

# NAFCA News

March 2000

Nepalis And Friends Cultural Association

NAFCA

Davis, CA 95616

## From The Committee

The committee is pleased to announce that, as of February 4, 2000, the IRS has "determined that NAFCA is exempt from federal income tax..." Because we are a new organization this is an advance ruling and a final determination will be made after December 31, 2003. This means that the contributions to NAFCA are now tax deductible. Other advantages include free mailings and no fee bank accounts. This fulfills the committee's major goal for NAFCA's first two years.

The first notice received from the IRS was discouraging, however, we realized that we forgot to include the following activities in our application:

1. *Nepali Language Classes—beginning in July*
2. *Nepali Dance Classes—beginning next winter*
3. *Book, Music and Movie Donation Drive (to be donated to the Davis Public Library) —in conjunction with Nepali New Year*
4. *Open House—September 2000*
5. *Food Drive (to be donated to a shelter or food bank)—in conjunction with Dashain*
6. *Welcome Committee—when new Nepali families move to Davis and nearby areas*

After adding these activities to the IRS application, notice of exemption was soon received. To successfully organize these events, the assistance of all NAFCA members will be required. The executive committee plans to form subcommittees of volunteers from the NAFCA members with one executive committee member to organize the planned events. So, please inform an executive committee member where your skills and interests are.

## Nepali New Year Celebration

This year we will be celebrating the New Year on Saturday, April 15th. The festivities will begin at 3:00 pm at Solano Park Community Center (Building 31). There will be lots of games and festivities followed by a potluck dinner, then a cultural program. Please come join us. Come early if you can to help decorate and setup. We will begin decorating at 12:00 pm. RSVP to Bijaya Shrestha at [redacted] by April 5<sup>th</sup>.

स्वागतम्  
विजया दशमी २०५६

## Vijaya Dashami 1999

The Nepalis greatest festival of all, दशैं (Dashain) was celebrated at the Davis Public Library. It was a very successful event, a by-product of lots of hard work from the organizing committee and the support from all the participants. It was an enjoyable day—the highlights of the day were running games between men, women and children's groups. Especially the cultural show was a hit! The older generation provided टिका (tika) and आशिर्वाद (aashirbad) to the younger generation followed by delicious Nepali food. Our special thanks to Janakiji and family for providing khasiko masu and to everybody who volunteered their time and financial support for the event. Please join us again for fun-filled future events.

NAFCA  
EXEC COMMITTEE

Shakuntala Dahal  
Peggy Dev  
Prakash Poudyal  
Bijaya Shrestha  
Bryan Thoreson

# NAFCA CALENDAR AND EVENTS

## NAFCA Nepali New Year Celebration

Saturday, April 15 beginning at  
3:30 pm at the Solano Park  
Community Center (Building 31).

## Holi होली

March 19

## Ram Nawami, Chaitra Dashain

राम नवमी चैत्र दशै

March 30

## New Year's Day

April 13

## CONGRATULATIONS!

Binayak and Avaa Sharma for their new  
daughter, Anuska Sharma, born  
November 1999

Chuck and Annie Young for their new  
daughter, Laura Jane Maya Young, born  
January 12, 2000.

## WELCOME!

Bill Travers

## INTERESTING WEB SITES:

### Info Nepal

[www.info-nepal.com](http://www.info-nepal.com)

### Radio Nepal

[www.catmando.com/new/radio-nepal/radio.htm](http://www.catmando.com/new/radio-nepal/radio.htm)

### Daily News from Nepal in English

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

### Weekly News from Nepal in Nepali

[www.catmando.com/news/palnabhuja/  
jrnabhuja.htm](http://www.catmando.com/news/palnabhuja/jrnabhuja.htm)

### Monthly News, Himal Magazine in English

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

### Nepali and Newari Songs

[www.princeton.edu/~shrestha/nepalisongs.html](http://www.princeton.edu/~shrestha/nepalisongs.html)

### Nepalis News Group

[soc.culture.nepal](http://soc.culture.nepal)

from "committee" front page

It was with regret that earlier this year we bid farewell to one of NAFCA's original executive committee members. Suresh Ojha asked to resign from the executive committee because he and his wife, Sangeeta, have moved to Santa Rosa. We thank him for all his help and efforts to make NAFCA successful. His enthusiasm, help and positive attitude will be missed. We all hope that he and Sangeeta will continue to be members of our group and join us at Nepali New Year, Dashain and all other activities.

As often happens, with a sad farewell comes a happy greeting. We want you all to help us welcome Prakash Poudyal to the NAFCA executive committee. We're sure everyone knows that Prakash is an original member of NAFCA and that he and his family have recently moved from Sacramento to Davis. The executive committee unanimously agreed to ask Prakash to fill the remainder of Suresh's term on the executive committee as provided for in the NAFCA bylaws, and he consented to lend his skills and enthusiasm to the group.

## Nepali Book, Movie & Music Drive

In conjunction with the New Year celebration NAFCA will be having a book, movie and music drive. All items will be donated to the Yolo County Public Library. So, please bring either a book, movie or music to the New Year Celebration. Of course, we would prefer the items to be in Nepali or one of the ethnic languages of Nepal, but items about Nepal in English are also acceptable. All items must be originals, not a copy, so as to avoid

## FROM THE MEMBERS

If you would like to contribute to the next newsletter please contact one of the executive committee members.

