



# SANGALO

Nepalese Community of Hampton Roads Publication

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## Editorial Team

- Dr. Radha KC  
(Editor-in-Chief)
- Ganga Ram Bhandari
- Sulav Thapa

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## Note from NCHR President

I would like to wish you all the best on Nepali New Year 2074. May this New Year bring peace, prosperity, and good health in everybody's lives.

With your support and encouragement, Nepalese Community of Hampton Roads (NCHR) has been able to successfully expand its visibility in local communities through humanitarian and social activities. I would like to thank each one of you for your active participation in our past activities and look forward to receiving your continued support in future events. Today, I would like to share some of the notable achievements that NCHR has accomplished in the recent past.



NCHR was recently registered as a 501(c)(3) organization. Although we had filed an application for this registration in late 2016, Internal Revenue Services (IRS) recognized us as tax-exempt organization effective from May 28, 2015. This registration means a lot to our community and we should all be proud of this achievement. Particularly, with this registration, NCHR is qualified to receive tax deductible bequests, devises, transfer of gifts under section 2055, 2106, or 2522.

We are also delighted to share that with our initiative and visionary approach to help the local community, NCHR and Asian Indians of Hampton Roads (AIHR) successfully collaborated to organize their first joint Blood Donation Drive at Virginia Beach American Red Cross Society. Over fifty people participated in the blood donation drive. We would like to wholeheartedly thank AIHR for their invaluable partnership for such a noble cause and for offering free food to all the participants. In addition to this community service event, NCHR is planning to donate food items to the local homeless community through The Judeo-Christian Outreach Center. The food items will be collected during the Nepali New Year celebration program and will be distributed to the homeless people in April 2017.

We are pleased to mention that our community members have demonstrated high degree of strength, courage, dedication, and discipline during various competitive sports that NCHR has organized so far. During Dashain Cup 2016, Nepalese of non-Anthem group defeated the Nepalese of Anthem Inc. in a highly competitive match that ended in penalty shoot-outs. In December 2016, NCHR and AIHR organized a soccer competition between these two teams, which was won by NCHR with a score of 4-0. In November 2016, NCHR also organized a table tennis tournament among our community members. More than thirty male and female players actively participated in the tournament, which was equally enjoyed by a large numbers of community members. I would like to sincerely thank all the community members who allowed us to use their personal table tennis tables for this tournament. The tournament would not have been possible without their support and cooperation.

NCHR is a forward thinking social organization, whose vision is to help local and international communities, to the extent possible, in case of natural disasters, provide platform for community members to showcase their talents in art, culture and education, and encourage its members to come forward for social work. Your support and participation in our past events have been tremendous and immeasurable. NCHR cannot grow and reach new heights without your support. I hope all of you will continue to fully participate and support our future events as well.

Thank you,  
Ganga Ram Bhandari

## Check your Vocabulary!

Today we will learn some Nepali words around the house.



- \* Dailo/ Dhoka
- \* Jhyaal
- \* Khamba
- \* Dhuri
- \* Bharyang
- \* Parkhal/Bhitta
- \* Aangan
- \* Karesa
- \* Bhanchhaghar
- \* Baithak Kotha

(Answers in Page 4)

## Note from the Editor

Namaste!!

Spring is here, and with it is our Nepali New Year 2074. We are yet again welcoming new joys, new hopes and new milestones in our lives and saying goodbye to the time that has passed. Hopefully, we have learned from what was, to invest that knowledge in what will be. Our small endeavors in floating a community group in the Hampton Roads area have yielded rich results in a span of just two years. Looking back at all we have done so far, either as a joint effort with other communities or organizations around us, or single-handedly as our NCHR trademark, gives us immense pride and pleasure. Our team has seen some old members move on and new members join with their own flavor and zeal, and we thank and welcome both wholeheartedly. NCHR would not have achieved so much success without the collective energy of not just the core team members and the Board, but also the entire Nepali community that keeps multiplying its love and support with every new event we present. This is the right spirit, friends!



