



INDRENI



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**A Quaterly
Publication
of the
Nepalese
Association
of Florida
(NAF)**

Message from President

Dear community members, Namaskar:

The current NAF executive team has successfully completed the first year of its tenure to serve our Nepali community in Florida. We are delighted that we have been able to introduce several virtual community-based programs, despite the difficult time due to COVID-19. I would like to thank all the community members for your continuous support and involvement in our programs.



Anila Neupane Paudyal

In addition to our regular Mindfulness Session and Mentorship Program, NAF has recently organized an interaction program on Dignified Menstruation with national and international speakers from Nepal, USA, Chile, and Germany. The program was very successful with attendance by participants from around the globe. The goal of this program was to discuss issues, dialogs, and practices in menstruation in different countries and reach out to our girls in Nepal who are facing discrimination during their mensuration. NAF's future programs will focus on how to minimize violence and discrimination against Menstruation in Nepal and encourage our girls to have an open conversation about this issue.

As we announced earlier, we formed a Youth Forum with a team of five young leaders from different cities in Florida. I would like to invite all Nepali American Youths to join our Youth Forum team, enhance your networking among your fellows, and have some meaningful conversation. Please let us know how we can better address your expectations as we always welcome and value your thoughts and suggestions. We will continue our Youth Panel Discussion by addressing various contemporary topics. Please reach out to us if you have any suggested topic(s) for our future series.

On behalf of the NAF executive team, I would like to wish happy and safe Bijaya Dasami 2077 to our community members. We would like to invite you all to join our virtual Annual General Meeting (AGM) and Dashain/Tihar celebration on November 7, 2020. Please visit our social media page for more information about the program and link to join the event.

Please continue to join us in our regular programs and stay tuned for future events.

Hope to see you all in NAF-AGM on November 7, 2020. Till then, stay safe!

Sincerely,

Anila Neupane Paudyal

Formation of our NAF Youth Forum

The NAF Executive team proudly announced the formation of our NAF Youth Forum.

Following are members and Team Leader:

Ms. Shailee Banskota -Coordinator (Team leader)

Mr. Prakul Krish Neupane (Member)

Ms. Eliza Acharya (Member)

Mr. Pravav Nath Shrestha (Member)

Ms. Medhavi Banskota (Member)

The NAF executive team would like to extend congratulations and a warm welcome with excitement. Level of knowledge and upcoming contribution which will be brought by this team will be an exciting and great addition to the Nepali community in Florida.

We are very excited to have them in our team.

NAF Executive team (2019-2021)



Nepalese Association of Florida
Announce Its
Newest and Youngest
Youth Forum Team

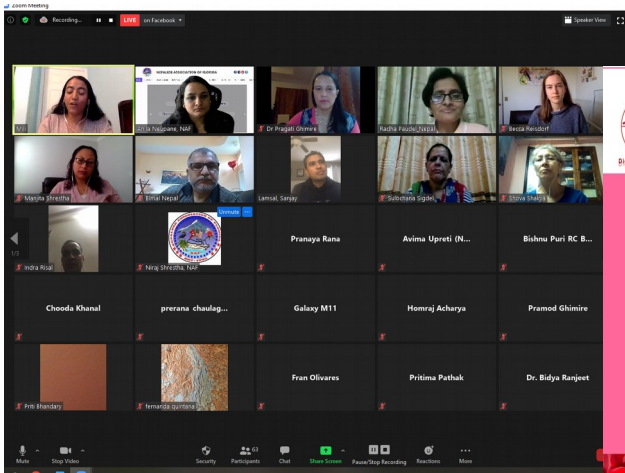
				
Ms. Eliza Acharya Member Gainesville, Florida	Mr. Prakul Krish Neupane Member Wellington, Florida	Ms. Shailee Banskota Coordinator (Team leader) Oldsmar, Florida	Mr. Pranav N Shrestha Member Miramar, Florida	Ms. Medhavi Banskota Member Oldsmar, Florida

The NAF executive team would like to extend congratulations and a warm welcome with excitement. Your level of knowledge and contribution will be an exciting and great addition to the Nepali community in Florida. Please contact our Youth Forum Team nafyouthforum@gmail.com

Virtual interaction program on “Dignified Menstruation”

Menstruation is a natural process and a monthly occurrence for the billions of girls and women. Still millions of menstruators across the world are denied the right to serve their menstrual period in a dignified way. In 2014, the UN resolution used the word menstruation associated with human

rights and expressed concerned menstrual hygiene management including stigma and its reversed impact on gender equality and human rights of girls and women. “Dignified Menstruation is simply the state free from any kinds of abuses, stigma, discriminations, violence associated with menstruation”.



