



SANGALO

Nepalese Community of Hampton Roads Publication

Year 2/ Volume 3

October 7, 2017

Editorial Team

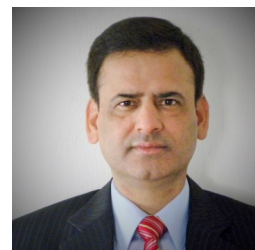
- Dr. Radha KC
(Editor-in-Chief)
- Ganga Ram Bhandari
- Sulav Thapa (Design)

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Note from NCHR President

This time of season is a festive season, particularly for all of us whose origin links to Nepal. After celebrating many cultural festivals and rituals like Teej and Indra Jatra, we recently celebrated the greatest Nepalese festival- Vijaya Dashami. This festival is celebrated by worshipping the Goddess Durga Bhawani Mata for nine days with the hope of getting blessed for health, wealth, and prosperity. Following the nine days of worship including Fulpaati and Maha Astami, millions of Nepalese celebrated Vijaya Dashami 2074. In this festival, people get blessings from seniors and enjoy large and delicious meals, new clothes, and entertaining performances.



Deepawali festival is another big festival coming in next two weeks. May this Deepawali bring success, good health, and prosperity in your lives. I wish a very blessed festive season to all. May this season bring peace, harmony, and prosperity to all, and eradicate hunger, danger and disasters forever.

While the season is festive, Mother Nature has recently presented many disastrous events taking toll of many lives, damaging billions of dollars worth of properties, and leaving fearful memories to millions of people. Recently, Nepal's Terai region was massively flooded, Texas was hit hard by Hurricane Harvey and Florida and Puerto Rico were engulfed by Hurricane Irma. Such calamities are unavoidable, and the suffering and pain brought by these disasters are long-lasting. However, to lessen the pain of people impacted by these disasters, all of us need to pray for them and provide generous support and sympathy. Charitable donations from everyone would help in speedy assistance and minimize the impact of these calamities. So, I would encourage all of you to contribute to the victims of these calamities through any charitable social organization such as NCHR, Red Cross or Dhurmus Suntali Foundation.

Finally, I would like to thank all of our community members and well-wishers for your continuous support to NCHR.

Ganga Ram Bhandari
President- NCHR

Check your Vocabulary!

Today we will learn the names of the months in Nepali. See if you can say them out loud to your family! The Nepali Year starts from April and is also made up of 12 months. It is called Bikram Sambhat. We are in the year 2074 in the Nepali Calendar. So how many years ahead are we from the English Calendar?

Here's how you say them. Some months have a second name in the common spoken language. The first names on the list are more pure and used in written language.

1. Baisakh
2. Jestha or Jeth
3. Asaar
4. Shrawan or Saun
5. Bhadra or Bhadau
6. Ashwin or Asoj
7. Kartik or Kattik
8. Mangsir or Musir
9. Poush or Poos
10. Magh
11. Falgun or Faun
12. Chaitra or Chait

Note from the Editor

Namaste!!

It is a great pleasure to bring to you our third volume of *Sangalo* at the most festive time of the year for our Nepalese Diaspora. We are growing beautifully as a community, thanks to each one of you for the tremendous support! NCHR is founded on your love and participation, and together we are creating unity in diversity.



We have been lucky to experience the traditions of our land first hand before we came to the United States to expand our horizons and further our dreams. Our children, and the many young people who were born here, have not been so lucky, though. Their impressions of *Dashain* and *Tihar* are limited to family gatherings and celebrations and occasional trips to Nepal during the festival season if at all they are lucky to get off their school calendar, or when they are too young to worry about missing classes. They do not know the joy of playing on the *rotey*, *lingey* and *jatey ping* or the excitement of the trip the menfolk make to the market to buy the best goat, or the *khalpi* and the *kawaf* the women so carefully and lovingly prepare for the feast of the year. Nor do they know in person the joy of going door to door singing "*Bhailo*" and "*Deusire*" and being rewarded with freshly made *selroti* and wads of cash they put to good use once *Tihar* is over.

