेर हजुरबा तिर फर्किए । हजुरबाको कथा भन्दा भन्दै के भएको थियो रे ? भनेर सोध्ने वानी थियो । जस्ले जान्यो उसले एउटा रातो मिठाई पाउंथ्यो ।



हजुरबाले घांटी सफा गर्दै एकादेशमा एउटा नेपालटार भन्ने सानो गांउ थियो भनेर कथा शुरु गर्नु भयो । त्यो गांउ सानो भए पनि जनता चै सारै नै बहादुर थिए । छरछिमेकी र अरुले हेप्न खोजे सबै जनता अरिगालको गोलामै खनिन्थे ।

वेगला बग्लै भाषा, धर्म र चाडपर्व मनाउने भए पनि एउटै घरका मौरी जस्तै मिलेर बसेका थिए । मान्छे हुनु त नेपालटारका जनता जस्ता हुनु भनेर अरु देशका मान्छेहरु भन्ने गर्थे । नेपालटारका राजालाई जनताले देउताको अवतार मानेर पजा गर्थे । भात खांदा पनि राजालाई नचढाई खाँदैनथे । राजा पनि जनतालाई छोरा छोरी सरह प्यारो गर्थे । आफुलाई जनताको रक्षकमात्र ठान्दथे । जनताका घरको धुरीबाट धुवां आए पछि मात्र खाना खान्थे । धुवां आएन भने केहि पकाउने कुरा भएनकी भनेर चामल पठाईदिन्थे । समय बित्दै थियो । ती राजालाई हटाएर अर्का नयां राजा बने । तर नयां राजा पहिलाका जस्ता थिएनन् । उनलाई जनताको कुनै मतलव थिएन । देश विदेश घुम्ने, खेल्न, खाने, नाचगानगर्ने, रमिता हेर्ने आदि नै दिन चर्चा थिए । माधवले हात उठायो । हजुरबाले पनि कथा भन्न छोडेर माधव तिर हेर्नु भयो । दिनचर्या भनेको के हो ? हजुरबा माधवले सोध्यो । साहनाले हात उठाएर हजुरबाको अनुमतिको प्रतिक्षा गरिन् । हजुरबाले भन भन्ने इशारा गरे पछि प्रत्येक दिन गर्ने काम, साहनाले भनिन् । स्याव्वास भनेर हजुरबाले फेरिकथा शुरुगर्नु भयो ।

असार साउनको वेला थियो । मुशलधारे पानी पर्न शुरु गर्‍यो । हुरी वतासले बाटाका रुखहरु ढल्न थाले । दिउसै रातिमै अन्धकार भयो । कुकुरहरु रुन थाले । श्याल कराउन थाले । आकाश गड्यांग र गुडुड० गरेर गर्जिनथाल्यो ।

मानिसहरु के हुनलाग्यो भनेर आत्तिन थाले । मरे पनि संगै मर्ने भनेर भेला भएर बस्न थाले । त्यस बेला दरवारमा एउटा बालक जन्मिएछ । राजाका गरुले ज्योतिष हेरेर राहु केतु शनी जस्ता अति डरलाग्दाग्रह भेटेर जन्मियो । यसले बन्धुबान्धव कोहि सहँदैन । सके यसका ग्रहले वंशकै विनाश गर्न सक्छ भनेर राजालाई विन्ति चढाए । जस्तै भए पनि आफ्नै सन्तान हो ,मावल गएर बसोस् भनेर राजाले उसका मावली पठाई दिए । जब बालक बढ्दै गयो ।देशमा विभिन्न किसिमका संकटहरु पर्न थाले । बाढी पैरो, लहरे खोकी,दादुरा, आउंमाशी,हैजाले गाउंनै सोत्तर बन्यो । त्यही केटा जन्मिए पछि त्यस्तो भयो भनेर मानिसहरु उसलाइ धन्धुकारी भन्दथे । धन्धुकारी बढ्दै गयो । उ जति बढ्दै जान्थ्यो, नेपालटारमा उत्ती नै समस्याहरु बढ्दै जानथाले । उ ठुलो भएपछि त गाउं शहरमा सांफविहान छोरीचेलीहरु हिंड्न पनि हुन छोड्यो । केटीहरु हराएका खबरले नेपालटारमा सन्सनी छायो । १-२ जना केटीहरुका मृतशरिर खोलाकिनारमा भेटिए पनि धेरैको चिनो समेत भेटिएन । मन्दिरबाट मुर्तिहरु हराउन थाले । मन्दिरका पुराना पैसा र सुनका गजुरहरु नै हराउन थाले । जतासुकै गुण्डागर्दी बढ्न थाल्यो । हजुरबालाई हेरेर रोहितले हात ठड्यायो

