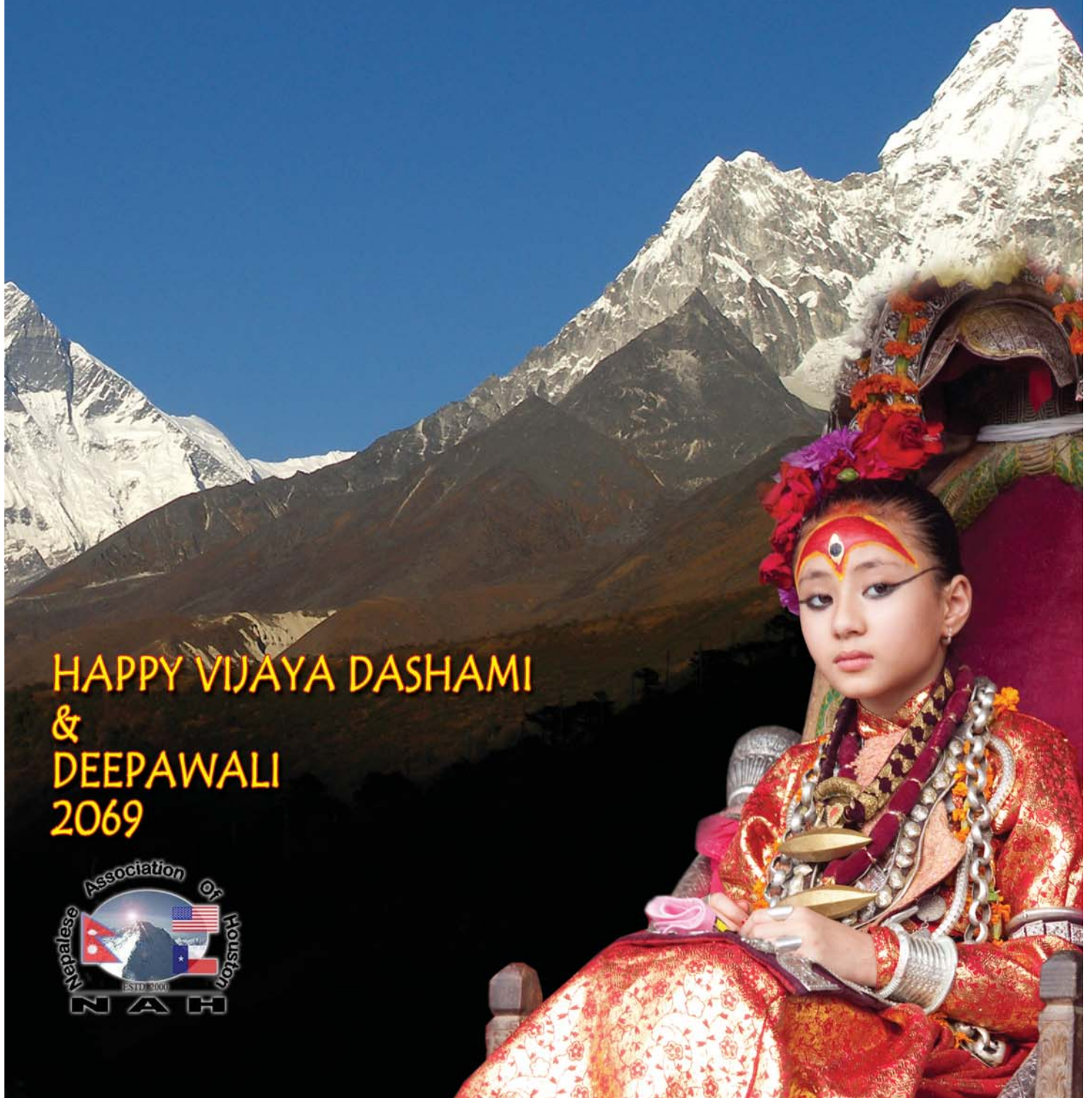




# NEPAL VISION

A publication of Nepalese Association of Houston (NAH), A Non-Profit Organization  
Volume 10, Issue 1 October 2012 Aswin 2069

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### Disclaimer

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# Editorial

Dear Readers,

Namaste !

On behalf of the entire Nepalese Association of Houston (NAH) and the Nepal Vision 2012 team (Editorial and Marketing Committees), it is my pleasure to present you with the 2012 edition of Nepal Vision, the annual publication of our beloved organization. The timely publication of the 2012 edition serves yet another instance of achievement of our community members and leaders who believe and share the motto of "NAH belongs to Everyone!"

This year's Nepal Vision magazine is truly an example of global collaboration and contribution from our friends and well-wishers who have contributed with various contents for this 2012 edition. The contributed articles serve as an example of the power of Nepali literature, our rich heritage and values that we continue to embrace even while being away from Nepal. Like in the past, this year's Nepal Vision stays true to the tradition of providing and instilling *Nepali-pana* to our readers. By sharing our ideas and knowledge, we create a progressive society. Nepal Vision 2012 edition was aimed to serve such purpose.

In the current edition, you will find articles ranging from science and technology to trekking adventures in Nepal. In his article related to Petroleum, Dr. Rajendra Shrestha

shares with us on the advance technology related to oil exploration and extraction. Similarly, Dr. Brijesh Mainali offers us with a glimpse of challenges and opportunities on off-grid electrification in Nepal. A satirical read on American Life and Breath Taking House is refreshing. I am sure you would be able to relate your own experiences in the USA with these two stories. A visitor's guide, prepared by Vishnu Nepal, provides with many important information regarding Houston. For those who are visiting Houston, or who have recently moved to Houston will especially find the article useful. Craving for some Nepali food? Akleesh Katel's (who passed away in 2012 –bless her soul) field research of Nepali restaurants in greater Houston city is equally informative. For poetry lovers, the Nepali Vision offers several short poems on various topics and subject matters that will lighten up your mood. Nepal Vision is also blessed to receive several submissions from our young contributors. As you read their articles (for example, choosing professional careers or a creepy, scary night), you would be drawn to the imaginative and creative minds of these young ones who seem to have also developed a good writing practice worthy of publication.

The current edition also features several local organizations in Houston that are aligned in purpose

to the overall NAH's mission. We appreciate and take pride in featuring InStyle, Nepalese Student Association, and Waters from Heaven in our current edition. Please feel free to contact the authors of these article should you decide to be a part of these organizations. In our community contributor section, we feature Shri Mukund Hari Gaywali. Similarly, under who-is-who section, we feature Shri Bachcha Tiwari ji. Both of these individuals share inspirational stories and have exemplified as a community leader during various Nepali events and programs.

This year, NAH will hold its election for the office of Executive Committee. The current NAH Executive Members wish best to the new team, and remains committed to serve the community in times of need.

As the managing editor, I would like to thank everyone who had been part of making Nepal Vision 2012 publication a success-including all the members of editorial committee and marketing committee, our sponsors and advertisers, publisher, authors, members of current NAH Executive Board, and lastly a big thank you to our readers.

*Jai Nepal !*

Rupak Rauniar  
Managing Editor  
Nepal Vision  
General Secretary  
NAH





## EMBASSY OF NEPAL

2131 LEROY PLACE N.W.  
WASHINGTON, D.C. 20008

April 13, 2012

### Message

I am happy to note that the Nepalese Association of Houston (NAH) and Nepalese Community in Houston are organizing an event to celebrate **"Nepali New Year 2069 and Nepal Day Festival"** in Houston Texas on April 14, 2012. On this happy occasion, I would like to express my hearty congratulations and best wishes for the success of the event. On behalf of the Embassy of Nepal and on my own behalf, I also wish "Happy New Year 2069" to the Nepalese Community of Houston.

Despite busy schedule of their own business and profession, the efforts made by the Nepalese community in organizing various cultural and tourism promotional activities are highly commendable. With the growing number of Nepalese population and community organizations in the United States such events have also been being organized in many places. I hope that New Year celebration and Nepal Day Festival will not only identify our culture in the United States but also contribute to promote Nepal in many ways. We believe that participation of Nepalese as well as local Americans in such events could be more helpful in contributing to promote our culture and tourism.

While expressing sincere thanks to the Nepalese Association of Houston for celebrating Nepali New Year 2069 and Nepal Day Festival to promote Nepal in the United States, I believe that, it would be able to play substantive and meaningful role in advancing Nepal's interest in the United States in the days ahead.

Once again, I wish all success of New Year celebration 2069 and Nepal Day festival.



Shankar Prasad Sharma, Ph.D.  
Ambassador

PHONE: (202) 667-4550, FAX: (202) 667-5534 E-MAIL: [info@nepalembassyusa.org](mailto:info@nepalembassyusa.org)



## CITY OF HOUSTON

Office of the Mayor

**Annise D. Parker**

Mayor

P.O. Box 1562  
Houston, Texas 77251-1562

April 14, 2012

Greetings!

I am delighted to extend a warm Houston welcome to all attending the **2<sup>nd</sup> Annual Nepal Day** celebration.

Nepal's culture, heritage and traditions will be displayed through a unique and exciting blend of arts, foods, poem recitals and programs. The Nepali American community of Houston enriches the diversity of our city within the areas of business, culture and arts. The City of Houston recognizes these contributions and more made by the Nepalese to our community.

I commend the **Nepalese Association of Houston** for contributing to the overall spirit and vitality which characterize our city. Best wishes for a rewarding event and continued success.

Sincerely,

A handwritten signature in cursive script that reads "Annise D. Parker".

Annise D. Parker  
Mayor





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# President's Message

*Respected Nepalese and friends in Houston and  
Well-Wishers around the World,  
Happy Vijaya Dashami and Deepawali ! On this festive occasion  
I'd like to wish you and your family good health, happiness and  
prosperity in your lives.*

**“We believe: that service to humanity is the best work of life.”** This is the last line of Junior Chamber International (JCI) creed and almost 15 years (1985-1999), I have recited this in Nepal Jaycees during my involvement in Jaycees. I believed in this and will believe this all my life.

It is a distinct honor to write on this proud publication of Nepalese Association of Houston “Nepal Vision”. Nepalese Association of Houston (NAH), I believe, does not need to be introduced anymore in the Nepali community in Houston. I remember back in 1995 when I first came to Houston, there was no organization among the Nepali community in Houston. I remember how it started: back in 1995, with a small gathering to host a dinner party in honor of the famous Nepali artist Manisha Koirala and singer Udit Narayan Jha in Dr. Anjali Jain's residence at Memorial Drive. It was so hard to communicate each other just to gather 30-35 people in that dinner party. Then, realizing the necessity of an organization, Nepalese Association of Houston was formed. In the year 2000, Nepalese Association of Houston (NAH) was formally registered in the state of Texas with the leadership of Dr. Rajendra Shrestha. NAH has come a long way since then – with exemplary accomplishments. I would like to thank and acknowledge Immediate Past President, Dr. Rajendra Shrestha, for his steady hand in leading NAH to success.

In October of 2010, I had accepted the challenge to serve this association as a president with all the energetic board members. You are all witnesses for the projects and program held in these two years. I am pleased to announce NAH is moving forward and driving its agenda in meeting the overall goals and aspiration of Nepalese in Houston. It has also done an excellent job in coordinating with all Nepalese non-profit organizations and bridging the ties between regional and national organizations.

On behalf of the NAH board of directors, I want to express the excitement of all the landmark activities (please check our NAH activities pages) of our beloved community. This is a good time to update you about promises made and promises kept! We have worked not only to provide platform to uphold our culture heritage, but also integrate ourselves with different organizations and communities. We were all proud to celebrate the first “Nepal Day” in Houston, which was declared by the Mayor of Houston during our fourth NRN Global Regional Conference 2010 in Houston. We have celebrated our main festivals like Bada Dashain, Teej, Holi, Krishna Janmashtami, Maha Sivaratri, and New Years in our own style. It is our obligation as well as an opportunity to create examples in our words and deed that will bring pride to us as well as the next generation. Keeping this in mind,



we have focused all our programs more in our children: be it fashion show among the children and parents, or dance and song performance, or art competition in Nepal day, or kite making competition in Dashain.

We are also proud to conduct and support different programs jointly with our sister organizations in Houston: soccer tournaments with Houston Nepali Soccer Team (HNST); Bhanu Bhakta Jayanti, Siddhicharan Jayanti, Sheetkalin Kabi Gosti and other Nepali literacy programs with International Nepali Literary Society (INLS) Houston Chapter; Pooja and religious programs with Pashupatinath Temple and Radha Krishna Organization; different cultural and other programs with Nepalese Student Associations (NSA), America Society of Nepales Engineers (ASNEngs), Instyle Nepal, The Big Mount Group, International Artist Forum and more.

In addition, NAH organized and participated in different programs: watch “Super Bowl”, watch “World Cup”, musical Night with Deepesh Bhattarai, New Year Programs, and fund raising program for Darshan Rauniyar etc.

To benefit our community NAH organized panel discussion, talk program and seminar: “Challenges and opportunities of being a Nepali entrepreneur in Houston, photography session, and health program with IBN SINA are some of the main ones to mention.

NAH is very proud of the way our community came together in times of emergency. NAH has held a number of fundraisers to help the humanity and Nepali community in Houston and around the world at the time of need. NAH collected funds: to help people affected by the Japan earthquake and tsunami, to organize a funeral for Late Deepak Dahal, to organize the funeral and send body to Nepal of Late Manoj Shrestha, to help school project and health project in Nepal, and to help build children’s playground in Temple.

On behalf of Nepalese Association of Houston, I would express my sincere thanks to Honorable Mayor of Houston Ms. Annise Parker and His Excellency the Ambassador Dr. Shanker Prashad Sharma for their time to send the greetings messages in different occasions.

NAH appreciates the continued support and financial assistance received from our sponsors, donors, business experts, local artists and performers in different programs throughout the year.

One of the main dreams I had, when I stood as a president of this prestigious organization, was to build a Nepali Community Center in Houston. In my vision, this community center for the coming generation will be our pride in bridging our native land Nepal’s rich culture and religious values and transforming to this great nation where we reside. The importance of all this will also bring all together under a single umbrella to fulfill the common goals and objectives of all Nepali organizations based in Houston. I

am very much confident that, with help from each one of us we can achieve our dream of establishing the first Nepali Community Center in Houston.

Recognition of outstanding contributors is one of the traditions of NAH. In keeping with this NAH recognized Ms. Ganga Ligal, Mr. Chez Gurung, Mr. Sanjeev Shrestha, and Dr. Rupak Rauniar for their significant contribution to the Houston Nepali Community.

At this moment, you are leafing through the Nepal Vision; a glorious example of teamwork. This became possible only with the tireless effort and enthusiasm of the editorial committee and the marketing team, remarkable contribution made by article contributors, the articles collectors, and generous support shown by establishments giving their advertisements. Also I would like to recognize Mr. Kiran Shrestha and Ms. Kamala Dangol of SS Media Vision in Kathmandu, Nepal for their wonderful job by laying out the articles, designing the cover page, collecting advertisements in Nepal, and mailing the Nepal Vision all around the world. They have been publishing our Nepal Vision since 2004. Please be kind to give all of them a big round of applause for their commendable job, which made this proud publication of NAH possible.

NAH deeply appreciates Houston Provider Management and Texas Medical Rehabilitation Center for allowing us to use the venue for the NAH Meetings, as well as other programs. In the mean time, I would like to thank Sanjeev / Linda Shrestha and Niraj / Manarupa Shrestha for hosting our NAH Executive lunch meetings with delicious food in their residences.

As we move forward, NAH is electing new executive committee

in October of this year; I wish all the success to the newly elected committee. Friends, NAH officers are only the torch bearers, while there is a whole contingent of members walking under this light. You are the spirit and motivation of NAH and this organization has been founded for YOU and YOU ONLY! Be a proud “life member” of this organization today. Let’s make a commitment to provide our support through active participation and involvement in all of its activities because – “NAH BELONGS TO US!”

Finally, I am very thankful towards all of you for trusting me and giving me the opportunity to serve this wonderful organization as a president. I will take this opportunity to thank the executive members, advisors, committee chairpersons, program coordinators, friends and my family members for their daily support.

Once again, I wish you, your families, and friends a very happy Dashain and Tihar! May Goddess Durga protect us all and Goddess Laxmi showers us with blessings, wealth, and prosperity!

Jai Nepal and Jai NAH!

Regards,



Nepalese Association of Houston (NAH)

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Facebook page: <http://www.facebook.com/pages/Nepalese-Association-of-Houston/215183641845742?ref=hl>

# Advances in Technology aid Production from Unconventional PETROLEUM Resources

- Rajendra K. Shrestha, Ph.D.



Recent advances in drilling and completion technology have been able to unlock tremendous potential of unconventional petroleum resources such as shale gas, shale oil and oil sand, and open a whole new avenue in the oil and gas industry. The tapping of these resources, which seemed insurmountable until a few years ago, has been made possible thanks to the development in the horizontal drilling, stimulation of the reservoir rock by multi-stage hydraulic fracturing, and steam-assisted gravity drainage (SAGD) techniques.

According to the Annual Energy Outlook 2011 of the U.S. Energy Information Administration (EIA), the U.S. shale gas resource potential is estimated at 862 trillion cubic feet (TCF), which is 34 percent of the domestic natural gas resource base of 2,543 TCF. Moreover, this data does not account for the liquid hydrocarbons contained in the unconventional Eagle Ford Shale, Woodford Shale and Utica Shale that add significant value to these resources. As reported by Advanced Resources International Inc., based on a global study conducted for EIA, 32 countries around the world not including the U.S. have shale gas resources of 22,016 TCF and technically recoverable potential of 5,760 TCF. A shale resource system is any continuous organic-rich

source rock that can be made to produce naturally generated petroleum. Shale reservoirs are different from the conventional sandstones or carbonates in that they have significantly low permeability – the ability to transmit fluids through the rock - in the order of nanoDarcies, although their occurrence is widespread. Therefore, production from the unconventional resources invariably depends on the induced fracture system to enhance its permeability that can be achieved through hydraulic fracturing. Horizontal Drilling serves to expose significantly more rock to the well bore than the conventional vertical drilling, contributing to a substantial increase in production from these reservoirs. In addition, the advent of micro-seismic technique has provided a tool to estimate the growth and orientation of the fractures induced by hydraulic stimulation, thereby affording an indispensable aid to horizontal well planning.

Oil sands have very low API gravity (a measure of viscosity or internal resistance of a fluid to flow) equal to or below 10° and contain bitumen that is highly viscous, occur at shallow depths, and require heating to enable them flow. A sophisticated technique known as "Steam-assisted Gravity Drainage (SAGD)" is applied to produce oil from oil sands

when they occur subsurface. In the SAGD process, two horizontal wells with lateral section of 500 to 1,000 m are drilled at a distance of 5 m between the upper and lower wells, the oil sands are heated by injecting high-temperature, high-pressure steam into the upper well, which heats up the bitumen around the well bore causing it to drip into the lower well as oil, and is produced.

The advances in breakthrough drilling and stimulation technologies have helped exploitation of vast reserves of unconventional petroleum reserves including shale gas and shale oil in the past few years, steering the nation towards energy independence and, most importantly, energy security. It goes without saying that natural gas is an environment-friendly clean-burning fuel. Furthermore, it is abundant and very affordable at the current trading price, and has helped create tens of thousands of jobs in the U.S.A. For example, the Eagle Ford Shale oil and gas production in South Texas has contributed a \$25 billion financial impact, created about 48,000 full-time jobs with 1700 wells drilled, in 2011.