It becomes our responsibility to try and preserve these impressions, and to pass them forward to the young generation. They have no doubt been born with privileges we never had in our childhood, but they are also missing a vital part of the heritage we have been exposed to. The Nepalese Community of Hampton Roads is trying in its own way to preserve the cultural heritage for our young people so that they are aware of their rich roots. The *Dashain-Tihar* gathering is one way of reminding all of us that this part of the year is for all of us to come together and celebrate the triumph of good over evil, and honor the traditions of caring and sharing. Not just these two festivals, it applies to all the traditions and customs that are our identity. I hope and believe that all our children will imbibe the best of both worlds; the pursuit of merit and excellence in the western world, and the upholding of our diverse and rich heritage from our Nepali roots.

Sabai ko Jai Hos!

Dr. Radha K C
Editor-in-Chief

FREAKY FACTS

1. *When a baby kangaroo is born, it is about 0.8 in (2 cm) long.*
2. *During the eighteenth century, books that were considered offensive were sometimes whipped.*
3. *The name of Oz in The Wizard of Oz was thought up by its creator, Frank Baum, when he looked at his filing and saw O-Z.*
4. *Toronto, Canada: It is illegal to ride streetcars on Sundays after eating garlic.*
5. *Louisiana: It is illegal to rob a bank, then shoot the teller with a water pistol.*

Aditya Thapa,
4th Grade, Norfolk Academy

अन्टी

उज्यालो अनुहार थियो। भुईमा सानो चकटीमा बसिरहेकी थिइन्। रोग लाग्यो अब मर्ने दिन कुरेर बसिरहेको छु। उनले भनिन्।

चितवन जिल्लाको पर्सा बजारबाट भित्र जाँदा जेठ महिनामा फाँटहरू हरियाली छन्। जाँदाजादै पाचमाने भन्ने ठाउँमा २, ४ वटा पसल छन्। नहरमा पानि बगेको छ, गर्मीको समय छ तेर सितल हावा चलिरहेको थियो। एक्कासी आकाश कालोनिर्लो भएर आयो। बेस्मारी हावाहुरी चल्यो, मोटारसाइकल नै उडाउने गरी।

मोटारसाइकललाई बाटोमै राखी आफूलाई बचाउने हिसाबले हामी दाजुभाई छेबैको घरतिर गयौं। "अंकल नमस्कार।" हामीले नमस्कार गयौं। बिस्तारै उनले नमस्कार फर्काए। "अन्टी खोइ त" भाईले सोधे। "भित्र छ, बिरामी छ।" उनले बिस्तारै भने।

"के भयो र?" भाईले सोधे।

"क्यान्सर" अंकलले भने।

हामी बिस्तारै घर भित्र गयौं। घर भित्र २ वटा खाट थियो अनि २, ४ वटा कुर्ची। अन्टी भुईमा चकटीमा बसिरहेकी थिइन्। हामीले नमस्कार गयौं। उनले नमस्कार फर्काइन्। "के भयो?" भाईले सोधे।

"खै के भयो, के भयो? सबै ठाउँमा गएर उपचार गरेको सन्चो भएन। पैसा पनि सकियो १ लाख जति। रोग लाग्यो अब मर्ने दिन कुरेर बसिरहेको छु।" उनले भनिन्।

हावाहुरीले घर नै उडाउला जस्तो गर्दै थियो। संसाना केटाकेटी तेतिक्कै बसिरहेका थिए। टीनको छानाले बेस्मारी आवाज निकालिरहेको थियो। भाई अन्टी नजिकै पिकामा बसे। मा सानो कुर्चीमा बसे। म सानो कुर्चीमा बसे। अन्टीले भाईको बुवाआमाको हालखबर सोधिन।

