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FIVER YEARS OF ADOPT THE HIGHWAY- CIVIC ENGAGEMENT PROGRAM



Total Waste Collected **3620 lbs.**



Volunteer Hours provided **731 Hrs.**



Total Number of Volunteers Involved **214**



Total Number of Events **15**



Total Trash Bag **218**



Nepalese Association of Florida (NAF) is currently run-in partnership with Florida Department of Transportation-Litter-Free Florida Highways where they assigned territory two sides of the Forest Hill highway (WPB, FL) intersection between Jog and Turnpike approximate distance of 1.5 miles. This program was launched to mark 'NAF Silver Jubilee 2017' and the goal is to reflect our civic engagement efforts for our community. Since last 5 years in this event our volunteers served many hours, picked many trash bags of trashes equivalent (Data). This is indeed a perfect example of NAF giving back to the community where we reside and indeed a step forward toward introducing our Nepali American identity and involving our youths on all fronts. Since last 5 years this program was coordinated by community members Mr. Krishna Shrestha, Dr. Amar B Karki, Mr. Ram Sharan Thapa (NAF Past President) and Mr. Bimal Nepal (Current Coordinator and NAF Past President) and many youths and senior community members and this program would not be successful without the ongoing unconditional support from our youths and community members.

Source: Mr. Bimal Nepal

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EDITORIAL NOTE

I apologize for the delay in this quarter's "Indreni" Newsletter due to unforeseen circumstances. We were able to work with the help of Niraj Shrestha- current NAF president and Sabin Baskota- designer. We personally would like to thank all the contributors, Sarah Thapa, Gita Adhikari, Eva Basnet and Kashish Shrestha. I also like to thanks INLS-Florida Chapter President Dr. Amar B Karki and NOA-Florida Chapter President Dr. Rajendra Shakya to giving us opportunity to publish the articles from their organizations.

We are already in the process of collecting articles for our next edition, please email us the articles at naflorida2016@gmail.com Have a wonderful summer and stay safe.

Thanks
Jaya Khakural Pandey
Information Secretary, NAF

EDITORIAL

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PRESIDENT LETTER

Dear Community Members, Namaskar:

Happy New Year, 2079! We wish you a happy new year and a loving farewell to the past, as well as success in the future and wonderful memories. Additionally, I'd want to thank everyone for their confidence in and support of the Nepalese Association of Florida (NAF). NAF was able to perform a third outdoor program in April to celebrate Nepal New Year 2079 in Tampa thanks to the beginning of the Nepali New Year. Many members of the Nepali community from various parts of Florida attend the event.

Our current team members are trying to provide more community-focused programs and enhance the Nepalese community in Florida, carrying on the association's tradition of working with our community members. The goal of the NAF Community Engagement Program, which is overseen by Mr. Madhu Nepal (Tallahassee), is to introduce community programs that are useful to residents and young people. Under his leadership, we organized up an information session on "NRN-Card and Foreign Direct Investment in Nepal," a program that covered a wide range of NRN-related topics. To educate the people about NRN acts, NAF will be bringing two more series programs on the subject. Additionally, Community Engagement facilitated a session about two regional initiatives: "All4Ball Sports for Youth," which is led by Mrs. Leena Basnyet, and "Pulmonary Hypertension Association-Nepal," which is led by Dr. Chooda Mani Khanal, a former NAF president. NAF will continue to introduce additional local initiatives and work with local organizations in the coming days as part of its goal to support local initiatives and

organizations.

The NAF-Youth Forum Coordinator, Ms. Shailee Banskota, and eleven young members continue to work on the networking event. NAF-Youth Forum will launch two podcasts soon. Additionally, they intend to mentor Chitwan schoolchildren in conjunction with the Health Foundation Nepal (HFN) which was led by Dr. Manoj Bhattarai of HFN. The NAF Youth Scholarship has been a top priority for our Youth Forum and continues to raise fund.

After establishing Connect Nepal Project, with the financial support of the Nepalese Association of Florida (NAF) in coordination with Pulmonary Hypertension Association-Nepal (PHA-Nepal), Karnali Academy of Health Sciences (KAHS), युवा विकास केन्द्र सिस्ने, Global Nepalese ICT Consortium, and Non-Resident Nepalese Association-Florida Chapter (NRNA-Florida Chapter) ran "2 Days Health Camp" focusing on screening kids under 15 for Pulmonary Hypertension and Women's Health. A total of 892 people have received services from the free health camp which includes 137 women and 755 students have been conducted on June 19th and 20th. NAF continues to support PHA-Nepal programs in the future to further screen more children in that area in the future. Mr. Narayan Neupane Coordinator for Connect Nepal Project-NAF participated in the event and plays an important role to run the health camp.

We continue to work on our Adopt-A-Highway program for civic involvement, which is highlighted on the front cover of this issue of Indreni to highlight the program's accomplishments. Mr. Bimal Nepal, our former president, continues to oversee the initiative and has plans

to extend it to further state cities. The "Adopt the Street" campaign was formally launched in Tallahassee by the Nepalese Association of Florida (NAF)-Tallahassee Chapter with a similar premise. Dr. Suraj Bajgain, President of the NAF-Tallahassee Chapter, directed and opened the event.

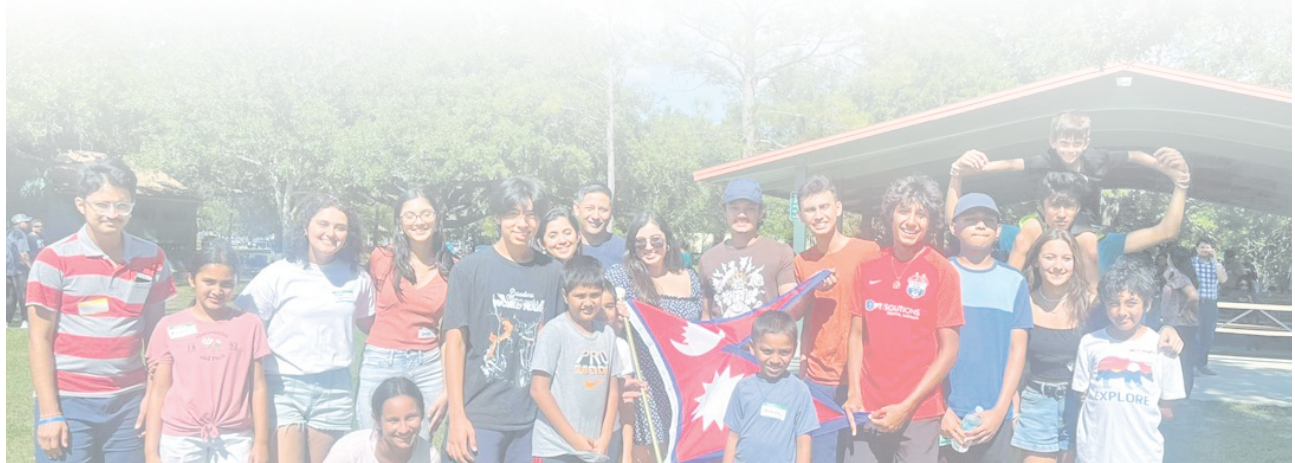
I co-organized the "NAF Past Presidential Meeting - Looking Back 30 Years And Future Direction" in April with my general secretary, Dr. SK Sharma. All previous presidents came to the conference to contribute their knowledge and ideas for upcoming programs. In addition to the Non-Resident Nepal-Florida Chapter, the International Nepal Literature Society-Florida Chapter, the Nepali Community Center in Orlando, the Madheshi Association in America-Florida Chapter, and the Newah Organization of America-Florida Chapter, we also maintain regular communication with these groups. In order to discuss how each group can assist and work together, NAF organized a meeting in March.

We also scheduled Annual General Meeting and Dashain Meet on October 15th, 2022, at West Palm Beach. NAF Treasurer Mrs. Priti Bhandary will coordinate the event with local community members.

In the end, we will continue bringing more community-focused programs in the coming days. We want all communities to stay safe and please feel free to contact us via social media, telephone, or in-person with one of our representatives located throughout the state. With best wishes,

Niraj Shrestha, PhD

Photo: With future leaders of our community Youth Leaders



Helping Nepali Education Through School Supplies

By Sarah Thapa, West Palm Beach

My name is Sarah Thapa. I was born and raised in the United States of America, but my parents are from Nepal, a country located on the other side of the globe.

It takes nearly 24 hours to get there. Nepal is a landlocked country with a population of around 30 million and a poverty rate of around 17%. Civil war and earthquakes have had a significant impact on the country's growth over the last two decades, but Nepal remains a beautiful country with a varied landscape of mountains, hills, and flat land.

I've visited Nepal several times

before, but this time was a little different. Previously, when I traveled, I was primarily concerned with family gatherings, but this time I chose to do something different.

I chose to assist one of Nepal's schools, Mahendra Bhrikuti School, which is government funded school in Lalitpur district of Nepal. Concerning the school, it is a secondary school, which is equivalent to a middle school in the United States. The majority of students who attend the school are disadvantaged and face adversity, such as child labor, disaster-stricken children, children abandoned by their parents, and

children suffering from slumps. Before I left for Nepal, I raised funds in Florida to purchase stationery and bags, as I noticed that the majority of students lacked school bags and proper stationery. When I hand over those items to students, I can see their faces light up with joy.

I felt extremely blessed to see the innocent children's faces light up after receiving that. Hopefully, on my next visit, I will be able to make a greater impact on their education, as every child deserves a quality education. We would like to express our gratitude to everyone who contributed to the project's success.





