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## Editorial

### Medical tourism can be a new possibility



**Ramjee Poudel | Editor**  
Email: editor@nepalesevoice.com.au

The Nepalese high commission organised various programs across the country last month to promote Nepal's tourism. It was a collaborative effort of the state consulate offices and the Embassy of Nepal, Canberra to further encourage Australians to visit Nepal.

The major elements of all forums remained as to how we can best promote Nepal's magnificent Himalayas, rich and artistic cultural sites, flora and fauna, wild lives and the other conventional tourist attractions. However, we talked very little about exploring new and exciting avenues for sustainable tourism beyond these traditional and mechanized ways.

Nepal is a very popular destination amongst Australians. They travel to Nepal for trekking, rafting, jungle safari and so many other leisure and adventure trips. Why can't we add one more component to it which is of health. We will then have a great product to sell. "Travel and get a new level of wellness".

Medical tourism in Asia is already a booming industry. People both from Asia and the West are being attracted to cities and hubs of medical excellence in a number of countries, such as Malaysia, Thailand, India, Singapore, Taiwan and South Korea for eye care, dentistry,

heart surgeries and cosmetic treatments. Nepal could well be the next in the list as we don't lack world class hospital facilities and doctors in and outside the capital. Backed by proper policy we can definitely achieve massive revenues through medical tourism. Nepal has already shown its comparative advantage in the field of eye care. Dentistry in Nepal can be attractive to foreigners as its extremely cheap in comparison. And that is why Nepal Trade Integration Strategy (NTIS) 2010 has identified health services as one of the 19 sectors having export potential.

We have to acknowledge that there are some barriers which can restrain the promotion of medical tourism. Lack of appropriate information channels for attracting foreign consumers, lack of information and communication technology-related infrastructure, incoherence between private and public health institutions, limited choice of services and political instability are there to hinder the process. But a good public private partnership policy, revision of health-related laws, and easing entry of foreign medical practitioners to Nepal could be some steps for the promotion of medical tourism in Nepal.

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# Nepalese high commission calls for Nepal's tourism promotion in Australia

As part of its ongoing activities to promote Nepal's tourism in Australia, Consulate office of Nepal to Victoria organised an event "Nepal Tourism Promotion Forum" at Hilton on the park on 26th of June. The program was held in association with the Embassy of Nepal, Canberra.

The program was attended by the Deputy chief of mission Mr Rajendra Pandey, The Hon Bruce Atkinson, President of Legislative Council in Victorian Parliament; Ms. Linda Reed-Enever, PR and Marketing specialist; Doug Grant, a social worker famously known as the tennis trekker; Mr. Mark Squirrel, an Australian summiteer to the Mount Everest and also an Author of "From Arafat to Everest." The event also saw the participation from Consular Corps in Victoria, representatives from travel agencies, high level government officials, Nepali community leaders, entrepreneurs and media personalities.

In his welcome speech Deputy chief of mission, Mr. Rajendra Pandey said the latest socio political context of Nepal has been extremely positive for country's tourism. He also emphasized the commitment of the Government of Nepal to facilitate and encourage more Australian travellers to visit Nepal. He added "we are willing to do anything in policy level to ensure that Nepal remains the most tourist friendly destination".

Doug Grant, who has travelled to Nepal over fifteen times shared his experiences as a tennis trekker. He said Nepal is much more than just the mountains. It has so much more to offer when it comes to attracting travellers around the world.

As a guest speaker, Mr Mark Squirrel remembered his time in Nepal as a humanitarian aid worker. Mr Squirrel



**A tourism promotion campaign "#EnjoyNepal" was launched during the event. Ms. Linda Reed-Enever, a marketing specialist who is actively involved in the campaign said "Nepal makes great holiday product, we just need to market it properly". Ms. Enever highlighted the "hash tag" trend, emphasising its significance for the campaign, which would help people to easily discover Nepal anywhere and anytime with the use of social media.**



presented an inspiring insight on how his two years stay in Nepal changed his life for good. He said "I went there as UN worker during Maoist insurgency, all I was expecting to encounter was poverty, misery, hunger, disbandment and essentially a devastated war torn country. But on the contrary, Nepal's unparalleled natural beauty, its people and culture diversity blew me away. He had also conquered Mt Everest while in Nepal. "I chose to climb Mt. Everest because it was a great platform to raise awareness about the World Food Program," shared Mr. Squirrel.

Mr Squirrel, who also penned his journey from being in the Australian Army to a humanitarian worker in Nepal in his book "From Arafat to Everest" said "Nepal is a must go destination, there is no other place on earth just like it".

Similarly, Mr. Colin Hood also recollected the thrill and fond memories of cycling at the high altitudes of Nepal.

On the occasion, The Hon Bruce Atkinson, MLC thanked Nepalese high commission for organising the program. He said "Victorian Nepalese community despite being relatively smaller in size has made a significant contribution towards the state". Mr Atkinson acknowledged the consulate office for its effort to establish bilateral ties between Victoria and Nepal in economic, diplomatic and cultural fronts. "Besides Mt. Everest and the Himalayan ranges Nepal has much more to offer. Different climates, extraordinary wildlives, unbelievable cultural heritage and exotic food" he added "if you are an environmentalist or adventure tourist you ought to add Nepal to the top of your bucket list."

Pramod Khatiwada- Coordinator of the event highlighted the other important areas of tourism destination in Nepal saying not only mountaineering are the attraction of travel in Nepal, It has many other popular destination for adventure seekers.

A tourism promotion campaign "Enjoy Nepal" was launched during the event. Ms. Linda Reed-Enever, a marketing specialist who is actively involved





in the campaign said "Nepal makes great holiday product, we just need to market it properly". Ms. Enever highlighted the "hash tag" trend, emphasising its significance for the campaign, which would help people to easily discover Nepal anywhere and anytime with the use of social media.

Closing the ceremony, The Honorary Consul General of Nepal to Victoria Mr Chandra Yonzon thanked all the participants and said Consulate office is open to collaborate with local agencies to make Nepal's tourism potential more accessible to everyday Australians. He also expressed confidence that the program such as this will help strengthen ties between two countries. Mr Yonzon also highlighted the role of travel agencies and media in promoting Nepal as a holiday destination among the Australians. "By attracting tourists to Nepal not only do we share our views, traditions and culture, we empower the community by providing a valuable source of income" said Mr. Yonzon.

During the program, a lottery was drawn amongst the local tour operators giving away a free trip to Nepal for the winner. Deputy Chief of Mission Mr. Rajendra Pandey and Mr. Chandra Yonzon Honorary Consul General of Nepal to Victoria handed the first prize of two return tickets and 8 days tour package of Nepal to Lucky Draw winner Sue Doguluer, Travel Consultant of Metro Travel Services. The tour package was sponsored by Sherpa Tours.

Some typical Nepali cultural dances were also performed at the event.



## Program in Adelaide

Adelaide held "Tourism Promotion Forum" on 25th of June. Who and who of Nepalese community and the government officials attended the program.

Addressing the forum, Alex Brookling, director at South Australia office of Department of Foreign Affairs and Trade stated that Nepalese people living in Australia have made a great deal of contribution for the multidimensional development of this country.

Member of South Australia Parliament Crish Picton, consulates of Tanzania and Switzerland to Australia including other dignitaries were present at the event.

Presenting a paper on Nepal, Philipo Ronald, a frequent Nepal visitor said Nepal is one of the best destinations in the world. She also offered 30 seconds silence paying tribute to Gurkhas, the brave Nepali soldiers Stating that they have played important roles in maintaining world peace.

Dipak Dhamala, Honorary Consular of Nepal to South Australia said such event is very important in our mission to promote Nepal's tourism in Australia. Nepali traditional dance, music and other artefacts were demonstrated at the event.



Photo Courtesy: Nepaladelaide.com



## Tourism Promotion Forum in Sydney

Nepalese Consulate office of NSW in association with Embassy of Nepal organised Tourism promotion forum in Sydney on 25th June. On the occasion, His Excellency Ambassador of Nepal to Australia, Rudra Kumar Nepal informed about the government's policy in relation to country's tourism development. He said "there is enormous possibilities in tourism, hydropower and infrastructure sector of Nepal."

As a guest speaker, Paul Green MLC said "I know of Nepal as a must go destination". Chris Walker, who has been to Nepal over fifty times spoke about Nepal's natural and scenic beauty, lifestyle, culture and spirituality.

Honorary Consul General of Nepal to NSW thanked the forum and said tourism is the key to Nepal's future prosperity. He added "let's make sure every one of us Nepalese encourage at least one Australian to take a trip to Nepal".

Photo Courtesy: Simaparl.com





## Horoscope July 2014



### ARIES

Your home life is undergoing quite a lot of activity. On the one hand you are dealing with something or someone that keeps upsetting you. But on the other hand, you keep finding ways to channel more romantic and financial stability into your home and private life.



### TAURUS

It is a great month for socializing, hanging out with local friends and family, and for bargain hunting and sales. The downside to spending so much time with these people is that they drag you into the drama, dysfunction, and secrets.



### GEMINI

You have some great opportunities to work towards achieving your financial goals through your professional activities. Unfortunately, you still need to watch out for allowing social connections to negatively affect your financial standing.



### CANCER

The planet of good luck is entering the area of your chart that governs wealth and self-worth this month. The next year should be a good one financially. However, to begin with, you are encouraged to set financial goals and consider tightening your budget in order to achieve those goals. Your loved ones, hobbies, and playtime activities might suffer for a bit, but it will be worth it.



### LEO

The planet in charge of good luck, adventure, and advanced intelligence

just entered into Leo and launches you into a very lucky and special year. Happy Birthday, Leo! You are also beginning to question your beliefs and how you live your private life.



### VIRGO

You are ready for a new attitude and are ready to give yourself permission to feel good about who you are and how you are living your life. If you do notice things that are not in sync with your sense of inner peace, then now is the time to begin making changes so that you are able to maintain a sense of peace without having to force yourself.



### LIBRA

Hopefully, you went on vacation last month. Because this month is all about work, financial goals, and climbing the Ladder of Success. You have a handful of planets moving through the area of your chart that governs success and leadership. They are doing all they can to help you either take on leadership roles or make nice with your boss so that you can be awarded key assignments.



### SCORPIO

You could be torn between wanting to take time off from work for a much needed and well deserved vacation and wanting to stay and help fix the problems happening at work. The good news is that most of your work related dramas are going to calm down next month.



### SAGITTARIUS

A lot of romantic or financial trust issues are coming up. The good news is that the portion of your chart that

focuses on inner peace, tranquility, prayer, meditation, and intuition is sending you a strong stable energy to help you quiet your mind and figure out what is true for you.

### CAPRICORN

You and your spouse, lover, best friend, or business partner (or possibly a rival, competitor, or enemy) have been in a battle on and off for months. This month, you do have some more arguments concerning your home, private life, roommates, parents, or retirement plans. But overall the two of you are making a lot of progress towards working things out.



### AQUARIUS

You have a great deal of positive energy promoting the idea that you should be focusing primarily on achieving your financial, fitness, and/or professional goals. However, you also have quite a few hurdles to overcome along with way. You could also find yourself entering into a new partnership or rivalry. It could be a fun playful rivalry or a real professional rival.



### PISCES

It should be a lot easier to get through your daily tasks and to begin working on a fitness routine. The planet in charge of passion and personal power has left your romantic and financial trust sector and has moved into the area of your chart that encourages you to learn all kinds of new things about life and ways of broadening your horizons.

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# Pushkar Shah on Tour De Australia

**W**orld cyclist Pushkar Shah landed in Australia last month for his second visit to Australia. He will be travelling around the country cycling and participating in the programs organised by Nepalese Community in Australia. For next three months, Pushkar will be cycling across the major Australian cities; Sydney, Canberra, Melbourne, Brisbane, Adelaide, Perth and Darwin. Pushkar kicked off his Tour De Australia by pedalling around 100k from Sydney to Wollongong.

Throughout estimated 12000km cycling expedition in Australia, Pushkar aims to raise fund for the construction of libraries to support the education of the children living in tough socio economical conditions of Nepal's Great Himalayan Trail.

Pushkar's Australian expedition is coordinated by World Cyclist Foundation Nepal that will conclude with the function organized by Chinari Nepal Inc. in Sydney.

## Yeti FC honours the cycling legend

Yeti Football Club hosted an evening to honour Pushkar Shah in Melbourne on 29th of June. Yeti FC in association with NNN Media organised an intimate evening with the cycling legend and raised fund for his library projects along the Great Himalayan Trail.

On the occasion, participants not only got an opportunity to get up close and personal with Pushkar but also went along into Pushkar's cycling journey, as the man himself shared his experiences in great details. Pushkar entertained the participants with his thrilling and threatening experiences of world tour.

In an introductory speech, program host Mr Sudeep Maskey said "Pushkar Shah is an embodiment of courage and compassion. He is a crazy man and we are glad that he is, cause only a man with certain level of madness can achieve what Pushkar Shah has."

