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संगालो

SANGALO

NEPALESE COMMUNITY OF HAMPTON ROADS PUBLICATION

EDITORIAL TEAM

EDITOR-IN-CHIEF

DRONA TRITAL

EDITORS

DR. RADHA KC
GANDHI BASNET
DIPENDRA BASNET
ADITYA THAPA

Note from the President



Namaste!

Let me first wish you all a very happy and prosperous 2082! May you achieve good health, accomplish your goals, and move further in your pursuit of happiness!

As the new year is upon us, please join me in welcoming a new team of Sangalo that has been working behind the scenes to revive our very own Newsletter. Let us all welcome our new Editor in Chief Drona Trital ji and his team: Dipendra Basnet ji, Gandhi Basnet ji, and Aditya Thapa. I will humbly remain in the team until we find more volunteers who can join us.

In our efforts to make NCHR bigger, better, and stronger, not only are we bringing back Sangalo but we also have several other projects. We recently resumed our Blood Donation to the Red Cross, and NCHR thanks everyone who came to participate. We are doing marvelously well with our Pathshala, and very soon we will have our inaugural batch completing its first year in May.

We also want to create a welcome space for our senior community members and have been toying with the idea of a seniors' get-together. It will be an opportunity for them to mingle, make new friends, and share their collective wisdom and happiness.

We have also identified a task force to formulate a plan for a much needed community center that will become a multi-purpose space for our activities. This is a big undertaking, and we need all our combined resources and ideas to make it a reality.

We now live in a very sensitive time, and I urge every one of you to be safe, protect your rights and assets, and be on the right side of law. Artificial intelligence and social media have invaded our life, but it is essential that we preserve common sense and gut instinct to prevent any unforeseen incidents.

Nepali people are known for hard work, simplicity and generosity. With our own virtues we have been molding ourselves in the fabric of whichever place we go to. May we continue to preserve the dignity of our great country in our actions and words, and pass it along to our future generations even as we learn new cultures and lifestyles.

I wish you all peaceful times ahead!

Sabai ko jai hos!!





Note from the Editor-in-Chief



Namaste and Happy Nepali New Year 2082!

It is my great honor to serve as the Editor-in-Chief of the *Sangalo Newsletter*, a publication of the Nepalese community of Hampton Roads. I am very happy to be part of this meaningful project that brings our community together and helps us share our stories, events, and creativity.

Although our Nepalese community here is not very large, we are very active and united. Throughout the year, we celebrate many events such as the New Year picnic, Holi, Dashain, Mahaprasad, and organize important activities like blood donation drives. One of our proudest achievements is the Nepali Pathshala, where our children learn the Nepali language and culture.

I want to thank the past leaders who started this organization with great effort and vision. Because of their work, we have a strong and growing community today. I also want to thank our current president, Dr. Radha KC, for bringing new ideas and programs that benefit everyone.

This newsletter is not only for news, it is also a place to share creative works like poems, stories, and articles from both our community and beyond. We especially encourage our children to share their creations. Their voices are important, and we want to support their growth and connection to our culture.

As parents, if we want our children to stay connected with our community, we must show them the way by participating in programs and events ourselves.

Thank you all.

Warm wishes for a happy, healthy, and successful New Year 2082!