*President, American Society of Nepalese Engineers (ASNEgr), Founding President and IPP, Nepalese Association of Houston (NAH)*





# अमेरिकन लाइफ

फुर्सदको क्षणमा पनि कहिलेकाहीँ निसास्सिएजस्तो लाग्ने हामी नेपालीहरूले भोगिरहेको अमेरिकन लाइफको कुरा गर्ने जमर्को गर्दछौं। पहिले त नेपालमा जाँदा साथीभाई र आफन्तहरूले मात्रै सोध्दथे तर आजकल त संसारभर छरिएर रहेका मित्रजन तथा परिचितहरूले लोकप्रिय सामाजिक संञ्जाल फेसबुकमा भेटहुँदा सहजै सोध्ने कम्पन प्रश्न हो - **हाउ इज योर अमेरिकन लाइफ ? गुड-भन्दै छोटो उत्तर दिएर उम्किदिनु सिवाय अर्को विकल्प पनि हुदैन।** अमेरिका आएका शुरुका वर्षहरूमा त सारै विजी छ अमेरिकन लाइफ भन्ने गरिन्थ्यो अबत त्यो अवस्था पनि रहेन। किनकि नेपालीहरूको विदेशिनेक्रम चार पाँच वर्ष यतादेखि तिब्ररूपमा बढ्न थालेपछि अष्ट्रेलिया, जापान, क्यानडा, बेलायत, कतार, इजराएल लगाएत विदेशमा सबैतिर छरिएर रहेका मित्रहरू उत्तिकै व्यस्तताको भाषा बोलिरहेका हुन्छन्। त्यसो त नेपालमै पनि फुर्सदिलाहरू कमै भेटिन्छन् आजकल। कामकाजीहरूसँग खेर फाल्ने त्यस्तो यथेष्ट समय नै कहाँ हुन्छ र ? तर व्यस्तताको मात्राको घटबढ भने पक्कै हुन्छ।

कामको समयसित सम्भौता गर्न सिक्नै पर्छ, गर्नुनै पर्छ। अमेरिकन लाइफको मूल मन्त्र नै यही हो। काम सानो होस वा ठूलो, सरकारी होस या प्राइभेट,

कामको समय होस या काम, न ठग्न पाईन्छ, न त छल्लन पाईन्छ। आफुले चाहँदैमा टन्न विदा लिएर बस्न पाइने पनि होइन। काममा अल्लि लाग्यो हाफ छुट्टी लिएर घर जाउँ भन्ने अवस्था पनि हुँदैन। यसैले नै अमेरिकामा जीवन व्यस्त भएको हो। नेपाली लाइफका स्वाद बसेका हामीमा शुरुमा त अमेरिकी लाइफसँग घुलमिल हुन गाह्रै पर्छ। बाहिरबाट हेर्दा यहाँको लाइफ जति रहरलाग्दो छ, भोग्दा त्यति नै कठिन पनि। दैनिक बारदेखि सोढा घण्टा सातै दिन काम गर्नेहरूको लाइफ विश्वको जुनसुकै कुनामा बसेपनि व्यस्त मात्र होइन कष्टप्रद पनि हुन्छ। अमेरिकामा रहेका नेपालीहरूको कुरा गर्दा दैनिक आठ घण्टा र पाँच दिन मात्रै काम गर्ने नेपालीहरूको संख्या तुलनात्मकरूपमा बढी घण्टा काम गर्नेहरूको भन्दा धेरै कम छ।

काममा धेरै समय दिनुपरेपछि घरपरिवारमा खर्चिने समय निश्चय नै कम हुने नै भयो। विदाका दिनहरूमा र कामका समय पछि कहिलेकाहीँ समाज र समुदायका भेटघाट र जमघटमा दिइने समय त भन्नै न्यून हुन्छ। त्यो समय पनि बढो मुश्किलले मिलाउनु पर्ने हुन्छ। महत्वपूर्ण समयको व्यवस्थापन गर्न सकिएन, जीवन जिउन सहज बनाउने मनोरञ्जनहरूप्रति उदासिन भई काम र डलरकै मात्र पछि लाग्दा जीवन व्यस्त र

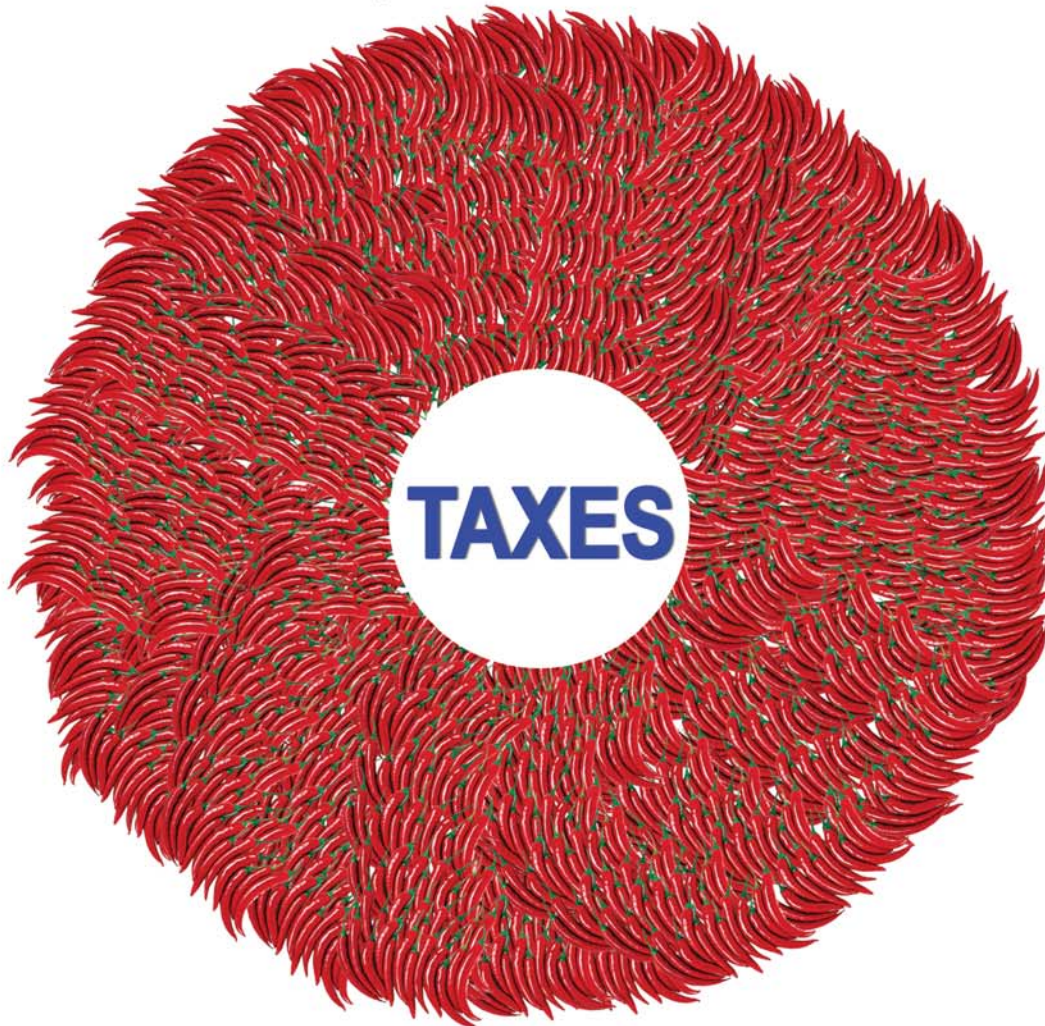
निरस दुबै हुन्छ। सोभैरूपमा भन्नुपर्दा गफ चुटेर बस्ने, टहलिने, घाम ताप्ने, शितल ताप्ने, बिना कारण साथीभाईहरूसँग चिया पिउन भेटघाट गर्ने समय अहं पटकै हुन्छ यहाँ। तर पनि समय सान्दर्भिक चाँजोपाँजो मिलाउने हो भने अमेरिकी जीवन साँच्चिकै रमाईलो छ। सुविधासम्पन्न जीवन यापन, प्रदुषणरहित वातावरण र विकासको उत्कृष्टता र स्वस्थ खानपिन साथै कामको यथोचित पारिश्रमिकले अमेरिकी जीवनलाई लोभलाग्दो बनाएको हो। पानी, विजुली, ग्याँस, खाद्यान्नजस्ता दैनिक उपभोग्य वस्तुको अभाव कहिल्यै हुँदैन यहाँ, न त महँगिले नै पिराउँछ। विदा मिलाएर देश विदेश घुम्न पाउँदाको आनन्दमा चाँहि अमेरिकन लाइफको स्वाद गजबै मिठो हुन्छ।

यस्तो सुविधाभोगी अमेरिकी जीवनको यथार्थ एकापट्टी छ भने अर्कोतर्फ नेपाली लाइफको त्यो मोहवाट मुक्त हुन नसकिरहेको यथार्थ पनि हाम्रो सामू छ। चौबिसै घण्टा जागा रहने अमेरिकी रुटिन लाइफबाट दिक्क लाग्दा नेपाली लाइफको कल्पना मात्रले पनि हामीलाई आनन्दित पारिरहेको हुन्छ। कामको फरक समयतालिकाले गर्दा आफ्नै परिवारका सदस्यसँग हप्तामा एकचोटी भेट हुन मुश्किल पर्ने तितो यथार्थ हामी अमेरिकामा बस्ने नेपालीहरूको छ। कुनैबेला आफु फुर्सदमा भएपनि आफ्ना र आफ्ना मन मिल्ने साथी सगँतीहरू व्यस्त भइरहँदा एक्लोपनले हामीलाई घोरिरहेको हुन्छ। राम्रो लाग्नु, मिठो खानुको साथै धेरैथोरै बैक ब्यालेन्स गर्न सकिए पनि हामीबीच एक किसिमको असन्तोष छाईनै रहेको हुन्छ। हामी आफै भन्छौं यहाँ सुविधा छ तर सुख छैन। पैसा छ तर सन्तोष छैन।

अरु चिजको त कुरै छान्छौं, मलाई त यहाँ खुला हावामा अघाउन्जेल बस्ने रहर मात्रैले पनि देश सम्भाउँछ, हरिया

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घाममा बसि साँधेको अमिलो खाएको, चिया पिउँदै पत्रिका पढेको, चउरमा बसी बढ्दम खाएको, आफ्नै बारी बगैँचा घुमेको, परिवारसँग घण्टौं घण्टा गफ गरी बसेको,

साथीहरूसँग बिताएका ती रमाईला र फुर्सदिला दिनहरुको झलझली सम्झना आउँछ,, त्यो सम्झनाले खुब सताउँछ । लाग्छ, नेपालमा त्यतिबेला समय हाम्रो बशमा थियो अहिले अमेरिकामा समयले हामीलाई बन्दी बनाएको छ ।

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## Choosing Professional Career: SPORTS vs ACADEMIC

Uttam Gyawali<sup>1</sup>, Sanhuv Joshi<sup>\*\*</sup>, Udaya Gyawali<sup>1</sup> and  
Kavin Nepal<sup>2</sup> Houston, Texas, <sup>\*\*</sup>Moore, Oklahoma



Most parents prefer their children to select a career in the academic field. Most children of this era, however, want to have their own choices and most object to the idea of working in the academic field. Most kids prefer to be in the sports career to be famous and to do what they want. For us kids, we do not want to shatter our parents' expectations and dreams, but at the same time, we do not want to shatter our dreams either. Today, we are going to say something powerful it might change the WORLD – or at least our Nepalese community!

The sports field is equally as challenging and competitive as the academic field. From stereotyping, people tend to believe that the sports field only requires physical challenges. Certainly, sports careers act on a person physically; however this fact is not a negative and it is not necessarily entirely true. Athletics makes you stronger, and it builds more confidence in yourself. Also, exercise makes your heart healthier. Alongside all these

benefits, it makes your brain sharper and think better as well. Sports actually require a lot of strategy and thought, and so a lot of brain power. So, sports careers can be taken into serious consideration for your children's futures.

Children should have their options open for whichever job they want to do. Parents should encourage their children to do what they want even if it is in the sports or careers rather than in the academics. Parents tend to decide that their children should become doctors, lawyers, engineers, businessmen, and other such jobs. The academic field is not bad at all. Some kids actually choose these careers, and we encourage those friends! On the other hand, as mentioned before, if your children do not want to do what you want them to do, do not oppose their ideas. Someday you will realize that your children will build great work ethic and other such skills because they really enjoy what they themselves chose to do. These kids

who chase their dreams will most likely never give up and succeed in that job. At the most, parents should allow them to succeed on what they want to succeed on, not force them to do another job that they might not enjoy. Forcing your children toward your job choice will more likely stress them out and contribute toward their bad attitudes in school.

So overall, our conclusion about sports and academics is neutral. They both teach you something amazing and interesting. Sports and academics both teach you to use your mind, body, health, and to become a team player. Our other conclusion: parents you should let your children do what they want even if you don't like their choice. Either if it's a basketball player or it could be an academic job like a doctor or an engineer. Parents, just support your child and tell them to make the right decision. Thank you.

[\*Authors in order of contribution to the article; <sup>1</sup>Grade 5, <sup>2</sup>Grade 1.]

Minor Edition: Ritu Gyawali

# Breath Taking HOUSE

- Rachna Rauniar



I always dreamt of having my own house. A house so grandeur that would make Taj Mahal look like a shed, royal pillars stronger than that of Pantheon, beautifully carved stairs made of glass that even Romans haven't thought about, glowing color so white that would dazzle anyone's eyesight, probably the ninth wonder of the world.

Around 5 months back, when I ventured onto my quest for this majestic house, every night in my dreams I saw this beautiful white color house just the kind I described above, my dream home..... I myself was surprised at my dreams and imagination. Nevertheless I kept having the same image of the house every night I went to sleep. But don't they say, "Shoot for the moon. Even if you miss, you'll land among the stars". I always think you should live in a house that takes your breath away.

One fine day as I was driving to work when my phone rang..It wasn't a call but a text from my realtor. It read - I have something to show you that will throw you out in the air with happiness. It's not that I had told my realtor about my so called dream house but somehow I got the feeling

that finally I will be seeing the same house that I have been seeing whenever I close my eyes, in my imagination and in my dreams. I was excited and happy .

I had to go to work but I was desperate to see the house. I thought few minutes here and there won't make much difference. I never use cell phones when I drive but that day was different. That day there was a strong urge to text back to my realtor. So I picked up my phone, saw the text and hit the reply button and started texting "can you arrange me to see that house right now"? As I was texting, my car moved from my lane to the upcoming traffic lane. All I remember is the sound of a big crash and a flash of light and a running engine.

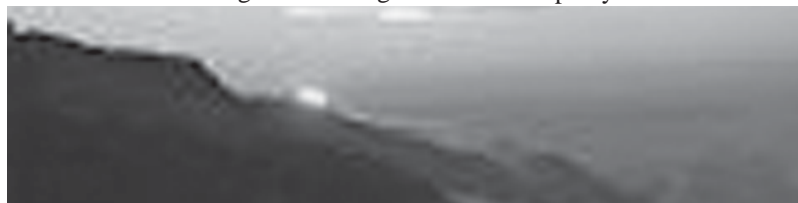
When I opened my eyes I was happy to see everything was fine and I was not hurt. And what a surprise, I was standing just outside my dream house. Yes the same house making Taj Mahal look like a shed, with big royal pillars, beautifully carved huge stairs made of glass, glowing color so white that would dazzle anyone's eyesight, probably the ninth wonder of the world. The house looked so out of this world. I was pretty sure no one in the

whole city or perhaps the whole world had such a house. An absolute bliss to look at. I already felt myself to be the proud owner of this grand house.

I was so happy to see my dream house that I didn't think much about my recent memory laps. My realtor, late as usual, was nowhere to be seen, I thought as I have to go back to work I will check the house myself. After all, this is the place I will be living all my life now. I climbed the stairs, reached near the door, read the name plaque; it said WELCOME TO HEAVEN, YOU WILL ALWAYS BE LOVED HERE.

It didn't take me much time to realize my situation and where I actually was and why was I seeing this exact house every night. You might say I was having premonition of my own death but actually I was really seeing the house that I had to live in. The house that even the Romans hadn't thought of, the house that no one had in the entire city, the house that threw me in the air and took my breath away and of course the ninth wonder but NOT of the world

One thing that still bothers me is did I text while driving because I had to meet my dream house or did I meet my dream house because I was texting. Anyways looking at the brighter side, I'm living in the house that took my breath away.



# Off-grid rural electrification in NEPAL: A GLIMPSE



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PhD Researcher

Energy and Climate Studies,  
Royal Institute of  
Technology, KTH. Sweden.

Access to electricity has been recognized as an important element for the rural development in many developing countries. As per International Energy Agency (world energy outlook report-2010) about 44% of the total population of Nepal has access to electricity covering 90% of the urban areas and 34% of the rural areas. This is a relatively better access rate than compared to the African countries with similar per capita income. Figure 1 shows the rate of electrification in different least developing countries (LDCs) with respect to the per capita income in 2008/2009. The electrification rate of Nepal is relatively better than in most of the LDCs with similar or slightly higher per capita incomes. The figure also indicates that electrification does not come automatically as a result of higher per capita income. The existing electrification policies and programs, and the institutional framework also have a great influence over the electrification market growth rate of a country.

Both on-grid and off-grid solutions for rural electrification are promoted by government policies in Nepal. Off-grid electrification is promoted by Alternative Energy Promotion Centre (AEP), the government body formed to promote alternative energy technologies. Among the various technologies, micro hydro and solar photo voltaic technologies

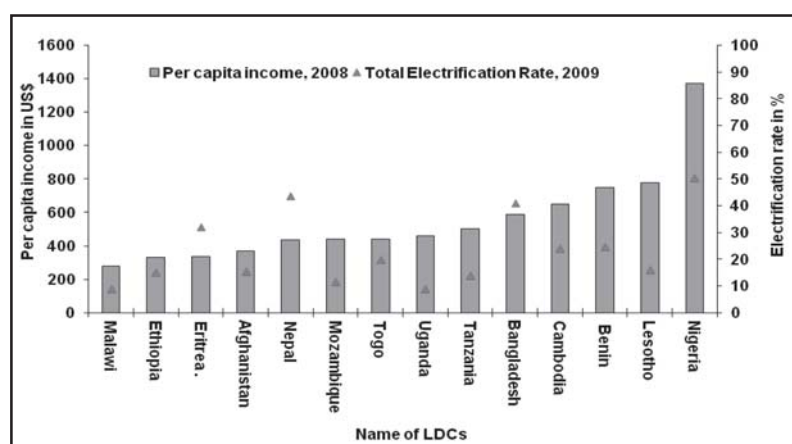


Figure 1. Per capita income and electrification rates in LDCs for year 2008/2009.  
Source: IEA, 2008; World Bank, 2010

are the current choices in Nepal due to the provision of government subsidy under two major programs: Renewable Energy for Rural Livelihood (RERL) previously known as Rural Energy Development Programme (REDP), and Energy Sector Assistance Programme (ESAP). RERL is supported by UNDP and World Bank whereas ESAP is supported by DANIDA and NORAD.

On-grid electrification is developed by Nepal Electricity Authority (NEA), the national utility accountable for generation, transmission and distribution of electricity. Community Rural Electrification Department (CRED) has been established under NEA to perform community based rural electrification. Moreover, some independent power-producers (IPPs)

are also involved in power generation and the power generated by these IPPs is sold to NEA. The major part of the power generation is from hydropower (2765 GWh) and a very little part (9 GWh) is from thermal plant using fossil fuel. There is also a huge part of electricity (about 356 GWh) being imported from India. Due to the insufficient power generation, Nepal has not been able to meet the growing electricity demand in the country, and load shedding of more than 14 hours a day has been practiced. The grid line only reaches a limited number of urban areas and some more accessible village development committees (VDCs). In fact, out of 3,915 VDCs in Nepal, only 2,100 VDCs are connected to the national grid. The contribution of off-grid electricity (micro hydro and solar PV) is small but has

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increased significantly in the last ten years, and has been instrumental in increasing electricity access in rural areas. The tendency is for increasing importance for the off-grid technologies as electrification reaches poorer areas and geographically more isolated populations.