On 4th, October 2020, Nepalese Association of Florida (NAF) with Global South Coalition for Dignified Menstruation (GSCDM) organized a virtual interaction program on “Dignified Menstruation”. Renowned “Dignified Menstruation” activist **Radha Paudel, Milli Adhikari and Becca Residorf (Fran Olivers)** (From REGLA, Chile) spoke during the program. Ms. Radha Paudel presented the current stigma on menstruation in different parts of the world and how local and international organizations currently working to address different issues related to menstruation. Ms. Paudel also informed the current ongoing program of Nepal government which are national levels on policy making, promulgated different laws, free distribution of menstrual pad and different social campaign. Ms. Milli Adhikari, Director of North America, GSCDM, discussed how North America is currently implementing Dignified Menstruations programs and highlighted how developed and developing

countries still have similar stigma on menstruations. Another guest speaker, Becca Residorf from REGLA, gave a perspective on Chile and Germany and touched up sexual and social violence due to menstruations

She also highlighted “period poverty” during COVID19-Pandemic and how it impacted menstruation health and different programs currently Chile government are running during the pandemic.

NAF President Ms. Anila Neupane and Vice-President Dr. Pragati Ghimire Aryal jointly moderated the program. Beside the invited speakers, attended distinguish guest, Attorney Ms. **Avima Upreti, President, NWGN** from New York, **Dr. Pranay Rana**, Expert on International Conflict Management Program from Nepal and **Dr. Bidya Ranjeet** from Connecticut also express their views on social stigma on menstruation. Ms. **Smarika Nepal** from

West Palm Beach discussed her recent school project on "Period Poverty". Program was attended by more than 100 participants from different parts of the world via Zoom and Facebook Live. At the end of the program NAF **President Ms. Anila Neupane** and **General Sec-retary Dr. Niraj Shrestha** highlighted the significance of the program and thanked all the speakers and guests. If you need more information about this program and NAF activities, please email us at naflorida2016@gmail.com

<https://www.facebook.com/naflorida2016/videos/2792068411082326>

"Youth Panel Discussion on Various contemporary topics continue.." -NAF

“मनको चौतारी” कार्यक्रम सम्पन्न

COVID19 pandemic has currently affected everyone's daily life. Most of us are lock-down inside our home since last several months which has impacted people of all ages. Most importantly, our parents, senior citizens and community members who have been in the state of lock-down due to the vulnerability of their ages or other factors. Focusing in the different community groups, on August 9th, 2020 a virtual Program called "मनको चौतारी" (Maan ko Chatuari) organized in joint Nepalese Association of Florida (NAF) in association with INLS Florida chapter. The main goals of the program were to provide a platform for these members to share their feelings and experiences on the current situations. The program moderated by Community Engagement Coordinator, Dr Amar Bahadur Karki. Following respected senior citizens and community members participated in the program, who have been living in Florida for several years or been here for the short visit;

1. गङ्गा बहादुर र योसदा - Jacksonville
2. साबित्री श्रेष्ठ - West Palm Beach
3. बिस्नु र मित्रा बस्नेत - Naples/West Palm Beach
4. शान्ता गौतम - West Palm Beach
5. शोभा मिश्र - Gainesville
6. राजन र भगवती के सी - West Palm Beach
7. टिका राम र मुना पौडेल - Gainesville
8. गङ्गा बहादुर कटुवाल र छबिमाया चुडाल - Gainesville

9. सबिता गिरी - West Palm Beach

Dr Amar Karki started the program by reciting his poem about the feelings of the parents whose kids are living in the USA. Few lines of the poem go this way:

"देश रोजे सन्तान टाढा सन्तान रोजे देश
जहाँ बसे नी दुखे रहेछ बुढेऊलीमा केस
आफन्त नि टाढा भए भेटै हुन्न खास
कोरनाले गरिदियो खोर भित्रको बास
अनुहार त देख्न गार्हो सबको सातो गाछ
आउ साटौ मनका कुरामा चौतारीमा आज"

All the participants enjoyed sharing their own experiences and listening to others about the current unprecedented situation. They talked about their daily activities and how they handle the situation with positive thinking. Mrs Sabitri Shrestha and Mr Tika Ram Paudel also cited their poems during the program. The program lasted one and a half hour having a short interaction with the audience. At the end of program NAF President, Mrs Anila Neupane highlighted the importance of the program in the current situation of COVID-19 pandemic. The program viewed by the audience from all over the world live through the NAF Facebook page.

"खुशी"

"उ आज खुशी किन छ यो थाह छ
तर खुशी कति छ उ त्यो अथाह छ"

मङ्सीर महिनाको एक साझ फलैचामा टवार टवार तमाखु
तान्दै हुजुरबा
सङ्ग गफी रहनु भएको बुबालाइ मैले आफु टेस्ट
परीक्षामा प्रथम भएको
कुरा सगौरब सुनाए "बा म फस्ट भए नी।"
बुबाले "ओहो ल बधाइ छ" भन्दै मलाइ अडगालोमा कस्नु
भो। बेलुकी खसीको मासु र चिउराको सानो पार्टी गरियो
अनी भोली पल्ट स परिवार पाटनको असोक हलमा
सिनेमा हेर्न गैयो।
किन पत्थार लागेन। हो साच्चै यस्तो केही पनी भएन।
खासमा बुबाले "ए ल राम्रो भएछ। अब एस एल सी मा
पनी राम्रो गर्नु पर्छ है" भन्नु भयो र हुक्का बाट चिलीम
निकालेर ला त गोल थपेर लेराइज आगो मर्ने लागेछ
भनेर म तिर तेर्साउनु भो।