I remember an often quoted cliché, "Charity begins at home". We as a community can grow only if we nourish and flourish our individual personality. Most of the people in my generation or older have struggled hard to make a decent foothold in this land of opportunities. We know the value of every single penny, every single dollar that went into making us what we are today. We must not forget that merit always speaks for itself, and strive to shine our mantel at every opportunity we get. With a stronger commitment to self improvement, we naturally contribute to the collective goal of making a strong community around us. I encourage each one of us to not get carried away by the glitter and glamour of the transient joys, but to aim at a longer lasting goal of self fulfilment. Come out of your shells, encourage each other, socialize and capitalize on the numerous opportunities that are waiting to be seized. The eyes do not see what the mind does not know, so keep an open and informed mind. You must remember why you are here, and what examples you are to those around you.

I welcome you all to use NCHR as your own voice, your own image to the world that needs to know the new Nepal and the brave, free spirited, and dynamic Nepali. Please give us your thoughts, suggestions, valuable inputs and feedback so we can strengthen and grow for the benefit of one and all.

Sabaiko Jai Hos!

Dr. Radha K C  
Editor-in-Chief

## Freaky Facts

1. *Glass is not solid, but a very slow moving liquid.*
2. *Tomato sauce was sold as medicine in the 1830s.*
3. *Early Greeks and Romans used dried watermelons as helmets.*
4. *The "sixth sick sheik's sixth sheep's sick" is the toughest tongue-twister in the English language.*
5. *Scientists are genetically engineering a breed of goat that will produce milk that can be turned into spider silk, then spun into ultra-strong ropes.*

Aditya Thapa,  
3<sup>rd</sup> Grade, Norfolk Academy

## Virginia's Native Americans

We all live in this beautiful state of Virginia. Even with so much hustle bustle in our lives, we still manage to see what Virginia has to offer. We feel that we know a lot about our home state and people around us. But how much do we really know about the first people to live here?

Native Americans inhabited Virginia and nearby regions thousands of years before Europeans set foot in the Americas. There were many tribes of native people, but three main tribes dominated Virginia. They were the Powhatan, Monacan and Cherokee. They spoke different languages and were part of three different language groups. The Powhatan, Monacan and Cherokee were in the Algonquian, Siouan, and Iroquoian language groups respectively. The Algonquian lived in the Tidewater or Coastal Plains region near the Atlantic Ocean. The Siouan language group lived in the Piedmont region of rolling hills to the west of Tidewater. Iroquoian primarily lived in the southwest part of Virginia, full of plateaus even though some of them lived in an area in between the Siouan and Algonquian.

Lifestyles, homes and cultures of the tribes were influenced by where they lived. Powhatan Indians lived in small dome shaped houses called wigwams and large families lived in long houses. Living near the ocean and many rivers, dugout canoes, made from large trees, were important to the Powhatan. The women planted and harvested the “Three Sisters” -corn, squash and beans, while the men fished and hunted turkeys, deer and many more small game.

The Monacan lifestyle was also similar to the Powhatan even though they were often at war against each other. They even traded with each other when there was peace. They also planted corn, squash and beans. However, they also domesticated fruit trees, wild grapes and nuts. Unlike the Powhatan, the Monacan tribe mined copper. Jewelry made from copper was a sign of high status and wealth. Once a year, they would leave to go to the hunting camps.



The Cherokee lived in two kinds of houses, one for summer and the other for winter. The winter houses were round domed shaped and were made with wood covered in clay. The summerhouses were bigger and were shaped like cubes or rectangular prisms. They were made from wooden poles and slats covered with clay. They hunted bear, elk and deer. The Cherokee also farmed the “Three Sisters” and tobacco.

The Powhatan were the first to interact with the English settlers when they arrived in 1607. In the beginning, they were friendly and traded with each other. Eventually Chief Powhatan realized that the English settlers were not here to just trade, but to take over their land. That led to many attacks leading to the extinction of the Powhatan tribe. In 1838, the Cherokee were forced to migrate to the reservations in Oklahoma. This migration was called the Trail of Tears because so many people died on the journey.

Today, some Native Americans still live among us, doing the same things we do. Currently, there are eleven state recognized tribes in Virginia. The Monacan is one of them. Some of them still continue parts of their culture by participating in powwows. We all have a rich history and culture that we should be proud of. Let's respect the original inhabitants of the state that we all call home.