The government of Nepal has given a high priority to rural electrification. Since 1998, the pace of electrification has increased significantly along with the introduction of specific support institutions, programs and policies. Market-oriented policies on renewable based off-grid technologies have been used as a mechanism to promote rural electrification in Nepal. As a result, the renewable energy (RE) based rural electrification market is expanding. Entrepreneurial forces in the country have been triggered by these energy policies. Along with increased market size, the number of installation/manufacturing companies and NGOs working in the RE sector has been more than doubled within last few years, and they are quite diversified.

The consumers of rural electrification are the poor residents of remote rural areas. These people occupy the larger bottom section of the economic pyramid and are economically vulnerable. Usually, people living in urban areas, where the grid exists, only pay for the connection charge and the monthly fee which depends on their electricity consumption. People living in rural areas often have to buy and own (either individually or jointly) the electrification equipment if they want to have electricity. Therefore, most of these people cannot afford electricity if they have to bear the full costs. The financial

gap between the cost of rural electrification and its affordability by the rural people is very high. Therefore, a funding mix is often needed to cover the cost of rural electrification which is normally composed of community equity or private developer investment, government subsidies and credit from a financing institution.

Equity has become more important in the total funding mix while loans decreased substantially in the recent years. Subsidies have been used to improve affordability and facilitate energy access. This provides a positive indication that private resources (local equity share) are available and can support rural electrification. Remittances could also be playing an important role in the electrification process, in that case, the global financial crisis could slow down the pace of rural electrification in Nepal. At the same time, the low importance of loans in the total funding mix is also a further indication that funding remains a major challenge if electrification is to reach a larger proportion of the rural poor. The easy access to credit is necessary for the sustainable growth of the rural electrification sector. Therefore, difficulties in getting access to credit should be considered as a threshold that needs to be seriously addressed for speedy rural electrification. The cost of the technologies (considering its levelized cost) and subsidy supports for off-grid rural electrification in Nepal are summarized in Table 1.

Cost and Subsidy per kWh for various off-grid technologies in Nepal  
Technologies  
LCOE in USD/kWh  
Subsidy in USD

Subsidy in USD/kWh	
Subsidy support in percentage	
SHS (40 Wp)	0.604
83 per system	0.147
0.24	
Micro Hydro (25 kW)	0.280
1736 per kW (Max)	0.032
0.11	

Source: AEPC, 2009; Mainali and Silveira, 2011.

This indicates that subsidy support in the solar home system is relatively higher compared to micro hydro technologies. Solar home system has been instrumental in expansion of the rural electrification in the rural remote areas. The expansion of electrification can be understood in different ways when it comes to the increase in electricity coverage. Basically, the expansion can result an increase in the number of households served with electricity within electrified communities or densification of electricity provision at the community level which is physical or geographical expansion of electricity coverage reaching communities that were not previously electrified. Off-grid rural electrification in general, and as mentioned above solar home systems in particular, helped to overcome some of the economic constraints of extending long transmission lines, related to grid extension, thus speeding up the electrification process. This acted as a breakthrough, needed to achieve higher electrification coverage in terms of covering different remote locations in the recent years. However, the distribution has become even more uneven in these electrified villages compared to 1991 (before introduction of solar home system in Nepal). This indicates that the existing markets have only been able to attract the better-off section of the rural community, providing opportunities

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only in areas where there were low hanging fruits. There is a real challenge ahead concerning the expansion of electrification to cover all the rural poor.

Currently, access to credit for rural electrification is mainly concentrated within two state owned banks (Agricultural Development Bank and Nepal Commercial Bank) having extensive networks throughout the country, which implies easy access to consumers. However, the experiences of these banks with regard to loan recovery and nonperforming assets are not so encouraging. Therefore, closer attention is deemed necessary to the financing of renewable energy. Private credit institutions and local NGOs could also play a role in

diversifying credit and increasing the efficiency of lending and debt recovery. A credit guarantee scheme, which provides guarantees to bankers against the loans taken by consumers, could help attract the interest of such institutions. To minimize investment risk and increase investment recovery in rural areas, the credit operations of large financing institutions could be tied up with local credit institutions. Increasing the efficiency of lending is essential before further resources can be allocated effectively, in order to help accelerate the electrification process. Vigorous funding mechanisms could further support acceleration in the rural electrification process in Nepal. Therefore, in the long run, government agencies and technical

assistance from donors should focus on strengthening the credit opportunities for renewable energy at the local level. Furthermore, cumbersome subsidy delivery mechanisms are identified as another significant factor affecting the expansion of the renewable energy market. A decentralized and more efficient subsidy delivery process could improve access to subsidies, ultimately helping to intensify the electrification process.

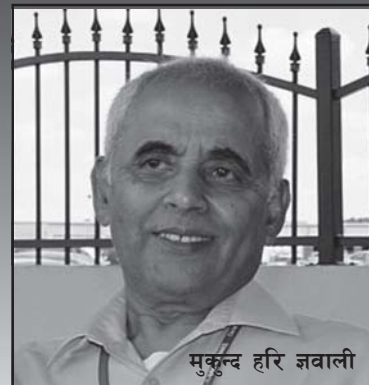
(This article is based on a research carried out at Energy and Climate Studies, Royal Institute of Technology, KTH under "Energy Access" theme. For any further detail contact author at: [brijesh.mainali@energy.kth.se](mailto:brijesh.mainali@energy.kth.se) )



## Community Contributor

विगत १२ वर्षदेखि टेक्सासको ह्युस्टनमा सपरिवार बस्दै आउनुभएका मुकुन्द हरि जवाली लामो समय देखि समाजसेवामा अग्रसर रही आउनुभएको छ । विक्रम सम्वत १९९८ मा गुल्मी जिल्लाको लिम्घा गाबिस वडा नं ९ मा जन्मिनु भएका ७१ बर्षिय जवालीले प्रारम्भिक शिक्षा आफ्ना पिताबाट प्राप्त गर्नु भई बनारस संस्कृत विश्वविद्यालयबाट स्नातक र त्रि.वि.वि.बाट स्नातकोत्तर शिक्षा पुरा गर्नुभयो । वहांले आफ्नो अध्ययनकालमै निम्नमाध्यमिक तथा माध्यमिक विद्यालयमा दुई तीन वर्षको लागि

अध्यापनको काम गर्नु भएको थियो । केहि समय पछि २०२८ सालमा शाखा अधिकृत स्तरको सरकारी जागिरमा प्रवेश गरी नेपालका विभिन्न जिल्लामा सेवागरी, २०३२ सालमा सो पदबाट स्वेच्छाले राजीनामा गरी ब्रिटिश गोर्खा सैनिक सेवामा भर्ना भई श्री बटालियनका साथमा हंगकंग, ब्रुनेई, सिंगापुर मलेशिया, बेलायत, फोकलैंड टापू आदि देशहरूमा जागिरको सिलसिलामा घुम्नु भयो । विदेशमा एकलै बस्दा, खासगरी बेलायतमा बस्दा, आफ्नो एकलोपनालाई बिसन्ने हेतुले वहांले लेखन सुरु गर्नु भयो । फलस्वरूप “प्रतीक्षा” नामको



उपन्यास, “मेरो देश नेपाल” नामक कविता संग्रह र “हिन्दु संस्कृतिको सामान्य व्यावहारिक ज्ञान” नामक पुस्तकहरू प्रकाशित छन् । जवालीले ह्युस्टनको नेपालीज असोशियसन अफ ह्युस्टन (एन.ए.एच) को आपतकालीन कोषको स्थापना गर्नुमा महत्वपूर्ण सहयोग गर्नु भएको थियो । वहांले यस संस्थालाई सल्लाहकारका रूपमा योगदान पुर्याउदै आउनुभएको छ ।



## **Akleesh Katel**

(1986 – 2012)

### *In the loving memory of our friend and community leader*

*She was a beautiful spirit, she was kind, compassionate, and she never yelled or shouted.*

*The universe is lesser for her loss, but this is nature.*

*Although things may happen when we don't want it to, that's the world for you.*

*She will be in a better place now, people who knew her would cherish moments with her.*

*Smiling was second nature to her, every time she entered the room, it was as if the room lit up.*

*Her bright spirit and loving heart deserves more than even heaven.*

*As she looks down on us from above, we know she is smiling.*

*As time goes on, this is a soul that cannot be forgotten.*

*When I first heard she passed away, my thoughts were that this had to be a joke.*

*I expected her to come to my house that day, for that day, was her own birthday.*

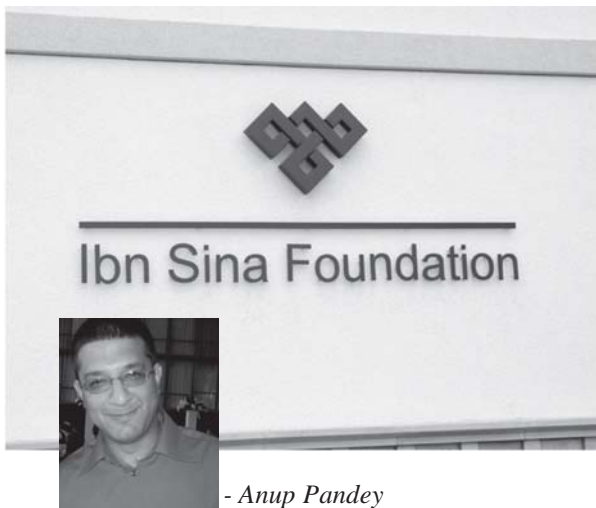
*She had died on her very own birthday.*

*As time went on, the realization hit me, the beautiful, loving spirit I once knew was no more.*

*Yet she still leaves a radiant glow in my heart, in all of our hearts. Let this soul rest in peace.*



**Shreyas Karki (Age 11),  
Houston - TX**



- Anup Pandey



## Community Health Center Highlight

We all know the importance of maintaining good health throughout our lives. To say the least, however, healthcare in the United States is very expensive in general. Even many of us with insurance skip important routine checkups as well as treatment to diagnosed conditions due to this very unfortunate fact. Furthermore, we may be experiencing some symptoms yet are reluctant to see a doctor fearing potentially high treatment costs. Many of us who work during normal business hours may also have difficulty making appointments as most of the doctors are not available during weekends and evenings. Most of all, there are many of us with limited income and/or no health insurance at all. However, thanks to Ibn Sina Foundation, such factors should not stop us from seeking medical care.

Ibn Sina Foundation currently operates several medical and dental facilities in different parts of Houston in addition to one in Port Arthur. Qualifying individuals and families are eligible to enroll in various programs that are offered at very affordable prices if not for free. Also one can receive medical

consultation for \$25, and dental exam and x-ray for \$40. These services are available not only during normal business hours but also in weekends and evenings. Furthermore, such services are provided by experienced physicians and specialists.

The next few paragraphs, as cited from the foundation's website, describe the programs currently available.

### 1. Healthy Kids Program:

This program provides free medical and dental services to individuals under the age of 21 who fall within 185% of the federal poverty income level and have no Medicaid, CHIP, or other health insurance coverage. Ibn Sina is a medical home for thousands of uninsured and low-income children, who do not qualify in any other public health insurance programs. Ibn Sina clinics have seen visits by more than 10,000 children with primary care problems in the last three years. For children with no other avenue to obtain quality health services, the Healthy Kids Program is an excellent resource to health care services and medical homes.

### 2. Primary Health Care Program:

Ibn Sina Community Medical Center in collaboration with the Department of State Health Services offers primary care services for adults aged 19 and over. Families with incomes below 150% of the federal poverty level receive free primary care services.

### 3. Health Care Discount Program:

Ibn Sina Community Medical Centers offer an innovative and affordable healthcare plan to individuals, families, employers, and their employees. This is not an insurance plan, but rather a plan made possible due to the foundation's membership to highly discounted medical services programs. In this program, an employer pays \$150 per year per employee, in exchange to doctor's visits, lab work, EKG, X-rays, diagnostics, specialty, and treatment services at deeply discounted rates. This program's objectives are to screen and identify high risk individuals with cardiovascular diseases. This health foundation's hope is to help eliminate or significantly reduce these and other health issues in the local communities.



#### 4. Diabetes Prevention and Control Program:

The South Asian community has a high prevalence of diabetes. The impact for this group is seven times higher than the white population in our service area. The causes are genetic, lack of physical activity, diet, and stress. A diabetic person can enjoy a healthy life with timely diagnosis and proper management. Failure to properly manage diabetics can result into serious conditions such as heart disease, leg amputation, kidney failure, blindness, and stroke.

Ibn Sina's diabetes prevention and control program's goals are to:

- Identify those with high risk for developing diabetes, and to provide education and promote behavioral changes to prevent complications.
- Maximize timely diagnosis of those with diabetes, and provide education and support to help these patients manage their conditions.
- Educate health care providers to promote quality diabetes care in the community.

#### 5. Cardiovascular Screening Program:

Special laboratory tests commonly known as "low cost Lab Package" are offered to all community members to screen for cardiovascular diseases and diabetes mellitus.

#### 6. Cancer Prevention Program:

In collaboration with "The Rose Breast," Ibn Sina provides free mammograms to low income, indigent women.

7. Community Outreach Program: Community health outreach workers arrange free health fare; galas;

seminars; and outreach education campaigns; in local churches, schools, and community-based organizations

Many of us also have parents or other relatives from Nepal or elsewhere visiting often for an extended period. A lot of us may be worried about the outrageously high expenses should they require any kind of medical care. Ibn Sina Foundation can be the answer if such a situation occurs.

For more information about the organization, please visit <http://ibnsinafoundation.org/>. Many of our fellow Nepalis in the Houston

area are not subscribed to this mailing list. Therefore please kindly spread the word about Ibn Sina Foundation to people you know both within and outside the Nepali community.

I would like to thank Mr. Drona Gautam, Dental Manager of Ibn Sina Foundation, for his presentation about the organization in the NAH meeting of October 24, 2011. I would also like to extend my thanks to NAH Secretary Dr. Rupak Rauniar for providing me the opportunity to introduce the organization to our Nepali community and beyond.

I wish you all a very healthy life.

## दुखःद जीवन यात्रा

- निमेश क्षेत्री

नसम्झाउँ ती क्षणहरू, ती एक सपना भैं बनिसके ।  
नकोत्याउँ अतीतका घाउहरू, ती यादैं-यादमा दुबिसके ।  
खप्नु थियो जति दुखः, सबै त्यहिबेला खपिसके ।  
नधकेल मलाई फेरि त्यो भुमरिया म ज्युउँदो लास बनिसके ।

रचेका ती सबै योजना, कल्पना मात्रै भईसके ।  
कोर्नु थियो सुनऔलो जीवन त्यो पनि आशैं-आशमा तूतिसके ।  
केहि गरेर देखाउँने मेरो ती प्रतिबद्धता सबै हराईसके ।  
रहेन आफ्नै जीवन वशमा, भाग्यको खेलमा त्यो पनि फसिसके ।

कठिन छ बाँच्न, धेरै कष्ट मैले भोगिसके ।  
नपाई कसैको माया, घृणाको दृष्टिले म घेरिसके ।  
खोजेको थिए कसैको साथ, तर नशाको लतमा म परिसके ।  
उम्किँउ कसरी यो जालोबाट लड्ने शक्ति मैले गुमाइसके ।

हृदैन किन सोचेजस्तो, क्रोधको आगोमा म जलिसके ।  
कहाँ हराए मेरा ती विश्वास ? शंकाको मुसलोले यो तन बलिसके ।  
गरु के म अब ? भविष्य अन्धकार मैले देखिसके ।  
हूनेछैन केहि मबाट अब, मेरा सारा मनोबल तूतिसके ।

Courtesy Big Mount

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## Student Leadership and Community Engagement- Getting Involved with Nepalese Student Association of Greater Houston

Nepalese diaspora in the greater Houston area is incomplete without discussing the significant presence of Nepalese students. Nepalese students show their presence in most higher education institutions in Houston: Rice University, San Jacinto Community Colleges, Houston Community Colleges, Lone Star Colleges, University of Houston System, Texas A&M, Baylor College of Medicine etc. I am sure the list of educational institution goes on and on. Even though Nepalese students represent a significant population of the Nepalese community, until last year we did not visualize the vibrant presence of them in our community.

Nepalese Students Association of Greater Houston (NSA-GH) under the leadership of Nepalese Association of Houston (NAH) is committed to provide support, mentorship, and guidance to our young leaders. The mission of NSA-GH is to promote communication among Nepalese students in Houston regarding various student related issues, provide advocacy, and provide a platform for Nepalese students, to network and collaborate with various organizations, to enhance student leadership, and community engagement. NSA-GH is sub-committee of NAH.

NSA-GH aims to provide service to all Nepalese students in the greater Houston area regardless of students' affiliation with any education institution, at any education level, or affiliation to any other groups.

Membership as of now is open and free to everyone affiliated. However, please note that individual associations have their own membership and fee requirements including NAH. The vision of NSA-GH is to educate young leaders the obligations and responsibilities of leadership by introducing them to various aspects of leaderships such as scholarship, athletics, campus and community engagement, communication, creative and performing arts. NSA-GH and NAH are making strong effort to reach the young, energetic, and emerging leaders of our community by taking one step at a time. NSA-GH is proud to retrospect to the year 2011. The year has been trademark to both the organizations (NAH and NSA-GH) as student leadership and engagement profoundly increased over the year. Below are flashbacks of events that NSA-GH successful demonstrated in collaboration with its sister associations.

**Nepalese Students Association (NSA) – University of Houston-Clear Lake (UHCL)** was reintroduced in 2009 when seven students realized need for Nepalese Students at UHCL to connect and network with each other and promote Nepali culture by participating in university programs. The purpose of NSA is to enhance communication among Nepalese students at UHCL, assist newly arriving Nepalese students transit easily, and to introduce, promote, and preserve Nepalese culture and traditions through cultural awareness. The vision of NSA is increase partnership with on-campus organization and community organizations to increase network and collaborate in organizing various cultural programs that benefit members of NSA and community. In addition, we hope Nepali students from other colleges and universities will be inspired build a community of



*Adventure through Himalayan movie night at UHCL*

Nepalese heritage in their educational institutions.

NSA has proudly participated, organized, and collaborated in following on-campus and community events.

- Members of NSA volunteered two days at 4<sup>th</sup> NRN Regional Conference held in Houston in 2010
  - Performed 3 different dances during Cultural Extravaganza 2009 at University of Houston-Clear Lake
  - Organized Dashain Nite 2010
  - Set up booth at Global Expo 2009, 2010, and 2011 and Student Org Expo 2011, and Dia de los Muertos 2011
  - Collaborated with American Society of Nepalese Engineers (ASNEng) and Computer Association of Nepal (CAN-USA) in organizing the Joint ASNEng/CAN-USA Conference 2011
  - Collaborated with Nepalese Association of Houston (NAH) in organizing First Nepal Day on May 28, 2011
  - Collaborated with Indian Students Association to organize Dashain and Dandia Nite 2011
  - Collaborated with Blue Gurkha and Communication and Digital Media Association at UHCL to screen movie *Caravan, Adventure through Himalaya*, movie screening on February 24, 2012
  - In addition, NSA has collected can food to donated to Houston Food Bank, organized School Supplies Drive to donate to Sewa Houston in addition to picnics and graduation celebrations
  - Similarly, NSA members have regularly volunteered at UHCL and community events
- Since its re-establishment NSA has secured several awards and recognition for organizing and enthusiastically participating in outstanding programs.