सपै पैसा १ लाख सकिँदा पनि उनलाई रोग निको भएन। मान्छेहरू छोराको व्रतबन्धमा २ लाख खर्च गर्छन्। बिहेमा २० लाख खर्च गर्छन्। जमघटमा पार्टीमा लाखौं रुपया सक्छन्। आनन्दको लागि। उनको जिवन जिउने आसामो १ लाख सकियो तर क्यान्सरले उनलाई छोडेन।

धेरै मान्छे देखेको छु तर अब म २, ३ महिनामा यो संसारबाट बिदा हुन्छु भनेर थाहा पाउँदा पनि त्यस्तो उज्यालो अनुहार भएर बसेको कोइ देखेको थिइन।

म केहि बोल्न सकिन। भाई पनि टोलाइरहे। उनी जन्मेको, हुर्केको ठाउँ थियो त्यो। उनले सानै देखी चिनेको मान्छे थिइन ति अन्टी।

केही समय पछि हावाहुरी अली कम भयो। रात पर्न थालिसकेकोले हामी निकल्ने हतारमा थियौं। "अन्टी हामी जान्छौं।" भाईले भने।

"हुन्छ। मम्मीलाई सोधेको छ भन्दिनु। मम्मीलाई फुर्सद भए अन्टीलाई भेट्न जानु भन्दिनु। हुन त म अब धेरै बाँच्दिन। उनले उज्यालो अनुहार बनाएर हामीलाई बिदा दिइन्।

मलाई त्यो अनुहारको केही दिन याद आइरह्यो। आफ्नो अगाडी मृत्यु छ। पिडा पनि त होला। तर के गर्नु बिकल्प छैन। मर्नु अधिसम्म पिडा लुकाएर भए पनि बाँच्नु छ।

त्यसको केही महिना पछि भाईसंग भेट हुँदा मलाई एक्कासी त्यो अन्टीको याद आयो। "भाई, त्यो अस्तित्व पाचमानेमा भेटेको अन्टी" मैले सोधे।

"अन्टी त मरिसकिन्।" भाईले भने।

मनमनै भने- आत्माले शान्ति पाओसा।

-भविन धिताल

२०७३ साल जेठ २४, प्रगतिनगर, नवलपरासी। नियमित डायरिबाट।

Appreciation is the Gate to Happiness

— by Janardan Mishra

Yes, appreciation is the gateway to be happy ourselves and see other people happy. We should try to acknowledge good aspects in others instead of focusing on faults in them. In every step of life we have innumerable chances to appreciate others but we often ignore them. We have ample opportunity to appreciate right from early morning tea time to bedtime at night. It is a habit and attitude which can be developed by our own practice and strong will- power. We can start appreciating our spouse for bringing a nice cup of coffee or kissing our children and show our love to them before they leave for school or call our parents to ask how are they doing and express that we miss them a lot, etc. Even saying "hi" to our neighbor or helping to hold their grocery bag etc. We do not have to do much, just show our smiling gesture of concern towards them. You can appreciate nature even if it is raining and be thankful for the cool climate after hot temperature. You can appreciate even if it is very hot as the day brings you a new spirit and opportunity for hard work and service to human beings including your family. You can even appreciate yourself as you are able to work hard all day to make your spouse, children, parents and other family members happy and remain happy yourself. You can appreciate the moon light as it brings you peace and calm after a long day of hard work helping you to have full rest and a new spirit for tomorrow. At work place you have opportunity to appreciate customers, colleagues, senior and junior staff. You can use the opportunity to appreciate even strangers on the road with a soft smile saying "hi" or "how you doing?"

If you are able to develop this habit of appreciation and gratitude you can feel happy in your life no matter what the situation is around you. But instead of finding good in other people we often are quick to see bad aspects and criticize them. We begin to generate serious disease of superiority complex by criticizing others and that will be our road to downfall. We should try to focus on good elements in others instead of pinpointing their bad attitudes. This example applies to our outlook towards our society and the country as well.