गिता अधिकारी
कुस्मा



आमा

आमा हुन् ममताकी खानी सवकी के दिउँ र उपमा
पुजिन्छिन् जननि श्रद्धाले सदा इश्वर कै रूपमा
शब्द नै ठूलो छ महान भवको 'आमा' ओजस्वी कति
प्रतिमुर्ति तिमी है त्याग साहासकी को खट्छ आमा जति

असङ्ख्य कामधन्दा 'वन्धन घरै साँचेर रहर हरू
सहनसिल बनी थाकै नभनी 'पिरका ति जहर हरू
हुकिन्छन् समय सँगै जव जव सन्तान एक एक गरी
हिड्छन् देश विदेशमा अवसर खोज्दै वाध्यता परी

चस्कंदै मुटु यहाँ भस्किने पनि माया यो गाढा हुँदा
नदेख्छ आसुँ कोही ' नछेक्छ परेली सन्तान टाढा हुँदा
के रैछ खोइ कुन्नी जिन्दगी यहाँ नियम अनौठो छ यो
बुढेश काल मा सहारा सुखको आशा अधुरै रहयो

हैकम चल्दछ होला पराईको त्यहाँ हराउला आफ्नो पन
आनन्द यहाँ भै आत्मस्वाभिमान कुन देशमा मिल्छ भन ?
सुनको पिंजडा भो महल भलमल फूर्सद विनाको भर
आशिर्वाद शिरमा ' नछाड पि रमा फर्केर आउ घर

गजल

टन्न धन कमाउने थियो सपना बिदेस आउनेको
किन कि बिपन्न थियो बिपना बिदेस आउनेको

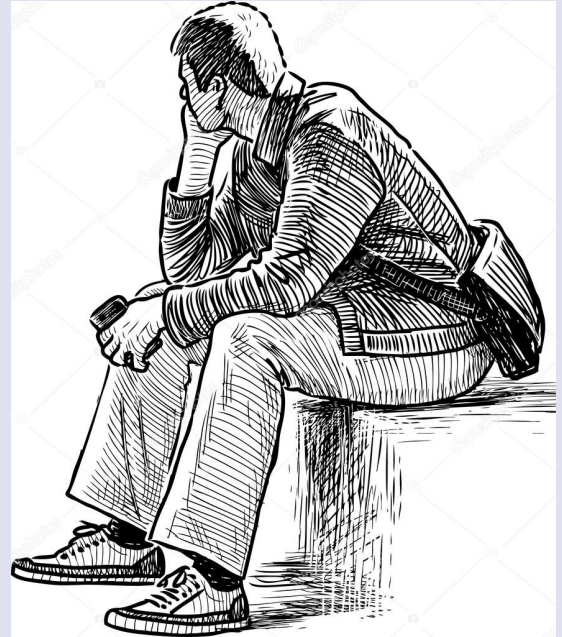
धितो राख्न सम्पतिको नाउमा हिजो केबल
आमाको बिहेको गहना थियो बिदेस आउनेको

आफ्नै दुनो सोझ्याउने त्यो समाजमा हुर्केपछि
आफु सुखी बन्ने चाहना थियो बिदेस आउनेको

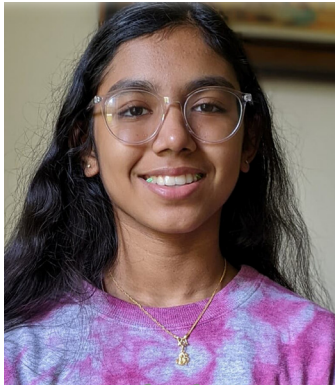
हातमा डिग्री छ तर छैन आफ्नो मान्छे ठाउँमा
त्यसैले रोजगारी बाहना थियो बिदेस आउनेको

सबै सोच्छन अरुको जस्तै दुइ चार बर्ष पछि
फर्कि जाने सम्भावना थियो बिदेस आउनेको

आफु हिडे भने बिदेश अलि भार घट्ला देशको
साच्चै यस्तै सद्बभावना थियो बिदेस आउनेको



Source: Dr. Amar B Karki, President,
INLS-Florida Chapter



A Tasty Perspective

-Eva Basnet
7th Grade, BAK Middle School of Arts
West Palm Beach

The Bakery d’Creme was home to some of the most delicious and fanciest baked goods in the city of Paris. People couldn’t get enough of them, because when people see a beautiful cupcake with blue frosting, sugar sprinkles, tasty candy waves, and chocolate decorated elaborate mermaid’s tail, people would buy them, right? Wrong. Nixie had been in the bakery for a few months, and to be fair, she was getting bored of the place. She even memorized the baker’s schedule! She wasn’t alone, though. Her best friend, Sage, (who was a chocolate cupcake with deluxe rainbow frosting, sugar sprinkles, and a gold sprinkle surprise. A.K.A. a leprechaun deluxe) had been in the bakery for a long time as well. Nixie also had her mom and her 3 brothers and 2 sisters, so things were always happening, good and bad. There was a place in the bakery that Nixie’s mom wouldn’t let her go. The forbidden window. It was said that cupcakes disappeared there, including Nixie’s father, but Nixie was determined to find out why. But she might figure it out sooner than she thought...



One normal Thursday morning, while bread was baking and aromas were floating around, Nixie was just going to see Sage when her mom appeared, looking grave.
“Hi mom, where’s Sage? I need to talk to her”.
“Well, honey, Sage has to be... elsewhere...”.
“So where?”.
“Umm...the baker is touching her up”.
“Really? I need to get touched up

too. My frosting is getting stale, and my mermaid tail is starting to chip”.
“No not for that reason...Sage is going to get sold to a little girl”.
“Sold?”.
“Yes sold. To a little girl”.
“WHAT?! She can’t be sold! We can change the girls’ mind! Can’t we?”.
“Honey, we can't, we are just cupcakes, we are only a sweet confection mainly for human consumption”.
“Consumption...?”.

“Yes, consumption. Sage is going to be ea-”.

Nixie saw the cupcake box and ran as fast as her little cake legs could take her to the box where Sage was kept.

“NO SAGE!”.

But it was too late, Nixie watched in horror as the happy little girl took the box and headed outside. Nixie ran to the forbidden window to get a glimpse of Sage.

“HONEY, DON’T GO THERE!”.

But all Nixie cared about was her friend. She watched as the little girl had Sage in her hands and ate her. Piece by piece until Sage was gone. Nixie kept staring out the window. Was this her fate? Will she be eaten like Sage? Nixie turned and ran towards her mom.

“Honey, I am so sorry you had to witness this”.

“But why,” Nixie sobbed, “Why would anyone do that?”.

“Honey don’t worry. It happens all the time. In fact, your father faced the same fate”.

“Dad...?”.

“Yes. The handsome vanilla cupcake with yellow pineapple frosting, coconut sprinkles, and chocolate decorated palm trees was eaten the same way Sage was”.

“Oh...”.

Nixie walked back to the counter. If she was going to be eaten, she didn’t want to be a cupcake, but should she question who she was? Her mom always told her to love how she looked, and she believed her, because to be honest, she was the prettiest cupcake in her family. But now? Now she wanted to be a Styrofoam display cupcake, not meant to be eaten but to be admired. Nixie ventured into the breadbasket, where the sourdough and rye went. The bread there is very caring and understanding, so they are good therapists. But they do have heavy

Australian accents.

“Hey Ryette”.

“Hiya Nixie!”.

“I have to ask you something”.

“Whaddya want ta ask?”.

“Have you seen someone you love to get eaten by people?”.

“Ya bet. Every day, in fact”.

“Who? And how do you cope with it?”.

“So, this the first time ya’ve seen someone get eaten? Well, at first it hurts, really bad. But then, when ya get older, things change, ya get used ta it”.

“But how? I mean don’t you want to change things, so we can live?”.

“Well Nixie, we can’t we ahah just baked goods that people like to eat. We make them happy. We really can’t change anythin’.”.

“Well, if no one will, I will! I’ll make the world know that cupcakes have feelings! For Sage!”.

“Well, if ya believe in it, go run off ‘n do it. Nothin’ can stand in yah way!”.

With that, Nixie went off to her quaint little cupcake home, and before she could start brainstorming, her mom stepped in her way.

“Where do you think you’re going”.

“Oh...Hi mom! I need to get to my room. It’s urgent!”.

“Na ah ah! You are not going anywhere until you tell me where you were and what you are going to do in your room”.

“FINE...”.

They sat down at the kitchen table and the discussion began.

“Honey, let’s begin, where were you all this time?”.

“I was with Ryette to talk with her”.

“Again, with Ryette! I told you not to talk to her! I don’t want her messing with the way you think!”.

“But mom! I have a really good idea!”.

“What is it then, you can tell mommy!”.

“Ok then, I want to try to write notes to the baker about confectionery liberty, so we won’t be eaten!”.

Furious, mom uplifted the table, “WHAT DID I TELL YOU ABOUT THESE IDEAS?! YOU SHOULD NEVER HAVE THEM! I SHOULD NEVER HAVE LET YOU SEE RYETTE! YOU’RE SUPPOSED TO GET EATEN! THERE IS NO WAY THAT YOU CAN EVER CHANGE A HUMANS’ MIND! NEVER!”.

Nixie was horrified. Her mom never shouted, but now, she stared at the chocolate cupcake with green frosting and delicate fairy wings like it was a stranger. Her mom took a few breaths, ready to speak, but Nixie stopped her.

“Mom...listen...I know you don’t like what I am planning to do, and that’s ok, but whether you support me or not, I’ll try anyway, and think about it...if you have thought the same way, your husband would still be alive”.