- Best Booth at Student Organization Expo 2012 (SLO)
- Most Spirited Booth at Global Expo 2011 (IISS)
- Best Booth at Global Expo 2010 (IISS)
- Social Service Event of the Year: School Supplies Drive 2010 – 2011 (Student Leadership Banquet)
- Most Educational Booth at Global Expo 2009 (IISS)

There has not been tremendous increase in the number of members but the diversity of membership has definitely increased. Membership to NSA is open to all interested students, faculty, staff and alumni of UHCL and community members. However, non-UHCL members (i.e. community members) should not exceed UHCL members. The membership is open to community too however; we are obligated by the UHCL student organization rule not to exceed members more than UHCL members within NSA. In future, NSA hopes to collaborate with more organizations within community and within UHCL to serve the Nepalese diaspora of the greater Houston. NSA at UHCL would also like to congratulate and welcome our sister organization **Nepalese Student Association of UH Main**. Please free to provide

feedback as well as guidance as we serve our community. We hope to grow and live longer under the leadership and mentorship of Nepalese Association of Houston and University of Houston-Clear Lake. Thank you NAH members for your support and guidance.

**Nepalese Student Association – UH Main** just established this semester is committed to serve Nepalese students in their campus and make the presence Nepalese community in their campus.

**The Blue-Gurkha** established in 2009 is a "professional soccer club" based in Houston. The teamed secured the winner cup in a soccer match organized by Nepalese Association of Houston (NAH) on the observation of Nepal Day 2011. The Blue Gorkha has more than 70 members from all over Houston. The organization also executed Deepawali Blast on October 28, 2011, which was attended by large groups of students and families. If you are interested to learn more about the Blue Gorkha please visit [www.thebluegorkha.com](http://www.thebluegorkha.com) or like their facebook page.

**Lone Star College System** has three colleges and LSC- North Harris Campus is the most popular among



*In picture: Shiva Sedai, Sunil Kutu, Kabin Shahu, Nirdesh Bahadur Koirala, Anil Paudel, Sangharsh Sid, Bijay Raut, Saroj Shrestha, Suraj Awal and Deepak Rayamajhi ( no order)*

Nepalese Students. According to the International Advisor at LSC-North Harris College, there are about 350-400 students. Similarly, Montgomery and Cy-Fair branches have about 100 students in each. LSC-North Harris has a small Nepali Student Organization, which is not that active. However, the organization was able to organize Cultural Program and Concert on September 13, 2009 where great artists Meera Rana, Deepak Bajracharya, Phiroj Syanden (1974 ad), Girish Khatiwada, Bijay Adhikari, Gorkhali G (Girish), and Bilol Pokheral from Nepal, Dallas and Houston performed at the event. The performance rocked the Performing Arts Theatre at LSC-North Harris College. Nepali community from Houston and its neighboring cities were thrilled by the event put by the Nepali Student Association at LSC-North Harris. To watch glimpses from the event go to website <http://vimeo.com/6634299> (a courtesy by Rajen Odarei). We hope such event will be organized again and again in coming years.

Student leadership and involvement is integral part of education in the United States. One needs to realize the importance of involvement in student organizations when you apply for scholarships or jobs. Involvement in organizations does not only look good on resume, experience gained from these involvements will develop leadership and interpersonal skills. Especially for those of us who studied in Nepal, we do not have any knowledge on student life and activities on-campus. In addition, getting involved in student activities and community events means broadening your horizon of networks, introducing yourself to diverse groups of people, understanding and acknowledging American and group work ethics, and the most important creating a

qualitative and outstanding resume. In the United States reference is the most important aspect of career by networking you will be able to build relationship with people who can write to personal and quality recommendation letter or serve as reference for you. So, we personally urge all students to actively get involved on-campus or community events. Many of you may not have realized that we pay certain portion of fees for students' services and make sure to utilize all the services you have paid for by involving in extra curriculum activities.

NAH and NSA-GH makes synergic cooperation to advocate and support student engagement not only for individual's advancement but also for community's advancement. In future NSA-GH hopes to organize student conference and career panel that benefit students from any background at undergraduate and graduate level. If you have any idea feel free to email me at [prashanti\\_pandit@hotmail.com](mailto:prashanti_pandit@hotmail.com) or NAH Executive at [nahexecutive@googlegroups.com](mailto:nahexecutive@googlegroups.com).

Website and Facebook Info: Most of these organizations have very active facebook pages. Be sure to like the pages to be informed and updated about events on both campuses as well as communities.

NSA-GH: <http://www.facebook.com/pages/Nepalese-Students-Association-of-Greater-Houston/167311453319874>

NSA-USA: <http://www.facebook.com/pages/Nepalese-Student-Association-USA/300815599945288>

NSA-UHCL: [www.nsauhcl.org](http://www.nsauhcl.org), <http://www.facebook.com/pages/Nepalese-Students-Association-University-of-Houston-Clear-Lake/150165125012353>

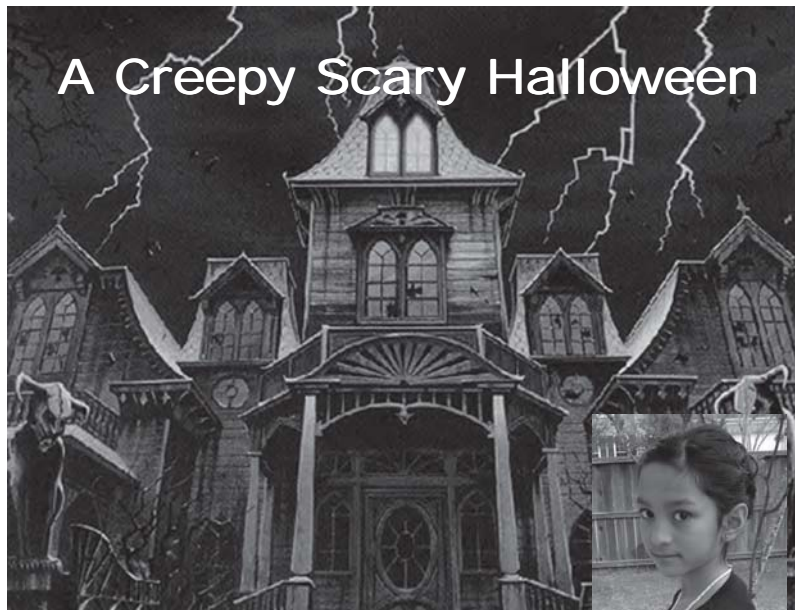
NSA-UH Main: <http://www.facebook.com/pages/Nepalese-Student-Association-UH-Main-Campus/184227585018688>

The Blue Gorkha: [www.thebluegorkha.com](http://www.thebluegorkha.com) <http://www.facebook.com/groups/113231478758540/>

Contribution to the article: Prashanti Pandit, Shiva Sedai, Anup Pandey, and Swasti Gywali.







One night, But not a regular night. A Halloween night, I was trick or treating with my friends, Aashvi, Amaani and Erica. We went for trick or treat for an hour or so. It was so much fun ! When we were going to a house, we saw a ghost. First we thought we were dreaming but then we pinched ourselves. We still saw the ghost. We told our parents and showed it to them but by that time, the ghost had vanished.

Smart ghost!! we thought.

It must have a large brain.

Our parents said we must be kidding but we were not!. At first we thought of the same too. All they said was to go to the next house. We again saw the ghost sticking his tongue at us. It seems now the ghost is spying on us. That night me and my friends, Aashvi and Amaani had a sleepover at my house!! While we were watching TV at night, we heard a strange noise...

Creek!! Creek!!!!

"What is that noise ??? At this time of 11:00 at night?"

**Lisha Shrestha**  
3rd grade

"Who is trick or treating at this middle of the night?"

We all thought and wondered!! But it was not somebody. It was the same ghost!!!

"What do you want from us?" We said in a shivering voice.

I need friends! he said.

"Why us?"

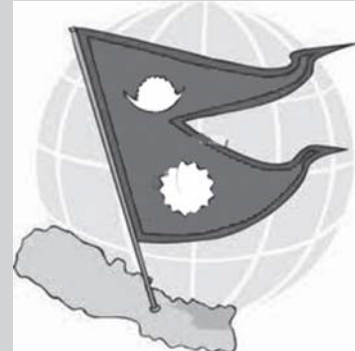
"Because you are the only kids in the neighborhood"

"If adults see me they will call a police" he said.

That was true. They do have a way of explaining things differently. So we agreed to be friends too. But not for ever.

The next day he invited us to help him with his meal. So while we were cooking, he ate all of us, one by one. When I woke up, I was scared and sweating all over !!, But I was happy that it was just a bad! bad !! dream !!!

## नेपाल आमा



माथी छ हिमाल  
बिचमा छ पहाड, तल छ तराई  
राम्रो लाग्छ यो देश मेरो  
नेपाल मलाई

लेखसाइड भएको यो देश मेरो  
पोखरा पश्चिममा  
बिचमा ठमेल, काठमाडौंको  
भ्रमेल दक्षिणमा

नेपाल हाम्रो, नेपाल राम्रो  
शान्तीको क्षेत्र हो  
कुन आँखा लाग्यो, नेपाल  
आमालाई  
कुन पो काल हो

उतै छिन् आमा, उतै छिन् बाबु  
उतै छिन् परिवार  
शान्ती देउन, बिन्ती

हे नेपाली सरकार ।

- कुल कान्छा

*Happy Vijaya Dashami  
&  
Deepawali*

*to all nepalese in houston*



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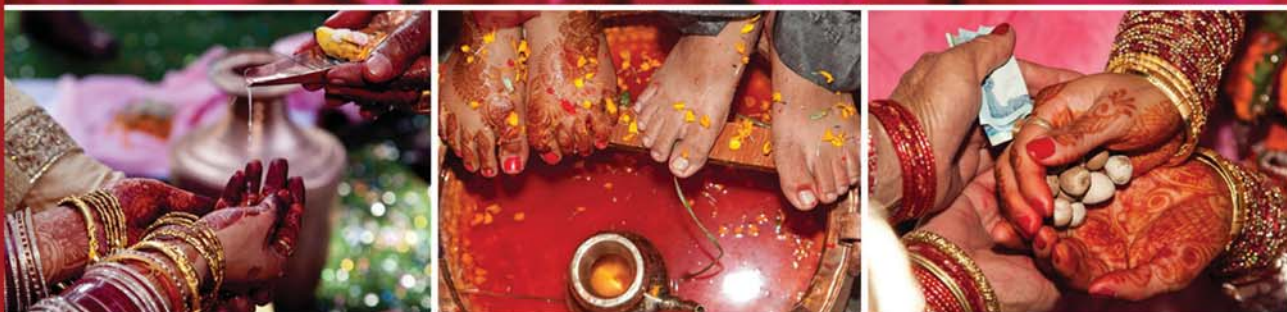
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# Accomplishments and Milestones of NAH

It gives me a great pleasure to congratulate our Houston based Nepali community members for their support that NAH has received which has helped in strengthening our Nepali society during the time of needs and celebration of great identity, heritage, and culture. As a community we are much united and stronger now than ever because of the collective experiences we had in being part of various activities and events organized and led by NAH. As friends and family, we came together and lived these moments.

In addition to the NAH regular monthly meeting, here are the highlights of some important moments and accomplishment of NAH in past two years:

DATE	ACTIVITIES
Oct-10	Madhukar Amatya announced as the new President of NAH during annual Dashain Celebration Party
Oct-10	New executive committee of NAH formed
Nov-10	Collected school supplies and raised financial donation to support Belinda and Greg Swank school improvement project in Nepal
Dec-10	Arranged funeral and final rites, donation drive and other logistics arrangements for Late Deepak Dahal
Dec-10	Organized Annual NAH family picnic and celebrated Devkota Jayanti at Hermann Park
Dec-10	Contributed and supported Manish Pradhan for his charity work with Lamjung Medical and Dental Camp 2010
Feb-11	Organized "Watch Super Bowl 2011-Nepali Way"
Mar-11	Organized panel discussion on "Challenged and Opportunities of being a Nepali Entrepreneur in Houston"
Apr-11	Nepal New Year 2068 Celebration
Apr-11	Represented Nepal at World Cultures Summit 2011 organized by World Council Affairs-Houston
May-11	Arranged funeral and final rites, donation drive and other logistics arrangements for Late Manoj Shrestha
May-11	First Houston Soccer Tournament
May-11	First Nepal Day Celebration at University of Houston-Clear Lake with Children Art Competition and Cultural Program

Jul-11	Financial support and involvement with the ASNEng/CAN-USA in organizing Annual Conference held at University of Houston-Clear Lake
Aug-11	Annual Teej Festival celebration
Sep-11	Meet and greet program of Darshan Rauniyar
Oct-11	Bada Dashain 2068 Celebration (Children kite competition, culture program, and DJ night)
Oct-11	Organized talk program of Drona Gautam from Ibn Sina Foundation on “Community Health Service Facilities for Low Income Family”
Nov-11	Organized a day-long workshop with Nichal Panthi and Sailesh Sigdel on “Photography using Digital SLR Camera”
Dec-11	Provided Financial and non-financial support to Belinda Swank and Greg Swank of Water from Heaven and Manish Pradhan for their School Improvement Project in Kathmandu, Nepal
Jan-12	Organized Nepali feature film “Khagras” in collaboration with Madhav Ghimire
Apr-12	Joint Nepal New Year 2069 and Second Nepal Day Celebration
May-12	2012 NAH Election process Initiated
Jun-12	Assisted and worked with 2012 ANA Convention-Dallas team, Houston represented in Literary, Arts, Soccer, Cricket, and Basketball during the convention

During all this time, NAH has worked with various organizations to make the above and other non-NAH events a success. We would like to recognize the following organizations and their officials, without whose support, well-wishes, and contributions, we would not have been as successful in serving our community.

- 1. Shri Pashupatinath Temple of Houston Committee**
- 2. International Nepali Literary Society (INLS)- Houston Chapter**
- 3. Nepalese Student Association of Greater Houston (NSA-GH)**
- 4. Houston Nepali Soccer Team Association**
- 5. Nepalese Basketball Association of Houston**
- 6. InStyle Nepal**
- 7. The Big Mount Group**
- 8. Waters from Heaven**

NAH strives to serve the social, cultural, communal and intellectual needs of the Nepalese residing in the Houston area. NAH counts on the support it receives from its members. Let us take pride in who we are. NAH belongs to all of us collectively.

- Rupak Rauniyar  
General Secretary  
July, 2012



## NEPALESE ASSOCIATION OF HOUSTON (NAH)

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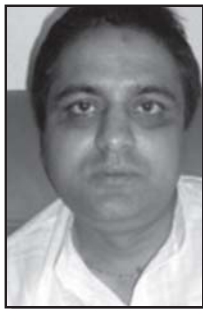


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# Who's Who

*Bachcha Tiwari, from Simra 8, Sarlahi, Nepal came to Houston as a permanent resident in 2008. He graduated from University of Peshawar, Pakistan and achieved a Bachelor degree of science in Forestry. He is currently in Life insurance business as a licensed life insurance agent in New York Life Insurance Company. He has over 14 years experience in life insurance business. He has also worked as a successful forest*

*research officer in the department of Forest Research and Survey in Kathmandu Nepal. He also has 10 years prior experience as a contractor. He is a member of MDRT (Million Dollar Round Table) in USA.*

*Bachcha is married to Madhu Tiwari and has a son and daughter, Nikhil and Ruchi. In his rare free time he likes to be with his family and friends. He enjoys engaging in*



**Bachcha Tiwari**

*social and community services/ activities and helping friends & community associations. He is multi-lingual: Nepali, Hindi, Urdu, Maithili and English.*





# NAH Activities Glimpse

## FOOTBALL TOURNAMENT



## NEW YEAR 2069 B.S. AND NEPAL DAY CELEBRATION





# VIJAYA DASHAMI/ TEEJ CELEBRATION & PASHUPATINATH TEMPLE HOUSTON





## INVOLVEMENT WITH OTHER ORGANIZATIONS



## MEETINGS/TALK PROGRAMS & PICNIC







# FLY

## ON TIME

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• Bhadrapur: 023-455232 • Biratnagar: 021-536612 • Tumlingtar: 029-575120 • Janakpur: 041-520047 • Bharatpur: 056-523136 • Pokhara: 061-464888 • Bhairahawa: 071-527527 • Nepalgunj: 081-526556 • Dhangadi: 091-520004



## Need a Little kick for your taste buds? A TOUR OF INDIAN/NEPALESE CUISINE IN HOUSTON.

By late Akleesh Katel

So are we up for some Nepalese food in Houston? If that's what you have planned, you are in luck. Unlike many other big cities in the US, Houston is blessed to have some good Nepalese restaurant to serve your palate.

### **Aashiana Indian Restaurant**

As soon as you walk in, you will notice the nicely decorated dining area with white table linens and chair covers, sharply dressed servers, the soothing melodies and needless to mention the smell of the authentic aromatic Indian spices that sure is going to make your mouth water.

The bowed-tied staffs are polite, attentive and speedy; never will your water glasses go empty. The menu reflects the authentic Indian/Nepalese cuisine. The vast choices of mouth-watering appetizers such as onion bhaji, Gourmet Kababs served with various chutneys will instantly awaken your taste buds. If you are like me who cannot handle the spicy food, you can request to make it much milder to your taste. For main course meal, there is ample vegetarian and non-vegetarian choices to appease your palate. With such a variety of choices, I had a difficult time picking the one I wanted to order and with the help of the server's advice I ordered

Chicken tikka masala and palak paneer. Both orders came with Pulao, Naan and Salad. The right amount of creaminess in Chicken tikka masala, perfect blend of spices in palak paneer, the rich aroma of basmati rice, the perfectly puffed naan and the layers of flavors in each dish made this choice a sure "must-order" for me for everytime I visit Aashiana. Fully satiated by now, I could find only room for one dessert among ten that were listed on the menu. I tried Ras Malai, a soft homemade cheese in a saffron creamy sauce, which was a heaven for my sweet tooth.

There is also wide selection of wine to accompany any meal from lamb chops to salmon patties, and also beer including Indian beer, Kingfisher. Aashiana also serves lunch buffet offering generous selections of lamb, chicken, seafood and vegetarian options. Lunch buffet is from 11:00 am to 2:00 Pm; weekend brunch is from 11:30am-2:30pm and costs \$13.95/person. Entrees range from \$12- \$26 and soup/salad, appetizers, and desserts range from \$ 4- \$12.

Aashiana also provides banquet and catering service. Aashiana has been voted "Top choice for Indian food" by the 2004 Zagat survey. It is







known for its romantic and cozy ambience and its exotic flavorful dishes.

**Contact information:**

Aashiana Indian Restaurant  
12610 Briar Forest Road  
Houston, TX 77077  
Phone: 281-679-5555

**Tandoori Garden-  
Indian and Nepali Cuisine**



for Appetizers are \$ 5.00, entrees range from \$10-\$15, and desserts are around \$3.00.

This place is ideally located on Fry Rd in Katy area. The cozy home-like atmosphere, warm greetings from owners, authentic and delicious food, and extremely fair prices are few reasons why Tandoori Garden is on my "go-on-the-fly" restaurants. Whether you are in mood for some Indian taste or authentic Nepali taste, this place has it all covered. Choela (Herb-marinated chicken) that I tried was excellent; was spicy to my taste. Lunch buffet offers an extensive array

of delicious vegetarian and non-vegetarian choices.

The intangible element of being personable is something I find lacking in many restaurants but Tandoori Garden has this all intact along with the reasonable priced menu which will make you want to go for more!!