डा. अमर कार्की

अघी पछी बुबाले तमाखु खाको पट्टकै मन नपर्ने
भए पनी त्यो दिन खुशीले म चिलीम बोकेर
भान्चा तिर लागे।

बुबा हाम्रो पुरै परिवारमा अझै खान्दानमा भनु एस
एल सी पास गर्ने पहिलो ब्यक्ती हुनुहुन्थ्यो। उहाँ
आफैले एस एल सी पास गर्दा कती खुशी मनाउनु

Heartfelt Condolences

We, Nepalese Association of Florida (NAF) and Nepali Community here in Florida, are all shocked hear the news of the untimely demise of Honorable Former Justice Mr. Shambhu Bahadur Karki, father of our Dr. Amar Bahadur Karki, Community Engagement Coordinator, Nepalese Association of Florida. On behalf of Nepalese Association of Florida (NAF), We extend our *Heartfelt Condolences* and deepest sympathy to the family and pray the lord to provide them the strength to overcome this moment of grief. May the departed soul rest in peace!

Late Honorable Judge
Mr. Shambhu Bahadur Karki

NAF Executive Team (2019-21)

यो लेख मैले हाम्रो पुजनिय पिता जी पूर्वन्यायाधीश, श्री शम्भु बहादुर कार्कीको ७४ बर्षको उमेरमा यही २०७७ साल असोज ८ गते बिहीवार राती ११ बजे स्वर्गबास हुनु केही अघी नै लेखेको थिए। आज उहाँको सम्झनामा यो लेखलाइ परिमार्जन गरेर पेश गरेको छु।

- डा. अमर कार्की, वेस्ट पामबिच, फ्लोरिडा

भो त्यो त थाहा भएन तर हामीले थाहा पाउने भए पछि धेरै सफलताका क्षणहरूमा पनी उहाँले देखीने गरी खुशी मनाएको चाही मैले देखीन। १३ बर्षको उमेरमा बिहे पश्चात बल्ल बिध्यालय जान थाल्नु भै खरदारबाट सुरु भएको उहाँको जागीर पुनराबेदन अदालतको न्यायधीस जस्तो उच्च ओहोदामा पुग्दा सम्म पनी सधै उस्तै। जहिले पनी नुन नपुगेको मासको दाल जस्तो लाग्थ्यो हामीलाइ।

तर सन २०१३ मा नेपाल गएको बेलामा पहिलो पटक मैले उहाँको हाउ भाउ र कुरा गराइबाट उहा निकै खुसी रहनु भएको महसुस गरे। त्यसपछिका दिनहरूमा साच्चै नै उहाँले साना साना सफलताका क्षणहरूमा र अरु मनोरन्जनको कुरामा पनी खुसी मनाउदै सहभागिता जनाउन थालेको हामीले पायौं। उहाँ हामा कुरा मजाले सुन्नु हुन्थ्यो र बाबु भएको नाताले नभै तर्ककै आधारमा छलफल गर्नु हुन्थ्यो। यस अघी हामी उहाँको अर्ती उपदेश चुप चाप सुन्ने बाहेक खासै आफ्नो तर्क राख्न सक्दैनथेउ। आफुले पनी दुख गरी मान र इज्जत कमाउनु भएको र छर छिमेक समाजको हितमा पनि उल्लेखेनिय काम गर्दै आउनु भएकोले घरमा मात्र नभै गाउ ठाउमा समेत उहाँको प्रभाव थियो नै। गाउमा धारा बती लेराउने, पहिलो बिध्यालय खोल्ने जस्त कामहरूमा नेतृत्व दिनुको साथै कसैको पारिवारीक, आर्थिक वा अन्य कुनै समस्यामा निस्वार्थ सकेको मददत गर्ने उहाको बानिले गर्दा गाउका प्राय सबै मानिसहरु उहाँलाइ आदर गर्थे। त्यती हुदा पनि हामिलाइ उहाँ सङ्ग एउटा ठुलो असमझदारी भनौ वा गुनासो थियो । उहाँको हुक्का तान्ने बानी हामिलाइ पट्टककै मन पर्दैनथ्यो । तैपनी हामी खुलेर बिरोध जनाउन सक्दैनथ्यौं।

अब त बुबा मेरो एउटा अभिन्न मित्र हुनुहुन्थ्यो। हामी दुख सुख, ब्यक्तीगत, पारिवारिक, समाजिक, धार्मिक र राजनैतिक देखी भुतकालका र भबिष्यका सबै कुरामा गहन छलफल र सरसल्लाह गर्दथ्यौं। कतै यो परीबर्तन हामी तिन भाइहरु देशबाट टाढा भएर वा उहाको उमेर ढल्कदै गएर आएको पो होकी त भनेर म सोचदथे। २०१६ सालमा उहाँ अमेरीका आउनु भएको बेलामा उहाँ सङ्ग अझै खुलस्त भएर कुरा गर्ने मौका पाए। हामी बाउ छोरा कुरा गर्नेको लागी घन्टौं ड्राइभीडमा जान्थेउ।