Often, we find only bad things everywhere and criticize them but we do not try to find good aspects hidden behind it. We often compare our country to other developed countries but do not realize that even the rich and developed countries have a lot of social and other problems which we do not have with us. These developed countries did not progress as a magic but it took centuries to reach to the present stage. Otherwise they had also the same problems as we have today. Instead of criticizing on the condition of our country we should try as a group or a society and seriously think what we can do for our country to uplift it. But we often see people everywhere who just criticize but do nothing for the country. I do not mean that we have to appreciate a bad situation. But what I mean is that we should criticize in a constructive way with a supportive purpose to do better in any field. We can criticize, comment, argue or give suggestions with a positive support. It is just like seeing dirt everywhere outside when we look through from our dirty window glasses in our house. If we have dirty window we can not see the clean street outside.

So we should quit this wrong perspective that our importance in the society will go down if we start to appreciate others. In fact, our image and personality will be uplifted and everybody around us will appreciate us for our attitude. But if you do not like to appreciate others with open heart just forget it because it will make you unhappy and unsatisfied. If somebody does anything good for us we should immediately appreciate it without any delay. When we develop the habit of honest appreciation we will remain happy and most of the time in good mood. Physical and structural development without good attitude, culture and manner will not mean real development of a country. Let us compare the bus ride in Kathmandu and Washington DC, we will understand its meaning.

So appreciate, appreciate and appreciate everywhere possible.

Q. What did 0 say to 8?
A. Nice Belt!

Q. What do you call a pig who knows karate?
A. Pork Chop!

Q. What is the best season to jump on a tram-
poline?
A. Spring time.

Q. Why did the Physics teacher break up with the Biology teacher?
A. There was no Chemistry.

Optimist: The glass is half full.
Pessimist: The glass is half empty.
Mother: Why didn't you use a coaster?!

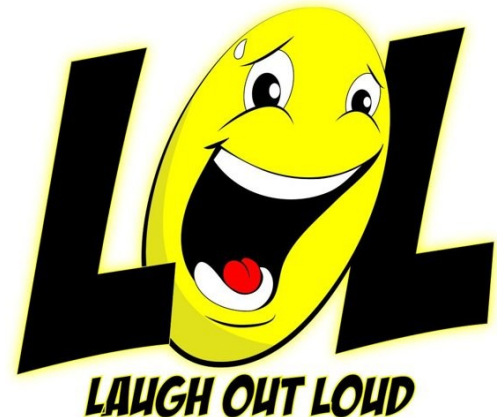
I asked my daughter if she'd seen my newspaper. She told me that newspapers are old school. She said that people use tablets nowadays and handed me her iPad. That fly didn't stand a chance.

A recent scientific study showed that out of 2,390,029,203 people, 94% are too lazy to actually read that number.



Q. Why can't you give Elsa a balloon?
A. Because she will "Let it go."

Q. Why was 6 scared of 7?
A. Because 7 8 9!



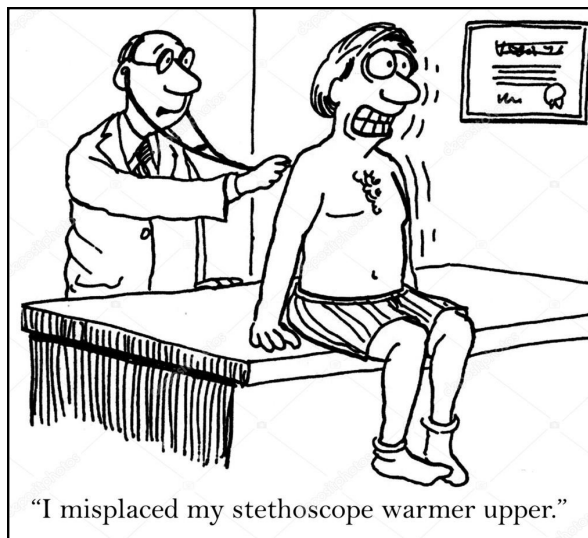
Health Tips

The following recommendations are worth knowing to help prevent diseases and their complications. Hope you find this useful. Please ask your doctor if they apply to you.