हजुरबाले कथा भन्न छोडेर रोहिततिर हेर्नु भयो । गुण्डागर्दी भनेको के हो? हजुरबा । रोहितको प्रश्न भुईंमा खस्न नपाउंदै लिलामणिले अरुको सामान,पैसा, लुट्ने, पैसा माग्यो भने उल्टै पिट्ने, छाडा सांडेले जस्तै जे मन लाग्यो त्यहि गर्ने । हजुरबाले हो ठिक भन्यौ स्याव्वास भनेर फेरि कथा शुरु गर्न भयो ।

राजाका ज्योतिषीले भनेमै एक दिन सबै राजपरिवारका मान्छेको हत्या भयो र त्यही धन्धुकारी राजा बन्यो । त्यो राजा बने पछि त देशमा फन दिन दिनै मान्छे मर्ने, काटमार हुने गर्न थाल्यो । उसले रेडियोमा गीत सुन्ने समाचार सुन्ने, फोनमा कुरा गर्ने, पत्र पत्रिका पढ्ने सबै बन्द गरिदियो । पढेलेखेका जति

सबै मेरा विरोधी हुन भन्दै पकिडै थुन्न लगायो । त्यस पछि जनतालाई बाच्चन सारै कठिन भयो र प्रजातन्त्र ल्याउन पार्टीहरु खुले । गिरिजाले हात उठायो र के के पार्टी खुले हजुरबा ? भनेर सोध्यो । हजुरबाले औला भाँचै फर्सी पार्टी,काँका पार्टी, लौका पार्टी, घिरौला पार्टी, भण्टा पार्टी, कुभिण्डा पार्टी, पुच्छर पार्टी र तितेकरेला पार्टी भन्नु भयो । सबै गललल हांशे । सबै तर्कारीका नाम पो रहेछन् चन्द्रप्रकाशले भन्यो । एउटा त पुच्छर पार्टी पनि रहेछ बावुरामले थप्यो । सबै पार्टी मिलेर शिक्षा चाहिन्छ, प्रजातन्त्र चाहिन्छ, मानव अधिकार चाहिन्छ भनेर कराउन थाले । तर पुच्छर पार्टीले । करेला पार्टीले स्कूलहरु बन्द गरायो । जता सुकै गोली चलन थाल्यो । करेला पार्टीले धन्धुकारीलाई हटाउने भए हामी पनि आन्दोलनलाई समर्थन गर्छौं भन्यो । धन्धुकारीका विरोधमा जतासुकै नाराजुलुस् हु न थाले । पुलिस र सेनाले लाठी बुट, पानीका फोहराले मात्र जुलुस रोक्न नसकेर अन्धाधुन्द गोली हान्न थाले । सडक रगतले लत्पतिन थाल्यो । जनताहरु सेना र प्रहरीको दमनको प्रतिरोधमा सडकमा खनिए । सेना र प्रहरीहरु भागै जनता संग आउन थाले । करेला पार्टी र अरुपार्टीहरुले जनता संग आउने सेना र प्रहरीलाई एक तह बढाएर राष्ट्रिय सेनामा भर्ति गर्ने प्रचार गरे । धन्धुकारीका सेना एक एक गर्दै हातहतियार सहित भागेर आउन थाले । धन्धुकारीले जति सक्छौं उती मारेर भए पनि आन्दोलन दवाउनु भनेर आदेश दियो। पहिला त उसका सेनाले जतापायो उतै गोलीहानेर रगतको भेलनै बगाए तर आखिर ती सेना पनि जनताका छोरा छोरीन हुन जनताको रगत देखेपछी सबै जनता तिरै आए । धन्धुकारीका सेनापति सिपाही बिनाको जर्नेल भएर भाग्न थाले ।

सडकमा लाखौं जनताको समुन्द्र बग्न थाल्यो । हातमा खुंडा, खुकुरी, तरवार, हंसिया, गैती, मार्तल लिएर धन्धुकारीको दरवार भत्काउन गए । पर्खाल, काँडेदार भत्काउँदै मानिसको समुद्र दरवार भित्र पस्यो । भिडले कोठा कोठा सबै ढाक्यो । धन्धुकारीका छोराबुहारी शाखा सन्तान कोहि पनि थिएनन् । एउटा समुहले जमिन मुनी एउटा ठुलो कोठा भेट्टायो । त्यसभित्र १६ देखि २० वर्ष उमेरका १६ जना किशोरीहरु थुनेर

राखेको रहेछ । ती प्रत्येकलाई धन्धुकारीका बाबुछोराले लुट्टा रहेछन् । आंखाभरी आंशु टिल्पिल पादै व्यथा सुनाए । उनीहरुलाई साँचो लगाई दिएर तीनदिन अगाडि शुक्रवारकै दिन धन्धुकारीहरु विदेश तिर भागी सकेछन् । मानिसहरु धन्धुकारीका दरवारका धुलाले फुस्रै भएका थिए । आफन्तलाई गुमाए पनि धन्धुकारीको अन्त्य भएको खुशिले मुठ्ठी उठाएर आकाश उचाल्दै थिए ।

त्यस पछि के भयो हजुरबा ? साहानाले सोधी । आज यती अरु भोलि भनौला भनेर हजुरबा खाटबाट ओर्लनु