With that, Nixie left the upturned table, and her shocked mom went into the hallway with her gaping siblings and locked herself inside her room to begin to draft her note.

Throughout the week, Nixie worked so hard that she was touched up so much due to tiredness, but then the note was finished. She left it on the checkout counter and went to bed for the first time in a week.

The next day Nixie watched while the baker read the note:

“Baked goods have feelings too! We want freedom from the horrible mouths of humans!”.

Nixie watched as the baker called his colleagues and their faces changed from confusion to

excitement.

“We must find out who wrote this!” said the dough maker.

“How would we find out; we don’t know where this came from? It could be from a child?”, said the cupcake decorator.

“But they wouldn’t have access to use our hand-made fondant? No one has access to the baking room except for us, but none of us wrote it, so it must be either aliens or the baked goods”, said the dough maker, giddy with excitement.

“Ok then, we will check the cameras next week. If we get another note and it actually is from a baked good, the dough maker gets a week off. If it isn’t the baked goods and is a child, the cupcake decorator gets a week off. Deal?”, said the chief baker.

“Deal,” both men said unanimously. Nixie watched in satisfaction, according to her plan, this was the start. Soon, when she wrote more notes the bakers will take it seriously, and baked goods will have better lives.

Nixie kept working for many more months, but more discreet. Even though she loved making the notes, she wanted to keep her identity secret. Her relationship with her mom, however, was no secret. All the goodies in the bakery knew what Nixie was doing and that her mom was not pleased about it.

“Nixie,” her mom said, “I don’t like any of this secrecy or writing notes, just stop it!”.

“Mom, for the last time, I won’t stop! Look what it has done! By now, our family would have been eaten to oblivion! People are starting to think about us!”.

“Yes, but haven’t you heard; the bakers are installing everything they can to see who’s writing the notes. Sooner or later, you’ll be caught”.

“Don’t worry about it, mom, I can destroy those cameras with burnt breadsticks”.

“No, come then you’ll know...”.

Nixie and her mom went out of their house to see the bakery and Nixie was astonished. The bakery didn’t look like the little quaint shop but like a bank guarding a precious diamond. There were powerful security cameras at every corner, little but mighty sound trackers and even thermal cameras to track a cupcake’s body heat.

“Woah,” Nixie said, “I can’t believe it, this is just...woah”.

“I told you”, her mom said, “this is what you are going to face if you are planning another note, but that’s not the only thing I want to show

“

The chief baker was very excited to see a note from the mysterious writer but was ecstatic to see the speech. So excited, in fact, that he almost knocked over the breadbasket.

”

you. Follow me...”.

Nixie followed her mom into the bakery. It looked pretty much the same, but there were some traps that would catch Nixie when she got the fondant to write on.

“I can’t believe this,” Nixie gaped, “how am I supposed to write notes now?”.

“Honey,” her mom said, “They don’t want you to stop writing notes, they just want to know who is writing the notes”.

“Well, I’ll just make my own fondant. I have my own food marker, so I can still make notes,” Nixie said determinedly.

“But how are you going to get past those cameras, sweetie?”.

“All I need is some dough from the bakery...”.

As soon as Nixie got home, she planned. She made maps, a lot of maps, throughout the week, like a bank robber. On a Friday, her plan went into action:

After the chief baker started cleaning things up, Nixie left her home and started sneaking around the bakery. The baker would be tired, so he wouldn’t notice Nixie. The cleanup process took about 15 minutes, and that’s all the time Nixie needed if all went according to plan. When the baker was on the other end of the bakery, Nixie went into the baking room and took a good glob of bread dough. Then she went to the oven, which was still hot, and formed the dough into a long stick. Nixie enjoyed the heat while she left the breadstick to burn. Once it was burned, she waited for the chief baker to leave. Now it was time to destroy some cameras...

“Ok, let’s do this,” said Nixie as she carefully walked up to the first traps, “all I need to do is to dodge the traps and destroy the cameras, it should be easy...”.

Nixie whacked the first camera and stared...at her broken breadstick.

“Ok. Maybe a bit harder than I thought, well Plan B, dodge the trackers,” Nixie breathed exasperatedly

Nixie got bread dough to cover the cameras, used stale frosting to slather on the thermal trackers, and almost dropped frosting to lay, not just a letter, but a whole speech she has been working on for weeks, on fondant she made herself, on the checkout counter. Once she lay it down, read through it for final touches, dodged the trackers, and went home to sleep.



The chief baker was very excited to see a note from the mysterious writer but was ecstatic to see the speech. So excited, in fact, that he almost knocked over the breadbasket. Nixie was watching closely as he read it...

“Hello readers, my name is Nixie and I have been writing all these notes for all of you. Yes, I am a baked good, but that doesn't mean that I don't have feelings. That doesn't mean that I don't have a family. That doesn't mean that I don't have a life. My own father was eaten by you monstrous humans before I had turned 3. My mom raised me and my 5 siblings alone. Imagine if my father had not been eaten by you humans. I would have remembered my dad, my mom wouldn't be as stressed, and I would have a complete family. But what is done has been done. My dad is gone. With my dad gone, I found a friend in Sage, a Leprechaun Deluxe cupcake. We were so close, but one day, a little girl ate my best friend. Now, I have without a father and a friend. My mom told me that it was our fate to be eaten, but I will change that. Join me, in the fight for the liberty of baked goods! For all the baked goods that have been eaten, join us! Because all of us, not just humans, can make a

difference”.

The chief baker stood there stunned. Nixie kept watching as the other bakers hurried towards him.

“What should we do?” said the frosting maker.

“We will preserve the baked goods,” said the chief baker, “they have feelings, we can't just let the people they love get destroyed by us? We must do something. From now on I propose that all the baked goods will only be props. Who's with me?”.

“Me,” said the dough maker

“I am,” said the cupcake decorator, who had just come back from his week-long vacation.

Nixie was in awe as her plan was unfolding,

“We won't get eaten,” she thought, “we finally have liberty...”.

She ran to her home as fast as she could. She passed the breadbasket, the forbidden window, and the bakery doors, to her mom.

“Sweetie! What happened?” her mom said astounded.

“We did it! Cupcakes have liberty! Bread has liberty! We won't be eaten now! We will live full lives now!”

“Honey, you did it! I knew you could!” her mom said happily.

“Really? I couldn't remember you saying one time ‘You can do it!’ to

me at all,” joked Nixie.

“About that...I'm very sorry for yelling at you, I just couldn't stand any change to the way we live...”.

“Mom, I understand, but let's have some fun!”.

“Ok, let's go!”.

Nixie has never seen her mother this happy since Nixie had gotten her mermaid makeover. But the happiness didn't last for long. Soon all the baked goods in the Bakery d'Creme were getting bored of partying all night, leisurely sitting in their baskets, and napping, especially napping, so they decided to take up finding out about their ancestors.

“Hey, mom, what're you doing?”.

“I'm just looking through old books trying to find out about our family. Apparently, we're descended from the fanciest French cupcakes from the 1800's”.

“Cool, well I have to go, you keep looking up our history”.

“Bye, honey!”.

Nixie went into the bakery, expecting to get a makeover when she saw rotten baked goods in the garbage and went straight home to her mom.

“Hey mom, why are there baked goods in the garbage?”.

“They probably went rotten, or

got mold on them,” said her mom, unbothered.
“How do they get mold?”
“Well, it could be what they’re made of, or just the toppings on them”.
“All of them must be pretty old, then,” Nixie said.
“Not all of them are old, kids much younger than you get thrown away too”.
“We have to do something about this mom!”
“Sweetie, this is one thing we cannot change, you can’t stop things from being rotten or mold from growing, it’s just life, just like dying is for humans”.
“Oh...so you will get thrown away?”,
“In the future, yes”.

Nixie watched her mom flip through old books, and then her mom suddenly stood up and walked to the bakery. Nixie followed her mom to the bakery trash can.
“Mom why are you here?”
“I just realized something; my parents were thrown away...”.
“Mom, that’s awful!”
“Don’t feel bad, it will happen to some of us, but now it will be our fate, but being thrown away is a less harmful alternative than being chopped by human teeth”.

With that, both cupcakes went home, and Nixie couldn’t help noticing dark green spots on the rest of her family, but not on herself.
“Food coloring”, she thought, and she went to bed. By the next morning, the green spots on her family had grown 10 times their size, and her family was starting to notice.
“Mom! Why am I half green?” said Nixie’s younger brother.
“Ew! Green is just, like, so gross!” said Nixie’s older sister.
And then Nixie’s mom rushed in, “I think we’re growing mold!”.

Then for a moment, everyone stared at Nixie:
“Why doesn’t she have mold?” said Nixie’s youngest sister.
“I guess it’s because I wasn’t near you for a while,” Nixie said, confused.
“Whatever it is,” her mom said, frantically, “we can’t let the baker see-”.
“These cupcakes look all moldy,” said the chief baker, “We need to throw them away!”.
The baker thrust his fat arm into Nixie’s home and grabbed onto Nixie’s family and walked into the



Don’t feel bad, it will happen to some of us, but now it will be our fate, but being thrown away is a less harmful alternative than being chopped by human teeth



baker. Nixie ran into the bakery to see the baker drop her family into a garbage can, take the trash bag out and walked to the back dumpster...

Nixie ran and ran and ran to the back door where the garbage bag was. When she got there, her family was gone. They were in a jungle of garbage bags, never to be seen again.
“No,” Nixie sobbed, “my family...”.

As Nixie sat there sobbing, she realized that she had gotten it all wrong. Everything has its purpose

of life. Baked goods were supposed to be eaten, not thrown away. Her mom was right, baked goods are sweet confection for human consumption.