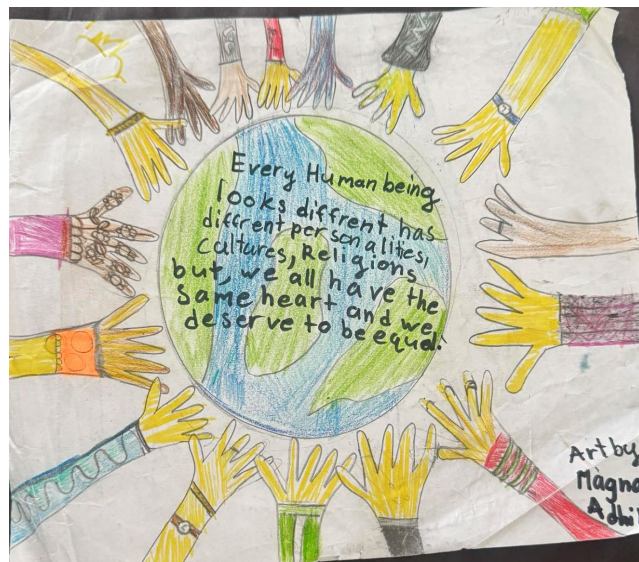
समय

समय त्यति फरक पनी त कहाँ होर । २
 दिनहु उहि चिलरहन्छ, विहानीको किरणसँग घाम झुल्किन्छ
 दिवा हुन्छ अनी गोधुली साझसँग दिन सकिन्छ
 यसरीनै हामी मनुष्यको समयको
 गतिसँग दिनचलिरहेको छ । २
 खै के चाहान्छौ हामी कुन्नी । २
 हामीले केही पाएपनी आत्मा सन्तुष्टिको
 खोजीमा बस् समयको गतिसँग डौडिरहेका छौ ।
 हामीलाई थाहै छैन समयको गतिले हामीलाई
 धेरै वसन्तहरु पार गराइरहेको छ । २
 ऐनामा हेर्दा आफुलाई उस्तै देख्छौअनी
 फेरी केही पाउने आशामा डौडिरहेका छौ ।
 खै समयले काँचुली फेरेको हो वा
 हामीले हाम्रो नैतिकता भुलेका हौ
 मान्छे मान्छे जस्तो रहेनौ हामी । २
 आधुनिकताको नाउमा सबै कुरा देख्न, सुन्न, भन्न
 नमिल्ने जस्ता भईसके र पनि यहि समयको
 परिवर्तनलाई अंगाली रहेका छौ ।
 खै के चाहान्छौ हामी कुन्नी । २
 असल र खराब छुट्याउन सिकौ
 मानिस हौ मानिस भएर बाँच्न सिकौ । २
 कर्म गरेर खान सिकौ, अरुलाई आरोप र
 अरुको कुरा काटेर, कति दिनसम्म सचिलो
 बन्न खोज्छौ, तिमीले गरेको कर्म कि तिमिलाई
 थाहा छ कि भगवानलाई,
 आडम्बरको खोल ओडेर कति दिनसम्म
 हिड्न सक्छौ, यो त कलियुग हो । २
 समय फेरियपनी हामीले गरेको कर्मको फलको हिसाव,
 किताब समयले गरेकै छैन, समयको आदि भएपनि
 अन्तय हुन अझै बाकी छ । २

पुष्पा भुसाल

Jokes

1. Humpty Dumpty had a great fall. He said his summer was pretty good too.
2. A slice of apple pie costs \$2.50 in Jamaica, \$3.75 in Bermuda, and \$3 in the Bahamas. Those are the pie-rates of the Caribbean.
3. I can always tell when someone is lying. I can tell when they're standing too.
4. What do you call a factory that makes good products? A satisfactory!
5. What do you call a Frenchman wearing sandals? Phillipe Phillop!
6. Why did the student eat his homework? -Because the teacher said it was a piece of cake!
7. Why did the goat not join the Dashain party? - Because he knew he was the *main guest*!
8. I only know 25 letters of the alphabet. -I don't know y.



Art by Magna Adhikari



The Importance of Yoga, Breathing, and Meditation

Yoga, breathing exercises, and meditation are powerful tools that help our mind and body stay healthy and strong. These practices have been used for thousands of years to bring peace, balance, and energy into people's lives.

Yoga is not just about stretching or poses; it helps improve flexibility, strength, and posture. It also calms the mind and reduces stress. Regular yoga practice can boost your mood, help you sleep better, and keep your body active.

Breathing exercises, also known as *pranayama*, are simple but very powerful. Taking slow, deep breaths helps relax your nervous system, lowers anxiety, and makes you feel more focused. Breathing correctly can even improve how well your body works.

Meditation is a way to train your mind to stay calm and focused. Even a few minutes of meditation each day can help you feel more peaceful and happier. It's like giving your brain a short break, so it can come back stronger and clearer.

Together, yoga, breathing, and meditation create a complete system for health and well-being. They help us handle stress, stay calm, and feel more connected to ourselves and others. Even just a little practice each day can make a big difference!

Join me every week to experience the inner silence. Register at: <https://tiny.cc/intro-sky>

By Gandhi Basnet

Art of Living, Part 1 course teacher

गजल

तिम्रो नाउँमा दुख्ने मुटु आजभोलि दुख्न छोड्यो
 तिम्रो पाउमा फुल्ने फूल अब देखि झुक्न छोड्यो
 कति रोएँ रोएँ, अब रुनुको विकल्प रहेन
 त्यसैले तिम्रो यादमा, आँखा भिजन छोड्यो
 दिएका ति बाचा कसमको महत्व छैन अब
 र त यो मनले त्यो मनको भाषा बुझ्न छोड्यो
 तिम्रो नाउँमा दुख्ने मुटु अनायासै दुख्न छोड्यो
 तिम्रो पाउमा फुल्ने फूल अब देखि झुक्न छोड्यो

