

Crown Prince..... (Continued from page 1)

Opening the National Day Celebration at World Expo-2005 in Aichi on the 7th, His Royal Highness has said that the 21st century belongs to peace, human rights and multiparty democracy.

The Crown Prince also graced a party at the Imperial Hotel in Tokyo attended by a large number of Japanese and a group of Nepalese residents in Japan carefully selected by the Royal Nepalese Embassy in Tokyo. Newa International Forum Japan (NIFJ) wishes His Majesty's best of health and long life on the auspicious occasion of His Majesty's Birthday and the Nepalese brothers and sisters home and abroad for a happy and peaceful life on the occasion of National Day of Nepal. (More <http://www.nepalnews.com/>)

Newa Bhajans Banned in Pashupati Area..... (Continue from page 1)

"Our ancestors fought and gave their life for democracy and monarchy in Nepal. But we have always been rewarded only with outright oppression, suppression and discrimination".

"Our attempt to use Nepal Bhasa as the second official language in Kathmandu Metropolitan City Office was declared unconstitutional by the Supreme Court of Nepal in May 1999. The Pashupati Area Development Trust has now banned to chant bhajans in our language"

"This is too much against us and against our fundamental human rights. We appeal all of you to send floods of mails in condemnation of this tyrannical act of Pashupati Area Development Trust and demand with it to immediately allow chanting Newa bhajans to Pashupati Area Development Trust (address below)

NESOCA also appeal you to send floods of protests mails, demand to allow chanting of Newa bhajans without delay in Pashupati area, and punish the trustees and/or authorities who have taken and implemented such an oppressive and suppressive decision to Culture Minister Bajracharya.

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Bankali, Kathmandu, Nepal.
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Fax: 977 1 4472962
E-mail: info@shripashupatinath.org.np

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Minister for Tourism, Culture & Civil Aviation; Singh
Durbar, Kathmandu, Nepal
Phone: 4222846, 4225579, 4226992, 5533846 (Home);
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Loyal Greetings to His Majesty King Gyanendra on His Majesty's auspicious Birthday and Happy National Day to all Nepalese brothers and sisters both home and abroad.

Nepal Restaurant & Bar
Ganesh Tel: 03-5456-3838
Shibuya Yamate Bld. B1F, 3-10
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News:

You ought not to have missed!

Crown Prince Paras and Crown Princes Himani's visit to Japan

Crown Prince Paras and Princess Himani visited Japan in the first week of July to participate in the celebrations of Nepal National Day held marking the Birthday of His Majesty King Gyanendra both in Aichi International Expo park and later in Tokyo.

(Continued on page 8)



(Photo courtesy Mercantile Communications)

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First Newa woman conquers Everest

One day after the 52nd anniversary of the first ascent of Mt Everest, twenty four year old Moni Mulepati became the first Newa woman to summit the peak.....(P. 7)



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What's New?

Nepal Food Fiesta

2nd Newa Lecture & Party in Tokyo

7 Aug. Tokyo

The Newa International Forum Japan (NIFJ) is organising its 2nd Newa lecture programme with introduction of Nepal food culture this afternoon at Nerima Ward Public Hall in Tokyo. The programme has been organza in two sessions. First, a cooking class will be conducted to cook *Kwati* (Bean soup) and famous *Momo* by Mrs. Gyanu Manandhar Katou and a lecture given on Nepal food culture by Mr. Suwarn Vajracharya at the second session followed by the party to be joined by lovers of Nepal food and culture.