**Contact information**

Tandoori Garden: Indian & Nepali Cuisine  
2002 Fry Road  
Houston, TX 77084  
(281)579-7778

And now, something for The Northern Houstonians-

The busy commercial area of FM 1960 has been well received for its wide range of sit-down restaurants to authentic Dhabbas (truck-stops), and now Everest Kitchen, a new authentic Nepali restaurant joins this competitive market.

The new management boasts to come back with extensive Nepali and Indian dishes as well as more exotic alcoholic beverages such as Jhyaun-kute (home-brewed alcohol). If you are looking for a place that offers tradition Nepali dishes such as khashi ko andra/bhundi, local kukhura- this place is for you!! If you are like me who could never get enough of Nanglo's chicken chili- then be sure to order chicken chili, which tastes just as good as Nanglo's if not better.

Everest Kitchen is set to open for business starting March 3, 2012. Please be sure to give this place a try and help us spread the word!

**Contact information**

Everest Kitchen-Cuisine of India  
376 FM 1960 RD W  
Houston, TX 77090  
(281-587 0714)

**Cuisine of India- Clearlake**

Phenomenal food, excellent service, a charming elegance are only very few things that comes in mind when speaking of this hidden gem in The Clearlake area.

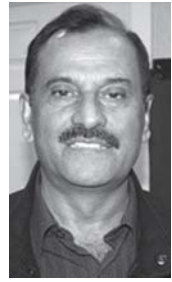
The menu is immensely appealing, and its range is a part of the appeal. The conservative dinner could start a meal with crispy pakoras, delicious parathas or mouth-watering Nepalese chili BBQ chicken. Others might be more enticed by brilliantly composed Momo (steamed dumpling), one of the favorite dishes that originated from the Tibetan Himalayas.

The enticing and affordable menu has only one downside for me in this restaurant and that is- Chronic over-ordering. The entrée line-up (\$9.00-\$18.00) is filled with the usual suspects- pakora, samosa accompanied with aromatic sauces. I come here whenever I miss my mother's food, and this place comes pretty close to my mother's aloo-bodi-taama (black eyed peas), khashi ko maasu (goat meat), and jhaaneko daal (lentil soup). A perfect blend of simplicity with sophistication makes this place a prominent choice for lunch buffet, casual dinner or that night out with your special someone.

**Contact Information:**

**1212 Nasa Pkwy  
Houston, TX 77058  
(281) 333-4343**

# ह्युस्टन नेपाली समाज



— तारा बराल

गएको फेब्रुवरीको अन्तिम साता ह्युस्टनमा आयोजित एउटा कार्यक्रममा डा. नरेश कोइरालाले भने – **यहाँको नेपाली समुदाय साँच्चिकै उदाहरणीय लाग्यो ।**

डा. कोइराला उक्त कार्यक्रममा सहभागी हुन क्यानडाबाट आएका थिए । त्यसो त उनी यात्राबाट थक्यौं, संसारभर घुमिरहेका हुन्छन् । कहिले एनआरएन कार्यक्रममा त कहिले पुस्तकालय अभियानमा । नेपालमा धेरै ठाउँमा उनले पुस्तकालय स्थापना गरेका छन् । स्वदेश तथा विदेशका नेपाली समुदायसँग नजिकबाट चिनिएका छन् । यूरोप, अमेरिका र क्यानडामा च्याउ भैं उम्रिएका बग्रेल्ली संघ संस्थाहरु भेटिरहेका डा.कोइरालाले तेस्रो ठूलो अमेरिकी शहर ह्युस्टनमा भने नेपालीहरु छरपस्टिएर विभिन्न संस्थामा बाँडिएको देखेनन् । त्यसले सायद उनलाई प्रभावित गरेको होला ।

वास्तवमा नेपालीहरु परदेशमा प्रथमत नेपाली हुन् । नागरिकता भलै अमेरिका,

क्यानडा वा बेलायतको होस । तर उसको परिचय नेपालीबाटै हुन्छ । जातीय, भाषिक, प्रादेशिक र राजनीतिक हिसाबले नेपालीहरु बाँडिएका छन् । आआफ्नो सानो सानो स्वार्थमा अलमलिएका छन् । ह्युस्टनको नेपाली समाज त्यसरी विभाजित भएको छैन । भविष्यमा भयो भने त्यो अर्कै कुरा । आजसम्म स्वार्थगत विभाजनको पीडा यहाँको नेपाली समुदायले भोग्नु परेको छैन । झण्डै १० हजारको संख्यामा गनिने यो समुदायमा जातीय, साम्प्रदायिक र राजनीतिक विभाजन नदेखिनु साँच्चिकै सकारात्मक हो । व्यवसायिक संस्थाहरु खुल्लु स्वभाविक हो । पत्रकार, इन्जिनियर, डाक्टरहरुले पेशागत संस्था खोलेर त्यसको विकास र सुरक्षाको निम्ति लागि पर्नु अन्यथा होइन ।

समावेशी सोच र व्यवहार नराम्रो कदापि होइन । तर त्यसको आडमा समाजलाई खण्डित पार्नु किमार्थ राम्रो होइन । आफ्नो मातृभूमी, भाषा र संस्कृति सबैलाई प्यारो हुन्छ ।

विश्वको जुनसुकै कुनामा बसे पनि नेपाली प्रथमत नेपाली नै हुन्छ । उसले परिचय दिँदा म नेवार, म बाहुन, म मधेसी वा तामाङ्ग अथवा गुरुङ्ग भन्दैन । न त माओवादी काँग्रेस, एमाले वा राजावादी नै । आफ्नो भाषा, सम्प्रदाय र संस्कृति प्रवर्द्धन गर्न मुल जरोलाई उखेल्नु पर्दैन । त्यो त संगै हुन्छ, नेपाली भनेकै अनेकतामा एकता हो ।

न्युयोर्कवासी मेरा एकजना मित्र भन्ने गर्छन् – "ताराजी हेर्नुस न हामिकहाँ त पचास भन्दा बढी संघ संस्था छन् । आआफ्नै डम्फु बजाउछन् । कोही पूर्व, कोही पश्चिम, कोही उत्तर ..... यस्तै छ ..... दुख लाग्छ ।"

ती मित्रको चिन्ता स्वभाविक छ । आफ्नो डायस्पोरा बलियो बनाउन त्यसरी खण्डित भएर हुँदैन । आफुलाई राजनीतिको स्वनामधन्य ठेकेदार सम्झनेहरु पनि छन् हाम्रो समुदायमा । बस्नु छ यूरोप अमेरिका गर्नु छ, नेपाली राजनीति ! कोही माओवादी, कोही एमाले, कोही राजावादी अनि कोही काँग्रेसी ! सम्पर्क समितिहरुको नाममा यीनै पनि विभाजित छन् । गुट र उपगुटमा खुम्चिएका छन् । दर्शन रौनियारजस्ता नेपाली अमेरिकी राजनीतिमा स्थान लिन खोज्दैछन् । किन अरु नेपालीहरु उनको अनुशरण गर्दैनन् ? अमेरिकी राजनीतिमा आफ्नो प्रभाव विस्तार गर्न नेपालीहरु किन पछाडि छन् ? किन नेपालको फोहोरी राजनीतिलाई यहाँ खेल्ने माध्यम बनाउँछन् ? जात, धर्म र राजनीतिलाई फोहोरी बनाएर समुदाय बलियो हुँदैन । वस्तुतः सामाजिक र राजनीतिकरूपले यहाँ स्थापित हुन त्यस्तै सोच र



सक्रियता चाहिन्छ । सामूहिकता र  
एक्यवद्धता चाहिन्छ, पुरै समुदायको  
नेतृत्व गर्न ।

म विगत नौ वर्षदेखि निरन्तर  
ह्युस्टनको नेपाली समुदायसंग आवद्ध  
छु । नेपाली एसोसिएसन अफ  
ह्युस्टनका क्रियाकलापहरूमा सहभागी  
हुन्छु स्थानीयस्तरमा । अर्कोतर्फ नेपाल  
अमेरिका पत्रकार संघको छातामुनी  
पनि आवद्ध छु । जातीय, भाषिक र  
राजनीतिक सोचको साँघुरो सीमाभित्र  
बाँधिनु परेको छैन । त्यसअर्थमा म  
खुसी छु । देख्छु अरु राज्य र शहरहरूमा

साथीभाईहरू बाँडिएका छन् ।  
राजनीतिको पार्टिगत भण्डा बोकेर  
भिडिरहेका छन् । मेरो ह्युस्टनको  
नेपाली समुदाय भने सौम्य र सभ्य  
देख्छु । जात जाती, सम्प्रदाय र  
राजनीतिमा नअल्मलिकन  
सामूहिकतामा डोरिएको देख्छु , मलाई  
गर्व लाग्छ । मेरो छाती चौडा हुन्छ ।  
होला यहाँ पनि व्यक्तिगत राग  
अनुराग । होलान् यहाँ पनि संकिर्ण  
सोच राख्नेहरू । तर अहिलेसम्म त्यस्तो  
दुर्भावनाले ठाउँ पाएको छैन । यस्तो  
सकारात्मक समुदायलाई अबै बलियो  
र सशक्त बनाउन संस्थागत प्रयासको

खाँचो छ । एसोसिएसनको छहारी मुनी  
सबै नेपाली समुदायले आफ्नो जीवन  
र समाजलाई सार्थक पार्ने अवसर प्राप्त  
गर्न सक्नु पर्छ । समुदाय बलियो  
एकताबद्ध र क्रियाशिल भएमा अमेरिकी  
समाज र सरकारसंग हाम्रो आवाज  
पुग्ने छ । सामञ्जस्य र हातेमालो गर्दै  
समाज निर्माणलाई गतिशील बनाउन  
सकिनेछ ।

Email :  
tara\_baral@yahoo.com

## भावना

मातमा, न आउ है मेरो साथमा, रातमा  
यो सुसिल रातमा, नपर है मेरा नराम्रा बातमा ।

सालीन तिमी, पवित्र तिम्रा भावना, रातमा,  
यो उत्ताउलो रातमा, न हौसिनु तिमी, लगेर मातेका यि बातमा ।

कोमल तिमी, कठोर छु म, रातमा,  
यो उत्तेजित रातमा, न पगाल है मेरो मन, छु भनेर मातमा ।

ताराहरू चम्चम् चम्किये, छोप्यो लाजले घुम्तो जुनले, रातमा,  
यो चकमन्न रातमा, नबढाउ है मेरो धड्कन  
परेभै गरी तिमी पनि मेरै मातमा

सितल थियौ अनी निक्कै शान्त तिमी, रातमा,  
यो अर्निधो रातमा, न छाम है मेरो धड्कन  
धड्क्यो बेस्सरी अब त तिम्रो मातमा ।

नबिराउ बाटो, भुल नगर है तिमी  
मातेर मेरै मातमा, मताएर अनी फेरी तिम्रो मातमा  
म मातेर बैँस छल्किएको रातमा, यो आँफैमा मातिएको रातमा ।

Roshan Wagle  
Moorhead, Minnesota



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and a Happy Vijaya Dashami & Deepawali  
to our friends in Houston!



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# WATERS from HEAVEN

*where there is color, there is hope*



-Belinda Swank

Waters From Heaven is an organization that had been started by my husband and me approximately one year ago. Our dream has been to provide a safe educational environment for the children of Nepal, inspiring them to dream through art and reading programs.

Our main mission this year has been to start the renovations at Bhakta Vidyashram. This building had been declared unsafe by the Engineers and they informed us that within another year the structure would become a serious danger. It was stated that it could possible collapse as there was no structural support as it was eroding. During my two month trip this year we had renovated one of the classrooms that now serves as a reading room and science lab. The reading room had been supplied with over 600 books that we had collected throughout the year. This is the first time that the children have access to English books at the school. These books were dropped off a few at a time in Kathmandu by travelers who were willing to donate space in their luggage. We are still in the process of collecting books for the reading room.

Renovation is also currently underway for the renovation and

completion of a second classroom. This room will be used by the lower grades as they were studying outside, and had no classroom room they could use. With the assistance of the Alumni students of Bhakta Vidyashram, we had raised an additional Rs 200 000 at a fundraising event in Kathmandu this year before I returned to Houston. A committee had been established for this purpose and these funds will be used towards the renovation of the top floor of the school building. This work is scheduled to commence shortly.

The new science lab will be a first for the school; and they were supplied with completely new equipment for Biology, Science and Physics. Nearly none of the available equipment the school could be used for practical lessons and they had no teaching materials available. Thanks to the efforts of donors the children will be able to have visual and practical education at the school. The new reading room has been painted in orange and murals will be painted soon by volunteers. This is the first color that has been added to the school and the two new rooms also include the first windows and doors. Our hope is to complete renovations of all the classrooms by next year and to

provide a safe environment for the children to study. Fundraising towards the renovation of the remaining classrooms will be continued this year.

We have also been working on providing school supplies throughout the year for the children as many of the parents are not in the financial position to supply these much needed items. I wanted to thank everybody that has donated thus far to these projects and assisted us to make this happen. There are so many individuals that have contributed, but I would like to make special mention of Manish Pradhan on behalf of NAH, Alice Park, Mr. and Mrs. Shaik, the Alumni students of Bhakta Vidyashram as well as the Alumni Association of







*Renovated Class room at Vidya Ashram*



*New Science Lab*



*Reading Room*

Siddhartha Vanasthali for all their fundraising efforts towards this project.

On January 8, in collaboration with COMMITTED and three other volunteers, we had left on an Art on the Road trip to the Sindhupalchowk district. Our mission had been to introduce art to the children of these rural areas. Many of the children had never had the opportunity to do any form of art. We had worked with over 700 children and visited 4 schools over a 9 day period. We collected art supplies throughout the year that had been donated by locals and tourists and dropped off in Kathmandu.

Our dream is to allow children the opportunity to develop their

imagination through color and art. The trip was a huge success and plans are underway for a second trip later in the year. Currently I am working on finding sponsors that would be willing to be a part of this project.

Our slogan is, "Where there is color there is hope." Bringing color into the schools has been our dream from the beginning. I believe that when children start dreaming in colors, imaginations are developed and hope becomes a reality. While on the Art on the Road trip, we walked by so many children sitting on a heap of stone, breaking them up as their daily job. For these children there were no school, and they were covered in dust and dirt. The only thing I had with me that I could share as we walked along were sheets of stickers, round colorful ones. They did not know stickers, but called it Tikka when I would reach out to them. The smiles that lit up from them when putting such a small dot of color on their hand or cheek, it is moments I will never forget.

Color is the one connecting thing we can share; it is such a simple joy that needs no language or explanation. The one thing that teachers in the rural areas requested was training so that they could continue to do similar art

projects with the children. I know now that it is important for us to include training in the next trip, as that way the teachers can promote art in the classrooms.

We all can make a difference as we do not need to have huge amounts of money, lots of contacts or even speak the language. All we need is a passion for doing what we believe in, even if it feels as if all the doors are closing. Just keep knocking as somebody would open that door one day. Please follow our blog on [watersfromheaven.blogspot.com](http://watersfromheaven.blogspot.com) and help us spread color around. I wanted to thank everybody that has helped make all this possible, as I always say, "Where there is a will there is a way."

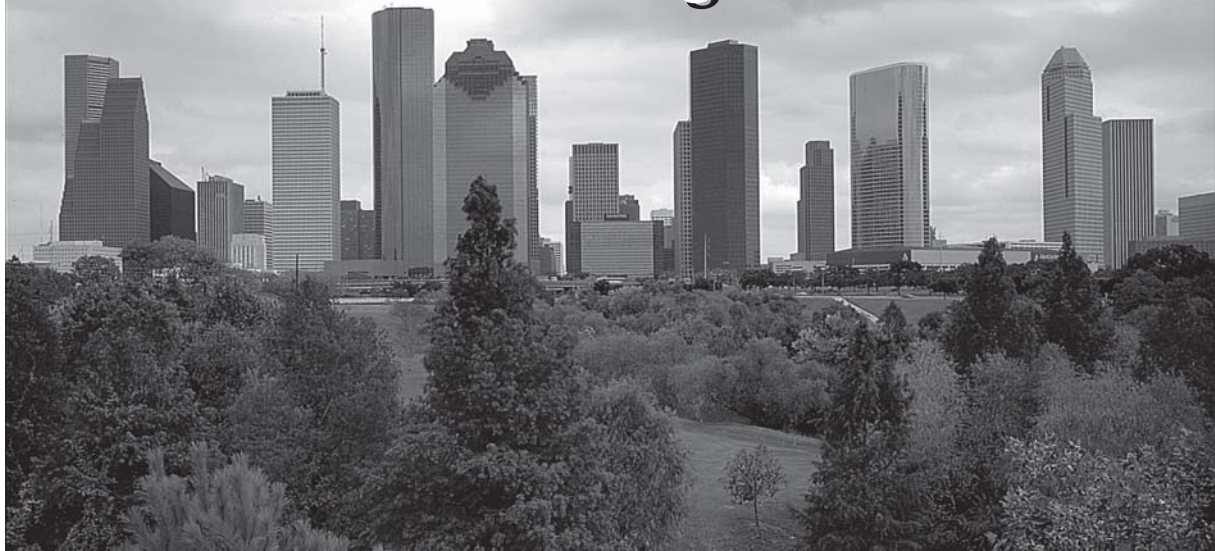
Lastly, we thank the support from Nepalese Association of Houston and many community members for their generous support and involvement in our project. Together we can make this world a better place to live in –for all.



*NAH President honoring Belinda Swank with Letter of Appreciation.*

# Welcome to HOUSTON

## A visitor's guide



### Down Town Houston

*Houston maa swagat cha !*

Planning to visit Houston? Moving to Houston? Fear not, Houston is a safe and welcoming city for visitors. It is the fourth largest city in the country, and a growing cosmopolitan. Sitting on the shore of Gulf coast, world capital of energy, and a world class provider of health care facilities, Houston is truly a cosmopolitan city with plenty of economic, touristic and pleasure and educational opportunities. With an unofficial estimate of over 10,000 Nepalese residing in Greater Houston area, hundreds and thousands of south Asians have established services and facilities that make Houston a very hospitable city for Nepalese. In addition, cost of living in Houston area is relatively lower than several other cities in the US. Moreover, importantly, Houston is cooler than many people think.

Here is a what you may find useful for your next trip to the Houston or

if you plan to stay here for longer period.

### 1. Greater Houston

Greater Houston comprises of 10 counties and is located along the gulf coast region. Greater Houston metropolitan has a population of

6.08 million. There are several cities within the metropolitan area; City of Houston being the largest one. Other cities include Missouri and Sugarland in the west, Katy in Northwest, Pearland in South, and Clearlake & Friendswood in Southeast ,



Kingswood and Woodland in North. Major highways include 1 city loop – 610 (ring road), IH 59 running north and southwest, I-10 running east west, I-45 running north south; Toll roads within the city and connecting suburbs – hardy toll, Sam Houston (Betlway 8-another ring road).

## 2. Getting around Houston Getting to and from the Airport:

There are two major airports in Houston area (George Bush Intercontinental Airport-IAH and Hobby Airport-HOU) and both have state of the art facilities.

### Super Shuttle:

You will usually find their counter right at the point where you come out after baggage claim. (<http://www.supershuttle.com/>). Upon arrival, look for the Super Shuttle desk in the baggage claim area. Book your ride to your accommodation before coming to the US or before coming to Houston. You can also book your ride at their counter at the airport. Estimated cost is \$30 to \$40, and the Super Shuttle van will take you to the location you indicate in the reservation.