- उर्मिला डोटेल

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म र मेरो कलम

जुन बोलि बचन ले नजिक्याएको थियौ,
त्यहि बोलि बचन ले,
अब टाढा बनाई रहेका छौ ।
आगोको झिलका नै चाहिदैन जलाउन,
तिम्रो व्यवहार नै काफि छ,
त्यसैले नै सल्काइ रहेका छौ ।

जिउदै मलाइ जलाउन सक्ने
वाह तिम्रो माया ।

माया गर्छु भन्छौ,
तर पटक पटक शब्द को प्रहार ले,
मुटु छिया छिया बनाइ रहेका छौ ।
कहिलै नसुक्ने घाउ नै,
यो मुटुमा तिमीले,
त दी रहेका छौ ।

मुटु नै छिया छिया बनाउन सक्ने
वाह तिम्रो माया ।

तिम्रो सम्पत्तिमा लोभिएर आएको होईन म,
धन को के छ र,
आज छ त भोली छैन ।

फेरी कमाउन सक्दिन र म?
दरिद्र नाम मलाइ दिन सक्ने
वाह तिम्रो माया ।

तिम्रो लागी त, सरल शब्द मात्रै हुन सक्ला,
तर मेरो माथी त विशाल पर्वत नै खसायौ ।

जुन अन्तीम सास सम्म पनी,
म बिर्सन सक्दिन । ...

सम्झिएरै आसु थाम्न नसकिने
वाह तिम्रो माया ।
खाली हात नै आएको थिएँ,
तिमि संग आउदा ।
दुक्क भएर बस,
रितो हात नै फर्किने छु,
तिमि सड टाढा हुँदा ।

जिवनको यो बिन्दु मा पुर्याउने
वाह तिम्रो माया ।

म मरेको पल,
मेरो चिता मा आंसू खसाल्न न आउनु तिमि,
त्यो आसु ब्यर्थ हुनेछ,
जुन सडै हुँदा, आएन केहि गरि ।

पलपल रुवाउन सक्ने
वाह तिम्रो माया ।
मेरो चरित्र म औला उठाउदा,
कसरि तिम्रो ओठ लरबराएना ।
एक पल पनि सोचेनौ,
के बिच्छ होला ममा,
अबिस्वास को ताज पहिराउदा ।
वाह तिम्रो माया ।