Honorary Consul General of Nepal to Victoria Mr Chandra Yonzon opened the program by his warm welcome speech. He said "it's my pleasure to have welcomed Mr Pushkar Shah to Victoria. He is a true legend. He has been a great peace ambassador from Nepal to the world and his self less act of setting up libraries in rural Nepal is truly inspirational."

Program was also attended by Nepalese community leaders, business and sports fraternity.

## Pushkar Shah

Adventurer, Peace ambassador, Democracy activist, Social worker, Teacher Pushkar Shah hailed from a modest Nepalese farmer family from Makaibari VDC of Dolakha District. Right from



the early age, he was very calm and distinct from others. His problem solving skills were remarkable and so was his enthusiasm to take initiatives on things.

Pushkar is also dubbed as a freedom fighter as he was gun shot during the first Popular People's Movement in Nepal in 1990. After graduation from college, he worked as a school teacher and participated in the Democracy Movement in Nepal in 1990. His involvement into the movement was highly motivated towards establishing peace, democracy, human rights and freedom of expression against the autocratic Panchayat regime in Nepal. He was arrested and imprisoned many times for his political activism, which had a deep impact on him and so he decided to embark on a world tour spreading the message of Peace. It was November, 1998, Pushkar Shah got out to conquer the world with the seed money of just Rupee 1 hundred in his pocket given by his mother. Young Pushkar then in his 20's thought to have a long journey on a bicycle to spread the message of peace and love carrying

**It was November, 1998, Pushkar Shah got out to conquer the world with the seed money of just Rupee 1 hundred in his pocket given by his mother. Young Pushkar then in his 20's thought to have a long journey on a bicycle to spread the message of peace and love carrying Nepal's national flag throughout.**



Photo Courtesy: NNN Media



Nepal's national flag throughout.

Today, after peddling his bicycle up to more than two hundred twenty one thousand kilo meters and 150 countries, he is still as enthusiastic and passionate on what he does. And that is cycling.

This is a successful history of a man with extraordinary passion and courage. A man with a zeal, compassion, strength and high intellect whose sole purpose of life is to establish peace and harmony. So the ride continues for Pushkar Shah.



# Nepali Senior Citizen Club (NSCC) in Victoria

## A Right Step in the Right Direction



By Dr Raju Adhikari  
Founder President, Nepali Association  
of Victoria (NAV)

Australia is one of the most aging countries in the world. The number of Australians aged 65 and over is expected to increase rapidly, from around 2.5 million in 2002 to 6.2 million in 2042. That is, from around 13 per cent of the population to around 25 per cent. For Australians aged 85 and over, the growth is even more rapid, from around 300,000 in 2002 to 1.1 million in 2042. We now live about 1 year longer for every 5 years so government is also considering increasing retirement age to 67 yrs to improve productivity

**In Nepalese culture, retirement age is defined as Banprastha Ashram where person sacrifices the material needs and devote time for doing charitable work and for exploring spiritual knowledge. In a foreign land, we have two different types of senior citizens i) The retiring migrant populations and ii) Parents of the migrants who have come to live with their family in Australia.**

and/or increase taxation collections to fund welfare programmes. It is a serious issue and poses great challenge to Australian economy. Government, Commu-

nities, NGOs are all working to address this emerging challenge.

Relatively young Nepali Communities in Australia is also facing growing ageing populations. It is estimated that 5% of the Nepalese population are over the age of 60 and about 40% are in the age group of 45- 50 yrs. Lately, after a series of informational discussions and deliberations, the first formal meeting about the formation of Nepali Senior Citizens Club (NSCC) was convened on 28/06/2014, Sunday at Gurkhas Brunswick, 414 Sydney Road. It is a very timely move albeit late and thanks to former president of NAV, Mr Bom Yonzon for taking initiatives to convene this formal meeting. The meeting was attended Ex Harka B Rai- GNCV Member, Ex Bharansher Rai- GNCV Member, Mr Mangal Lama- TSV Member, Mr Sukman Lama- TSV Member, Mr Ganeshbhakta Shrestha- NAV Adviser Bom Yonzon- Ex NAV President, Deepak Raj Panta- Ex NAV President Mrs Bahinibaba Panta- NAV Member, Mrs Krishna Kumari Adhikari- NAV Member, Dr Raju Adhikari- Ex NAV President, Ranjan Vaidya- Ex NAV President, Jog Limbu, Parsuram Tamang- NAV Member Pradeep Pradhan- NAV member, Prasad Subba- NAV Member, Laxmi Magar- NAV Member, Sanjay Rai- MKS President, Chandra Yonzon- Hon Nepalese Consulate General of Victoria Mrs Laxmi Yonzon- NAV Member representing various communities organisations. The meeting was very informative and covered a wide range of topics. The senior citizen members shared about their feelings and experiences of both Nepal



and Australia especially the transition stage of their life as a senior citizen. The meeting unanimously endorsed to form a committee of 5 people headed by Hark Gurung ji with team members Mangal Lama, Bom Yonzon, Deepak Raj Panta, Krishna Kumari Adhikari, Prasad Subba and Sanjay Rai to follow up with Moorland council. The meeting also decided to regularly hold meeting at the same time and venue.

In Australia, Council recognises senior citizens and provide help to them. The newly formed committee in consultation with Moorland council is now undertaking necessary ground work to initiate the process of registration of the club. The committee will review the overall progress and expand the team as appropriate to carry out additional tasks. Formation of SCCV in Victoria is a right step in the right time and will inspire other states to take similar steps.

In Nepalese culture, retirement age is defined as Banprastha Ashram where person sacrifices the material needs and devote time for doing charitable work and for exploring spiritual knowledge.

In a foreign land, we have two different types of senior citizens i) The retiring migrant populations and ii) Parents of the migrants who have come to live with their family in Australia. There may be some differences about the perception and priorities of retirement life amongst them but one thing is common that they are not leading an active life, have become physically fragile, own plenty of leisure time and wish to live a meaningful active life.

### Indian Senior Citizen Club (ISCA)

Indian Senior Citizens Association, commonly called ISCA, is one of the oldest senior citizen clubs 17 years old with members > 300 in Victoria. People of Indian origin, aged 55 and above, are members of the Indian Senior Citizens Association, commonly called ISCA, and take part in the activities undertaken by the association. The activities include a program of "healthy and Independent" living; provide information and hold talks on health, mainstream facilities and social issues. ISCA



activities are held on a Saturday, once a month, from 11 AM to 3 PM, at Mount Waverley Youth Centre. Hot vegetarian and non-vegetarian meal is served after the event. Moreover, the association holds classes/sessions on Yoga, Computers, Bridge and Craft on every Wednesday at the same venue. In addition a few outings and coach trips are also organized during the year. The joining fee is \$5 and the yearly subscription is \$10 per person. It could be a great model for us as we have similar culture to share experiences for a common cause.

## National Seniors Australia (NSA)

National Seniors Australia (NSA), formed in 1976, is the only strong, independent voice for people aged 50 years and over in Australia and has a membership of 200,000. NSA is uniquely placed to facilitate research into productive ageing and disseminate findings to the broader community and policy makers. NSA has established National Seniors Productive Ageing Centre (NSPAC) to advance knowledge and understanding into all aspects of productive ageing to improve the quality of life of people aged 50 and over. NSPAC is co-funded by National Seniors and the Department of Social Services with a purpose to "emphasise the positives of ageing and an ageing society, as well as flag the challenges"

## Australia Government Incentives

Australian Government provides a Seniors Card to Australians aged 60 and over who are not working full-time. The cards are issued free by the relevant state and territory government and enable holders to receive a wide range of discounts on public and commercial activities. This can be especially useful for those who have retired, or those who are working fewer hours but do not yet qualify for the Age Pension.

Eligibility criteria and concessions vary from state to state. Although senior's cards are issued by states/territories, businesses (including tours, attractions and accommodation) in one state will usually recognise cards from another. Shops frequently display a 'Seniors Card Welcome' sticker. Seniors card holders travelling interstate are now eligible for concessions on public transport. Most Seniors Cards can now also be used for concessions when visiting New Zealand.

## Australia Senior Citizen Clubs (ASCC)

In accordance with the Home and Community Care (HACC) Service Agreement, the industry have committed to provide programs and facilities with a comprehensive and integrated range of basic support services for aged persons and other people with a



disability. Senior citizens clubs Australia wide offer members a range of leisure activities including: Barbecues and fetes, Bingo, Cards, Centre based meals, Computer and internet, Concerts, Exercise tailored to your needs, Fundraising, Indoor bowls, Crafts, Line dancing, Luncheon and social outings, Product promotions, Shopping tours, Special interest activities, Tai Chi, Trips and tours. Adults aged 50 years and over, people with disabilities and their carers are eligible to join. Clubs charge an annual membership fee which varies from Club to Club. A number of senior citizens clubs do arrange pick-up and drop-off for members attending special outings or program.



Finally, our senior citizens club can feel proud of taking this initiative with support from communities at large and in being formally represented to Government of Victoria. Let us all join hand to help them in this noble endeavour and make their transitional life a new start.

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# Anjana Regmi appointed as convener for Asian Australian Alliance Women's Forum

The Asian Australian Alliance Women's Forum (AAAWF) held its inaugural launch on Saturday 14 June 2014 in Sydney, with the theme of Asian Australian Women: Movement for Change. The launch event was attended by a number of female Federal and State politicians and a lawyer.

The first key note address was given by The Hon. Linda Burney, Deputy Leader for the NSW Opposition, who gave a Welcome to Country and shared common passion for participation in the launch forum event.

"We are here because we believe in the same thing, we are together because we care", Linda said.

The second key note address was given by Dr Mehreen Faruqi MLC, Greens Spokesperson for Multicultural Affairs in NSW, who spoke on the need for more

Asian Australian women represented in our political system and highlighted on the importance of grassroots movement.

Dr Mehreen Faruqi said in her address, "Our political system will only be truly representative when women play an equal role in decision-making. It's exciting to see organisations and community groups taking on the challenge of addressing the current imbalance".

Joy Hopwood, who was the first Asian Australian presenter on Playschool, spoke about the lack of ethnic diversity in Australian media, her personal journey and her observations on the proposed changes to the Race Discrimination Act.

Senator Deborah O'Neill shared reflection of her journey as a migrant in Australia and gave few useful tips to increase participation of women into politics at different levels.

"Use your expertise, talent and reach out to connect, offer your expertise for a community benefit; networking is valuable in your journey in politics", Senator O'Neill cheered.

Senator, The Hon. Concetta Fierravanti-Wells eloquently addressed the women and spoke about the contributions and achievements by Asian Australian women, the challenges she experienced coming from an Italian migrant family and shared her experiences of journey into politics. Speaking at the event, Senator, The Hon. Concetta Fierravanti-Wells called on all community leaders to develop "collaboration, and continue networking".

Helen Campbell OAM, Executive Officer for Women's Legal Centre NSW discussed the services provided by



the Women's Legal Centre NSW and answered questions from the women on the issues behind domestic violence, depression and other forms of abuse.

The Hon. Sophie Cotsis MLC, NSW Shadow Minister for Local Government and the Status of Women, conducted a question and answer session, seeking feedback, questions and opinions on what are the issues faced by Asian Australian women.

**"Our political system will only be truly representative when women play an equal role in decision-making."**

**- Dr Mehreen Faruqi**

"Participate in forums, discussions and in different platforms that is suitable in your circumstances, and feel free to reach out to your local MPs to discuss

your concerns and interests" she said.

The launch was well attended by the Asian communities which represented a great cross section. These communities included female leaders from the Chinese, Indian, Nepalese, Filipino, Vietnamese, Mongolian, Thai, Indonesian, Malaysian, Singaporean and many others. The women were actively participating in the Voice of The Women session, moderated by AAAWF Convener Anjana Regmi and MC Irene Ross. Policy advocacy topics and general concerns raised were equal employment opportunities, flexible working arrangements for women returning to work after maternity, impact of budget on small grassroots migrant community organisations, domestic violence, violence against women such as rape, dowry, availability of services and state support for women living in difficult and/or abusive relationships, language barriers to access council services, etc.

The Asian Australian Alliance Women's Forum is an advocacy network and acts as a channel of communication between Asian communities and all sides of government.



It aims to carry this out by promoting dialogue on common issues, and from these common issues, develop round table projects which will form the basis of advocacy with the government.

"Use our knowledge, skills, and attitude to deconstruct the meaning of em"POWER"ment in your everyday life to construct a new meaning. From there aim to use the "power" of your knowledge, skills and positive attitude to inspire others and collaborate. You don't have to go far, change can start from your immediate circle", Asian Australian Alliance Women's Convenor Anjana Regmi said.

The Asian Australian Alliance Women's Forum works on the premise that every Asian Australian female community leader who attends round table discussions and is involved in common projects are leaders for the Asian Australian Alliance Women's Forum.