(See page 4 for the programme, recipe and menu)

Bajracharya to help save Thapa's life. His U.S. tour...3.....Page 6

Deepak Bajracharya Live
U.S Tour Schedule

Jul 30	Denver
Aug 6	Nebraska
Aug 13	L.A
Aug 20	Minnesota
Aug 28	Boston
Coming soon	D.C
Coming soon	N.Y

Presented by helpnepal.org

Newa Bhajans Banned in Pashupati Area

Nepal's fraternal web magazine *Newa Post* reports that the Pashupati Area Development Trust has recently banned Newa Bhajans in the Pashupati areas. In an email message received from Nepal, Maheswor Shrestha from NESOCA laments that (Continued on P. 8)



Ven. Sumanasara

Mettā Bhāvanā : Meditation of Loving-kindness

(By Venerable A. Sumanasara Mahathero, Head, Gotami Vihara, Tokyo)

Many of us offend others without our knowledge and we tend to defend if questioned or refuse to accept the charge. Yet, we are not aware that we are offending ourselves while blaming others for the cause. Repeated recital of the following meditation may release you from the pain of being offended and the charges of offending others. In other words, you relieve your self from both the pain of yours and the charges of others. Try see practicing the following steps:

Step 1: Be kind to yourself Stage

Let myself be always happy and kind
Let myself be free from disease and mental worries.
Let myself be always successful in righteous and reasonable endeavors.
Let the wisdom of light shine upon myself.
Let myself be always happy and kind.
(3 times)

Step 2: Be kind to your intimates

Let my intimates be always happy and kind
Let my intimates be free from disease and mental worries.
Let my intimates be always successful in righteous and reasonable endeavors.
Let the wisdom of light shine upon my intimates.
Let my intimates be always happy and kind. (3 times)

Step 3: Be kind to all living beings

Let all living beings be always happy and kind
Let all living beings be free from disease and mental worries.
Let all living beings be always successful in righteous and reasonable endeavors.
Let the wisdom of light shine upon all living beings.
Let all living beings be always happy and kind.
(3 times)

Step 4: Be kind to people you are not happy with

Let all living beings irritable to me be always happy and kind.
Let all living beings irritable to me be free from disease and mental worries.
Let all living beings irritable to me be always successful in righteous and reasonable endeavors.
Let the wisdom of light shine upon all living beings irritable to me.
Let all living beings irritable to me be always happy and kind. (3 times)

Step 5: Be kind to people who are not happy with me

Let all living beings not happy with me be always happy and kind.
Let all living beings not happy with me be free from disease and mental worries.
Let all living beings not happy with me be always successful in righteous and reasonable endeavors.
Let the wisdom of light shine upon all living beings not happy with me.
Let all living beings not happy with me be always happy and kind. (3 times)

Step 6: Fathomless compassion

Let all living beings be always happy and kind. (3 times)
Sabbē sattā Bhavantu sukhitattā (3 times)

About NIFJ: Newa International Forum Japan is a community that studies, practices and promotes Nepal's Newa culture and language in Japan and contributes to help preserve the heritage of Nepal. If you are interested in 2500 year old traditional culture, please do call us to know a little more than you have already known about this little nation and its culture..

Newa News around the World

Shrestha bags gold in USA

Nepalese martial artist Deepak Shrestha has won the gold medal in the Ozawa Cup International Karate Competition held in Las Vegas, Nevada, USA reports the Nepalnews.com. Shrestha won the gold in the 80kg black belt category. The tournament was held from March 24-27. (Courtesy: nepalnews.com Mar 30 05)

Manandhar to deputises the State Bank

Nepal Rastra Bank's senior officer Mr. Krishna Bahadur Manandhar has assumed the office of Deputy Governor in Nepal's State Bank since March 2005 reports an e-mail communiqué received from the Demonstrate Newa Solidarity.

Newa Women Nominated for Nobel Peace Prize

Two women from the Newa nationality were among the nine Nepalese women nominated for the 2005 Nobel Peace prize. This is the first occasion where the two Newa women have been nominated for the world famous peace prize. They were Sahana Pradhan and Indira Shrestha, who have been actively involved in promoting Nepalese women's rights. Among other women nominated for the Peace prize were Rita Thapa, Binda Pande, Jhamak Ghimire, Anju Chhetri, Stela Tamang, Jagan Sub Gurung and Chhing Lhamu Sherpa said a report received from Nepal (NESOCA Nepal 3 Jul.05)

Newa Summiteers to conquer the Everest

Three Newa youths Ramesh Man Dangol, Sonam Dangol and Ms. Susmita Maskey left Kathmandu to scale world's tallest peak Mount Everest. A special farewell ceremony is being organized at Hanumandhoka Kathmandu 0900 AM on NS 1225 Chillathwa 1 (26 March 2005) in their honor according to reports received from Kathmandu.