### You are my Mother

by

Sangi Rajbhandari

Like a tree  
that is always changing colors,  
You will change too,  
but will always remain the same  
in your heart

Like a mountain  
that stands tall and proud,  
You will be there to provide shelter  
from the storm.

Like the northern star  
that brightens the night,  
You will be there for guidance  
through hard times.

Like a rock  
that stays firm and sturdy,  
You are there to lean upon  
in the darkest hour.

Like the soil  
that is used by many people,  
You will always be there to help  
those who may need you.

Like a flower  
that grows more beautiful each day,  
You grow beautiful  
in kindness and spirit.

Like a blue jay  
that cares for its babies,  
You are my mother.

(Age 14 - Feb. 8, 2000)

### सुन्दर धर्ती

लेखक:

Sapna Dev

नदी र नाला हरियाली  
कस्तो छु यो विहानी  
सुर्यको किरणले टल्केको  
कति राम्रो यो चनचल पानी ।

सीतल सीतल रातमा  
ज्ञानको दीपक जलाएर  
प्रकृति को वर्णन गर्दछु ।

सारन्गी को मधुर धुनमा  
नाचदछु मनै मनमा  
शान्ती को गीत गाएर  
विताउँदछु आफ्नो जीवन ।

(Age 16 - Mar. 13, 2000)

### My Parents

by

Sunay Rajbhandari

My parents are gardens  
with lots and lots of flowers.  
My father is a sunflower  
and my mother a daisy.

My parents can fly  
but they cannot die.

My parents are  
the best parents of all.

My parents are bugs but I don't blame them  
'cause you are too!

(Age 7 - Feb. 28, 2000)

# FROM THE MEMBERS

If you would like to contribute to the next newsletter please contact one of the executive committee members:

## Happy New Year An Alternate Way of Celebrating!

by  
Hari Rajbhandari

My Oxford Dictionary defines "new" as, "appearing for the first time or different from the one in the past." For the current purpose, I will modify this to mean, "let go of our tendency to react in a conditioned way." I define "conditioned" to mean patterns that we tend to repeat, more as an old habit, as a "blind reaction." A "Year" is a period of 365 days. I consider it a unit of time. For the current purpose I will interpret it in its most basic sense, which is NOW.

Conditioned patterns often lead us to unhappiness. Most of you will perhaps agree with me that we can identify several such tendencies in ourselves, if we care to look within. For example: going for a cup of coffee, as soon as we start feeling a little sleepy; getting upset with your spouse or child the moment she/he drops and breaks a glass; yelling at the motorist who cuts you off. And the list goes on and on. I propose that we can let go of our tendency to react in a conditioned way. And we can do it NOW. You will be free, which I believe, appropriately translates as being HAPPY.

So, HAPPY NEW YEAR = Let go of our tendency to react in a conditioned way NOW and BE HAPPY! Of course it won't be easy, and will require a lot of practice, the practice of paying attention. Based on the teachings of those who had supposedly walked the path of freedom, happiness is possible. Being mindful (of whatever you are doing) is the key. Awareness of your breathing is helpful and is one of the basic ways

before reacting to an event. This helps you to "act" (from a fresh, true to the moment, perspective) rather than blindly react as if in a pre-programmed or "autopilot" mode.

The proposed method of celebration goes beyond the traditional forms based on culture, race, place, or belief systems! Let me add though that, if there is anyone who urgently needs to use this technique, it is myself. For example, I planned to write this piece about a year ago, but I never could complete it, beyond a few scribbles. The notes remained untouched, and finally, when I really thought I'd complete it, as if to make fun of me, the notes got lost. I almost gave up on it, hesitating to start all over again. But thanks to Shakuntalaji and Peggy's reminders, I finally let go of my tendency to keep postponing, and here it is in your hands, for whatever it may be worth!

May all of you, dear readers, have a Happy New Year that can be practiced every day, several times a day, in fact, each moment! I invite you to try and decide for yourself! Namaste!

### Membership Renewal

Yes, it is that time again. Actually, NAFCA memberships expired on the first day of January. Unfortunately, many members have not yet renewed their memberships. Please mail your membership renewal forms and fees to \_\_\_\_\_

## Nepalis and Friends Cultural Association Membership Application

Type of Membership: Please check the type of membership you are applying for:

- Student (\$10.00)  
 Individual (\$25.00)  
 Family (\$25.00)  
 Individual Lifetime Member (\$250.00 or more)  
 Patron (\$1,000.00 or more)

Date: \_\_\_\_\_  
Primary Member: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone: (h) \_\_\_\_\_ (w) \_\_\_\_\_  
email: \_\_\_\_\_

Check here if you do **not** want your name, address, telephone and email listed in our membership directory. Total Contribution: \$ \_\_\_\_\_  
Please make checks payable to NAFCA.

Additional Members: Family members are defined as the primary member's spouse and their children under the age of 18.

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
Name: \_\_\_\_\_ Age: \_\_\_\_\_  
Name: \_\_\_\_\_ Age: \_\_\_\_\_  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_