यही बसाइँमा एक दिन बुबा र म मेरो घरबाट करीब एक घन्टाको बाटो लेक ओकीचोबी तिर ड्राइभीडको लागी निस्केम। उखु र मकै बारीको बिच बाट जाने त्यो हाइ वे मा गाडीमा हुइकदै गर्दा बुबा रमाइलो मान्दै यो ठाउको बारेमा मलाइ सोधी रहनु भएको थियो। बाटोमा पर्ने एउटा ग्यास स्टेसनमा गाडीमा पेट्रोल भर्न हामी रोकिएको बेलामा त्यहा अचानक एक जना मेरो अफिसको स्टाफ भेटिइन। उनी साह्रै खुशी देखेर मैले उनको खुशीको कारण बुझ्न खोजे। उनको छोराले आज हाइ स्कुल ग्राजुयसन गरेको रहेछ। मैले यती साह्रै खुशी यो भन्दा पहिले उनीलाइ कहीले देखेको थिइन। हुन पनी उनको परिवारमै यो पहिलो हाइस्कुल ग्राजुयसन रहेछ। यो घटनाले मलाइ इवास्स मेरो आफ्नो टेस्ट परिक्षा पास हुदाको याद दिलायो। त्यही अबसरमा मैले कुराको सिलसीला मिलाएर आफ्नो मनमा केही बर्ष देखी खस खस लागेको कुरा सोधी हाले "बुबा यो ४५ बर्षको सहायात्रामा हजुरलाइ हाम्रो प्रगती र सफलताका क्षणहरूमा केही बर्ष अघी सम्म मैले यती खुसी र आनन्ददायी अनी रमाइलो मानेको र फ्रेन्डली भएको कहिले देखीन। के पहिले पहिले साच्चै नै हजुर खुशी नभाको हो की अथवा नदेखाको मात्र हो, के ले यो परीबर्तन लेरायो त हजुरमा ?"

केही क्षणको मौनता पछि उहाँले भन्नु भो "ल खुशी किन लाग्थेन न नी लाटा असाध्यै लाग्थ्यो। तैले भने जस्ता हरेक क्षणमा बिघ्न खुशी लाग्थ्यो। तर यो खुशी पनी दुइ थरीका हुदा रहेछन।" मेरो जिग्यासा दोबबरीयो। मेरो कान खरायोको जस्तो ठाडा भएको महसुस गरेर उहाँले कुरो अघी बढाउनु भो।

"तिमीहरु जन्मदा, हुर्कदै जादा, स्कुल कलेजमा राम्रो परिणाम लेराउदा, मेरो आफ्नो जागीरमा प्रोमोसन हुदा, नाती नातिना जन्मदाका यी हरेक अबसरमा म भित्र भित्रै धेरै खुशी थिए। तर बाहीर प्रदसन गरेर खुशी मनाउन मलाइ सधै एउटा कुराले रोक्थ्यो त्यो थियो भबिष्यको चिन्ता। सधै यो त राम्रो भयो अब के हुने हो भन्ने लाग्थ्यो। छोराहरु जन्मीएको खुशीलाइ अब चिनलाइ हुर्काउने पढाउने र असल मान्छे बनाउने चिन्ताले अझेलमा पारीहाल्थ्यो। तेरो ठुल्दाइ इन्जिनियरीड पढ्न जान पाउदाको खुशीलाइ अब

तिमीहरुले चाही के गर्छौं होला भन्ने चिन्ताले ढाकी दियो। माइलो दाइले पि एच डी गर्न स्कटलान्ड गए पछी त्यो खुशीले पाइला टेकन नपाउदै अब तेरो पिर लाग्न थाल्यो। हुन त तेरो इन्जिनियरीड कलेजमा पढाउने काम बाट म निकै खुशी थिए। त्यतीबेला बुद्ध (कान्छो भाइ) डक्टर पढेर फर्कि सकेको थियो। यसरी यी हरेक पाइला पाइलामा मिलेका खुशीहरु मेरो लागी क्षणिक खुशी थिए तर म बेखुशी हैन की गम्भीर थिए।"