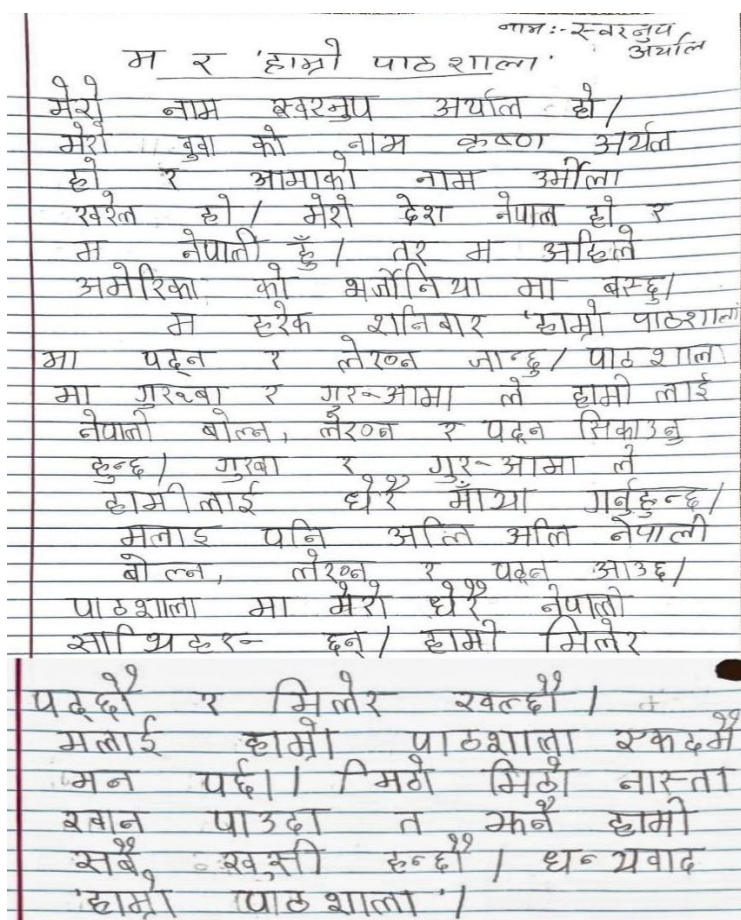
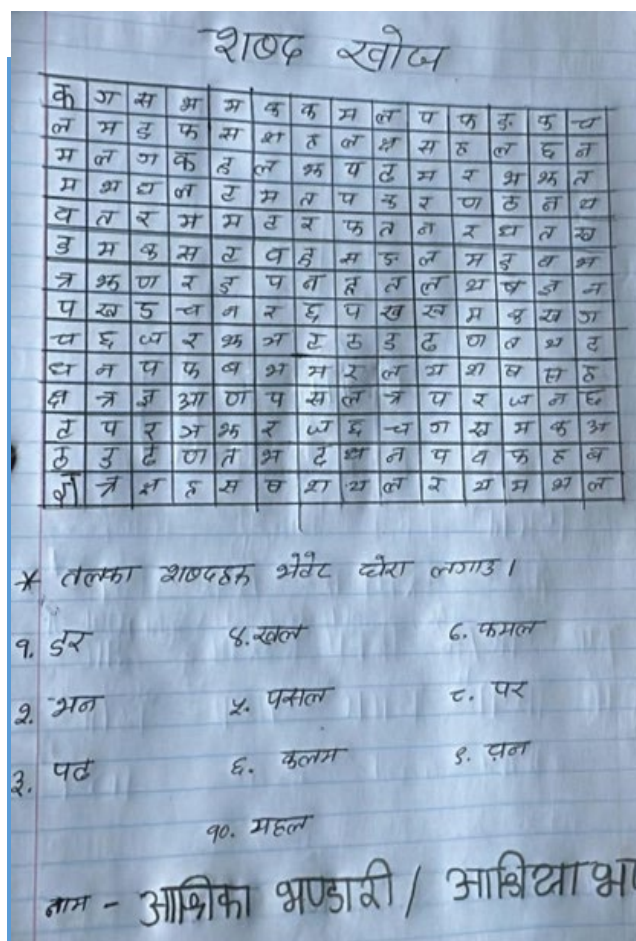
छुरा घोपेर मुटु मा,
अझै के गरेको छु र भन्छौ ।
तलाइ महारानि जस्तो बनाएर राखेको थिएँ,
सुक्ख बोलाएको भन्छौ ।
वाह तिम्रो माया ।

- By अज्ञात

नेपाली पाठशालाका विद्यार्थीहरूले अब आफ्नै हातले लेख्न सुरु गरेका छन्

यो कार्य नेपाली कम्युनिटी अफ ह्याम्पटन रोड्स (NCHR) द्वारा आयोजित गरिएको हो।

नेपाली पाठशालामा स्वयंसेवकको रूपमा समय, माया, र ज्ञान दिनुहुने शिक्षकज्यूहरूलाई हामी हृदयदेखि धन्यवाद दिन चाहन्छौं। यसैगरी, आफ्ना नानीहरूलाई पाठशाला पुर्‍याएर भाषा र संस्कृतिप्रतिको प्रेम दर्शाउनु भएका अभिभावकज्यूहरूलाई पनि विशेष धन्यवाद। तपाईंहरूको योगदानले हाम्रो समुदाय अझ बलियो, एकताबद्ध र संस्कारपूर्ण बन्दै गएको छ।



नेपाली कम्युनिटी अफ ह्याम्पटन रोड्स (NCHR) की अध्यक्ष डा. राधा केसीज्यूको प्रमुख आतिथ्यमा September 14th, 2024 मा नेपाली पाठशालाको उद्घाटन सम्पन्न भयो। सो कार्यक्रममा शिक्षक, अभिभावक तथा बालबालिकाहरूको उत्साहजनक उपस्थिति रहेको थियो।



Match the following Nepali words for the animals and their offsprings:

Offsprings

Chhauro

Paado

Bachchho

Paatho

Challa

Chhava

Damaru

Keto

Tiuro

Bachheda

Animals

Buffalo

Hen

Dog

Cow

Goat

Rhinceros

Duck

Horse

Tiger

Elephant

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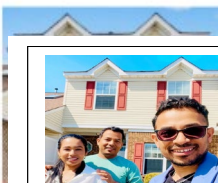
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Dreams

Dreams Dreams,
dancing on beams,
Licking some yummy
ice cream.
Dreams at daytime,
dreams at night,
And nightmares
about a big, big, fight!
Daydreaming, way dreaming,
everything a YAY dreaming!
Dreaming of the sky,
dreams where you can fly,
A dream job,
a dream glob,
DREAMS CAN BE EVERYWHERE!