### Car rentals:

You may rent a car from the airport, either online in advance or on the spot. Shuttles will take you from the airport to the car rental company car lots. Some examples of car rental companies: Enterprise, Budget, Thrifty, Fox etc. You can compare prices among companies using [priceline.com](http://priceline.com), [kayak.com](http://kayak.com), etc.

### Taxicabs:

Taxicabs are little bit pricier than the shuttles. Heavy luggage may incur additional charges. Taxi drivers are usually tipped (This is about 15% of the fare). The drive from Bush Intercontinental Airport (IAH) takes about 45

minutes and the drive from Hobby Airport takes about 25 minute to get to downtown Houston. Some common taxicabs are:

- ✓ Yellow Cab (713-236-1111)
- ✓ Fiesta Cab Company (713-225-2666)
- ✓ Liberty Cab Company (713-695-6700)
- ✓ United Cab Company (713-699-0000)

### Metro (Bus System):

In Houston, there is a Metro bus system. Travel may take longer but it's relatively cheap. You can plan your trip using trip planner using metro website (<http://www.ridemetro.org>). Holiday and weekend schedules are slightly different from usual ones. You can buy a Q card if you frequently use the metro bus otherwise you need to have exact change in cash. You may pay fare when you get on any bus (there is a slot machine by the driver).

### 3. Where to go for Driver License

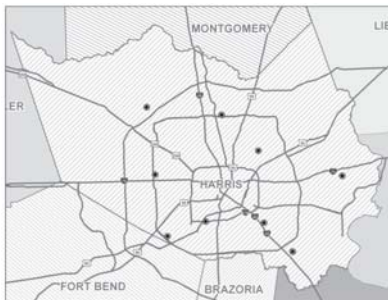
There are several locations in Houston area where you can go to get a driver license. Driving is a very essential skill if you want to live in Houston area. Below is a list of some of the locations.

10503 Grant Road, Houston, TX  
(281) 890-5440

1601 Townhurst Drive, Houston, TX  
(713) 465-8462  
12220 South Gessner Drive, Houston, TX  
(713) 219-4100

15403 Vantage Parkway East, Houston, TX  
(281) 449-2685

9206 Winkler Drive, Houston, TX  
(713) 943-0631



8825 Tidwell Road, Houston, TX  
(512) 424-2600

5420 Decker Drive, Baytown, TX  
(281) 424-3669

111 Tristar Drive, Webster, TX  
(281) 486-8242

2600 South Loop West #475M, Houston, TX, (713) 820-0320

## 4. Where to go for shopping groceries / food of Asian taste?

Houston being a multicultural city, there are various places where you can buy needed foods and groceries. Below you will find a list of groceries and addresses, where you can purchase foods of Asian taste.

### 3500-6500 Hillcroft Avenue.

In this block, there are several Indian groceries, where you can purchase Pulses, Rice, spices and other regular foods of Indian origin.

**KGF World Food Warehouse Inc**  
14625 Beechnut Street, Houston, TX  
(281) 988-4566

**Savoy Food Market**  
11246 S Wilcrest Dr # 145, Houston, TX  
(281) 568-6772

**Rani's World Foods**  
12811 Duncan Road, Houston, TX  
(281) 440-8080

**Taj Mahal Imports**  
13833 Breck Street, Houston, TX  
(281) 440-4444

**East West Food Store**  
10710 Fm 1960 Rd, Houston, TX  
(281) 955-7693

**Najma Indian Pakistani Grocery**  
12090 Veterans Memorial Drive, Houston, TX

**Al Huda**  
12090 Veterans Memorial Drive, Houston, TX (281) 444-8120

**Kapil India Mart**  
9803 Spring Cypress Road, Houston, TX  
(281) 205-0658

**Quick N Ezee Indian Food**  
9110 Jones Road, Houston, TX  
(832) 688-8450

**Chinese Foods**  
Between South Gessner and Belt way 8 on Bellaire, there is a big China town, where you can get varieties of food items.



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Queen Size Bed Set  
Headboard, Footboard, Rails, Dresser, Mirror & Nightstand



Twin Stagh Girl Bedroom Set  
Headboard, Footboard, Rails, Dresser, Mirror & Nightstand



Twin Bunk Bed with Foam Mattress



Leather Loveseat/Sofa



Leather Loveseat/Sofa



Leather Loveseat/Sofa



Leather Loveseat/Sofa



Leather Recliner, Loveseat/Sofa



Leather Loveseat/Sofa



Bar Table/2 Chairs



Dinette/4 Chairs with Wheels



Counter Height Table with 4 High Chairs



Clock Carving Wood Cocktail/2 End Tables



Solid Natural Wood Bar with 2 Chairs



Marble Table/Lazy Susan with 6 Chairs



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Queen Size Bedroom Set  
Headboard, Footboard, Rails, Dresser, Mirror & Nightstand



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नेपाली साथीहरूलाई विशेष छुट।

फाईनान्सको व्यवस्था।

**Fiesta Mart** is a chain grocery in Texas, which offers huge variety of international food items.

**Kroger, Target, Walmart** are also chain grocery stores and offer varieties of food and household items.

### 5. Things to Do in Houston

Houston offers various recreational and educational opportunities, some of which are free of cost and others require some fees/ cost.

#### Fees applied:

- ✓ Houston Zoo
- ✓ Rodeo Houston (including Concerts; only in Feb-March of each year)
- ✓ Houston Rockets (Basketball team of Houston)
- ✓ NASA
- ✓ Aquarium at Downtown (although a bit small)
- ✓ Froberg's Farm: Strawberry and other fruits picking <http://www.frobergsfarm.com>

#### Free:

- ✓ Houston Zoo on Holidays (or the first weekend every month with Bank of America card)
- ✓ Miller Outdoor Theater
- ✓ Museums (Fine Art, every Thursday; Natural Science, every Tuesday after 2pm)
- ✓ Memorial Park, Hermann Park

### 6. Things to do in Texas

If you want to take a day off and want to have some fun stuff in your life, there are plenty of opportunities in the state of Texas, mostly with a driving range of 4 hours. Some examples include:

- ✓ River walk in San Antonio
- ✓ Sea world in San Antonio
- ✓ Galveston Island and Corpus Christi - Go Fishing, Crab Catching, Beach, Restaurants, Sight Seeing
- ✓ Kemah Broad walk - Enjoy walking along the pier
- ✓ Brazos Bend Park - The Alligator Park
- ✓ Six Flags - Arlington and San Antonio

- ✓ Alvin Bayou Wildlife-take a tour of the wildlife park and get to feed the animals (ostriches, llamas, camels, giraffes & others)

### 7. Where to go to find more information on Schools?

Houston Independent School District (HISD) is largest school district of Texas with more than 279 schools and more than 203, 000 students. Majority of City of Houston is served by HISD. Check [www.houstonisd.org](http://www.houstonisd.org) for locations, enrollment requirements and further information. There are other school district options around city of Houston depending on the city / county boundaries you are in.

### 8. Hospitals

Houston has world-renowned Texas Medical Center near the downtown Houston, which houses several hospitals and health providers. Other than this, there are several public hospitals and clinics run by city and counties. A brief description of those health facilities is provided below;

#### Public Hospitals

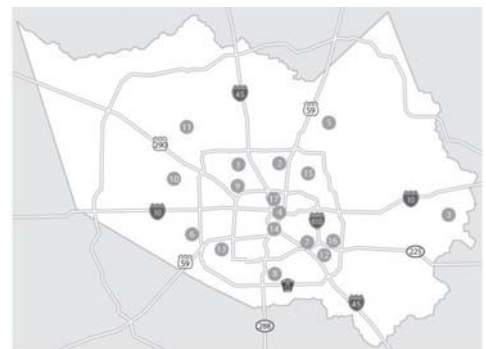
The Harris County Hospital District offers specialty and acute care at three hospitals. Two of the hospitals, Ben Taub General Hospital and Quentin Mease Community Hospital, are located in the Texas Medical Center, with its third hospital, Lyndon B. Johnson General Hospital, situated in the northeast quadrant of Houston.

Ben Taub General Hospital is home to the Ginni and Richard Mithoff Trauma Center, a world renown Level I trauma center. Ben Taub Hospital has also earned The Joint Commission's Gold Seal of Approval as an Advanced Primary Stroke Center, the highest certification given to hospitals for their comprehensive stroke care program. Quentin

Mease Community Hospital provides rehabilitative and specialty services to those requiring extended or specialized care, including stroke and traumatic brain injury patients. Both hospitals are staffed by physician faculty and residents of Baylor College of Medicine. Lyndon B. Johnson General Hospital is known for its neonatal intensive care services and Level III trauma center, and serves as one of the few full-service hospitals in the northeast area of the city. Physician faculty and residents with UTHealth oversee the provision of medical care to patients at LBJ General Hospital.

#### Harris county Community Health Centers

The Harris County Hospital District offers primary and select specialty care through its network of 14 area health centers. Thomas Street Health Center specializes in the care and management of HIV/ AIDS, offering leading-edge research and medical treatment alternatives to patients who are HIV-positive. The Riverside Dialysis Center provides outpatient dialysis treatment to patients in a comfortable and patient-oriented environment. Adult dental care is offered at the Dental Center as well as at some of the community health centers.



Primary healthcare services are also offered at the school-based clinics. Located in elementary and middle schools, the school-based



clinics provide care to children and their families all year long.

### City of Houston Health Centers for Preventive Care



✓ Immunizations for adults and foreign travel are available at 8000 North Stadium Drive, 832.393.5427 (Zip Code 77054)

✓ La Nueva Casa De Amigos Health Center, (Family Planning, Immunizations, WIC), 1809 North Main, 713.547.8000 (Zip Code 77009)

✓ Magnolia Health Center (Dental Services and WIC only), 7037 Capitol, 713.928.9578 (Zip Code 77011)

✓ Northside Health Center (STD, TB, Family Planning, Immunizations, WIC), 8504 Schuller, 713.696.5900 (Zip Code 77093)

✓ Sharpstown Health Services (STD, Dental and WIC), 6201 Bonhomme, 713.780.5600 (Zip Code 77036)

✓ Sunnyside Health Center (STD, TB, Family Planning, Immunizations, WIC) 9314 Cullen, 713.732.5000 (Zip Code 77051)

### 9. Places of worships

Again, Houston being a multi-cultural city, there are several places of worships that various cultural/ religious groups belong to. Some of the Hindu temples / places of worships are listed below.



**Hare Krishna Dham**  
1320 West 34th Street, Houston, TX (713) 686-4482



**Houston Durga Bari Society**  
13944 Schiller Road, Houston, TX (832) 423-8541



**Sri Meenakshi Devasthanam**  
17130 McLean Road, Pearland, TX (281) 489-0358



**Shree Swaminarayan Temple**  
1150 Brand Lane Stafford, TX 77477

**Shri Radha Krishna Temple**  
11625 Beechnut Street, Houston, TX (281) 933-8100

**Shirdi Sai Baba Temple**  
5601 Hillcroft Street, Houston, TX



**Shree Krishna Pranami Mandir Of Houston**  
**Shree Pashupatinath Mandir Of Houston**  
14302 FM 762 (Google Whaley Long Point Rd.), Richmond, Texas 77469  
281-545-9038

### 10. Cost of Living index

Houston is one of the best affordable place to live. The cost of living index is relatively lower for Houston area compared with several other cities. Below is comparison of cost of living among key cities of US.

### 11. Universities/ Colleges

There are several well-known colleges and Universities in Houston area.

1. University of Houston-Downtown, 1 Main St, Houston, TX 77002-1014

2. South Texas College of Law, 1303 San Jacinto Street, Houston, TX 77002

1. Acres
2. Aldin
3. Bayto
4. Casa
5. E.A. S
6. El Fra

Metro Area	Population	Cost-of-Living Index	Median Household Income
<b>Metros Around Houston</b>			
Austin-Round Rock, TX	1,533,263	94	\$54,827
Dallas-Fort Worth-Arlington, TX	5,979,240	92	\$53,748
<b>Houston-Sugar Land-Baytown, TX</b>	<b>5,485,720</b>	<b>89</b>	<b>\$51,685</b>
San Antonio, TX	1,936,735	93	\$46,203
<b>Cities Across the Nation</b>			
Atlanta-Sandy Springs-Marietta, GA	5,122,275	94	\$57,307
Baltimore-Towson, MD	2,660,496	121	\$62,524
Los Angeles-Long Beach-Santa Ana, CA	12,872,056	142	\$56,680
New York-Northern New Jersey-Long Island, NY-NJ-PA	18,785,319	121	\$60,964
San Francisco-Oakland-Fremont, CA	4,171,627	137	\$72,059
Washington-Arlington-Alexandria, DC-VA-MD-WV	5,263,322	138	\$81,163

3. Texas Southern University, 3100 Cleburne Street, Houston, TX 77004-4597

4. Rice University, 6100 Main Street Houston, TX 77005

5. Houston Community College, 3100 Main Street, Houston, TX 77002

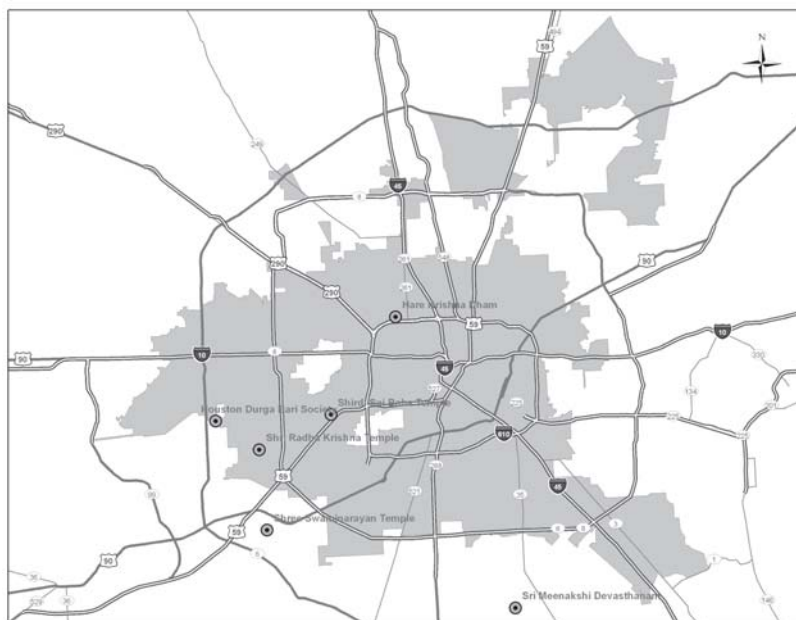
6. University of Houston, 4800 Calhoun Road, Houston, Texas 77004

7. University Texas, 1515 Holcombe Boulevard, Houston, TX 77030

## 12. Housing options

There are plenty of suburbs to choose from for housing purpose. Houses are very affordable compared to other cities. For apartments, you may check various apartment locators' websites including <http://www.apartmentguide.com>. If you have children, you may consider schools for your children while looking for housing option. Many students prefer locations close to Universities and colleges and housing facilities within Universities.

**Compiled by:** Vishnu Nepal,  
Houston, TX, Email:  
[vnepal@gmail.com](mailto:vnepal@gmail.com)



## फोहोर अभिषाप हैन, वरदान हो ।

पहिले, पहिले के अहिलेसम्म पनि,  
फोहोर मैला भट्टट सम्झँदा त नि,  
दिक्क लाग्ने, किनकि दुर्गन्ध आउने  
सोको पहाडै देख्दा घिन लाग्ने  
हेरिरहूदा त बाक्काकै आउने ॥

फोहोरको व्यवस्था अव्यवस्थित भइदिँदा,  
ल्याण्डफिल्डसाइटको अजम्मरी समस्या हुँदा ।  
फोहोरमाथि फोहोरी राजनीति हावी हुँदो छ  
दिनका दिन यसको समस्या विकराल बन्दो छ ॥

यो समस्या यसरी नै लम्बिने हो भने,  
अनेकानेक दुष्परिणाम आएनछ भने ।  
धन्य हुनेछ यहाँका देवी देवतालाई  
महामारी प्रकोप नै रोक्न सक्नेलाई ?॥

तर, मलाई कता कता डर लाग्छ,  
कतै देवी देवता नै डरले भागिजान्छ ।  
किनकि, तिनीहरूको पनि सहने हद हुन्छ,  
हद नाघे जहाँ पनि प्रलय हुन्छ, हुन्छ ॥

खुसीको कुरा आज:  
फोहोरबाट उपभोग्य वस्तु निकाल्न सकिन्छ  
बिजुली, नुन, पानी, आदि सब निस्कन्छ  
अनि, जबजब फोहोर प्रशोधित हुँदै जान्छ  
देश शहर, तबतब सफासुघरले जगमगाउँछ ॥

‘ल्याज्मा प्रविधि’ भित्र्याई देशको सेवा गर्न,  
फोहोरलाई स्रोतको रूपमा परिचालन गर्न ।  
क्यानडाबाट फर्केर म यहाँ लागिपरेको छु,  
सरकारी, गैरसरकारी निकायहरूमा धाउँदो छु ॥

‘काम गरौं’ भन्ने संस्थामार्फत् भ्याली पिट्टदै,  
यावत् सञ्चार माध्ययममार्फत् अन्तरवार्ता दिँदै ।  
रेडियो र टिभीबाट प्रसारण गर्दै,  
यस उच्चतम प्रविधिवारे प्रकाश पाउँदै ॥

हुन पनि  
१ टन फोहोर प्रशोधन गर्दा,  
१२०० युनिट बिजुली, ३०० लिटर पानी ।

५केजी नुन र अन्य सामग्री उत्पादन हुन्छ,  
सानो मेलाम्ची र मध्येमस्याङ्गदी नै सावित हुन्छ ॥

राम्रो पक्ष के भने:  
लगानी सरकारी शुन्य बराबर हुनेछ,  
फोहोर र जग्गा जुटाइदिनुपर्नेछ ।  
उत्पादित वस्तुको बजार गरिदिनुपर्नेछ,  
र केही अतिरिक्त टिपिड शुल्क लाग्नेछ ॥

मेरो इच्छा के भने:  
नेपाल सरकारको घैँटोमा घाम लागोस्,  
यो योजना जति सके चाँडो लागू गरोस्  
१८ महिनामै सबै उत्पादन शुरु हुनेछ  
ल्याण्डफिल्डको काउसे भ्रमेला अन्त्य हुनेछ ॥

‘काम गरौं’ भन्ने संस्थाको नारा हो,  
कि फोहोर अभिषाप हैन वरदान हो ।  
यसलाई के गर्ने अब नेपालीमा निहित छ,  
यो प्रविधि आविष्कारक क्यानाडाली धन्य छ ॥

यो प्रविधि लागू भए उप्रान्त,  
फोहोर मैला भट्टट सम्झँदा ।  
बिजुली, नुन, पानी, आदिको सुगन्ध आउँदो छ,  
अनि, फोहोर बत्ती बाली खोज्नुपर्ने छ ॥

अग्रगामी देशभक्तका लागि संसार स्वर्ग छ, खुला छ,  
प्रतिगामी नामर्दका लागि संसार नर्क, बन्द छ ।  
अग्रगामी देशभक्त सबै सबै जिन्दावाद,  
प्रतिगामी नामर्द सबै सबै मुर्दावाद ॥

- मानकाजी, By: Mankajee (Mk),  
Vancouver, BC, Canada



कस्ले भन्यो फोहोर मैलाले गर्दा पर्यटन व्यवसायमा हास आयो भनेर,  
यस्ले त भन्ने पर्यटकहरूलाई आकर्षित गरेको छ ।