यती बेला सम्म हामी लेक ओकीचोबी पुगिसकेका थियौं। गाडीलाइ लेक छेउको पार्किङ लटमा पार्क गरेर हामी फिसिड पियर तिर हिड्दै गर्दा एक जना मान्छे बुबा सङ्ग एक डलर मागी रहेको थियो। झण्डै हामी जस्तै लवाइको मान्छेले एक डलर मागेको देखेर बुबा अली अचचम पनी र अलि अलि डर पनी मानेर म तिर हेर्नु भो। उसले "Hungry. Please give for Jesus." भनेर लेखेको एउटा कार्डबोर्ड छातीमा झुन्डाएको थियो। त्यो पढे पछी बुबालाइ यो माग्ने रहेछ भन्ने थाहा भयो। ए ल ठिक छ उसो भए भनेर बुबा ले १ हैन १० डलर नै दिनु भयो। आफुले मागे भन्दा दस गुना पाए पछी उसको खुशी हेर्न लायकको थियो। "Thank you sir. God bless you." भन्दै बुबा सङ्ग हात मिलाए पछी बुबा पनि एक क्षण भाबुक हुनु भयो। "कती खुशी भाको यो ? हेर्दा त माग्ने जस्तो पनी देखिन्न त यो?" बुबाको यो जिग्यासा सहज थियो। मैले भने "अन्यत्र जस्तो मानसिक वा शारीरिक रुपमा अपाङ्ग र असक्त भएर यहाँ यसरी सडकमा माग्न बसेका होइन बुबा यिनिहरु। पहिले सम्पन्न भए पनी बिभीन्न कारण जस्तै नसाको कुलत इत्यादीले घरबार बिहिन अर्थात homeless भएका हुन।" केही क्षणको मौनता पछी उहाँले भन्नु भो "ल खुशी किन लाग्थेन न नी लाटा असाध्यै लाग्थ्यो। तैले भने जस्ता हरेक क्षणमा बिघ्न खुशी लाग्थ्यो। तर यो खुशी पनी दुइ थरीका हुदा रहेछन।" मेरो जिग्यासा दोब्बरीयो। मेरो कान खरायोको जस्तो ठाडा भएको महसुस गरेर उहाँले कुरो अघी बढाउनु भो। "तिमीहरु जन्मदा, हुर्कदै जादा, स्कुल कलेजमा राम्रो परिणाम लेराउदा, मेरो आफ्नो जागीरमा प्रोमोसन हुदा, नाती नातिना जन्मदाका यी हरेक अबसरमा म भित्र भित्रै धेरै खुशी थिए।

तर बाहीर प्रदसन गरेर खुशी मनाउन मलाइ सधै एउटा कुराले रोकथ्यो त्यो थियो भबीष्यको चिन्ता। सधै यो त राम्रो भयो अब के हुने हो भन्ने लाग्थ्यो। छोराहरु जन्मीएको खुशीलाइ अब यिनलाइ हुर्काउने पढाउने र असल मान्छे बनाउने चिन्ताले अझेलमा पारीहाल्थ्यो। तेरो ठुल्दाइ इन्जिनियरीड पढ्न जान पाउदाको खुशीलाइ अब तिमीहरुले चाही के गर्छौं होला भन्ने चिन्ताले ढाकी दियो। माइलो दाइले पि एच डी गर्न स्कटलान्ड गए पछी त्यो खुशीले पाइला टेकन नपाउदै अब तेरो पिर लाग्न थाल्यो। हुन त तेरो इन्जिनियरीड कलेजमा पढाउने काम बाट म निकै खुशी थिए। त्यतीबेला बुद्ध (कान्छो भाइ) डक्टर पढेर फर्कि सकेको थियो। यसरी यी हरेक पाइला पाइलामा मिलेका खुशीहरु मेरो लागी क्षणिक खुशी थिए तर म बेखुशी हैन की गम्भीर थिए।" यती बेला सम्म हामी लेक ओकीचोबी पुगिसकेका थियौं। गाडीलाइ लेक छेउको पार्किङ लटमा पार्क गरेर हामी फिसिड पियर तिर हिड्दै गर्दा एक जना मान्छे बुबा सङ्ग एक डलर मागी रहेको थियो। झण्डै हामी जस्तै लवाइको मान्छेले एक डलर मागेको देखेर बुबा अली अचचम पनी र अलि अलि डर पनी मानेर म तिर हेर्नु भो। उसले "Hungry. Please give for Jesus." भनेर लेखेको एउटा कार्डबोर्ड छातीमा झुन्डाएको थियो। त्यो पढे पछी बुबालाइ यो माग्ने रहेछ भन्ने थाहा भयो। ए ल ठिक छ उसो भए भनेर बुबा ले १ हैन १० डलर नै दिनु भयो। आफुले मागे भन्दा दस गुना पाए पछी उसको खुशी हेर्न लायकको थियो। "Thank you sir. God bless you." भन्दै बुबा सङ्ग हात मिलाए पछी बुबा पनि एक क्षण भाबुक हुनु भयो। "कती खुशी भाको यो ? हेर्दा त माग्ने जस्तो पनी देखिन्न त यो?" बुबाको यो जिग्यासा सहज थियो। मैले भने "अन्यत्र जस्तो मानसिक वा शारीरिक रुपमा अपाङ्ग र असक्त भएर यहाँ यसरी सडकमा माग्न बसेका होइन बुबा यिनिहरु। पहिले सम्पन्न भए पनी बिभीन्न कारण जस्तै नसाको कुलत इत्यादीले घरबार बिहिन अर्थात homeless भएका हुन।" हामी त्यहाबाट माझीहरुको भिडलाइ छिचोल्दै पियरको छेउमा पुगेर एउटा मेचमा बस्यौं। त्यसपछी बुबाले नै कुराको सन्दर्भलाइ अघि बढाउनु भयो।