Sumita Maskey

First Newa woman conquers Everest

Continued from page 1

Talking to Nepal news, officials at the Tourism Ministry informed Mulepati scaled the world's highest peak today (Monday) at 11.30 a.m. along with two others.



Kami Sherpa.

A permanent resident of Bhaktapur, neighboring Kathmandu, Mulepati led the 3-member team of the Rotary Centennial Everest Expedition 2005. The other members of the expedition- Pem Dorjee Sherpa and Kami Sherpa from Solukhumbu and Okhaldhunga districts respectively also scaled the peak.

An unmarried girl, Mulepati comes from a Newa community. In the 52 years of Everest's mountaineering history, over 1400 mountaineers across the globe have scaled the world's highest peak. Regarded one of the best destinations of adventure tourism and mountaineering in the world, Nepal has 8 of the 14 world's tallest peaks. (Courtesy: nepalnews.com 30 May 05)

They are Newa only by last name but by culture, language and tradition many of them are alienated from the sense of being true Newa. The slogan “*Newa jhii Newa hey jui*” (We the Newas should live like Newas) is still not applicable to US Newa community. No effect is encountered yet regarding the slogan “*Bhasa mwa:sa ja:ti mwai*”(If the language survives the ethnicity will also survive.) After the appearance of NOA, people gradually understood the fact that what their role could be to bring the awareness on Newa identity. Whether it is fortunate or not, Nepal is not a country of one language and one culture. We must accept it and equal opportunity must be given to every ethnic group for the development of their own identity. In realization of the deteriorating situation of the cultural identity here in the US concerned individuals of the community got together to form a new and democratic organization naming it the Newa Organization of America (NOA) with aims and objectives to bring awareness of our Newa identity and heritage amongst the entire Newa community. After its formation, a considerable changes took place in understanding the invaluable importance of own language, culture or the literature as a whole. For further information on NOA the website www.newah.org is self spoken

NOA is probably the apex body of Newas in the USA. How is the NOA planning to incorporate other Newa organizations in its fold. NOA has been established as a national level organization of Newa people in the USA?

Very soon NOA will be formulating the ground-work to establish the local level chapters and from there we will implement various programmes to bring awareness amongst the Newa community in America. This may take some time as situation has to be improved that the so called educated people also need to be reintroduced to ethnic awareness. I am positive that it will not take very long to implement the programme because awareness activities have been already started in few states and local people are already encouraged to form their own social entity. I consider it as a good signal and NOA will set a guideline and be successful in bringing all other Newa organizations in the US together to work in unison.. (Courtesy: The Rising Nepal, Kathmandu - August 02, 2005 – Shrawan 18, 2062, Nepal Samvat 1125 Dillathwo Trayodashi – Tuesday)

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Deepak Bajracharya in US Tour (visit <http://ihelpnepal.org/> for more details)

Renowned pop singer Deepak Bajracharya also the first Nepalese artist to perform live with famous singer Lucky Ali from India is making his tour in the US. ihelp Nepal.org, a Nepalese NGO in the US is helping to save life of Pawal Thapa, who is suffering from a disease called Cerebral Palsy by raising enough funds. An intensive surgery was required to free Pawal from this debilitating disease. The surgery, which will be done in India since India was the closest location with doctors available to perform the surgery, cost about 300,000 in Indian Currency. ihelpNepal.org extends thanks for those who have already contributed by both presence in the shows and funds in a previous show performed by Harish Mathema, Sanjaya Shrestha, Dhiraj Rai, Sanjeep Pradhan, Sarishma Amatya, Praveen Manandhar, Bhupendra Bajracharya and Bimal Budathoki at Hayfield School in Alexandria. Ihelp has already sent 14,000NC to Pawal Thapa and appealing friends to come forward to help.