होलाकि पछि केहि भनी



सीता अधिकारी

सानो गाउँ रमाइलो नजरमा घुमीरहेता पनि
आमाको ममता अब सब छोडी मुटु दरिलो बनी
ती प्यारा साथी र संगीहरुलाई फर्किआउँला भनी
लागें विदेशमा सचेर मनमा होला पछि केहि भनी ।

प्यारा भाइ र बहिनीहरु तिमी छौं यो मुटुका धड्कन
हातेमालो गरी गरी तिमीलाई समाई डोच्याईकन
आफ्ना आपसका मीठा र नमीठा गाँठा फुकाईकन
तिमीलाई हृदयदेखिको मायादिने आउलान्कि फेरि दिन ।

यी मेरा गहना र फूल-कोपिला साथै भएता पनी
प्रगति प्रति दिन भई नजरमा घामै उदाए पनी
देख्दामा अरुले कठै ती बिचरै भन्नै नपरे पनी
कुर्दै बस्छु रमाउने दिनहरु आउलान् कि फेरि भनी ।

ती रमाइला दिनहरु र पर्वहरुमा सम्झी मलाई पनी
सोचदिछिन् ती आमा मैरे विषयमा आँखा रसाई अनी
यस्तै सबै कुरा सोची लहडिँदै बितेका छन् दिन गनी
गर्छु दख्ख विदेशमा हरघडी होला पछि केहि भनी ।

भयो ।

रामेको विदेश यात्रा



लीला शर्मा

बिहान सबेरै आज बुढीआमाको घरमा चहलपहल छ,
आज उनको प्यारो छोरा विदेश जाने तर्खरमा छ,
खुशीले भन्नू वा दुखले बुढीआमा मलीन भईछन्,
तापनि उनले दही अक्षता लगाई छोरोलाई विदा गरिन् ।

धेरै पैसा कमाई छोरो घर फर्केला भन्ने आशामा,
साहुको ऋण तिरेर स्वतन्त्र भई बाँच्ने प्यासमा,
पिँढीबाट हात हल्लाई छोरो विदा गर्छिन् आमा,
गहभरि आँसु खसालेर निहुरिन्छिन् आमा ।

विदेशमा सकीनसकी पन्ध्र घण्टा काम गर्न थाल्यो,
चाँडै धन कमाई धर फर्कने योजना गर्न थाल्यो,
जब गाउँले ढिँडो र खोलेको बल सकियो,
तब त्यो ज्यानले काम धान्न बिरायो ।

बिदेशी मालिकको गाली र यातनाभिन्न रामे अल्झियो,
घर जाने आशा त के, शरीरको घाउ झन बल्झियो,
काम धेरै गर्न नसक्दा खेरी,
मालिकको पिटाई खान्छ रामे घरीघरी ।

जाउँ कहाँ बाटो छैन परदेशको ठाउँ,
हिँडेर पुगुँ भन्दा होइन आफ्नो गाउँ,
यत्तिकैमा साहुले केहि पैसा दियो,
साथमा केवल घरसम्म पुग्ने औकात थियो ।

रामे भारी मन लिएर घर तिर हिँड्यो,
पिँढीसम्म के पुगेको थियो, रामे दयाम्मै लड्यो,
अत्तालिएर बुढीआमा आँगनसम्म आईन्,
दुलुक्क हेर्दा छोराको अन्तिम दर्शन पाईन् ।

पैसाको त कुरै छाडौँ बज्रपात नै पन्यो।
विदेशबाट फर्केको छोरा रगत छादी मन्यो ।

शिक्षक



गीता ढकाल उप्रेती

ऊ नदी किनारमा
डुङ्गा लिएर बसेको माझी दाइ झैं
यात्रुलाई नदी पार गराईदिन्छ
यात्रुहरूलाई आफ्ना कुरा सुनाउँछ
सुन्छ, हाँस्छ, हसाउँछ ।

पारिश्रमिकमा पाएको खेवालाई
अगेनामा पानी बसाएर
आँगनका डिलबाट
आफ्नै बाटो कुर्दै गरेकी
साँहिलीलाई दिन्छ ।

उसले हजारौं यात्रीलाई नदी पार गरायो
नदी तरेपछि खुईं खुईं गर्दै
उकाली हिँड्नेहरू मन्त्री, डाक्टर,
ईन्जिनियर बनेर फर्किए
कोहि कतै काम गर्छन् रे
ऊ भने बृद्ध शरीर लिएर
यात्रुलाई पानी, झरी र भेलमा पनि
सकुशल तार्न सकेको खुशीमा
जुङ्गामा ताऊ लगाउँछ
आफू सफल भएको ठान्छ र गर्व गर्छ
एउटा नदी किनारमा बसेको बढो माझी दाइझैं

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विजया दशमी तथा दीपावली २०६२ को
मंगलमय शुभकामना



NCAO family wishes you a very happy Vijaya Dashami and Deepawali 2005 (2062). May the Vijaya Dashami bring you all happiness, peace and prosperity.