"तिमीहरु चारै छोरा केही बननु भन्ने मेरो सपना थियो। यही नै बननु भन्ने चाही थिएन तर सक्षम र असल मान्छे बननु भन्ने थियो। के चाही थियो भने डक्टर र इन्जिनियर नभए पनी सबै जना सके सम्म साइन्समा नै डिग्री गरे हुन्थ्यो भन्ने लाग्थ्यो। जब भाइ डक्टर पढेर फर्कियो र माइलो दाइले पि एच डी सकायो तब मलाइ तिमीहरु चारै जनाको नामको अगाडी डाक्टर लेखेको हेर्न पाहीन्छ की भन्ने आसा लाग्न थालेको थियो। मेरो खुशी त बढ्दै गएको थियो। त्यसपछी तैले पि एच डी गरिस अनी ठुलो दाजुले पनी। यसरी तिमीहरु चारै छोराहरु डाक्टर भए पछी मलाइ आफु सन्सारकै सबै भन्दा खुशी र सफल बाबु हु भन्ने लाग्यो। यो खुशी नै मेरो दिर्घकालीन खुशी थियो। अब मलाइ चिन्ता गर्नु पर्ने कुनै बिषय नै छैन। न भविष्यको न बर्तमानको। त्यसैले आजकल मेरो बढी समय सामाजिक सेवामा नै बिच्छ। जब आफुले बनाएको त्यो बृदाश्रममा आउने बृदाहरुको मुस्कान देख्छु त्यसले ममा अझ खुशी थप्छ। अब यो महादेबको मन्दिरमा एउटा तला थप्ने काम सम्पन्न गर्न पाए पुग्थ्यो हेर बाबु"

बुबाको खुशीको रहस्य खुल्दा खुल्दै साझा पर्न लागेछ। लेकको डिलबाट सुर्यास्तको सुन्दर दृश्यालोकन गरेर हामी घर फर्किएउ।

बाटोमा म सोच्दै आए खुशीको कारण अनेकन हुदा रहेछन तर त्यसको नापो भने उती नै हुदो रहेछ। धेरै धेरै सानो कुराले पनी उतीकै खुशी दिदो रहेछ जती कसैलाइ लाखौं डलरको चिठ्ठा पर्दा मिल्छ। मेरो अफिसकी एक आमा उसको छोरा ले हाइ स्कूल बाट ग्राजुयसन गरेको कुराले मिलेको उनको खुशी, त्यो माइनेको १० डलर पाउदाको खुशी, मेरो साथी पिटर जो बर्षौं देखी चिठ्ठा किन्दै आएको थियो उसलाइ केही दिन अघी जम्मा १०० डलरको प्राइज पर्दाको उसको खुशी, यसपाली मैले पढेको कलेजले फुटबलमा च्याम्पीयनसिप जित्दा मलाइ लागेको खुशी, हामीले बचपनको दशैमा नया लुगा पाउदा वा जन्मदिनमा सानो उपहार पाउदाको खुशी, दुइ बर्ष अघी हाम्रो आमालाइ हामी यसपाली नेपाल आउदै छौं भन्ने सुन्दा लागेको खुशी वा मेरो बुबालाइ चारै जना छोराहरुले डाक्टर उपाधी पाउदाको खुशी सबै बराबर त रहेछ! केही बर्षदेखी यस्तै ससाना कुरामा खुशी मनाउदै र गाउघर र

समाजका सबैलाइ खुशी राख्दै एक दिन मेरो बुबा कुनै कस्ट बिना यो सन्सारबाट बिदा लिनु भयो। उहाँ हासी हासी जानु भयो तर यो बिदाइले धेरै मानिसहरुलाइ रुवायो।

प्रकृतीले जिबन दियो हासो खुशी माया दियो तर निष्ठुरी भै एकै साथमा सबै खोसी लियो पुरा जिबन बाच्यौं तिमी सबलाइ खुशी बाडी रुवाउदै गयौं टाढा बाबा तिमी हाम्लाइ छाडी जिबन यस्तो थियो सारा मानिसले वावा गर्ने मरण यस्तो भयो सबै चिन्ने सुन्नेले डाहा गर्ने



सुरज पुडासैनी

विदेशिको मन

प्रगति गर्ने चक्कर मा आफ्नो अस्तित्व गुमाउन पुगेछु
कहिले नपाएको सुख दुख विदेश मा भोगेछु।
खासै ठुलो उदेश्य त छैन,
आफ्नो हरेक सपना पुरा गर्न लागि रहेछु।
आत्तिन्न म भविष्य के होला भनेर
आउने गर्छ पिडा पालै पालो गरेर,
रमाइलो पल हरु समेट्न खोज्छु
डर चिन्ता बिर्सेर।
सानो सानो कुरामा खुसि हुनु,
केहि दिनको छ जिन्दगि
एक दिन जानुनै पर्छ मरेर।।

I did What...?

Sometimes we do something instinctively. Other times it is deliberate. This time though I was inspired by Mr. Bijay Kattel of West Palm Beach, Florida.