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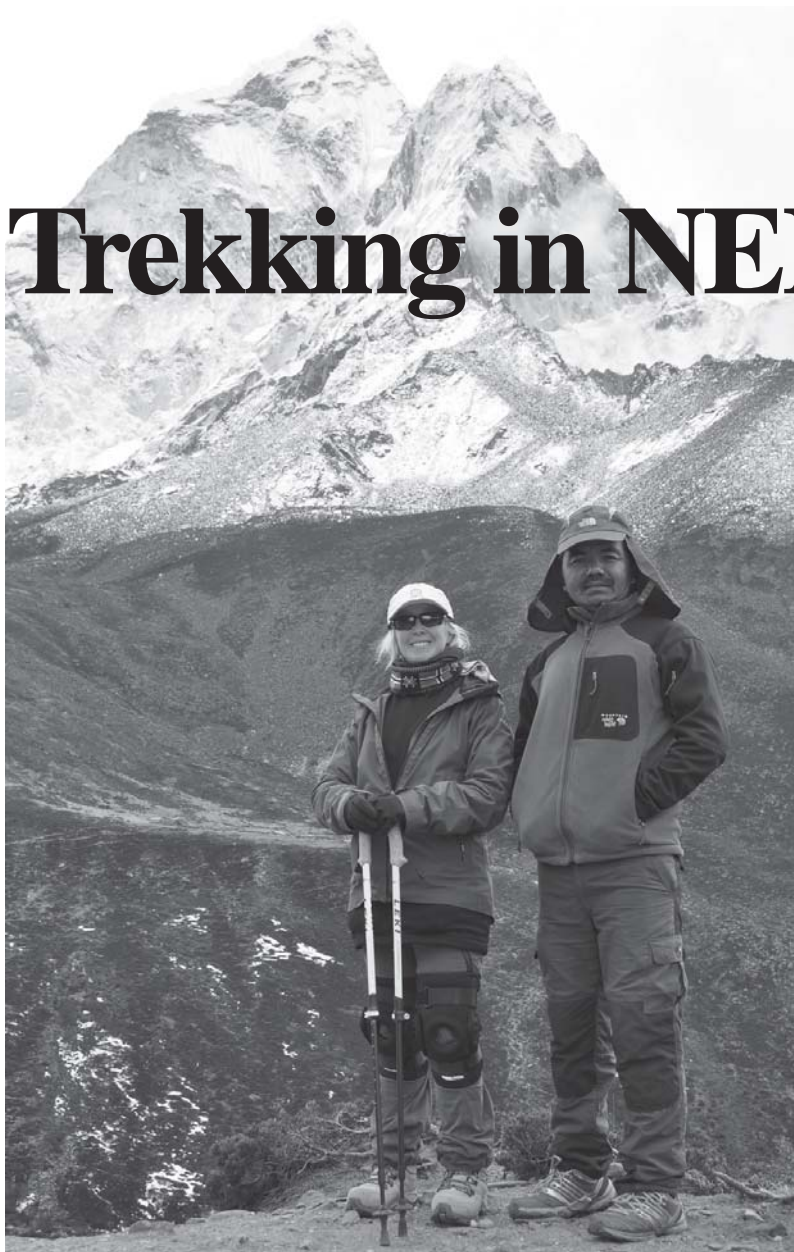


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# Trekking in NEPAL



For the ones that love mountains, to be among the range of the Himalayas is one of the greatest experiences that they can have in their lives. And for us, a small group formed by a Mexican, Canadian and a Dutchman, this was not an exception either. We have been captivated by the magic of Nepal, its people and its rich culture for a long time. The goal like many others who have been enchanted by its mountain and nature, was to reach the famous Everest Base Camp and meet mother mountain up-close and personal.

Hello, my name is Ali Samaniego Hegler. I am the Mexican of the group, my husband Russell Hegler, is the Canadian and his lifelong friend, Marco Wigny, is from the Netherlands. All of us are in our early forties. We have resided in Houston, Texas for many years now.

I am not unfamiliar with Nepal, its culture, language, religions. One of my best dearest friends is from Kathmandu and had spent time educating me and telling me stories of Nepal and its beauty for long time.



- Ali Hegler

I was looking forward to see everything first hand.

I contacted our Sherpa guide a year in advance via Facebook. He was highly recommended by a friend of ours, Mr. Paul DeShazo with International Charities Inc., who had trekked twice in this region. Mr. DeShazo is part of a world organization that assist indigenous people with some basic needs. He has been to Nepal several times and is the one through whom we contacted the fabulous Mr. Ang Dawa Sherpa of the Himalayan Nirvana trekking P.Ltd.

Dawa-ji exceeded our expectations. He catered with excellence to our every need in and out of the mountains. Due to his high level of mountaineering expertise, he made us only have to worry about simple things such as where could we take the best pictures to bring back home. Dawa-ji was waiting for us at Kathmandu airport, a place where tourist should be aware of the many opportunistic 'helpers' that will try to get advantage of first time visitors.

We headed to the Thamel area where our hotel and first great meal awaited for us. Next day, we had a tour of the beautiful Kathmandu city and surrounding areas like Patan's and Bhaktapur's main cultural attractions. The next day, we set out to start the quest on trying to get into the Sherpa's mountain region by



flying in to this little mountain town. However, because of its location in the high altitude, flying to Lukla is highly dependent on the right weather conditions. Lukla airport has been featured by the National Geographic Society for having the commercial airport in the highest altitude in the world. At the airport in Kathmandu, we met several people from other international groups that had been waiting in the airport for past 3 to 5 days for a chance to fly to Lukla but without luck because of the weather condition. Fortunately for us, we had a 4-5 day cushion for disruptions. On our 2nd days of trying, we were able to fly to Lukla but had to turn back due to poor visibility condition on the route. Our hotel, Yak and Yeti, was booked up so Dawa-ji booked us into the Gokarna resort outside Kathmandu. This place was once the country house of the Royal families of Nepal and was used for hunting sports by the royalties. The place is indeed a wonderful place.

When we finally flew into Lukla, the wonderful feeling of really being in the Himalayas began. The first sight of the hardworking yaks and equine, the crows and the magnificent sight of the mountains surrounding us, promising even more breathtaking views waiting for us. Along the trail there were lengthy lines of trekkers

with multicultural flags displayed on their backpacks and many languages from all around the globe could be heard along the holy path that goes to the Everest. Some trekkers were just visiting monasteries, some were attempting to summit other mountains like the magnificent Ama Dablam, Everest herself, or like us attempting to get as far as to the base camp and summit Kala Pathar.

The trek to Everest is very well marked and easy to follow, with several tea houses and lodges along the way where one can rest and eat. The local food is simple but tasty (try the garlic soup, yummiel!), and you can find basic needs like toilet paper and bottle water and the occasional Snickers bar all the way up. Helicopters are a common sight as they rescue people who are mostly affected by altitude sickness. So please take altitude adjustment days and drink plenty of water (Pani). Pani, Pani and more Pani!!!! Hydration is the key to altitude acclimatization and our guide made sure we were super hydrated and at the lodges we drank lot of Nepalese tea.

Every evening in the lodges, trekkers, guides, porters and locals gather and shared their lives and adventures of the trek. The socials at the highest altitude in the world kept us warm and away from the elements outside. On Sherpa land people are very friendly with tourist,

but many of them are very rough with animals for no reason -a contrast that many tourists like me find disturbing and contradicting with Buddhist ideology. But again we were just guests and spectators in a foreign country. There were others that showed some kindness to the animals that do all the hard work to my soul's relief.

After 11 days of walking and visiting the several rest stops, we made it to our destiny! Everest Base Camp! Walking along the Khumbu glacier and humbled by the enormous mountains everywhere you look, magnificent, magical, worthy experience. But as weather was moving in, we started moving back down the trail, this time on a different route in which we would encounter a monastery that held Yeti remains, we could see up close and personal!

Back in Lukla the wait to get back to modern civilization was only one night so we got lucky with flights and weather. It was a quick flight back in a small plane to Kathmandu for real showers, baths and massages which were all really needed, some souvenir shopping, and goodbye dinners with our new friends. It was then a long flight home where friends and family could not wait to hear about our adventure, a trip of a lifetime!





# 2011 Community Service Project in Kathmandu:

## NEPAL BHAKTA VIDYASHRAM

### Science Lab Project 2011

#### - A Picture Story



- \* Construction of Science lab and Library by WatersFromHeaven (Belinda Swank)
- \* Library Setup and Books Procurement by WatersFromHeaven (Belinda Swank)
- \* Science lab Materials and Setup (Nepalese Association of Houston (NAH))

#### Project Summary

- \* Located in Tengal Chowk within Raktakali Temple Compound
- \* Built in 2026 B.S with an additional building built in 2040 B.S
- \* Total of 120 students approximately from Grade 1 through 10

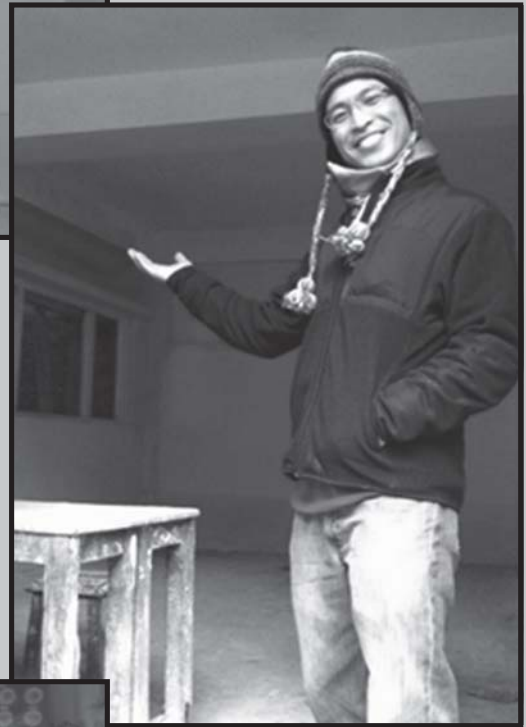
#### Bhatka Vidya Shram



- \* Science lab and Library Construction



\* Painting and Final Touchup  
Construction Cont'd



\* Completed Science Lab and Library  
**Science Lab and Library**  
*(Thank you  
Nepalese Association of Houston- NAH)*

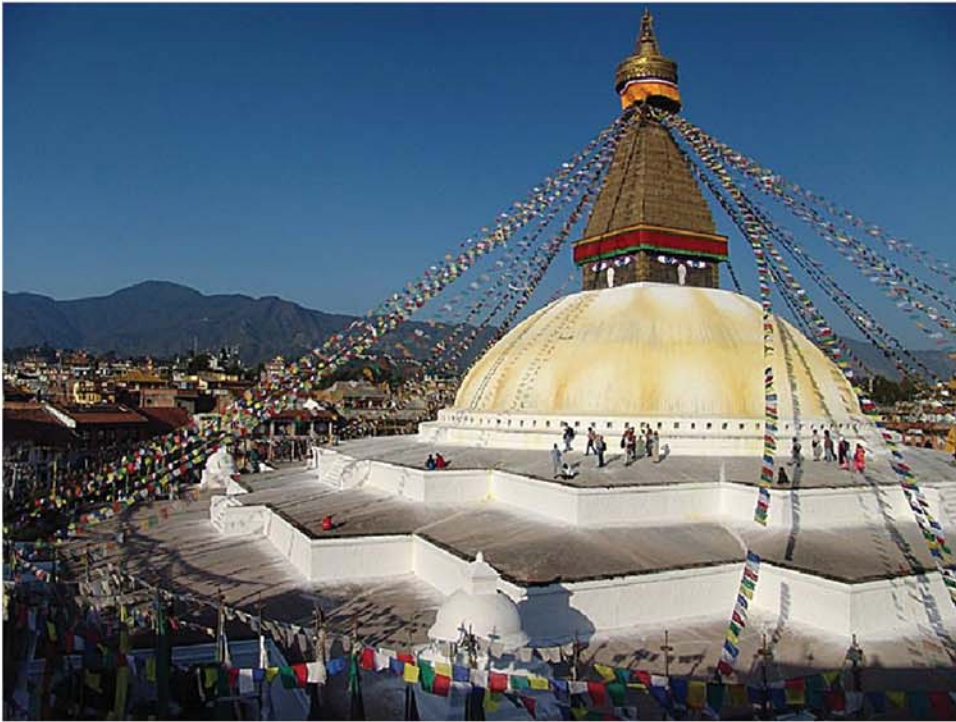
The project was led by Manish Pradhan and further supported by Belinda Swank and Greg Swank from Houston, TX who visit Nepal every year to provide the charity work in Kathmandu. NAH is highly appreciative of their love, dedication, and hard-work for improving infrastructure of Bhakta VidhySharam, a public school located in the heart of Kathmandu.

*Ready to get involved with out community workers? Please contact NAH - It belongs to you !*



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InStyle Nepal is the premiere destination for fashion and lifestyle, entertainment news and celebrity inside. It is also an entrepreneurial engine for creative ideas and skills. We embrace artists at every level of their career, as well as all supporters of the arts. We provide a platform to demonstrate and exhibit the talent through our website and the events we organize. In 2009, the organization started with the first event, Houston Fashion Show, which includes a cultural show along with DJ nights.

### ***Houston Fashion Show***

The event kicked in with performances by various local artists which include singing and dancing with traditional attire and music. Following with that, the main event started with Mrs. Sarah Tetsuka Gurung (first runner up-Miss Nepal 2004) the show stopper of the event, as walking down the ramp with fusion outfit that left most audience with a smile and a huge round of

applaud. In addition to that, the fashion show include other amazing models like Mr. Amit Giri, Mr. Anup Pandey, Mr. Kripal Panta, Mr. Shekhar KC, Mr. Rakesh Karn and Mr. Rohan, Ms. Bimina Ranjit, Ms. Jeny Pathak, Ms. Nabina Basnet, Ms. Christina Piya, and Ms. Sunaina Ranjit. This would not have been completed with all the support and handwork of a designer. Ms. Pratikchhya Shrestha-the official designer of InStyle Nepal. Her collection included amazing sarees, fusion wear, bridal wear and many more. It was brilliantly choreographed by Ms. Bimina Ranjit, co-coordinated by Mr. Amit Giri, Ms. Nabina Basnet and Kripal Pant. After all the glitz and glam, the event followed by a DJ dance party by Mr. DJ Gorkhali Sailendra Khatri from Baltimore. This event was a success, and it was witnessed by 250 plus audiences. To make it all possible, it was supported by; Nepalese Association of Houston (NAH), Texasnepal.com,

Nepal123.com, Hamroaawaz.com and Milan Photography.

### ***Houston Musical Night***

In 2011 we held few more events which include; the musical night in Houston, TX featuring the pioneer of the Nepali music industry Mr. Deepesh Kishor Bhattarai. Along with the great support of Ms. Suneeta Sanjyal who emceed both events, and Mr. Santosh Sitaula for providing the technical aid.

### ***InStyle Dallas Night***

InStyle Night Dallas, this event was held in Dallas, TX featuring the talented Ms. Nalina Chitrakar and the amazing Deepak Bajracharya for the concert. Along with that, the fashion show was held and showcased by our various Instyle Models, and few other very talented guest models.

### ***Current InStyle***

InStyle Nepal aspires to be a bridge between Nepal and America to help and support the extraordinary talents that we have in our community, not only in America but everywhere around the globe. We intend to put on number of shows in the future, which we guarantee to make it very entertaining. Please visit us at [www.instylenepal.com](http://www.instylenepal.com) to see how we are doing. Once again we would like to thank everyone for all the love and support ever since we started, and are we looking forward to get the same kind of affection for the days to come.

"Fashions fade, style is eternal"- YSL

**InStyle Nepal**

[www.instylenepal.com](http://www.instylenepal.com)

[anup.pandey@instylenepal.com](mailto:anup.pandey@instylenepal.com)

Phone: (646) 247 4931



# *Heartfelt Condolences*



**Akleesh Katel**



**Deepak Dahal**



**Manoj Shrestha**

*We extends Heartfelt condolences and Deepest  
Sympathies to the Family and Friends.*

*May their departed souls  
rest in eternal peace in the Heavenly Abode!*

**Nepalese Association of Houston (NAH)**



# पिडा भित्रको मन

लाखौं कोष टाढा भएपनि तिम्रो  
प्रतिबिम्बमा झल्कि रहन्छु म,  
विश्वास हो ठूलो कुरा अविश्वास  
कसरी गरु म,  
तिम्रो पिडाको भूङ्गोमा सधैं सल्लि  
रहन्छु म,  
यो जिन्दगी खै के जिन्दगी भन्थ्यौ  
तिमीले,  
तर यहि जिन्दगीको प्रेमको ऐना  
भित्र अनवरत टल्कि रहन्छु म,

आफ्नो जिवनमा वरिपरि  
प्रतिबिम्बित हुने यि जीवनका  
तरेलीहरु आफ्नै छाति भित्र ज्वार  
भाटा बनेर उठेका यि जीन्दगीका  
अधेरीहरु, अनि रातभरी सम्भन्नामा  
ओहोरदोहोर गरिरहने र कहिल्यै  
पनि बस्न नमान्ने यो परेलीहरु  
आज पनि उस्तै छन् तिम्रालागी,  
जिन्दगीका अनवरत यात्राहरुमा  
हिड्दै जाने उकालीमा पनि तिमी  
ओरालीमा पनि तिमी बस्दा तिमी  
बस्दा तिमी उठ्दा पनि तिमी पल  
सम्भन्नाका कथाहरुमा मन भित्र  
डुबुलिङ्क मार्दा पनि तिमी । तिम्रो  
हरपल यादबाट विस्तारित हुन  
नसक्ने म फेरि तिमीलाई खोज्दै यि  
गगन चुम्बीमहलहरुको शिखरबाट  
सडकमा गुडीरहेका गँगटे  
गाडीहरुको लावातरकर सँगै  
बाटोमा पदचाप बटुवाहरुको  
चालहरु जस्तै मेरा यो गन्तव्यहिन  
पाईलाहरु पनि लम्किरहेका छन् ।

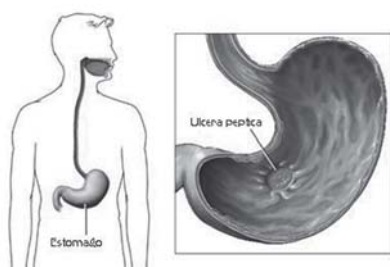
यो सहरको कोलाहलपूर्ण भिडमा म  
चटकेले नचाउने भालु भैं नाची  
रहेछु । तर यो मेरो नाच हेर्ने यहाँ  
कुनै दर्शक छन् नत ति निरीह  
बटुवाहरु बिहानीको सुर्योदय सँगै  
प्रत्येक मनुवाका कदमहरु पँक्षी  
आफ्नो चारोको खोजिमा जंगल  
चाहारे भैं आफ्नो चारोको खोजिमा  
तछाड र मछाड गर्दै हिडने  
मनुवाहरुले म जस्तो कोलाहलमा  
नाचेको भालुलाई न कसले देख्छन्  
नत उनीहरुलाई फूसद नै छ ।  
पोहोर साल नियतिले ससुरा  
बाबालाई लुटेर लग्यो यो साल मेरे  
बाबाको प्राणलाई पखेरुमा उडाई  
दियो हालसालै मेरो ममतामयी  
आमा पनि बिरामी पर्नु भएको छ रे  
हेरत यो मेरो भाग जसले यो सुनौलो  
धर्तिमा मलाई पर्दापण गरायो उनै  
बाबा आमा बिरामी परेर  
ओछ्यानमा पर्दा एकगोली ओखति  
ख्वाउन समिन । अझकतै आमालाई  
बिमारले झन च्याप्यो कि भन्ने  
खबर सुन्न नपरोस भनि यो मन  
सधैं सधैं त्रसित छ ।