Sage hadn’t been brutally eaten, she was just living her fate. As Nixie’s breath steadied, she knew she had to write one last note...

The next morning, the chief baker read the note planted by Nixie: “Dear bakers, this is Nixie, the same Nixie that had written a speech about cupcake liberty. Now that I have seen my family being thrown away, I realized that baked goods are supposed to be eaten, not supposed to be free, and thrown away. I am sorry. I’m sorry that you have lost sales because of me. I’m sorry that I misunderstood who I am. I’m sorry that baked goods had to be thrown away because of me. And I urge you to make more baked goods and start selling them, because that’s the way it’s supposed to be”.

The baker looked at the note, and to the cupcake with blue frosting, sugar sprinkles, tasty candy waves, and a chocolate decorated elaborate mermaid’s tail, with the sign that said the words “eat me”, the baker ate Nixie without hesitation. As Nixie was being chewed by the baker, she knew she was fulfilling the purpose of her life as a backed goods and she had made the right choice. Baked goods are supposed to be eaten, instead of being thrown away rotten. Everyone should live their life to its fullest, while understanding the purpose of their life. Even though Nixie’s life had been traumatic, she knew that the generations of baked goods will be proud of the cupcake that tried to change the world and understood the value of life. And with that, the baker swallowed, and Nixie was eaten.



On The Road: Rhino Translocation in Nepal

By Kashish Shrestha, Jacksonville

CONSERVATIONIST, PHOTOGRAPHER, RESEARCHER

Kashish Das Shrestha is a Nepali writer and photographer whose work has been published in the New York Times, Mongabay, Vogue, and elsewhere. He also advises on policies related to the environment, focusing on renewable energy, food and water security, and sustainable development. In this capacity, he has worked with Nepal's Water and Energy Committee and the Ministry of Health. The country's first-ever climate change hearing was an early outcome of his efforts. Shrestha co-drafted the blueprint for a sustainable urban development policy, "Livable Kathmandu," launched in 2014 by the city's elected members of parliament and endorsed by the office of the prime minister the same year. This effort led to unprecedented development of over a dozen parks in the city and engaged policymakers on urban waste management, electric vehicles, and renewable energy. In 2012, Shrestha was a Policy Fellow for Niti Foundation, which focuses on public policy reform. He worked on exploring models for decentralization of energy production and distribution through solar energy, traditionally seen as a technology for the country's remote parts without grid connectivity. This research helped shape an incentive in which the government of Nepal offered solar energy to Kathmandu, the country's dense capital.

- Up until the mid-20th century, a similar, if larger, undertaking would mean hunting parties for maharajas and their guests looking for exotic trophies. Today, such parties are reserved for wildlife census and other research and conservation efforts.
- In the 1960s there were less than 100 one-horned rhinos in Nepal and by 1975 only about 600 survived in the wild globally.
- By 2015, Nepal's Chitwan National Park alone was home to 605 rhinos.

With one palm above the rhino's nostril to check its breathing and another under its head to make sure it wasn't slumping, an anxious official yelled over the sound of metal wheels grinding against stones on a dirt road inside Chitwan National Park, Nepal.

"Hurry up!"

The sun was ready to set, and it had already been an hour since the 12-year old male was sedated. Despite the efforts, the rhino's placement on the wooden flatbed trolley after being subdued was not ideal, and at one point an empty jute sack — the only thing they could find — was folded and placed under its head in a desperate effort to try and not strain the animal's neck too much during the very bumpy ride.

"Do they realize how heavy that thing is?" grumbled the nervous driver inside his excavator, trying his best to quickly but carefully pull the trolley with nine men holding the animal in place along a trail that included trudging across a creek and several dips and rises.

It had been a long and trying day, and against the

backdrop of local protests denouncing the translocation, this rhino and everyone involved in the process were under pressure to ensure its safe release in Bardiy National Park, about 150 miles west, the following morning. This meant a near-nine-hour drive through the night soon after the cage was loaded onto the truck.

In the next two years, this translocation effort, led by the Nepali government's Ministry of Forests and Soil Conservation in partnership with WWF and National Trust for Nature Conservation (NTNC), with partial funding by the USAID Hariyo Ban Program, plans to populate Bardia National Park with at least 20 to 30 rhinos from Chitwan. By the end of this particular weekend, they hoped to translocate the first five.

Since then, news of a rhino dying of tuberculosis in Chitwan has come to light. And on May 22, one of the translocated animals gave birth to a healthy male calf. Just in time, Nepal's new 100-rupee-bill, which came into circulation this month, replaces the image of a single rhino with that of an adult rhino with a calf.



Thapa, J., Paudel, S., Sadaula, A., Shah, Y., Maharjan, B., Kaufman, G. E., & Nakajima, C. (2016). *Mycobacterium orygis* Associated Tuberculosis in Free-Ranging Rhinoceros, Nepal, 2015. *Emerging infectious diseases*, 22(3), 570. doi:10.3201/eid2203.151929

A New Dawn

The last time rhinos were translocated from Chitwan National Park to Bardia National Park was in 2003.

On Tuesday, March 1, 2016, the hiatus ended. The day began at dawn, fog still lifting off the southern forest plains, the sky still a deep blue. By 6:45AM, the sun had begun to rise and mahuts were busy readying elephants for the long day ahead in the park's Sukebar area. Minutes later a distant yell echoed into the camp.

"There's a tiger in the area," someone explained. "That's common."

By 7AM, Shanta Raj Gyawali, Coordinator of Biodiversity Conservation for Hariyo Ban Program, had his hands full — literally. As the lead for the technical team comprised of

representatives from NTNC, Department of National Parks and Wildlife Conservation (DNPWC), WWF, and Chitwan national park, Gyawali had begun preparing a mixture of M99 (3-4mg Etorphine Hydrochloride and 12-15mg of Acepromazine) that would be used to sedate the rhinos. Once the darts were ready, three shooters from NTNC loaded it on their respective rifles.

The plan was to dart at least two to three rhinos by that afternoon, for the next day's release, and a total of five by the weekend. Nearby, Kanchan Thapa, a conservation biologist with WWF Nepal, had finished checking five radio collars for rhinos and carefully placed them in a nylon duffle bag. The equipment made by the German company Vectronic Aerospace cost \$7,000 plus 40 percent tax each.

By 8:30AM, an army of 33

elephants had marched into the forest to track and find rhinos, then corral them as close as possible towards the area where large wooden cages and a couple of trucks awaited.

Up until the mid-20th century, a similar, if larger, undertaking would mean hunting parties for maharajas and their guests looking for exotic trophies. Today, such parties are reserved for wildlife census and other research and conservation efforts.

In the 1960s there were less than 100 one-horned rhinos in Nepal and by 1975 only about 600 survived in the wild globally. By 2015, Chitwan alone was home to 605 rhinos. "We are a leader in rhino conservation," Phanindra Raj Sharma, Director General of DNPWC, explained.

Still, the animals were bent on making the conservationists put in a hard day's work. A rhino was finally

darted at 4:46PM.

“Can you guys please hurry up! Its ears are already beginning to twitch!” Mr. Gyawali, the biologist, yelled as men and machine tried to pull the trolley with the rhino inside a large wooden cage under a quickly darkening sky.

Once inside, the technical team administered an antidote to the sedative, M50-50 (Diprenorphine), with the help of a handheld torchlight. Immediately, a handful of young men started lowering the cage door only to hit a snag: the rhino’s snout was too far out, and now the door was resting on it. The rhino started to grunt and move, trying to push the cage door upward. “Hold it down!” Mr. Gyawali urgently instructed the young men above the cage, who were trying to do just that. “And get those guys with the levers to push the trolley in!”

As the rhino pushed the cage door upward and tried to get its head out, the men above tried to push the door down without hurting the animal. Finally, the trolley was pushed in a few inches and the cage immediately shut and locked. Inside, the magnificent animal stood up. The cage shook.

‘A Historical Undertaking’

The following morning, at 10:40AM, I climbed on to the roof of the truck carrying the rhino as it crossed a river in Bardiya National Park to reach the release site. I could see the animal below as sunlight poured into the cage from in between its wooden planks. The rhino grunted, and every time the animal moved the cage shook. A convoy of vehicles followed,

bringing the Forest Minister, Hon. Agni Prasad Sapkota, and other high-level officials, experts, and invitees to the release site.

Of the three machans set up to view the release, the closest to the truck was reserved for the Minister and other VIPs. “What to do if it charges our machan?” someone asked as the technical team below inquired whether the Minister was ready to declare the release. “The drone’s battery is going to die, can we release it fast?” someone below asked aloud. “Why aren’t the elephants near our machan to make sure the rhino doesn’t come this

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Up until the mid-20th century, a similar, if larger, undertaking would mean hunting parties for maharajas and their guests looking for exotic trophies

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way?” a member of the Minister’s delegation asked for the second time. Then, “Is it okay to release it now?” the Minister asked to no one in particular. “Yes, yes sir,” a couple of people reassured him. “So I just say it?” he verified. Then he did.

At 10:46AM the cage door opened to reveal the backside of the rhino, who appeared not to know what to do.

“Maybe when they loaded the cage into the truck, they should have turned it around so that it would face the right way when the door opened,” the Minister mused aloud.

On two other machans, others waited anxiously.

Finally, at 11:07AM, the rhino walked backward out of the cage. Very quickly, making a sharp 180-degree right turn, it saw a forest ahead, as intended. Without much hesitation, the freed animal hopped and sprinted into the trees, leaving behind a trail of dust and a marveled crowd. Mahouts who had been waiting on their elephants gently followed the rhino to make sure it did not make another sharp turn and charge back towards the release site (apparently, on at least one prior occasion, the rhino made sure to exact its vengeance on the truck it had been transported in).