Shreya Paudyal  
5<sup>th</sup> Grade,  
Larchmont Elementary School, Norfolk VA

## Like Yourself The Most— by Janardan Mishra

Yes! Like yourself and remain happy in life. Those who do not like themselves cannot be happy or like others to be happy. Most of us often hate ourselves with some failure at work and blame ourselves for it, saying I am stupid, foolish, incapable to do any good work, uneducated, poor, weak, unlucky etc. As soon as we start thinking negatively, we get even more unhappy and sad in life. It is not necessary that we should be successful in whatever we do all the time. Nobody in the world is 100% successful in achieving their objectives including Bill Gates, Hitler, Mahatma Gandhi etc. Yes, no human being is 100% perfect! All people have some weaknesses too, along with their strengths. You have to believe in yourself and think that God has sent you to the world with some purpose and you have to fulfill it as far as possible. If something is not achieved, do not feel like you are the only one in the world to be unsuccessful. Forget it as past is past and it never returns.

Do not get disappointed just by facing failure sometimes, and do not lose your hope. Try again! The most successful people in the world have also faced several unsuccessful attempts in the beginning to get their aims fulfilled in the end. Lord Buddha also faced innumerable difficulties to achieve success and became Buddha to enlighten the world. Even the world's richest man Bill Gates did not achieve success easily. Most of these people never forgot to love themselves and always followed their path without losing hope. So we should learn to love ourselves first and remain calm which helps us to avoid negative self talk. The positive and negative thoughts create attitude, and attitudes create our right or wrong path of actions. This becomes our day to day habit, and that ultimately develops into our personality. So, we should try to stop having negative thoughts about ourselves and change them into positive thoughts. The more we are successful in stopping these negative thoughts, the more we become happier in life.

So, let us stop saying I am stupid, I am inefficient, I am unlucky etc., and let us start saying I am strong and capable, and I am capable of doing anything if I try really hard.

Walt Disney, the founder of Disneyland once said "*The more you like yourself, the less you are like anyone else, which makes you unique!*"

Note: Excerpt from the writer's book CLOUDS HAVE SILVER LINING TOO.

THE MORE YOU  
LIKE YOURSELF,  
THE LESS YOU ARE  
LIKE ANYONE ELSE,  
WHICH MAKES YOU  
UNIQUE.

—WALT DISNEY

### Answers to Nepali Vocabulary

Dailo/ dhoka =  
*door*

jhyaal = *window*

khamba = *pillar*

dhuri = *roof*

bharyang =  
*ladder/ staircase*

parkhal/bhitta =  
*wall*

aangan = *front  
yard*

karesa = *backyard*

bhanchhaghar =  
*kitchen*

baithak kotha =  
*living room*

### No Difference

Small as a peanut, big as a giant  
We all are the same size when we turn off the light.  
Rich as an emperor, poor as a mite  
We are all worth the same when we turn off the light.  
Red, Black or Orange; blond, blue or white  
We all look the same when we turn off the light.  
Everyone is the same when we turn off the light!

Anuradha Basnet  
3<sup>rd</sup> Grade, Brickell Academy,

## Health Tips

Spring or seasonal allergies symptoms include sneezing, congestion, a runny nose, itchy eyes, headache, and other bothersome symptoms. Seasonal allergies — also called hay fever and allergic rhinitis — can make you miserable. Try these simple strategies to keep seasonal allergies under control.

### Reduce your exposure to allergy triggers

To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside — pollen can stick to sheets and towels.
- Wear a pollen mask if you do outside chores.

### Take extra steps when pollen counts are high

Seasonal allergy signs and symptoms can flare up when there's a lot of pollen in the air. These steps can help you reduce your exposure:

- Check your local TV or radio station, your local newspaper, or the Internet for pollen forecasts and current pollen levels.
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.



### Keep indoor air clean

There's no miracle product that can eliminate all allergens from the air in your home, but these suggestions may help:

- Use the air conditioning in your house and car.
- If you have forced air heating or air conditioning in your house, use high-efficiency filters and follow regular maintenance schedules.
- Keep indoor air dry with a dehumidifier.
- Use a portable high-efficiency particulate air (HEPA) filter in your bedroom.
- Clean floors often with a vacuum cleaner that has a HEPA filter.

## आमा

म हरेक रात सपनिमा  
नेपाल मै हुन्छु आमा

कहिले म टोलाई रहेको हुन्छु  
तिम्रा ति फुटेका खुट्टा हेरेर  
कहिले म घोत्ली रहेको हुन्छु  
बाको च्यतिएको टोपी हेरेर  
सङ्घर्ष का पानाहरु पल्टाउँदै  
ति पौरखी हाथरु सम्झ्दै  
कहिले म हराई रहेको हुन्छु  
ति भूत का दिनहरुमा  
उकालो ओरालो हिन्डेका  
ति गाउँ बेसी अनि गोरेटोहरुमा  
आमा  
म हरेक रात सपनिमा  
तिमै सामु हुन्छु आमा!