दमको रोगले स्वा स्वा गर्दै हिड्ने  
बाबा-आमाको म कान्छो वैशाकी (   
लौरो) उहाँहरुको साहारा बनि हिड्न  
नपाउदै बाबासंग त बिछोद भयो  
कतै आमासंग पनि बिछोद हुन्छकि  
भनि यो मन एकासले डराई रहन्छ ।  
कामदाम र शान खोज्दै भौतारिएको  
यो जिवन आसैआसमा कुनदिन

आफ्नै सास फुस्कने हो म आफु  
आफ्नै भित्र हराई रहेको छु ।  
कसलाई सम्भन्ने कसलाई बिसर्ने  
आफ्नै जिवनसंगीनीलाई सुनौलो  
सपना बाड्दै घर छोडेको पनि आज  
आधा दशक पनि पारगरि सकेछ ।  
त्यहि भएर होला बाहिर हासे पनि  
मन रोईरहेछ । सुरुका दिनहरु  
सम्भन्दा मन भक्कानिएर आउँद  
खुशि अनि पिडा सँगै शुरु गरेको  
त्यो कठिन यात्रा केहि पाउनका  
लागी तर वर्षौं भयो नत आफूले  
केही पाउन सके नत केही मनग्य  
दिननै सके नत उनको कुनै चाहाना  
नै पूरा गर्न सके नत सामिप्यमा  
रहेर माया साट्न सके नत आफ्ना  
लालाबालालाई राखेर केहि खुवाउन  
नै सके । उनि पनि वर्षौंसम्म मेरो  
बाटो हेर्दा हेर्दै थाकेर आँखाका  
चेपहरुबाट आँशु बगाउदा बगाउँदै  
कतै बाटो बिराउछिनकी ? शितल  
दिन नसक्ने रुख भन्दै कतै  
अर्कैरुखको छहारीमा ओत लाग्ने हुन  
की ? शंका मात्रै, सम्भन्दा जादा  
आफूले छोडेर आएका साथी संगी र  
नाता गोता गुमाए जस्तो लाग्छ ।  
आमा र सासु आमाका आखा न  
बाहिरिएपछि ओभाएका छैनन रे  
नियतिले त बाबा र ससुरा  
बाबालाई लगी सक्या र पोहोरको  
दर्शैतिहार निरस भयो अनि यो  
सालको पनि अबका दिन कसरी  
व्यतित हुने हुन अझैपनि म यो  
गन्तव्यहिन यात्रा गरिरहेछु । केहि  
पाउने आशै आसमा सबै चिज  
गुमाई सकेछु ।

श्रीराम थापा  
गुल्मी, हाल अमेरिका  
टेक्सास हुष्टन

# ग्यास्ट्राइटिसहरूका लागि भोजन तालिका



“राष्ट्रिय रोग” भनेर हामीले व्यङ्ग्य गर्ने गरेको रोग “ग्यास्ट्राइटिस अर्थात ग्यास्ट्रिक रोग” ले प्रायः हामी हरेक नेपालीलाई छोएको छ । अरुलाई हुँदा नानाभाँती सल्लाह दिन्छौं अनि व्यङ्ग्य गर्छौं तर जब आफैलाई पर्छ अनि बल्ल यसको नियन्त्रण गर्ने उपाय गर्न थाल्छौं ।

बच्चा देखि बुढा सम्म हरेक नेपालीको घरमा रहेको ग्यास्ट्राइटिसको समस्याले आज हामीलाई पिरोलेको छ । शरिरमा हुने पाचनक्रियाको अनियमितताले गर्दा एक किसिमको ग्याँस पैदा भई पेट फुल्ने, डकार आउने जस्ता समस्या हुने गर्छ । मसलादार खाना, चिल्लो युक्त खाना र फाइबर युक्त खानाले नै यो समस्या उत्पन्न हुन्छ । त्यस कारण यी माथी उल्लेखित खानाहरूको कम प्रयोग नै यस रोगबाट बच्ने सजिलो उपाय हो । यसै कुरालाई ध्यानमा राखेर हेल्थ पोष्टले यस अंकमा पाठकहरूको लागि

- डा. रचना रौनियार  
डाईटिसियन



के कस्तो भोजन उपयुक्त हुन्छ भन्ने कुरा प्रस्तुत गरेको छ ।

१. ग्यास्ट्राइटिसकाईटिस समस्या भएका हरेक रोगीलाई मुसुरोको दाल, गेडागुडी, तारेको खाना, बढि बोसो भएको मासु, गाडेको वा पुरानो अचार, बढि फाइबरयुक्त खाना, अण्डा र ड्राइफुड्स एकदम कम खान सल्लाह दिइन्छ ।

२. एकै चोटि धेरै खाना एकै पटक खानु भन्दा थोरै थोरै गरि तीन चार पटक खानु राम्रो हुन्छ ।

३. यसैगरि चिया दुध वा सुपहर एकदम तातो खानु भन्दा अलि सेलाएर खानु वेश हुन्छ ।

४. यस रोगबाट पिडितहरूले लहसुनको प्रयोग गर्दा वेश हुन्छ । सके सम्म बिहान खाली पेटमा एक केसा लहसुन नियमित खाने गरेको खण्डमा यस रोगबाट बच्न सकिन्छ ।

५. त्यस्तै बिहान खाली पेटमा प्रसस्त पानी पिउनु र व्यायाम गर्नु पनि यस रोग निदानको सरल उपाय हो ।

६. गहुँको रोटी मकै बाजरा आदी यस रोगीका लागि उपयुक्त नै हुन्छ ।

## धर्ती

सुगन्धी फूलको माला जीवन उमङ्ग गर्दछ  
विश्वासले उनै प्रेम कीर्ति अमर बन्दछ  
पवित्र प्रेममा ईश खुसीले मुस्कुराउँछ  
बसुधैव कुटुम्बकम् लाई साकार गर्दछ ।

राष्ट्रको प्रेमले आफै मनमा हर्ष छाउँछ  
शृंखला हिमका सम्झी मन उमङ्ग ल्याउँछ  
डाँफे वनचरी माथि जब उडान गर्दछ  
लेकको शून्यतालाई प्रकृतिले सिंगार्दछ ।

गुराँस फूलमा यौवन-लालिमा जब  
चढ्दछ  
धर्ती सारा रङ्गमञ्च सौन्दर्यपूर्ण बन्दछ  
वृक्षको डालिमा ब्वेली जब गाउन  
थाल्दछ  
मयूर पंख फैलाई छम्छमी नाचन थाल्दछ ।

सदावहार धर्तीको सौन्दर्य जब छाउँछ  
कता कता हृदयमा स्वच्छन्द भाव आउँछ  
भर्भर शब्द गरी भर्ना जब तयो ध्वनि  
गर्दछ  
आनन्दी मनका दुःख छिनमै सब हर्दछ ।

धानको हरियो बालब जब लहलहाउँछ  
चौतर्फ हर्षको वर्षा धर्ती नै मुस्कुराउँछ  
जब बसन्तले घुम्तो उघार्न सुरु गर्दछ  
खुसीले देशप्रेमी मनै अति रमाउँछ ।

स्प्रिङ्ग, ह्युस्टन, टेक्सास  
संयुक्त राज्य अमेरिका



-गंगा लिगल  
अध्यक्ष, अ.ने.सा.स ह्युस्टन

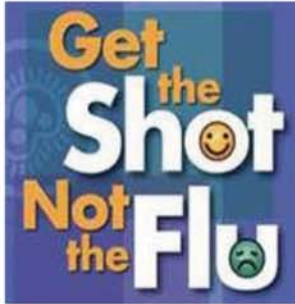




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## A STORY BY

# Gautam Baje

*P. Gautam,  
Houston Texas*

I arrived in the USA in September of 1978, a young student. At the time, the term FOB was not common, however, I was as fresh off the boat as anyone could be. I talked funny, dressed funny, and had no clue about what was about to happen to my life from here on out. I remember buying a large Coke at the airport and converting the dollars to rupees, and nearly having a heart attack. I remember nearly having a second heart attack when I saw the size of the Coke! It was a full liter of soda, crystal clear ice floating in it.

Almost everything tasted good too. It was a land of plenty, indeed. From doughnuts to fried chicken, from burgers to pizza, I sampled, and thoroughly enjoyed everything. Having come from the regimen of dal bhat every day, it was amazing: the variety, the quality (or so I thought) and the convenience and speed with which food was delivered was mind-boggling.

Houston was a boomtown then. I had no difficulty getting a job. I worked hard, got several promotions, and within six months I was making around \$9 an hour which was great, considering minimum wage was only \$3.35. I worked plenty of overtime, went to school and tried, in some way to plan a life. In retrospect, that would have been futile anyway. Life happened in ways I couldn't have imagined.

The Nepali population at the time was miniscule. I tended to

gravitate towards Indians and Pakistanis in college, birds of the same feather. I couldn't quite fit in. I spoke Hindi but not fluently enough to have a conversation of any depth. I spoke English well, but my syntax was lacking. I didn't know any slangs or colloquialisms. I stood out like a frog in a fish bowl, and whichever bowl I hopped into, it wasn't home.

I got homesick, very homesick. I went to work, I went to school, I did my homework, saved every dime. That was my routine. I had only a vague idea of going to grad school, then going to law school, but at the time making and saving enough money to be able to do that was such a big task, all I could do was to do what I could. About the end of the first year of my boring and nondescript life in America, everything changed.

I worked graveyard shift at a Holiday Inn as Night Manager, and it just so happened that a young lady from a small town in Illinois was staying there. She had nothing to do: she was escorting her grandmother to Houston for medical treatment; between appointments weeks would pass. I had low self-esteem, coupled with an almost religious need to add to my savings, and really didn't even feel comfortable looking a woman in the eye, let alone asking her out on a date.

She'd spend time in the pool. She'd hang out in the lobby. Drinking age was 18 then, but she

didn't have a car, grandma wouldn't let her drink, and beer in the hotel was expensive. She'd come talk to me at the front desk when she was bored, and one day she asked me to take her out into town. I came up with excuses, such as classes, homework, work schedule and others to avoid this highly uncomfortable situation. After all, what was I supposed to do on a date? I was 19 years old, still a virgin, and highly fresh off the boat, and with no spunk. She would have none of it. We went out.

Eventually, she had to leave, and after the standard goodbyes and promises to write, she was gone. I figured my life would go back to being normal again- normal, that is, as it was, work, school, work, school, save. But that was not to be. Cut a long story short, out went my dedication to the almighty dollar, to school, to work. It was as though I had become a human being all of a sudden, welcome in America, the land of the free, the land of plentiful cold beer, pretty women and fun.

It is obvious that now, well into my fifties I didn't turn out to be an academic. I'm not a doctor, nor an engineer. I didn't go to law school. I did, however, manage to make a decent life for myself over the years, and provide well for my family. I don't remember much of junior and senior years in college: it was work, fun, more fun, work, and some school. I got passing grades, nothing to write home about.



In the process, something happened that I had no idea would. I became gregarious, made friends easily, and acquired many social skills I'd previously severely lacked. I felt confident, had a bounce in my steps, shook hands firmly, and walked tall. I seemed to radiate confidence. Gone was the shy man from Kathmandu, and what emerged was a man who was sure of himself. It's a very simple story, a coming of age story of sorts. But it was life-altering.

What would have happened, I sometimes wonder, had I not been so kindly and lovingly treated by this visiting little angel from a small town in Illinois? Would I have a couple of PhD's, married one of my own kind, lived in suburbia, and met with my own kind of people once a month or so to brag about the new car or the stellar careers of the offspring? Or would I have gone back, tail between my legs, to the home country where, if nothing, there was a semblance of family, and support?

Sometimes no matter how hard you try to craft your life, life simply happens. When it does, it can be the cause of profound change, or lead to something you'd as soon not reminisce about. Having taken the entrepreneurial route, I've had successes and failures: bankruptcies, resurgences. When you're down and out, you just pick yourself up, and keep on going. There's always another chance. You've learnt from your past mistakes. You're wiser, stronger, and more apt to succeed than ever before.

I've been fortunate to have had many mentors over the years. I've mentored many, my way of giving back to those who've deserved the mentoring. Ultimately though, life's not a series of second-hand

ideas to be relived. My advice to young people coming to America as students or immigrants is simply this: don't be dependent upon your own people. Live a little. Make new friends. Enjoy life. Take risks. Not all risks are money. Risk

your pride. Don't be afraid of rejection. That's the only way you won't end up in your mid-fifties wondering what would have happened if you'd done things differently.

## आमा तिमीलाई सम्झने फुर्सद छैन

- दिनेश देवकोटा

समस्याको पहाड माथि बसी

हिमालजस्ता सपना देख्छु म

टुकी भ्यालको अगाडी राखी

अजम्बरी बाल्छु भन्छु म

त्यहि पिरले होला आमा तिमीलाई सम्झन्न

बाहिर विरोध गर्दा गर्दै भित्र तलुवा चाटि दिउँला

युग सम्म सम्झौता गरि अन्त्य पलमा फाटी दिउँला

पुल बनाउने निउमा पहिले बाडीपहिरो खोलि दिउँला

राष्ट्र युद्धको बेला मिठा गीत गाइदिउँला

एस्ता सुकर्म गर्छु आमा तिमीलाई किन सम्झु

नेपाली शरिरमा अहंकार हाली पोल्तामा नोट भरिदिन्छु

सगै बचौ भनेर अरुलाई टुकीभै आफु मुनिको धब्बामा पारिदिन्छु

मस्त त छ नि जिवन तिमीलाई किन सम्झने, फाइदा छ र ?

एकादशी जस्तो देशको अवसरमा युद्ध लड्ने गोरु मारिदिउँ

कोहि मथ्यौ भने कतै गोइकाजस्ता आँसु भरिदिउँ

त्यसैले आमा तिमीलाई कहिल्यै सम्झन सकिन

सदा अरुको माझ कड्किएर प्रभाव पारिदिउँ

इथियोपियाको गरिबी नेपालमा सारिदिउँ

कहिल्यै नकुहिने प्लास्टिक जस्ता सोचाइले सत्ता टारिदिउँ

आफ्ना विरोधमा हुनेलाई डिप्रेसन दिइ मारिदिउँ

धेरै काम गरें आमा

माफ गर्नु तिमीलाई स्थाने फुर्सद पाइन

लडीछौ भनेनी आफै उठ आमा

आफ्नो घर बनाउन आफै जुट आमा

किनकि तिमीलाई सम्झने फुर्सद छैन

तिम्रा सन्तानलाई तिमीलाई सम्झन फुर्सद छैन .....

# DASHAIN

## *with the season's best blue*

- Late Dhurba K. Deep



This time of the year in Nepal is autumn. The Nepali autumn is wonderful in many ways. The monsoon is gone already. Everything looks nice and new. The sky is blue. The air is comparatively very clean. The atmosphere smells very much like spring in autumn. The rich red lalupate flowers (poinsettia) and yellow bright marigolds are in their best bloom. The full day sunshine is like a dream coming true. To put it in brief the whole climate creates a luxury for you to enjoy yourself with all the best of blue from heaven. Mornings are cool and evenings are very pleasant. Above all the breath taking beauty of the

festivals. The perfect time to celebrate indeed.

Autumn here is also a season for fruits such as guavas, bananas, pears, persimmons, grapes, oranges and so on. These are the season's best produce. To get as many varieties of fruits as one can afford for this occasion is everybody's passion here.

One of the most important festivals we celebrate in this season is Bada Dashain. This festivity falls on the first day of the bright fortnight of Aswin/ Kartik (Sep/ Oct). The first day celebration of this festival traditionally begins with

Himalayas are always there to thrill you. It reminds me of a very nice little poem on autumn. Here is the sample for you to taste.

*"Autumn has arrived again-  
Blue wine from heaven I can smell.  
Now my gods won't drink with me anymore-  
They are drunk already I can tell."*

Autumn in Nepal always comes with lots of marigolds and lalupate flowers for the celebration of the season's most fascinating

Ghatasthapana which means the installation of a ceremonial holy water jar, the symbol of female principal power – so to say Devi Durga whom we worship during the entire period of Dashain. This festivity continues for ten long days. Hence the name Dashain indicating its ten day long celebration.

One of the highlights of this festival is the animal sacrifice to Devi Durga, the universal mother goddess. It occurs on the 8<sup>th</sup> day of Dashain locally known as Mahaastami. The appropriate time traditionally set for this worship is the late midnight of Mahaastami. This particular night is called Mahakala Ratri meaning the great dark night sacred to Devi Durga. The worship of Devi with the animal sacrifice at this particular point of time is termed as Sandhipuja which is said to symbolize the wishful merging of the worshipper into the supreme being worshipped.

The animals picked up for this purpose always have to be male (never female). There are five different kinds of sacrifice animals such as water buffaloes, goats, sheep, chicken and ducks. According to some tantric pundits the water buffaloes symbolizes demonic anger, goats and sheep stand for lust and stupidity whereas chicken and ducks stand for timidity and apathy respectively.

Although Dashain is supposed to be celebrated for ten full days as the name itself suggests however many celebrate it only for three days which are known as Mahastami (8<sup>th</sup> day) Mahanawami (the 9<sup>th</sup> day) and Vijaya Dashami (the tenth day) respectively. During this particular period the Nepali people prefer to go to various Hindu temples dedicated to

mother goddess such as Bhadrakali, Naradevi, Taleju, Vijeswari, Nawa Durga, Indrayani, Maiti Devi, Mahalaxmi, Guheswari and so on which are all located at important points of Ktm. Valley and worship them with many ritual offerings like flowers, fruits, sweets, spicy foods specially animals to the temple and attend the service of tantric nature which runs for quite sometime.

Another highlight of Dashain is the exchange of greeting with red tika and Jamara flowers, the symbol of blessing from Devi. It might be very interesting to go and see some ceremonial activities on this day. Unfortunately we do not have any schedule set for these events. So to find out when and where those events will take place we advise you to take some discovery tours around important Hindu temples in the valley.

## सुन्दर बगैँचा बनाउँ

आऊ, तिमी हामी मिलेर  
एउटा सुन्दर बगैँचा बनाउँ  
यो मिलेमतोमा धेरै सर्त नराखौं  
निसर्त मिलौं र निस्वार्थ जुटौं  
सर्त र स्वार्थ हानिकारक हुन सक्छन  
पूर्वाग्रह प्रेरित कामले बगैँचा बन्दैन  
भक्त व्याकुलता र भयले डेरा जमाउँछ  
तेसपछि भूटहरू रोपिन्छन्  
नसाम्रा झाडीहरू भूहर्षाङ्गीन्छन्  
बिसालु सर्पहरू सल्कन्छन् ।  
जुग भयो सुन्दर बगैँचाको सपना  
पालेको  
धेरै गलतिहरू भए  
अनगिन्ति पाठहरू सिकिए  
अब ती गलतिहरू दोहोर्‍याउने होइन  
पाठ सिक्ने हो तर पुर्वाग्राही बन्ने होइन  
परिवर्तनसिलता त प्राकृतिक नियम हो  
तेसैले सबै तसहरू बिसाउँ



-डा. कमलचन्द्र बागले

आफुमा भएका कृष्णहरू मिटाउँ  
व्याकुलता र भय निभाउँ  
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बिनासर्त, निस्वार्थ जुटौं  
आसिक होइन सत्प्रतिसत काम गरौं  
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- Himalaya Grocers, 14650 FM 529, Houston (FM529 & Huffmeister)
- Touch of India, 11700 Barker Cypress Rd, Cypress (Barker Cypress & 290)
- Patel Brothers, 16338 Kensington Dr, Sugarland
- KT Bombay Bazaar, 949 S. Mason Rd, Katy (S. Mason & I-10)
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