At around 11:10AM, someone announced it was safe to get back down.

Back across the river, on its sandy banks, Minister Sapkota made a formal address. “This is a historical undertaking and a happy moment for conservationists,” he told the crowd. “This brings both challenges and opportunities, but most of all it brings opportunity for the community here. If people want, they can conserve and develop. This is just the start, but a good start. We leave resting this responsibility to you, with faith in you.”

Protests and Public Perception

In the preceding days, the media had been regularly reporting on the protests in Chitwan against the translocation. Indeed, on the morning of the release itself, there was unfavorable coverage of the undertaking. The broadsheets appeared to have taken an antagonistic position to the translocation without explaining its role as a conservation exercise.

To get a better sense of why translocation was a preferred conservation strategy, I spoke to my colleague, Prof. Elizabeth Hadly, who heads the Hadly Lab in Stanford University's Biology Department and guides her students' doctoral research on wildlife and ecology in Nepal.

"The goals of translocation are not always clearly articulated and their success may be contingent on factors that are unanticipated such as disease resistance or behavioral differences that prohibit translocated individuals from successfully integrating into a new environment," said Prof. Hadly, whose recent book *End Game* (co-authored with Prof. Anthony Barnosky) begins with a chapter on Nepal.

"Translocation has been used in many ways for conservation; to repopulate an area that has seen demise or extinction of a population; to increase genetic diversity; to relocate a problem individual or individuals; or to anticipate future environments that might be better suited for the survival of species," Hadly added. In Nepal, it was more or less all of the above.

Back on the riverbank, I spoke to Santosh Mani Nepal, Senior Director of Policy and Outreach for WWF Nepal and a respected voice on conservation policies in the country. "WWF is a historical partner in this kind of innovative initiatives and will continue to be," he said. "Some are successes, some are not, depending upon the sociopolitical situation of the country. But eventually our goal is to make sure that conservation wins, which is why we support this endeavor."

The point that protestors and the media have latched on to is this:

70 rhinos were translocated from Chitwan to Bardia's Babai Valley between 1985 and 2003, bringing its population to 85. However, by 2015, only 29 remained. Using this historical premise to highlight the insecurity for rhinos in Bardia today and in the near future, protestors are seeking to block the translocation.

The problem with this position is the incomplete picture it paints about the shared safety issues and success of rhino conservation in Nepal's national parks, and the many poached and natural deaths of rhinos in Chitwan itself.

Between 2000 and 2006, Chitwan

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Between 2000 and 2006, Chitwan National Park saw a decline of 31 percent in its rhino population, dropping from 544 to 372, almost all of it due to poaching.

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National Park saw a decline of 31 percent in its rhino population, dropping from 544 to 372, almost all of it due to poaching. Between 2011 and 2015, the population increased by 21 percent. Over a dozen rhinos there have died of natural causes since 2014.

The massive rise in poaching of rhinos and tigers between the late 1990s and 2006 was largely due to the Maoist conflict, which forced the Nepal Army, previously enlisted to guard national parks, to mobilize and address the conflict instead. Post-conflict, the Government of Nepal beefed up its national parks

security. In Bardia, the number of guard posts inside the park was nearly doubled to 33. There has been no rhino poaching in Bardia since 2010, and Nepal has maintained a remarkable "Zero Poaching" rate for three years of the last five years.

"I personally visited the sites where the rhinos will be released," Mr. Kahrel, DNPWC's Director General, said. "And I have made sure we have done everything we need to keep the rhinos safe in their new home. The main challenge is security, and on this we have a proven track record and experience, and we are confident we are up to the task."

In Bardia, it is also not just about adding the number of guard posts for the army. Previously, because of flood risks, soldiers would retreat to safer areas during the monsoon and poachers would take brutal advantage of the temporary security vacuum. Learning from this, the army is working towards maintaining its standard positions throughout the year and identifying strategic locations that are also less prone to flooding.

At the same time, the USAID-funded Hariyo Ban program has engaged local communities in various capacities in recent years, including helping them to transition from traditional hunting to newer sources of livelihood, as well as establishing youth anti-poaching groups and community forest monitors.

"The one-horned rhino is a source of national pride and identity for the Nepali people," Amy Tohill-Stull, the Acting Mission Director of USAID/Nepal, explained over email, speaking about the translocation and USAID's broader effort in wildlife conservation in Nepal.

“USAID, in partnership with local communities, the Nepali Army and the Government of Nepal are working together to prevent poaching and re-establish forest land between Chitwan and Bardia. Together, Nepal has created several safe national parks where both wildlife and ecotourism can thrive.”

Indeed, the translocation is positioned to benefit communities in both Chitwan and Bardia. In Chitwan, it could help mitigate the frequent human-wildlife conflicts sparked when rhinos are pushed out of their core area due to population pressure. In Bardia, they would have multiple effects.

“Rhinos are mega grazers, so they tend to save ecosystems. So we actually think they might be able to help with that here as they have in Chitwan,” Sabita Malla, a wildlife biologist with WWF Nepal who is part of the translocation team, explained. “Based on available habitat here now and quantitative data of grass patches in Nepal’s floodplains, we think about 50 rhinos can be sustained here in Bardia’s Babai valley.” Tourism prospects would also increase for the region.

New Revelations, More Translocations

A new risk, however, has emerged. On March 3, two days after the first translocation, a paper titled “Mycobacterium orygis – Associated Tuberculosis in Free-Ranging Rhinoceros, Nepal, 2015” was published in the journal of Emerging Infectious Diseases. The news of the paper and its important findings only made it to Kathmandu media towards the end of the month.

In the paper, the authors write: “On February 16, 2015, CNP officials observed a sick female rhinoceros in the buffer zone of the western sector of the park near Amaltari. The rhinoceros was dull, depressed, and not feeding. The following day, the animal was found dead in the same area.”

The study concluded that the animal had died of tuberculosis (TB). Of their findings, the authors added:

In our earlier study, we isolated *M. orygis* from chital deer (*Axis axis*) and blue bull (*Boselaphus tragocamelus*) from a captive wild-animal facility and postulated that the origin of the infection might be from infected animals in CNP [Chitwan National Park], where the deer and blue bull originated. This new finding of a different strain type of *M. orygis* in a free-ranging rhinoceros in CNP provides evidence for our hypothesis. Other reports of *M. orygis* in captive wild animals in Nepal, cattle and a rhesus monkey in Bangladesh, humans in South Asia, and an immigrant from India in New Zealand further support this bacterium’s potential widespread distribution in South Asia and attests to the One Health significance of this organism.

How the rhino translocation plans will be affected in light of this new study remains to be seen. Should the translocated rhinos, who have satellite tracking collars, be pursued again to be tested for TB? How does this affect the remainder of the translocation plans? Officials contacted at WWF Nepal did not respond regarding this query.

There has been no public discussion on the topic of TB in rhinos, although TB-infected elephants of Chitwan National

Park have made the news several times over the years. In the meantime, the Nepali government has now started preparing to translocate the rare arna (water buffalo) from Koshi Tapu Wildlife Reserve in eastern Nepal and Swamp Deer from Bardiya National Park in western Nepal to Chitwan National Park.

A Trade

In late January, the Chinese government asked Forest Minister Sapkota for two rhinos in exchange for financial and technical assistance for a Forensic Science Laboratory that Nepal had proposed.

China made the demand at a time when Nepal was trying to curry favor during the months-long, India-imposed goods blockade on Nepal, and Nepal was trying to play its relations with China against its deteriorating relationship with India. The current Prime Minister has made a habit of appeasing the Chinese. The rhinos that will be traded to China will also be from Chitwan. The exchange of rhinos for funds has thus far not inspired any public discourse or media scrutiny.

In Bardia, as the rhino stepped out of its cage, Minister Sapkota was clearly pleased. Noticing the wound on its back, he asked about it with clear concern. I informed him it was injured in a fight with another rhino in Chitwan before being darted. “I hope it did not bleed more after being darted,” he said.

As the rhino dashed off into the forest, the Minister stood on the machan motionless for a few seconds, staring at the dust the animal had kicked up. Perhaps he was reflecting on the China deal, and having to be in the position of mediating it.

CONNECT NEPAL - HEALTH CAMP

2 Days Health Camp” was conducted in Sisne Village (East Rukum) with the financial support of the Nepalese Association of Florida (NAF) under the Connect Nepal Project-NAF in coordination with Pulmonary Hypertension Association-Nepal (PHA-Nepal), Karnali Academy of Health Sciences (KAHS), युवा विकास केन्द्र, सिस्ने, Global Nepalese ICT Consortium, and Non-Resident Nepalese Association-Florida Chapter (NRNA-Florida Chapter) focusing on screening kids under 15 for Pulmonary Hypertension and Women’s Health.