1. Flu Shots: Children 6 months and above and adults

Once a year in the flu season, which is typically from October to March but may extend unto May! Most insurance cover it, and it is available in pharmacies, the Health Department and the local doctor's offices.

2. Blood pressure screening: Adults It is recommended to screen for high blood pressure in adults aged 18 years or older. The USPSTF recommends obtaining measurements outside of the clinical setting for diagnostic confirmation before starting treatment.



3. Cervical cancer screening: Women It is recommended to screen for cervical cancer in women ages 21 to 65 years with cytology (Pap smear) every 3 years or, for women ages 30 to 65 years who want to lengthen the screening interval, screening with a combination of cytology and human papillomavirus (HPV) testing every 5 years.

4. Breast cancer screening: Women Screening is done with mammography for women, with or without clinical breast examination, every 1 to 2 years for women age 40 years and older.

5. Colorectal cancer screening: Adults Recommendation is to screen for colorectal cancer starting at age 50 years and continuing until age 75 years.

6. Vision screening: Children The USPSTF recommends vision screening at least once in all children ages 3 to 5 years to detect amblyopia or its risk factors.

डाक्टर, बिरामी र दबाई

हे डाक्टर, ए डाक्टर
 तिमी मान्छेलाई भाका दिदै
 डाकेको डाक्यै गछौं र त
 त्येसैले तिमी डाक्टर।
 के गरूँ? म पनि त विवश छु
 विराम लिई तिमीलाई
 भेट्न आउंछु र त
 त्येसैले म बिरामी ॥
 तिमी स्टेथेस्कोप कानमा उन्दै
 मान्छेका छातीका आवाज सुन्छौ
 मुटुको लबधब लबधब सुन्छौ
 अन्तरको अनाहद सुन्छौ
 आत्माको बिमार बुझ्छौ
 बिमार दबाउन नबुझिने गरी
 दुई चार अक्षर खिसिक कोरछौं
 सायद दबाउन्छ र त
 त्येसैले त्यो दबाई ।

भविन धिताल, ओल्ड दोमिनियन, नफोर्क, भर्जिनिया

Helpful links for new comers

Nepalese Community of Hampton Roads (NCHR) main page: www.nchrva.org

NCHR's Facebook page: www.facebook.com/nchrva

US Immigration: www.uscis.gov

VA Department of Motor Vehicles: www.dmv.virginia.gov

VA Health Department: www.vdh.virginia.gov

Social Security Administration: www.ssa.gov

Old Dominion University: 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)

Donation to Homeless people: April 29, 2017

In order to support the local homeless people, NCHR had requested all its community members to generously donate basic necessities during April 2017. NCHR collected these donated items during the Nepali New Year celebration event on April 14, 2017. All collected items were distributed to the local homeless community through a local organization – Judeo-Christian Outreach Center, Virginia Beach on April 29, 2017. NCHR was able to collect varieties of canned food, crackers, noodles, condiments, toiletries, bath tissues and gently used clothes and shoes. NCHR would like to sincerely thank all the NCHR community members who were able to donate these items and make our 1st charitable donation drive a big success. The Judeo-Christian Outreach Center staffs were very appreciative of our time and donations. Kudos to everyone who donated!!!



Donation items collected



NCHR members at Judeo-Christian Outreach Center

NCHR Summer Picnic 2017: August 5, 2017

NCHR organized its annual Summer picnic on Saturday, August 5, 2017 at Great Neck Park, Virginia Beach. There were over 90 attendees of all ages who came to enjoy food, games, sports and other fun activities. There were separate games for kids and other ages and all winners were given prizes at the end of the event. Community events such as these build healthy friendships and promote a sense of community among all NCHR members. The NCHR Committee is grateful to all participants who were able to attend and make this year's picnic fun and memorable.