For further details regarding AAAWF, please contact conveners Anjana or Erin on 0402 917 082 or email to [aaawomensforum@gmail.com](mailto:aaawomensforum@gmail.com)



# Ethnic community radio ZZZ celebrating silver jubilee

## Nepalese program running for third year

**M**elbourne's Ethnic Community Radio Station 3ZZZ 92.3 FM is celebrating its 25th anniversary on 6th of July Sunday at Alphington Grammar School, Alphington. The program will include multicultural concert, award presentation to volunteer broadcasters, launching of 3zzz history books and greetings from community and political leaders.

For 25 years 3zzz created by the vision and unparalleled commitment and hard work by Victoria's ethnic communities has provided an invaluable service



### Namaste Melbourne Team representing Nepali program in 3zzz



Dipesh Chaulagain



Govinda Gaire



Hom Dawadi



Merina Joshi

to Victoria's ethnically and linguistically diverse population.

3ZZZ broadcasts in 68 languages to an audience of over 400,000 people every week. 400 volunteers supported by 1000 committee people and over 5000 members provide quality programs that inform, educate and entertain. Promoting, practicing language and culture

### Namaste Melbourne Radio- An important segment of 3zzz Namaste Melbourne radio is a Nepali segment on 3zzz radio that has been running on its third year.

maintaining, empowering people to stand up for their rights and participate in the affairs of their communities and the nation whilst keeping in touch with what happens in the world and the countries of birth origin.

It is record of performance and achievement that has made 3zzz Australia's premier community radio station and a champion of multiculturalism. With immigration and multiculturalism being integral to Australia's growth and welfare, the role of ethnic media especially 3zzz that brings together so many volunteers from 68 ethnicities working

for such a great common cause, becomes ever more significant. The July 6th celebration is to pay tribute to all these who made it happen and recommit to many more years and decades to providing an even greater services.

Namaste Melbourne Radio- An important segment of 3zzz Namaste Melbourne radio is a Nepali segment on 3zzz radio that has been running on its

third year. The program is slotted every Friday Nine till Ten PM. Despite the fact that it is just an hour a week segment, the program is hugely popular amongst Nepalese living in Melbourne. The radio does not only focus on promoting Nepali language and culture in Australia but also represents Nepal in a multicultural radio station.

Four presenters are currently involved to run Namaste Melbourne in weekly basis. Since the radio is entirely community based, these presenters volunteer their time and resources to ensure the radio's continuity.

### Interview with Hom Dawadi

It's about representing Nepal in the canvas of Multiculturalism.

**NV: Congratulation on 3ZZZ'S 25TH year and you guys are part of it?**

Thanks a lot. We feel privileged that we got an opportunity to be a part of radio station that represents such wide range of communities and languages. This is all about making our mark as Nepalese community in this massive canvas of multiculturalism.

**NV: How is Namaste Melbourne doing?**

We are doing everything we can to offer our listeners a variety of contents. We try to cover topics from community activities, sports, entertainment, business profiles many more. And to some extent our effort have been accepted by the community. Radio is getting more and more popular and that gives us great satisfaction as radio presenters.

**NV: Do you think one hour in a week is sufficient time slot to make an impact?**

It's not about the duration of our program rather the contents we give. We try to focus on topic that is current in the community. So we believe any new information we give is beneficial and

our growing listenership substantiates our success.

**NV: How are you guys managing the necessary resources for the radio?**

Its running entirely on the volunteer basis. We have a team that is really passionate about media so we are not really pondering over what are we getting in return for the work that we put in. We take this as our contribution towards the Nepalese community. Same goes with the other finances required to run the radio. We have cost involved such as renewal fee and program productions. But we ask people to chip in what they can to cover that.

**NV: Any last words for the community?**

Myself and the Namaste Melbourne team is grateful for all the support that we have received from the community. We will take any comments and suggestions towards the betterment of our program graciously. Lastly I would like to congratulate 3zzz Radio for their important 25th years completion. That truly symbolizes their success as ethnic radio station. I am looking forward to be part of their celebration on 6th of July. Finally, thank you Nepalese Voice for covering our journey with such interest.



# New amendments in IMMIGRATION LAW

## What does it mean to visa applicants?

In a world characterised by political, economic, social and environmental volatility (alongside technological and communication developments), the direction and characteristics of Australian migration has changed quite dramatically. We are now faced with new and evolving migration and development challenges. The need to promote and respond to the economic and social needs of developing and underdeveloped migrant source countries, have never been more pressing. Every July the DIBP makes changes and updates to migration policy and legislation, which either cause grief or jubilation among aspiring migrants. This year was no different.

There are 5 key changes to Australia Immigration Law coming into effect from 1 July 2014 which visa applicants need to be aware of.

In summary, these are:

- **Maximum Validity of Skills Assessments to be 3 Years**
- **Good News for Commercial Cookery Students and Chefs**
- **Occupations Added to SOL and CSOL**
- **Visa Evidence Charge Doubles**
- **Students Must Declare Dependent Family Members**

These are explained in more detail below.

### 1. Maximum Validity of Skills Assessments to be 3 Years

From 1 July, Skills Assessments will be valid for a maximum of 3 years for the following visa types:

Skilled Independent Subclass 189  
Skilled Nominated Subclass 190  
Skilled Regional Sponsored Subclass 489  
Graduate Temporary Subclass 485  
Employer Nomination Scheme Subclass 186 (Direct Entry Stream)  
Regional Sponsored Migration Scheme Subclass 187 (Direct Entry Stream)

However, if the skills assessment specifies that expires sooner than 3 years, the shorter validity period would apply.

### 2. Good News for Commercial Cookery Students and Chefs

With the addition of chefs to the Skilled Occupations List (SOL), this opens a new pathway for commercial cookery students in Australia. Students would now be able to apply for a Graduate Temporary Subclass 485 visa in the Graduate Work Stream.

**In order to qualify you would need to:**

Complete a Certificate IV or higher in a relevant field (ie commercial cookery); and Have at least 360 hours of relevant work experience - generally this would be a placement forming part of the Certificate IV; and Score a minimum of 6 in each of the 4 components of IELTS; and Complete your qualification in Australia over 2 academic years.

The 485 visa is an 18 month visa

Occupational Trainee) as well as state

nominated skilled visas (190 and 489):

Hydrogeologist (ANZSCO 234413)

Exercise Physiologist (ANZSCO 234915)

The good news, especially for accounting graduates, is that NO occupations have been removed from either list.

### 4. Visa Evidence Charge Doubles

The Visa Evidence Charge will more

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with full work rights. The best way for international students to then qualify for permanent residence is to find a job in a regional area and apply for a permanent RSMS visa.

Qualified chefs can now apply directly for a Skilled Independent Subclass 189 visa - to qualify for skills assessment as a chef for the purposes of the 189 visa, you must have at least 3 years of work experience in addition to the basic requirements to pass assessment as a cook.

### 3. Occupations Added to SOL and CSOL

The following occupations will be added to the Skilled Occupations List from 1 July:

- Chef (ANZSCO) 351311)
- Bricklayer (ANZSCO 331111)
- Wall and Floor Tiler (ANZSCO 333411)

This means that applicants in these occupations can apply for Skilled Independent Subclass 189 visas, and also 485 visas in the graduate work stream.

Occupations have also been added to the CSOL (Consolidated Sponsored Occupations List) which applies to employer sponsored visas (457, ENS,

than double from 1 July, increasing from \$70 to \$150.

The Visa Evidence Charge is the cost of having a visa label put into your passport. Visa Evidencing is generally not required these days because Immigration can verify your status electronically.

Though there is no announcement as yet, it is quite likely that application fees for most visa types will also rise by approximately 5% from 1 July 2014 as per previous trends.

### 5. Students Must Declare Dependent Family Members

The requirements to have family members join you in Australia on dependent student visas have been clarified.

If you would like them to join you in Australia after your student visa is granted, you MUST have declared them in your initial student visa application. Note that this does not apply to people who became family members after you lodged your initial student visa - for example if you get married or have a child after you apply.

Personally I am of the opinion that the DIBP have to strike a balance

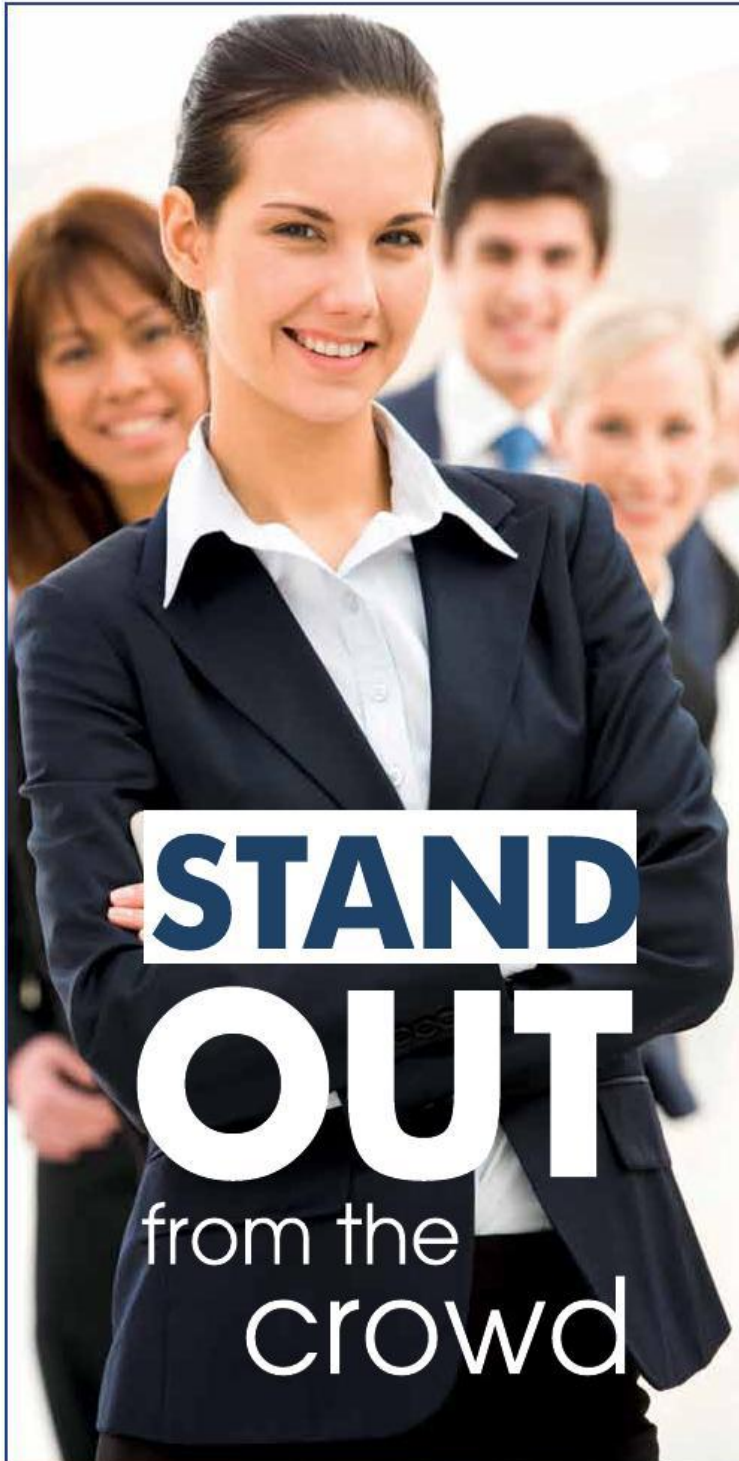
between needs of the government and incentive for potential migrants. Astronomical Fee increases may cause as a deterrent for potential migrants.

The DIBP's heavy reliance of English Language ability currently IELTS is baffling to me as a higher IELTS test score is given more preference to relevant work experience.

From November 2014, the department will accept English language test scores from the Test of English as a Foreign Language internet-based test (TOEFL iBT) and the Pearson Test of English Academic (PTE Academic) across the Temporary Graduate, Skilled, Former Resident and Work and Holiday visa programmes. Scores from the Cambridge English: Advanced (CAE) test will also be accepted from early 2015.

I can personally testify to the undoubted fact that Australia is the lucky country however we have to tread carefully in managing migration policies (Skilled and Humanitarian) so as not to hurt sentiments of the larger international community and damage the perception of the Australia as a. Australia has always been about giving everyone a "Fair Go" and I really hope Mr Abbott and Mr Morrison stay True Blue.





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## Skill, Knowledge and Innovation Transfer Workshop 2014

19 July 2014, Sydney, Australia

### Background

It has been well recognized that the scientists, academicians and professionals from Nepal living abroad can contribute their knowledge and skills to their mother country by developing and implementing collaborative training program and appropriate research and development projects. NRN Australia has identified skills, knowledge and innovation transfer project as one of the prioritized projects which will complement with and build on the knowledge and skills transfer initiatives and activities of NRN-ICC. The scope of this project in Australia is to develop a ground up approach and mechanism that encourages and allows scientists, academicians and professionals from a range of disciplines to make significant contribution to Nepal's sustainable development.