An Introduction to Nepalese Food Culture *Kwati*: A Newa Style Culinary Delights

Suwarn Vajracharya*

Kwati, a hot soup in Nepal Bhasa is a well known traditional food eaten on an auspicious day by both Newa and other communities in Nepal. It is a soup made of nine kinds** of nutritious beans cooked for long hours and served very hot to keep you warm before other dishes are tasted on this very special day as a family feast. The day is known as Gunhu Punhi, the full moon day in the month of Gunla: that falls on the 19th of August this year. The mother or a daughter-in-law prepares the food first by soaking the beans over night and cook the beans till they become soften to serve with other food to the family members gathered at the dinner floor or table in today’s modern houses. There are vivid stories behind this *kwati* fiesta.

Auspicious Gunhu Punhi

Gunla is a month according to Nepal Era, which falls in the middle of monsoon (August). This month is considered as holy Buddhist month. Day in day out, whatever the weather may be, devotees visit Buddhist monasteries, courtyards and shrines every early morning by playing *Gunla Bajan*. *Gunla Bajan* includes *Dhah* and *Naykhin* accompanied by cymbals and shwam (musical instruments).

Gunhu Punhi, the full moon day of this month is the first day that begin the festival lasting for nine consecutive days. It is on this very day, Newas enjoy traditional *kwati* and other delicious food together with the family members today. Though eating *kwati* is an age old tradition, people of Newa community still continue practicing the tradition because the majority of Nepalese are still farmers, who work for longer hours in the field to sow seed of paddy in their field and prepare for the rainy season. August is rainy season in Nepal and farmers eat *kwati* to keep them warm and healthy. Scientifically, the protein that contains in the beans provides enough nutrition to keep people away from illness such as diarrhoea, gastric, or any other disease of the stomach during the rain. On this day, people also treat frog with *Kwati* and other delicious food, an offering popularly know as *Byanjanakegu*, after they offer the first portion of food to the Buddha.

Stories behind treating the frogs (*Byanjaneku*)

There are two interesting stories as to why Newas give a special treatment to frogs by offering the food before they eat. A popular story goes on to say that once a demon called Ghantakarna entered the Kathmandu valley inhabited by farmers with tremendous faith in God. But this demon was dead against even hearing the word God. He always wore a pair of sharp sounding bell shaped earrings to disperse the sound of any divine name. He devoured many innocent souls in the valley. Consequently, the valley looked very deserted. This demonic act created big waves of terror and fear in the valley but people could not do much against the demon. Finally, a frog in the field, who had long been watching his act of terror, simply could not stand this situation any longer. So he thought up a plan to put the demon to death. One day, the frog with his plan in mind approached the demon disguising itself in a plump human body. Overwhelmed with his favourite prey standing right in front of him, he

simply could not wait to get hold of it. As he stood up to grab his prey, the tricky frog jumped into the marshy ground nearby enticing the demon to follow suit. But he never got out of it. Thus the frog trapped him to death to the great relief of the entire local populace. It is said that people treat the frog in gratitude of his benevolent act.

Another story goes on that in the olden days most of the people were farmers in Nepal. After sowing the paddy there were lot of insects, which harmed the paddy. Insecticide was not found in Nepal. So it was very difficult to save plants from the insects, but the frog, which was seen after sowing paddy saved plants from harmful insects by eating it. People also believed that when the water is not enough for the field, the frog helped rain by making its unusual sound. The frog helped farmers very much. In return it is said that farmers honour the frog by offering *kwati*, *roti*, meat and green vegetable on the first evening of the festival. They feed the the frog with food and water on a green leaf of pumpkin making it attractive like treating a guest.

Whatever the stories behind eating *kwati* and treating frogs, both have practical meanings. Eating soup of variety of beans make one energetic proving the English phrase of "being full of beans". A Japanese version may supplement with the phrase meaning beans make you work like a beaver (*mame wo taberuto mameni hatarakeru*). And treating frogs makes people more compassionate to animals.