कहिले देउसी भैलो मा नाच्दै  
त कहिले खुशी हुँदै म  
खाई रहेको हुन्छु खुब मिठो मानि  
तिमीले पकाएका सेल रोटी अनि  
भक्का निपर आउछ कहिले काहि  
मलाई भोक छैन भनि तिमिले  
मैले खादा तिमिले खुशी भएर मलाई  
हेरी रहेको, कपाल सुम्सुमाएको  
तर तिमि भोककै बसेको ति दिन  
अनी अत्तालिन्छु एक्कासी देखेर सपना  
मलाई कुरेर पिडी मा बसिरहेको  
त्यो एक्लो असक्त बुढो सरीर  
आउछ कि भन्ने आसमा,  
आमा  
म हरेक रात सपनिमा  
तिमै छेउ मा हुन्छु आमा!



**CNN Super Hero 2016 Winner—Pushpa Basnet “Mamu”**

जब ब्युझन्छु निद्रा बाट  
अनी पाउछु म आफुलाई यो  
पर्देशमा, उजाड मरुभूमिमा  
बाध्याताले समयले मलाई आज  
यसरि बाच्नु पारेको छ आमा,  
नयाँ बिहानि बोकेर छिटै  
तिमै कोखमा आउछु आमा  
आमा, अब छिटै नै  
म तिमिलाई सिङगर्न आउछु आमा  
अब सधै भरी बिपनी मै  
तिमी सङगै बस्ने गरी आउछु आमा!!

भविन धित्ताल

ओल्ड डोमिनियन युनिभर्सिटी, नोर्फोल्क भर्जिनिया

### Helpful links for new comers

Nepalese Community of Hampton Roads (NCHR) main page: [www.nchrva.org](http://www.nchrva.org)

NCHR's Facebook page: [www.facebook.com/nchrva](http://www.facebook.com/nchrva)

US Immigration: [www.uscis.gov](http://www.uscis.gov)

VA Department of Motor Vehicles: [www.dmv.virginia.gov](http://www.dmv.virginia.gov)

VA Health Department: [www.vdh.virginia.gov](http://www.vdh.virginia.gov)

Social Security Administration: [www.ssa.gov](http://www.ssa.gov)

Old Dominion University: [www.odu.edu](http://www.odu.edu)

### *NCHR's past events*

Since our last issue of this newsletter, NCHR has organized many successful community events. We are excited to present a brief overview and some pictures of those events. (More event pictures are located on NCHR's Facebook page - [www.facebook.com/nchrva](http://www.facebook.com/nchrva))

#### **NCHR Dashain Cup Soccer Match: October 8, 2016**

In order to commemorate the 2073 Dashain festival, NCHR organized a soccer match between two local Nepalese teams in October 2016. The match was played between Nepalese of Anthem Inc. and Nepalese of non-Anthem. The match was watched by more than seventy enthusiastic community members who cheered for their favorite teams. Both teams played extremely well with high degree of discipline, coordination, and sportsmanship. The game was tied at 2-2 after regular 90 minutes and ended up in penalty shoot-outs. After the thrilling penalty shoot-outs, Nepalese of non-Anthem emerged victorious. All players and audiences were served variety of food prepared by the community members at the end of the game. Thanks to all community members for your selfless support. Below are some pictures of the exciting match.



**Anthem Inc. Soccer Team**



**Non-Anthem Soccer Team**

#### **NCHR Table Tennis Tournament 2016: November 20, 2016**

To promote healthy living and competitive attitude among its members, NCHR organized a table tennis tournament in November 2016. The tournament was well attended by community members of all ages. Table Tennis tables were collected from multiple community members, who allowed us to use their personal tables for free. Total of 34 players (men and women of all ages) actively participated in the tournament. All players and audiences were served food and drinks during the event. Congratulations once again to Alok Neopane and Gayatri Parajuli for winning the men's and women's competition respectively. Below are some pictures from the tournament.