### Program Schedule

**Workshop Opening - Chair: Dr. Binod Shrestha**  
Time: 09:00 to 10:30

Facilitator	Speaker
Registration	09:00 to 09:30
Objectives, structure and expected outputs	Dr. Jagadish Timsina
Welcome Speech	Dr. Gyanendra Regmi
Remarks and commitments to SKI projects	Mr. Mahendra Oli, NRNAA NCC-Chair
Remarks and commitments	Mr. Dipak Khadka, Consulate General NSW
Key Remarks and commitments to SKI projects	Mr. Shesh Ghale, NRN ICC-Chair
<b>Morning tea</b>	<b>10:15 to 10:30</b>

**Session 1 Chair: Dr. Hom Murti Pant**  
Time: 10:30 to 13:00

Topic	Speaker
Progress, achievements and future plans of ICC-SKI Committee (Keynote Paper)	Dr. Raju Adhikari, ICC SKI-Chair
Determining the helminth communities in environmental water of Kathmandu, Nepal by Using NGS	Mr. Pradip Gyawali
Effects of Atmospheric Particulate Matters on Human Health Risk in Kathmandu Valley, Nepal	Dr. Rupak Aryal
Benefits of utilization of Remote Sensing in Nepal – A Review of technology and applications	Dr. Dipak Paudyal
Can Electronic Procurement and other ICT tools help combat corruption in Procurement in Nepal?	A/Prof. Kishor Vaidya
Solar Paint Technology: An Alternative Energy Solution in Nepal	Mr. Sampad Jamarkattel
General Discussion on all papers	Dr. Hom Murti Pant

**Lunch 13:00 to 14:00**

**Closing 16:45 to 17:00**

Vote of Thanks Mr. Krishna Sapkota

**Evening tea 16:50 to 17:00**

**Free Registration: [ski@nrn.org.au](mailto:ski@nrn.org.au)**

### Organising committee

Coordinator: Dr. Binod Shrestha 0423882071  
Dy Coordinator: Dr. Gyanendra Regmi 0413434882  
Secretary: Mr. Krishna Sapkota 0433644077

#### Members:

Dr. Jagadish Timsina, VIC 0420231211  
Mr. Shree Panta, VIC 0403029595  
Dr. Bishnu Devkota, WA 0407506651  
Dr. Rupak Aryal, SA 0434416742  
Mr. Raju Adhikari, ACT 0400777756  
Mr. Jana B. Bhattarai, NSW 0423389317  
Mr. Pradeep Gyawali, QLD 0401302264

**Venue: Everest Function Centre**  
**434 Princes Highway, Rockdale**

**Session 2 Chair: Dr. Raju Adhikari**  
Time: 14:00 to 16:45

Topic	Speaker
Skills, knowledge and innovation: what is this and how this can be transferred? (Keynote Paper)	Dr. Hom Murti Pant
Transfer, Evaluation and Dissemination of an Innovative Fertilizer Management Tool for increasing crop yields and farmers' income	Dr. Jagadish Timsina
Transforming Organic wastes to fertilizer for Sustainable Agriculture in Nepal	Dr. Surya Bhattarai
Small Scale Mechanization Could Transform Mid-Hill Economy of Nepal	Dr. Sitaram Ghimire
Sustainable hydropower development and operation for Nepal-Skills, Best Practice Knowledge and Technology Transfer	Dr. Bishnu Devkota
Just the Systems transfer First!	Mr. Bhupendra KC
The Industry to Care for Senior Citizen: A Potential Area for Skill, Knowledge and Innovation transfer to Nepal	Dr. Raj Gaire
General Discussion on all papers	Dr. Raju Adhikari

**Please contact one of the team members for more info.**

## Research on second generation Nepali youths

Srishti Shrestha from Sydney is undertaking research for her thesis that focuses on experiences of second generation Nepali youth in Australia. She is interested in understanding how exposure to Nepali culture influences identity, and whether or not it is possible for second generation youth to maintain their attachments to Nepal, despite being born and/or raised in Australia.

The research is being carried out by focus groups sponsored by the University of Western Sydney.

Interest candidates aged between 18 and 30 are invited to join a group interview on Sunday, 20 July 2014. For more information, please get in touch with [sshrestha.research@gmail.com](mailto:sshrestha.research@gmail.com)

Are your parents Nepali migrants?  
Where you born and raised in Australia?  
**Come and share your experiences!**

Date: Sunday, 20 July 2014  
Time: To be confirmed  
Location:  
Room 2  
Admission Entry System  
17 Watsons Road  
Admission Entry System

For more information or to register your interest, please contact:  
Binod Shrestha  
[binodshrestha@gmail.com](mailto:binodshrestha@gmail.com)

Focus group will be conducted approximately 1-2 hours  
Participation will be provided

## Veteran Nepalese marathoner taking part in Gold Coast Airport Marathon



Two veteran Nepalese marathoners Ram Krishna Maharjan and Narayan Devi Singh have arrived in Australia to participate in Gold Coast Airport Marathon. They have landed in Queensland to participate in the marathon slated for July 5 and 6.

Baikuntha Manandhar, south Asian champion marathoner bade a farewell to them in Kathmandu.

Gold Coast Airport Marathon is an annual marathon race on the Gold Coast, Queensland, Australia. The mar-

athon is the only marathon in Australia to hold an IAAF Gold Label status. The event is held on the first Sunday of July each year.

This year's marathon will be 42.195km and the winner will take away 15000 AUD in a prize money.

The event was first held on 2 September 1979 as part of a health awareness campaign for the Gold Coast. The 36th edition will take place on 6 and 7 July 2014.



# Victoria to have more knowledgeable and better paid cabbies

New cabbies will be put through their paces before being able to apply to become a taxi driver, with the new Knowledge test now in effect from 1st of July. Assessing drivers across a number of key areas, the Knowledge is one of the Victorian Government's major taxi and hire car reforms aimed at improving driver standards across the industry.

The Knowledge test is the first of its magnitude and standard in Australia and will be administered at a number of sites across Melbourne. Drivers will be thoroughly assessed across a number of key areas including customer service, driver behaviour and geographical knowledge, before they are allowed out on the roads and interacting with passengers.

Chair of the Taxi Services Commission (TSC) Graeme Samuel said that the assessment process is rigorous and the TSC makes no apology for that.

All new drivers will be required to do



the Knowledge test prior to applying for accreditation from 30 June 2014, while drivers with less than 5 years' experience will also be required to do the Knowledge test as part of their renewal.

While drivers who are new must pass the Knowledge, as must those with less than five years' experience when up for renewal, anyone else who chooses to can sit the test.

Taxi drivers will also benefit from other reforms taking effect, with new implied conditions now forming part of all driver agreements.

Drivers will now take home a minimum of 55 per cent of the fare box (rather than the 50-50 split that they used to), so drivers will be better compensated for the work that they do.

# NAV seeking volunteers for its upcoming events

Nepalese Association of Victoria is seeking volunteers and expression of interest for its our community for upcoming events. Interest candidates can contact the event co-ordinators.

■ Bal Diwas: Kusum Pokharel on 0422 501 121

■ Teej Celebration: Deepa Rai on 0411 316 414



## POSITION AVAILABLE



**Consulate of Nepal  
Victoria, Australia**

**Position Title: Community Liaison Officer**

**Reporting to:** Hon Consul General of Nepal to Victoria

**Remuneration:** Based entirely on experience and qualification

**Purpose of the post:** Assists in tourism promotion, community services in providing justice to Nepali citizens in Victoria and promote business and trade ties between Australian and Nepali business entrepreneurs

### Main duties and Responsibilities:

- Assist Hon Consul General on daily basis in effective functioning of the office
- Maintain effective communication with Nepali community and provide necessary support (eg. Issuing appreciation letters, statements to support in legal and social issues etc.)
- Maintain and update database of Nepali community and high level dignitaries in Victoria and Australia
- Build and maintain relationships with Nepali community leaders, Australian government officials, political leaders at State and Federal level, Nepali Embassy, relevant offices in Nepal, DFAT (Department of Foreign Affairs and Trade) and Australian Business Community - Chambers of Commerce Victoria (VECCI), Federal Chamber of Commerce, AUSTRALIA, Chamber of commerce of other countries
- Liaise with Nepalese Associations in Victoria, Nepal Tourism Board, Government of Nepal and other stakeholders to organize events like Annual Flag Raising Ceremony, Road show to promote Nepal etc.
- Develop and maintain calendar of events and activities like community gatherings, forums, Nepali festivals and important days (Nepali and Australian)
- Regularly update contents and design of website
- Develop and disseminate communication materials like Greeting Cards, Annual Reports etc, as needed

### Your profile for the post:

- Degree in Communications, Public Relations or a related field(s)
- The candidate must have excellent written and spoken English skills
- Previous professional work experience in communication, media or public relations will be an advantage
- Demonstrated ability to work in a multi-cultural environment and establish harmonious and effective working relationships, both within and outside the organization

If you have experience of working in a similar capacity, meet the above profile; send your application along with the updated CV to the following Email id.

[cyonzon@nepalconsulate.net.au](mailto:cyonzon@nepalconsulate.net.au)

Applications will be screened in first in first out basis. Only shortlisted candidates will be contacted.

# Volunteers needed for Nepal festival-Melbourne



Do you want to be involved in co-ordination of Nepal Festival 2014 Melbourne? Program Management team is looking for energetic, creative and passionate people to join the team to design, implement and manage various activities, venue decoration, cultural programs, live music, stage management etc.

If you have a passion and keen to be part of the biggest outdoor Nepali event in Melbourne, please contact :

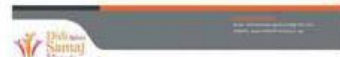
**Raju Shakya on 0425 440 570 or Rishi Kandel on 0432 101 119**

# Didi Bahini Samaj organising Teej

As the festive seasons looming near Nepalese community organizations in Australia have geared up preparations to celebrate them.

Didi Bahini Samaj Victoria organizing their second consecutive Teej festival. The program will take place at Estonian Hall, 43 Melville Road, West Brunswick, Victoria on 16th August.

DBSV is an organisation established in Victoria to protect and advocate women related issues.



Didi Bahini Samaj Victoria cordially invites you all to join together to celebrate Nepalese Women's Festival 'Teej' 2014.  
Date: Saturday, 16th August, 2014  
Time: 2 Pm Onwards  
Venue: Estonian Hall, 43 Melville Road, West Brunswick, Victoria



विश्वीय स्तरमा विभिन्न जाति-जातिबाट नेपाली महिलाहरूको सम्मान गरिने बर्षेको महोत्सव यस्ताको तस्तै नेपाली महिलाहरूको लागि सम्मानको अवसर हो।  
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## Canberra based Nepali's iPhone film getting worldwide recognition

**P**radeep Timsina from Canberra is getting accolades from all over the world for his experimental iPhone documentary "Home away from home". The documentary has been selected the winner for the month of June in Mobile Film Festival in Portugal. It will now compete with nine other films for the best film of the year title.

After its surge in popularity, Bangalore film society has decided to include it in their social campaigns. Similarly, The Ohio State University Columbus is also using Pradeep's iPhone film as a teaching material for their film making students. The film's DVD will be available in USA, UK Canada and Australia shortly.

The film will participate in "Drishyamsa Mobile Film" in Nepal later this year. "Home away from home" is the only film in the world that has been shot, edited, dubbed, mixed and colour corrected entirely by a mobile. The film depicts a story of a young Nepali boy living in Australia with his parents. And his journey to go back to Nepal to see his frail and disable grandmother.



## Neymar doesn't like his girlfriend on Playboy cover



Brazil forward Neymar has won an appeal to have the local June edition of Playboy magazine, which claimed to feature his ex-girlfriend, removed from the stands. A court in Sao Paulo state said in a decision on June 25 that all copies of the magazine featuring model Patricia Jordane as "The brunette who charmed Neymar" on the cover should be removed from circulation immediately.

Neymar's official fan site celebrated the court's decision and said the publisher was "promoting a lie" about the soccer star while "also (using) his name without ... permission." The court said a 10,000 reais (\$4,531) daily fine would be imposed for each day the decision was not obeyed.

## Jharana wants to 'Safe Land' in Australia

Nepali feature film 'Safe Landing' is set to have its premier show in Australia.

The film will be screened in Australia prior to its formal release in Nepal. Film actress Jharana Bajracharya is due to arrive for the premier.

According to film producer Basanta Bhandari, the film is scheduled to hit the screen on 9 and 10 August.