A total of 892 people has received services from the free health camp which includes 137 women and 755 students have been conducted on June 19th and 20th. Twelve students have been found to be suffering from suspected heart disease. The doctors involved in the treatment have said that the surgery for two of them must be done. Similarly, 10 people must undergo health check-ups again. NAF will work with PHA-Nepal to further the treatment of diagnosed children. Similarly, one woman has been diagnosed with cervical cancer while five others have been diagnosed with suspected cancer. Problems with uterine prolapse have been reported in six people and one person has been found to have breast cancer. Medicines have also been distributed to patients suffering from the common cold, abdominal pain, ear problems, fever, and gastritis. The condition of others has been found to be normal. Necessary advice and suggestions have also been given to all those who came to the camp. The camp was inaugurated



GLOBAL NEPALESE
ICT CONSORTIUM



Nepalese Association of Florida



युवा विकास केन्द्र
सिस्ने गाउँपालिका

२ दिने निःशुल्क स्वास्थ्य शिविर हुने बारे सुचना

महिला तथा बालबालीकाहरूलाई मध्य नजर गर्दै नेपाल एसोसिएसन अफ फ्लोरिडा (NAF) को आर्थिक सहयोग तथा फ्लोरिडा हाइपरटेन्सन एसोसिएसन नेपाल (PHA-Nepal), Global Nepalese ICT Consortium र कर्णाली स्वास्थ्य विज्ञान प्रतिष्ठान जुम्ला को भौतिक सहयोगमा सिस्ने गाउँपालिका अन्तर्गत रहेको युवा विकास केन्द्रको संयोजनमा ३० वर्ष उमेर समुह भन्दा माथिका महिला तथा १५ वर्ष मुनिका बालबालीकाहरूको लागि निःशुल्क स्वास्थ्य शिविर संचालन हुने जानकारी गराउदछौं ।

बालबालीका सम्बन्धी

- १ बाथ मुद्र रोग फ्लोरोनरी हाइपोटेन्सन स्क्रिनिङ चेक जाँच तथा उपचार ।
- २ सास फेने कठिन हुने, सजिलै छिट्टै थाम्ने
- ३ सजिलै छिट्टै थाम्ने, बेहोस हुने मुछाँ पर्ने
- ४ छाति दुखे रिङ्गटा लाग्ने
- ५ औंलाहरु फुसो वा जिजो देखिने वा दुखे, पेट सुनिने आदि

मिति: असाठ ५ र ६ गते
स्थान: रुक्मिणी मा वि रुकमकोट रुकुम पर्व
समय: बिहान १० बजे देखि ४ बजे सम्म

स्त्रीरोग सम्बन्धी

- १ पाटेघर मुखको क्यान्सर जाँच तथा उपचार
- २ स्तन क्यान्सरको जाँच तथा आफै जाँच गर्ने तरिका सिकाउने
- ३ पाटेघर खस्ने समस्याको जाँच
- ४ फिस्टुला पिसाब चुहिने समस्याको जाँच

मिति: असाठ ५ र ६ गते
स्थान: जिल्ला अस्पताल रुकुम पूर्व
समय: बिहान १० बजे देखि ४ बजे सम्म

सह आयोजक

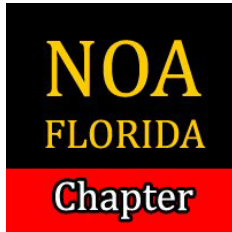
फ्लोरिडा हाइपरटेन्सन एसोसिएसन नेपाल (PHA-Nepal)
युवा विकास केन्द्र सिस्ने गा पा
कर्णाली स्वास्थ्य विज्ञान प्रतिष्ठान जुम्ला
Global Nepalese ICT Consortium
Non-Resident Nepalese Association (NRNA)-Florida Chapter



under the chairmanship of Youth Development Center Coordinator Gopal Pun. The chief guest was Federal MP Kamala Roka, Sisne Village Chairman Krishna Regmi, and specialists from the camp. Mr. Narayan Neupane Coordinator for Connect Nepal Project-NAF and Mrs. Geeta Neupane, Women Coordinator, NRNA-Florida Chapter attended the program. From PHA-Nepal Dr. Roshan Khatiwada, Dr. George Bush Jung Katwal, Dr. Irshadul Haque,

Dr. Kritika Mishra, Dr. Pragya Karki, Health Assistant Prabin Ghimire attended the program and from Karnali Academy of Health Sciences (KAHS) Dr. Niresh Thapa attended. The overall program was coordinated by Mr. Naryan Neupane, Dr. Niraj Shrestha, Dr. Chooda Mani Khanal, Mr. Gopal Magar, and Ms. Coilee Shahi. NAF will continue to focus on the Telehealth project under Connect Nepal Project. Budathoki, Purna Pun Pratap Singh Budhamagar and Arjun from युवा विकास केन्द्र, सिस्ने also volunteered for the event. If you need more information about the program, please, contact naflorida2016@gmail.com. For more information about PHA-Nepal please visit <https://phanepal.org/>

2646th Buddha Jayanti Program



Before On Saturday, May 14th, 2022, Newah Organization of America Florida Chapter (NOA-FL), hosted a celebratory and educational event to commemorate the 2646th Buddha Jayanti. The program was a great success, with over 65 attendees! Please see below some photographs we took during the program. Former president, and current advisor Mr. Sanjay Bajracharya commenced the program by welcoming all the attendees and introducing current president, Dr. Rajendra Shakya. Dr. Shakya clarified the various years related to Buddha Purnima and emphasized the importance of Buddha Purnima in Buddhism and the Newari culture.

The first ritual of this program was Siddhartha's bathing, where all attendees lined up to wash a statue of baby Siddhartha. Afterwards, Buddha puja was initiated as everyone offered fruits and foods while chanting and praying. All the community members then received panchsheela, following the core principles of Buddhism: Sheela, Samadhi, and Pragya. Next, Mrs. Archana Kattel educated us on the methods and benefits of Vipassana meditation. Equipped with her experience, she led our attendees in a peaceful and reflective 10-minute meditation session. We concluded our Buddha Puja with a

Paritran path, with Maitri sutra, to respect and honor the passing of two community members, Mr. Puspa Pradhan and Mrs. Lok Kumari Thapa. Respectively, they are survived by his wife, Mrs. Kalpana Pradhan, and her son, Mr. Ram Thapa. These family members performed the punyanumodan ritual by pouring water as all attendees offered a prayer. Following the conclusion of the Buddha Puja program, we took a break for jalpan refreshments. We

extend our sincere thanks to all those who voluntarily prepared this meal for us.

Our Buddha Jayanti program was enriched by presentations from our community members. Mr. Ajaya Satyal, president of International Nepalese Blood Donors Association, spoke about the connection between Buddha's teachings and blood donations. Mrs. Pramita Regmi recited a beautiful poem about how Buddha's accomplishments and wisdom brought her into the Buddhist philosophy and religion. Mr. Siwali Shakya educated us all on the core principle of Buddhism, emphasizing how Buddhism teaches us

to absolve ourselves from worldly desires and pleasures. Nepalese Association in Southeast America (NASEA) president, Mr. Krishna Shrestha talked about how

FROM NEWAH ORGANIZATION OF AMERICA - FLORIDA CHAPTER (NOA-FL)

Buddhism spreads peace and the relevance of Buddhism in our increasingly conflicted world. We would like to extend our appreciation to Mr. Shrestha for his role in organizing the logistics for this program. Mr. Bimal Nepal, a prominent social activist and former president for various Nepalese organizations followed up by highlighting some of the events and activities held by NOA Florida Chapter. We also had Mr. Prem Singh, president of Madhesi Association of America (MAA), illustrate how meditation and Buddha's teachings can bring inner peace. Finally, we had a rendition of the popular bhajan Baishakh Purnima.

Along with these speakers from our community, we are proud to announce that various youth speakers also contributed to this program. Mr. Ryan Chaulagain educated us on Buddha's birth and life achievements, emphasizing the fact that the Buddha was a human. Miss Smarika Nepal elaborated and highlighted the Buddha's teachings.

The program was concluded with a vote of thanks from NOA-FL treasurer, Mrs. Kalpana Tamrakar, to all the attendees, community members, speakers, and organizers for making this program a success. We would like to extend our sincere thanks to community members Arbind and Sujata Shrestha for arranging the venue and Mrs. Ashma

Bajracharya, Mrs. Shailina Bajracharya, Mrs. Archana Kattel, Mrs. Kalpana Tamrakar, Mrs. Sangita Shakya, Mrs. Mithu Shrestha, Mrs. Sujata Shrestha, and Mrs. Sunita Shrestha for voluntarily preparing the delicious food for Jalpan. Mr. Bimal Nepal also has our thanks for contributing donuts. Additionally, we are grateful to Mr. Devendra Shrestha, Mrs. Sabina Shrestha, and Mr. Anil Malla for contributing ritual accessories and water.

Finally, we are very thankful to Mrs. Kalpana Pradhan and other attendees for their generous donations, so NOA-FL can continue to preserve and spread Newah culture.

Source. Dr. Rajendra Shakya, President, NOA-Florida Chapter



NAF ACTIVITIES

Nepalese Association of Florida (NAF) organized picnic in Tampa on April 16th, 2022, to celebrate Nepali New Year 2079. The event was co-hosted by the International Nepalese Literature Society-Florida Chapter (INLS-FL) and the University of South Florida's Nepalese Student Association (NeSA) (USF). The event, which lasted from 11 a.m. to 5 p.m., drew around 230 community members from all around Florida. During the ceremony, NAF President Dr. Niraj Shrestha discussed the organization's current and future efforts. At the event, Ms. Smarika Nepal was awarded the \$500.00, NAF Youth Scholarship Award which was sponsored by Mrs. Punam Risal (Former NAF Vice-President) and community member and entrepreneur Mr. Atulya Risal. Ms. Nepal also discussed her initiative "Women for Nepal" and current activities.