-Aashi Adhikari

Feelings

Feelings, feelings, Every day,
They can come in any way!
Like when there is a bump in the road,
You can fix it with a load
There are feelings like happy and sad,
surprised, scared, nervous, and mad.
If you feel like you wanna quit,
You just need to cheer up a bit!
I want to tell you that this is true,
Cause feelings are also inside you!

-Aashi Adhikari

Nepali Sayings with English Meanings

-अहिलेकै दुख, भोलिको सुख हो।
"Today's hardship is tomorrow's happiness."

-धेरै नबोल, काम गर – सफलताले
आवाज गर्छ।
"Don't talk too much—let your success speak."

-सानो सहयोग पनि कसैको जिन्दगी
बदल्न सक्छ।
"Even a small act of help can change someone's life."

-बुढेसकाल भनेको बाल्यकाल
दोहोरिने समय हो।
"Old age is childhood revisited."

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Get Active, Get Connected:

Let's Bring More Sports to Our Nepalese Community

Remember the fun of playing games back home? Whether it was a lively game of football (bhakundo), a quick match of volleyball, a long afternoon of cricket or just chasing friends around, playing together builds connections. Sports are more than just exercise; they bring us joy, teach teamwork, and create lasting friendships.

Here in our Nepalese community, we have a wonderful mix of people – energetic youth, busy adults, and respected elders. Sports offer something for everyone. Moving our bodies is good for our health, both physical and mental. It helps clear the mind after a long week and keeps us feeling strong. Plus, sharing a game or cheering from the sidelines is a fantastic way to meet neighbors and strengthen the bonds within our Nepalese family.

Lately, it feels like we could use more opportunities to come together through sports. While informal games pop up now and then, imagine having more regular, organized events. Think about weekend volleyball tournaments where different generations can play side-by-side. Picture friendly football matches for various age groups, bringing out that competitive spirit in a fun way. We could even organize walking groups for our seniors or fun, simple activities for the little ones.

This is where we all come in. Creating these kinds of events needs community effort. It needs people willing to share their love for a sport, help organize, or simply spread the word and participate.

So, this is a call to action for all of us. Do you love football, volleyball, cricket, or perhaps badminton or table tennis? Do you have ideas for walking clubs or gentle exercises suitable for our elders? Maybe you're good at planning or just enthusiastic about bringing people together? Let's start a conversation. Talk to your friends, your neighbors, or community leaders. Share your ideas! Perhaps we can form a small group to brainstorm possibilities and figure out the first steps. What kind of sports events would you like to see? What would get you and your family involved?

Bringing more sports into our community life isn't just about fitness; it's about connection, fun, and building a stronger, more vibrant community for everyone, from our youngest members to our most senior ones.

Let's work together to make it happen. It's time to get active, get connected, and have some fun!

-Dipendra Basnet

Community Member



❀ Nepali Goodness Corner ❀

Positive Vibes from Our NCHR President Dr. Radha KC

We are beyond proud to share a moment of true inspiration!



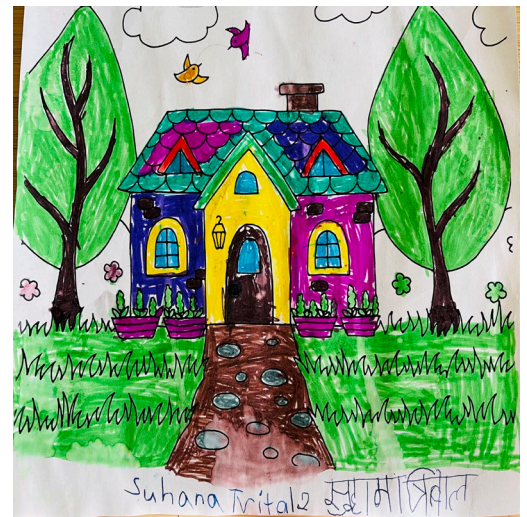
Congratulations to Dr. Radha K.C. on being recognized as one of *Virginia's Top Doctors* in Internal Medicine by the Governor of Virginia! 🌸 ✨

Your dedication, skill, and compassion have not only earned the admiration of your peers but also brought great pride to our Nepali community. Your tireless efforts and unwavering commitment to patient care inspire all of us.