During a social gathering two years ago he relayed a sentimental story to a group of Nepalese, the first generation of immigrants faced with maintaining our culture, tradition and languages within and outside of the family. I think our challenges are similar in many aspects, combined with frustration, humor and *success!*

We have a three-and-half year *young* granddaughter, Sumnima, who is a huge bundle of fun. In her presence, there is never a dull moment. Few months ago her father - our son, Sanam - was introducing her to some basic educational materials. Suddenly Sanam asked me to teach her Nepali. I was really really looking forward to this day! At last it has arrived! I looked at him, smiled and said, "Sure, I am more than happy to." I was filled with pride that I am going to contribute to developing our granddaughter's intellect.

"But, I want you to sit with her though." As I expected, instantly he complained, "No, PAP. Why should I? You two have fun.

A very private, precious grandfather-granddaughter moment!" he said and gave me that pleading look.

"You only have to sit with her the first 10 minutes. No more, I promise!"

Sanam smiled and sat with Sumnima, Nepali fashion, on the carpet, crossed legged. But Sumnima was restless, like any 3 year old!

I quickly arranged a few Nepali alphabets and some numerals, and I too sat in front of them crossing my "complaining" legs.

More than Sumnima, it was her father who appeared very excited, like a 7 year old, anxiously waiting to open his Xmas present. At the same time, like any loving father, he was encouraging his daughter to "relax and behave", a challenging task with any 3 year old.. The first item I held in my hand and showed it to Sumnima:

"Banana," she said without hesitation! "Shayabash, NANU. '**KERA**' bhana!" She repeated: "**KERA**."

I showed her the Nepali alphabet, "KA" and asked her to repeat it. She was confused, hesitated a few seconds, but managed to pronounce it "KA". Obviously, Sanam was very proud of his daughter. So was I.

I repeated the process one more time. This time Sumnima was a little confused, distracted, unable to focus. Instantly I slapped Sanam!

"What is that for?" shouted our son. I was coaxing Sumnima to pay attention, still she wasn't able to focus. Again I slapped, Sanam! He shot-up on his two feet and demanded the reason for my action!

"Hey, son!" I said with a smile and was about to continue, "I am....."

"You are smiling! You find slapping me funny?"

"Hey, listen. I am sorry. But you are missing the point here." I was about to continue when he suddenly walked away.

"*Paagal hunubhoki kya ho?*" yelled my "lovely" boss! Before I could answer her, Sanam

"

returned wearing his "football helmet"!
 Okay, you made your point. I should never have stopped learning Nepali when you tried your best to teach me when I was in middle school!"

"Chhora!" I said and continued, "I think my technique is 'old fashioned', but I am" He cut me off before I could finish my sentence.

"Yes, your technique is very old fashioned but effective!" Suddenly, he smiled and gave me a hug. I lifted and held Sumnima close to my chest and promised to continue the lesson with due diligence!

Ram Rai,
 Orlando, Florida.

Samata school in Nepal

Please help SAMATA school in Nepal As COVID-19 continues to spread, the future has never felt so unpredictable. These are challenging times for us all, and we hope you're in good spirits and health! Right now, everyone is doing everything possible to sustain daily operations and provide services to our community. While there's a lot of uncertainty, we know that we need to adapt faster than ever, our community needs us And we need you for operation of one of the schools in Nepal. Samata Shiksha Niketan Secondary School, popularly known as the "Bamboo School" is in Bhaktapur. to our changing reality. Now, more than ever, our community needs us. And we need you for operation of one of the schools in Nepal.

Samata Shiksha Niketan econdarySchool, popularly known as the "Bamboo School" is in Bhaktapur. Schools maintain their monthly fee of \$1.00, which is one of the lowest school fees in the world and house 1059 students. Unlike other private schools, school cannot raise any substantial sum of money from tuition fees to fund our operations and must rely entirely on external funding to run our school. **Currently school** has been shut since March 24, 2020 due to nationwide lockdown because of Covid-19. As a result, school have had no fee collection from students and have been unable to pay 57 teachers' and non-teaching staff salaries since the last 5 months. The total monthly salary of the teachers' and the non-teaching staff amounts to Nepali Rs 538,000 per month.NAF recently donated \$1000.00 and wants to help to raise more



money to sustain during this difficult time. If you're able, please donate to Samata School to sustain during this lockdown. You can advocate for school by sharing the link for donation. Even a quick mention on your social media would mean the world to Samata School. In times like this, we're reminded of how interconnected we all are. Thank you for being part of our community. Without you, none of it is possible. Please Click on Link Below to Donate (In a note PLEASE WRITE "SAMATA")

<https://floridanepalese.org/donate/>
 Thank you very much for your help in Advance.
 Stay Safe.

Building a Non-profit That Works For All

A multitude of determined, mission-driven and selfless Nepalese citizens residing abroad desire to take initiatives aimed at giving back to the communities from which they came. However, many of them lose the impetus to establish such supportive organizations owing to the complex legislative bottlenecks and government regulations in place.

This report recounts the success story of the non-profit Health Foundation Nepal (HFN), which we hope will serve as a comprehensive guide to ambitious professionals wishing to setup a standout non-profit organization. The US-based HFN was founded by a group of Nepali medical trainees in 2013 to launch a community-based childhood malnutrition project. The program quickly scaled to encompass the areas of adult primary healthcare, maternal and child healthcare, digital literacy, and mental illness in rural Nepalese communities. Within a span of five years, HFN has become one of the most reputable nonprofits in the aforementioned areas, an aspect attributable to strong teamwork, reasonable access to capital, robust networking and collective collaboration. We will highlight five core areas that formed the backbone of HFN's accomplishments.