Attendees at the venue



Summer picnic on a beautiful day

NCHR vs. Richmond-Nepalese Soccer Match: August 19, 2017

In order to foster relationships with other surrounding communities, NCHR soccer team and Richmond-Nepalese soccer team organized a friendly soccer match on Saturday, August 19, 2017. There will be a 2-game series between Virginia Beach and Richmond. This was the home-game that was played at Virginia Beach, and another away-game is planned in Richmond at a later date. It was an entertaining and competitive match that was won by Richmond-Nepalese team with a score of 4-2. All spectators enjoyed the match and cheered for their respective teams. Thanks to Lenny (referee), Killian (linesman) and Joseph (linesman) for your support in officiating this match. Congratulations to the Richmond-Nepalese team. See you in Richmond!



NCHR soccer team and the fans



Richmond team (blue) and NCHR team (red)

NCHR Teej Celebration: August 19, 2017

NCHR organized its first ever Teej Celebration program on Saturday, August 19, 2017. This was a ladies-only event and it was organized in order to celebrate womanhood and their importance in our daily lives. Appetizers, dinner and drinks were served at the event and at the end, one lucky winner was given a raffle draw prize. All the ladies enjoyed dancing to Teej songs along with some Nepali, Hindi and English dance tracks. Since this was NCHR's first Teej celebration program, the attendance for this event was less than anticipated. NCHR sincerely hopes that more community members will be able to participate in the future and encourage such events.



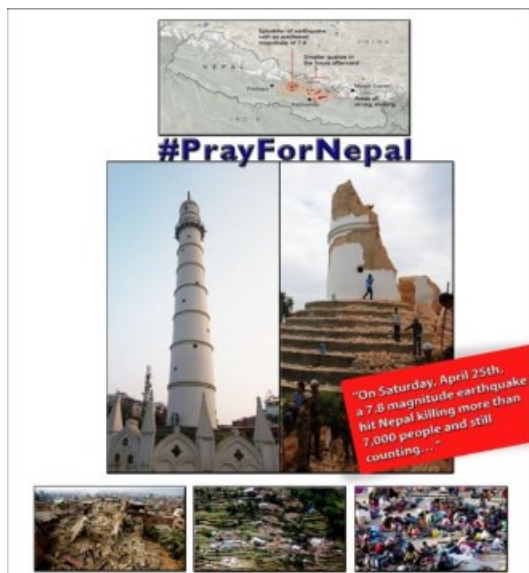
Beautiful ladies during Teej program



Mrs. Anu Ghimire– lucky winner of the Teej raffle draw

Charitable organizations such as NCHR thrives on many unsung characters who work tirelessly to make our events possible. Special Thanks to **Mr. Anil Bajracharya** for designing past events flyers/tickets as well as taking photographs of all NCHR events. NCHR appreciates your effort!!

Thanks to ALL 'behind-the-scenes' people make NCHR possible! Thanks to all volunteers and community members who support and participate in all of our events! *Together, we are NCHR !!!*



SANGALO

Brought to you by



Nepalese Community of Hampton Roads

Established 2015
Virginia Beach, VA

Visit us @
www.nchrva.org

Year 2/ Volume 3

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Future Events:

Dashain & Tihar 2074 Celebration program: October 7, 2017

NCHR vs. Desi Soccer Club: October 14, 2017 (@9:30 AM)

Anthem-Nepalese vs. ODU-Nepalese "Dashain Cup" soccer match: TBD

NCHR vs Richmond-Nepalese soccer match @ Richmond: TBD

NCHR 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

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

Please reach out to NCHR through email (nchrvaus@gmail.com) or through Facebook (www.facebook.com/nchrva) for rental information.