Thank you for being a shining example of excellence and for strengthening the Spirit of Virginia—and our hearts! ❤️

Nepal: Quick Facts

- 🏠 Home to **Mount Everest**, the world's highest peak.
- ❀ Birthplace of **Lrd Buddha** — Lumbini.
- 🚩 Only country with a **non-rectangular flag**.
- 👩 Worship of a **Living Goddess (Kumari)**.
- 🗣️ Over **120 languages** spoken.
- 🏰 7 UNESCO World Heritage Sites in **Kathmandu Valley**.
- 🐼 Home to rare animals like **Red Panda** and **Bengal Tiger**.
- 🎉 Celebrates over **50 festivals** every year.



Art by Suhana Trital, Grade- 1



My Roots

Snowy peaks on calm blue skies

Soaring past human eyes

Rivers delicately flowing through

Villages with crops in bloom

Tainted with a spicy smell

Dumplings, served with a purpose to quell

Hungry stomachs, from happy hearts

People come together, even if from different parts

Songs of beauty and care

Played during times of prayer

The unique flag that I see

Gives me pride and love for my country

I am lucky to have come from this place

To have my roots be of this space

With beautiful food and mountains standing tall

My roots are intertwined with Nepal

-Archita Basnet

Old Donation School, 6th Grade



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गीत

आयो तिमी बहार छायो उत्सुकताले हेरि रहेँ
खुशीयाली बादलको घुम्तोले नै बेरि रहेँ

छँदा तिमी जिन्दगी नै गुलाबको फूल
सत्य सत्य कसम हुन्थ्यो नहुनलाई भूल
माया तिम्नो कस्तो कस्तो कलमले केरि रहेँ
हरियाली बादलको घुम्तोले नै बेरि रहेँ

मेरो गीत तिम्नो भावना आँशु त बराबर
कैयौँ उकाली ओराली जीवनको नाउँ त्यसै सरासर
सहज जिन्दगीको मोह इन्द्रेणीले घेरि रहेँ
खुशीयाली बादलको घुम्तोले नै बेरि रहेँ

-उर्मिला डोटेल



Helpful Websites for Everyday Life

Your Health Partner – Mayo Clinic

Reliable health information on diseases, symptoms, and treatments.

 <https://www.mayoclinic.org/>

Smart Career Moves – Coursera

Access top university courses in tech, business, health, and more—many for free!

 <https://www.coursera.org/>

Wellness First – CDC Health Topics

Tips and guidance for maintaining your health and preventing illness.

 <https://www.cdc.gov/healthcommunication>

Professional Networking & Learning – LinkedIn

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*Wide variety of fresh fruits,
vegetables, lentils, rice
and spices.*

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What You Need to Know Before Buying a Home?



Buying a home is one of the biggest decisions you'll ever make. It's exciting but also complex. Whether you're buying for your family or as an investment, being informed can save you stress, time, and money. Here are the most important things to know before you take the leap.

1. Know Your Financial Health

Before you even start browsing properties, review your credit score, debt, and savings. A high credit score can help you qualify for better mortgage rates, saving you thousands over the life of the loan.

2. Save for the Down Payment

Typically, you'll need at least 10-20% of the home's price for a down payment. Start saving early, and explore first-time homebuyer programs that may offer other assistance.

3. Get Pre-Approved for a Loan

Pre-approval gives you a clear picture of what you can afford and shows sellers you're serious. It also helps narrow down your home search to properties within your budget.

4. Choose the Right Location

Location affects property value, convenience, and lifestyle. Consider proximity to work, schools, hospitals, transportation, and markets. Think long-term!

5. Hire a Real Estate Agent

A professional agent can guide you through the process, negotiate on your behalf, and help you avoid costly mistakes. Their expertise is especially valuable for first-time buyers.

6. Inspect Before You Invest

A home inspection reveals hidden issues like plumbing, foundation, or roof problems. It might cost a little upfront but can save you from huge repairs later.

-Drona Trital

Virginia Licensed Real estate Agent

Celebrating Togetherness: Dashain, New Year, Holi, and More

This edition highlights the vibrant celebrations of Dashain, New Year, Holi, and memorable community picnics. From the blessings of Dashain to the joyful colors of Holi, our NCHR Virginia has come together to create lasting memories. These moments reflect the spirit of unity and celebration that defines our culture.





Nepali New Year 2081 Celebration

Celebrating Our Roots: Nepali New Year with NCHR Family



Blood Donation Drive: Helping Save Lives, One Pint at a Time





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