The film depicts a story of drug trafficking. Actress Jharana Bajracharya leads the main role in the film. Likewise, Niraj Baral, Sushil Raj Pandey, Sumina Ghimire, Shikha Shahi, BS Rana, Rabi Giri are also featured in the movie. Sandip Josheph has directed the film.



## Nepali girl wins ZEE TV Dance Competition



The dance reality show for children was also attended by Bollywood actor Varun Dhawan, who performed to a medley of his blockbuster songs like "Main tera hero", "Saturday saturday" and "Disco diwane".

He along with Grandmaster Mithun Chakraborty and the judges of the show - Geeta Kapoor and Ahmed Khan - presented the coveted KB3 Cup to Magar.

Teriya's voters from Nepal played significant role to make her win the title. Earlier, millions of Nepalese voted to help her to enter top five.

The 5<sup>th</sup> grader had thanked her hometown people for voting her when she arrived in Nepal after the contest. Her mother runs a canteen in the school premises and her father has been abroad for foreign employment.

**N**epal's Teriya Magar was announced the winner of Zee TV's "DID L'il Masters" Season 3.

The 11-year-old from Rudrapur, Nepal, defeated Hardik Ruparel, Anushka Chetri and Sadhwini Shetty; and walked away with the KB3 Cup and Rs.10 lakh.

"I am extremely happy to win this trophy today. It is like a dream come true for me to perform on the stage of 'DID L'il Masters' and emerge as a winner of Season 3. Masters and audiences have been really supportive and have appreciated my performances," Magar said in a statement.



## Hamal turns poet

Marriage has made Rajesh Hamal a poet. Usually very insightful Hamal revealed a new dynamic of his personality during his visit to Australia. Hamal recited a poem penned by himself on his own life at a recent event in Sydney.

It was a verbal picture of himself as an actor, his life philosophy, belief and future direction.

*The poem recited by Hamal*



### राजेश हमाल

अमन हुँ म फेनिन चाहन्नु ब्रम्हाण्डभरि  
आकार बिहिन रंग बिहिन गन्ध बिहिन  
पवित्र पवन झै म छान्न चाहन्नु जनजन्तको अन्तरमनमा  
यो पृथिवीमा मेरो पहिलो आवाज संसारकै सर्वाधिक शिखरमा छेकिपर  
पवित्र हिमालहरूमा गुन्जिएको चियो र गुन्जिरहनेछ  
बुद्ध जन्मेको त्यो पावन भूमिमा उभिएर  
स्वाभिमान र आत्मसम्मानको सपना लिएको छु  
मेरो बाबुजन्तले इवाचनमा ल्यायो युगनिष्ठ माटोलाई परिलाले सिकेको छु  
कलामा रंगीन मुखहरूमा आवाज,  
इश्वरको अदालतमा दशगजा, कालापानी र सुस्ताको वनबाट मेरोको छु  
हर्कनाहादुर, बीरहादुर, स्वायम्भवाहादुरको भोक गरिलो र अमावाको  
चिन्कार हुँकारको छु  
म निरन्तर लडिरहनेछु  
समानताको सङ्घर्ष, मानताको सङ्घर्ष  
कसार्पी औजार विरुद्ध संरक्षण गरिरहने छु  
उजो दिइरहने छु आशाका द्वितीयलाई  
किन्तु म पनि यही युद्धको योद्धा हुँ  
मेरो असंख्य चाहनाका कण सफलाई कला रूपी चहान बनाइ

यसैमा अनवरत खोपी रहेको छु  
कहिने म बुद्ध भएँ  
कहिने बिहोको उवाचा दनकाएँ  
कहिने शास्त्रिका स्वेत पत्रहरू उठाएँ  
अब त म केवल आफ्नो मात रहिन  
सबै संग जोडिएको छु  
एउटा अजीबो माता छ  
न चाहेर यसलाई म तोड्न सक्छु न त तोड्ने चाहान्छु  
न चाहेर यसबाट टाढा भाग्न सक्छु न त भाग्ने चाहान्छु  
मेरो हृदयका पादनाहक कैद हुँदैछन  
मेरो स्वरहरू कैद हुँदैछन  
मेरो आँशु र हँसो सबैको हुँदैछ  
सबैको आँशु र हँसो म अंगाल्न चाहान्छु  
किन्तु म क्यामेराभिन्न कैद भएर  
निरन्तरताको बिगुन चुक्न चाहान्छु  
साउण्ड, लाइट, क्यामेरा, एक्सन  
म यसैमा जीवन बित्दै रहेछु  
म यसैमा जीवन खोजिरहेछु

xnepali



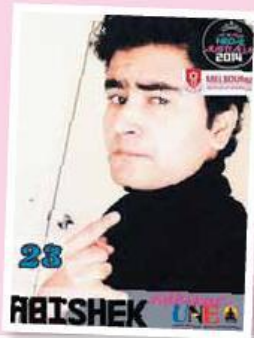
# Mr 'N' Miss Nepal Australia 2014

United Nepalese Arts and Entertainment (UNAE) is organising this year's Mr and Miss Nepal Australia 2014.

Total of twenty three contestants including 9 males and 14 females are contesting for the title this year.

The Trainer team includes personalities from media, fashion and entertainment. Dharma Adhikari, Tekendra Limbu, Sunita Limbu, Bhimsen Gurung, Yuvraj Tiwari, Asmit Acharya and Deepashree Shah will team up to groom the contestants ready for the big day on 19<sup>th</sup> July.

## Trainers





# Local Businesses



## AECC goes global

Australian Education and Career Consultants(AECC) the leading education and migration firm is now going global. With its branch in almost a dozen different countries AECC Australia has changed its brand to AECC Global. AECC now operates in Nepal, India, Australia, Philippines, Canada, USA, Switzerland, New Zealand, UK, Singapore and more are on the way.



## TWGG branches out in Sydney

Education and Migration Consultant TWGG has expanding its branch in Sydney. After operating in Melbourne for seven years, TWGG now wants to serve Sydney based students and migrants. The owner of the firm Mr Tonnou Ghotane believes the expansion was possible due to the faith and belief that thousands of students and migration have on TWGG.



## Laligurans launches App

Laligurans, a Nepali grocery in Coburg, Victoria, has launched its mobile application. Shoppers can use their app to purchase and place orders. According to the owner Bishal Budhathoki, there will be a 5% discount for any purchase made through the application. Laligurans provides Indian, Nepali, Pakistani groceries, other household items as well as money transfer services.



## Photographer turns real estate agent

Popular Melbourne based Nepali photographer Suresh Maharjan will now be taking beautiful photos as well as selling you a brand new home to hang those photos in. Mr Maharjan has acquainted himself as an agent with the renown building company Metricon homes. Suresh has long been associated with the event management company Solangture. We wish Suresh best of luck for his new venture.



## GMH Rai & Co relocated

Accounting firm GMH Rai & Co has relocated its office. The new office will be Suite-2, Level 13 55 Swanston Street Melbourne CBD. According to Kishor Rai, the director of the company, the firm will be providing tax return facilities to the community in a very reasonable price.



## Keshav eyes Mortgage Brokering

Successful restaurateur and active community member Keshav Kandel is entering mortgage brokering market. After having established two successful restaurant Marpha in Mentone and Base Camp in Northcote, Keshav is contemplating a change of field with his new interest. He shared via social media that he has acquired necessary qualification and will start operation very soon.

## MoMo in Preston Market

Nepalese cafe Himalayan in Preston has opened up in Preston Market of Melbourne North. The Cafe will offer all the authentic Nepalese and Indian fast food and cuisine. The shop is located C-211, CRAMER STREET, PRESTON MARKET, PRESTON.



## Tax season is upon us. Here is a list of things you should remember

### Tip 1 – Talk Medical expenses

- In order to receive the medical expense tax offset you need to make sure you claim for 2014. The Thresholds have also changed so discuss with your accountant.

### Tip 2 – Donations can be claimed

- Not only do you feel good but everything over \$2 you can claim a tax deduction.

### Tip 3 – Margin loans and investment property

- If you have margin loans and investment properties you can pay the interest now and receive a deduction this financial year end.

### Tip 4 – Work Car log book

- If you use your car for work make sure your log book is up to date. If you work for an employer sometimes you may also receive an allowance. Your allowance is not necessarily 100% deductible so you may be in for more tax.

### Tip 5 – Deductions / Receipts

- If you are claiming deductions remember to keep the receipts

### Tip 6- Capital Gains

- If you have a capital gain and you also have some poor performing shares then sell them now at a loss so you can offset it against your gain. No use hanging on to shares that will not go anywhere.

### Tip 7 – Insurances

- If you have not got insurance and you want it then now is a good time. Income protection insurance is Tax Deductible.

### Tip 8 – Rental Property Deductions

- Pay all your bills now if even if they are not yet due. If you pay them before June you can include them in your deductions. Also if you do not have a QS report get one. You can get a deduction for the fittings and fixtures as well as the building in some cases.

### Tip 9 - Superannuation

- Super must be in the account by the 30th June but BEWARE so that you do not over pay and then be penalised.

### Tip 10 – Small Business Assets under \$6500

- If you buy an Asset for under \$6500 you can write it off immediately.





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# Calling out from a Hungry Tiffin

One surprising habit almost everyone unintentionally picks up (including myself) after moving to Australia, is talking about Food and Health. And can I just say that, we indeed talk about food A LOT. Whether it is a casual chat with our mates about what we are planning to cook, or as a typical Melbournian, which is the next must-eat joint/café we have to experience; last night's episode of "My Kitchen Rules", or who is being featured in the next "Good Food and Wine Show". Melbourne, surrounded by the best Eateries in Australia, certainly provides too many temptations and so I can understand why Melbournians have become so serious about health as well.

Hence, this time round I will try and put some words to my 'Health' journey in Melbourne. I cannot recall a single day over the years when I haven't seen a leisurely Stroller that jealous-worthy, long-strided Runner. I have always enjoyed a long walk, so understand the joys of strolling along the gorgeous Yarra; however, it was the Runners who intrigued me. Every time I would look at one, the first few questions that popped into my head would be – "Why ARE you running? No, seriously. Why?"; "Is it really enjoyable?"; "It can't be enjoyable. I am out of breath in a minute. So, am I overlooking something here?"

After 4 years of wondering, the inevitable (or maybe not so inevitable; not all of us run after all!) happened. Yes, I decided to give running a shot. And what better way to dig my own grave than by registering for a 5 km run. This was years ago. As I now prepare for my next running challenge next month (and yes, you will get to hear more about it in the next edition), although I cannot pinpoint the exact moment when I made the decision to give running a go, I can certainly pat myself on the back for coming a long way. As usual, I am extremely anxious and unsure of how I will perform on the day, but my Mantra now is "Run first, ask questions later...!!"

It's again surprising how earlier all my decisions regarding cooking would be based around how delicious or appetising a dish will turn out in the end. Now, more factors influence the final decision. Don't get me wrong, I still love all my spices, will happily try out all high-calorie, butter-dense dishes, and won't think twice about throwing in that extra dollop of 'Ghee' to get that special flavour, but still in the back of my mind, I consciously try to look for healthy alternatives to incorporate into my dishes.

And this is exactly when I present my

Vegetable Biryani to you. I learnt to make this Biryani quite a while ago and honestly nothing beats a small portion of this Biryani, with some fresh greens and Raita (can be excluded) for a guilt-free meal after a nice session in the gym.

## VEGETABLE BIRYANI RECIPE

### Recipe:

- » Heat about 2-3 tbsp of oil in a pan and add the dry Garam Masala ingredients – Cinnamon Sticks, Green Cardamoms, Laung, Bay Leaves and Black Cardamom. To begin with about 3 of each would do. More can be added if you know that the above will not be sufficient.
- » Once properly fried in oil, add cumin seeds and about 2 tbsp of Ginger-Garlic paste. Shallow fry it for a minute or two.
- » Add all the vegetables you would like to add at stage. These can be all mixed vegetables such as peas, beans, cauliflower, carrots, potatoes, etc. Make sure to cut the potatoes in long, big pieces.
- » Now cover this with a lid and let it cook for about 10 minutes, however keep checking and stirring occasionally.
- » When all dry ingredients and vegetables turn brown and are sautéed well, add cut Green Chillies, any store bought Biryani Masala\* and about 2-3 table spoons of yoghurt. How much yoghurt to add will depend on the quantity you are planning to make. Ideally, the amount of yoghurt should be enough to generously coat all vegetables.
- » Add paneer at this stage, if you like.
- » Cook the vegetables till they are about 70% done.
- » In the meantime, also boil some plain rice and again cook it till about 70% done.
- » Once, all vegetables and rice are 70% done, in a separate deep pan, layer

By Aaradhana Makhijani

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vegetables at the bottom, followed by a few spoons of yoghurt, some nuts-cashews, almonds, sultana and some more salt, if required.

- » Put some fried onions on top\*.
- » Now layer half of the rice over the vegetables, followed by the remaining half of the vegetables. Put some more fried onions on top and another layer of rice.
- » Top this up with chopped coriander and mint.
- » Mix some red food color and water and sprinkle on top of the rice.
- » Put the flame in minimum and let this slow-cook for about half hour.