One of the highlights of the program was the "Poem Recital" organized by the INLS-FL Chapter, which has been held on a regular basis for several years. During the ceremony, nine people from the community performed their poems. Mr. Deep Karki, the INLS-FL Chapter's immediate past president, led the poem recital. INLS-Florida Chapter also conducted the oath ceremony and office handover program to the new central executive team for 2022-2 INLS-Florida Chapter (2022-24) led by Dr. Amar Karki. The elected executive officers were sworn in by INLS Florida Chapter Election Committee 2022, Mr. Nijananda Malla (Chief Election Commissioner), Mr. Krishna Shrestha (Election Commissioner), and Mr. Bikash Devkota (Election Commissioner). NAF President Dr. Niraj Shrestha gave a vote of appreciation to all the volunteers

Join Us For
Nepali New Year
विक्रम संवत् २०७९
Family Picnic in The Park
At City of Tampa

Hosted By
Nepalese Association of Florida

April 16th, Saturday 2022
Al Lopez Park, Pavilion#315
4810 N Himes Ave, Tampa, FL 33614
From 11.00 AM to 4.00 PM

Scan QR Code for sign-in for Evite
<http://evite.me/P7nYkUqTne>

Collaboration With
Nepalese Student Association (NeSA)
University of South Florida
&
International Nepalese Literature Society
Florida Chapter

Please contact us for more information naFlorida2016@gmail.com

who helped make the event a success at the end of the event. Dr. Shrestha, especially thanks to Ms. Suzita Bhandary, President, NeSA-USF, Dr. Netra Khanal, ANEC Members, NAF, Mrs. Punam Ghimire Risal, Former NAF Vice President, Mr. Bimal Nepal, Former NAF President, Ms. Ritu Karki, Community Member from Tampa, Mr. Deep Karki, Immediate Past President, INLS-Florida Chapter, Ms. Shailee Baskota, Coordinator, NAF Youth Forum, Ms. Medhavi Baskota, Member NAF Youth Forum, Mr. Sahil Bhandary, Member NAF Youth Forum, Mr. Pranav Shrestha, Member NAF Youth Forum, Mrs. Rama Ghimire,

Mr. Dev Bhandary and Mr. Sanjay Sharma, local community member. The event was conducted by NAF Vice President Dr. Pragati Ghimire, NAF General Secretary Dr. Shiva Nepal, and Mrs. Priti Bhandary. The event was also attended by Sukuti Masala (<https://sukutimasala.co/>), Nepali owned local business (Mr. Kashish Das Shrestha) from Jacksonville. Program was also attended by NASEA President, Mr. Krishna Shrestha, NOA-Florida Chapter President Dr. Rajendra Shakya, NCCO President Mr. Nijananda Malla and MAA-Florida Chapter Mr. Prem Singh.

NAF ACTIVITIES

NAF-Community Engagement Program: "Information Session on-Pulmonary Hypertension Association-Nepal" Opportunity to learn about activities on screening and treating Pulmonary Hypertension, which affects the heart and lungs. Currently, PHA-Nepal is actively running health camps in different districts in Nepal to identify kids with pulmonary hypertension. NAF Past President and President of PHA-Nepal Dr. Chooda Mani Khanal discussed about PH and PHA-Nepal activities. This program was part of the NAF's Community Engagement Initiative and moderated by Madhu Nepal, the program's coordinator. This program is provided for educational purposes only. Date: Saturday, June 25th, 2022



Nepalese Association of Florida
Community Engagement Program
Presents
Information Session On

Activities of
Pulmonary Hypertension Association-Nepal

Saturday, June 25th, 2022
10.15 AM-11.15 AM (Eastern Standard Time USA)
Zoom Meeting ID **871 0371 5485**
Passcode **1234**
Please contact nafloida2016@gmail.com for more information about the program

DISCLAIMER: This program is information program and NAF does not have any financial interest from speaker and speaker's organization. Opinion discuss in this program are solely for information purpose.



February is National Children's Dental Health Month

Nepalese Association of Florida
Present
Informative Session for Community On
Children's Dental Health

Date: **Sunday, February 20th, 2022**
Time: **10.30 AM to 11.30 AM**
Join Zoom Meeting Info
Meeting ID: **835 6077 0521**
Passcode: **738717**

Our Speaker
Dr. Shweta Chapagain
General Dentistry
Tampa

"Children's Dental Health" on National Children's Dental Health Month. Let's learn about children's dental health from our experts and community member Speaker- Dr. Shweta Chapagain, Moderator: Dr. Pragati Ghimire Date: Sunday, February 20, 2022



NAF ACTIVITIES

Information Session on "NRN-Card and Foreign Direct Investment in Nepal". Speakers were expert consultants and lawyers from Nepal who discussed on the topic. Sunday, March 6th, 2022 Program was moderated by Community Engagement Coordinator Madhu Nepal. Speakers were from Pioneer Law-Nepal Ms. Nida Doon Malla, Mr. Anup Upreti and Ms. Lajula Maharjan.



Nepalese Association of Florida
Presents
Information Session On
NRN-Card and Foreign Direct Investment in Nepal



Ms. Nida Doon Malla
Consultant



Mr. Anup Upreti
Managing Partner



Ms. Lajula Maharjan
Senior Associate

Sunday, March 6th, 2022
10.30 AM-11.30 AM (Eastern Standard Time USA)
Zoom Meeting ID **856 1476 6394**
Passcode **2021**

Please contact nafloida2016@gmail.com for more information about the program

DISCLAIMER: This program is information program and NAF does not have any financial interest from speaker and speaker's organization. Opinion discuss in this program are solely for information purpose.

NAF-Community Engagement Program: "Introducing All4Ball and Its Youth Ambassador Program" Opportunity to Lead a Project and Contribute to Underprivileged Youth of Nepal. This program is part of the NAF's Community Engagement Initiative and moderated by Madhu Nepal, the program's coordinator. Mrs. Leena Basnyet, Founder of All4ball- Sports for all Youth participated along with Youth Ambassadors and Parents from All4Ball. Date: Sunday, March 27th, 2022



Moderator
Madhu Nepal



All4Ball

Nepalese Association of Florida
Community Engagement Program
Presents
Information Session On
Introducing All4Ball and Its Youth Ambassador Program

Opportunity to Lead A Project and Contribute to Underprivileged Youth of Nepal

Sunday, March 27th, 2022
10.30 AM-11.30 AM (Eastern Standard Time USA)
Zoom Meeting ID **880 5158 1958**
Passcode **1234**

Please contact nafloida2016@gmail.com for more information about the program

DISCLAIMER: This program is information program and NAF does not have any financial interest from speaker and speaker's organization. Opinion discuss in this program are solely for information purpose.

NEPALESE ASSOCIATION OF FLORIDA (NAF)- TALLAHASSEE CHAPTER



On June 25th, 2022, the Nepalese Association of Florida (NAF)-Tallahassee Chapter officially inaugurated the “Adopt the Street” program in Tallahassee. The program was led and inaugurated by NAF-Tallahassee, Chapter President Dr. Suraj Bajgain. During the event included Dr. Bajgain following volunteers Bishal Gautam (NAF Previous Treasurer), Amrita Bajgain,

Saroj Shimkhada-Members at Large(NAF-Tallahassee Chapter), Sambridhi Bajgain, Santosh Chetri, Aayush Dangi and Deven Dangi (NAF-Youth Forum Leader) participated in the cleaning program. The "Adopt A Street" program involves adopting a half-mile stretch of street for two years with the agreement to clean it six to twelve times a year under Keep Tallahassee

Beautiful. NAF- Central Executive Team and entire community members want to congratulate NAF-Tallahassee Chapter and Nepali Community in Tallahassee for initiating the civic engagement program. Currently, NAF is running the “Adopt-The-Highway” program in the West Palm Beach area for the last 5 years.


ADOPT-A-HIGHWAY

ADOPT-A-HIGHWAY: (NAF & FDOT Partnerships for Litter-Free Florida Highways) June 26th, 2022: NAF proudly completed her Adopt-A-Highway program marking its 5th year and marking her 15 times of our continued service here in WPB, Florida. volunteers: Smarika Nepal, Sarah Thapa, Dr. Niraj Shrestha (President NAF), Ram Sharan Thapa (Former President, NAF), Dr. Amar Bahadur Karki, President, INLS Florida Chapter), Laudari Surendra (General Secretary, NRN NCC-

USA Florida chapter and Bimal Nepal-NAF Past President, NASEA Past President and Coordinator of NAF Adopt The Highway Program joined the cleaning program. Volunteers cleaned assigned territory i.e., the two sides of the Forest Hill highway (WPB, FL) intersection between Jog and Turnpike approximate distance of 1.5 miles. During the event volunteers served 28 hours and picked up 11 full bags of Trashes equivalent to 220 lbs.



OBITUARIES



With Deepest Sympathy

Mr. Pushpa Lal Pradhan, age 69, a community member and entrepreneur, died on April 22nd, 2022, from unforeseen health complications. His kind heart left a beacon of light for those in the Nepali community, even though his health difficulties drove him away from this world. He has been an entrepreneur and a community service provider in the West Palm Beach region for several decades. Mrs. Kalpana Pradhan, Mr. Pradhan's wife, survives him. Aayush and Aavash, his two boys, were his pride and joy. His bright smile and upbeat demeanor will be missed by the community. NAF wants to express our sincere condolences to Mrs. Kalpana Pradhan and her family.