**NCHR Table Tennis  
Tournament 2016 Winners**



**Players and Audience after the event**

**Desi Soccer Club vs NCHR Soccer Team match: December 10, 2016**

NCHR and the local Indian soccer team (Desi Soccer Club) organized a friendly soccer match in December 2016. Despite the cold weather and rough playing field, both teams played the soccer match extremely well. The match was watched by more than hundred community members from both teams. NCHR won the match with a score of 4-0. This victory is a testament of excellent sportsmanship of NCHR players, who made NCHR's name and fame as strong and bright as Kohinoor diamond in the Hampton Roads area. All players and audiences were served free food after the event.



**NCHR's Binod Gurung targeting the goal post**



**NCHR's Soccer Team**

**Blood Donation Drive: February 25, 2017**

With an active leadership initiative and dedication, NCHR contacted American Red Cross Society to organize blood donation drive from our community members. NCHR also reached out to AIHR to see if they were willing to collaborate with us for this event in order to increase the number of blood donors. AIHR whole-heartedly supported the event and encouraged its volunteers to donate blood. AIHR also offered free meal to all the blood donors. The blood drive was successfully held on Saturday, February 25, 2016 at the American Red Cross Society's Virginia Beach, VA Blood Donation Center, where more than fifty volunteers (from both NCHR and AIHR) donated blood. Below are some pictures from the event.



**NCHR and AIHR team members at American Red Cross Blood Donation Center**



**NCHR's Jyoti Basnet donating blood**



### NCHR players win 'Taste of India' Table Tennis Tournament: March 26, 2017



Taste of India of Hampton Roads organized a table tennis tournament on the occasion of Contest Mania – a precursor to the annual Taste of India event. Total of 32 players from different countries such as Nepal, India, China and Iran participated in the tournament. NCHR is proud to announce that NCHR players Sulav Thapa and Suroj Gurung reached the final by beating all other excellent competitors. At the end, Sulav won the tournament by beating Suroj in a thrilling final. Kudos to Sulav and Suroj, who made NCHR's name shine brightly in the Hampton Roads area in front of a large audience. The championship awards will be handed to the two winners during the Taste of India event on April 22, 2017 in front of approximately eight thousand people. Great achievement by NCHR players!!

**NCHR's Sulav and Suroj battling at the Finale**

#### Future Events:

#### Donation to Homeless people: Tentative Date: April 22, 2017

Every human being deserves a decent living condition, but unfortunately, due to various reasons, some people struggle to meet basic survival needs such as food, shelter, and clothes. To support the local homeless people, NCHR has requested all its community members to generously donate basic necessity items. NCHR plans to collect these donated items during the Nepali New Year celebration event on April 14, 2017. All collected items will be distributed to the local homeless community through a charity church – Judeo-Christian Outreach Center, Virginia Beach.

#### NCHR Summer Picnic 2017: TBD

#### Dashain & Tihar 2074 Celebration program: TBD

#### NCHR Sporting events for 2017 (Soccer, Table Tennis): TBD



### NCHR's Committee

President: Ganga Ram Bhandari  
 Chair- Public Relations: Dr. Radha KC  
 Chair- Strategic Planning: Dr. Pasupati Dhakal  
 Chair- Arts & Culture: Gayatri Parajuli  
 Chair- Administration: Sulav Thapa  
 Chair- Treasury: Amita Khanal  
 Chair- IT: Ashish Mishra

### NCHR Board of Directors

Janardan Mishra  
 Bidosh Acharya  
 Indra Bilas Paudel  
 Salil Gautam  
 Gandhi Basnet

# SANGALO

Brought to you by



## Nepalese Community of Hampton Roads

Established 2015  
Virginia Beach, VA

Visit us @  
[www.nchrva.org](http://www.nchrva.org)

### READY TO PARTY ???

NCHR has you covered! We are pleased to announce that we have recently bought the following items for our cultural and sporting events. These items will be available for rent to all NCHR members during your special occasions such as birthdays, baby showers, engagements, weddings, or even house parties.



- Gear One PA 2400 System
- Monitor
- DJ Lights system (strobe light, laser light, led light, fog machine)
- Mic stands
- 100" Projector screen

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### THINKING OF BUYING OR SELLING A HOME? Leonard Struch

Full time agent!!! Committed to communication. If I ever miss a week of updating you, I will write you a check for \$100.00.



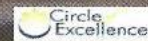
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