\*check quick tip.

### Quick Tip:

- » So that the Biryani does not burn at the bottom, you can put a 'Tava' or another pan filled with water at the bottom and then put the Biryani pan over it.
- » In case, you would like to go all natural and not put in any Biryani Masala, you can just add Chilli powder, Coriander Powder, Turmeric and Cumin Powder to taste. The Biryani Masala indeed does add that extra punch to

the Biryani, which I personally enjoy.

- » For Fried Onions, cut onions into long strips and mix then with some corn flour. Once mixed, now fry them.
  - » The above recipe can also be used to make Chicken Biryani instead. The only changes will be that I will marinate the chicken beforehand.
  - » For marinating, add the Chicken, Turmeric, Ginger-Garlic Paste, Red Chilli Powder, Salt and Garam Masala together and let it marinate for about 1.5 hours. Later oven or pan-grill it till it is 70% done.
1. Following from the above recipe, shallow fry all dry Garam Masala ingredients in oil. Add cut onions and tomatoes and cook till soft.
  2. Add the Biryani Masala or the Spices I have mentioned in the Quick Tip above, 2 tbsp of Yoghurt, a little water and mix well.
  3. Now add the Chicken. Let it cook for a few minutes and then layer it with the 70% done boiled Rice.
  4. Add some cut coriander-mint on top, followed by some Fried Onions and Red Food Color-Water mix for that vibrant red color. As mentioned above, place the Biryani Pan over another pan and then let it slow cook in low heat for about half hour.

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# Nepalese Community Centre AGM held in Sydney

**N**epalese Community Centre Ltd third AGM was held successfully on Saturday 14 June 2014 at Sapphire Function Centre, 7 Station Road (North) Auburn, Sydney NSW 2144.

Beside business agenda as per notice sent to the shareholders, the AGM updated the recent progress of DA approval for the proposed project of the centre and minutes received from Parramatta City Council about pre lodgement development meeting which was earlier held on 26 March 2014 at Parramatta City Council.

The meeting also decided to approve fees proposal of Meinhardt (NSW) Pty Ltd for flood study report as per the requirement of council. NCC board is expected to make submission for DA approval once the flood report is received from the Meinhardt (NSW) Pty Ltd.

AGM was updated on JRP Realty market appraisal price of \$750,000.00 of NCC Ltd land at 25 Louis Street Granville NSW 2142 as of 12/05/2014 which showed an appreciation value of the project up by about 20%. Based on this information, AGM decided to increase share value by 10% for new sale of share starting from 01 October 2014. During the AGM commitments of \$12,000.00 was received from members for new

share purchase. A statement issued by Goba Katuwal, the Director of NCC, has asked more community members to buy shares and take ownership of the project.

proval once the flood report is received from the Meinhardt (NSW) Pty Ltd.



## SHAN completes twin projects in Nepal

Australia-based Nepalese charity organization Supporting Hands Australia Network (SHAN) has completed significant twin projects in Parbat district of Nepal. SHAN has constructed a building in Shree Binu Secondary School of Saraukhola in Parbat district. The school was facing the lack of proper infrastructure earlier.

SHAN has completed another project in Dhaulagiri zone. It has launched two-month professional fine art training to hearing-impaired students of all the schools of the zone.

Hari Chhetri, chairman of SHAN said the organization has completed two major projects despite very limited fund.

SHAN members donate fifty cents every day to the organization. Chhetri said SHAN sometimes organizes charity dinner event to raise fund for those projects.

Meanwhile, SHAN is planning a charity dinner at Everest Tandoori Function Center in Rockdale on 12 July to collect more fund for upcoming projects. Pictures painted by the children who took part at the training will be demonstrated at the event.



## Nari Nikunja to observe Teej in Sydney

Non-Resident Nepali Association, Women Forum, Nari Nikunja Australia (NNA) organizing Teej Program on Saturday, 9th August 2014. The venue has been finalised as Blouza Hall, 2/157 Blaxcell Street in Granville NSW 2142.

NNA aims to raise fund for the women suffering from Uterine Prolapse in Nepal. AU\$ 10 from each ticket will directly be donated for the purpose.

NNA is one of the leading organizations dedicated to promote women's welfare within and beyond Nepalese community.

NNA has supported more than 165 economically disadvantaged Nepali women to undergo their surgery so far.

This is NNA's fifth consecutive Teej program.

## Northern beach Nepalese Society holds an assembly

Northern beach Nepalese Society held a meeting on 24 June, to form an executive committee.

The general assembly elected Bala Basnet as chairperson, Bandana Sharma as vice chairperson, Krishna Sapkota as secretary, Santosh KC as sub-secretary and Raju KC as treasurer.

Likewise, Arjun Paudyal, Roshan Koirala, Keshav Bahadur Khulal, Rashmi Shrestha, Dinesh Gautam, Safal Pokharel, Bidhan Thakali, Bijaya Thapa and Binod Poudel have been elected as members of the committee. The annual progress report of the organization was also present at the assembly.

NRNA ICC member Ramesh Pandey was the chief guest at the event.

# INLS poetry recitation concludes in Sydney



**A** grand poetry recital program was held in Sydney under the fourth literary campaign of International Nepali Literature Society (INLS). More than three dozen poems were recited by various literaries.

Sanjay Rai's poem 'Chiyaghari ko Dera' bagged the first prize. Likewise, Bishnu Ghimire's 'Yuddha Ra Yuddha-hauru', Thir Bhandari's 'Satya Prem' and Mamata Tiwari's 'Amako man Runchha' won second, third and fourth prize respectively.

Dipak Khadka, chief guest of the program and Nepali Consulate General to New South Wales, applauded the role of INLS to keep all Nepalese in unity through such program. He also underscored the need of such event to promote and preserve Nepalese language and identity in Australia.

INLS has also unanimously elected its new executive committee under the leadership of Mahendra Poudel at the function. The executive committee includes Sanu Ghimire as vice chairman, Bikas Uprety as general secretary, Surendra Dawadi as secretary, Mamata Tiwari as treasurer. Likewise, Kumar Giri, Rumu Neupane and Niraj Shrestha have been elected as members. Padma Kafle has been elected as Butanese Nepali Community coordinator and Bhimsen Sapkota as public relation coordinator.

Shovakanta Gaudel, Nisprav Saji and Sujit Sigdel were judges at the poetry competition.

Several Nepalese living in Australia attended the program. Bikas Uprety's album 'Halchal' was also released at the event. INLS NSW chairman Bhimsen Sapkota chaired the program.



# Perth kicks off 'Nepal Festival 2014' series

**N**RNA State Coordination Council, Western Australia has organised Nepal Festival 2014 on 28<sup>th</sup> of June. Approximately five to six thousands Nepalese and Non-Nepalese gathered at Forrest Chase in the heart of Perth city to observe kaleidoscopic display of rich Nepali cultural heritage.

The program was attended by representatives from the WA state government and Nepalese community leaders. Mr. Jan Hendrik Norberger MLA- Mem-

*Thapaliya, said* that the festival was highly successful and was a matter of pride for every Nepali living in Australia.

*Bhairab Dhakal, Chairperson of the program, NRNA ICC member* expressed his satisfaction over the completion of the event. He said "It was our long awaited dream and we are extremely pleased to have gotten an opportunity to display our unique culture and tradition in WA's multicultural community."

*As a Chief Guest, Mr Norberger ac-*



by 3 nepali bands and singers were performed.

Around fifteen Stalls from Education / migration consultancy, Nepali food, Nepali fashion Wear, Nepali tourism promoters and Nepali handicraft were set up at the venue.

This was the first event of Nepal festival series -2014 to be held across the country in an initiative of Non Residential Nepalese Association Australia.



On the occasion more than 20 Nepali cultural dances by local artists, Lakhe dance, LIVE nepali music concert by 3 nepali bands and singers were performed. Around fifteen Stalls from Education / migration consultancy, Nepali food, Nepali fashion Wear, Nepali tourism promoters and Nepali handicraft were set up at the venue.

ber for Joondalup and Ms. Rebecca Ball, Executive Director, Office of multicultural Interests were present on behalf of the WA State government.

Similarly other Guests included Ms Ranju Thapa, NRN ICC Secretary, Mr Bishnu Hamal, Regional Coordinator, Oceania, Mr mahendra Oli, Resident, NRNA Australia, Mr Bharat Pokhar-el, Secretary, NRNA Australia, Mr Swatantra Shah, Vice President, NRNA Australia, Dr Bishnu Devkota, President, Nepalese Association of Western Australia NAWA, Mr. Yadav Sharma, President, Pashupatinath bauddha nath mandir committee.

After the program, Coordinator and NRNA Australia Vice Predsident Mr Raj

knowledge WA Nepali community as one of the integral component of WA's multicultural community. He mentioned "I am so impressed with Nepali culture and tradition and their unique national flag."

*Ms Ranju Thapa, NRNA ICC secretary* said its very pleasing to be attending such a huge event. She further stated that NRNA is promoting Nepal through such event globally.

*Mahendra Oli, President NRNA Australia* applauded the organiser for their excellent management and participation. "It was massively successful event from all aspect." Oli said.

On the occasion more than 20 Nepali cultural dances by local artists, Lakhe dance, LIVE nepali music concert



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# NRNA campaigning to raise fund for its office building

**N**on-Resident Nepali Association (NRNA) has urged all Nepalese living in Australia to help construct its office building in Kathmandu.

Releasing a press statement, NRNA Australia has informed that various programs are in the pipeline to be held across all Australian major cities in a bid to raise fund for the cause.

As part of its fund raising campaign, a gala dinner program is being organised in Sydney on 5 July, Saturday. Similar program will be held in Melbourne by the end of next month.

National and state levels committees have been formed for this campaign in Australia. A team led by Bishnu Hamal, Ganesh KC and Mahendra Oli has been set up nationally. In NSW, committees have been formed and assigned to Bharat Pokharel, Dila Kharel and Mana KC to coordinate with Community

organisations, Media and Businesses respectively.

NRNA has initiated to construct its own office building in Nepal and has campaigned worldwide to collect fund. NRNA International Coordination Council president Shesh Ghale chairs the task force of the project. President Ghale has already donated Rs. 10 million personally to go into the building fund.

NRNA said names of the donors will be petroglyphed in the stone monument in the office premise as a memento. 'The building will be an insignia of non resident Nepali's identity, pride and unity' says the organisation.

NRNA is a non-profit global network of people of Nepalese origin currently living in over 69 countries around the globe. The organisation has been investing millions of rupees every year in various development work in Nepal.



## Khagendra elected NRN NCC USA president



Khagendra GC has been elected the president of Non-Resident Nepali Association America National Coordination Council through elections held recently.

GC, a lawyer by profession, garnered 1,918 votes in the elections. His closest rival Shiva Rai secured 808 votes whereas another candidate Bishnu Hari Dhaurali gathered only 136 votes.

This is the first time NRNA US has elected its executive committee through elections. About 4,000 were eligible to cast vote where as more than three dozen candidates were vying for various portfolios.

Lok Tiwari has been elected as senior vice-president and Shree Parajuli and Banita Katila have been elected as vice-president. Krishna Pokherel has been elected as general secretary, Bed Basnet as treasurer, Dil Shrestha as sub-secretary and Sanjib Shrestha as sub-treasurer.

Likewise, Narayan Gurung has been elected as public relations co-coordinator, Krishna Sanjel as media coordinator.

Bishnuman Pradhan, Baikuntha Khanal, Dharma Bhattarai, Radha Paudel, Laxmi Bajagai, Suroj Shrestha and Bal Ram Thapa have been elected as board of directors.

Similarly, Raja Ghale, Binod Shah and Nabin Sherchan have been elected as members of NRNA ICC.

Earlier, some dissatisfied members had formally lodged a complaint to the election commission claiming the vote rigging in the poll.

## NRNA new website launched

Non Residential Nepalese Association has launched its new website. The new and improved version of the website incorporates lots of new features making it more accessible and user-friendly for NRNs.

Ever since, NRNA President Shesh Ghale assumed the office last year, revamping the official website has been one of his main priorities.

The organisation has also asked for comments or suggestions from NRNs around the world regarding the new version. NRNA secretary Kumar Panta has said through the social media that "Since the website development is a continuous process we anticipate everyone's inputs". Go to <http://nrna.org.np> to view new website

## Nepali origin Sharma leads MP poll race in Canada



A Nepali origin man has stood as a candidate for federal elections in Canada.

Benjamin Sharma has registered his nomination as a candidate for the elections in a constituency of one of the biggest city Toronto.

Sharma has vied for the Member of Parliament from the ruling conservative party. He stands in the election from Trinity Spadina constituency.

The constituency is holding sub-election after MP Olivia Chav, who is elected from the constituency, resigned to fight the elections for the Mayor of the Toronto metropolitan city.