* Research Fellow, Institute of Nutrition Sciences, Lecturer in English Communication Culture, Kagawa Nutrition University (女子栄養大学); NIFJ Kanto Chapter President

****The Recipe:**

Kwati consists of nine different kinds of beans. They are as follows: -

- | Nepal Bhasa word (English meaning) | |
|--|---|
| 1. bakula (broadbean; horsebean; fava) | - |
| 2. chana: (gram) | - |
| 3. rajma/hyangu shimi (red beans) | |
| 4. chigo ke:gu (small peas) | |
| 5. go-mu (green peas) | |
| 6. ma:y (blacke beans) | |
| 7. ta: go key gu (big peas) | |
| 8. bhuti/bodi | |
| 9. pa: mya | |

According to the tradition, people eat bread made up of flours dough with the kwati green leaf (*fashi cho*) or any green vegetable and meat.

*****Programme on 7th August 2005**

Part I

Cooking Class

Time : 15:30 – 18:00 hrs

Instructor: Gyanu Manandhar Kato

How to cook

- All the beans should be soaked for 24 hrs in water before cooking.
- Boil water.
- Put the beans in the boiled water.
- Cook until the beans are soft.
- Put spices.
- Heat oil in a fry pan and put zeera and imu.
- When the kwati is cooked, put the contents of the fry pan in the kwati and cover it.
- Kwati is now ready to serve.

Part II : Lecture in Nepal Bhasa:

Introduction to Nepalese Food Culture

Tine: 18:00 – 18:20

Speaker: Suwarn Vajracharya

Interview with a prominent Newa social worker- Daya Shakya Promoting Nepal, its Culture and languages in the USA.

Daya Shakya, a prominent writer now teaches Nepal's Culture and Languages in Eugene US since he was invited as a consultant for the project relating to languages of Nepal in 1988. He brought Nepalese community into limelight among the other Asian Communities in Oregon, USA. While living in the US since then, he has been promoting socio-cultural heritage of Nepal. The Asian community honoured and awarded him with the title of the finest exemplary community volunteer. Recently he was also elected the vice president of Newa Organization of America (NOA) the national level organization of Newa people in the United States. He spoke to the Rising Nepal's Associate Editor Rabin Man Shakya in Portland, USA recently. Excerpts from the interview: courtesy TRN

The Sister City relation between the Northwest US city of Eugene and Kathmandu was established in 1975. You were also one of the past presidents of the Eugene/Kathmandu Sister City Committee (EKSCC). What do you think should be the steps that should be taken by office bearers to further enhance and consolidate the sister city ties?

I succeeded Anne Parker who was instrumental in promoting environmental projects, student exchange and scholarship programmes as president. Eugene is the only one city in the US linked with Kathmandu. This is not known to the mass due to limited number of activities from both sides. The concept of sister city relationship is to link the people of both cities to enhance the cultural understanding and exchange. People from both cities should keep in touch regularly and implement projects for the benefit of both cities. There are lots of opportunities and fields of mutual projects.

You have been disseminating Nepalese languages and culture in Oregon, USA for the last 15 years by teaching Nepali and Nepal Bhasa. Why do American people study Nepali and Nepal Bhasa?

It is obvious! By knowing the language of any country he or she might experience a sense of comfort while traveling to that country. Many of my clients are students, researchers, travelers, spouses and children of Nepalese origin. By knowing the language one can establish a good relationship with native people. Learning of Nepali is for traveling and fulfilling the official requirement for research while learning Nepal Bhasa is to understand the civilization of Kathmandu Valley which I consider is the main source and backbone of Nepalese cultural heritage. My classes include not only the languages but also the cultural orientation on Nepal. The detailed information is available in the website <http://www.nepalstudy.com>.

You are also the founding member of Newa Organization of America. What role has NOA played in enhancing and strengthening Newa culture, language and literature in the USA?

To tell you the truth there are lots of work needed to be done for the Newa community in the US. Large number of Newa people living in America lack awareness on who they are