Establishing the organization and assembling a team

Every nonprofit striving to realize its goals should start off with a genuine mission to fill an unmet need in the community and be able to relate its story to others. Thereafter, building the right team by assembling the right talents and resources within and around the organization helps unlock the institution's potential. HFN attracted dozens of medical professionals with valuable and diverse expertise and excellent networking skills to jumpstart the initial program. The



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positive energy and perseverance of diverse, yet like-minded experts in HFN's formative years were pivotal to the organization's achievements. HFN harnessed their expertise and nurtured key human resources and skill sets in fashioning a truly thriving organization. Similarly, team integrity and the generosity and compassion of members and outsiders alike turned out to be key drivers of organizational performance. HFN realized the importance of regularly training, drafted guidelines and allocated clear roles and responsibilities to a team, although some of these aspects are still work in progress. Appreciatively, formalized roles and responsibilities with clear job descriptions have allowed staff members in community setups attain their expectations.

Growth strategies

Designing a system that works and grows effectively in a society plagued by pervasive corruption and bureaucratic impediments can be challenging. Additionally, the lack of appropriate tools and resources, complex sociodynamic determinants of community health, low level of public awareness and ethics complicates the overall process. HFN quickly learned to recognize untapped resources- such as involvement of local mother's club, schools, clubs, and visiting foreign college students looking for volunteer opportunities for course credit- and utilized them to greatly expand its projects and networks.



HFN shed the spotlight on projects that could scale up 5 to 10 years down the line. In so doing, HFN prioritized its central goals by channeling efforts and resources towards the realization of its core mission. Projects were designed based on community need and their alignment with the government and local policy and procedure. Currently, HFN is working on developing an infrastructure to promote transparency and efficiency in service delivery. This will only be attainable upon the implementation of electronic records and digitization of the data we collect. Furthermore, minimal organizational regulations and restrictions have allowed us to support innovative health- and education-related projects.

Overall, the dedication of team members, efficient streamlining of budgets and the autonomy of individual projects account for the foundation's growth. Capacity building of local staff, remote support, and the implementation of quality improvement projects to address gaps in service delivery have been prioritized for the next step.



Collaborating with key individuals and organizations

Joining forces with like-minded individuals and organizations improves the pace and scale of a project. HFN sought researchers, laboratory professionals and biostatisticians within the organization to develop a system to carry out screening of chronic preventable diseases. The system is expected to run automatically or with minimal input from the leadership after the initial training of field staff. HFN also collaborated with mothers' groups at community level to prepare nutrition packages for severely malnourished children under five. This involvement heightened the effectiveness of the program and generated interest among the local populace. Internal collaboration has resulted in the beginning of development of a robust protocol and system. Similarly, HFN liaised with America Nepal Medical Foundation to fund and nurture an expensive mental health program in one of Nepal's rural communities, bringing goal-driven organizations together.

Funding projects

HFN meets its budget requirement from membership fees, funding events and periodic crowdfunding. It also welcomes groups of individuals offering innovative projects with a sustainable funding plan. The digital literacy and chronic cardiovascular and kidney disease screening projects exemplify initiatives that pool resources from dozens of regular contributors to smoothly run the programs.



Effective outcome evaluation and assessment has not always been easy due to the complex socioeconomic situations in which we work. Nevertheless, we realize it is the key to appealing donors for large grants at corporate and governmental level. This is something HFN is currently working on. An evaluation system identifies the challenges, needs, and

new demands that an organization needs to address in order to remain relevant. Better personal communication, regular reporting, transparency and broadcasting of stories using videos and pictures have helped individual donors connect with the organization's purpose. Currently, we are exploring options to link up with larger foundations for more consistent funding to facilitate growth.

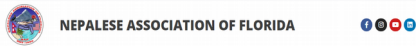
Monitoring progress

A three-pronged approach to review and rate projects by community dwellers, organizational staff and local stakeholders is believed to further improve overall outcomes. Such robust assessment is integral to securing funds from the public and major donors. Similarly, monitoring progress at local and central level, regular auditing and annual meetings help assess our goals and achievements so we can make future plans. Successful organizations build robust evaluation programs and emphasize on coaching leadership skills at all levels. HFN has adopted many of these strategies and still has admittedly encountered failures on certain fronts. In such scenarios it has acknowledged failure, relayed the truth and made efforts to address the gaps. We have learned that fostering innovation and accountability is the cornerstone



HFN continues to lay emphasis on building positive practices within and beyond the organization to ensure long-term growth and sustainability of community-centered projects. With a clear sense of direction, HFN aims to realize its full potential to serve humanity.





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Nepalese Association of Florida
Virtual Annual General Meeting
And
Dashain Celebration
2020

Date: November 7th Saturday, 2020
Time: 3.00 to 9.00 PM
 Zoom Meeting ID: 879 5333 7262
 Passcode: 880813
Stay tuned for more information