Sharma hoped immigrants including Nepalese will vote for him claiming that his party has been standing for their welfare.

## NRNA China's 7th general assembly concludes in Guangzhou

The 7th annual general assembly of Non Resident Nepali Association National Coordination Council (NRNA NCC) China was concluded in southern Chinese city of Guangzhou recently.

The program was held in presence of Non Resident Nepali Association (NRNA) president Shesh Ghale.

Speaking at the program, chief guest Ghale said that he would take initiatives to set up Nepali consulate office in Guangzhou. Ghale also paid tribute to Sundar Thapa, past president of NRNA China who passed away some times ago.

Maresh Prasad Dahal, Nepali consulate to Hong Kong, Durga Gurung, NRNA Hong Kong president and Sudarshan Thapa, president of NRNA Makau were also present at the function.

Sudesh Kumar Jha, general secretary of NRNA China presented annual progress report of the organization. He mentioned that NRNA China has provided substantial help Nepal in health and educational sectors.

He has been launching election campaigns including fund raising programs where Nepalese communities have been supporting him.

Sharma was born and raised in Toronto. His father has migrated to Canada with his Korean origin wife.

**Sharma has vied for the Member of Parliament from the ruling conservative party. He stands in the election from Trinity Spadina constituency.**



# Nepali Literature echoes in Glen Waverley to mark "Bhanu Jayanti"

"Sahityik Sangeet Jamghat" a group of Nepali literature enthusiasts from Melbourne, organised a special literary gathering in eastern suburb of Glen Waverley on 6<sup>th</sup> of July to mark 200<sup>th</sup> Bhanu Jayanti.

The program was an extension of monthly program that has been running in Coburg library for last two years. This episode of the gathering was organised in a new venue with an initiative of the community leaders based around the area such as former Nepalese Association of Victoria Mr Ranjan Vaidhya, Dr Anupam Pokharel, Mr Deepak Raj Pant and Hamro Nepali Pathshala's Kusum Pokhrel.

On the occasion, participants recited poems on various genres as well as presented musical pieces and satires.

Anupam Pathak from Sahityik Sangeet Jamghat and former NAV President Bom Yonzon lit the candle to formally open the program. Some speakers paid tribute to pioneer poet and the national luminary Bhanu Bhakta Acharya through their creations.

Most participants lauded the effort made by SSJ to preserve Nepali language arts and culture in Victoria. Anupam Pathak from SSJ said "it's important for us to keep our new generation connected to their roots and there is no other way to do that than teaching them our language and literature." Thanking everyone for the

that are scattered all over the state." He also added "Nepalese Association of Victoria is liaising with the local councils to utilize the available resources towards the Nepalese community welfare".



participation Mr Ranjan Vaidhya said "we need to organise such program in different areas to accommodate the broader members of the community

## Victoria's Multicultural Awards for Excellence 2014 open

Victorian multicultural commission has opened the nominations for the Multicultural Awards for Excellence 2014. The awards acknowledge outstanding achievements and services of people and organisations who have actively supported cultural diversity and made a real impact in promoting community harmony.

Nomination process Applications can be submitted online at <https://omac.smartygrants.com.au/multiculturalawards>.

For more information about award categories and how to nominate, you can download, view or print off a copy of the Multicultural Awards for Excellence Guidelines and Nominations Form 2014 from VMC website. The deadline for this year's applications is till 25 July 2014. For more information, call (03) 9651 0647.

Various Nepali organisations and individuals had received these awards in last two years. Current President of Nepali Association of Victoria Sudhir Shakyia received it in 2012. Similarly, community activist Mr Jog Limbu and Nepalese Association of Victoria received the honour under respective category the following year.

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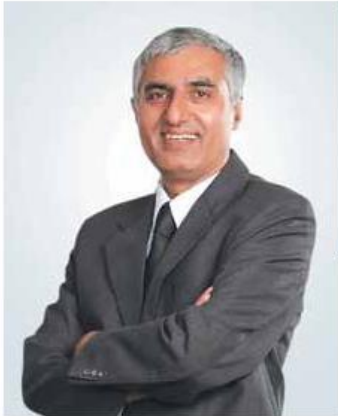
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# Key to alleviate poverty - REST!



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In my seminars on creating prosperity and abundance, one of the most common question is: Why are we, as individuals and a society, neither prosperous nor peaceful? This article aims to examine the four major psychological reasons for our incessant poverty and lack of inner peace. And I call these reasons 'REST' - rationalisation, education, satisfaction and timelessness.

## Rationalisation

We have learnt to create reasons and arguments to defend our failures and abject poverty. The reason why you failed may be fantastic, but remember

it is just a reason. And the more reasons you find, the more you will start rationalising. Slowly, we think 'It is okay for me to fail'. One of my acquaintances who failed miserably in business told me that this has been the tradition since his grandfather's time, and that many people are responsible for his failure. He felt as though he was stating a fact; but, on the hindsight, he was trying to buy some more arguments to remain unsuccessful and buried in the debt trap. His own story is the source of his failure, as this understanding stopped him from exploring further.

## Education

Our education, family, politics and even religions not only fail to teach anything about wealth creation but they also inculcate a sense of despise in us about entrepreneurs and wealthy people.

Let us not confuse self consolation with satisfaction. Peace cannot be achieved without prosperity. It needs immense courage, struggle and competence to achieve our full potential as human beings.

Slowly, we feel that only smugglers, black-marketers, mafias and corrupt people create wealth. Similarly, religion has equated wealth with sin.

This creates a strong sense of hatred about wealthy people and wealth in our unconscious psyche.

Earning wealth is a skill that we can learn from people who already know that. The great Chinese scholar and Saint Confucius said, "When a country is well governed, poverty and a mean condition are something to be ashamed of. When a country is ill governed, riches and honours are something to be ashamed of." The west has already learnt this and what they have achieved is not hidden from our eyes.

## Satisfaction

There is a saying, "Nothing fails like success". If we accept whatever little we have as our ultimate potential, we put an end to all progress. Let us not confuse self consolation with satisfaction. Peace cannot be achieved without prosperity. It needs immense courage, struggle and competence to achieve our full potential

as human beings. It is a process of continuously challenging oneself by setting new visions and goals and adapting new standards of performance. We have to start questioning our age-old beliefs and create a mindset that encourages us to strive for prosperity.

## Timelessness

Another psychological reason for our poverty and backwardness is the lack of sense of urgency. We have, for ages, believed that time is in infinite supply. It may be true, but this life is certainly limited and opportunities do not wait for anyone. Because we are not time conscious, we have coined a term 'Nepali time' to show our attitude. People who do not know the value of time have serious problem with commitment. Modern business and social practices demand that we honour our commitments and get things done timely. Time is of essence today. A minute delay leads to a minute of opportunity lost.

The author is the President of Jeevan Vigyan Kendra, a modern spiritual organisation, and Principal of Apex College.

# Australian survey says Nepal is the safest place to live in south Asia

Nepal is the safest place to live in South Asia after Bhutan, according to Global Peace Index Report, the world's leading measure of national peacefulness.

The GPI 2014 Report, which was published by the Australia-based Institute for Economics and Peace today, has portrayed that Nepal has been gradually turning a safer place to live as peace indicators here are in an improving trend.

The GPI stated that Nepal has been ranked 76th with GPI score of 1.99, higher by four and six positions than in 2013 and 2012, respectively. But the country was ranked 95th in 2011, 13rd and 18th places lower than its 2010 and 2009 rankings respectively.

The 2014 report presents Bhutan (16th) as most peaceful nation in South Asia. After Nepal, Bangladesh has been ranked 98th while India has been ranked 143rd and Sri Lanka 105th. According to the report, Pakistan (154th) was ranked as the world's ninth most unstable country, better than only Afghanistan (161st), Iraq, Somalia, Sudan, South Sudan, Congo, Central African Republic and Syria (162nd).

Nepal is also comparatively peaceful nation in the world than the USA (101st) and China (108th).

According to the report, Nepal scored 1.8 of 5 points at the level of militarisation while 2.5 and 1.4 marks on society and security; and domestic and international conflict respectively.

The national cost of violence in Nepal was \$US 1.025 billion, the index said. According to report, country gets 36.2/100 score for the press freedom. The findings of the other indicators including political instability (4/5), terrorist activity (3/5), political terror (3/5), gender inequality (0.6 per cent), corruption perceptions (3.1/10), political culture (5.6/10) and civil liberties (5.6/10) among others.

Life expectancy in Nepal is 67.5 years, the report said adding that the country recorded infant mortality rate 33.6 per thousand live births.

Nepal has been included in GPI since 2009 that had ranked 144 countries. GPI had listed 149 countries in 2010 while 153 in 2011, 158 in 2012 and 2013 in its index. The 2014 GPI portrays that the world has become less peaceful;



since 2008, 111 countries have deteriorated in levels of peace, while only 52 have improved, the IEP said.

According to report, Iceland with GPI score of 1.189 is the world's most peaceful nation in 2014, followed by Denmark (1.193), Austria (1.200), New Zealand (1.236) and Switzerland (1.1258). According to the IEP which develops the GPI under the guidance of an international panel of independent experts, the 2014 index is composed of

22 indicators, ranging from a nation's level of military expenditure to its relations with neighbouring countries and the percentage of prison population. Now in its eighth year, the GPI measures the relative peacefulness of 162 countries. The data is sourced from a wide range of respected sources, including the International Institute of Strategic Studies, The World Bank, various UN agencies, peace institutes and the EIU.



# GUM DISEASE



## Diseased Gums



## Healthy Gums

In the Australia, an estimated three out of four adults have some level of gum disease, and many don't realize it. Gum disease is the inflammation and infection of the gums and the surrounding tissue. Generally caused by bacterial plaque, it is the biggest cause of adult tooth loss.

### How Gum Disease Develops?

Plaque, a thin, colourless film, is caused by bacteria in your mouth and it develops on your teeth. Left untreated, bacterial plaque will harden to tartar. A rough, porous mineral build up usually yellow or brown in color, tartar forms at and underneath the gum line. Tartar excretes the toxins that cause gum inflammation, resulting in the development of periodontal pockets that hold even more toxins and bacteria. This condition can lead to the loosening of the teeth, or even make teeth fall out. As

- Receding gums
- Loose or separating teeth
- Presence of pus between the gum and tooth
- Chronic halitosis

### A Bigger Problem

Gum disease can wreak havoc on your mouth, but it can also cause other health concerns. Research has linked gum disease to problems such as heart disease, osteoporosis, stroke, and complications with diabetes. Because the symptoms are initially mild, many people don't realize they have gum disease, which can allow the condition to worsen. You may have an increased risk for gum disease if you smoke, have diabetes, take certain medications, endure excessive stress, or don't eat properly.

### Treating Gum Disease

Periodontics is the area of dentistry that focuses on gum disease treatment. If caught in the early stages, your dentist can reverse gum disease. To begin, the dentist will scale the teeth to remove plaque and calculus, and plane the roots

to smooth them. The doctor may also prescribe antibiotics to clear up any infection or inflammation. Advanced cases may require your dentist to surgically trim the gums, disinfect the tissue, remove the hardened plaque build-up, and re-contour the damaged bone.

**My gums bleed when I brush. Should I be worried?**

If you had bleeding on your arm

or leg, you would check it out. Because bleeding gums can indicate a more serious problem like gum disease, you should make an appointment with your dentist to check it out.

### Is gum disease hereditary?

Although there is a genetic component to gum disease, other factors, like lifestyle choices, age, and oral health habits, can

also influence whether you develop this condition. Talk with your dentist to find out if you have other risk factors for gum disease.

### What can I do to prevent gum disease?

The best prevention is taking proper care of your teeth and gums. Good brushing habits, regular flossing, and routine dental visits will go a long way to avoiding periodontal disease.



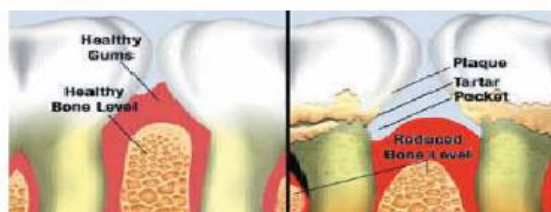
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### What is the cure for gum disease?

Unfortunately, there is no cure for gum disease. However, proper treatment and good home care can stop the progression of the disease and restore your oral health.



the condition worsens, the accumulated toxins and bacteria move deeper into the jaw to destroy the bone that holds your teeth in place.

### What to Look For??

Stopping the progression of gum disease before it escalates can save patients added time, discomfort, and expense. Signs of gum disease can include:

- Red, inflamed gums
- Bleeding while brushing or flossing

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# AFL brings communities together

By: Rashi Kapoor

**A**ustralian football or AFL has the extraordinary power to bring people together regardless of their cultural background. AFL is trying to target new communities, and it is also trying to reach out to new places and markets.