Nepalese Association of Florida



FINANCIAL REPORT

Nepalese Association of Florida

4307 NW 36th St, Gainesville, FL 32605, USA

Email: nafloida2016@gmail.com

<https://floridanepalese.org/>



Financial Report from January 1st- April 30th, 2022

Income		Expenses	
Previous Balance	\$2463.47	Smarika Nepal Initiative	\$500.00
New Year Picnic Registration and Membership	\$2916	Park Reservation	\$325.00
Life Membership	\$250.00	Picnic Expenses	\$2200.00
Total	\$5629.47	Total	\$3025.00

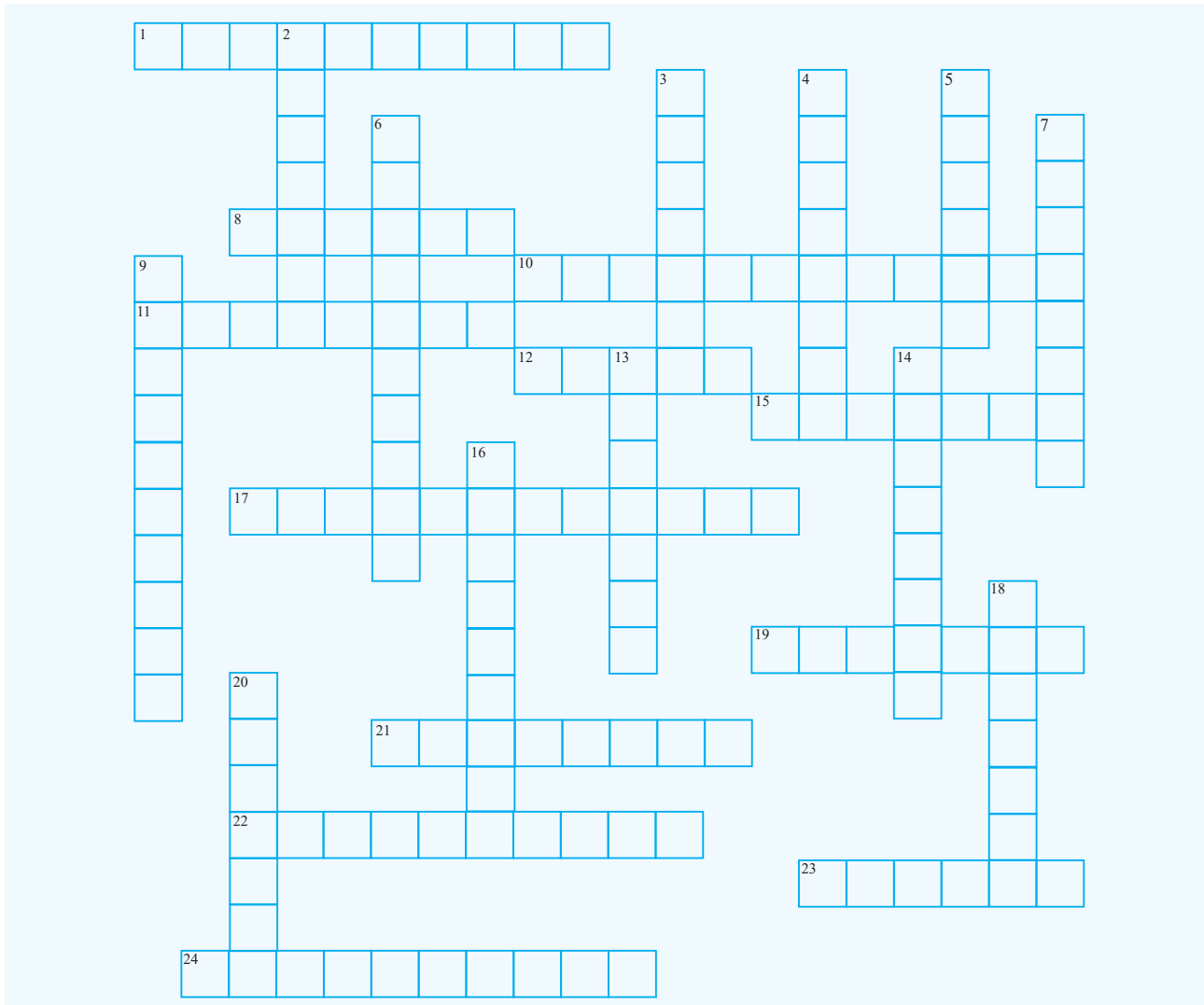
Prepared By
Priti Bhandary
 Treasurer,
 Nepalese Association of Florida
<https://floridanepalese.org/>

CROSSWORD PUZZLE

U.S. States and Capitals: N.W

Write the name of the capital city for each U.S. State listed below. We've included just the states beginning with the letters N-W in the puzzle

*Created By Binod Basnet, West Palm Beach
Prize Sponsored By Aashish Basistha
Carvel Ice Cream-Jupiter, Florida*



Please send us your answer to
naflorida2016@gmail.com.
First 2 correct complete answer will get

\$50 Gift Card



Carvel 6230 W. Indiantown Rd. Jupiter, FL 33458

CLUES

Across:

1. West Virginia
8. South Dakota
10. Oklahoma
11. Virginia
12. Oregon
15. Wisconsin
17. Utah
19. New Hampshire
21. Ohio
22. Vermont
23. New York
24. Pennsylvania

Down:

2. North Carolina
3. New Mexico
4. South Carolina
5. Texas
6. Nevada
7. Wyoming
9. Rhode Island
13. Nebraska
14. North Dakota
16. Tennessee
18. New Jersey
20. Washington

Photo Features



Photo Features





COVID-19 & Hurricanes

Florida Department of Health • FloridaHealth.gov

Prepare for hurricane season

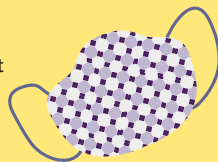
- Give yourself more time than usual to prepare your emergency food, water, and medicine supplies. Home delivery is the safest choice for buying disaster supplies; however, that may not be an option for everyone. If in-person shopping is your only choice, take steps to protect your and others' health when running essential errands.
- Protect yourself and others when filling prescriptions by limiting in-person visits to the pharmacy.
- Pay attention to local guidance about updated plans for evacuations and shelters, including shelters for your pets.

- When you check on neighbors and friends, be sure to follow social distancing recommendations (staying at least 6 feet from others and wearing a mask) and other CDC recommendations to protect yourself and others.



Prepare to evacuate

- If you may need to evacuate, prepare a "go kit" with personal items you cannot do without during an emergency. Include items that can help protect you and others from COVID-19, such as hand sanitizer with at least 60% alcohol, bar or liquid soap, disinfectant wipes (if available) and two cloth face coverings for each person.
- Find out if your local public shelter is open, in case you need to evacuate your home and go there. Your shelter location may be different this year due to the COVID-19 pandemic.
- Make a plan and prepare a disaster kit for your pets. Find out if your disaster shelter will accept pets.



Protect yourself at the shelter

- Practice social distancing. Stay at least 6 feet from other people outside of your household and wear a mask.
- Follow CDC COVID-19 preventive actions—wash your hands often and cover coughs and sneezes. Avoid sharing food and drink with anyone if possible.
- Avoid touching high-touch surfaces, such as handrails, as much as possible. Wash hands with soap and water for at least 20 seconds or use hand sanitizers with at least 60% alcohol immediately after you touch these surfaces.
- Keep your living area in the shelter clean and disinfect frequently-touched items such as toys, cellphones, and other electronics.
- If you feel sick when you arrive at the shelter or start to feel sick while sheltering, tell shelter staff immediately.
- Learn more at tinyurl.com/cdc-shelter

Stay safe after the storm

- You should continue to follow preventive actions to protect yourself and others from COVID-19, like washing your hands and wearing a cloth face covering during cleanup or when returning home.
- It may take longer than usual to restore power and water if they are out. Take steps to prevent carbon monoxide poisoning if you use a generator.

- If you are injured or ill, contact your medical provider for treatment recommendations. Keep wounds clean to prevent infection. Remember, accessing medical care may be more difficult than usual during the pandemic.



Nepalese Association of Florida

July 2022–June 2023 (Nepal)



Nepalese Association of Florida
NAF

July 2022

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August 2022

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September 2022

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31						

November 2022

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December 2022

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January 2023

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February 2023

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27	28					

March 2023

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April 2023

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May 2023

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June 2023

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26	27	28	29	30		

<ul style="list-style-type: none"> 10 Jul 2022 • Edu/Aajaha 12 Aug 2022 • Gai Jatra (Kathmandu Only) 12 Aug 2022 • Janai Purnima 19 Aug 2022 • Shree Krishna Janamashtami 30 Aug 2022 • Hariyalka Teej (Women only) 3 Sep 2022 • Gaura Parba 18 Sep 2022 • Jitiya Parwa (Women only) 19 Sep 2022 • Constitution Day 26 Sep 2022 • Ghatasthapana 	<ul style="list-style-type: none"> 2 Oct 2022 • Phulpati (Dashain) 3 Oct 2022 • Astami (Dashain) 4 Oct 2022 • Nawami (Dashain) 5 Oct 2022 • Dashami (Dashain) 6 Oct 2022 • Ekadashi (Dashain) 7 Oct 2022 • Duwadashi (Dashain) 24 Oct 2022 • Laxmi Puja (Tihar) 25 Oct 2022 • Gai Tihar 26 Oct 2022 • Gobhardan Pujan (Tihar) 	<ul style="list-style-type: none"> 27 Oct 2022 • Bhai Tika (Tihar) 30 Oct 2022 • Chhat Parwa 8 Nov 2022 • Guru Nanak Jayanti (Sikhs only) 11 Nov 2022 • Phalgunanda Jayanti 3 Dec 2022 • International Day of Disabled Persons (Disabled people only) 8 Dec 2022 • Udhauti Parwa 	<ul style="list-style-type: none"> 25 Dec 2022 • Christmas Day (Christians only) 30 Dec 2022 • Tamu Lhosar
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