The community engagement initiatives that are being undertaken by the Australian football industry are increasing diversity and cross cultural awareness at multiple levels; and the formation of AFL Focus group is one of the major steps in this direction.

It feels great to be the youngest member of the AFL Focus Group, as the youth approach things with a clean slate, have fresh innovative ideas and are generally more willing to accept diversity and multiculturalism.

I along with other members of the focus group will act as Multicultural ambassadors of the AFL. This would include assisting in policy formulation and most importantly encouraging new communities to enjoy the game as supporters, players or administrators; as it is a great sport to both play, and watch as well. Around 25% of Australians were born overseas. Around 50 % of Austral-



**I along with other members of the focus group will act as Multicultural ambassadors of the AFL. This would include assisting in policy formulation and most importantly encouraging new communities to enjoy the game as supporters, players or administrators; as it is a great sport to both play, and watch as well.**

ians have at least one parent who was born overseas. So there is a great need of involvement of the new migrants with AFL.

AFL can also be a great platform to make new friends and build connections, as the majority of jobs in Australia are sourced through networks, references and contacts.

Talking about AFL can be a good ice-breaker for them to engage in conversation with the locals. Also, a lot of discussions at work or social events, revolve around AFL teams and matches. It will also give the migrant families a chance to come into contact with their own local football communities.

Another brilliant initiative by AFL Victoria is the designation of NAB's Multicultural AFL AusKick Centres. The setting up of two forms of Multicultural AusKick centres; School based as well

as Community based, will maximise the engagement between various communities.

Through this there will be a great emphasis on the involvement of kids and their families from refugee and multicultural backgrounds, as the centres are located in residential areas with high multicultural populations, and are run by AFL Clubs.

AFL Focus Groups, Auskick centres, Multicultural rounds and Community Ambassador Programs are terrific strategies to expand and broaden the reach of AFL into new migrant communities, and few targeted countries as well outside Australia and celebrate the success of the AFL Multicultural theme of "Many Cultures - One Game".

(The writer is Miss India Melbourne 2013, and the youngest member of AFL Multicultural Focus Group)

## Nepal given T20 International status by the ICC conference held in Melbourne



**T**he International Cricket Council (ICC) has agreed to give Twenty20 International status to the Netherlands and Nepal at its two-day Annual Conference which concluded in Melbourne recently.

Nepal has won the T20 International status despite failing to make it to the second round of the ICC World T20 held earlier this year. Nepal had failed to enter into the second round in the ICC World T20 match held in Bangladesh three months ago.

This means that there are eight ICC Associate Members with T20I status. The other six are Afghanistan, Hong Kong, Ireland, Scotland, Papua New Guinea (PNG) and the United Arab Emirates (UAE),

who have T20I status by virtue of having One-Day International (ODI) status. The ICC Board also confirmed that the USA Cricket Association (USACA) was ICC's recognised member in the United States and approved the Development Committee's recommendation that Oman Cricket (OC) should become its 38th Associate Member. However, it also confirmed the suspension of Brunei and removal of Tonga from the Affiliate Membership.

Associate and Affiliate Members also decided to re-elect Singapore's Imran Khawaja and Bermuda's Neil Speight for another two years as their representatives to the board while Cricket Scotland chairman Keith Oliver was replaced by Francois Erasmus of Namibia.

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# Why can't Nepal play soccer World Cup?

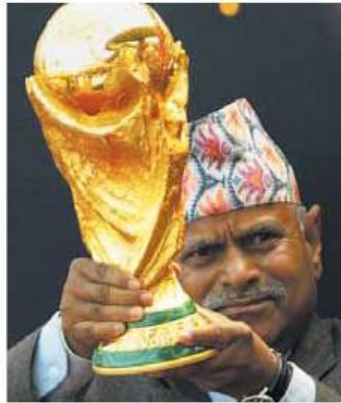
Even prior to the FIFA World Cup kicked off in Brazil, 9457 miles away from Nepal, the Himalayan nation was in full swing on the onset of the largest sports competition on earth. Once it has commenced, the month-long football extravaganza has literally gripped the nation not less than country's biggest cultural festivals like Dashain and Tihar.

Since the tournament started, Nepalese soccer fans are seen everywhere clad with jerseys of their favored countries. People are out rallying to show support to their favorite teams and players alike.

Nepali market has been throbbing with the surge in demand of Television sets and other telecommunication mediums. Electronic gadget market offered captivating consumer schemes to scoop their sales attracting wide range of Nepalese soccer fans.

The ongoing world cup has not only affected the economic market but also the lifestyle of Nepalese. Sleeping habit, working and study routine has all gone haywire. As the match takes place during midnight according to local time, Night has become day and vice versa. Match results, predictions and other updates are the only topic of discussion in shops, restaurants, shopping centre, schools colleges and other social joints. Needless to say, world cup fervor is ruling the roost in Nepal right now.

As the general public is enjoying every bit of it, there were some recent media reports that alarmed the security personnel of rampant gambling practices on football matches. Gambling racketeers have reportedly used SMS texts to involve sports gamblers especially in Nepal's big cities. Along with the world cup fever, a number of high profile alleged scam cases in All Nepal Football Association (ANFA), an authorized body to develop football of Nepal have also surfaced through media. Soccer fervor gripped the country in one way or the other. But a question blooms over here as to- do Nepali sports enthusiasts only deserve to be spectators? We support the far away countries, die heart fans hoot at the midnight disturbing the whole neighbourhood when a Brazilian footballer score? We spend our precious time talking bits about the myth of strikers, who are like these larger than characters for us, Is our footballing standard always going to be limited within squabbling



with our friends for win/lose predictions? Are we only destined to talk about it rather than be a part of it? Does Nepal deserve to hoist national flag at the stadium of the most favored sport? Why can't Nepal play the world cup? Why we even cannot dream of playing it? What are the causes that makes playing in the worldcup a distant dream for Nepalese?

There is no simple answer to this as the reason constitutes a combination of things. The answers ranges from 'we are physically short' to Nepali popular maxim as 'Nepal ko khelkud ma rajniti ra Nepal ko rajniti ma khelkud hunchha' (There is politics in Nepali sports and sports in Nepali politics). But these are mere excuses as the participation of Japan and both Korea in the world cup deconstructs the very blame to our physicality. Let's take an example of living football legend Diego Maradona, Argentine striker, not more than average Gorkhali height. So height and size are bare excuses that in turn dilutes the real cause of our inability of playing the world cup.

Yes, the second cause seems genuine that needs to be heeded. Politics i.e. overt party politics can be blamed for dragging not only the sport sectors but also the whole country behind.

Those countries which were affiliated to the FIFA decades after Nepal have already played the world cup. But why Nepal is always sitting at the bottom list even among Asian countries.

There is no need to mull over much to find out the cause of why Nepal cannot play world cup? The answer is clear. Nepal cannot play the world cup because the country's bureaucracy does not genuinely attempt to make it to the world cup. The policy makers are least bothered about what is happening on the grass root level. Ensuring the required infrastructures and hunting the raw talent to groom are the bottom of their priority list. They would rather engage in foul play themselves. And, there is no whistle blower to raise the flag and show red card to avert the bureaucratic foul.

Why can't Nepal play if we forge ahead with a clear decade long vision and strong will power? Undoubtedly, a number of Nepalese Lionel Messi, Cristiano Ronaldo, Ahmed Musa, Neymar may be tilling earth and ploughing fields in the village or toiling it hard in the Gulf. What we need is to recognise those talent. We need to find a star from remote villages and groom them. A country that is so passionate about this sport can surely produce eleven world class players, given that they get provided with the proper resources.



By Sushil Pandey

## Nepalese soccer club Darwin United to play 'B' Division League



Darwin based Nepali soccer club is set to play B Division League in Australia. The club got this opportunity after their attempt for three years.

It will be the first time that any Nepalese Club participating in the B league scheduled for February next year.

Hem pun, team coach and former player, said it is a great learning opportunity for Nepali soccer players.

Pun was a former player of Gurkha Boys of Butawal and Naksal Club.

Darwin United team comprises of A Division League players of Nepal as well as various A and B Division League players of Darwin.

Darwin's Football Federation of Northern Territory has facilitated technical help and provided training to the Nepali team.

In a bid to gather support for the Nepalese football team, Nepali feature film Kabaddi was screened in various cities of Australia including Darwin earlier.

## Where does Nepal sit on FIFA World Ranking?

Rank	Team	+/- Pts Jun 2014	
163	Hong Kong	-5	▼
164	Pakistan	-5	▼
164	Nepal	-5	▼
166	Montserrat	22	▲

Nepal is five position down since last years ranking





# Get over 'done to death' date ideas.

## Do something new

*Clichéd are the date ideas to go for dinner and movies. If the idea is to stand out and floor your date, try these fun options.*

### A goodwill date

Visit an old age home or an orphanage together. If the idea of donation appeals to you then you can donate your old stuff like books together.

### Fiction-writing date

You just need a notepad and two pens. Start a story with one line and take turns to build it up. Try to do fun subjects. Keep alien invasions, doomsday, heart-breaks, economic meltdown and other troubles away from the storyline.

### A walk date

An aimless walk is always romantic. This, in fact, is a perfect first-date idea. You don't have to have a destination in mind and spoil the fun. Take the road less travelled.

### A fishing date

For the right couple, a quiet evening fishing date is ideal. Pack plenty of snacks and hot cocoa, make sure the fish shack is warm, and bring along soft music. Make sure you give each other



more attention than the fish, no matter how well they're biting.

### A card game date

Chase the ace, 31 and snap are a few card games that are ideal to bond over. While poker gets a bit serious by the end and is not in the interest of world peace, strip poker always works.

### Treasure hunt

If you are planning to have a date indoors, this can be go-to idea. Plant clues about each other in and around the house. Make the clues interesting yet less detailed. This is always a funny way to know more about each other.

### Kite-flying date

Hit the rooftop and get a little Nepali on your date. Take turns in handling the spool. Since coordination is the key here, you end up having fun while "coordinating" with each other.

### Watch the world wake up

Hit places in your city where you have never been before and roam till dawn. Watch sunrise and have breakfast together at a roadside joint.

### Watch a random match together

You might not be a die-hard soccer fan and might not even understand the game. But there is no harm in trying it out. Switch on your TV and watch a random match. Cheer for opposite teams over a bowl of popcorn.

### Mute-movie date

Play a movie that both of you haven't seen before. Mute the video and make your own dialogues. Quirky? You bet!



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Send us your details at [info@nepalesevoice.com.au](mailto:info@nepalesevoice.com.au). You never know your soul mate might be just a phone call away from you.

- A 28 years old Nepali student from Melbourne looking for a date.  
Contact: [roshan\\_nepal@gmail.com](mailto:roshan_nepal@gmail.com)

- A 31 years old PR-holder Nepali boy from Sydney looking for a long term relationship.  
Contact: [nepalesegentleman@gmail.com](mailto:nepalesegentleman@gmail.com)

- Its Neeru from Kathmandu. I got to know about this magazine from my friend. I am a nurse looking for a husband who is settled in Australia.  
My email add is [kathmandulady@yahoo.com](mailto:kathmandulady@yahoo.com)

- A 25 years old Punjabi boy based in Melbourne looking for a stable relationship.  
Call or Text: 0406 474 100

- A 26 years old Nepali-origin Australian doing Master in Finance looking for simple loving and caring girl for a committed relationship.  
Contact: [info@nepalesevoice.com.au](mailto:info@nepalesevoice.com.au)

- A 27 years old Nepali bride to be from Sydney looking for a decent & well educated bridegroom.  
Contact: [nepalesehimalaya@yahoo.com.au](mailto:nepalesehimalaya@yahoo.com.au)

- A 31 years old Nepali boy based in Kathmandu looking for a girl settled in Australia.  
Email: [mahendra\\_21@gmail.com](mailto:mahendra_21@gmail.com) or call Nepalese Voice

- A 25 years old Nepali boy from Melbourne is looking for a Nepali girl in her early 20s for a serious relationship. Call/Text: 0423737238





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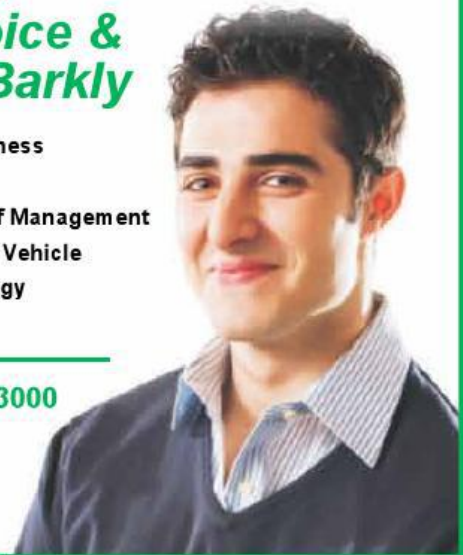


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